

INTERNATIONAL WORK CAMPS 2023

CHANGING LIVES, OPENING MINDS!



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ABOUT US...

COCAT is a Catalan non-governmental organization and non-profit coordinating platform created to represent Catalonia's international organizations.

COCAT is a link between the international and the national (local) levels of voluntary movement. Our work camps are simulations of real-world volunteering experiences at the local and global levels.

Every year, more than 500 young Catalans carry out volunteer projects abroad and more than 200 young people from all over the world, participate in the international work camps that are carried out in Catalonia and organized by Catalan youth associations.



ALLIANCES: GLOBAL LEVEL



CCIVS

nternational Voluntary Service

COCAT is a member of three international networks promoting International Voluntary Service: ALLIANCE, CCIVS, and FOCIR Thanks to this membership COCAT can work with partner organizations from different countries.



ALLIANCE is a European Voluntary Service organization that for 30 years has been promoting volunteering among youngsters in Europe. It has 49 members from 30 countries in Europe, America and Asia.

CCIVS is an International Voluntary Service platform made up of organizations from all over the world. CCIVS has been coordinating the IVS for more than 75 years and consists of 80 organizations nowadays. CCIVS bases all its actions on human rights principles and mutual cooperation, participation, respect and non-discrimination.



FOCIR, The Federation of Internationally Recognised Catalan Organisations, is a Catalan civil society platform founded in 1995, with the mission of promoting Catalan organizations' participation in the international world.



ALLIANCES: NATIONAL AND LOCAL LEVELS

CATALAN ORGANIZATIONS - MEMBERS OF COCAT:

Coordinació Rural de Catalunya (CRUC)
 Fundació Catalana de l'Esplai (FUNDESPLAI)

- Fundació Escolta Josep Carol
 - Obre't Ebre
 - Grup Esplai Vidrerenc
 - Balmes Blancs
 - Terra Roja

These organizations design projects for the community and youngsters in different areas, organizing and preparing the work camps, taking into account the needs of the community and the educational value of the volunteers.

DIRECCIÓ GENERAL DE JOVENTUT

This area of the Catalan government is involved in the development of workcamps held in Catalonia.

It offers financial support to the organizations.





OUR GOALS



We aimed to develop work camps and voluntary service as a tool for personal, collective and community development, with the central values of interculturality, the culture of peace, social justice and equality.

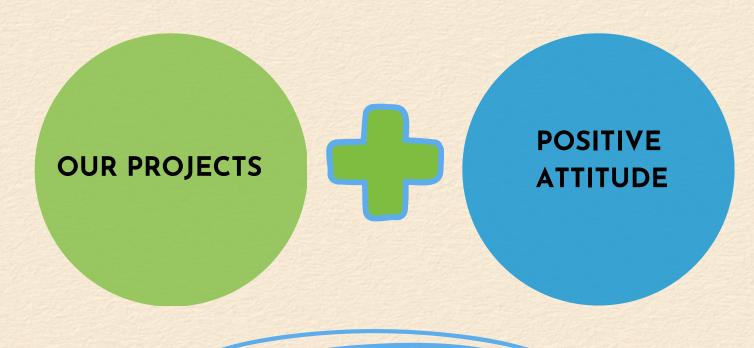
Our core values are:





OUR WORK CAMPS

Our work camps are non-formal learning proposals for young people coming from many different countries and cultures. Work camp projects are a living way to share culture, support non-profit projects, develop the local community's traditions, promoting ideals of solidarity and citizenship.



WORK WELL DONE!
HAPPY VOLUNTEERS!



WE PROPOSE...



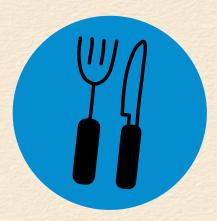
Full-learning experience of voluntary service for local communities in an intercultural framework.



Leisure activities to enjoy your free time and be in contact with the local community.



Each hosting organization provides third-party liability insurance.



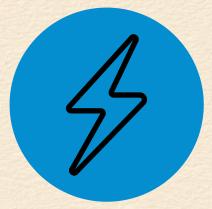
Camps will fully cover the accommodation and food, but please note that these will be basic conditions.



BE PREPARED TO ...



Cooperate with other volunteers and the local people!



Contribute with energy and actions as a group member to the camp day life.



Respect and enjoy the cultural and social diversity of participants and locals.



And don't forget to bring your own health insurance (that covers you as an individual).



© CATALONIA

All our work camps will be implemented in small towns and villages of Catalonia. It is a good chance for volunteers to know more about our country, see its picturesque landscapes and learn about its traditions. Catalonia is situated in the North East of the Iberian Peninsula. It has a territory of 32.108 km2 and around 7.727.029 inhabitants.

Catalonia is a European Mediterranean country with a strong personality and is very motivated to enhance its customs and traditions. The Catalan landscape is very varied: Pyrenean Mountains contrast strongly with coastal regions, and the desert landscape is mixed with the most beautiful Mediterranean ones.

The historical invasions and political conquests gave Catalonia the awareness to open its door to intercultural dialogue and to live together with the old tradition of the Catalan community and values.

The current administrative structure of Catalonia, after 40 years of dictatorship and denial of its language and traditions, was defined basically by the Statute of Autonomy (1979, revised in 2006) and by the political institutions of the "Generalitat de Catalunya" (Catalan Autonomous Government).





LANGUAGE

The language of the country is Catalan, one of the groups of languages neo-latin western with Spanish, together Portuguese, French, Italian and Romanian. However, everyone learns Spanish and English at school so there is no problem for non-Catalan-speaking visitors. Catalan culture is a ten million people community, living in France. Spain and Italy (l'Alguer). Catalan is a living language spoken in the everyday life, studied at schools, colleges and universities. It's used on radio, television and newspapers and most importantly, everyday life of each person.





"Concurs de Castells" -UNESCO Cultural Heritage of Humanity



INTERNATIONAL WORK CAMPS 2023









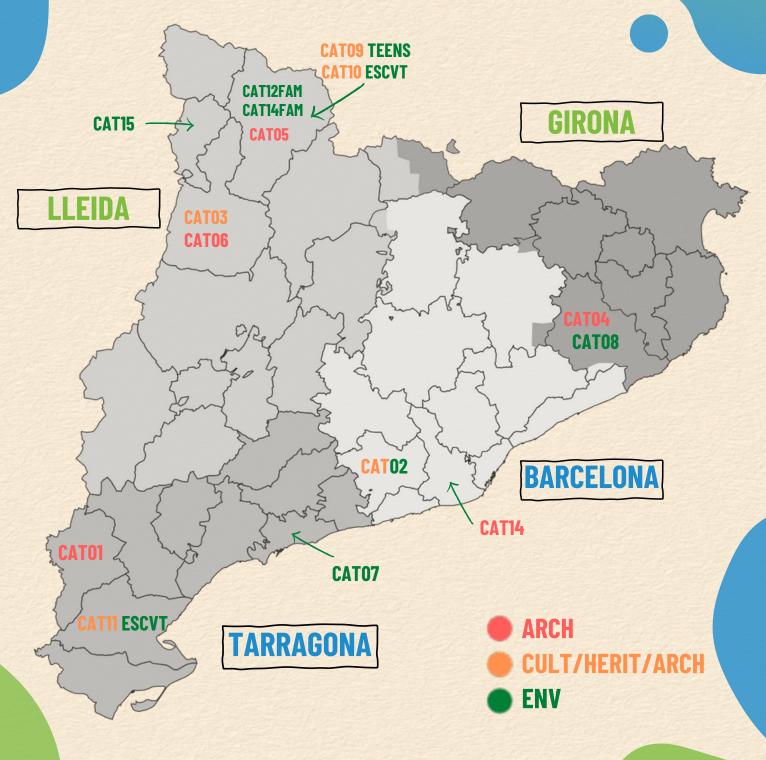
enviromental

cultural or heritage

archeological



WORK CAMPS LOCATIONS





CATOI

"LA LLEVA DEL BIBERÓ"

Youth camp from 18 to 29 years old From 14/07 till 28/07 in Pinell de Brai

The aim of this camp is to do a bit into the recovery of the trenches of the Battle of the Ebre that were made during the Spanish Civil War. Participants will work open air in the historical area aquiring an intercultural and archeological approaches. The tasks will inckude the renivation and cleaning of the area, as well as ist archeological exploring.



Hard work? - No! The work is suitable for everyone in normal physical condition.

Motivation letter? Is not required

<u>Partner organisation</u>: Fundació Escolta Josep Carol

Location: Pinell de Brai, Terra Alta.

Closest airport: Airport of Barcelona

Accomodation: The accommodation will be the municipal pavilion. It has toilets and showers but no beds. The participants will sleep on the floor with mattresses that they must carry themselves. The entity will provide all meals to participants.

Free time activities: Visit to the Cathedral of Wine, excursion in Valley Closala, Excursion at Miravet Castle, attendance to the act of homage to the victims and combatants of the Battle of the Ebre. Via Verda de la Terra Alta: it follows the railway tracks that linked Tortosa with the towns of Teruel, Alcanyís and La Puebla de Hijar. This railway line opened in 1882.

Extra fee: no



CATO₂

BEYOND THE VINEYARD: THE DRY STONE HERITAGE

Youth camp from 18 to 29 years old From 16/07 till 30/07 in Subirats

The work camp primary purpose is the recovery of a huge stone wall in a vineyard area and the shepherd stone hut. Participants also will work in a Spanish Civil War trench area to make them more accessible to visitors. The support of experts from Subirats's historical study group, will contextualise the work, the history of the area, and the role played by dry stone and vineyard.



<u>Partner organization</u>: Fundació Catalana de l'Esplai.

Location: Subirats, Alt Penedès.

Closest airport: Airport of Barcelona.

Accommodation: the participants of the workcamp will be installed in the school of Ordal. They will sleep indoors and mattresses will be provided. They are going to eat outdoors and a catering service will serve the food.

Free time activities: Participants will visit cultural and historical areas and museum in Subirats, a wine and champagne factory and also Vilafranca del Penedès, the Catalan wine capital. They will also visit the city of Barcelona, which is only 45km from the accommodation area. Extra fee: no.

Hard work? - No! The work is suitable for everyone in normal physical condition.

Motivation letter? It is not necessary.

comfortable clothes for the technical



READING LIFE IN THE ROCKS

Youth camp from 18 to 29 years old From 16/07 to 30/07 in Salàs de Pallars.

This project contributes to the dissemination of the natural and cultural heritage of the UNESCO World Geopark Origins, with a community working approach to the territory. The main objective of this camp is the recovery of dry-stone walls, clearing and cleaning roads and adapt new path. The project proposes different actions in the technical and work aspect, focused on cultural and natural-landscape heritage of "Pallars Jussà" and "Pallars Sobirà".



<u>Partner organization</u>: Coordinació Rural de Catalunya.

Location: Salàs de Pallars, Pallars Jussà.

Closest airport: Airport of Barcelona.

Accommodation: a hostel close to the lake called "El Piolet" in Salàs. Participants will sleep in one room where there are bunk beds, all together. Participants won't cook because the lodge will prepare the meals, but they will clean dishes and set the table.

Free time activities: visits to the local museums, vineyards, and day trips around the area.

Extra fee: no.

Hard work? - No! The work is suitable for everyone in normal physical condition.

Motivation letter? It is not necessary.



ST. ISCLE'S CASTLE: LOOKING FOR A PAST

Youth camp from 18 to 29 years old From 13/08 till 27/08 August in Vidreres

In this work camp participants will have the opportunity to learn and share experience in a multicultural environment while acquiring archealogical and cultural knowledge, and in the meantime, enjoying the wildlife of the surrounding. The main task for the participants of this work camp consists in putting in place some excavation and restoring activities in the remaining areas around the St. Iscle Castle in Vidreres.



<u>Partner organization</u>: Grup d'Esplai Vidrerenc.

Location: Vidreres, La Selva.

Closest airport: Airport of Barcelona.

Accommodation: The accommodation is in the "Escola Salvador Espriu", one of the Primary Schools in Vidreres (located about 15 minutes walk from the village center). The place where participants will sleep is the pavilion of the school and they'll use other facilities: kitchen, dining room, toilets, showers.

Free time activities: there will be various free time activities offered to the participants, such as: visits to "Lloret", "Estanys de Sils" or "Montseny" area. Extra fee: no.

Hard work? - No! The work is suitable for everyone in normal physical condition.

Motivation letter? Yes, please, write it down in your application!



ARCHAEOLOGICAL WORK CAMP IN THE PYRENEES

Youth camp from 18 to 29 years old From 17/07/2023 to 31/07/2023 in Soriguera

The purpose of this work camp is to recover the medieval archeological site "Despoblat de Santa Creu de Llagunes". The participants will be involved in such tasks as exavation around the field as well as cleaning preservation and conservation of the enviroment. Above all these the participants will learn about culture, nature and will have an opportunity to take part in various intercultural activities and go on tours around the project area.



Partner organization: Terra Roia.

Location: Soriquera, Pallars Sobirà.

Closest airport: Airport of Barcelona.

Accommodation: is a terrain called "La

Borda", an isolated place in the nature. The
volunteers will sleep in tents on the floor,
there is a point of water (not hot water).

Free time activities: hikings to nearest town

Sort, "Torreta de l'Orri" and "Comes de
Rubió" shelter.

Extra fee: no.

Hard work? - No! The work is suitable for everyone in normal physical condition.

Motivation letter? Yes, please, write it down in your application



ARCHAEOLOGICAL CONDITIONING AND RESEARCH IN THE ROMAN CITY OF AESO

Youth camp from 18 to 29 years old From 16/07/2023 to 30/07/2023 in Isona

The purpose of the workcamp is bringing young people an approach to different tasks of archaeology, such as digging and the study of archaeological remains. Scientifically, it aims to enhance the knowledge of the Roman city of Aeso (Isona).



<u>Partner organisation</u>: Centre d'Estudis d'Isona i Conca Dellà.

Location: Isona, Pallars Jussà.

Closest airport: Airport of Barcelona.

Accomodation: the Municipal hostel. There is capacity for 15 people and the roomsare conditioned to be accessible in its

entirety.

Free time activities: knowledge of the cultural and natural environment as rivers, castles, churches and paleontological sites. There is a municipal swimming pool.

Extra fee: no

Hard work? - No! The work is suitable for everyone in normal physical condition. Motivation letter? It is not necessary!



INTERNATIONAL WORK CAMP OF GAIÀ

Youth camp from 18 to 29 years old From 19/07 till 02/08 in Altafulla

The main purpose of this environmental work camp is to perform the tasks to conserve the space around the river creek Camanegre. The participants will be involved in maintaining, restoring and conserving the environment of the Gaia River activities. It will be an unique opportunity for participants to observe the aquatic fauna of the creek and touch the incredible nature of the area.



Hard work? - No! The work is suitable for everyone in normal physical condition. Motivation letter? It is not necessary, but would be appreciated to get to know you more;)

<u>Partner organization</u>: Associació Medioambiental La Sínia.

Location: Altafulla, Tarragonés.

Closest airport: Airport of Barcelona.

Accommodation: The stay will take place in the facilities of the public school of the municipality of Catllar, "Institut Escola l'Agulla". The participants of the camp will have at their disposal the gym, an area where the base camp will be set up.

Free time activities: During the afternoons, volunteers will participate in complementary and leisure time activities: workshops, fauna observation, excursions, debates and other activities that will be prepared between all the volunteers.

Extra fee: no.



ESTANY DE SILS: MANAGEMENT AND RESTORATION OF A PROTECTED CATALAN WETLANDS

Youth camp from 18 to 29 years old From 19/08 till 02/09 in La Laguna, Sils

The main objective of this work camp is to show the environmental reality and learn how to intervene in it by contributing to the conservation of the Natural Area of Sils wetlands. The participants will learn the biodiversity and the characteristic habitats of these humid zones, and methodsof conservation and management of natural areas



Partner organization: Fundació Emys.
Location: La Laguna, Sils, La Selva.
Closest airport: Airport of Barcelona.
Accommodation: is in the "Sala
Cultural" of La Laguna (the local
cultural center). There is a large room
where the participants will sleep and there
are separate boys and girls toilets and
showers.

Free time activities: excursions, knowledge activities, group cohesion dynamics, self management activities, bats observation or dynamics of gender.

Extra fee: no.

Hard work? - No! The work is suitable for everyone in normal physical condition.

Motivation letter? It is not necessary, but would be appreciated to get to know you more ;)





CATO9TEENS

RECOVERY OF ANCIENT PATHS IN THE PYRENEES

Youth camp from 14 to 17 years old From 31/07/2023 to 14/08/2023 in Soriguera

The purpose of this work camp is to recover old paths and the history of the Pyrenees, learn about culture and nature, and participate in both with different activities of preservation and conservation. The technical work of the project is the conservation of old paths in "Vall de Siarb" and involves physical work: clearing paths, putting stones aside the way, rebuilding dry stone walls, improving the signals with paint and improving paths of the paved section.



Partner organization: Balmes Blancs.

Location: Soriguera, Pallars Sobirà.

Closest airport: Airport of Barcelona. Accommodation: is a terrain called "Llavaners", approx 1000 m altitude near a small river; an isolated place in the nature. The volunteers will sleep in tents on the floor, there is a point of water (not hot water) and portatil wc.

<u>Free time activities</u>: cultural excursions to a medieval town, to the bunkers and trenches from Spanish Civil War.

Extra fee: 320 eruos.

Hard work? - No! The work is suitable for everyone in normal physical condition. Motivation letter? It is not necessary, but would be appreciated to get to know you more;)





CATIOESCYT

NATURE PATHS IN THE SIARB VALLEY

ESC volunteering teams work camp from 18 to 30 years old From 17/08/2023 to 31/08/2023 in Soriguera

The purpose of this work camp is to recover old paths and the history of the Pyrenees, learn about culture and nature, and participate in both with different activities of preservation and conservation. The technical work of the project is the conservation of old paths in "Vall de Siarb" and involves physical work: clearing paths, putting stones aside the way, rebuilding dry stone walls, improving the signals with paint and improving paths of the paved section.



Partner organization: Balmes Blancs.
Location: Soriguera, Pallars Sobirà.
Closest airport: Airport of Barcelona.
Accommodation: is a terrain called "Llavaners", approx 1000 m altitude near a small river; an isolated place in the nature. The volunteers will sleep in tents on the floor, there is a point of water (not hot water) and portatil wc.
Free time activities: cultural excursions to a medieval town, to the bunkers and trenches from Spanish Civil War, circuit of Geocaching, and the celebration of the major parties of nearby villages.

Hard work? - No! The work is suitable for everyone in normal physical condition. Motivation letter? It is not necessary, but would be appreciated to get to know you more;)

Don't forget comfortable clothes for the technical work!



Extra fee: no.

CATHESCYT

SANT ANTONI'S TOWER

ESC volunteering teams work camp from 18 to 30 years old From 10/07/2023 to 24/07/2023 in Tortosa

The purpose of this camp is to help repair The Sant Antoni Tower. It is a 4-hectare farm, with a 19th century house, this farm consists of several interconnected spaces, due to the different habitats and ecosystems, it has been designed with permacultural criteria and is cultivated with ecological and sustainable methods.



Partner organisation: Obre't Ebre

<u>Location</u>: Jesús, Tortosa (Tarragona Province)

<u>Closest airport</u>: Barcelona-El Prat Airport /

Valencia Airport

Accomodation: the volunteers' accommodation is located on the Camí del Terrer Roig in Jesús. The house of Sant Antoni is composed by different rooms where long term volunteers live, the group of volunteers form the camp will be able to share rooms in bunk beds and also sleeping in big tents ouside.

Free time activities: Traditional cooking workshop, laughter therapy workshop, workshop of birds boxes and insect hotels, local excursion along the greenway and in Tortosa, group knowledge activities, traditional dance workshop. Extra fee: no.

Hard work? - No! The work is suitable for everyone in normal physical condition. Motivation letter? It is not necessary, but would be appreciated to get to know you more;)



CAT15

ARCHEOLOGY IN GARRAF LIVING PREHISTORY

Youth camp from 18 to 29 years old From 01/07 to 15/07 in Baix Llobregat

The main purpose of this environmental work camp is to get to know the archeological heritage and participate in the activities to preserve and maintain trough experimental archeology techniques the Cova de Can Sadurní and their surroundings.



<u>Partner Organization</u>: Fundació Catalana de l'Esplai.

<u>Location</u>: Begues, Baix Llobregat. <u>Closest airport</u>: Airport of Barcelona.

Accommodation: the participants are going to use a Sant Cristòfor school multifunctional area. They will sleep indoors and mattresses will be provided. They are going to eat outdoors and a catering service will serve the food. There will be vegetarian and vegan options and as many menu adaptations as needed.

Free time activities: group games, workshops and cultural activities in order to learn more about Catalan culture and traditions and the area.

Extra fee: no.

Hard work? - No! The work is suitable for everyone in normal physical condition. Motivation letter? It is not necessary, but would be appreciated to get to know you more;)



CAT16

RECOVERING MOUNTAIN AQUATIC HABITATS

Youth camp from 18 to 29 years old From 17/07 to 31/07 in Pallars Sobirà i Alta Ribagorça

The main purpose of this environmental work camp is the restoration of mountain lakes and recovery of their natural state. Control tasks will be carried out with technicians from the Sorellona Association.



Partner organization: Associació La Sorellona. Location: Esterri de Cardós i la Vall de Boi, Pallars Sobirà i Alta Ribagorça.

Closest airport: Airport of Barcelona.

Accommodation: The Alt Pirineu Natural Park, The Associació la Sorellona provides the participants a place with beds, toilets, showers and a space to cook. The menu will be omnivorous. For a especial diets will be necessary to inform previously (allergies, intolerances, vegetarianism, etc.)

Free time activities: nature workshops, biodiversity marathon; different plant species and animal tracks.

Extra fee: no.

Hard work? - No! The work is suitable for everyone in normal physical condition. Motivation letter? It is not necessary, but would be appreciated to get to know you more;)



CAT12FAM

OLD PATHS AND CAMP IN THE SIARB VALLEY 1

Family camp from 10 years old From 10/07/2023 to 16/07/2023 in Vilamur

The main purpose of the project consists in valuing the old way of living based on the knowledge of the paths. The traditional paths were absolutely essential not many years ago. Thanks to the work done with labor camps, these old paths are alive again



Partner organisation: Balmes Blancs.

Location: Vilamur, Pallar Sobirà.

Closest airport: Airport of Barcelona.

Accomodation: camping area in a rural field.

The water comes from a fountain with a hose and the toilets are latrines.

<u>Free time activities</u>: cultural excursions, and visits to the nearby villages.

Other options:

- Visit to a medieval town.
- Visit to bunkers and trenches from Spanish Civil War.
- Rafting activity (40€/pax)
- Hiking/trekking routes.

Extra fee: 150 euros per adults, and 70 euros per minors (10 to 17 years old)

Hard work? - No! The work is suitable for everyone in normal physical condition. Motivation letter? It is not necessary, but would be appreciated to get to know you more;)





CAT14FAM

OLD PATHS AND CAMP IN THE SIARB VALLEY 2

From 21/08/2023 to 27/08/2023 in Vilamur Family camp from 10 years old

The main purpose of the project consists in valuing the old way of living based on the knowledge of the paths. The traditional paths were absolutely essential not many years ago. thanks to the work done with labor camps, these old paths are alive again



Location: Vilamur, Pallar Sobirà.

Partner organisation: Balmes Blancs.

Closest airport: Airport of Barcelona.

Accomodation: camping area in a rural field.

The water comes from a fountain with a hose and the toilets are latrines.

<u>Free time activities</u>: cultural excursions, and visits to the nearby villages.

Other options:

- Visit to a medieval town.
- Visit to bunkers and trenches from Spanish Civil War.
- Rafting activity (40€/pax)
- Hiking/trekking routes.

Extra fee: 150 euros per adults, and 70 euros per minors (10 to 17 years old)

Hard work? - No! The work is suitable for everyone in normal physical condition.

Motivation letter? It is not necessary, but would be appreciated to get to know you more;)





GROUP PROJECT

Consevation of ancient path and discovery of an unusual valley in Pyrenees

The purpose of this workcamp is to recover and maintain the ancient paths of the "Vall de Siarb", a particular and interesting valley in the heart of the Pyrenees.

The technical work of the project involves physical work: clearing paths, putting stones aside the way, rebuilding dry stone walls, improving the signals with paint and improving paths of the paved section.

The project is flexible to the needs of the group, with flexible dates, amount of work and the combination with other kind of activities.

Partner organization: Balmes Blancs Accommodation (2 options):

- Mountain shelter: a big room with bunk beds, equipped with showers/bathrooms, and fully equipped kitchen and living room. (Maximum 23 places).
- 2. <u>Tents</u>: it is possible to camp in a field, near a small river, between other fields and forests. There is no hot water, but equipped with portable wc. (Between 10 and 80 places).



Hard work? - No! The work is suitable for everyone in normal physical condition.

Motivation letter? It is not necessary, but would be appreciated to get to know you more;)





CONTACTS

COCAT

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Take a step to your bright future with us!







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