

Project DOWN TO THE RABBIT HOLE
1 JULY 2015 – 30 JUNE 2016

Project is based in Viterbo, where volunteers will live. The apartment is in the city center (via Monte Asolone, 8) and it has 4 single rooms, one for each volunteers. It is provided with all facilities and a wi fi internet connection.

The project can offer two kinds of activity:

Fattoria Alice is an ecological farm where volunteers will be working with people having mental illness (usually young adults or adults). Volunteers will be a support in normal working day in the farm: animal care, work in the shop, growing vegetables, manual works and other types of activity. The participants will have really strong influence on daily timetable, they can also choose their scope of duties. Main task of our future volunteers will be to help, support and control the activities of people with mental illness. They will also have a chance to participate in the process of growing and production of organic food. They will also prepare the box for ethical purchasing groups (community-supported agriculture).



Since ever, agricultural and rural societies, all over the Europe, have developed experiences promoting different practices and forms of solidarity, social assistance and social inclusion. Social farming includes farming practices aimed at promoting disadvantaged people's rehabilitation and care and/or towards the integration of people with 'low contractual capacity' (i.e.: psychophysical disabilities, drug addicts, minors, emigrants). The special added value of social farming is the possibility for disadvantaged people to being integrated in a living context, where their personal potential may be valued and enhanced. The presence and the relationship with the farmers, the contact with other living beings – animal and vegetal ones – the assumption of specific responsibilities are some of the key-features of the rehabilitative practices operated in Alice.



All over rural Europe, there is a widespread and rich patrimony of diverse agricultural realities . We'd like our volunteers to become well aware of this and maybe take an active part in exporting our practices in their country or actively propose theirs in ours. Moreover we wants our volunteers to focus on the good relation between practices of farming and practices for social inclusion. Speaking of people with, in this case, fewer opportunities, this can be a really added value.

Centro diurno di Montefiascone. It is based in a daily center in the city of Montefiascone, created for people with mental disability (children and adults). Every working day in center, volunteers will have a chance to participate in other types of activity.

- Monday and Wednesday are days for manual art and do it yourself activities (make decorations, figures, painting etc.). Tuesday and Thursday are days for recycling and the kitchen laboratories. It's a great opportunity to learn how to save resources and to discover Italian cuisine and propose dishes from each country of provenience of our volunteers. The presence of our volunteers can add a great value in this activity, characterizing it with a multicultural meaning that our volunteers will bring on it.
- Friday is day designated for sport activity. Center's wards are usually going to the swimming pool, where they are doing physical exercises, or, in the summer period, to nearest lake to rest and enjoy the nature.

Our future volunteer will have to help caretakers and actively participating, together with wards, in the center activity. In both types of our activity (in the farm or in the center) volunteers will be supported by workers, caretakers and other Italian volunteers. During all the work time he can expect their help, attention and openness to new suggestions.

We'll use a six month sheet shift (6 month in the farm, 6 month in the daily center)

Volunteers will have activities from Monday to Friday, usually 6 hours per day (the total won't ever exceeded 35 hours, including Italian lesson and meal time when they are part of activities).

Volunteers will have two day off every month to take whenever they like.