INDIVIDUAL VOLUNTEERING

in Cambados



EUROPEAN SOLIDARITY CORPS
THE POWER OF TOGETHER.

FUNDACIÓN CONDADO DE TABOADA

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ABOUT THE HOSTING ORGANIZATION

The aim of the Fundación Condado de Taboada is to support medical profession with the focus of **fighting against cancer** and promote **social and economic development** of all citizens in general and of those groups that are in a situation of vulnerability and exclusion. The foundation focuses on working with **local communities** and creating activities which also raises awareness about the topic.

Vision and Mission:

- sustainable rural development within the focus on **environmental education**, fight against the climate change and development of **sustainable agriculture practices in rural areas** and increasing capacity of local community and organizations
- protecting **cultural heritage** through recording endangered practices, skills and knowledge in Galicia
- **fight against cancer** within the focus on investigation, prevention and awareness raising
- **entrepreneurial learning** and **entrepreneurship education** through the facilitation virtual world transformation of young people in order to increase youth employability, inclusion of marginalised young people

ABOUT VOLUNTEERING

The volunteering will be in **Cambados** with active participation of Spanish and international volunteers. We aim to support solidarity in Cambados by focusing on protecting **cultural heritage**, supporting sustainable rural development, raising awareness about fight against cancer, supporting entrepreneurial learning and entrepreneurship education through the activities.

Target Groups:

- Young people with fewer opportunities and youth organizations
- Cancer patients and families, cancer survivals and cancer organizations
- Local communities and local authorities
- Small and medium-sized enterprises and entrepreneurs

Programs:

- Sustainable Rural Development Program
- Cultural Heritage Program
- Entrepreneurship Program
- Fight Against Cancer Program



ACTIVITIES OF VOLUNTEERS



1. **Organic Farming:** Volunteers will engage in daily farming activities like planting, weeding, harvesting, and processing various crops. They will learn about crop rotation, permaculture, and sustainable soil management.
2. **Youth Fair:** The foundation will host organisations that provide services for young people with the participation of NGOs, governmental organisations, schools and private companies. During the fair, the organisations will introduce their services, experiences, tools and methodologies, opportunities for young people. The foundation will represent in the fair area with European Solidarity Corps volunteers to inform young people about youth opportunities, volunteering, solidarity and youth participation.
3. **Daily Guided Visits to Casa dos Maza:** The founda.on will organise daily guided visits (in English and in Spanish) to the Casa dos Maza in order to explain the history of house and present the facili.es and the surroundings during the mobility.
4. **Afforestation Day:** The afforestation day will be carried out by the foundation with the aim of raising awareness among the public about the importance of afforestation works and the protection of forests and the services they provide, especially in combating erosion. During the day, the local community and volunteers will afforest the foundation assets and learn more about protection of forests by participating in fire fighting training.
5. **My own Creative Project:** The mobility will include dedicated sessions for volunteers' own projects. The volunteers will be supported with tools by the foundation in order to create their own project, sessions and/or present their talents with the community.
6. **Intercultural Night at Casa dos Maza:** An intercultural night will be organised in order to let volunteers present their countries, their cities, their own traditions with the local community.

VOLUNTEER'S PROFILE

This European Solidarity Corps opportunity is open to **all young people** from Programme Countries between the age of **18 - 30 years old**.

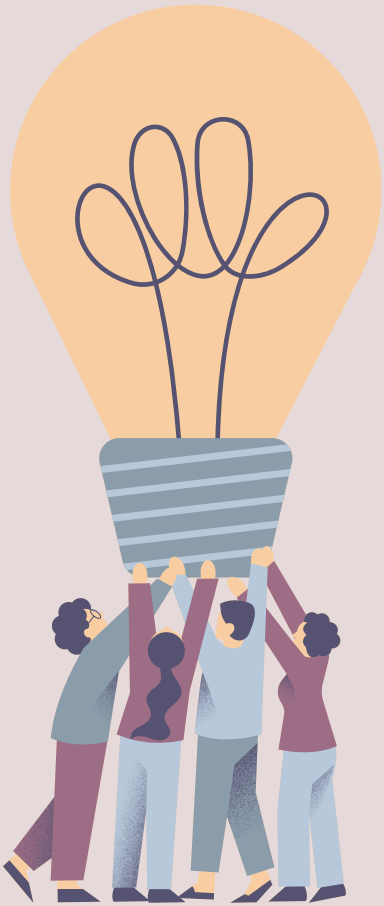
Volunteers will be selected in a fair, transparent and objective way, no matter their ethnicity, religion, sexual orientation or political opinion. The selection process will be done with the cooperation between supporting organization and the hosting organization.

Someone who:

- is ready to work with children, young people and local communities
- is creative, communicative and open-minded
- is positive and proactive
- is adaptable and flexible
- is able to work as a part of a team
- can plan, organise and manage activities



MENTORSHIP



The volunteers will be supported by a mentor throughout the whole project. The mentor will be there to answer questions, support volunteers during their activities, plan timeline and learnings. They will guide the volunteers in what they want to try/learn and will plan the activities accordingly to decired learnings and the needs of the hosting organization. The volunteers will have evaluation and regular meetings with the mentor to reflect the volunteering activity.

Regular mentoring meetings:

1. Group - activities to foster the spirit of the team, get to know each other better and learn how to work together
2. Individual - support to identify goals and pursue them

¿ WHY VOLUNTEERING ?

Individual volunteering is meant to produce the following main outcomes:

- improved skills and competences for personal, educational, social, civic, cultural and professional development;
- more active participation in democratic life and in society in general;
- enhanced employability and transition into the labour market;
- increased sense of initiative and entrepreneurship;
- increased self-empowerment and self-esteem;
- improved foreign language competences;
- enhanced intercultural awareness;
- better awareness of the European project and the EU common values;
- increased motivation for further engagement in solidarity activities.

The long-term volunteers will undergo on-arrival and mid-term training by the National Agency to integrate the volunteers from all over the country and make sure they are aware of the ESC Programme's benefits, roles and responsibilities.

We offer **short-term and long-term volunteering**. Short-term is from 2 weeks up to 59 days and long-term is from 60 days to 12 months. Individual volunteering is between 30 and 38 hours a week.
allows you to contribute to the daily work of an organisation that is actively benefiting the local community

What is covered:

- You are covered by a complementary **insurance**
- You can access a range of support services such as **linguistic support and training**
- Your **basic costs** will be covered (your travel to and from the project, accommodation and food)
- You'll also receive a **small allowance** for personal expenses
- If you have **specific needs** (e.g. a disability), these costs may also be covered



The volunteering offers an inspiring and empowering experience, as well as the chance to bring change while developing your skills and competences.

LOCATION

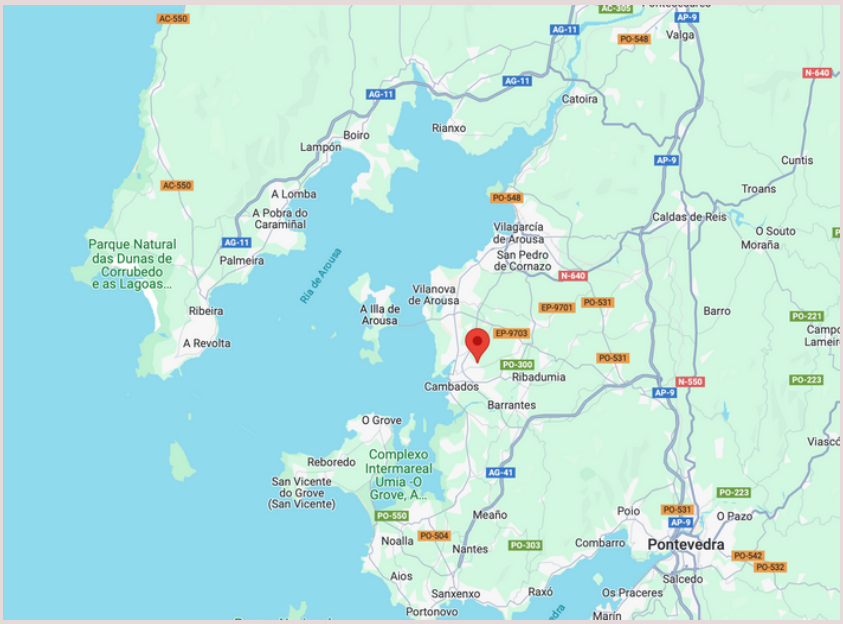
CAMBADOS

The mobility and accommodation will take place in Cambados, Pontevedra – Spain. Cambados is a picturesque coastal town located in the Galicia region of northwest Spain. The town is characterized by its charming historic center with cobblestone streets, traditional Galician architecture, and a beautiful waterfront.









ACCOMMODATION

HOUSE OF THE VOLUNTEERS

The volunteering project will take place in Cambados, Pontevedra- Spain. Cambados, has all the conditions to embrace this project, which makes a pleasant location for the volunteers and benefits local population, who gains with the experience, ac.vi.es and knowledge exchanges brought by volunteers. Volunteers will be hosted in a private house/ apartment with two/three beds per room, located in Cambados. Each volunteer will have house with all the facili.es (fridge, washing machine, furniture, bedroom clothes, cutlery), ensuring a nice, safe and pleasant experience. The safety of our volunteers and team members are of paramount priority for founda.on and we follow all rules and regulations issued by global and local government closely.



YOUTHPASS

CERTIFICATE

Youthpass is a certificate which supports the visibility of the participation in European Solidarity Corps activities. Volunteers are entitled to receive a Youthpass certificate, issued (in the European Solidarity Corps portal) at the end of the volunteering.

What is it used for:

- Prove your proficiency in the topic
- International proof of attendance
- Language proficiency
- Application for the grant, and man more other academic uses
- Job interviews

To support the impact of European Solidarity Corps activities on the personal, educational, social, civic and professional development of the participants, the competences (combination of knowledge, skills and attitudes) that are the non-formal and informal learning outcomes gained in the solidarity activities shall be identified and documented, in particular through EU level recognition tools such as Youthpass.

Youthpass identifies and documents the competences developed during the project. It is recommended to embed the educational approach of Youthpass from the start of the project and use it during the project activities as a tool to help participants to become more aware of, reflect on and assess their learning process and outcomes.

For more information and support on Youthpass: www.youthpass.eu

Youthpass

PRE-DEPARTURE

There will be a pre-departure meeting organized for the volunteers which will prepare them for the journey they are going to take. The meeting will focus on getting acquainted and providing information about the project (home, workplace, organization, culture), next steps etc. After the meeting the volunteers can start preparing their journey (purchasing tickets, arranging insurance).

During the meeting the following will be discussed:

- Explain the possibilities of ESC
- Introduction of hosting organization
- Introduction of project, volunteering activities
- Appointments and expectations
- Volunteering Agreement
- Transcultural learning and culture shock
- Travel information, contact information

Before the departure a Whatsapp group will be created for the volunteers for a quick communication. This group will be used throughout the whole project.



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