



GENERAL INFOSHEET 2024

Dear Volunteer,

You are going to participate in a workcamp organized by Lunaria and we are really happy to welcome you in Italy! We are sending this document, the general infosheet, to provide you with some information about our organization.

You will receive the specific infosheet of your camp - with all the detailed information - one month before your camp starts.

We hope you will have a great time with us.
We are excited to meet you!

See you soon,
Annarita, Simona, Tiziano, Jana and Nieves





WHO ARE WE?

Lunaria is a nonprofit organization, secular, independent and autonomous by the parties founded in 1992.

It promotes peace, social and economic justice, equality and guarantee of citizenship rights, democracy and participation from below, social inclusion and intercultural dialogue. Lunaria practices and fosters processes of social change at local, national and international level through advocacy, political-cultural animation, communication, non-formal education, training and research, information and awareness campaigns and with work on the net.

International mobility and voluntary work, youth policies, migration and the fight against racism, analysis of public budget, economic and social policies, sustainable development, the fight against inequality, are at the center of its social commitment.

Every year, Lunaria sends over 500 Italian volunteers to international voluntary service short-term initiatives abroad and facilitates the hosting of as many foreign volunteers in its initiatives carried out in cooperation with local partners in Italy. This is possible thanks to the cooperation with several associations belonging to the Alliance of the European Voluntary Service Organisations.



WHAT IS THE ALLIANCE?



The Alliance of European Voluntary Service Organisations is an International Non-Governmental Youth Organisation, founded in 1982. It represents national organisations which promote intercultural education, understanding and peace through voluntary service. The Alliance is presently made up of full, associate and candidate members in 28 countries worldwide.

Each member runs an annual programme of International Voluntary Projects in their own country and exchanges volunteers with each other following the Alliance Quality Charter that stresses on the added value of volunteering, its educational aspect and on following quality standards agreed by members.

ESC PROJECTS



The European Solidarity Corps is an European Union initiative that offers young people opportunities to work or volunteer, in their own country or abroad, in projects designed to help communities or populations in Europe. The types of activities are varied: education and training, citizenship and democratic participation, environment and nature protection, migration, culture and many others.

ESC in Teams are very similar to workcamps, as they involve a group of volunteers from different European countries (minimum two) for a short period of at least 14 days, during which they support the host associations in their activities.



ITALY: LANGUAGE, HISTORY AND MORE!

Do you think that in Italy we just eat “pasta” and “pizza”??

Well, it is true!! We eat A LOT OF pasta and pizza with absolutely everything from vegetables to fish and also meat. Now if you think it seems really weird, you are right! But you can also notice that Italian food is really healthy. If you forget all the cheese we put inside... the famous “parmigiano”!



In Italy, you can eat the most delicious ice-cream of the world! Do not worry if your camp will take place during autumn or winter, there is no season and no hour to eat a good “gelato”!!



We all know Italy is a beautiful country. More than 40% of the artistic heritage of the world belong to this relatively small country. The most famous monuments are from the Antic and Renaissance period as Colosseum, Pompeii, San Peter Basilica or as a hundred of churches and palaces in Rome, Florence, Venice, Naples... Just to mention some of them!!



Of course, all of them are really beautiful but do not forget that Italy has also a contemporary history!! You will discover that Italian landscapes are wonderful too!

BUT: if you chose to be volunteer for these beauties...

You won't have that time during the workcamp! Of course you could consider to prolong your stay!

SOME HELPFUL WORDS IN ITALIAN



Hello	Ciao /Salve (more formal)
How are you?	Come stai?
Goodbye	Ciao / Arrivederci (more formal)
Please	Per favore
Thank you	Grazie
Ticket	Biglietto
Train / bus	Treno / autobus
Price	Prezzo
Where	Dove
Can you help me?	Mi puoi aiutare?
My name is...	Mi chiamo...
What's your name?	Come ti chiami?
I am going to...	Vado a...
Toilets	Bagno
How much...?	Quanto costa...?
1, 2, 3, 4, 5, 6, 7, 8, 9, 10	Uno, due, tre, quattro, cinque, sei, sette, otto, nove, dieci.

HOW TO REACH ITALY ?

Every year more than 20.000 volunteers are exchanged within the network of the Alliance of European Voluntary Service Organizations.

But we can not ignore that there is also a negative impact, which results mainly from the necessity to travel. The volunteers often have to cover large distances in order to reach their projects and nowadays it is quite common to go by plane and very easy to book a flight.



We want to encourage our volunteers to look for alternatives. Flying is the way of traveling that causes the biggest pollution. The other ways of transport are much cleaner, and they can provide unforgettable experiences! Have you traveled by train? It can be a fantastic experience: you can meet people and see the earth passing while you cross it to get to your destination!



By train

<http://www.trenitalia.com/> - Information and booking of train tickets in Italy. Available in Italian & English.

www.italotreno.it - Information and booking of train tickets in Italy. Available in several languages.



By bus

www.ibus.it - National and international bus lines. Available in Italian & English.

www.autobus.it - Network of bus companies. Only available in Italian.



By carpooling

www.blablacar.it - Italian site of blablacar.

www.wegeos.com - Carpooling community. Only available in Italian.

www.carpooling.it - Italian version of carpooling.com.



By plane

Italy has dozens of international airports, most of them served by low cost companies. Consider this solution when others are too challenging for your travel: **plane is the most polluting mean of transportation at all.**



BEING A VOLUNTEER WITH LUNARIA

INFORMATION AND RULES

In Italy we organize workcamps with local associations who need your support. **Workcamps are not providing low cost holidays!**

- 1** You are expected to follow the methodologies and commitments of your host, being respectful and ready to accept instructions both at work and on the camp places.
- 2** Any behavior that is potentially dangerous for safety and health, camp place equipments, the host's reputation and its project won't be accepted. If so, the volunteer can be expelled of the camp, if any attempt to agree is not successful.
- 3** Any racist, sexist or violent behavior will be considered as a self-expulsion and volunteers with such behaviors will be asked to leave the camp.
- 4** Alcohol abuse is not accepted on the camps and drugs are strictly forbidden.
- 5** We organize adult workcamps so we expect from you an adult approach, oriented towards problem solving and a meaningful contribution to the projects.
- 6** Accommodation has usually not an "hotel standard": get ready to live in basic conditions (such as tents, dormitories...)



SO, GET PREPARED TO TAKE RESPONSIBILITIES!



SOME ADDITIONAL INFORMATION

All the Lunaria workcamps are covered by Catholica insurance

Coverage for accidents

- full cost for doctors, medicines
- daily allowance for hospitalization due to accidents
- full cost for repatriation in case of medical necessity



Coverage for illness

- daily allowance for hospitalization due to illnesses
- accidental treatments costs
- accidental medical costs

What should I do before going to a workcamp?

Check the coverage of your health/ travel insurance and any other insurance that might apply and take the relevant documentation with you to the workcamp.

Do not forget!

Check your insurance : if you are from EU, you just need to have the European health card (<http://ec.europa.eu/social/main.jsp?catId=559>)

If you need to have a valid passport

Do not either forget to check the expiration date of each of your identity documents!



We hope this document will help you to organize your trip to Italy.



IF YOU NEED ANY OTHER ADDITIONAL INFORMATION YOU CAN CONTACT US :



<http://www.lunaria.org/>



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