



LONG TERM EVS

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About the Project

Keep calm and be an EVS Ambassador

EVS Project "Keep calm and be an EVS Ambassador" was initiated by Asociación Cultural Muxelka together with APA María Casares del IES Elviña from A Coruña, Spain.

The idea of the project arises from the need to promote and put into practice the activities of European mobility between the young people of Galicia and all Spain.

The idea is to host in A Coruña two international volunteers who will encourage their colleagues in Spain to get to know and participate in European mobility projects and to promote languages and cultures of the community.

The project aims to promote European mobility activities, non-formal education and intercultural learning opportunities for young people in A Coruña, but also the 2 volunteers from Poland and United Kingdom.

Muxelka, wants to convince all the young people that "Yes, Europe is full of opportunities for me, and for you, and for all the young people, and we help you to understand it."

The activities prepared within the project will be dedicated to children and young people between 3 and 35 years old who are target groups all projects prepared by the partner organizations of the project.

Sending organizations involved are: Polish Robert Schuman Foundation from Poland and Concordia UK.

This project includes 2 EVS volunteers to be hosted in the project in A Coruña for two hosting organizations: Asociación Cultural Muxelka and APA María Casares del IES Elviña.

An individual service lasts 9 months starting in October 2017.





About the Project

Main objectives of the EVS Project:

- To increase European awareness at the local level
- Promotion of entrepreneurship among youth
- Promotion of European mobility and opportunities which offers Erasmus+ Programme;
- Promotion of diversity of Europe, its culture and languages;
- To exchange of European art, culture, tradition and customs between the regions.

Volunteers will have an opportunity to

- work in the new country and environment;
- learn or improve a new language (Spanish);
- increase his/her European awardneess;

Methods that will be used are: workshops, discussions, consults, games, brainstorming, work in groups, individual work, blogging etc.



Erasmus+





Hosting organizations

**Asociación Padres de Alumnos "María Casares" del
Instituto de Educación Secundaria Elviña**

The María Casares Parents' Association of IES Elviña, located in A Coruña is a non-profit- making association which is engaged in the education improvement of its members' children.

IES Elviña is situated in A Coruña and its educational offer includes Secondary Compulsory Education, Bachellor.

Main aims of the APA are:

- To collaborate on educational activities and esctraescolares IES Elviña
- To assist parents of students in the control and management of the center,
- Provide the representation of parents in the School Board of the Centre;
- Encourage the participation of parents in general teaching programme;
- To encourage the cooperation of the Center with other establishments and educational sectors of the social and cultural environment;
- Promote development the principle of free education in the area of the Center, as well as the effective equality of rights of all students without discrimination for any reasons (socio-economic reasons, ideological);
- Promoting of educational and cultural activities for students;
- Promote meetings cooperation of parents, teachers and good relations between the them;

Activities:

- Creation of thematic and linguistic workshops (languages, theatre)
- Organization of excursions, study visits for students of IES Elviña
- "Bank of books" Initiative
- Management of local voluntary projects,
- Development and management of educational projects for youth
- The collaboration with other associations and projects which share the same objectives.

Target group: All students of the IES and their parents interested in the field of activities.





Coordinating organization **Asociación Cultural Muxelka**

The Cultural Association Muxelka is a non-profit organization that works in the sphere of non-formal education, as well as promotes and supports volunteering.

It was founded in 2014 by a team with experience in different entities at the European level.

Its main objectives are to:

- Spread the spirit of community and solidarity across the countries of EU
- Stimulate learning of the European languages and cultures among the locals
- Support informative, scientific and educational initiatives
- Stimulate youth employment and international professional activity
- Promote tourism and local traditions among foreigners
- Facilitate the contact among different European organizations

We primarily work with Erasmus+, but also participate in other European programs.

ACTIVITY:

- European Voluntary Service

Cultural Association Muxelka has been working as a sending and host organization, as well as a coordinating organization since 2014 (Nº ref. 2014-1-ES02-KA110-005640), promoting the European Voluntary Service (EVS). Also, Muxelka is involved in local volunteering activities.

- Management of European projects

Muxelka identifies and embodies the financing sources (search of grants, preparation of memos to present projects to the administration, preparation of



the documentation). Creating the network of collaboration among the organizations, it deals with filing offers that are introduced to different financing programs for different organizations.

- International cooperation in the sphere of youthwork

Muxelka is very involved in the promotion of youth exchange and in offering the first international and intercultural exchange to the youth of our community: we organize internships abroad, youth exchanges and international trainings.

Apart from that, we are also focused on the exchange of experiences, creation of networks and implementation of training courses in the spheres Muxelka specializes on – intercultural education, language exchange.

- Local youthwork

It consists in the online youth information center and local projects with an objective to initiate the youth participation, the integration of the immigrants in the local society and fighting against racism and discrimination.

To increase the participation of youth we organize information events about the Erasmus+ program.

Furthermore, we offer all the necessary information to the youth who wants to travel, work or study abroad.

- Linguistic activities

We promote European mobility projects by organizing language courses, language tandems and informal meetings to practise different European languages (English, Polish, Russian and soon many more).



About the town

A Coruña

Coruña (called A Coruña in Galician language) is a Spanish region located in the north-western corner of the country. It is part of the Spanish autonomous community of Galicia, a region of vast green landscapes with a rich Celtic and Roman heritage which keeps, still today, a mystic and magic allure.

The province of Coruña borders with Lugo to the east, Pontevedra to the south and with the Atlantic Ocean and the Bay of Biscay to the west and north. The province also includes the islands of the Nature Park of the Atlantic Islands. Temperatures here are moderate although it can be quite rainy.

The capital of this Spanish province also bears the name of A Coruña. A city, surrounded by the ocean that has been the point of departure for different peoples and cultures which for over 2,000 years have left their legacy of legends, myths and history in each corner of the town. The city is also a busy commercial port of the Atlantic from which agricultural goods produced in the region are distributed.

Today La Coruña is a modern city, which combines its traditional agricultural and fishing industries with new successful industries, such as fashion and textile, a good example of this is the group Inditex whose shops (Zara, Springfield, etc) are all over the world.

La Coruña has an international airport served by Iberia, Spanair and Portugalia offering flights to different Spanish and European cities. The city has a football club in Spain's top division, the "Deportivo de la Coruña".

This region is also a perfect destination to enjoy sun and beaches, with an average temperature of 14° C and over 2,000 hours of sunshine per year. You can practice here water sports such as surfing, sailing, diving, fishing, etc.

Besides the capital, other outstanding city in the province of La Coruña is Santiago de Compostela, a beautiful town which welcomes thousands of pilgrims every year. The city's cathedral is the destination of a famous medieval pilgrimage route, the Way of St James (in Spanish the Camino de Santiago).





Practical Info

A Coruña

Transport

Regarding the infrastructure, the city is well-organized. The transportation system consists of various lines of buses by which it's possible to reach all parts of city quite easily. For better orientation the following are the largest streets in the city downtown: Calle Juan Flórez (street), Plaza Pontevedra (square), Calle San Andrés (street) and Calle Real (the main street). Calle Barrera might be interesting for you too, as that is the street where the majority of the bars and restaurants are located.

1. Bus service (only La Coruña)

<http://www.tranviascoruna.com/>

2. Bus station (you can go to another town)

Address: Calle Caballeros 21

More information about buses

3. Train station (RENFE)

Address: Calle Joaquín Planelles Riera

<http://www.renfe.com/>

Bus card - Tarjeta Transporte Metropolitano

Bus card is a payment method that allows citizens to obtain discounts in the metropolitan and urban public transport in Galicia (the rates established by each transmission apply), and allows the subsidized transfer within a set time period .

How to get a card?

You should go to one of the two agencies of Abanca (Spanish bank) with ID or passport.



Erasmus+



Abanca agencies:

-Rúa Nueva nº 30

-Calle Juana de Vega nº 35

Cost of card: 2€

Price bus ticket without card: 1,50€

Price bus ticket with card: 0,85€

How do I add money to my bus card?

1. Found Abanca cash machine like this→
2. Now you can charge your card
(minimum 5€)



Currency and banking

The currency is the Euro. It is important to carry a little emergency money with you (in some cases where students receive grants there may be a delay in receiving them). If you have a credit card, it is also a good idea to take it with you, in case of any unforeseen expenses.

Climate

The weather in A Coruña is generally quite mild but very **changeable**, so it is important to bring a variety of different clothes, warm jacket, rain jacket and an umbrella!!



Arrival to A Coruña

On the day of your arrival, a representative of the Muxelka Association is going to wait for you at the A Coruña airport/bus/train station to greet you and transfer you to the apartment.

Please, inform us about your exact hour of arrival.





Accommodation

Muxelka offers high standard accommodation in single rooms in a modern apartment with shared service (kitchen, living area and bathroom). The apartment is fully equipped with cooking and washing facilities.

Muxelka cannot guarantee personal preferences for sharing with other students of different nationalities nor can we accommodate personal preferences of sharing with friends.

The apartments are equipped with utensils. If the volunteers require additional utensils more than is supplied in the accommodation, it is their responsibility to buy these utensils.

There are beddings and towels (one per person). The following items are generally not supplied: bedside lamps, cleaning products etc.

The volunteers will have single rooms.



Mentors

We are aiming to find a support person for each volunteer nearby the place where the volunteer is working and living. Your support person will be your friend and “local guide” during your stay in Spain, and you can contact her.

When you need some company or assistance on your free-time. Please introduce yourself to your mentor. You will get her contact email very soon.



Contact

We are looking forward to meeting you and hope that the above information will prove useful for you.

In the meantime if you have any further questions, please do not hesitate to contact us.

Asociación Cultural Muxelka
Coordinating organization

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www.muxelka.org

www.facebook.com/muelka1

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See you in A Coruña! ☺