

Wanna be an ESC Volunteer?

Tàrrrega, Catalonia (Spain)





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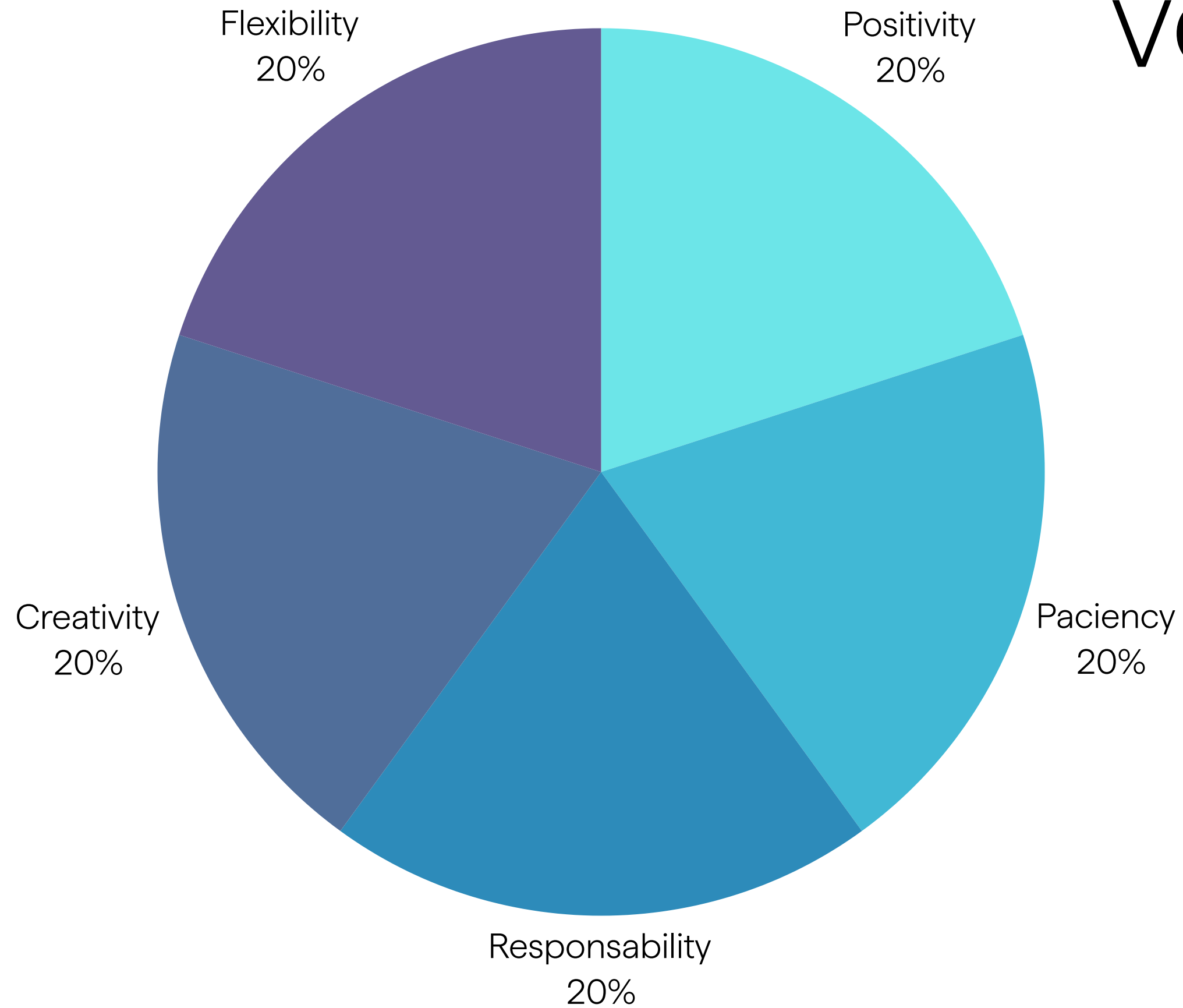
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Associació Alba

Alba is a social enterprise that supports people at risk of social exclusion in rural areas. With decentralized and itinerant services, we adapt to individual needs to foster inclusion and development. We work in areas such as education, housing, employment, and social care, always with a community based and personalized approach. We are committed to deinstitutionalization, promoting solutions that enable people to live independently while staying connected to their environment. Our flexible model ensures support even in the most isolated communities, creating ecosystems that strengthen the social economy and promote equal opportunities.



VOLUNTEER'S PROFILE



But also...

- Helpful
- Respectful
- Attentive
- Open minded
- Open hearted

Volunteers take initiative to execute their own project ideas.

Contribute their time, energy and enthusiasm towards the aims and objectives of the project ideas.





Activity description

Internacional Projects Service

Alba has over twenty years of experience in designing and implementing international projects. The international projects service at Alba facilitates the identification of opportunities to carry out innovative initiatives that not only foster the development and experimentation of new methodologies but also have a real impact on people's quality of life. Our work involves various programmes, including the European Solidarity Corps, the ALMA initiative under the European Social Fund, Erasmus+, and Interreg.

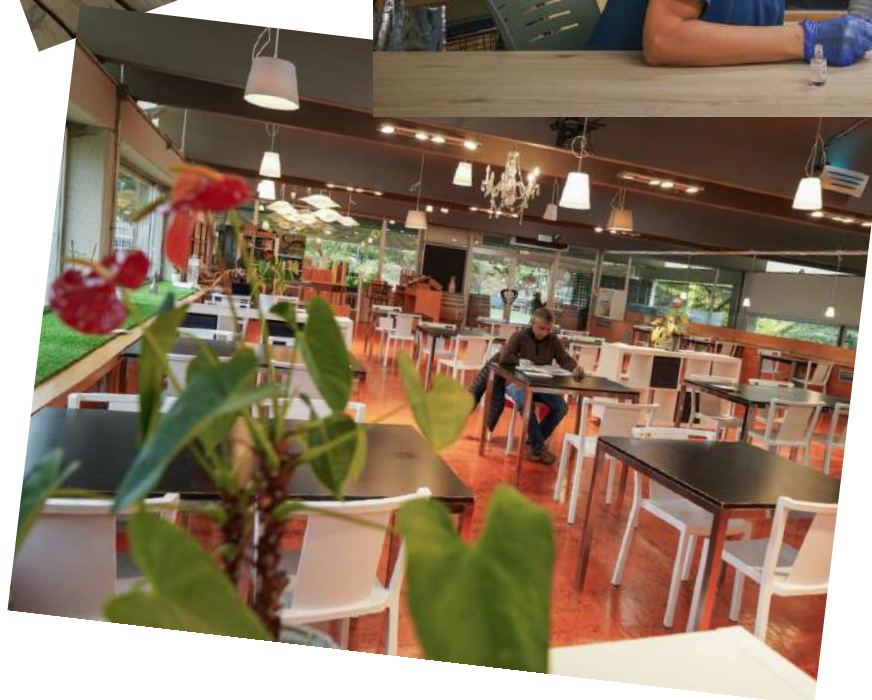
Your tasks will be..



- Supporting during lunch and dinner time, feeding people and helping mentors
- Assisting during the activities: horse therapy, painting class, play games, theater, sports, gardening...etc
- Supporting in hygiene time
- Assisting during the activities: horse therapy, painting class, play games, theater, sports, gardening...etc
- Playing games and organise activities to stimulate elderly people
- Helping people move around
- Participating to trips and activities outside the center

The centers

- Taller Alba, Tàrrega, Occupational Center
- Espigol, Cervera Occupational Center
- La Basa
- Antic Museum, Verdú, Occupational Center
- Escola Alba, Tàrrega, Special Needs' School
- Leisure activities
- Club Alba



Practical arrangements

The volunteer has the right to...

- Be reimbursed for travelling expenses.
- Get a health insurance.
- Get 300€/month as pocket money on your personal credit card.
- Get the mentoring service: each month we will get individual or grupal meetings.
- Volunteer during 5 days/week (never less than 25 hours, either more than 35 hours).





Accommodation

The volunteer's accommodation will be in a private flat in Tàrraga town centre. Every volunteer will have their own bedroom and they will share kitchen, living room and bathroom with other ESC volunteers..

Housework will be shared among all members in the flat. The volunteer is allowed to invite local friends occasionally but they cannot sleep there.

Tàrrega

Tàrrega is a small city in the province of Lleida in Catalunya.

Aproximately one hour and a half from Barcelona you can find wide range of cultural, sports and leisure activities that can be done in the city.

In summer it is usually hot around 30-40 degrees.

In winter the temperature is cold less then 5-10 degrees and lots of foggy days.

The primary language spoken is Catalan, as it is the official language of the region and part of our daily life and culture.

However, everyone here also speaks Spanish fluently. It could also be a great chance for you to experience the rich bilingual culture of Catalonia.



Contact information

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or