



EUROPEAN
SOLIDARITY
CORPS



Erasmus+

• INFOPACK •

Summer School Time

Casal Temps d'Estiu
Short Volunteering

European Solidarity Corps
SPAIN - CATALONIA (Lleida)

From June 25th to July 25th

by Associació Reintegra

reintegra

Welcome Abroad!

About the project

Casal Temps d'Estiu is a meeting place created for help little kids who are in risk of vulnerability. The summer school time is a short volunteering project (CES) that arises from the need that the Associació Reintegra detects to include youngs of the other countries to improve the evolution of this kids during the summer activity and thus to achieve a personal growth for all the participants (volunteers, kids and other professionals of project).

The main **objectives** of this project are:

- Getting more visibility into social problems.
- Offer children from families without resources training possibilities and recreational activities.
- To promote a formative and playful evolution through non-formal learning.
- To achieve an increase in motivation, participation and involvement of young people in social projects.
- Create personal relationships between different European countries.
- Develop social skills and boost personal growth through social assistance projects.
- To know new cultures, languages, good practices and different values and modes of cooperation.

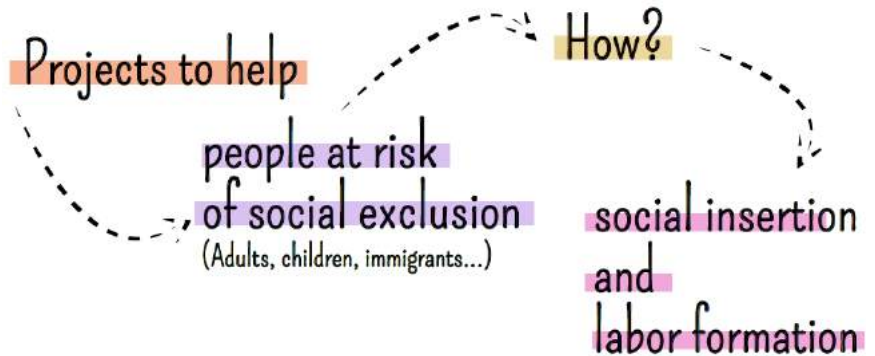
Profile & Functions of volunteers:

We will involve in this project 2 participants from Italy over the age of 18 who are interested in making a one month volunteering project in Spain - Catalonia (Lleida) during the months of June and July.

Their function, help the professionals to prepare different activities in order to learn and passed their values and ways to work including their cultures and feelings.

Associació Reintegra

About us



Our Activities

1. Training Projects and Socio-Occupational Orientation
2. Social and Psychological Care Projects
3. Projects for Children and Youth



The Volunteer Project will focus on helping this children with risk of social exclusion.



Contact

- Street: Alfred Perenya, 99 Baixos (25004) - Lleida
- Phone: 973 275 592 / 699 888 020
- Email: reintegra@gmail.com
- Website: www.reintegralleida.org
- Working Hours:

Monday - Thursday 09:00-15:00h a.m. / 16:30- 20:00 p.m.

Friday 09:00-15:00h a.m.



Where we are?

CATALONIA

Catalonia occupies a triangular area in the northeastern corner of Spain. It is bordered by France and Andorra to the north, the Mediterranean Sea to the east, the autonomous community of Valencia to the south and the autonomous community Aragon to the west. The Pyrenees separate Catalonia from France, and to the west the pre-Pyrenees and the Ebro River basin mark the border with Aragon. —————→

Catalonia has a population of more than 7,5 million inhabitants from which almost 70% live in Barcelona metropolitan area.



LANGUAGE

People in Catalonia are bilingual, since they speak as native language catalan and spanish. In Barcelona the use of spanish is quite noticeable but in other cities and rural areas the huge majority speaks catalan as first language. So, here are some words and phrases that can help you at your stay:

ENGLISH

Hello
Bye
Goodmorning
Goodnight
Thank you
You're welcome
I want this
How much is it?
I don't understand
Where is the toilet?

CATALAN

Hola
Adéu
Bon dia
Bona nit
Gràcies
De res
Vull això
Quant val?
No ho entenc
On és el lavabo?

SPANISH

Hola
Adiós
Buenos días
Buenas noches
Gracias
De nada
Quiero esto
Cuánto vale?
No lo entiendo
Donde está el baño?

LLEIDA

The project will be held in Lleida city. Lleida is the capital of the region of Segrià, with 137.735 inhabitants. It is the most important population and economic inland centre in Catalonia. Its economy is based on the agri-food sector, as well as on all kinds of services. Shopping, with a strong, deeply rooted tradition in the city, spreads its influence over Segrià and neighbouring regions. The newly opened, high-quality cultural facilities, like the new University Campus, have given the city's cultural life an extraordinary boost. Lleida is a modern city which is culturally active, well communicated and situated in a unique natural environment. Lleida has the privilege of being provided with natural areas as important as La Mitjana nature park -an ecosystem of great natural and ecological value- the River Segre park and Camps Elisis, apart from the so-called Horta (irrigated area), the green belt that surrounds the city. This natural legacy has made Lleida grow, following environmental and quality values within the framework of a sustainable city.



OTHER INFORMATION

■ Opening Times

Most of the shops open from 10am to 1.30pm and from 4.30 to 8 or 8.30pm. Restaurants are usually open from 1.30 to 3.30pm for lunch, and in the evening they are generally open from 9.30 to 11pm.

■ Temperatures

The city of Lleida, with its continental climate, has steady seasonal temperatures, although there is a big difference between the seasons. Its average temperature figures range from 26 degrees Centigrade in summer to 7 degrees in winter.

■ How to get around in Lleida

Lleida has 16 bus routes providing excellent communications between the different parts of the city.

* More information: www.turismelleida.cat



Calendar of volunteers

ACTIVITIES

The project coordinator of Erasmus + will be Imma Escolà, who organized the activities of volunteers, nevertheless, the activities of Casal Temps d'Estiu will be conducted by Esther Macià from Associació Reintegra and will be prepared by the different monitors and European volunteers. The type of activities to be prepared will be: recreational activities, sports activities, reflection activities...

Timetable

- Volunteers will do 6 hours of activity daily in "Casal Temps d'Estiu". The timetable will be from 09:00 to 15:00 a.m. from Monday to Friday, in total 30 hours for week. Saturday and Sunday will be free days.
- The volunteers always will be a support of monitors and their functions will be:
 - Give support in organization of leisure time, sport and education activities for children in poverty situation.
 - Accompaniment and communication with children
 - Collaborate in the management of the project.
 - Monitoring the evolution of the project.
 - Give support in final evaluation of the project.
- Some recommended volunteer skills are: Solidarity, empathy, relationship, team work, constancy, conflict management, open mind...
- Volunteers will do 2 weekly tutorials, one of them with the coordinator project to evaluate the evolution of volunteer activity and the voluntary learning procedure. In this sessions will work "El cuaderno de aprendizaje". The other weekly tutorial will be with the mentor project to talk about the staying in the city and other personal topics.
- The first day you will visit the city (Lleida) with the coordinator project to get to know it.
- The first week will be 4 hours to English classes. Two first days from 13:00 to 15:00 a.m.

ALL THIS
WITH NON - FORMAL
METHOD

Accomodation

PLACE TO SLEEP

LA VILA DE LLEIDA: University Flats

www.laviladelleida.cat

Carrer Roure, 2 - 25199 Lleida

Flats

All the flats come complete with the following:

Fully equipped bathroom

Fully equipped kitchen and vitro-ceramic hotplate

Microwave

Fridge

Hot water heater

Desk and chairs

Dining room table and chairs

Wardrobe and shelving

Phone and TV jack

Free internet connection by RJ-45 connector

Air- conditioning

Central heating

Individual electricity and water meter

Bed 200×90cms (single bed size)

Tour Online!

All the flats have outside views.



***IMPORTANT:** You have to take towels and sheets

The accommodation complex provides the following services:

Green zones.

Reception and concierge.

24 h surveillance CCTV.

Study rooms, reading room and TV room.

Wi-Fi zone.

Laundry and drying space.

Leisure hall with vending service.

Security lockers and bicycle space.

Outside parking for cars and motorcycles within the enclosure.

Weekly apartment cleaning service.

Multipurpose hall.

Gym



Meals&Pocket Money

The breakfast and lunch will be on “Casal Temps d’Estiu” with the monitors and children.

The volunteers will have 150€ of pocket money for your personal expenses.



Arrival (25th June 2019 - Tuesday)

BARCELONA AIRPORT

We'll book a bus that will bring you to Lleida city or we'll come or pick you up at Barcelona Airport. In the first case, the project coordinator (Imma Escolà) will be waiting for you at the bus station in Lleida and she will welcome you. In the second case, the project coordinator will be waiting you at the Barcelona Airport and she'll welcome you, so no worries!!!

If you have any problem during your trip, you can always phone us:

* Imma 0034 626 21 81 17 / 0034 973 27 55 92

* Anna 0034 699 88 80 20 / 0034 973 27 55 92

* Esther 0034 699 88 80 20 / 0034 973 27 55 92

MEETING POINTS: The meeting points in Barcelona Airport and Bus Station Lleida will be specified the week before departure

Departure (25th July 2019 - Thursday)

The 25th of July, the last day of the volunteering project, a bus or a member of organization will pick you up in Lleida and will take you directly to Barcelona Airport in time to take your returning flight.

ATTENTION!!!!

All flights will be booked by hosting organization, you will receive your flight info before your departure.



Additional Info

Useful numbers

Here there are some useful numbers that you have to use in case of emergency:

- Imma Escolà (Project Coordinator) - 0034 626 21 81 17
- Anna Bertran (Mentor Project) - 0034 699 88 80 20
- Associació Reintegra (Hosting Organization) - 0034 973 27 55 92
- Emergencies (Ambulance, Firefighters, Police) - 112

Insurance

It is the sending organization's responsibility to have the participants insured in the project. We strongly recommend you to consider arranging your **European Health Insurance Card**.

For those one who already have it, please take it with you and for the one who don't have it, here you will find some information on what it is and how to apply:

<http://ec.europa.eu/social/main.jsp?catId=563>

Practicalities

Here are some important information that you would like to know, especially for those who never traveled to Catalonia before:

Documents

There aren't visa requirements for any of you.

You always have your passport with you.

Time

All Spain is situated at the same time zone which is GMT+1

Electricity

All sockets are type C, E or F for this reason you won't need any socket adaptator to connect your devices.

Water

There is not problem to drink tap water.

Money

We use € just like in Italy, so you won't need to change your currency.

Introducing Yourself

The way catalans introduce themselves might be quite strange for some of you. Between men we always shake hands, between man and woman or between two womans most of the times we give one kiss on each cheek, so two kisses in total.

DON'T FORGET TO BRING

Personal Documents
Alarm Clock
Cable for your mobile
Summer clothes
Some jacket and umbrella (in case the weather gets ugly)
Energy and Positivisme
Everything that you will need to feel good.

We
look forward
to meeting
you!