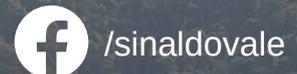


VOLUNTEER & INTERNSHIP PROGRAM

Sinal do Vale
MATA ATLÂNTICA-BRASIL



ABOUT US

Sinal do Vale is a campus that fosters a regenerative economy that responds to the challenges of our time.

Located in the Serra da Estrela bioregion, at the bottom of Guanabara Bay, 50 km from the center of Rio de Janeiro, SINAL prototypes and develops practical solutions that lead the way towards the regeneration of our social and natural ecosystems.

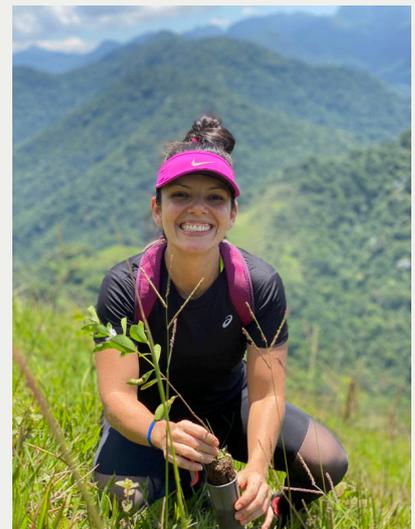
By implementing a local example, SINAL activates global change by offering immersions for individuals and organizations on their path to transformation.



THE PROGRAM:

HUMAN-CENTERED APPROACH

The program adopts a human-centered approach, wherein we assess the volunteers' goals and intentions to identify overlaps with the needs and opportunities at Sinal do Vale. Through a customized volunteering plan, tailored to the requirements of both the volunteer and SINAL, our focus is directed towards enhancing the broader environmental and social ecosystem, empowering the volunteers to potentially set up their own experiments and become confident and competent change agents.



COACHING SYSTEM

Volunteers will have two main contact people: a work coach and a community coach. The coaches will conduct regular check-ins and provide assistance as needed to discuss any challenges and adjustments that might arise for their well-being and activities within the SINAL campus life.



INDIVIDUAL IMMERSION TRACKS

Each project on campus offers a particular universe of learning in the sustainability umbrella. As such, we would like to be able to match your interests with our needs in the best way possible. There are two main ways to integrate to our campus life, designed to accommodate individuals with a structured research/academic track, and an open ended program with more flexibility for those looking for a more general approach:



Volunteering track

In this program, you will learn by doing supporting our team in our ongoing projects, (see below). Topics include agroforestry methods, regenerative cuisine, our green jackfruit kickstarter, and community engagement.

Duration: 1-3 Months



Project and/or research oriented track

If you have a specific line of research or study and want to test and develop your own project, we can align to apply it in our campus. Typically, general fields will be:

- Ecosystem health & conservation
- Sustainable food systems
- Regenerative Economy

Duration: 1-3 months, or as demanded by the academic institution

General Requirements to note:

- You need to be 22 years old or older to join one of our programs
- We require you to have an international insurance coverage to host you
- A knowledge of portuguese is desirable for community engagement work,
- In the case of internships, let us know if we need to establish communication with your academic institution in advance.

PROJECTS ON CAMPUS

Madre Frutos: Green Jackfruit social entrepreneurship

Madre Frutos is a kickstarter with a regeneration business model that uses green jackfruit in the Atlantic Rainforest as a drive to create jobs and promote sustainable food chains in Rio.

Today, our startup continued employs 12 women from the community who come to process jackfruit every year during the harvest season. Our production capacity today is up to 10 tons, selling to individual clients and restaurants in Rio. Our goal for 2023 is to also reach government funded institutions like schools and hospitals through legislation that prioritizes the purchasing of locally sourced products.



Florestas do Amanha: large scale reforestation

Our model of forest restoration seeks to develop low-cost soil regeneration solutions. We have approximately 40 hectares of growing forest, using 4 different techniques depending on the characteristics of each area: total planting, densification, regeneration conduction and agroforestry. Efforts also involve working in the native tree nursery and monitoring the health of reforestation areas.



Sabores da Floresta

A food processing lab for all the produce growing at SINAL, including our organic garden, agroforests and PANCs gardens. Led by a Terrapia Culinary School alumni, the lab has equipment for dehydration, fermentation, cooking and pickling.



Today, we open our shop for our events and host a small class where participants can learn more about how to improve their cooking and diet in a simple way, reducing waste and increasing health.



Community Engagement

For the past 12 years, we have partnered with five schools teaching the elementary and high school levels. Throughout the years, we have hosted around 400 students, with a curriculum of hands-on environmental education, artistic activities such as clay and natural crafts, english classes and mural painting in local schools.

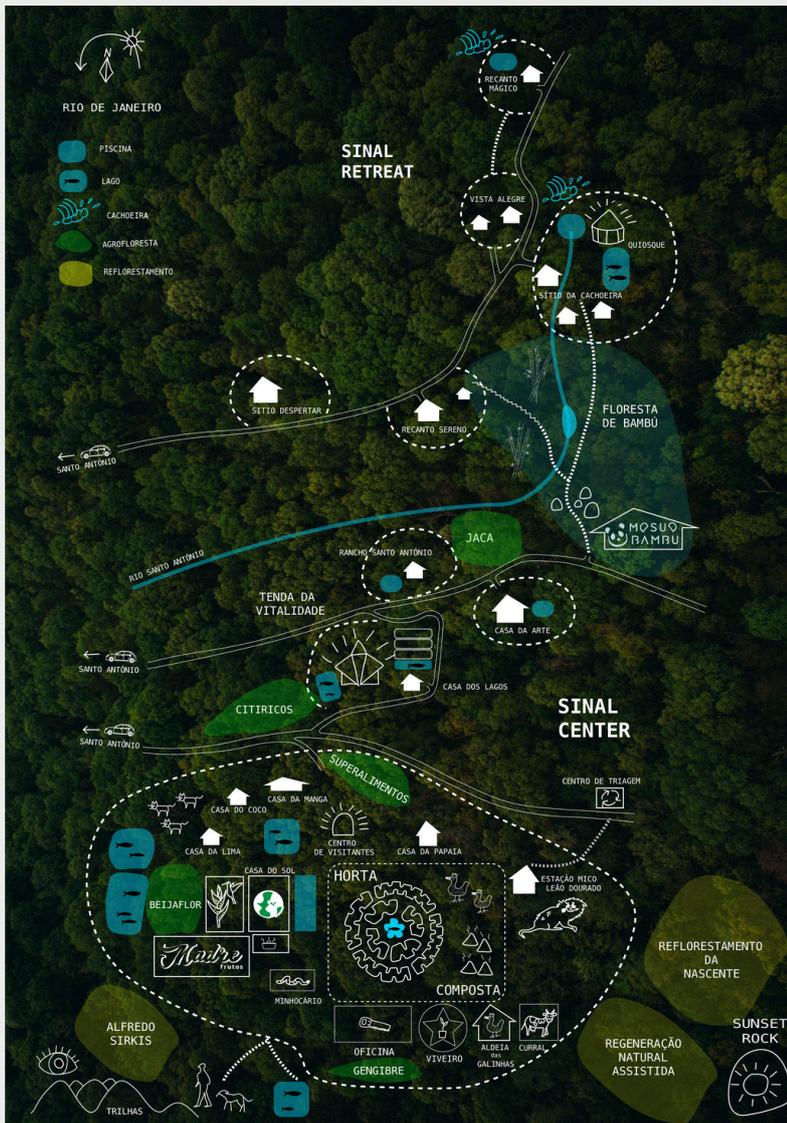


We are constantly looking for opportunities to engage with our community, typically encouraging recreational activities, environmental education and healthy food systems.



CAMPUS

SINAL has an area of 200 hectares within the environmentally protected area of Petropolis. The map below shows the configuration of our houses, regenerative projects and recreational areas shedding light on our campus life.



Bamboo Forest



Clay and bamboo lab



Vitality tent



Sunset Rock



Rio View Trail



Mandala garden



Chicken village

HEAR IT FROM OUR PARTICIPANTS...



Ramona, 29, Switzerland

After 5 years of working in climate change communication - I wanted to get my hands dirty, learn and contribute to Ecosystem Restoration on the ground. SINAL allowed me to do exactly that - I got to learn and work alongside a passionate, knowledgeable and kind group of Restoration Experts. I was also able to use my communication skills to support them which rekindled my passion for communication work. I leave SINAL with new knowledge, skills, friends and a clear direction of where I want to go next.



Saci, 23, New Zealand

I chose to volunteer at Sinal do Vale, because it's a working example of ecosystem regeneration. I admire SINAL's values and the integrity behind their actions. I've loved how I can bring my own passions and initiatives into SINAL. I created a small food forest design, which will soon be implemented. The welcoming environment and the culturally rich experience have been invaluable. I will leave feeling more empowered and capable.

ROOM AND BOARD

We offer basic and shared accommodation on campus in Casa dos Lagos, a 5 minute walk away from our main workspaces with the following:

- Shared bedroom (2-3 people)
- Living room
- Shared kitchen and bathrooms
- Wi-fi

During the weekdays we have a cook serving vegetarian and vegan dishes for breakfast and lunch. At night and on the weekends, the program coordinator will provide supplies for volunteers to cook their meals. We encourage using produce from our gardens and agroforests!

REACH OUT!

Fill in the [application form](#) for a follow-up interview.

If you have any questions, don't hesitate to send us an e-mail!

voluntarios@sinaldovale.org

We look forward to hearing from you!



-The SINAL team