

# **VOLUNTEERING AT CUISINE SANS FRONTIÈRES - GUIDELINES**

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## **About Cuisine sans frontières - The association**

Cuisine sans frontières (Csf) invites people to the table to resolve conflicts and promote community. Cooking and eating together means quality of life. Conversations are held, relationships are formed, and problems are solved. This strengthens the foundation of every community. Cuisine sans frontières is based on this everyday experience.

Csf builds up gastronomic meeting places and training centres in crisis areas or social conflict situations - always in cooperation with a local partner. The aim is always to ensure the economically independent operation of the projects in the long term.

Csf manages the project development and supervises the commissioning. Csf supports the projects with volunteers, professional know-how and financial means until the project is handed over. Csf is and has already been active in Colombia, Brazil, Ecuador, Georgia, Kenya, Greece, the Democratic Republic of Congo, Lebanon and Zurich.

The non-profit association was founded in Zurich in 2005, currently has more than 600 members and is financed by donations, membership and foundation fees and the benefit event Kitchen Battle.

Csf can count on an enormous personal commitment of many volunteers: They perform over 6,000 hours of volunteer work per year. For the Kitchen Battle Tour, Csf relies on its large network and receives donations of goods and infrastructure worth over 150,000 Swiss francs.

The honorary, five-member board of directors decides on the use of Csf's financial resources and appoints the management. This is responsible for the professional realization of the projects.

### **What are the benefits of an engagement at Csf?**

Our volunteers have different motivations: You are looking for an opportunity to exchange with different people besides your daily work. You want to learn something new. Or you want to use your skills in another country, in a different context. We offer you the opportunity to work for and with other people for the promotion of community and peace.

### **What do I need to consider before volunteering?**

If you are interested in volunteering at Csf, you have to consider if you meet the requirements and if the tasks match your ideas, skills and time possibilities. Can you do your volunteer work respectfully, carefully and with high quality? Does the time horizon or the workload fit to your everyday life or to your assignment time?

These questions must be answered honestly for yourself: a volunteer placement is only as good as the organisation and the volunteer fit together.

### **VOLUNTEER OPPORTUNITIES**

Our volunteers are the backbone of Cuisine sans frontières. It is their commitment that makes our work possible in the first place. Whether you are a translator, camerawoman at the Kitchen Battle, cook at FOGO or helper in an overseas project - you can support us in many ways.

### **FOGO / Federal Asylum Center (BAZ) Zurich**



Once a month we cook and eat at FOGO and BAZ Zurich together with refugees who live there. As a volunteer, you will help to prepare vegetables, cook in large pots and make sure that the tables are set in time. It is equally important that you are open and interested in communicating with the residents.

## Projects abroad



For our projects abroad, gastronomic experience, manual skills and a good knowledge of the European spoken language in the country of assignment are usually mandatory, i.e. Spanish in Ecuador, French in Congo, English in Kenya. Assignments lasting less than four weeks are rarely possible.

## Kitchen Battle



The Kitchen Battle is our annual fundraising event. It takes place in Bern, Lucerne and Zurich. The Kitchen Battle needs volunteers in different areas: At the bar, in the service, behind the camera, in the direction, for photography.



## **Translations**

We are always looking for volunteers to translate texts from German into English, French and Spanish for our flyers or website. From time to time Italian is also requested.

## **OUR EXPECTATIONS OF VOLUNTEERS**

With concrete projects, Csf pursues the goal of sustainably improving the prospects of the local civilian population and promoting economic independence. Csf employees and volunteers meet the needs and requirements of the local population with respect and social competence, but also with clear guidelines and expectations.

For this direct exchange with people, Csf treats everyone equally, regardless of gender, skin colour, language, religion, nationality, political views, ethnic or social background and financial situation.

As a volunteer for Csf, you need to be interested in people and be open to new situations as well as flexible in dealing with them.

Volunteers are responsible for carrying out their commitment to Csf in a *respectful, careful, reliable and reflective manner*. In this way, they all contribute together to fulfilling the mission of Csf and to the successful implementation of the projects.

## **Respect**

Whether cooking together with refugees in Zurich, behind the camera at the Kitchen Battle or in cooperation with one of our partners abroad - at Csf we treat each other with respect. In concrete terms, this means that we protect the privacy of the other person by observing the duty of confidentiality; that we meet each other at eye level; that we work tolerantly, understandingly and patiently.

## **Care**

Many people, organizations and companies regularly provide Csf with their manpower, knowledge and equipment. This generous support is fundamental. We therefore also expect all volunteers to exercise care in our projects - in dealing with people, infrastructure or materials.

## **Reliability**

Volunteers must be aware that other people depend on and rely on their commitment. Planned voluntary work is therefore binding and must be completed on time. If a volunteer cannot be engaged, the project manager or the office must be informed immediately so that a replacement can be found.

**Self-reflection**

Volunteering with other people or in a new context is intensive and can be stressful. We therefore expect volunteers to reflect on their feelings and actions during a placement. If volunteers need support during a placement or would like to share their experiences, they can always contact the project manager or the office.

**Insurances**

Health, accident and liability insurance are the responsibility of the volunteer. Csf assumes no liability.

For longer assignments abroad, an agreement is made in which tasks, rights and duties are set out in writing.

**CONTACT**

If you would like to volunteer at Csf or need more information about volunteering opportunities, please send us the completed application form to [info@cuisinesansfrontieres.ch](mailto:info@cuisinesansfrontieres.ch) or call us at +41 44 261 00 10.

We look forward to hearing from you!

The Cuisine sans frontières team