European Solidarity Corps · Volunteering infopack

Wanna be an ESC volunteer?

Associació Alba
Tàrrega, Catalonia (Spain)



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Who we are

Alba is a non-profit social organisation with more than 30 years of history in Tàrrega. We accompany people in situations of vulnerability in their own life projects, especially in rural areas, with services that go to where people live.

We work in education, housing, employment and social care, always with a personalised, community-based approach. We are committed to deinstitutionalisation: people living independently and staying connected to their own community.

Persones amb empenta · People with drive



Volunteering is part of who we are

1998

Our first European volunteer (EVS, now ESC)

300+

Young people from Europe and the world have lived in Tàrrega with us

~10

Volunteers every year, for stays of 2 to 12 months

Volunteers are part of the daily life of our centres and homes, and part of the support team. We also have long experience as a sending organisation.

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Who we are looking for



A young person who can bring:

- Patience
- Creativity
- Flexibility
- Positivity

...and who is also helpful, respectful, attentive, open-minded and open-hearted.

What volunteers do

Mealtimes

Supporting people at lunch and dinner, together with the support staff.

Workshops and activities

Horse therapy, painting, games, theatre, sports, gardening and more, in the occupational centres and the school.

Daily routines

Supporting personal care and hygiene routines, for example at the pool.

Getting around

Accompanying people when they walk or use a wheelchair.

Out in the community

Trips and leisure activities: cinema, sports, bowling and more.

Your own ideas

Organising games and activities, and creating your own personal project.

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Your ideas, your project

Volunteers bring their time, energy and enthusiasm, and they are encouraged to take the initiative: you can design and run your own personal project with the people we support.







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Where you will volunteer

Taller Alba
Our biggest occupational centre
Tàrrega · around 45 people

Espígol
A smaller occupational centre
Cervera · around 20 people

La Bassa
Day centre and home for people with high support needs
Sant Martí de Maldà · around 20 people

Escola Alba
Special education school
Tàrrega · around 40 students

Club Alba
Our sports club

In the community
Leisure activities outside the centres, in town

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Support and learning

Mentoring

A mentor accompanies you during the whole project, with individual or group meetings every month.

Language lessons

Catalan or Spanish classes.

Schedule and holidays

Around 30 hours a week, 5 days a week. 2 days of holiday per month (20 days in a 10-month project).



What the ESC covers

330 €

per month for pocket money and food, on a personal card

Travel

Travel expenses are reimbursed.

Health insurance

Covered by Henner, the ESC insurance.

Lunch

Every volunteering day, in the canteen.

Accommodation

A shared flat in the town centre, with your own bedroom.



Your home in Tàrrega

A private flat in the town centre, shared with other ESC volunteers.



Your own bedroom

Every volunteer has a private room.

Shared spaces

Kitchen, living room and bathroom.

Shared housework

Everyone in the flat takes part.

Friends welcome

Local friends can visit occasionally, but not stay overnight.

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Life in Tàrrega

A small town in the province of Lleida, with plenty of cultural, sports and leisure activities.

1h 30min
from Barcelona

2 languages
Catalan, and everyone also speaks Spanish

30–40 °C
Hot summers

5–10 °C
Cold winters, often foggy





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Let’s get in touch

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