SAMPLE SUSTAINABLE FARMING INTERNSHIP DESCRIPTION

Total hours: 10-20 hours/ week for 3-6 months
Weekly schedule: 2-3 days a week including Saturday market 8:30am-2pm; Weekly schedule will vary with farm needs and special events.
Compensation: This is an unpaid internship opportunity.
Report to: Farm Manager

About the organization: The HEAL Project (THP) is a unique organization providing hands-on programming that instills healthy lifestyle habits in elementary school children while inspiring environmental and agricultural awareness through comprehensive, interactive curriculum. Our vision is a world where everyone understands the connection between our food, our health and our environment.

Objectives:
- Cultivate skills in hands-on sustainable agricultural practices.
- Develop understanding of composting systems and assist in management and use of farm compost.
- Lead and assist with volunteers and guests to the farm.
- Gain insight and perspective into non-profit management.

What you will do:
Intern will work with Farm Manager to learn about THP’s agricultural and community-based mission. Together they will determine a variety of appropriate projects and tasks that include the following:

- Assist Farm Manager with farm needs including: irrigation, weed management, planting, harvesting, bouquet making, pest management, composting, etc.
- Maintain a safe and education-oriented environment at The San Mateo County School Farm.
- Assist with any volunteer groups and special farm tours as assigned.
- Carry out the setup, operation, and take-down of market stand at Half Moon Bay Coastside Farmers’ Market as well as lead elementary through high school aged Junior Marketeers.
- Optional: Gain insight and perspective into sustainable agriculture and non-profit management on a individual interest basis. Work with staff to explore unique project based learning ideas. Examples of this include: honey bee care, non-profit operations, composting, nutrition.