

2019 – IVP WORKCAMP PROJECTS



Welcome to our 2019 IVP programme!

Introduction

We hope you will find here all the information you need but of course please feel free to contact us if you need anything more. UNA Exchange projects in Wales bring together groups of international volunteers to work on local community projects. These projects provide the opportunity to develop intercultural communication and understanding, whilst at the same time doing useful work for the local community. The thing all these projects have in common though is that they provide a learning experience for both the volunteer and the community. You don't have to be from overseas to join the fun. In fact, these projects can be a great first step into volunteering, and are perfect for the less experienced traveller.

UNA Exchange

Through a range of volunteering opportunities across Wales and the World, UNA Exchange promotes and supports international understanding, cultural exchange and community development whilst at the same time enabling personal growth and development. UNA Exchange volunteers always work in partnership with local community groups.

The organisation was started in 1973 and grew out of the United Nations Association in Wales. We are an independent registered charity run by staff and active volunteers. We work in the Temple of Peace in the centre of Cardiff, alongside other like-minded, internationally-oriented, non-profit organisations. We are a non-governmental, non-religious organisation.

As well as coordinating Wales based IVP Short Term Workcamps, we also coordinate a number of incoming placements for long term European Voluntary Service, soon to be European Solidarity Corps Volunteers, and function as a Sending organisation should an individual approach us. In addition, we manage a programme where we send and receive Short Term EVS/ESC Volunteers (from backgrounds of fewer opportunities) on our Alliance Partner and National IVP Workcamps. Within this, we also provide relevant training to volunteers and leaders of our projects, and are branching into delivering training courses under Erasmus+ Mobility of Youth Workers.

UNA Exchange is part of several networks on Welsh, UK, European and global levels: Council for Wales of Voluntary Youth Services, GwirVol, VINE UK, the Alliance of European Voluntary Service Organisations and the Co-ordinating Committee for International Voluntary Service (UNESCO).

International Workcamps in Wales

International Volunteer Projects are organised in partnership with local communities as a way to complete work that could not otherwise be done without volunteers. Volunteers live and work together, cook together, laugh together, explore together. Each project is organised by a group of people or an organisation working in a particular community. This hosting group identifies the work that needs to be done and makes the practical arrangements for the volunteers, including the food and accommodation. Volunteers are encouraged to be involved with local people so they can find out about Wales and share their cultures and ideas. Welsh staff, volunteers and local people often work together with the international volunteers.

Volunteers & Leaders

Most volunteers in a project group are from one of the 65 countries in which we have partner organisations, with the remainder being UNA Exchange volunteers from the UK. We are trying to increase the participation of Welsh volunteers, particularly those with fewer opportunities, as a first step into international activity. International volunteers join our workcamps via an exchange process with our partners: we welcome their volunteers to Wales and they host our volunteers on their projects overseas. We try to make sure that each group has a good mix of volunteers with a balance of genders and nationalities. Volunteers are encouraged to come alone to maximise their experience and help the group get along, however in some cases we will accept friends or couples.

Within each group we aim (and usually succeed!) to place a leader or co-ordinator who is there to liaise between the volunteers, the host project and UNA Exchange. The leader lives and works with the volunteers, but is usually a UK resident, and is someone who already has experience of workcamps. All leaders take part in the UNA Exchange leaders training programme, and they take on more responsibility than the rest of the group. We are always looking for experienced volunteers to join the leaders programme and every year we welcome a small number of international leaders who have already led in their own country.

Fees

UNA Exchange does not receive external funding for our work camp programme in Wales. Funding to non-governmental organisations has been radically reduced in Wales, as well as funding for public sector organisations, and our workcamp partners are finding it increasingly difficult to host volunteers. In addition, UNA Exchange faces challenges to maintain our own activity and income. **We have decided to introduce a €50-euro charge for all incoming volunteers coming to Wales on workcamps.** This fee will provide a small income to UNA Exchange to help us continue to develop workcamps with existing and new partners and sustaining this part of our work. It is the responsibility of the volunteer to ensure that this payment is made to UNA Exchange once their place is confirmed. Any queries relating to this should be addressed to UNA Exchange. (This fee will not apply to ST EVS volunteers, and we will discuss A4A volunteers on an individual basis.)

Requirements

Some of our projects have specific requirements; where this is the case, it is mentioned in the specific project description. Here are some common requirements:

Language

All UNA Exchange projects use English as their main language. You must be prepared to communicate in English for the duration of the project.

Age

All volunteers must be at least 18 to participate. There is no upper age limit.

Insurance

All volunteers on our projects are provided with insurance cover for personal accident, sickness and third party liability. We strongly recommend that volunteers take out their own travel insurance.

Inclusion

We are committed to making our volunteer projects accessible to everyone and will try to accommodate any special requirements. Please contact us if you would like to talk about whether or not a project might be suitable for you.

Contact us!

UNA Exchange, Temple of Peace, Cathays Park, Cardiff CF10 3AP

Telephone +44 (0)29 2022 3088
 Website: www.unaexchange.org
 General skype: una_wales
 Office hours 09:30 to 17:30 (UK time)

Director | Tara Jane Sutcliffe **5 days per week** - tarajanesutcliffe@unaexchange.org

Administrator and IVP in Wales Placement Support – **3 days a week, Monday, Wednesday, Thursday** | Sara Alkhathami - assistant@unaexchange.org

EVS/ESC Coordinator (Long and Short Term) – **5 days a week, 9am – 3pm** - *until end of May 2019 - maternity cover tbc* | Michi Rohmann - evscoordinator@unaexchange.org

International Volunteering Programmes Coordinator – flexible hours, ½ days per week. - *until end of April 2019* | Leila Usmani - leila.usmani@unaexchange.org

EVS Office Volunteers – 5 days per week, 10-4 - *until end of July 2019* | Morgane Duchatel morgane.duchatel@unaexchange.org / Elise Lefebvre elise.lefebvre@unaexchange.org

Summary list of 2019 workcamps in Wales

CODE/NAME	LOCATION	DATES		TYPE	AGE	VOLS	FEE
UNA1901 Living History 1	Chepstow, Monmouthshire	16 th APR	23 rd APR	MANU RENO	18+	6	€50
UNA1902 Living History 2	Chepstow, Monmouthshire	30 th JUN	13 th JULY	CONS, RENO, MANU	18+	14	€50
UNA1903 Caerhys Organic Farm	St Davids, Pembrokeshire	2 nd AUG	23 rd AUG	AGRI, FEST, MANU	18+	5	€50
UNA1904 UNA Exchange Peacecamp	Cardiff	10 th AUG	24 th AUG	CULT, SOC	18+	12	€50
UNA1905 Living History 3	Chepstow, Monmouthshire	12 th AUG	23 rd AUG	CONS, RENO, MANU	18+	14	€50

Detailed list of 2019 workcamps in Wales

UNA1901 Living History 1	Chepstow, Monmouthshire	16 th APR APR	23 rd	MANU RENO	18+	6	€50
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Code * As above

Name * As above

Location * As above

Region * As above

Country * Wales, UK

Start date * 2019/04/16

End date * 2019/04/23

Type of work * As above

Number of vols *

6 (3M/ 3F)

Min age * 18

Max age * No maximum

Description *

Partner: The Grayhill project is an historical restoration and re-enactment project based in a re-created 16th century landscape near Chepstow in Monmouthshire, they have been hosting international volunteers since the project began in 1987.

Grayhill Historical Farm was bought by the Historical Land Group Trust and renovation of the entire 15.5 acre site to its late 16th early 17th century condition began in 1987. There are 30 fields in the 15 acres which have been returned to their historical land uses, hay meadows, pasture, woodland, arable, gardens and orchards.

Ten collapsed period buildings have been restored so far, from Longhouses to pig sties. Much of the 3 miles of field boundaries have been reinstated along with ponds and wells. The site provides the ideal background for film shoots and educational courses as well as the production of period foodstuffs. The BBC historical documentary TV series 'Tales from the Green Valley' was set here.

See more at http://www.stuart-hmaltd.com/green_valley_farm.php

Work: The camp will focus on getting the site ready for the summer works (roofing the buildings), which means the group will help to clear out the space around the buildings. This may include tidying up the orchard (removing brambles), moving rocks, preparing dry stone walling. The volunteers will also do some indoor activities in case the weather gets really bad which includes peg making (which are needed to build the roof in the summer).

Accommodation and food: This is an authentic historical experience, and as such facilities are very basic. **There are no modern facilities on site, so no electricity or piped water** - all water comes from a well. Toilets are external compostable & a bucket of water is kept with Dettol mixed in to kill any germs for washing hands. At the entrance of the main building where food is cooked, eaten and stored, there is another bucket of water with Dettol, hand wash, hand sanitizer and nail brushes. Showers will be taken off site at the local swimming pool. Volunteers will stay in the roof of the barn during the work camp and can sleep on mats / straw filled mattresses. Cooking will be done over open fires by a member of staff on the project. If the volunteers want more / different food they can have a trip to a local shop. They can easily store anything they bring in the horse lined caddy in the cool room. There is no clothes washing facility so we encourage you to bring a suitable amount of clothing with you, but the host can arrange for you to wash your clothes if you require it. There is limited phone signal at the

farm and nowhere to charge phones, so please ensure volunteers are ready for this. We realise that these conditions can seem intimidating to many people, but we will assure you that it is not as scary as it seems. The art of living simply is often lost but we strive to create a humble, peaceful place full of nature's wonders in which you can have a complete break from reality. Who knows... you might never want to leave!

Location and leisure: The Grayhill Farm is in an area of natural beauty and there is plenty to do and see in the surrounding areas, including Roman Ruins, official walks and rivers. There will be a diverse range of people involved in the project and they enjoy to spend evenings sharing nice meals and enjoying stories and music around the campfire. Working hours Breakfast at 8am, work starts at 9am, 1 hour lunch, work finishes at 5pm, dinner at 6pm. No free day - 6 working days

Requirements: This is a physical demanding project. You must be physically fit to be able to fully participate in this project. Volunteers need to bring a sleeping bag – thick if possible, pillow, gloves, hat, strong waterproof working boots with good grip and ankle support, indoor shoes, waterproof jackets and trousers, warm socks (lots), warm pyjamas and jumpers, layers (vests, long sleeved tops, leggings, shorts), towel – **BRING ENOUGH CLOTHES FOR PERIOD AS MAY ONLY BE ABLE TO WASH CLOTHES ONCE IF AT ALL.** You are welcome to bring your own tent if you would like privacy. Volunteers would also benefit from separate torch from phone (head torch best) and spare batteries, Battery pack to recharge phone, entertainment (games, cards, paper, pens...), baby wipes, hot water bottle...

Participation fee *

€50.00. NB: This fee goes to UNA Exchange, not directly to the project.

Languages *

English

Accessibility

Due to the nature of the work, it would not be possible to host anyone with physical mobility issues or learning disabilities, as there would not be the time to develop an understanding of how to work with these individuals safely.

Due to the way in which food is provided and cooked, it would not be possible to host vegans (a maximum of two meals are cooked – main always with meat, but can cater to vegetarians if told in time).

Vegetarian

Yes – not vegan

Family

No

Airport Cardiff, Bristol, London, Birmingham

Train station Severn Tunnel Junction

Number of vols m 3

Number of vols f 3

Max vols per country 2

Max teenagers 0

Max national vols 2

Notes

UNA1902 Living History 2	Chepstow, Monmouthshire	30 th JUN FLEXIBLE ARRIVAL	13 th JULY	CONS, RENO, MANU	18+	14	€50
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Code * As above

Name * As above

Location * As above

Region * As above

Country * Wales, UK

Start date * 2019/06/30

End date * 2019/07/13

Type of work * As above

Number of vols *

15

Min age * 18

Max age * No maximum

Description *

Partner: The Grayhill project is an historical restoration and re-enactment project based in a re-created 16th century landscape near Chepstow in Monmouthshire, they have been hosting international volunteers since the project began in 1987. Grayhill Historical Farm was bought by the Historical Land Group Trust and renovation of the entire 15.5 acre site to its late 16th early 17th century condition began in 1987. There are 30 fields in the 15 acres which have been returned to their historical land uses, hay meadows, pasture, woodland, arable, gardens and orchards. Ten collapsed period buildings have been restored so far, from Longhouses to pig sties. Much of the 3 miles of field boundaries have been reinstated along with ponds and wells. The site provides the ideal background for film shoots and educational courses as well as the production of period foodstuffs. The BBC historical documentary TV series 'Tales from the Green Valley' was set here.

See more at http://www.stuart-hmald.com/green_valley_farm.php

Work: The camp covers two weeks and involves starting the process for restoration of some old buildings. this will involve removing the old thatch roof and moving new roof beams and timbers and putting them in place. If time the group may start to lay stone tiles on the roof. Volunteers will have a chance to work alongside other volunteers and develop their skills and knowledge of historic and sustainable building techniques.

Accommodation and food: This is an authentic historical experience, and as such facilities are very basic. **There are no modern facilities on site, so no electricity or piped water** - all water comes from a well. Toilets are external compostable & a bucket of water is kept with Dettol mixed in to kill any germs for washing hands. At the entrance of the main building where food is cooked, eaten and stored, there is another bucket of water with Dettol, hand wash, hand sanitizer and nail brushes. Showers will be taken off site at the local swimming pool. For the accommodation, it will be with sharing tents: 4 cone tents that can sleep 2-4 people each and one large tent that can sleep 6. Tents generally divided by gender, however if there are friends or those who don't mind sharing gender happy with that. Cooking will be done over open fires by a member of staff on the project. Volunteers are invited to bring some recipes from home to share. If the volunteers want more / different food they can have a trip to a local shop. They can easily store anything they bring with in their tents. There are no clothes washing facility so we encourage you to bring a suitable amount of clothing with you, but the host can

arrange for you to wash your clothes if you require it. There is limited phone signal at the farm and nowhere to charge phones, so please ensure volunteers are ready for this. We realise that these conditions can seem intimidating to many people, but we will assure you that it is not as scary as it seems. The art of living simply is often lost but we strive to create a humble, peaceful place full of nature's wonders in which you can have a complete break from reality. Who knows... you might never want to leave!

Location and leisure: The Grayhill Farm is in an area of natural beauty and there is plenty to do and see in the surrounding areas, including Roman Ruins, official walks and rivers. There will be a diverse range of people involved in the project and they enjoy to spend evenings sharing nice meals and enjoying stories and music around the campfire. The project is close to train and bus terminals and the host can take you there in free days, so you can easily access nearby small towns and villages, and the larger cities of Newport, Cardiff, Bath and Bristol are also within 1 hr by train. Working hours are Breakfast at 8am, work starts at 9am, 1 hour lunch, work finishes at 5pm, dinner at 6pm. Wednesday afternoons will be free (3rd of July and 10th of July) and also have Saturday 6th / Sunday 7th off (usually one day off but two can be negotiated).

Requirements: This is a physical demanding project. You must be physically fit to be able to fully participate in this project. Volunteers need to bring a sleeping bag – thick if possible, pillow, gloves, hat, strong waterproof working boots with good grip and ankle support, indoor shoes, waterproof jackets and trousers, warm socks (lots), warm pyjamas and jumpers, layers (vests, long sleeved tops, leggings, shorts), towel – **BRING ENOUGH CLOTHES FOR PERIOD AS MAY ONLY BE ABLE TO WASH CLOTHES ONCE IF AT ALL.** You are welcome to bring your own tent if you would like privacy. Volunteers would also benefit from separate torch from phone (head torch best) and spare batteries, Battery pack to recharge phone, entertainment (games, cards, paper, pens...), baby wipes, hot water bottle...

Participation fee *

€50.00. NB: This fee goes to UNA Exchange, not directly to the project.

Languages *

English

Accessibility

Due to the nature of the work, it would not be possible to host anyone with physical mobility issues or learning disabilities, as there would not be the time to develop an understanding of how to work with these individuals safely. Due to the way in which food is provided and cooked, it would not be possible to host vegans (a maximum of two meals are cooked – main always with meat, but can cater to vegetarians if told in time).

Vegetarian

Yes – not vegan

Family

No

Airport Cardiff, Bristol, London, Birmingham

Train station Severn Tunnel Junction

Number of vols m 7

Number of vols f 8

Max vols per country 2

Max teenagers 0

Max national vols 2

Notes

There is the opportunity to arrive earlier and take part in LIVING HISTORY EVENT WEEK, which is where the site is recreated to be a working farm from its historical period in time. Volunteers will dress in old costumes and play a role dependent on their interests etc. This could be pretending to be a carpenter in the background. They will always be with 3/4 experienced volunteers. If they want and feel comfortable (also dependent on English) they could also be a guide for the school group one day, so they can also experience the whole site. Arrival for this will be on Saturday 22nd June. 23rd June will be set up for event and. 24th – 28th/29th June will be the actual event. They can then relax until other volunteers arrive on 30th for UNA Camp. This element will be entirely managed between Grayhill Farm and the Volunteers - if volunteers want to do this we will pass on contact details.

RESERVED PLACES

We have reserved between 1-4 places for a ST European Solidarity Corps volunteer on this project for our partners (depending of outcome of funding application which shall be confirmed in May). However please be aware that this project is very demanding and the volunteer needs to be ready to live under very basic conditions doing physically demanding manual work. We would discuss each individual on a case by case basis.

UNA1903 Caerhys Organic Farm	St Davids, Pembrokeshire	2 nd AUG	23 rd AUG	AGRI, FEST, MANU	18+	5	€50
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Code * As above

Name * As above

Location * As above

Region * As above

Country * Wales, UK

Start date * 2019/08/02

End date * 2019/08/23

Type of work * As above

Number of vols * 5

Min age * 18

Max age * No maximum

Description *

Partner: Caerhys Organic Community Agriculture (COCA) is an agricultural scheme run for and supported by the local community. COCA members share delicious organic food grown in partnership with local farmers. For more information visit the COCA website at www.coca-csa.org

Work: The volunteers will be working with the farmers and COCA members to prepare for COCA's annual Community Feast and Harvest Festival which will take place at the farm on 16th / 17th August. The festival will bring together COCA members and the local community to celebrate this year's harvest, and to eat, drink, and enjoy live music. The event will also act as an educational platform to share thoughts and ideas on sustainable and eco-friendly food production. The volunteers will take a very active role in the festival preparations, including event administration, decorating the venue, promoting and publicising and preparing food. The volunteers will also be helping out with general farm work, including weeding and planting a wide variety of vegetables and salads. Volunteers will be able learn about community supported agriculture, and develop horticultural skills. This is also a great opportunity to gain experience in event management, and volunteers will have the chance to be very creative.

Accommodation and food: Volunteers will live in one of the farm buildings or one of the mobile homes (caravans) or in tents (depending on weather and availability) and will need to bring warm sleeping bags. There is a barn area for communal activities, and a kitchen and shower nearby. The group will cook together using produce from the farm whenever possible. Some food will also come from surplus food donations which is a part of COCA's ethic to live in a sustainable way and avoids waste wherever possible.

Location and leisure: Caerhys is located in Pembrokeshire, a beautiful National Park area situated on the coast of West Wales. Although this project is remote, the nearest city of St David's (the smallest city in the UK) is four miles away and buses to the city run around four times a day during the peak season. There are lots of activities available in this area including walking the famous Welsh Coastal path, water sports such as kayaking, surfing and coastering, as well as rock climbing and fishing. Despite being small the area is a very popular tourist destination thanks to its natural beauty and vibrant culture. Days off will be negotiated on arrival, but usually these are on the weekend or some weekdays around the festival.

Requirements: Volunteers need to bring a sleeping bag – thick if possible, pillow, gloves, hat, strong waterproof working boots with good grip and ankle support, indoor shoes, waterproof jackets and trousers, warm socks (lots), warm pyjamas and jumpers, layers (vests, long sleeved tops, leggings, shorts), towel – **BRING ENOUGH CLOTHES FOR PERIOD AS MAY ONLY BE ABLE TO WASH CLOTHES ONCE IF AT ALL.** Volunteers would also benefit from separate torch (head torch best) and spare batteries, entertainment (games, cards, paper, pens...), hot water bottle...

Participation fee *

€50.00. NB: This fee goes to UNA Exchange, not directly to the project.

Languages *

English

Accessibility

Due to the nature of the work, it would not be possible to host anyone with physical mobility issues or learning disabilities, as there would not be the time to develop an understanding of how to work with these individuals safely.

Vegetarian

Yes

Family

No

Airport Cardiff, Bristol, London, Birmingham

Train station Haverfordwest (45 minutes bus journey to meeting point)

Number of vols m 2/3

Number of vols f 2/3

Max vols per country 2

Max teenagers 0

Max national vols 2

Notes

UNA1904 UNA Exchange PeaceCamp	Cardiff	10 Aug	24 Aug	CULT, SOC	18+	12	€50
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Code * As above

Name * As above

Location * As above

Region * As above

Country * Wales, UK

Start date * 2019/08/10

End date * 2019/08/24

Type of work * As above

Number of vols * 12

Min age * 18

Max age * No maximum

Description *

Partner: To be confirmed – we shall be developing the programme with different partners based across Cardiff and South Wales in line with work linked to the theme of Peace

Work: To be confirmed depending on local need of organisations

Accommodation and food: The group will sleep and cook in a 6 bedroom shared house in Cardiff, which has all kitchen facilities, washing machine and WiFi. **They will share a double bed** or sleep on an air mattress which will be provided in the rooms that have space. Volunteers will be provided with sleeping bags/ or duvets and pillows. Volunteers will shop, cook and eat together as a group, which will be managed by the leader. Volunteers are therefore invited to bring local recipes to share. Food will be bought by the leader in line with the provided budget.

Location and leisure: The project will take place in the heart of Cardiff - the capital city of Wales with a rich multicultural history. You will be working closely with community groups so will have a chance to really get a feel for the city and be a part of it. As a capital city, there are many different activities happening during the evenings and weekends such as gigs, concerts, performances, exhibitions etc. and many interesting places to visit such as parks, museums, and nearby beaches. Cardiff is also closely linked by train and bus to other well-known cities including Bristol and Swansea, and provides easy access to the Brecon Beacons National Park and the famous beaches in the Gower. Volunteers will have 2 days off a week depending on the structure of the week and will be allowed to go and explore as they prefer.

Requirements: All applicants are requested to send a motivation letter outlining why they would like to join this project. Volunteers are suggested to pack appropriately for British summer and check the weather beforehand. Volunteers will need to bring their own towels.

Participation fee *

€50.00. NB: This fee goes to UNA Exchange, not directly to the project.

Languages *

English

Accessibility

Due to the nature of the work, it would not be possible to host anyone with physical mobility issues or learning disabilities, as there would not be the time to develop an understanding of how to work with these individuals safely.

Vegetarian

Yes

Family

No

Airport Cardiff, Bristol, London, Birmingham

Train station Cardiff Central

Number of vols m 6

Number of vols f 6

Max vols per country 2

Max teenagers 0

Max national vols 2

Notes

RESERVED PLACES

We have reserved between 1-4 places for a ST European Solidarity Corps volunteer on this project for our partners (depending of outcome of funding application which shall be confirmed in May). We would discuss each individual on a case by case basis.

UNA1905 Living History 3	Chepstow, Monmouthshire	12 th AUG FLEXIBLE DEPARTURE	23 rd AUG	CONS, RENO, MANU	18+	14	€50
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Code * As above

Name * As above

Location * As above

Region * As above

Country * Wales, UK

Start date * 2019/08/12

End date * 2019/08/23

Type of work * As above

Number of vols *

14

Min age * 18

Max age * No maximum

Description *

Partner: The Grayhill project is an historical restoration and re-enactment project based in a re-created 16th century landscape near Chepstow in Monmouthshire, they have been hosting international volunteers since the project began in 1987. Grayhill Historical Farm was bought by the Historical Land Group Trust and renovation of the entire 15.5 acre site to its late 16th early 17th century condition began in 1987. There are 30 fields in the 15 acres which have been returned to their historical land uses, hay meadows, pasture, woodland, arable, gardens and orchards. Ten collapsed period buildings have been restored so far, from Longhouses to pig sties. Much of the 3 miles of field boundaries have been reinstated along with ponds and wells. The site provides the ideal background for film shoots and educational courses as well as the production of period foodstuffs. The BBC historical documentary TV series 'Tales from the Green Valley' was set here.

See more at http://www.stuart-hmaltd.com/green_valley_farm.php

Work: The camp covers two weeks and involves completing the process for restoration of some old buildings. This will involve putting roof beams and timbers in place and laying stone tiles on the roof.

Volunteers will have a chance to work alongside other volunteers and develop their skills and knowledge of historic and sustainable building techniques.

Accommodation and food: This is an authentic historical experience, and as such facilities are very basic. **There are no modern facilities on site, so no electricity or piped water** - all water comes from a well. Toilets are external compostable & a bucket of water is kept with Dettol mixed in to kill any germs for washing hands. At the entrance of the main building where food is cooked, eaten and stored, there is another bucket of water with Dettol, hand wash, hand sanitizer and nail brushes. Showers will be taken off site at the local swimming pool. For the accommodation, it will be with sharing tents: 4 cone tents that can sleep 2-4 people each and one large tent that can sleep 6. Tents generally divided by gender, however if there are friends or those who don't mind sharing gender happy with that. Cooking will be done over open fires by a member of staff on the project. Volunteers are invited to bring some recipes from home to share. If the volunteers want more / different food they can have a trip to a local shop. They can easily store anything they bring with in their tents. There are no clothes washing facility so we encourage you to bring a suitable amount of clothing with you, but the host can arrange for you to wash your clothes if you require it. There is limited phone signal at the farm and nowhere to charge phones, so please ensure volunteers are ready for this. We realise that these conditions can seem intimidating to many people, but we will assure you that it is not as scary as it seems. The art of living simply is often lost but we strive to create a humble, peaceful place full of nature's wonders in which you can have a complete break from reality. Who knows... you might never want to leave!

Location and leisure: The Grayhill Farm is in an area of natural beauty and there is plenty to do and see in the surrounding areas, including Roman Ruins, official walks and rivers. There will be a diverse range of people involved in the project and they enjoy to spend evenings sharing nice meals and enjoying stories and music around the campfire. The project is close to train and bus terminals and the host can take you there in free days, so you can easily access nearby small towns and villages, and the larger cities of Newport, Cardiff, Bath and Bristol are also within 1 hr by train. Working hours are Breakfast at 8am, work starts at 9am, 1 hour lunch, work finishes at 5pm, dinner at 6pm. Wednesday afternoons will be free (3rd of July and 10th of July) and also have Saturday 6th / Sunday 7th off (usually one day off but two can be negotiated).

Requirements: This is a physical demanding project. You must be physically fit to be able to fully participate in this project. Volunteers need to bring a sleeping bag – thick if possible, pillow, gloves, hat, strong waterproof working boots with good grip and ankle support, indoor shoes, waterproof jackets and trousers, warm socks (lots), warm pyjamas and jumpers, layers (vests, long sleeved tops, leggings, shorts), towel – **BRING ENOUGH CLOTHES FOR PERIOD AS MAY ONLY BE ABLE TO WASH CLOTHES ONCE IF AT ALL.** You are welcome to bring your own tent if you would like privacy. Volunteers would also benefit from separate torch from phone (head torch best) and spare batteries, Battery pack to recharge phone, entertainment (games, cards, paper, pens...), baby wipes, hot water bottle...

Participation fee *

€50.00. NB: This fee goes to UNA Exchange, not directly to the project.

Languages *

English

Accessibility

Due to the nature of the work, it would not be possible to host anyone with physical mobility issues or learning disabilities, as there would not be the time to develop an understanding of how to work with these individuals safely. Due to the way in which food is provided and cooked, it would not be

possible to host vegans (a maximum of two meals are cooked – main always with meat, but can cater to vegetarians if told in time).

Vegetarian

Yes – not vegan

Family

No

Airport Cardiff, Bristol, London, Birmingham

Train station Severn Tunnel Junction

Number of vols m 7

Number of vols f 7

Max vols per country 2

Max teenagers 0

Max national vols 2

Notes

There is the opportunity to leave later and take part in an English Civil War recreation event in Gloucester (to be confirmed). Volunteers would attend this as attendees or taking part in recreation of the battle and living history recreation of aspects of life – if so they would stay until the 27th August (instead of 23rd) and stay night of 26th at Stuart's, Grayhill farm manager home. This element will be entirely managed between Grayhill Farm and the Volunteers - if volunteers want to do this we will pass on contact details.

RESERVED PLACES

We have reserved between 1-4 places for a ST European Solidarity Corps volunteer on this project for our partners (depending of outcome of funding application which shall be confirmed in May). However please be aware that this project is very demanding and the volunteer needs to be ready to live under very basic conditions doing physically demanding manual work. We would discuss each individual on a case by case basis.