

ESC Volunteering Team: Support the International Soup Festival 2026!

In Rome from April 8th to 23th, 2026

As a volunteer, you will contribute to the organization of this unique festival, where communities come together to share culinary traditions, promote intercultural dialogue, and celebrate diversity through food.



The Soup Festival volunteer camp is an ESC Volunteering Team project funded by the European Union through the European Solidarity Corps program. Its goal is to support the venue in organizing the festival, which will take place in Rome from April 8th to 23th, 2026.

La Città dell'Utopia, the hosting organization

"La Città dell'Utopia" (Utopia City) is a project of SCI Italy located in Rome (San Paolo neighborhood) inside the Casale Garibaldi, an old country house located on a green hill in the middle of modern buildings.



The project is an ongoing workshop on active citizenship and local development. There are different events, initiatives, courses and workshops organized around different main themes: interculturality, sustainable lifestyles, antifascism and active citizenship. At "La Città dell'Utopia **we care a lot about our food consumption** habits focusing on reuse and preservation to avoid waste.

To know more...

- Web site: <http://www.lacittadellutopia.org/>
- Facebook: <https://www.facebook.com/lacitta.dellutopia.7/>
- Instagram: www.instagram.com/lacittadellutopia



La Città dell'Utopia entrance, 2024

Servizio Civile Internazionale Italia, the coordinator organization

Servizio Civile Internazionale (SCI Italia) is the Italian branch of Service Civil International network ([sci.ngo](https://www.sci.ngo)), an international voluntary movement that is present in more than 80 countries around the world.

It's been promoting international volunteering projects for 100 years on the themes of peace and disarmament, conscientious objection, human rights, and international solidarity, sustainable lifestyles, social inclusion and active citizenship. In the core, there is a real commitment to make a change against inequality, injustice, and violation of human rights.

SCI Italia, founded in 1948, is an NGO recognized by the Ministry of Foreign Affairs and Advisory Member of UNESCO and the Council of Europe.



It is based in Rome and it is supported by several regional and local groups of activists. The regional and the local groups support the work of the National Secretariat by dealing with trainings and the promotion of volunteering in various Italian regions.

To know more...

- Web site: www.sci-italia.it
- Facebook: <https://www.facebook.com/sci.italy>
- Instagram: <https://www.instagram.com/sciitalia>

The Zuppa Festival

The International Soup Festival was born in Lille in 2001 and successfully spread across Europe to Berlin, Krakow, Barcelona, Madrid, Frankfurt and the Italian city of Bologna in 2004 and Rome in 2008.

The 19th edition of "Festival Internazionale della Zuppa di Roma" will be held at La Città dell'Utopia the 18th April 2026 with the support of a large number of citizens and volunteers and aims at creating a moment of celebration around a unique, rich and popular dish that is known all over the world. Participants will be competing for the famous prize "Mestolo d'Oro" (golden ladle).

The International Soup Festival has several aims:

- **Cultural, social and human integration:** meeting and sharing food together, on the streets of Rome.
- **The artistic dimension:** creating and mixing flavors, in order to present them to the public.
- **The playful dimension,** involving cultural traditions exchange.
- **Everything is free,** all participants compete while offering their food to everyone.
- **An open manifesto,** encouraging everyone to participate.



Soup festival, april 2025

The festival is built together with the citizenship, during open assemblies, in the months leading up to the festival. Every year, collectively, a central theme is chosen, around which the whole day revolves, with the aim, along with the joy of the festival, of raising social awareness on different topics: food self-determination, the right to housing, feminism, etc...

The Volunteer Camp

The project will be divided in two parts: a **study part** and a more **practical one** related to the organization of the Zuppa Festival.



Gardening in the area around "La Città dell'Utopia", 2024

Activities

During the volunteer camp, the volunteers will have a workload of around 6-7 hours per day. The main activities will be:

- **Supporting the organization** of the indoor and outdoor spaces of the festival;
- Supporting the **preparation and running of the event** Soup Festival 2026 (presence at the bar, cash desks, cooking...);
- Supporting the **promotion of the festival**;
- **Tidying up the venue** at the end of the Soup Festival 2026;
- A possibility to create **creative outputs** from the festival: videos, pictures, interviews, podcasts, etc...
- Contributing to some **practical activities** related to La Città dell'Utopia (gardening, cleaning, etc...)

Study Part

The study part will be focused on **sustainable food consumption and local food production** where the participants will be able to learn more about organic and zero kilometer food, zero waste food and fair trade products with an ecological perspective.

At “La Città dell'Utopia”, the volunteers will also have the chance to learn more about food habits and patterns, with a main focus on **Italian food culture, vegetarian and vegan recipes** and different cooking techniques.

During the study part, there will be cooking classes and visits to agricultural cooperatives in which The City of Utopia is a partner.

Requirements

- Being under 30 years old.
- Interest in food culture
- Group working skills
- Interest in organizing and creating events
- Artistic and manual skills
- Motivation for cooking and gardening
- Basic cooking skills
- Being resident in one of the eligible countries: From EU programme countries and third countries associated with the European Solidarity Corps Program Zone 1: Albania, Bosnia and Herzegovina, Kosovo, Montenegro.



Participants of the Zuppa volunteer camp ESC, 2023

Logistics, financial conditions, and sustainability

Simple life: You will be hosted in the hostel of "La Città dell' Utopia". You will share a room with other volunteers. You will also share the two bathrooms of the hostel. We provide sheets and blankets, but don't forget to bring your own towels!

Money, money, money: This project is founded by the European Solidarity Corps program. Therefore, we can cover all essential costs of the program (including food, travel costs up to a maximum amount per country, visa costs, accommodation, and pocket money). The travel is reimbursed after tickets and boarding passes submission.

Distance	Not green travel (plane, ferry)	Green travel (shared car, train, bus)
10 – 99 km	23 euro	23 euro
100 – 499 km	211 euro	285 euro
500 – 1999 km	309 euro	417 euro
2000 – 2999 km	395 euro	535 euro

The distance band is calculated according to the distance between Roma and your sending organization: check [here](#).+

Important: (arrival day, departure day). It is important to attend all the activities from the arrival to the departure day. Any different travel has to be communicated to festival.zuppa@sci-italia.it

Sustainable food: The food we will cook will **be vegan/vegetarian**. This is not just a practical decision, but also an ideological one: SCI believes in the values of sustainability and climate justice – and if we want to contribute to a more peaceful planet, we need to give up on industrialized animal agriculture and its destructive effects on our planet. You can tell us if you have any diets, allergies, or intolerances that we should be aware of.

Sustainable travels?: This is also why we ask you to come to this youth exchange by any more sustainable means of transport rather than flying (e.g. by train or bus), if somehow possible. We will guide you on how you can reach the venue once you are accepted to the project.

How to apply?

You can send your CV and Motivation Letter **underlining why you want to volunteer to this project** and what you could bring, until 15/02/2026 invite you to apply as soon as possible (all applications will be processed on arrival order).

For more information please contact: festival.zuppa@sci-italia.it