



# HEALTHY SOCIAL VOLUNTEERING



**15th – 30th April 2024**

**Supporting Caritas' activities**

**SANT'AGATA DI MILITELLO, ITALY**

**EUROPEAN SOLIDARITY CORPS  
Volunteering Teams in High Priority Areas**



pistes solidaires



# SUMMARY OF THE PROJECT

The project "Healthy Social Volunteering: ESC for active lifestyles, citizenship and social equity" aims to promote young people engagement, encourage active and healthy lifestyles and also to help mitigate the impact of the Covid pandemic on socially vulnerable and fragile groups.

The project consists of 12 volunteering teams involving 138 volunteers over a period of 2 years. The activities will be implemented in various cities of Italy (Palermo, Torino and Mazzarino) and will be addressed to support the social and health care system for some particularly fragile groups (homeless, children with immunodeficiency or cancer, refugees and migrants) whose living conditions have worsened as an indirect consequence of the pandemic and the measures to contain the contagion.

The whole project will be supported by a dissemination campaign with the aim of promoting ESC as a tool for social action and reconstruction of the European spirit also affected by the social impact of the pandemic.

The project, funded by the ESC programme of the European Commission, is coordinated by Associazione InformaGiovani in cooperation with Associazione I Girasoli onlus (Italy), INEX CZ (Czechia), Pistes Solidaires (France) and Asociaciò La Rotllana (Spain).

## ASSOCIAZIONE INFORMAGIOVANI

**InformaGiovani (IG)** is a non-profit organisation established in 2001 by a group of volunteers with the aim to promote the right to information, social inclusion and active citizenship.

IG regularly involves young people in Erasmus+ mobilities, ESC volunteering projects and local international workcamps to promote active participation, inclusion, tolerance, diversity and cultural understanding. The association focuses on activities of social inclusion and rehabilitation of young people who risk or are experiencing social exclusion.

Since 2014 IG has been coordinating an informal European network supported by Erasmus+, which nowadays comprises 16 organisations in 14 European countries. Associazione InformaGiovani is Eurodesk Centre in Palermo since 2022.



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# GENERAL CONDITIONS

## Place:

Sant'Agata di Militello, Italy  
(<https://maps.app.goo.gl/3NNgV3LSY2EC8abb6>)

## Size of the Group:

11 Participants + 1 Group Leader

## Duration:

16 days (including 2 travel days)

**Arrival day:** 15/04/2024

**Activity dates:** 16/04/2024 - 29/04/2024

**Departure date:** 30/04/2024

## Type of service:

Participants will support the activities related with the  
**Caritas Center in Sant'Agata di Militello**

## Language:

English (knowledge of Italian is welcome but not necessary)

## Insurance:

Volunteers from EU countries must have their **European Insurance Health Card**. Volunteers will benefit from the ESC complementary insurance scheme for health or accident (**HENNER**). Third liability insurance is provided by InformaGiovani.

## Travel costs:

It will be reimbursed up to the budget limit calculated according to Erasmus+ distance band calculator (for more details check page n. 7)

## Pocket money

volunteers will receive a cash amount of € 80,00 by the end of the activity (i.e. €5,00 per day of activity, travel days included).

## IMPORTANT

Participants need to subscribe to PASS, to sign an agreement with Supporting and Hosting organisations, and to fill an online report at the end of the activity.



## WORK DESCRIPTION

Volunteers will support regular activities run by the Caritas Centre such as food collecting and delivering to local parishes, maintenance and organization of the "solidarity emporium" Caritas Centre manages for people in need. Supporting to the clothes and toys storage, social gardening together with Caritas' local volunteers and people with light mental disabilities.

Other activities will be related to small renovation of the place (sanding, painting, etc) and promotion of international opportunities to local young people.

The group could be divided in smaller groups for a better organization of the work and experiencing several tasks.

### ACCOMMODATION

Accommodation will be in a house managed by the Caritas Center, in 3-4 people shared rooms.

### FOOD

Food will be provided by the hosting organization. The volunteers will cook using the kitchen available in the house.







## Participant profile

Volunteers should be:

- aged 18-30
- interested in supporting organisations working with and for vulnerable people;
- interested in the topic of the project (social inclusion and assistance, solidarity).
- ready to interact with people with different kinds of vulnerability and different social and economic backgrounds;
- willing to actively participate and be flexible, participating in manual work; open-minded, sociable, empathetic.





# MEETING POINT page 1/2

**Important!** The distance between Palermo Airport and S.Agata di M. is more than 150km, so more than 3h are needed with public transports.  
!!!Please bear this in mind when planning your itinerary!!!



**The meeting point is at**  
Sant'Agata Central Station  
**the 15/04 at 6:30pm**



## HOW TO REACH THE MEETING POINT FROM PALERMO AIRPORT (PMO)

### 1st step - reach the PALERMO CENTRAL STATION (RAILWAY)

#### By Train - Trenitalia

**Direction:** From Palermo Aeroporto Punta Raisi to Palermo Centrale

**Price:** One way €6.80 (the ride can be 51min or 1h05 min depending on the stops)

**Website:** <https://www.trenitalia.com/en.html>

#### By Bus - Prestia e Comandè

**Direction:** From Aeroporto Falcone Borsellino to Palermo Stazione F.S. (via Fazello)

**Price:** One way €6.50 (only €6 if paid online) round ticket €11 (only €10 if paid online)

**Website:** <https://www.prestiaecomande.it/en/>

### 2nd step - FROM PALERMO CENTRAL STATION (RAILWAY) TO S. AGATA DI MILITELLO

Take the train to S. Agata di Militello.

The ride will be between 2 hour and 40 and 3 hours, depending on the train. One way is €11,10

**Website:** <https://www.trenitalia.com/en.html>



## MEETING POINT page 2/2

**Important!** The distance between Catania Airport and S.Agata di M. is more than 200km, so more than 4h are needed with public transports.  
!!!Please bear this in mind when planning your itinerary!!!



**The meeting point is at**  
Sant'Agata Central Station  
**the 15/04 at 6:30pm**



### HOW TO REACH THE MEETING POINT FROM CATANIA AIRPORT (CTA)

**Step A - reach the CATANIA CENTRAL STATION (RAILWAY) from the airport**

**By Bus - Alibus**

**Direction:** From Catania Airport Fontanarossa (CTA) to Catania Stazione Centrale

**Price:** One way €4

**Website:** <https://www.amts.ct.it/alibus>

**Step B - FROM CATANIA CENTRAL STATION (RAILWAY) TO  
S. AGATA DI MILITELLO**

Take the train to S. Agata di Militello.

Depending on the train, the ride can last from 3 to 4 hours, and costs from 15€ to 20€ one way.

**Website:** <https://www.trenitalia.com/en.html>

# WHAT TO BRING?



- eco-friendly toiletries (hygiene products, shampoo, etc.)
- **personal towels**
- flip-flops for the shower
- personal water bottle
- working clothes and shoes (trousers, T-shirts, NO sandals or similar for working)
- a hat or a bandana for the sun
- hand sanitizer
- eco insect repellent, eco-friendly mosquito creams/sprays
- traditional snacks for the intercultural evening (sweet, dry food, chocolates, candies, etc.)
- European Health Insurance Card (**FOR EU CITIZENS ONLY!**)
- any medicines you might need
- music instruments if you play any
- motivation

Note: **There is a washing machine in the house.** Hairdryer and bedsheets are provided by the host. You do not need to bring them.

## Useful numbers

Associazione InformaGiovani: +39.393.9629434

Single European Emergency Number: 112



# Travel reimbursement



**In order to get the reimbursement of your travel costs you have to read carefully the instructions below.**

Travel costs are reimbursed on actual costs incurred up to the budget limit based on Erasmus+ distance calculator.

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

23 Euro for travels between 0 and 99 Km;  
180 Euro for travels between 100 and 499 Km;  
275 Euro for travels between 500 and 1999 Km;  
360 Euro for travels between 2000 and 2999 Km.

**Reimbursement will be done by bank transfer after receiving the needed supporting documents.**

**Supporting documents are:**

- In case of bus and train: original tickets and/or invoice
- In case of plane: e-booking and/or invoice AND boarding passes

**Note:** photos or screenshots are not accepted. Scanned copies are fine.  
ONLY Public means of transport will be reimbursed. (taxi is not refundable)

