



HEALTHY SOCIAL VOLUNTEERING



May 7th – May 22nd

THEATRE FOR INCLUSION

PALERMO, 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, to 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, Bologna 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 Asociació 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 counts 16 organisations in 14 European countries. Associazione InformaGiovani is Eurodesk Centre in Palermo since 2022.



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GENERAL CONDITIONS

Place: Palermo, Italy

Size of the Group: 12 participants (including the Group Leader)

Duration: 16 days (including 2 travel days)
Arrival day: 07/05/2024
Activity dates: 08/05/2024 - 21/05/2024
Departure date: 22/05/2024

Type of service: participants, together with people suffering from blindness will take part to theatre laboratories aimed to a final exhibition at the end of the project

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: will be reimbursed up to the budget limit calculated according to Erasmus+ distance band calculator (for more details check page n. 9)

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 the Coordinating organisation, and to fill an online report at the end of the activity.



WORK DESCRIPTION

This volunteer activity is organised in cooperation with the Institute for blind people in Palermo and with a drama teacher, whose role will be to facilitate the activities. The volunteers, together with young people suffering total or partial blindness, who attend the institute where the activities will take place, will participate in theatre workshops aimed to a final performance, which will take place at the end of the two weeks. The activities will be implemented through the use of non-formal education and will be aimed at understanding and overcoming the obstacles posed by blindness, within a multilingual and multicultural environment.

ACCOMMODATION

Accommodation will be in a hostel, in 4-shared rooms and dormitory style room, without distinction according to gender. The 4-shared rooms are also equipped with a double bed, so there will be the possibility, for some volunteers, of sharing the bed during the two weeks.

To reach the place of the activity, volunteers will have to take the bus.

FOOD

Volunteers will take care of breakfast, lunch and dinner, using the kitchen inside the hostel. The hosting organization will provide food and all necessary.



Participant Profile

Volunteers should be:

- aged 21-30
- interested in supporting the NGO working with and for vulnerable people;
- interested in the topic of the project (theatre, social inclusion, integration, community life, inequality)
- ready to interact with people with different kinds of vulnerability and different social backgrounds;
- willing to actively participate and be flexible in different types of activities;
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- open-minded, sociable, empathetic;
- interest and experiences in Theatre and Music will be taken in consideration during the selection process



Meeting Point

How to reach the meeting point from Palermo Airport (Punta Raisi)

From the Palermo Airport (Punta Raisi) to Palermo Central Station (Piazza Giulio Cesare) you have two options:

- **by bus** (every 30 minutes):
the company name is "Prestia e Comandè".
You can buy the tickets directly on the bus.
The price is €6,50.

When you go out from the airport, turn right and walk until the bus stop.

- **by train (every 30 minutes):**
directly from the airport there's a train line that brings you to the central station (Palermo Central is the final destination). It's located in the underground floor of the airport.

The price is €6,80

We suggest you to buy the ticket online, through this official website:
<https://www.trenitalia.com/>

It's important to remember that after you buy the train ticket, you have to proceed with the check-in, before taking the train.



Step 2: Reach the meeting point/hostel

The front entrance of Palermo Central Station will be our meeting point.

We will organize two meeting points:

- at 2:00 p.m.
- at 6:00 p.m

Please, keep into consideration these meeting points when you buy the tickets.

Palermo Central Station:



WHAT TO BRING?



- eco-friendly toiletries (hygiene products, shampoo, etc)
- flip flops for the shower
- hair dryer
- personal water bottle
- hat or bandana for the sun (in July in Turin the sun is very strong)
- hand-sanitizer
- European Health Insurance Card **(FOR EU CITIZENS ONLY!)**
- any medicines you might need
- Feel free to bring snacks, food from your home country for intercultural exchange. Please don't bring alcohol
- music instruments if you play any
- personal towels and bedsheets for single bed
- **motivation**

Useful numbers

Associazione InformaGiovani: +39.393.9629434

Medical Emergency: 118

State Police: 113

Emergency: 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
- Signed module of reimbursement (sent to the volunteers at the end of the activity)
- Completion of online final evaluation survey

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

