



INFO PACK
Voluntary project
STEP BY STEP
8 months
ITALY
April to November 2019
Roccantica (RI)

Project description

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

Voluntary actions that are integrated with activities carried out with bottom-up initiatives and the commitment of the various stakeholders.

The objectives are:

- 1) to improve the local trail network
- 2) to bring local communities closer to volunteering as a tool for citizenship
- 3) promote volunteering as a tool for solidarity
- 4) offer a personal and professional growth experience for 16 young people
- 5) to improve the sense of belonging and the knowledge of the places in which the project is realized

1) on the participants

- promote the sense of citizenship and solidarity through the implementation of actions aimed at protecting the common good
- increase self-esteem through the service of actions of the common good
- increase personal and professional skills
- increase the sense of belonging, cultivate active citizenship, build a conscience of European citizens

2) on organizations:

- improve cooperation between organizations working in the youth field to bring young people closer to the promotion of solidarity and social inclusion
- improve the cooperation system aimed at a more and more careful territorial planning aimed at networking and exploitation of available resources

3) on the targets:

in this project the targets involved are of different types

- a) the elderly, for whom they are expected to carry out activities that safeguard their memory, give value to knowledge and counteract loneliness
- b) children, for whom it is expected to involve them in educational activities that bring them closer to the environment and to the knowledge of the territory they live.
- c) young people, for whom it is expected to transmit the value of volunteering, creating curiosity and interest in actively participating in the life of their community and the development of the territory

Hosting organization

ALA Associazione Liberi Artigiani – organization active since 2009, work to develop educational framework and workshop for adults, youths, children's.

The methodology use, and the educational approach mix non formal methods, art, creativity, and outdoor practices.

The aim of the organization is to promote social inclusion, active citizenship, respect and protect environment.

The mission is to support the creation of future citizen aware and critics, able to express their will and thinking, to exchange opinions, and chose a life style respectful of environment and resources.

The organization work at national and international level and cooperate with public bodies, schools and NGO description

The hosting places of work

ALA is actively working in the region in the feal of environmental education and express this action realizing different types of project and activities. One of the most important is the



COGNOLO REFUGE a mountain hosting place, whom ownerships belong to the municipality of Casperia. Abandoned for more than 10 year the association as traformed it through a re qualification process, using appropriate low impact technologies and eco-friendly systems.

Nowadays, an active lab for environmental education, and a place to share knowledge and

good practices. The restoring of the place use and experiment practical solutions realized with natural materials.

Project venue

ALA association work in Rieti's area. It is a rural zone where are prevalent agriculture and farming, small villages situated on hills reach in history and heritage.

In this content Ala work in large with the different municipality of Casperia, Poggio Mirteto, Poggio Catino and Roccantica, all small village closer one to another, on the direct are between the Tevere Valley and Sabina' mountains.

Since 2014, with the support of Casperia Municipality, the organization start the project Cognolo Refuge, a restoring of abandoned mountain refuge, to make it began a hosting place an educational outdoor and non-formal centre.

Casperia municipality area is divided in two: in one side are hills, and to the other mountains part of pre appennino laziale.

This is a territory that has been abandoned for long time and is living a rebirth thanks to the environmental and sustainable tourism.

Volunteers should be interested to live in a small village surrounded by mountain.

Teenagers' workcamp - August 2015



Mission

Learning agreement:

The volunteers will be actively involved in the development of the project Cognolo Refuge and active member of activity addressed to local community with the common goals to support the empowerment of the youngsters and the habitants in general. The volunteer should be available to interact and work with in the volunteer in civil service that are managing and restoring tracking trails, be open minded, interested and open to propose workshop and activities addressed to youth, childrens and adults.

All the voluntary project are manage to support the volunteer to gain self-confidence, autonomy and by the time shape the mission on his/her personal goals.

This is project is organized to support the volunteer to gain

Starting from the characteristic of the place, small village in the mountain, this represent an

intense experience.

group work and group management:

- learn to work in an international team
- work in group and cooperate
- guide groups in an educational activities
- guide groups in trekking
- co -coordinate groups of teenager in workcamps experience (group dynamics, games, methods, activity flow, etc



Outdoor activities:

from February to June the activity focus is on event planned to get closer people to mountain and nature. Offer different point of view to those who chose to explore with new eyes.

The volunteer will be involved to:

- Decide the topic of the event;
 - Plan them;
- Organize and made preliminary visit;
- Get in contact with local organization to involve youth communities, locals etc...
- Plan, prepare and realize educational activities

Recover tradition and support handmade productions:

Small village suffer the effect of globalization in two ways, one part most people decided to move in big cities, so the villages are getting empty, second people refuse their traditional mountain and agricultural knowledge considered not anymore, a patrimony to be transmitted.

For this reason, we are working to create links with local farmers and restore local traditions to safeguarded them.



Volunteer will be actively involved in:

- build positive relation with local,
 - share time with people
 - be open minded and creative
- propose workshops and activities addressed to youth, children and adults

He/she will learn to:

- Make bread, cheese, different conserve, manage an organic garden, entertain animals

He/She wil be involved in the management of organic garden:

- Plan the seeding and planting
- Daily care and entertainment

Manual works:

- Walking path tracking and maintenance
 - Restoring work

Local community dynamics: get involve and participate to the realization of local happening and traditional parties, entertain hystorical monument, be involve in the promotion of the territory and the local community



Learn to cook for big groups – EVS MANON with 2 volunteers on July workcamps 2017

Main topics: environment protection, environmental education, health and care, local tradition and heritage, outdoor activities, inclusion, raise awareness of youth from small communities

Number of volunteers required: 4

Project duration: 8 months

Activity place: Cognolo Refuge / Roccantica village

Activity schedule:

The project is composed of 34 hours week activities, 5 days of work 2 day of free time per week from Monday to Friday.

The volunteer collects to 2 days of holiday each month.

This mission included working in week end or for two weeks hosting.

In this case the volunteer will get some free day extra.

Language course and OLS (Online Linguistic Support):

Before the mobility the participant will be registered to the online platform to assess his/her Italian language level, after this he/she will have the access to the online language course.

The volunteer will be asked to follow the Online course at list 1hourse for week during all the project length, to that pass the final test – to get the language certificate.

Moreover, depending on the Italian level, the volunteer will take part to a Italian lessons organized for the volunteer with the support of a language teacher.

Insurance:

The sending organization will be responsible to enrol the volunteer in the CIGNA insurance and give to the volunteer all the information about the use of it long the EVS. The enrolment should be done before departure.

TRAVEL COST:

Max cost refunded for arrival and departure journey is 275€
The travel ticket will be booked from the volunteer and refunded by the coordinating organization.
All tickets, invoice, boarding must be save and present to be refunded.



Trekking in marvel mountain tracks, doing yoga and meditation



Jo, evs volunteer form Germany, learning to play traditional instrument

ACCOMODATION AND FOOD

Volunteers will be located in two apartments (2 volunteers for each) base in the village of Roccantica, the house will be not furnished of wifi but they could manage to have connection with keys or sim traffic with mobile, more over the bar and the municipality have fee connection.

The will receive a monthly pocket and food money of 280€ to self manage food, all the hosting charge will be covered by the project.

During activities and camps food will be provided from the organization.

Children's camp play and enjoy time in the refuge



Volunteers from international workcamps, learn to ride a mule.



**To get CANDIDATE SEND MOTIVATION LETTER AND CV
to
info.cognolorefuge@gmail.com**

THANKS

ALA's Organization team