

Infokit




If you want to volunteer abroad, have a life changing experience, create a positive impact, be part of an active citizenship community and make the difference, the #EUSolidarityCorps is waiting for you.



Volunteering

Click in the next link and discover everything about this program:

 [Discover European Solidarity Corps](#)



Who can volunteer?

European Solidarity Corps volunteering activities are open to **18-30** year old people who reside in programme and partner countries.

Who is involved and how can I apply?

Hosting organisations – will receive and help you in your destination country.

You can search for a potential supporting organisation on the accredited/Quality-Labelled organisation database.



What is covered?

You are covered by a complementary **insurance**

You can access a range of support services such as **linguistic support and training**

Your **basic costs** will be covered (your travel to and from the project, accommodation and food)

You'll also receive a **small allowance** for personal expenses (€3-6 a day, depending on the country)

If you have **specific needs** (e.g. as a result of a disability), some additional costs may also be covered.

!\\ This coverage applies to *volunteers* in European Solidarity Corps activities.

How can I register?

To start registering enter in the next link:

https://europa.eu/youth/solidarity/register_en

The first time you register, you'll be asked to create an account (EU Login, the European Commission's user authentication service) before creating your profile.

Once your profile is created, you'll have access to your personal dashboard, from which you can apply for advertised opportunities, access the general online training, participate in contests, view your certificates and much more.

!\\ *Registering for the Corps does not guarantee you will take part in an activity.*

Official portal for volunteering:

https://europa.eu/youth/solidarity/young-people/volunteering_en#:~:text=Who%20can%20volunteer%3F,in%20programme%20and%20partner%20countries.



Participant profile

We are searching for someone who can work in a team, previous work experience and qualifications may be useful but not necessary.

We are looking for proactive, motivated, empathic, creative people with good communication skills.

YOU SHOULD be interested in working in a voluntary field and have interests in social work, psychology.

The project is open to fewer opportunities profiles (shorturl.at/dfrvw), ukrainian refugees and people with autism, if you consider yourself in these categories indicate it in the motivation letter.

Topics:

Health and wellbeing

Social challenges



Project that we are inviting you to be part of:

Name of the project: CLIVE

Topic of the project: Combating Loneliness & Isolation with Volunteers in Europe

Specifications:

Country and city	Malta
Dates	23rd May 2023 - 7th June 2023 Project: 24th May 2023 - 6th June 2023
Organisation	Malta Council for the Voluntary Sector
Activities	<p>Apart from IT-related Workshops with the elderly, you will create other activities such as Active Ageing through Music, Active Ageing Through Art in partnership with local people in the sector of Art and Music. Through these activities and animation together with the elderly you will be able to speak about exercises that can help combat loneliness and isolation.</p> <p>You, as a volunteer, will also have the opportunity to learn some basic Maltese, together with some free time to visit some of our beautiful cities in Malta or Gozo.</p>
Impact and objectives	<p>Older people are mostly vulnerable to loneliness and isolation which can result in serious health problems. Thousands of elderly people are facing isolation from society and find it hard to reach out because of stigma. Through this program you will try and find a ground to help in combating loneliness and isolation in people who have retired from work, who are no longer the fulcrum of the family and who in a way are weaker and more vulnerable. You as a volunteer will gain new skills which are useful for your personal and social development. 8 Local volunteers and 8 International Volunteers will be working together and exchanging experiences.</p>



Accommodation, food allowance and financial support	<p>Accommodation: Hostel, St.Julian's, Malta - Female Dorm and Mixed Dorm.</p> <p>Food Allowance: Groceries will be provided. Food allergies and dietary requirements will be taken into consideration. The hostel has a kitchen so you will prepare your daily food as a group.</p> <p>Pocket Money: €5 daily</p>
Social media (Instagram, Facebook, Tik Tok, LinkedIn, etc)	<p>Facebook Page: https://www.facebook.com/MaltaCouncilVoluntarySector</p> <p>Website: https://maltacvs.org/</p>
Link to read more and apply	<p>https://youth.europa.eu/solidarity/place/ment/33758_en</p>

Country and city	Italy, Asti
Dates	8th to the 23th September
Organisation	Municipality of Asti
Activities	<ul style="list-style-type: none"> -presentation of the project and the associations -tour of Asti and UNESCO hills -daily activities in volunteering association with this topics: families with socio economic difficulties (social canteen); support and accompaniment for the elderly "project to combat loneliness" and "civic grandparents" project; mother-child community; welcome and care for disabled and elderly people ; -harvest experience; -Asti's festivals with young Italian volunteers.
Impact and objectives	The rich experience of exchanging with many Italian volunteers within their voluntary associations can have a very high value for various actors, whose impact reverberates throughout



	<p>society:</p> <ul style="list-style-type: none"> -foreign volunteers, who experience good practices in other countries and bring them back to their own; - Italian volunteers, both in welcoming the diversity of working with foreign volunteers sharing own habits, and in the possibility of going abroad to verify different ways of associationism and volunteering in this field; - networks of voluntary associations in the area that can learn different ways of dealing with a common problem; -of course older people, who can meet new volunteers, get to know new young people from other European realities, feel the closeness not only of one's own country, but of all of Europe in helping and supporting their loneliness
<p>Accommodation, food allowance and financial support</p>	<p>Accommodation: Casa Tabor a beautiful hostel surrounded by nature but close to the city centre. The hostel has common spaces to organise board games and activities and nice outdoor places where spend some free day, making friends and sharing experiences. The building has a kitchen so the volunteers will have the possibility to cook themselves their meals.</p> <p>Food allowance: during the week, lunch will provide directly in the spot of the activities. Food allergies and dietary requirements will be taken into consideration.</p> <p>Pocket Money: €5 daily</p> <p>Transport: All the volunteers will have access to one second hand bike to go to the volunteering project.</p> <p>From the allowance place to the organisation: 20 min, by bike.</p> <p>In the 14 days programme, there are 2 weekends, one will be occupied by the festival of Asti, the other one is free, so they can reach for example in a very easy way to Torino to visit it.</p>



Social media (Instagram, Facebook, Tik Tok, LinkedIn, etc)	https://www.comune.asti.it/ http://www.informagiovaniasti.it/website/ https://www.facebook.com/informagiovaniasti https://www.instagram.com/informagiovani_asti/?hl=it
Link to read more and apply	https://youth.europa.eu/solidarity/place/ment/33451_en

Country and city	Poland, Gdańsk
Dates	Arrival day: 04/10/2023 Project: 05/10/2023 - 19/10/2023 Departure day: 20/10/2023
Organisation	Regionalne Centrum Wolontariatu w Gdańsku
Activities	<p>Together with the project participants, you will prepare a campaign aimed at young people, promoting a healthy lifestyle, using various communication channels. Before that, you will be equipped with the appropriate knowledge and tools. During the project we will talk about such topics as: well-being, mental health,</p> <p>You will work with representatives of the youth council of the Pomeranian Voivodeship and the youth council of the city of Gdańsk and other foreign volunteers.</p>
Impact and objectives	<p>Through this program we will provide theoretical input as well as practical hands-on activities which will equip the participants with knowledge about creating an effective campaign, how to provide support for those who are in need of professional help, and how it is linked to a healthy lifestyle. Participants will also gain new skills and competences useful for their personal and social development, such as intercultural and team skills. Working in an international environment together</p>



	with local volunteers participants will exchange their experience and will get a new perspective.
Accommodation, food allowance and financial support	Together with other participants, you will be accommodated in a hostel located in the city centre of Gdańsk. We offer rooms for 2-3 people with shared infrastructure (kitchen, bathrooms). There are bars and restaurants nearby, as well as grocery stores. You will also receive a volunteer ID for free public transport in Gdańsk. You will receive pocket money and food allowance according to the ESC guidebook.
Social media (Instagram, Facebook, Tik Tok, LinkedIn, etc)	https://www.facebook.com/wolontariatgdansk https://www.instagram.com/wolontariatgdansk/
Link to read more and apply	https://youth.europa.eu/solidarity/placement/33450_en

Country and city	Antwerp, Belgium
Dates	5 June - 20 June Project: 6 June - 19 June
Organisation	Centre for European Volunteering
Activities	<ul style="list-style-type: none"> - Specialised workshops about combating loneliness and promoting mental health care. - Volunteering activities in the field with elderly people. - Mentor sessions. - Cultural night. - Community day event. - Campaigning about mental health. - Meeting with authorities. - Round table to share initiatives and good practices.
Impact and objectives	Through this project all the volunteers



	<p>will be immersed in an international atmosphere that will promote cultural understanding while promoting activism and volunteering as the main activities during 2 weeks.</p> <p>The project aims to have a direct positive impact in the community with precise actions that are planned based on teamwork, design thinking and enthusiasm.</p>
<p>Training</p>	<p>All the participants will be part of a pre-departure meeting where they will receive general information about the activities and things that they need to prepare before coming to Belgium.</p> <p>Along the two weeks the participants will receive training and support from experts in the subject in order to support them to volunteer with knowledge, practice and a purpose.</p> <p>All the volunteers will receive a “Future opportunities” session in the last days with the purpose of helping them in their professional and personal paths promoting more volunteering, training, working and personal growth opportunities.</p> <p>A mentor will give emotional support to every participant.</p>
<p>Accommodation, food allowance and financial support</p>	<p>The volunteers will stay in a big house with 15 shared rooms (https://berkelhoeve.elegast.be/) and will experience a close contact with nature as it's surrounded by nature.</p> <p>From monday to friday the volunteers will share rooms in the house divided by gender and from friday to sunday they will camp in the gardens of the property.</p> <p>The house will host volunteers from this project and also from others so the multicultural experience and respect will be one of the priorities.</p>



	<p>The house has common spaces to organise board games, workshops and activities.</p> <p>The building has a kitchen so the volunteers will have the possibility to cook themselves their meals.</p> <p>Every volunteer will have pocket money allowance per day: 4 Eur.</p> <p>All the volunteers will have access to one second hand bike to go to the volunteering project.</p> <p>From the allowance place to the organisation: 15 min, by bike.</p> <p>In the 14 days programme, 4 of them will be free so they can explore that area of Belgium.</p>
Social media (Instagram, Facebook, Tik Tok, LinkedIn, etc)	<p>Instagram: https://www.instagram.com/volunteeringcev/?hl=en</p> <p>Facebook: https://www.facebook.com/VolunteeringCEV</p> <p>LinkedIn: https://be.linkedin.com/company/centreforeuropeanvolunteering?original_referer=https%3A%2F%2Fwww.google.com%2F</p>
Link to read more and apply	https://youth.europa.eu/solidarity/placement/33521_en

Country and city	Cruz Quebrada, Portugal
Dates	13-28 August Project: 14-27 August
Organisation	ProAtlântico - Associação Juvenil
Activities	- presentation - official opening



	<ul style="list-style-type: none"> - visit to the area - tours to Lisbon and Sintra - Workshops about working with people with disabilities - activities with the target group (adapted sports, swimming pool, beach, arts and crafts, hiking and cultural visits) - portuguese classes - evaluation
Impact and objectives	Give opportunity to youngsters to know more about disabilities, with focus on people with cerebral palsy. Make awareness to the barriers these people face on their daily life and how they overcome them. At the same time, give the chance to the beneficiaries to participate in more and better activities with the presence of volunteers, and broaden their horizons for being in contact with people from different countries.
Accommodation, food allowance and financial support	<p>Accommodation: bedrooms of 4 people, shared bathroom</p> <p>Food allowance: 3 meals will be provided - breakfast, lunch, dinner</p> <p>Financial Support: 5€ Pocket Money</p>
Social media (Instagram, Facebook, Tik Tok, LinkedIn, etc)	Instagram: proatlantico_
Link to read more and apply	<p>https://sve.proatlantico.com/vagas/abertas</p> <p>https://youth.europa.eu/solidarity/placement/32934_en</p> <p>https://youth.europa.eu/solidarity/placement/33188_en</p>

Let's build together the world we want and we need.

