



**T4HL3**  
*Team For Healthy Life*



Joint



Co-funded by the  
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# TEAM FOR HEALTHY LIFE 3.0

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## INFOPACK

ESC teams volunteering project





# T4HL3 – Team for Healthy Life 3rd edition

The main aim of the project is to promote wellbeing and a healthy lifestyle.



Activities focus on these themes:

- connecting with nature;
- spending time outdoors;
- discovering about local communities;
- social inclusion;
- practicing mindful nutrition.





# Associazione Joint

## About us

Associazione Joint is an association of social promotion from Milan, active since 2003, offering international mobility opportunities. We specialize in projects related to non-formal education and intercultural learning, mainly targeting young people aged 18 to 30, trying to include participants with fewer opportunities.

For more information:

**<https://www.associazionejoint.org/>**

IG page: **[associazionejoint\\_milano](#)**





# Where the volunteering will take place?

## Agriturismo L'Arca - Social farm

L'Arca is a social farm/agritourism located in Belvedere Marittimo (CS), established in 2002 and certified as a farm in 2005. It engages in non-profit activities and hosts tourists.

Specifically, it focuses on organic farming, welcoming volunteers from all over the world and introducing them to healthy daily routines through outdoor work.

For more information:

**<https://www.agriturismo-larca.com/>**





# BASIC PROJECT INFO

- **When?** 06/10/2025 – 05/12/2025
- **On arrival training:** first 4 days
- **Who?** 16 volunteers aged 18–30
- **Pocket money:** 17€ a day (the traveling expenses, visa and insurance costs are NOT included)
- **Accommodation:** Triple room with an inner bathroom
- **Meals:** Breakfast (Italian sweet breakfast) + Lunch + Dinner (meals will be prepared by the chef of L'Arca with a fixed menu). Everything extra the volunteer need to pay by themselves. Vegetarian option is provided.
- **Vacation:** 4 days at the end of the two months.







# PROJECT ACTIVITIES

Volunteers will carry out agricultural activities 4 **days a week**, 6 hours a day, mostly during the morning farming hours (from 6:00 am to 1:00 pm). One day per week will be dedicated to workshops. The days off may vary depending on the activities but there will always be 2 days off.

Examples of tasks:

- working in the greenhouses;
- cleaning green spaces and animal areas;
- planting;
- harvesting fruits and vegetables;
- digging soil.

**Important:** physical work will be required.





# WORKSHOPS

Workshops such as beach cleaning, pottery, basket weaving, rafting and cooking tortelli offer the opportunity to connect with nature and discover local traditions. They promote social inclusion by bringing people together and encourage conscious nutrition. These experiences combine fun, creativity and community, improving personal well-being.

There will be space for workshops proposed and facilitated by volunteers as well: **any type of art or talent is welcome!**







# RAFTING

Rafting is an outdoor team-building sport that offers a unique way to explore the surrounding area.

Instructors from the adventure center accompany participants on an approximately 11 km descent along the Lao River, which flows through a magnificent UNESCO heritage park.

Before the descent, participants receive instruction on the techniques to be used along the way. They are then divided into small groups, each of which travels in its own raft, practicing coordination and communication skills.

Each group is guided by one of the center's expert instructors.





# CERAMICS

Clay artisanal work represents an important part of the cultural and identity heritage of the community of Belvedere Marittimo. These creations tell local stories, myths, and traditions.

Local artisans create decorative objects, tiles, vases, and traditional utensils, often reflecting typical Calabrian motifs, keeping alive the art of ceramics and the crafting techniques passed down through generations.

The proximity to natural resources, such as clay deposits and waterways, has favored the development of this craft over the centuries.







# BASKET WEAVING

Basket weaving is not just a traditional art in Belvedere Marittimo, it represents also an effective tool for enhancing physical and mental wellbeing.

Weaving baskets requires concentration, and repetition, all that encourage a state of mindfulness. This practice can help reduce stress and improve focus.

Creating baskets offers the opportunity to express creativity through natural materials, colors, and designs. The creative process is known to boost mood and stimulate mental wellbeing.

Furthermore, using natural materials such as willow, reeds, or branches promotes sustainability and a more respectful relationship with nature.





# THE IDEAL VOLUNTEER

- aged 18 to 30
- ready to share private spaces with the team
- adaptable and open-minded
- able to work in a team
- proactive and respectful
- ready to do physical or manual work outdoors and “get hands dirty”
- positive, peaceful attitude
- flexible to possible changes

# IMPORTANT RULE

It is strictly forbidden to  
drink alcohol and use drugs  
on the territory of the  
FARM L'ARCA.

This rule applies not only for the  
volunteers safety but also for the  
comfort and respect of  
the farm staff.

For more information contact us  
(with the object T4HL)  
[apply.esc@associazionejoint.org](mailto:apply.esc@associazionejoint.org)