

AYUNTAMIENTO DE LOUSAME

ESC opportunity in Spain



**CUERPO
EUROPEO
DE SOLIDARIDAD**



Concello de
Lousame

ESC INFOPACK
for the project:

AYUNTAMIENTO DE LOUSAME
Lousame (A Coruña)
Galicia, Spain

QUALITY LABEL: 2021-1-ES02-ESC50-QLA-000017153

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EUROPEAN SOLIDARITY CORPS	

WHERE ARE WE? IN LOUSAME!

When asked what they think of Spain, almost everyone answers that it is a very visited and touristic country, with lots of beaches, sun and parties.

Partly that is true. But in **Galicia** we do not have a climate like in the south of Spain. In general, Galicia has a temperate climate similar to other areas of the Atlantic framework, such as French Brittany or central-southern Ireland. Precipitation in Galicia is abundant and extends throughout the year (that is why it is the greenest region of Spain, with many forests). Winters are mild and summers are relatively short and cool. It is generally not very cold during the winter months, but there is a lot of humidity.

Galicia is the agricultural, livestock and **fishing region** par excellence. Therefore, Galicia is not famous for having big cities or for being a place with very good weather. It also does not have a large number of tourists. It is known for being a place where you eat very well, for being a very **green region** and for its natural beauty with forests, rivers and beaches.

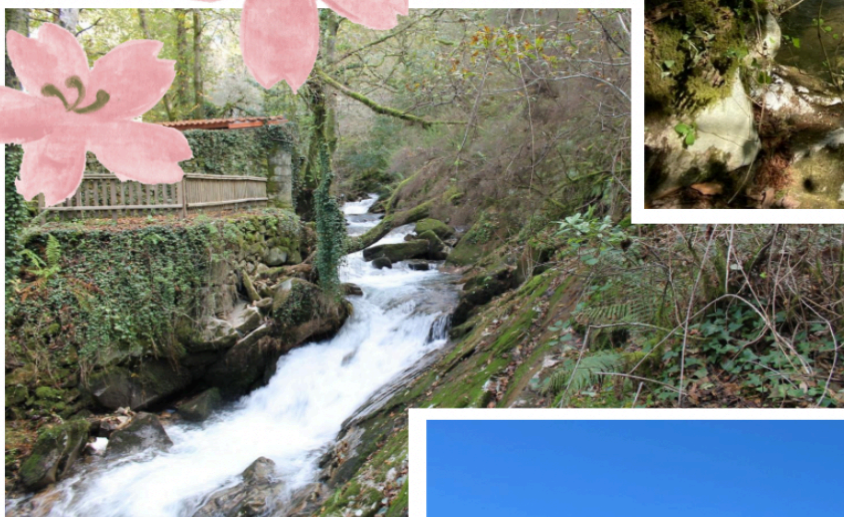
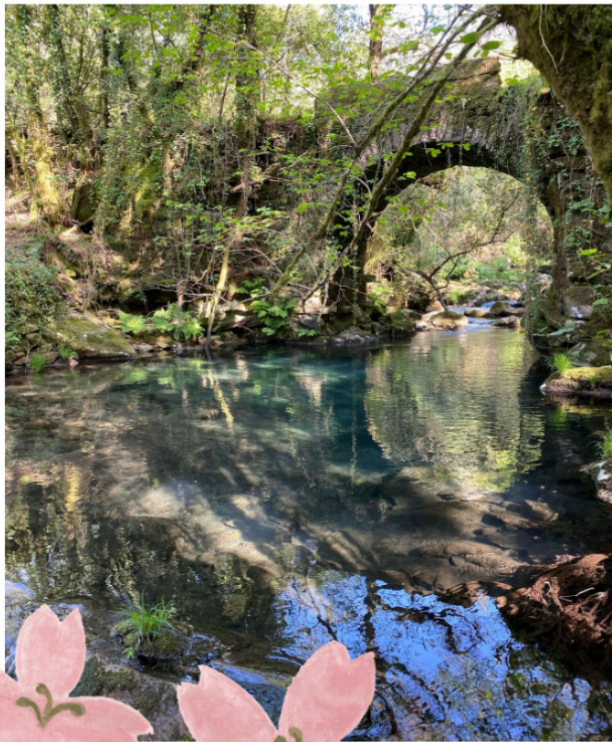
But above all, Galicia is known throughout the world for its main tourist destination, Santiago de Compostela, which since the 9th century has attracted pilgrims and tourists who walk the **Camino de Santiago**.

Lousame is 35 kilometers from the city of Santiago de Compostela.

We are located in the **province of La Coruña**. It has an area of 93 km² and 3,100 people. Many people are engaged in agricultural and livestock activities for self-consumption (a large part of the inhabitants of Lousame grow potatoes, tomatoes...; they have chickens, pigs...)

We are part of the Barbanza region and the geo-destination known as “Ría de la Estrella” or “**Ría de Noya y Muros**”. Lousame is the only municipality that does not have a sea but we are located near the sea.





WHAT DO YOU DO?

ACTIVITY DATES

The aim is for the project to **start on May 1st and end in February** of next year (10 months).

For this reason, we would like to know your opinion and your availability to assess your application.

If you are selected, as you are a non-EU person, you would have to apply for a visa to be able to participate, so certain documentation would have to be processed at the Embassy or Consulate. Therefore, if you are selected, these procedures would have to be carried out urgently.

TASK OF THE VOLUNTEER

We are a small organisation that offers cultural activities ("summer camps", activities for children, etc.), sports activities (hiking routes, trails, etc.), social services, etc. that involve people throughout the year. We would like the **two volunteers** in the European volunteering project to support the different activities that we carry out by helping with them.

We believe that the best time to participate in the activities is in the summer. That is why we want the volunteers to participate especially during this time. Most of the activities aimed at **children and young people** are carried out in the summer, from June to September, because there are no classes and in theory the weather is better. This way it would be more beneficial for our organisation (by having support people in the activities) and more beneficial for the participants, as these activities are much more attractive and fun than perhaps other activities that take place throughout the year.

In addition, the weather and life in general in the summer months is usually very different from the rest of the year.

WORKING HOURS OF THE VOLUNTEER

In the morning, the volunteer will work **from 9:00 until 15:00 from Monday to Friday** and occasionally in the afternoon or during the weekends.

The ESC will work **30 hours per week** from Monday to Friday and has **2 days of holiday** every month.

ACTIVITY OF THE VOLUNTEER

The responsible of the activities (the supervisor) will be **José Manuel Outeiral**, also responsible of the **Youth Information Office** (Oficina de Información Xuvenil - OIX).

The volunteer will be involved in many activities around the town.

What activities are carried out during the summer and where do volunteers usually collaborate?

- **Summer camps:** our organisation organises “summer camps” in July. These consist of several days of activities, from Monday to Friday, in the morning or in the morning and afternoon.
- **Reading and entertainment activities** in the municipal swimming pool: we have a small open-air swimming pool (not heated) that is only open in the summer months. There is a small room in the pool that we use to play games and do reading activities with the children in the afternoons during the months of July and August. We also do storytelling and reading activities.
- **Playroom:** entertainment activities for children during the months of July and August, from Monday to Friday, from 9:30 a.m. to 2:30 p.m.

In the summer, volunteers would collaborate in activities such as those described above and during the other months they would collaborate in activities such as

- **Child Care Point:** a nursery with children from 0 to 3 years old.
- **Daily Centre** and retirement club: activities for the elderly.
- collaborating in **cultural activities:** musical performances, English workshops etc
- collaborating in the development of **sporting activity:** hiking routes etc.

So, as you can see, the tasks of the two volunteers would be carried out in the area of youth and social services, but they would also do voluntary work in the area of culture and sports. It is intended that they collaborate in different areas.

Of course, volunteers can propose any activity they would like to carry out and carry it out where possible.

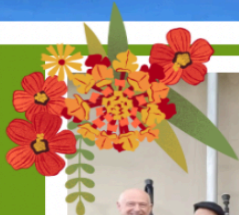
VOLUNTEER PROFILE

To develop these European mobility projects, we are looking for young volunteers whose profiles meet the following criteria: indifferent sex (we will try, depending on the requests received, that there is equity in terms of the percentage of men and women); age between 17 and 30 years; **participative, dynamic, communicative**, tolerant and responsible people; participants in the philosophy of volunteering and open; willing to embody the philosophy of the entity and the principles that govern it.

We will also take into account the adaptability to live in a rural environment, taking in consideration the characteristics of the area where the activities will be developed, as well as their ability to work in teams and in groups.

Our entity wants to apply for the quality seal to continue developing a European mobility project because the main objective is to offer young people a non-formal educational experience and intercultural learning, promoting integration and active participation, improving their employability and contributing to the development of the local community.

- creating/participating in activities
- being involved in the artistic/decorative part of festivals
- being interested in how to help children in rural area
- being proactive and proposing new activities to involve the community



WHAT DO YOU GET?

FOOD AND ALLOWANCE

The two volunteers will receive an amount of money as maintenance: each volunteer will receive **8.5 euros per day**, which will be paid at the beginning of every month by the hosting organisation.

In addition, each volunteer will receive **6 euros per day as “pocket money”** which will also be paid monthly based on the days of each month.

ACCOMODATION AND TRANSPORTATION

The accommodation is located on the outskirts of the town of Noia (the most influential population centre nearby), located just over two kilometres from the town hall of Lousame, the site of the activities. The **accommodation has two bedrooms**, a bathroom and a kitchen.

During the project, a town hall employee will accompany the volunteers from the accommodation to the site of the activities and back.

Each volunteer will also be provided with a **bicycle** to travel to the organisation.

INSURANCE

The participant shall be registered for the European Solidarity Corps insurance plan (**Henner**).

The volunteer has to obtain the **European Health Insurance Card**, if free of charge, before arriving in the host country.

LANGUAGE TRAINING

The two volunteers will receive language training via an online platform created for this same purpose by the European Union called **Online Linguistic Support (OLS)**.

Mainly in the first few weeks the volunteer will have more time to study Spanish and to start to practice speaking it with the locals.

There's also the possibility to take part in Spanish language courses offered by the **Red Cross** in the municipality of Noia, depending on the willingness of the volunteer.

We consider learning Castellano (Spanish) as one of the main outcomes of the project in order to make the process of adaptation easier.

TRAVEL REIMBURSEMENT

The following amount of travel costs is covered to travel to the project location at the beginning and back home at the end of the project. If the cost of the tickets exceed the allowed sum, the volunteer has to cover the rest of the costs themselves. Green travels apply for trips without a plane.

The money will be reimbursed as soon as we receive travel invoices, travel tickets and boarding passes.

TRAVEL DISTANCE km	REIMBURSEMENT eur	GREEN TRAVEL eur
0 - 99	23	-
100 - 499	180	210
500 - 1999	275	320
2000 - 2999	360	410
3000 - 3999	530	610
4000 - 7999	820	-
8000+	1500	-

TRAINING AND SUPPORT

Before the arrival in Lousame

We will send information about Lousame, our entity, your life as volunteers, but also the contacts of present and past ECS volunteers, so you can talk with them about the project.

During the first few weeks in Lousame

You will receive technical and cultural **training** that will give you all the basic information you need to know to adapt well in your new environment.

During the long-term project in Lousame

The volunteer's tasks will be coordinated and supervised by the tutor.

There will be direct communication between them and they will have **periodic meetings**.

ADDITIONAL DETAILS

Currently, our entity is carrying out a European volunteering project for the seventh time, although we've had a group of volunteers since 1998 to carry out different activities impossible to develop if not for the altruistic help of the people who collaborate.

From the Lousame city council, we are convinced of the need to continuously unify efforts and resources from various departments of the entity and cooperate with associations and groups for the development of cultural, leisure and free time, recreational and training activities.

During the years and from the different departments a wide range of training activities (photography course, designed band ...), sports (hiking activities, trail, gymnasium ...), creative and cultural activities (magic activities, theater, musical performances, puppets ...), youth (summer camps, excursions ...), social services (memory workshops, activities to revitalize the elderly ...), had taken place and involved the people of our town hall and neighboring town councils.

It is intended to provide the different blocks of personal support activities, thus involving people and turning them into active subjects of the proposed activities.

We consider volunteering activities to be an excellent learning experience in the field of non-formal education, in which the young people who participate can improve or acquire skills for their personal, educational and professional development.

LEARNING OUTCOMES

- experience in working with children in different contexts
- non-formal teaching skills
- learn to programme and carry out activities for the youth
- knowledge of working in an international and multicultural team
- learn to be more patient and independent
- improve interpersonal and communication skills
- learn to speak and write correctly in Spanish

WHO'S INVOLVED?

The **HOSTING ORGANISATION** organises the selection of the volunteers, where appropriate in cooperation with the sending organisation. The hosting organization ensures that the project runs smoothly and is responsible for monitoring and evaluating the European Solidarity Corps project activities. It is the body responsible to the Commission for the implementation of the ESC project. It manages accommodation, food, local and other travelling, OLS (Online Linguistic Support) and different practical needs. It also provides a tutor who helps the volunteers in their free time activities and helps solve their problems (e.g. go to the doctor, open a bank account, etc.). The hosting organization accepts two voluntary workers to take part in non-profit activities, which should benefit the host community, in the social, environmental or cultural fields. These activities should provide an added value for the host community. Under no circumstances may they replace an existing or potential job. The hosting organisation undertakes to take all steps to help the volunteers to integrate into the project and the host environment.

The **SUPPORTING ORGANIZATION** undertakes to prepare, support and monitor the volunteer before, during and after the ESC activities, assist the volunteer with international travel arrangements, visa/vaccination requirements (if required), provide coordinating organisation with receipts of costs, liaison with NA on pre-departure training and help with the final report (if any). The supporting organization shall help the volunteers to demonstrate the value of this experience, by ensuring that they benefit not only themselves but also the sending community. In order to do so, it undertakes to monitor the voluntary workers in an appropriate manner after their return.

The **VOLUNTEER** undertakes to participate voluntarily in an active citizenship and informal education experience with the aim of acquiring social, intercultural and personal skills, enabling them to lay the foundation for their own future and at the same time contribute to the well-being of the community. The volunteer takes part in an unpaid non-profit activity.

The European Solidarity Corps aims to provide volunteers with an intercultural learning experience and the opportunity to acquire many skills which will be useful for their social and professional integration.

The volunteer will embark on this adventure with an open mind and the resolve to discover and appreciate another culture, to integrate into a foreign community and to participate actively in activities. They will also be involved in preparing host projects, drawing on their own culture and putting forward a new approach based on their own experience. They undertake to respect the practices and rules of the host organisation, provided that this does not entail loss of freedom.

GENERAL PRINCIPLES OF WORKING WITH ESC

INITIAL TRAINING AND SUPPORTING THE LONG TERM CONCERNING THE REALIZATION OF WORK-RELATED TASKS

In the selection of volunteers it is not important if the volunteers had any similar experience to the tasks they will be fulfilling here, however, their motivation to do European Solidarity Corps is an important factor in the selection procedure. The initial training of the volunteers will consist of support and training for all the different tasks they fulfil, which can continue during the project if necessary.

RESPONSIBILITY AND RESPONSIBILITIES

The tasks of the volunteers will give them a sense of responsibility, will implicate them in these tasks and will prevent them from being too responsible, for example when working with children or financial administration - because these activities belong to the responsibility of the employees of the entity.

FLEXIBILITY

Most of the tasks have a fixed frame consisting of the most important points of the tasks, but some of them have space in which the volunteers can use their creativity. In any case, all of the planned tasks are flexible and can be adjusted to the needs that are expressed by the volunteers, to their abilities, interests, and the ideas they're bringing in.

DIVERSITY

The tasks that the volunteers will fulfil are intended to be diverse and varied, in order to give the volunteers the chance for a project as enriching as possible. Furthermore, the project intends to be interesting and enriching for local people who work directly or indirectly with the volunteers.

UTILIZATION OF THE INTERCULTURAL ASPECT

The intercultural aspect is a basic principle in working with European volunteers. We consider this as an essential element for the cultural enrichment in the Youth Information Centre and other services in the town hall of Lousame. In every task the volunteers have the possibility to introduce elements of their own culture and nationality.

MUTUAL LEARNING

In every task we have thought of a way to give the volunteers the opportunity to obtain new knowledge, to learn about a new culture, a new town, region and country. Additionally, the way of working with (young) people from our town will provide the volunteers as well as local people with new experiences, knowledge and ideas.

If you are interested,
send us an email to
oix@concellodelousame.com
or apply through the
[European Youth Portal](#)



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