



**CUERPO
EUROPEO
DE SOLIDARIDAD**



Erasmus+

PROGRAMME ERASMUS +. EUROPEAN SOLIDARITY CORPS: TO START FROM FEBRUARY 8 MONTHS



**THE COUNCIL
OF FRÓMISTA
(PALENCIA)**



LOCATION:



FRÓMISTA, IS A TOWN LOCATED IN THE EAST OF THE PROVINCE OF PALENCIA, IN THE HEART OF TIERRA DE CAMPOS. THERE IS ONLY 30 KM FROM THE CAPITAL. IT IS WELL COMMUNICATED BY TRAIN (THE RAILWAY LINE MADRID-SANTANDER) BY BUS OR MOTORWAY .

THE VILLAGE HAS A POPULATION OF 780 INHABITANTS, THE NUMBER OF INHABITANTS INCREASE DURING THE SUMMER. THE CLIMATE IS MEDITERRANEAN, WITH SOME VERY COLD WINTERS AND WARM SUMMERS, THERE ARE WIDE DIFFERENCES IN TEMPERATURE BETWEEN THE DAY AND THE NIGHT AND BETWEEN SUMMER AND WINTER.

FRÓMISTA IS ONE OF THE MOST IMPORTANT RURAL AREAS OF PALENCIA, BECAUSE IT HAS AN EMBLEMATIC ROMANESQUE CHURCH, S. MARTÍN, IT GOES THROUGH CAMINO THE SANTIAGO (CHRISTIAN PILGRIMAGE ROUTE TO SANTIAGO DE COMPOSTELA) AND THE CANAL OF CASTILE, HISTORIC WATERWAY OF COMMUNICATION.

IT ALSO HAS OTHER INTERESTING ATTRACTIONS AND MUSEUMS: CHURCH OF SAN PEDRO, CHURCH OF SANTA MARIA DEL CASTILLO WHERE THERE IS A PERMANENT EXHIBITION CALLED "VESTIGIA LEGEND ON THE ROAD", AND THE ETHNOGRAPHIC HISTORICAL MUSEUM. BECAUSE ALL OF THIS, IT RECEIVES AN AVERAGE OF 60,000 VISITORS PER YEAR.

THE STAFF

- ★ **PRESIDENT-MAYOR**
- ★ **SECRETARY**
- ★ **ADMINISTRATIVE**
- ★ **2- TOURISTS GUIDES**
- ★ **A SOCIAL EDUCATOR- MANAGER**
- ★ **A SOCIO-CULTURAL ANIMATOR
WHO IS THE TUTOR TOO**



THE TASKS:





OLD PEOPLE'S HOME:

1- COLLABORATION IN THE OLD PEOPLE'S HOME IN FUNCTION WITH THE CHARACTERISTICS OF THE RESIDENTS (MENTAL AND PHYSICAL STATE OF BEING) THERE WILL BE CARRIED OUT DIFFERENT TYPES OF ACTIVITIES SOME DAYS IN THE MORNING FROM 10:00 TO 13:30 H

2- HE/SHE WILL ACCOMPANY THEM INSIDE THE YARD OF THE RESIDENCE FOR ENABLE THEIR PARTICIPATION IN THE ANIMATION DYNAMICS THAT ARE TAKING PLACE, HELP THEM INTEGRATE INSIDE THE GROUP, SOFTEN THEIR FEELINGS OF SOLITUDE AND DEVELOPING THEIR INTERPERSONAL RELATIONSHIPS.

3- THE VOLUNTEER WILL CONTINUOUSLY ADD HIS PERSONAL CULTURAL MARK IN THE EVERY ROUTINE AS WELL AS MAKING USE OF HER/HIS ABILITIES; THINGS THAT WILL FINALLY MAKE THE DIFFERENCE BETWEEN HIS/HER AND AN OCCASIONAL VOLUNTEER OF THE REGION.



CULTURE HOUSE: LIBRARY AND CIBER



1- HE/SHE WILL LEARN AND HELP IN THE LIBRARY DOING ACTIVITIES SUCH AS: LEARNING THE LIBRARY SYSTEM OF CASTILLA AND LEON, LIBRARIES NETWORK, TO LEARN HOW TO CLASSIFIES BOOKS, LOAN RETURNS, SEARCH, PRODUCE CARDS, AND LEND AND BORROW BOOKS,

2- THE VOLUNTEER HELP IN A BOOK'S CLUB, LECTURES ACTIVITIES FOR CHILDREN, ETC.

3- HE/SHE WILL PLAN WITH THE SOCIAL EDUCATOR, THE INTERESTED SOCIAL GROUPS AND COLLECTIVES, VARIOUS CULTURAL ACTIVITIES. A MONTHLY BULLETIN SERVES FOR ADVERTISING THESE ACTIVITIES.

4- HE/SHE WILL ALSO DEVELOP A PERSONAL PROJECT BASED ON ACTIVITIES OF THE DIFFUSION OF THE EUROPEAN CULTURES OR OTHER KIND OF ACTIVITIES THAT HE WANTS...

5- THE VOLUNTEER WILL GIVE INFORMATIVE ABOUT THE TRADITIONS, THE GEOGRAPHICAL SITUATION, THE CULTURE, THE GASTRONOMY ETC. OF HIS/HER COUNTRY.

6- HE/SHE WILL HELP IN THE EASY READING CLUB, IN A MEMORY CLASESS AND IN THE RADIO LOCAL PROGRAMMES TO DO SOME INTERVIEWS. THESE ACTIVITIES ARE WITH DISABLE PEOPLE OF THE FUNDACIÓN SAN CEBRIÁN,



TOURIST OFFICE:

1- HE/SHE WILL LEARN THE AIMS OR GOALS OF THE TOURISM OFFICE, HELPING WITH THE TASKS IN COLLABORATION WITH THE GUIDES SOME DAYS PER WEEK.

2- INFORMATION AND SUPPORT TO THE PILGRIMS AND TOURISM WHO ARE WALKING THE SAINT JAMES WAY AND COMING FROM OTHER COUNTRIES OF EUROPE OR THE WORLD.

3- HE/SHE WILL HELP TO THE GUIDE IN SOME ROUTES FOR THE MONUMENTS MORE IMPORTANT OF FRÓMISTA, FOR EXAMPLE, S. MARTIN, AND CASTLE CANAL, ETC.

4- THE VOLUNTEER WILL PARTICIPATE AND HELP IN SOME DIFFERENT FAIRS AND FESTIVALS IN APRIL, JUNE, JULY, SEPTEMBER, ETC.

5- HE/SHE CAN HELP TO TRANSLATE SOME DOCUMENTS INTO SPANISH.

6- THE VOLUNTEER WILL HELP ON THE WEBSITE AND NETWORKS. ETC.



YOUTH HOUSE:

1-THE VOLUNTEER WILL HELP WITH 4 AND 11 YEARS OLD CHILDREN AND TEENEGERS IN THE OUTDOOR SUMMER CAMP DOING HANDCRAFTS, GAMES, LEISURE ACTIVITIES, SPORTS, ETC... WITH SOME PROFESSIONALS DURING THE MORNING FROM 10:00 TO 13:30 H

IN THE AFTERNOON, THEY WILL HELP WITH THE SUMMER LIBRARY, LOCATED IN THE SWIMMING POOL, DOING LEISURE ACTIVITIES WITH THE POPULATION FROM 17:30 TO 19:30 H THESE ACTIVITIES WILL BE FROM JULY TO AUGUST.

ON THE OTHER HAND, THEY WILL HELP WITH THE CELEBRATION ON SPECIAL OCCASIONS LIKE DAYS LIKE FESTIVITIES (SAN TELMO, SAN ISIDRO, SANTIAGO APÓSTOL, POPULAR GAMES, ETC).



FESTIVITIES /PERSONAL ACTIVITIES

- INFORMATIVE MEETING/LECTURES ABOUT THEIR CULTURE AND TRADITIONS IN THE COLLEGE AND THE HOUSE OF CULTURE.
- CREATION OF A PERSONAL DIARY AND A BLOG WHERE THEY WILL EXPLAIN THEIR EXPERIENCES. HE/SHE CAN CREATE SOME IDEAS, ETC.
- HE/SHE WILL TAKE PARTING IN FESTIVITIES, CULTURAL WEEKS AND OTHER PROJECT THAT THE COUNCIL WILL DO.
- HE/SHE WILL PARTICIPATE IN FORMATION COURSES, AT THE BEGINNING AND IN THE MIDDLE OF THE PROJECT ORGANICED FOR THE ANE.

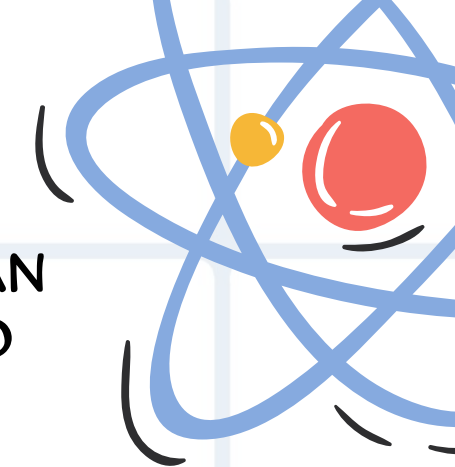
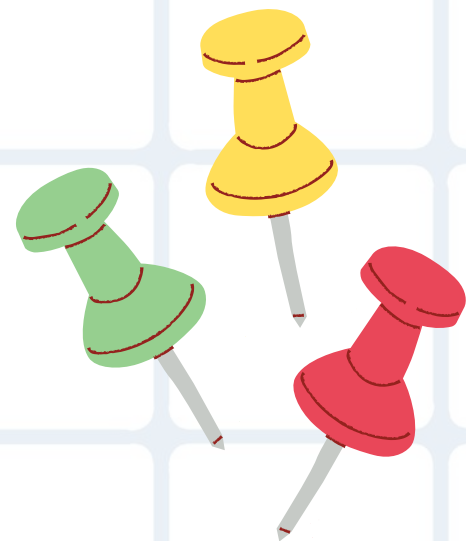


LEISURE ACTIVITIES:



FRÓMISTA HAS AN OUTDOOR SWIMMING-POOL WHICH IS OPEN IN SUMMER. (THE VOLUNTEER HAS FREE ENTRANCE). THERE IS AN OUTDOOR SPORT COMPLEX WITH A TENNIS COURT, PADEL COURT, PELOTA COURT AND A FOOTBALL PITCH, AND A GYMNASIUM. THERE IS ALSO A NEW SPORT INDOOR CENTER WHERE VOLUNTEERS CAN PARTICIPATE IN SOME COURSES SUCH AS PILATES, ZUMBA, GYM. OR IF THEY PREFER, THEY CAN GO HIKING OR CYCLING NEXT TO THE CANAL DE CASTILLA OR WALKING ON THE CAMINO DE SANTIAGO. ON THE OTHER HAND, THERE ARE SOME RESTAURANTS, SHOPS, HOTELS, HOSTELS, ETC IN ORDER TO GO OUT.





THE ORGANIZATION OF RECEPTION IS SHOWING AS AN OPEN AND FLEXIBLE PREDISPOSITION TOWARDS TO THE PREFERENCES OF THE VOLUNTEER.

FOOD, MONEY, ACOMODATION



THE PROJECT WILL BE CARRIED OUT, IN GENERAL CHARACTER, 5 DAYS A WEEK IN THE MORNING FROM 10:00 TO 13:00 H AND IN THE AFTERNOON FROM 17:00 TO 19:30 MORE OR LESS. (FROM MONDAY TILL FRIDAY, INCLUDING THE LINGUISTIC FORMATION). BESIDES, DUE TO THE CIRCUMSTANCES, THERE WILL BE SOME WORKING SATURDAYS, ON THE OCCASION OF CERTAIN PROGRAMMED ACTIVITIES. THE COUNCIL GIVE SPANISH CLASSES WITH A PERSONAL TEACHER DURING A MONTH.



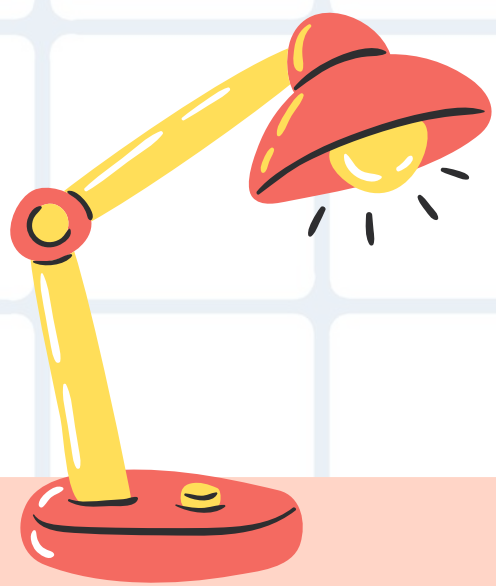
THE VOLUNTEER WILL HAVE TWO FREE DAYS PER WEEK, GENERALLY ON SATURDAY AND ON SUNDAY, EXCEPT WHEN THEY HAVE TO COLLABORATE DURING THE WEEKEND. ON THIS OCCASION THE FREE DAY, WILL BE TRANSFERRED IN ANOTHER DATE. EQUALLY, HE/SHE WILL HAVE 2 WEEKDAYS OF VACATION FOR EVERY MONTH THAT HE PARTICIPATES IN THE PROJECT. THE DATES WILL BE CHOSEN IN COMMON AGREEMENT BETWEEN THE COUNCIL AND THE VOLUNTEER.



FOOD AND LODGING:

HE/SHE WILL LIVE IN A HOUSE WITH 2 OTHER VOLUNTEERS. HE/SHE WILL HAVE A SINGLE ROOM WITH ALL FACILITIES. SHARING THE LIVING ROOM, KITCHEN AND BATHROOM. IS NOT NECESSARY TO BRING HOUSEHOLD ITEMS. HE/SHE ALSO WILL HAVE FREE INTERNET IN THE HOME. THE ADDRESS IS: AVDA. EJERCITO ESPAÑOL Nº15. CP: 34440 FRÓMISTA (PALENCIA) SPAIN. THE COUNCIL PAY 380 €PER MONTH FOR MANUTANCE AN D POCKET MONEY.

IN THE CASE THAT THE VOLUNTEER IS IMPOLITE IN THE HOME OR IN THE DIFFERENT FACILITIES WHERE HE/SHE IS HELPING, OR HE/SHE DOESN'T DO THE ACTIVITIES, OR HE/SHE DOESN'T WANT TO FULFIL WITH HIS RESPONSIBILITIES THE COUNCIL COULD STOP THE PROJECT.



OBJECTIVES

We are looking a person who is motivated to live this kind of solidarity project in Frómista (Palencia) with people from different countries in a rural area. If you can a little Spanish, your adaptation will be better and faster than if you can't.

- ✓ **HELP IN A RURAL AREA (740 INHABITANTS)**
- ✓ **SHOW SOLIDARITY AND INTEREST**
- ✓ **TRY TO BE HAPPY, OPEN-MINDED**
- ✓ **SHARE THE LIFE IN A NEW CULTURE**
- ✓ **IMPROVE YOUR KNOWLEDGE AND COMPETENCES**