

Community Development Internships –  
Organic Gardening Program  
with CRACYP  
for Progreso Verde (“Green Progress”)



**2012**

## Introduction

This document should be read in conjunction with the Internship Information Pack available at [www.progresoverde.org/internship.html](http://www.progresoverde.org/internship.html)

CRACYP works in communities in the Cotopaxi, Bolivar, and Los Rios provinces of Ecuador, and nutrition education is a high priority for us in this area. Due to cultural practices and lack of education, malnutrition is a common problem in rural communities. Most people eat meals consisting of mainly starch in at least one form (often three or four) and a small amount of fatty, fried meat; their meals tend to be heavy on simple carbohydrates and fat but low in protein, complex carbohydrates, and vitamins. Most people do not buy fruits and vegetables in the market, preferring to eat the ones that they are accustomed to growing on their farms, but this is normally limited to plantains, papaya, and bananas, as well as a few other seasonal fruits. CRACYP hopes to address this problem by promoting organic gardening throughout the local area.

## Objectives

We need interns with green thumbs and/or experience in nutrition education to implement relevant programs in CRACYP communities. Your work will include education programs on both nutrition and organic gardening; you should focus on the organic gardening as a means to proper nutrition. This can be done through workshops for adults for gardens at home, but your primary focus will be on helping local schools plant and maintain organic gardens. You will teach about how to make organic fertilizer and pesticides, good irrigation techniques, selecting seeds for replanting, among other things. You might even hold classes in how to incorporate the vegetables and fruits into healthy and delicious meals.

Several nutrition lessons for children have already been developed: some have been successfully tested in Jilimbí, while others have yet to be implemented; interns may work on presenting these in new communities or may create additional presentations to add to the portfolio, possibly focusing on adults. If you work with adults, lessons and workshops should focus on training and educating mothers, since they generally control the nutrition of their families. Mothers of young children and pregnant women are particularly important to target, since studies show that good nutrition is most vital for children from the neo-natal stage to 5 years.

## Location

You will be based in the picturesque little village of Jilimbí in Bolivar Province, close to the border with Cotopaxi Province. The nearest town you might find on a map is Moraspungo, about an hour's journey up into the mountains from the main road between Quevedo and Ventanas. You will work with schools in various communities with a CRACYP presence near the border between the Bolivar and Cotopaxi provinces.

## Requirements

Interns will need to either be fairly independent or else have access to advice by email from their university or other sources (e.g. former employer), if needed. CRACYP's Volunteer Coordinator has some experience with nutrition education, and can offer support with translation if needed, but Spanish language skills to at least intermediate level are necessary. Interns should be prepared to work in a physically demanding environment.

## How to Apply

Read the Internship Information Pack for details of how to apply. This post could also be available as a volunteer opportunity rather than an internship, for those not requiring to use the experience as part of their studies – download the Volunteer Information Pack from [www.progresoverde.org/volunteer\\_ecuador.html](http://www.progresoverde.org/volunteer_ecuador.html) in this case.

