



OBRE'T'EBRE

ESC 12 MONTHS

.....

1st October 2024 – 1st October 2025
Tortosa & Roquetes, Catalonia, Spain

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Dear volunteer,

We are Obre't'ebre, the coordinating organisation for 10 different projects in Terres de l'Ebre.

Thank you very much for your interest to participate, contribute and cooperate with INTEGRATION FOR ALL. Please read the information bellow in this guide where you can find useful information about our ECS project in Catalonia, Spain.

Please, do not hesitate to contact us with any of your questions!

Coordinator organisation:

OBRE'T'EBRE

Facebook: @associacioobretebre

Instagram: @obretebre

Website: www.obretebre.org

E-mail:

mobilitat.obretebre@sinergia.org

Obre't'ebre team

Càritas Interparroquial de Tortosa is a nonlucrative, humanitarian, and charity organization from the Catholic Church. Càritas Interparroquial has 7 workers and more than 100 volunteers who work in different programs.

Càritas fights against poverty, exclusions, lack of tolerance, and discrimination. Helps people with fewer resources to participate in the issues that concern their own lives, but also to be the word at national and international forums. Also, people at risk of exclusion are helped by sheltering for some days, food, and resources in case they have problems with their health.

In Càritas there are different programs and projects, the center of them the people and their needs.

The services of Càritas are:

- Individual accompaniment of the person so he/she can get out of his situation
- Food services: Social Dinning Room and Month Delivery Food.
- Providing clothes through Solidarity Shop.
- In addition to this, Càritas cooperates with other organizations in some specific programs for elderly people, children, and also for women (Clara Project). The organization also has a program for homeless people.

Càritas has 7 year's experience hosting ECS, and 2 year's experience hosting young people in work camps. Càritas has a wide program of volunteering where the 95% of people are volunteers. European Volunteers will be in the same projects as the other local volunteers and they will join the same trainings. Càritas has one person responsible for volunteering and also a supervisor of the projects.

The team of Càritas:

Càritas has 1 social worker and 3 volunteers who manage the clothes shop. There is also a wide team that helps in the different projects. The group of volunteers is varied and it's multidisciplinary. There are retired people but also young people helping in some of the services. During some months in the year, different students are doing their internships. On the other side, Càritas has a psychologist who serves all the people who have a need.

During the year volunteers attempt different projects to improve the quality of volunteering assistance and also to incorporate different techniques and methods into their daily tasks.

VOLUNTEER'S TASKS

- **To assist and attend to the users in the Office of Càritas:**
Controlling lines, welcoming the users who are waiting to be attended, etc.
- **To help the social worker:**
Assisting the women and girls with the psychologist and social worker (CLARA project). The volunteer will participate as an observer and help the psychologist to prepare activities. She will give support to the development of the workshops (literacy workshops, etc.)
- Helping and assisting in the **social dining room:**
Serving food to people who have low incomes. The dining room is run by volunteers and one social worker. In the dining, he or she will help in the kitchen, serve the food, organize the dining room, and talk to the users.
- Assist in **the Valentina project:**
People from the dining room take part in the project and each week they organize an activity intended to encourage, meet, discuss themes of interest of the participants, enjoy, etc. It's a place to get to know oneself better and also people in the dining room.
- **Clothes shop "El Rober":**
Help in the shop, arrange the clothes, assist the people that come, organize the shop.
- **Distribute the food** twice a month during two mornings for people with low incomes.
- **Homeless shelter:** volunteers might go to the homeless center to help noon to prepare and distribute food.
- **Personal Project:** Preparing your project is a compulsory activity for your personal development. Always need to coordinate with your hosting organization.

Diffusion of ECS and local participation: the volunteers need to participate at least in 3 different talks (Schools, radio, etc) to explain the experience, and to participate in 6 different local actions to get to know the community where they are living (environmental, social, cultural...)

VOLUNTEER'S PROFILE

- Patience, flexible and with strong sense of solidarity
- Good values and not superficial or materialistic
- Calmed, friendly, and with a good sense of humor
- Open-minded
- Healthy volunteers
- Experience in social work (homeless, risk or exclusion, etc.)
- **Basic knowledge of Spanish** and interested in learning Catalan

We want to avoid:

- Aggressive people
- Non-mature people (someone who arrives late, or doesn't care about the work of treating people, taking drugs, or drinking alcohol in the project and with the users...).
- People who do not read the project
- Arrogant people

What you need to consider?

- Your main work will be being with people with lots of difficulties so the MOST IMPORTANT thing is the attitude you have in the whole project. Avoid selecting the project if you are unstable, impatient, strict, or childish.
- If you have special needs the stress of the project can affect you, or you feel sensitive to working with certain people do not choose the project.
- The volunteers will offer support in the different activities and they will also develop their initiatives in personal projects as well. They can start a project depending on their interests with the help of his/her co-workers aiming at the integration of the people, etc.

The activity of the Youth Point in Tortosa is to inform and help young people so that they can choose the best options for their present and future, creating equal opportunities. Every year more youngsters use the service, which makes the program grow in terms of participation.

The teamwork from Youth Department consists of two workers and temporarily there are some other staff working on youth programs.

VOLUNTEER'S TASKS

- **Attention, information, and training:** Help to direct public attention and phone and electronic attention to users of the YIP and user training (visits, explanations, documentation, and information research training ...)
- **Computer room:** Registering users and assisting users in the use of new technologies.
- **Campaign to publicize the YIP in secondary schools and universities:** Assist in the preparation of the talk; in the organization of the talks schedule and to perform it.
- **Administrative Tasks:** Assist in writing letters, mailing, posters, registration control and monitoring of courses and activities, organization of training schedule, helping arrange the shelves, classifying documents, and organizing the material...
- **Organisation of events:** Assist in the tasks of organizing activities: conferences, concerts, lectures, workshops, exhibitions, competitions, festivals, tours, Christmas park, fairs, excursions, etc...
- **"Art Total" project and Espai Jove:** working with young people to develop different workshops.
- **Personal Project:** volunteers will develop their initiative by contributing to developing a personal project inside the hosting organization.

Diffusion of ECS and local participation: the volunteers need to participate at least in 3 different talks (Schools, radio, etc) to explain the experience, and to participate in 6 different local actions to get to know the community where they are living (environmental, social, cultural...)

Also, Punt Jove organizes projects and activities:

- **Activities in nature** such as walking, speleology, kayaking, and cycling).
- Workshops on informal educational topics during the whole year aimed at youngsters.
- The "**Solidarity Fair**", is an event with different entities and associations of the territory participating, establishing activities such as storytelling to children, show puppets, and live concerts.
- Conference of the participating organizations, debate on the role of NGOs and voluntarism in our society, etc.
- **Erasmus +:** Help with the organization of a Youth Exchange, contact international organizations, and encourage the youngster to be part of it.
- Preparation of summer activities "Estiu Jove i Alternatiu" that will take place during July and August.
- **Youth Point "Lo Carrilet"**. The new space lies in the heart of Tortosa, in a XIX century train station where in the afternoon it will be offered activities such as role games, artistic and music activities, conversations in another language, a tennis table, and many more!

VOLUNTEER'S PROFILE

- Active volunteer, dynamic, with communication skills, empathetic, assertive, and open to know people from different cultures, and someone who does not get frustrated rapidly.
- The main requirement is that you are motivated to learn and to take initiative.
- We value positively the interest and expertise in leisure, education, culture, and social work with youth and children.
- We require a basic **level of Spanish** language to integrate quickly and understand what to do.

What you need to consider?

The main purpose of the volunteers will be the attention to young people. They will give their support in the actions and planned projects for young people in the field of education on the values of coexistence, tolerance, and solidarity. The volunteers will offer their support and help in various activities required, but they may also develop their capacity for initiative in the projects that they may develop.

On the other hand, according to the demand of young people in the Youth Point, they could launch a project with the help of the youth worker, to promote the integration of young immigrants.

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BIBLIOTECA MERCÈ LLEIXÀ (LIBRARY) AND SCHOOL (PIC 946145276)

One of the library's objectives is to contribute to the cultural development of the town of Roquetes. The activities want to promote the use of the library and increase the interest in literature, of adults as well as children.

Some of the objectives of the activities are:

- Reduce cultural and educational inequalities of the population, facilitate access to cultural goods, and democratize information. Create a collective consciousness of the value and importance of the library as an information resource
- Offer the idea that the library is for everyone in the public and that even non-readers can find something interesting

The services offered to the users are:

- The service of information on how to find information,
- The service of consultation and reading in situ of documentation funds
- Book loan service
- Activities are performed for the users, activities orientated in the increase of the usage of the library and reading of adults and children: the storytelling hour for the smaller children, literature workshops, conferences, talks, book presentations, exhibitions, poetry reading, music circles, workshops and courses, etc.

VOLUNTEER'S TASKS

The main task of the volunteers will be the attention to the youngsters, and children through the support of the activities and programmed projects aimed at the promotion of education and the tutoring outside school, education of values of coexistence, tolerance, and solidarity.

The volunteers will offer support in the different activities:

- **Helping the users according to their needs** (formative, informative, research, educational, etc.)
- Helping with the coordination of the **youth section material** to know the documentary funds; book loan service
- Helping the children of the **School of Roquetes** with their English Club, lecture Club, and other workshops.
- **Helping in the setting of exhibitions**, the book day (Sant Jordi) and other cultural activities
- **Personal Project**: volunteers will develop their initiative by contributing to developing a personal project inside the hosting organization.
- **Diffusion of ECS and local participation**: the volunteers need to participate at least in 3 different talks (Schools, radio, etc) to explain the experience, and to participate in 6 different local actions to get to know the community where they are living (environmental, social, cultural...)

VOLUNTEER'S PROFILE

- Active volunteer, dynamic, with communication skills, empathetic, assertive, and open to know people from different cultures, and someone who does not get frustrated rapidly.
- The main requirement is that you are motivated to learn and to take initiative.
- We value positively the interest and expertise in leisure, education, culture, and social work with youth and children.

We require a **basic level of Spanish** language to integrate quickly and understand what to do.

Obre't'ebre is a nonprofit organization established in 2005 by a group of ex-European volunteers and young volunteers, aiming to promote universal values like solidarity, tolerance, and respect, through local, regional, and international projects and to cover the lack of training and counseling regarding promotion of social values, volunteering, training, interculturality or mobility.

The **aims** of Obre't'ebre are:

- To promote social integration, equality, and solidarity between young people through social, artistic, environmental, cultural, of community-based integration and/or sporting projects, at the local, national, or international level
- To encourage participation of Ebre regions' young people with the main objectives of promoting tolerance, intercultural and social awareness.
- To educate citizens to be socially active and aware of social needs.
- To dynamize rural areas.

Our **general purpose is to prevent the lack of resources, especially for young people in rural areas**. Obre't'ebre was born to respond to the need for work in these areas with cohesion and equal opportunities for children, young people, and adults.

VOLUNTEER'S TASKS

- **Talks in the school and the organization:** talks about the experience of being a volunteer or about informing about the different EU programs.
- **Assist in the daily activities of the association:** contact with international organizations, updating Social Media, newsletter, and website with interviews with the participants of Obre't'ebre, workshops. Also talks about preparation, and organizing documentation.
- **Youth Exchanges:** Help to prepare a Youth Exchange that will take place in spring or summer and be the co-leader during the Youth Exchange.
- **International or national work camp:** Prepare the activities for the International or national work camp for summer and be part of it as a monitor.
- **Participate in working meetings with other organizations** and help to organize activities that take place between various entities in Tortosa and Roquetes.
- **Network:** Prepare and realize activities with the other volunteers from different projects in Obre't'ebre.
- Support the **"Entremots"** Catalan learning program, which aims to help new arrivals learn Catalan to improve their stay.

Diffusion of ECS and local participation: the volunteers need to participate at least in 3 different talks (Schools, radio, etc) to explain the experience, and to participate in 6 different local actions to get to know the community where they are living (environmental, social, cultural...)

VOLUNTEER'S PROFILE

- We require an active volunteer, dynamic, with communication skills, empathetic, assertive and open to know people from different cultures.
- The main requirement is that you are motivated to learn and to take initiative.
- We value positively the interest and expertise in leisure, education, culture and social work with youth and children, men and women.
- We value someone flexible and who likes working in the different areas of the organisation (promotion, planning, acting, creating, etc).
- We value someone who has the energy to transfer young people. If you consider yourself some boring please do not apply to this project.
- We require a **basic level of Spanish** language in order to integrate quickly and understand what to do.

But if you have all the qualities and the only inconvenience is that you do not speak English...never mind. Apply to it anyway!

The volunteers will offer support in the different activities yet they will also develop their own initiatives in personal projects. They can start a project depending on their interests with the help of his/her co-workers aiming at the promotion of reading, youth and child integration, etc.

La Segona Volta is a non-profit organisation that recovers and sells second-hand goods to prevent waste and create jobs.

It aims to:

- **IMPROVE LOCAL SOCIAL ECONOMY:** Creating a selling point for reusable goods (second-hand shop) with affordable prices, Creating jobs, training opportunities for the unemployed, especially vulnerable groups like young people, women, people over 50, the long-term unemployed and the disabled.
- **SAVE RESOURCES AND PROTECT THE ENVIRONMENT:** Extend the useful life of reusable products and thus reduce the amount of waste that arrives at the landfills, Organise activities to raise awareness and give training to the general public (workshops, courses, markets). All the incoming material is donated by individuals, companies or entities, or recovered from the waste collection centers. Activities: attend the second-hand shop, help to organize, social network to promote our organization, helping to repair good, maintenance tasks.

VOLUNTEER'S TASKS

- Given the variety of tasks involved, we are looking for volunteers who are prepared to do “whatever is needed”.
- • A positive, open and collaborative attitude is much more important than a high educational level.
- • The public that visits La Segona Volta is very diverse so it is important that the volunteer knows (or wants to learn) how to interact with people from different cultures and social backgrounds.
- • A **minimum level of Spanish and/or Catalan** will be necessary and any additional languages very useful.
- **Cooperation with local organizations** in order to spread the value of volunteering: telling tales in IES Cristófol Despuig in Sant Jordi party, and the Library of Tortosa for the day of the mother tongue or the day of the poetry.
- **Diffusion of volunteering opportunities, ECS and Erasmus Plus:** create together with other ECS or former ECS volunteers and members of Obre't'ebre, talks and/or theatre plays in formal and non-formal educative centres or cultural centres.

Esplai Blanquerna is an organization of social action committed to the most vulnerable ones. Its mission is to promote an integrated and inclusive society, from community personalism in the context of Christian humanism, for people at risk of exclusion.

Their objectives are:

- Leisure education for children and young people in general, with special attention to those who have more social difficulties.
- Favor the world of volunteering among young people and children.
- Respond to the educational and practical demands of monitors, directors, and students or professionals in the world of social education.
- Provide a framework for the knowledge of social reality for young monitors.
- Manage assisted flats for children and adults with social integration difficulties.
- Participate in the debate on childhood and youth in Terres de L'Ebre.
- Help and encourage other entities for similar purposes, from their own experience, and from their media.
- Promote and support activities that have to do with children and young people and with the social integration of children and young people

VOLUNTEER'S TASKS

- The volunteer will provide accompaniment and educational support for children and young people (workshops, theatre, music, school support, languages, trips) as well as in actions for young migrants without family reference in relation to the issue of knowledge and adaptation to the environment.
- The volunteer will organize activities based on digital skills for people in the process of seeking employment. At the headquarters of the Blanquera, the volunteer will offer support to the structure of the organization and will work on social networks.
- Also will stay directly with children in Playschemes and during summer he might work in Summer camps.
- A **minimum level of Spanish and/or Catalan** will be necessary and any additional languages very useful.
- **Cooperation with local organizations** to spread the value of volunteering: telling tales in IES Cristófol Despuig at Sant Jordi party, and the Library of Tortosa for the day of the mother tongue or the day of the poetry.
- **Diffusion of volunteering opportunities, ECS and Erasmus Plus:** create together with other ECS or former ECS volunteers and members of Obre't'ebre, talks, and/or theatre plays in formal and non-formal educative centers or cultural centers.

L'Institut de l'Ebre is a public secondary education center of FP located in Tortosa. It brings together more than 1200 students, 117 professors, of 27 training cycles of middle and upper level of : Administration and Management, Graphic Arts, Trade and Marketing, Electricity and Electronics, Energy and Water, Installation and Maintenance, Mechanical Manufacturing, Computing , Health, etc.The activities to be carried out by the volunteers are related to the school's educational project, specifically with themes of inclusion, interculturality, environment, values and languages and Erasmus Plus projects.

All the activities and actions carried out are aimed at helping young people to improve their skills and abilities, to foster education in values, to improve and contribute to their personal growth.The volunteer will help to promote Erasmus Plus, organize events, organize language clubs for teachers and students,dynamization of social networks. INFOPACK: <https://bit.ly/3OPJmQt>

Profile of the volunteer:

- Person free of prejudice, dynamic, open to meet people from different cultures, motivated to learn and teach, open-minded, with self initiative and interest in social and educational issues, and working with young people from different cultures. No minimum training is required, but the motivational orientation will be positively valued . In the specific case of Institut de l'Ebre, it is a complementary factor that the person has training, experience, special interest in organizing activities dynamizing social networks and capacity to encourage young people in the different programs.

VOLUNTEER'S TASKS

The activities that develop the volunteers are related to the educative project of the centre: in the inclusive activities, interculturality, social values, languages and projects related to Erasmus Plus.

More concretely the volunteer will be working in:

- Supporting the development of the Erasmus Plus projects: support linguistic exchange in order to help them to improve foreign languages.
- Help with the annual events in the School
- Language club
- Dynamization of social network: blog, Facebook, Instagram of the School.
- Organize activities for the students and help them to improve their social participation
- Workcamps: during summer (from June to July/August) the volunteer will join the workcamps from obre't'ebre organisation. He will be leading, together with professionals and other volunteers the workcamps.
- Fairs and exhibitions
- Youth Exchanges: prepare and organize the Youth Exchanges experiences with Obre't Ebre.

Atzavara-arrels is a non-profit association with the aim of contributing to make Tortosa a fairer and more supportive city and to promote equal opportunities in a plural and diverse society. The main objectives are social inclusion and promote the values of diversity, respect and solidarity among people, dialogue, critical reflection and knowledge, the defense of human rights, equal opportunities and the respect for difference. INFOPACK: <https://bit.ly/3OPJmQt>

Profile of the volunteer:

Person free of prejudice, dynamic, open to meet people from different cultures, motivated to learn and teach, open-minded, with self initiative and interest in social and educational issues, and working with young people from different cultures. No minimum training is required, but the motivational orientation will be positively valued. In the specific case of Atzavara-Arrels, it is a complementary factor that the person has training, experience or special interest in caring for **groups at risk of social exclusion**, especially young people. A basic level of Spanish is required.

VOLUNTEER'S TASKS

- Support the teachers in language courses and workshops to facilitate the knowledge of the language to the recent arrivals and will work with young people of different origins and also with women of migrant origin.
- Esplai a't Azavara: will collaborate helping children and young people to do their homework and also creating creative workshops for them.
- During the summer period the volunteer will collaborate helping Atzavara in different organizations and representative activities of Atzavara.
- Linguistic volunteering
- Workshops open to the community
- Collaborate with the obre't'ebre coordinating entity at different times (talks in schools, Sant Jordi parties or celebrations).
- Fairs and exhibitions: the participant will attend different fairs to promote open-work activities such as talks, solidarity fairs, etc.

VOLUNTEER'S TASKS

- The volunteer will be active in Jesús, Tortosa and Roquetes, working in the field helping with manual and **physical tasks** such as planting, sowing, weeding, as well as other physical tasks typical of growing plants and trees. Also in the Obre't'Ebre office at specific times helping social workers in promoting Brot del Sud, answering calls and organizing presentations of Brot del Sud.
- Talks and materials: The volunteer will be asked to organize talks in different public and private organizations about ESC or other programs together with other volunteers.
- Fairs and exhibitions: the participant will attend different fairs to promote Obre't'ebre activities such as talks, solidarity fairs and other representative events of Obre't'ebre, etc.
- Networking: prepare and carry out activities with the rest of the ESC volunteers to get to know the territory, collaborating with other organizations in the area (food collection for people with fewer resources, solidarity campaigns, clean-up days, etc.).

GEPEC-EdC is an NGO for the Conservation of **Nature**, fauna and flora. Non-profit and independently, for more than 35 years, it has been working to improve the environment and protect our natural heritage, thanks to the support and commitment of many people.

At GEPEC-EdC they focus on reporting actions that harm the environment, while promoting the dissemination and awareness of the local environment through an extensive program of activities. They also do activities for children in different formats.

Profile of the volunteer:

- We expect the volunteer to like nature, and to have an interest in learning more about ecological agriculture and sustainable way of living. We expect the volunteer to be active, to take initiative, to have the willingness to learn, and to be resolute. The language level or professional experience is not important, we value the ATTITUDE.

VOLUNTEER'S TASKS

- Project design and development
- Organize activities in the garden
- Information search
- Inventory/repair/making educational material
- Preparation of cultural activities in the Monumental Olive Groves (Performances, excursions, thematic itineraries)
- Design workshop World Day of Environmental Education
- Participation fair SantJordiTortosa (and others)
- Design and Organize environmental activities (for children, youngs, adults, schools...)
- Design and schedule children's workshops
- Preparation of activities, accompaniment and participation in educational centers where environmental activities are taught in the province of Tarragona.

FOOD, ACCOMODATION, AND POCKET MONEY

FOOD:

The volunteer will receive the food according to the maximum amount established per month by the program.

Volunteers receiving the food shopping will be organized with the group of other ESC volunteers in the house.

The volunteers receive the food every two weeks according to a list made

ACCOMMODATION:

The accommodation is in Sant Antoni Tower, Jesús-Tortosa. Facilities are shared with other volunteers participating in the project. Volunteers will **share rooms**. There is a wifi connection available in the house. A deposit of 100 euros will be made on arrival by the volunteer. At the end of the project will be returned if conditions are fine.

POCKET MONEY:

The volunteer will receive a monthly allowance or pocket money of 5 euros per day, at the end of each month.

WORKING HOURS AND TIME OFF

The working hours are maximum 35 hours per week.

Working during the weekends and in the evenings is a possibility.

The volunteer will need to give their project as much notice as possible when (s)he plans to take time off, but at least two weeks. The volunteer will receive 2 days off per month. **Days off of the volunteer are taken at the same time of the organisation holidays.**

LANGUAGE SUPORT

The language course will consist of Catalan language and it will be strengthened with language, 2 or 4 hours per week. Volunteers must attend Catalan lessons because people will talk to them in Catalan. If volunteers do not attend for different circumstances to language lessons, the activity hours will be augmented. Volunteers might have also Online Language Support.

TRAVEL COSTS

Travel expenses from the home country to the venue of the project will be reimbursed by the coordination organization in the maximum amount approved in the Activity Agreement.

Please take into account that we will pay you back the travel costs for your way by plane, train, and bus. But only if we have **proof of payment**, so please be careful and take your boarding pass, invoice, and all the tickets with you.

According to this rule, it is not possible to pay you for petrol if you are going by car as there is no proof of how many km have you spent on your way.

MENTORING AND TRAININGS

Each volunteer will be supported by the core team of Obre'tebre and will have a personal mentor assigned to them on arrival for the duration of their stay.

You will assist with 2 types of compulsory mentoring:

- 1) Individual mentoring regularly (first every 2 weeks, after every month)
- 2) Groupal mentoring with other volunteers regularly (first every week, after every month)

Volunteers need to assist with the compulsory training by the National Agency: 1 on arrival and 1 mid-term evaluation.

LOCAL TRANSPORT

Each volunteer will have a bike, helmet and a bike lock.

On arrival, volunteers will make a deposit of 10 euros for the bike lock and helmet and 60 euros for the bike.

A total of 70 euros on deposit will be returned after checking conditions.