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## I, YOU & ALL: little actions for youth involvement in local community

2020-3-IT03-ESC11-020083

Volunteering in teams - Italy

“Do It For You, Do It For All”

27th Sept - 18th November 2021



### *PROJECT DESCRIPTION*

*WHERE?* Italy, Sabina's Area, Roccantica (RI)

*WHO?* 12 persons between 18 to 30

*TOPICS?* Citizenship & democracy, rural development, territorial cooperation, youth participation



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## *OVERVIEW*

Youth in rural areas are disadvantaged due to the geographical isolation and lack of opportunities for social interaction.

Especially during these times, young people are in a need of safe spaces for socialising, sharing, discussing, experimenting, growing and learning.

Young people need opportunities that will help them shape their journey of personal development and find their places within the community.

This voluntary project aims to reinforce the spirit of local solidarity towards a common objective of territorial development, to encourage the opening of the community towards knowledge and cultural and intercultural exchange, to bring young people to volunteering work and the care of the common good.

*Do It For You, Do It For All is a voluntary project to support the Association ALA - ASP to:*

- To improve the local hiking trails.
- To promote volunteering as a tool for solidarity and citizenship.
- To develop the sense of belonging, the ability to integrate into a community, and awareness of the environment.
- To increase cooperation, integration and tolerance through teamwork.
- To develop self-management skills, turning outwards and engaging in collaborative behaviours with others.

*Participants of the European Solidarity Corps will benefit from:*

- Promote the sense of ecology, sustainability and simplicity through the implementation of environmentally-friendly actions for the community.
- Increase self-esteem through the service of actions for the common good



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Improve personal and professional skills.

- Develop the sense of belonging, cultivate active citizenship and build a conscience of European citizens.

## *THE HOSTING ORGANIZATION*

Associazione ALA – APS was founded in 2009. It works to develop educational frameworks and environments for adults, youths, and children.

The methodology used, and the educational approach is a mix of non-formal methods, art, creativity, and outdoor practices. The aim of the organization is to promote social inclusion, active citizenship, intercultural learning, respect and protection of the environment. The mission is to support the creation of future citizens aware and critics, able to express their will and thinking, to exchange opinions, and choose a lifestyle respectful to the environment and resources.

The organization works at national and international level and cooperates with public bodies, schools and NGOs.

### *TARGET GROUPS:*

- Youth
- Children
- Rural communities

## **Where you'll be based**



**RIFUGIO COGNOLO** (a mountain refuge) is located in the middle of the mountain at 1000 m height) - in 2015 the organization started to manage the place that had been Abandoned. ALA transformed it into an active lab for environmental education and a place to share knowledge and good practices.



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## OSTELLO DEL TEMPO PERSO

(a youth hostel) located in the historic center of Roccantica, is managed by the organization. It is a place to realize social and cultural activities, host groups etc.

The hostel and refuge are connected by a trekking path, with a walk of 2h30 min.



## PROJECT VENUE:

**Sabina** is *a rural area* about 40 kilometres north-east of Rome. It extends from the banks of the river Tiber towards the Sabini Mountains, part of the Apennine chain of mountains which runs the length of Italy. The landscape is one of rolling, *olive trees* covered foothills, forested *mountain* sides, *natural spots*, *medieval hill villages*, castles and monasteries, a landscape that has remained unchanged for centuries and largely untouched by modern development. The Sabina region has a rich culinary heritage, and has been famous since ancient times for the quality of its food and drink, in particular its olive oil, one of the best in the world.



The project is hosted in **Roccantica**, a village of 550 residents, provided with basic services like, the pharmacy, the medical office, the post office.

The area is perfect for *trekking, climbing, outdoor and sport activities*.



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## VOLUNTARY MISSION

**Volunteers will sign a learning agreement and decide to be involved in a process of personal development supporting the hosting organization in carrying out its daily activities.**



The volunteers will be actively involved in the development of the ALA project as active members. The activities will be addressed to the local communities with the common goals to support the empowerment of the youngsters and sense of citizenship between them. The volunteer should be available to interact and work

with the local volunteer and youth, be open minded, interested and open to propose workshops and activities addressed to youth, childrens and adults. All the voluntary activities are managed to support the volunteer to gain **self-confidence, autonomy and by the time shape the mission to reach his/her personal learning goals.**

The project is organized to support the



volunteer to gain experience, knowledge and competence in managing a small organization and deal with rural communities needs.

**This project represents an intense experience based on sharing, investing time in relation, and living life with simplicity away from the city input.**



## WORKING TASKS





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## 1- YOUTH ANIMATION

Create workshops for peers and children, actions to include volunteers to the community.



## 2- SOCIAL MEDIA MANAGER

Take care of social media management, organizing posts, taking photos, creating videos, posting contents, managing voluntary blogs and managing website updates and info.



## 3- ADMINISTRATIVE SUPPORT

Manage file and dossier, answer to emails, support volunteers selection process, create infopackage and documents for dissemination and partner cooperation

## 4 - OUTDOOR ACTIVITIES AND WORKS

Manual works, renovation and reconstruction, building care and maintenance, logistics



## LEARNING DIMENSION



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- GROUP WORK AND MANAGEMENT
  - SELF - GROWTH
  - MANUAL COMPETENCE
    - COOKING
    - INTERCULTURE
    - LOGISTICS

### *VOLUNTEER PROFILE:*

This project can host 12 volunteers from both European countries and non-European countries.

The group will be composed in accordance with gender balance, difference in competence or skills, and personal attitude. The selection process will be based on motivation and done by online meeting only after the receiving of **CV and Motivation Letter.**

The volunteer experience is a long term process of learning to experiment, put in action, stretch the comfort zone, learn to live in an intercultural environment, be flexible and adaptable.



**ACTIVITY SCHEDULE:** The project is composed of 35 hours week activities, 5 days of work, 2 day of free time per week from Monday to Friday. The volunteer collects 2 days of holiday each month. This mission included working on the weekend or for two weeks hosting. In this case the volunteer will get some free day extra.

### *ACCOMODATION:*

The 12 participants will be sharing an apartment in Roccantica, composed of two bedrooms, three fully equipped bathrooms, one kitchen and one dining



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room/lounge for the volunteers to share in the village of Roccantica, with Wifi connection.



## *Expenses*

- Pocket money: The volunteers will receive 5 euro per day (260 Euro in total)
- Food and accommodation will be provided (at no cost for the volunteer)

**LANGUAGES:** The main languages of this volunteering project are English and Italian. In some cases and depending on availability and personal interest, in-person or online Italian lessons will be provided.

**INSURANCE:** The volunteer will need to get the European Health Insurance Card, and will also be provided with [health insurance from CIGNA](#) for the duration of the project.

**TRAVEL COST:** Max cost refunded for arrival and departure journey. The travel ticket will be booked from the volunteer and refunded by the coordinating organization. **All tickets, invoice, boarding must be saved and present to be refunded.**

**Possible distance band solution:** band 100-499 max cost 180€, band 500 -1999 max cost 275 €, band 2000 -2999 max cost 360 €



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## HOW TO APPLY?

Send and email with *CV* and *Motivation Letter* to  
[mobilita.associazionea@gmail.com](mailto:mobilita.associazionea@gmail.com)

**Visit our pages to learn more about us**

### Associazione ALA - APS

<https://www.facebook.com/associazioneALAaps>  
[https://www.instagram.com/associazionea\\_aps/](https://www.instagram.com/associazionea_aps/)

### RIFUGIO COGNOLO

<https://www.facebook.com/rifugio.cognolo>  
[https://www.instagram.com/rifugio\\_cognolo/](https://www.instagram.com/rifugio_cognolo/)

### OSTELLO DEL TEMPO PERSO

<https://www.facebook.com/AllaRoccaOstelloDelTempoPerso/>  
<https://www.instagram.com/ostellodeltempoperso/>

### **VOLUNTEERS' BLOG**

<https://cantastorie-blog.weebly.com/>