

Urban Farming



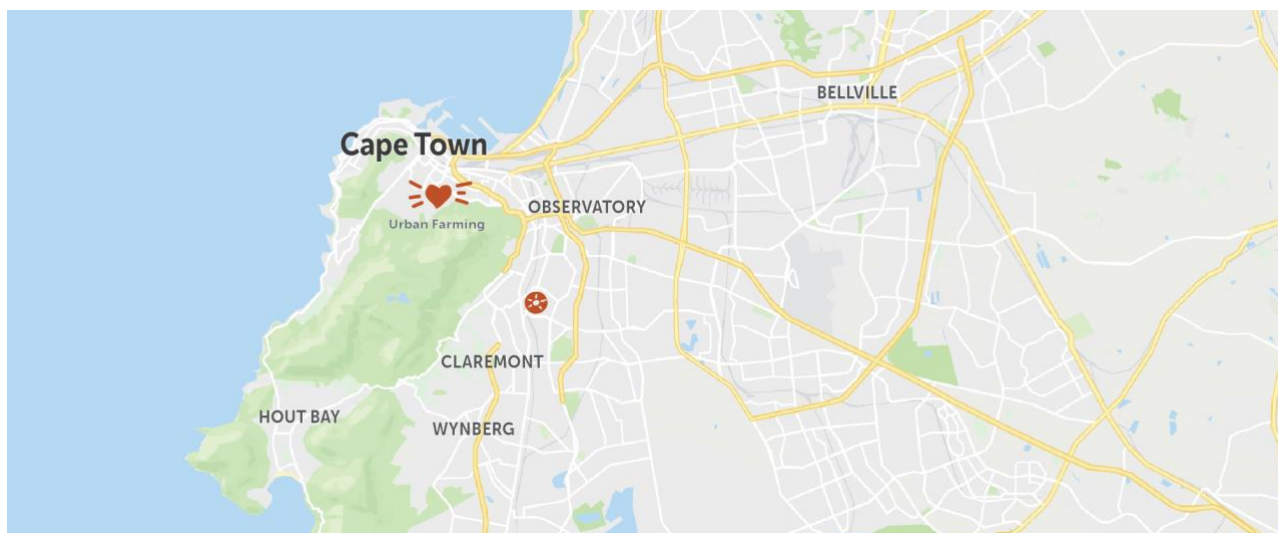
Overview

Location	Oranjezicht, Cape Town, South Africa.
Duration	From 2 weeks.
Dates	All year round.
Requirements	<ul style="list-style-type: none">• Minimum age: 18.• You must have an Intermediate level of English.• Special skills: You should be interested in community work and gardening.
Your impact	♥♥♥♥♥
Documents required	Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance.
Day of arrival	Thursday.
Day of departure	Saturday.

Highlights

- Work with your hands in the soil.
- Experience a caring community of neighbours.
- Contribute to an educational non-profit mission.
- Spend your time outdoors in beautiful surroundings in the South African sun.
- Learn about organic food gardening.
- Experience amazing tours and adventures in and around Cape Town.
- Get personal support from the volunteer coordinator.
- Make new friends from all over the world.

Project information




This is a neighbourhood non-profit project celebrating local food and community. A disused bowling green from the 1950s, the site comprises part of a historic farm established in 1709. The project seeks to re-connect the Oranjezicht neighbourhood and the rest of Cape Town to this neglected piece of heritage through education and vegetable gardening, and to use it as a catalyst to build social cohesion, develop skills, educate residents and their children about food and environmental issues, and champion unused or under-utilised public green spaces in the city.

In addition to providing fresh produce, the farm serves as a 2500m² outdoor classroom for all ages, open free to the public 6 days a week. Annually, it hosts school visits for over 1000 learners from more than 40 local schools who engage in hands-on activities covering some 17 curriculum-aligned topics, with another 1000 people booking guided tours each year. Weekly pick-your-own harvests, interactive workshops, annual Heritage Day events and more keep the community engaged and the farm humming with activity.

Programme details

Managed by residents and volunteers who are invigorated by the process of growing food within a supportive community in the heart of Cape Town, the project's vision is for a more self-reliant society in which all are active



participants. The ultimate aim is to build an alternative food system that is better for people, animals and the planet and in which we rely on the power of community and our own two hands.

Your role

Monday – Friday, from 08:00 – 16:00. Saturdays 08:00 – 14:00.

Please note that there can be seasonal adjustments for peak winter (later start) and peak summer (earlier start).

Volunteers are expected to help on occasional Saturday mornings.

You typically volunteer hands-on alongside the project's three qualified organic farmers, doing a range of food-gardening activities. During school visits, you support the delivery of educational programmes. Weekly 'pick-your-own harvests' on Saturday mornings and vegbox subscription collections on Wednesdays are other opportunities for support and engagement with the community. Wednesday and Friday mornings are harvests, when volunteers help to pick, wash, and bundle the yield of the farm.

It is important to note that this description serves as an example only. The daily tasks and challenges depend on the volunteer and the work that needs to be done. The final job description can therefore vary substantially from the above.

Arrival

You will need to arrive on a Thursday at Cape Town International Airport. Our driver will meet you at the airport and take you to your accommodation.

After an orientation meeting at the language school in Newlands on Friday, your first day of volunteering will be on Monday.

Accommodation

You will live at the Volunteer House. It is a private house in an upmarket residential area and consists of rooms with 2 single beds and 2 bunk beds. There are 4 bathrooms to share, a communal kitchen, a dining room, a lounge with TV and DVD and a beautiful garden with a swimming pool. A commercial laundry service is close by. Bedding is provided. Towels are not provided.

Meals

Self-catering. The main shopping areas as well as restaurants, pubs, etc. are within walking distance of the Volunteer House.

Free time

Together with other volunteers and language students from Good Hope Studies, you can take part in the entertainment programme of the Social Club. There are organised events, outings and tours most evenings and at the weekends. To find out about the current programme, go to www.goodhopevolunteers.com.

How to get to the project

This project can be reached by MetroRail and the MyCiti bus. Weekly costs are around € 6,40 / US\$ 8. You can also use Uber which has recently become popular in Cape Town.

What to bring

There are no special requirements in this regard but we recommend bringing comfortable, practical clothes. Anything else you might need is readily available at local supermarkets in South Africa.

Your commitment

Please be aware that in applying for a volunteer project, you are making a firm commitment to the project. Our projects depend on the volunteers. It is necessary that you take this commitment seriously.

Some projects will appoint specific responsibilities to you; others are less structured and require the volunteers to use their initiative. If you prefer the one type over the other, please ask us for the most appropriate project for your preference.

Your daily presence is required and working hours are to be followed strictly. Not fulfilling your obligation can result in your dismissal from the project.

Cell phone use during working hours

Please note that the use of cell phones is strictly prohibited on all of our projects during work hours. This includes taking photos and instant messaging. This is for the safety of the volunteers as well as the safety of the children who are supported in our social projects. South African law states that the taking of photographs of children without direct parental consent is unlawful under the "South African Children's Act (Appendix 4)". Any volunteers found taking photographs of children and/or posting photographs of children will be presented with a written warning and asked to leave the project if the request is ignored.

What to wear

As most work is outdoors and can occasionally be dirty (working in the soil), you need to wear durable, weather-appropriate clothing that you don't mind getting dirty. Rain in winter months is common and a full day outside can be cold. A hat and sunscreen are also necessary.

You are asked to wear sensible clothing and to be culturally sensitive of the communities you are working with. You are expected to wear modest clothing, which includes jeans, leggings, long shorts, and long skirts. Closed shoes are advisable, especially when working outdoors. Underwear is not to be seen under any circumstances.

Not acceptable are low cut tops, short shorts/shirts, bikinis and swimwear, belly tops, shirts/t-shirts with no sleeves for male volunteers as well as flip flops or no shoes.

Any volunteers found inappropriately dressed will be given a written warning and asked to leave the project if the written warning is ignored.

Medical insurance

You are required to take out medical insurance before travelling.

You must ensure that you are covered from the day of departure in your home country to the day of arrival back in your home country. The minimum coverage must be US\$ 100.000 and, as part of the enrolment process, you will need to email us a copy of your insurance policy documentation.

Health

No vaccinations are required except for travellers going to the north-eastern areas of South Africa, where anti-malaria precautions are recommended. Clients should consult their doctor for recommendations.

A yellow fever certificate is compulsory for those persons who have travelled from, or intend travelling through, countries in the yellow fever belt:

Africa: Angola, Burundi, Benin, Burkina Faso, Cameroon, Central African Republic, Chad, Congo, DRC, Equatorial Guinea, Ethiopia, Gambia, Gabon, Guinea, Guinea-Bissau, Ghana, Ivory Coast, Kenya, Liberia, Mali, Niger, Nigeria, Sao Tome and Principe, Senegal, Sierra Leone, Somalia, Sudan, Rwanda, Tanzania, Togo, Uganda.

South America: Bolivia, Brazil, Colombia, Ecuador, French Guyana, Guyana, Panama, Peru, Surinam, Venezuela, Argentina and Paraguay.

Bring medication just in case you suffer from any travel-related illnesses, e.g. stomach upsets, since your body needs to adjust to the change in food and water during your first few days in South Africa.

It is important to keep in mind at all times that HIV and Aids are widespread diseases in South Africa.

Safety

A working farm has hazards and, while safety is a paramount concern, there are risks of physical harm from tools, non-uniform walkways or work areas, and physical activity. Appropriate clothing for the weather, including hat and sunscreen, are also necessary to manage the risks from UV exposure while working outdoors.

COVID-19 protocols

All WHO and CDC health guidelines with regards to minimising the spread of COVID-19 need to be strictly followed.

The project will give you an orientation pertaining to specific guidelines that need to be followed but in general, please strictly adhere to the following:

- Cloth or medical grade face masks should be worn at all times in public areas.
(You should bring at least 4-7 masks with you from home that can and need to be washed and may be reused. The project will NOT give you face masks)
- You should keep a distance of at least 1.5m from other persons at all times.
- You should wash your hands regularly and avoid touching your face.
- Sanitise your hands often with a solution of at least 70% alcohol.
(Please bring hand sanitiser and wipes with you from home)
- If you cough or sneeze, this should be done away from others or in a bent elbow

What's included / not included

Included:

- Project placement
- Airport transfer on arrival
- Accommodation (Volunteer House: shared room, shared bathroom, self-catering)
- Full-day excursion on the first Saturday
- A donation towards the project
- Good Hope Volunteers welcome pack

- Weekly site visits by our coordinator
- An orientation at the beginning of your volunteering
- Participation in the activities of the Social Club (extra charges may apply)
- Electronic certificate (printed copy on request)
- Local support including a 24-hour emergency number
- WiFi

Not included:

- Food
- Local transport
- Any items of a personal nature

When combining with a language course

When you participate in a language course before you start at this project, the day of arrival is Sunday and the free full-day excursion on the first Saturday is not applicable.

Visa

You can volunteer in South Africa on a visitor's visa for up to 90 days.

Nationals from certain countries (e.g. Brazil, Switzerland, Germany, Australia, France, the Netherlands, Spain) will receive their visa when entering South Africa. Other nationals need to apply for a visitor's visa at a South African Embassy in their home country before travelling.

If you come to South Africa on a visitor's visa, you can extend once by another 90 days.

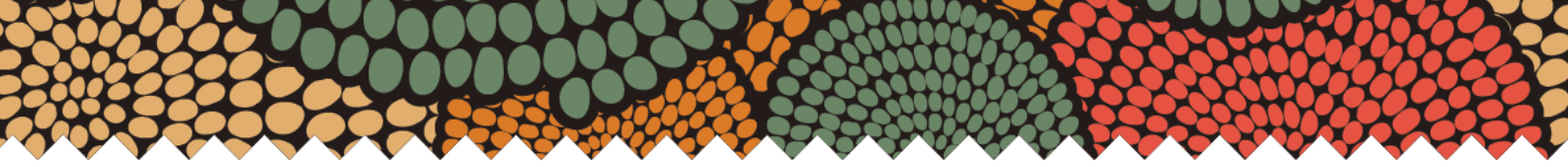
Longer stays are only possible at projects that are registered NGO's. This project however is not a NGO.

For the latest information contact the South African Embassy or Good Hope Volunteers.

For non-English speakers: vocabulary list

For your own safety and to make your volunteering a success, basic communication skills are essential. Below we have put together a list of important vocabulary. Prepare yourself for your trip by making sure you are in command of these words.

ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS
Good morning	Bom Dia	Guten Morgen	Bonjour !
Please	Por favor	Bitte	S'il te plaît
Thank you	Obrigado	Danke	merci
How are you	Como você está	Wie geht es Dir?	Comment ça va?
Good bye	Adeus	Auf Wiedersehen	Au revoir
Sunshine	Nascer do Sol	Sonnenschein	Rayon de soleil
Water	Água	Wasser	L'eau
Rain	Chuva	Regen	La pluie
Shade	Sombra	Schatten	L'ombre



ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS
Insects	Insetos	Insekten	L'insecte
Dead	Morto	Tod	mort
Roots	Raízes	Wurzel	Les racines
Leaves	Sai	Blätter	Les feuilles
Bees	Abelhas	Bienen	Les abeilles
Fruit	Fruta	Frucht	Le fruit
Seeds	Sementes	Samen	Le semis
Vegetables	Legumes	Gemüse	Les légumes
Growing	Crescendo	wachsen	grandir
Pests	Pragas	Unkraut, Ungeziefer	La varmine
Rats	Ratos	Ratten	Les rats
Compost	Composto	Kompost	Le compost
Dig	Escavação	graben	caver
Trench	Trincheira	Graben	La tranchée
Drip Irrigation	Irrigação por gotejamento	Tröpfchenbewässerung	Irrigation goutte-à-goutte
Box	Caixa	Kartonschachtel	Le baffle
Fix	Consertar	befestigen	Fixer qc.
Broken	Quebrado	zerbrochen	cassée
Allergic	Alérgico	allergisch	allergique
Edible	Comestível	essbar	consommable
Inedible	Não comestível	ungenießbar	incomestible
Be careful	Seja cuidadoso	Pass auf!	Fais attention
Tetanus	Tétano	Tetanus	Le tétanos
Tools	Ferramentas	Werkzeuge	Les outils
Spade	Pá	Spaten	La bêche
Fork	Garfo	Gabel	La fourchette
Broom	Vassoura	Besen	Le balai
Lift	Lift	Aufzug	L'ascenseur
Fill	Preencher	füllen	remplir qc.
Cut	Cortar	schneiden	tailler qc.
Shears	Tesouras	Gartenschere	Le sécateur
Chop	Chop	abschneiden	couper cq.
Clean	Limpar	säubern	nettoyer qc.
Wash	Lavar	waschen	Laver qc.



ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS
Set-up	Configuração	Aufbau	La configuration