



**EUROPEAN
SOLIDARITY
CORPS**



COMITATO D'INTESA
TRA LE ASSOCIAZIONI VOLONTARISTICHE DELLA PROVINCIA DI BELLUNO

Volunteering Project

“Keep Calm and Go Volunteering”

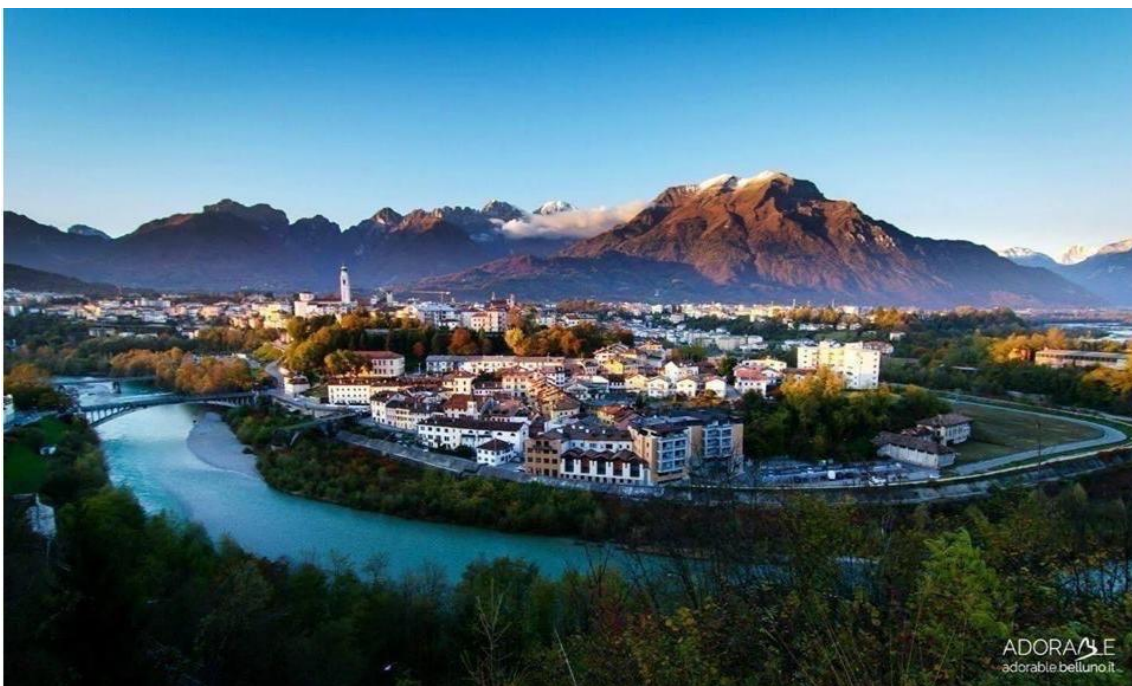
Belluno (Italy)

Activity days:

From 6 July 2021
to 4 July 2022

Travel days:

To Belluno 5 July 2021
From Belluno 5 July 2022



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Some information about Belluno

Belluno is a town and province, situated in the northern part of the Veneto region, just where the flat plains of the south meet the Dolomites and mountains to the north. The beautiful city of Venice is about two hours to the south of here, by train.

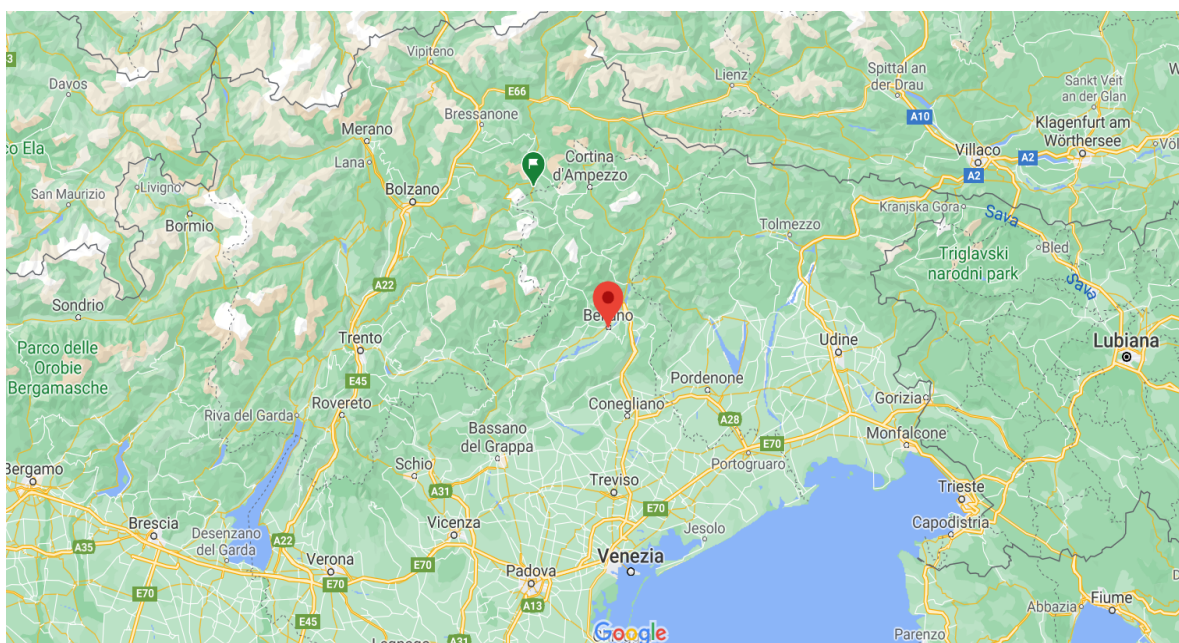
With its roughly 36,000 inhabitants, it is the largest populated area of Valbelluna. It is one of the 15 municipalities of the Dolomiti Bellunesi National Park.

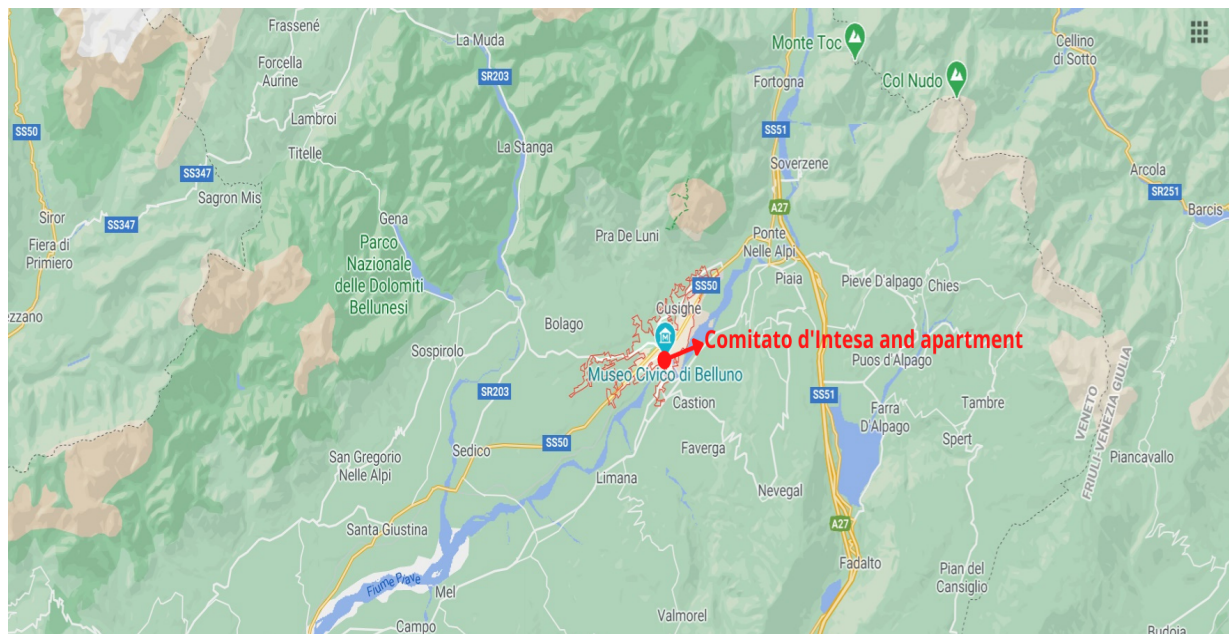
The town has an attractive backdrop of mountains and it is crossed by the Piave river. Although it is the proximity of these mountains, and the outdoor pursuits that they provide, that attracts many of the visitors to Belluno, the town itself is attractive, but quiet, because there are not many discos and big parties such as in Rome and Milan.

It is in the older part that visitors and foreigners will find the sights of interest. The 16th century Belluno cathedral di San Martino dominates the square of Piazza del Duomo and the cathedral bell tower also dominates views of the town from the surrounding mountains. Continuing to pass some time simply soaking up the relaxing atmosphere then after exploring, the best place to recover and to people watch is in one of the cafes around the Piazza dei Martiri, which also has a good number of renaissance style palazzos to admire. There are also restaurants, pizzerias and kebabs near. Note that the name of the square (in English 'Place of the Martyrs') comes from some Italian partisans who were hanged in the square during the second World War.

In summer there are numerous marked trails of varying degrees of difficulty to follow, as well as numerous cycling routes to follow (both on roads and on trails) or hang gliding for the more adventurous. In the winter there are sports such as skiing, bobsleighs, snowboards and cross-country skiing that take over the mountains. Who likes hiking and jogging or simply walking next to the river will love Belluno.

Comitato d'Intesa and the apartment are 3 minutes walk from the city center, 10 minutes walk from the closest supermarket "Conad", 5 minutes walk from the closest pharmacy.





Some information about the hosting organization

Comitato d'Intesa is a non-profit organization which promotes volunteering and offers opportunities for intercultural learning through non-formal education. Comitato d'Intesa deals with the mobility of young people at a local, national and international 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 exchanges, meetings and training opportunities in the youth field, in cooperation with our partner organizations.

(Photo of Comitato d'Intesa from the outside)

Area Europa of Comitato d'Intesa

The office "Area Europa" of Comitato d'Intesa, with which the volunteers will cooperate most, was born in 2014, starting with Erasmus + and Europe for Citizens. In 2015 Comitato d'Intesa was accredited as sending, hosting and coordination association for "European Voluntary Service" projects; in 2018 there was the "European Solidarity Corps" accreditation, and starting from October 2020 the office started with the National Agency project in Radio #piùdiprima Belluno Solidarity on Air, which involves about 15 young local volunteers under 30 in the creation of podcasts and management of the web radio, involved in knowing the dynamics of the territory, the Role Models, and to connect more with the national territory.

So far more than 50 projects have been carried out, among youth exchanges, training courses, job shadowing and international seminars.

More than 800 local young people have been involved in international projects abroad (with more than 30 international partners) including from Poland, Germany, Netherlands, Spain, Romania...

More than 200 young people from abroad were hosted in Belluno on the occasion of youth exchange projects or seminars.

In the field of "European Voluntary Service" projects and the "European Solidarity Corps" program, up to now, 35 volunteers were sent abroad and involved in projects of the duration from 2 months to one year;

and 16 international volunteers have been hosted in Belluno, coming from Albania, France, Tunisia, Spain, Kosovo, Russia, Turkey, Germany ...

"Area Europa" is composed by young people, Youth workers, Civil Service volunteers and volunteers that want to spend some time in contact with other young people.

All this makes the "Area Europa" and Comitato d'Intesa an energetic, hardworking, multicultural, vital place.

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).

In 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.

“Keep Calm and Go Volunteering” was therefore born with the specific objective of starting a new voluntary project, with the direct involvement of four young volunteers aged between 18 and 29, currently excluded from the job market and the education system from Albania, France, 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 four 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 not-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 local 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 4 young volunteers under 30 coming from:

- 1 from Albania
- 1 from France
- 1 from Spain
- 1 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:

July 2021 - August 2021:

The arrival of the volunteers in Belluno is expected at the beginning of July 2021. They will be welcomed by the mentor and the youth workers of Comitato d'Intesa. The first days in Belluno the volunteers will be accompanied by the mentor to know the city and the most important points of interest, such as the pharmacy, shops...

This first phase, preparatory to the volunteering activities, will see the implementation of the following activities:

- introduction to the topic of Food Waste, in collaboration with the youth workers of Comitato d'Intesa;
- meetings with volunteers working at "Il Pane Quotidiano" canteen in Feltre (visit to the canteen, interviews with volunteers and guests,...);
- creation of specific workshops and tools, in collaboration with the youth workers of Comitato d'Intesa, based on learning methodologies linked to the sphere of non-formal and informal education and cooperative learning, focused on the issue of food sustainability and food waste;
- creation and design of a new radio program on the topic of food waste, in collaboration with Radio ABM;
- creation and design of a new radio program with podcasts on the topic of food waste, in collaboration with the web radio of Comitato d'Intesa, "Belluno Solidarity on Air", part of the network of the National Agency "ANG in Radio".



In this 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.

September 2021 - December 2021:

- 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;
- ideation and planning, in collaboration with the senior volunteers of Comitato d'Intesa, of specific anti-waste cooking workshops, open to the participation of the local young people;
- implementation of the radio program about the topic of food waste;
- **conception and implementation of the personal project.*

January 2021 - March 2022:

- 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 implementation of specific flash mob events to raise awareness of the local community on the issue of food waste, in collaboration with local youth;
- implementation of the radio program about the topic of food waste;
- conception and implementation of the personal project.

April 2022 - July 2022:

- creation and implementation of a series of movie meetings on the topic of food waste, open to the participation of the local young people and the local community;
- implementation of the radio program about the topic of food waste;
- design and publication of a specific cooking recipe book, which will collect all the cooking recipes conceived and tested during the cooking workshops;
- design and implementation of food raising campaigns and events.

The volunteers will have many opportunities to be and feel integrated in the organization and in the community. Besides working mostly in the offices of the hosting organization, the volunteers will have the chance to participate in local events and be feel free to take part in organized trips on the weekends with colleagues and friends, to discover Belluno, the Dolomites and the cities around.

There will also be 2 trainings, probably online due to Covid situation, organized by the National Youth Agency: the first training (On-arrival training) will take part the first months of activity, while the second one (Mid-term evaluation meeting) will take part in the middle of the experience.

**About the personal project:* every volunteer is asked to think and design his/her own personal project. The personal project can concern the issue of food waste or something related to it. In addition, the personal project can be for example a video, the design of a workshop, etc.

We ask each volunteer to send us, together with the application and the motivational letter, also a draft of a personal project idea. Each volunteer will then be guided in the conception and implementation of their idea and will be provided with all the necessary material and support.

Financial support

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.

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 double 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 dish machine. The bed-linen is provided; the volunteer should bring personal 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 has 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 in advance.

The activity 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 and 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 each 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 also be 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, useful for the personal and professional life.

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

Some photos of the apartment



(View from the (big) terrace of the apartment)



(The kitchen and the living room)



(Double room n.1)



(Double room n. 2)



(Bathroom n. 1)



(Bathroom n. 2)

About your trip to Italy...

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

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

The closest airport is Venice-Marco Polo International Airport. Belluno is easily reachable by train from Venice-Marco Polo International Airport.

You'll receive the best travel advice to fly from your city to Venice and to reach then Belluno and Comitato d'Intesa.

Insurance

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

The volunteers will have the chance to learn Italian language by attending a specific language course for 4 hours per week. The language course, which is mandatory, 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.

We advise you to read some testimonies of past experiences of volunteers of the “European Solidarity Corps” hosted in Comitato d’Intesa, on our website

<https://www.csvbelluno.it/erasmus-plus/evs.html>

For more information, please contact the organization Comitato d’Intesa tra le associazioni volontaristiche della provincia di Belluno, by writing to europa@csvbelluno.it

Laura De Riz or Ariela Shatku will reply to you as soon as possible.

We are waiting for you! :)