



Volunteering Project

Raising Awareness Standing in Solidarity

Belluno (Italy)



Some information about the hosting organization

Comitato d'Intesa is a non-profit organization which promotes volunteering and offers opportunities for intercultural learning through no formal education. Comitato d'Intesa deals with the mobility of young people at a local, national and intentional level paying special attention to those with less opportunities.

Our objective is to promote European topics and encourage active participation and citizenship. Thanks to the support of varied European Programmes, we work to create intercultural learning projects. Our young people participate in several international youth exchange, meetings and training opportunities in youth field, in cooperation with our partner organizations.

About the project

Reducing food waste is, today, an ethical, social, environmental and economic imperative. The theme of food waste has become increasingly important in the scientific debate during the recent years and now it is an integral part of the international and European policies about sustainability. This is confirmed by the growing number of publications and the recurring reference to the topic within the programming documents of the European Commission and of the main international organizations (FAO, UNEP, USDA, G20).

Last September 2015, the goal of halving food waste by 2030 was formally adopted by the United Nations General Assembly as part of the so-called "2030 Agenda" (Objective 12.3 of the Sustainable Development Goals): an objective assumed by the European Commission, through the recent package on the Circular Economy, as well as by the Department of Agriculture (USDA) and by the Environmental Protection Agency (EPA) of the United States.

In this framework, many European Countries have already launched actions and programs aimed at understanding and countering the phenomenon, including Italy with a specific legislation (Gadda Law n. 166/16). Despite the programmatic lines of intervention adopted by our Country, the road ahead is still long and tortuous. We are aware that legislation and programmatic actions alone are not enough, if they are not accompanied by bottom-up actions to raise an effective awareness of the phenomenon of food waste, with the direct involvement of the young generations and their families, in order to lay the foundations for an appropriate culture of food, its consumption, its conservation and its recovery.

"Raising Awareness, Standing in Solidarity" was therefore born with the specific objective of starting a new voluntary project, with the direct involvement of two young volunteers under 30 coming from Spain and Tunisia, aimed at educating and sensitizing young people as well as the local community on the theme of "food waste", promoting the values of sharing, recovery and solidarity. The general objective of the new project, co-designed

with the active and proactive contribution of the two aspiring volunteers and their respective supporting organizations, is to make the younger generations aware of the adoption of sustainable and responsible lifestyles, contrasting to the increasingly widespread "waste culture" and disposable.

How? Activating, promoting and spreading coordinated measures to combat food waste, sharing information, education and awareness actions to operate in terms of prevention and adoption of sustainable and responsible lifestyles, with the direct involvement of the local community. We are aware that a large part of the fight against food waste is based on educational aspects, which increase consumers' awareness and condition habits, in the direction of waste reducing. On the basis of this assumption we have therefore decided to inaugurate a new volunteering project, intended as a path to sensitize the local community to the issue of food waste, directly involving the young generations and their families, in order to lay the foundations for an appropriate culture of food, its consumption, its conservation and its recovery.

In the short term the project will allow:

- to make the local community aware of food as a non-unlimited resource, which requires responsible management;
- adopt good practices of correct and sustainable nutrition aimed at promoting healthy lifestyles;
- sensitize the local community to the values of gift, active citizenship, solidarity and the importance of actively participating in solidarity events for collecting food to be donated to the most disadvantaged families of the community;
- sensitize young people in the area to reduce food waste in the family, giving proper weight to food as a value and right for everyone.

Some information about the activities

The project involves 2 volunteers, one from Spain and one from Tunisia.

In order to achieve the project objectives described above, the project involves the implementation of the following activities, which will be structured over the 12 months, in four different periods:

November 2019 - January 2020:

- participation to a series of meetings to the solidarity canteen "Il Pane Quotidiano" (visit to the canteen, interviews to the volunteers and guests, introduction to the theme of Food Waste by the youth workers of Comitato d'Intesa);
- creation and implementation of specific flash mobs and food collection campaigns/events to promote the "National Food Collection Day", in collaboration with the youth workers of Comitato d'Intesa, with the direct involvement of local youth;
- creation of specific workshops, based on learning methods linked to the sphere of non-formal and informal education and cooperative learning, focusing on food sustainability and

food waste reduction issues, in collaboration with the youth workers of Comitato d'Intesa ;
- design and implementation of educational tools in order to make the local young people awareness about the theme of food waste.

This first phase will be preparatory to the next three phases. In the first phase the support of the youth workers of Comitato d'Intesa will be consistent: the goal is to transmit to the volunteers all the skills that can make them autonomous and safe in the implementation of the activities in the subsequent volunteering periods. In this phase also the mentor and the project coordinator will have a decisive role, ensuring a personalized tutoring activity, in order to prevent any possible crisis and risk situation that could affect the success of the project.

February - April 2020:

- realization of the workshops, created in the previous phase, involving local students attending local Primary and Secondary Schools. In this phase the volunteers, depending on the target group, will use the most suitable educational tools, designed in the previous phase;
- creation and implementation of specific flash mobs and food collection campaigns/events in order to promote the "National Day Against Food Waste", in collaboration with local youth;
- creation and implementation of a series of movie meetings on the theme of food waste, open to the participation of the local young people and the local community;
- ideation and planning, in collaboration with the volunteers of Auser Feltre and Belluno organizations, of specific anti-waste cooking workshops, open to the participation of the local young people.

May - July 2020:

- realization, in collaboration with the volunteers of Auser Feltre and Belluno organizations, of anti-waste cooking workshops, open to the participation of the young local people;
- creation of a specific blog, in order to collect and disseminate the anti-waste cooking recipes designed and tested during the cooking workshops;
- creation and production of video-pills to raise the local community awareness about the topic of food waste, in Italian, English and Arabic, which will be disseminated using the potential of social networks;
- creation of a city game to raise the local community awareness about the issue of food waste, in collaboration with the volunteers of Insieme Si Può organization;
- planning of specific community brunch.

August - October 2020:

- realization of community brunch (min. 6), open to the participation of the local community;
- experimentation of the city game (min. 3 public events);
- design and publication of a specific cooking recipe book (paper format), which will collect all the cooking recipes conceived and tested during the cooking workshops.

Financial support

Each volunteer will live in an apartment in Belluno city center. The volunteer will have breakfast, lunch and dinner at the apartment. The apartment is fully furnished. It has two bedrooms, two bathrooms, a dining room and a kitchen with all cooking facilities. There is a free Wireless internet access and phone for the incoming calls, a washing machine and a dishes machine. The bed-linen is provided; the volunteer should bring towels. The volunteer should be able to share the room with the other volunteers. Volunteers are responsible for keeping the house clean. The local organization have the responsibility to verify the standard of living conditions of the house in communication with the volunteers. The cleaning materials for the housekeeping are provided by the host organization. Volunteers are also responsible for the technical equipment in the house. In case any device is out of order, it can take up to 7 days to be repaired depending on the problem. The volunteers are not allowed to keep any animals, pets in the house. The volunteers will live in Belluno, via del Piave 5. The local organization has copies of the keys of the apartment, and can go into the flat for certain reasons but always notifying the volunteers before. The working hours of the volunteers are 9.00 – 13.00 from Monday to Friday, and two days of the week from 14.00 to 17.00. Volunteers are entitled to attend Italian language lessons from the beginning of their service. The participation is obligatory.

The volunteer can take vacation: except the National holidays that are free for everyone in Italy, the volunteer can take 2 working days/month in agreement with the staff of the project. Comitato d'Intesa will provide to the volunteer an Italian SIM card (with internet access) in order to facilitate the communication between the volunteer and the mentor/hosting organization. Comitato d'Intesa will help each volunteer to open an Italian bank account in order to transfer the individual support. During the stay the volunteer will have a mentor.

His/her task will be the support of the volunteer on pedagogical, social and psychological level. The contact will be on a regular base according to the timetable and in between when necessary. The coordinator will also meet regularly with the volunteer. In case of emergency, contact information will be supplied to volunteer on arrival of who to contact. The content of the project will be focused on individual learning according to the individual plan, in terms to empower the volunteer. Every activity will be conducted following and supporting the volunteer's needs, wishes and skills. The final aim of every activity and task is that of leading the participant towards a deeper self-empowerment, personal growth and self-understanding. The project will be also a chance for the volunteer to discover new fields, new realities and associations of the hosting country, providing an enriching and personal working experience. Supporting the volunteer's capabilities and skills, this project aims at creating a positive working environment and atmosphere where the volunteer can develop his/herself and acquiring new skills and competences.

All the accommodation costs (rent and all the bills payment) will be paid by the hosting organization.

Each volunteer will receive an amount of 140,00 euro/month for buying food.

Each volunteer will also receive 1.825,00 euro (in total) for the individual support. This will be paid monthly by bank transfer to his/her Italian bank account around the 15th of each month.

About your travel to Italy...

Comitato d'Intesa will refund max. 275 euro/volunteer for the round trip costs.

For the Tunisian volunteer: Comitato d'Intesa will pay also all the visa costs as well as the residence permit costs.

Insurance

Each volunteer will have a personal insurance coverage, paid by the hosting organization.

The volunteer will have the chance to learn Italian language by attending a specific language course for 4 hours per week. The language course will take place at a local accredited Italian school for foreign people called "Centro Provinciale per l'Istruzione degli adulti della provincia di Belluno" (CPIA). All these costs will be paid by the hosting organization.