


Info Pack



European Solidarity Corps
Associació Alba
TÀRREGA -Catalunya (Spain)

 Application procedure:
send your CV at
europa@aalba.cat



**EUROPEAN
SOLIDARITY
CORPS**



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GRUP ALBA

Educational and therapeutic area:

- Early Attention Centre
- Special education school
- Ocupacional Center

Professional training,
guidance and employment
services.

Housing services and offer
social rented housing.

Sports and leisure
activities

Our values

- Work for the well-being and the future needs of the people
 - Developing trust and equality between all
 - Social commitment to people
 - Entrepreneurship and innovation

Founded in 1976, Associació Alba is a nonprofit organization located in Tàrrega (Lleida) that works to attend the necessities of children, teenagers and adults with disabilities, mental health problems and/or at risk of social exclusion. The association's main goal is to help people reaching their desires and dreams by offering quality tools and services and facilitating their inclusion in our local community"

VOLUNTEER PROFILE

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- Creative, flexible, responsible, patient, helpful, respectful, positive, attentive, open-minded and open-hearted
- At least basic English skills
- With a desire to learn Spanish/Catalan
- With an initiative to execute their own project ideas
- Contribute their time, energy and enthusiasm towards the aims and objectives of the project activities.



ACTIVITY DESCRIPTION

01

ESCUELA

02

CA N'ALEIX

03

OC. ESPIGOL

04

OC. VERDU

05

OC. TALLER

Role and tasks of the volunteer

Activities may be affected and modified depending on the needs of service.

LA ESCUELA ^ga

Special education school

The volunteer will provide support in classrooms during the lessons, in the dining room during the lunchtime, in the playground during free time. There a few classes divided by the children's capabilities.

SCHEDULE

EXAMPLE

- 9:00 – 11:00: breakfast, playing games, taking a walk, etc.
- 11:00 – 13:00: different activities
- 13:00 – 15:00: help during the lunchtime
- 15:00 – 17:00: activities, taking a walk, etc.



02

Ca N'Aleix Housing

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Assisted living residences: the volunteer will help people doing the housework, eating and taking care of themselves – teeth cleaning, showering, going to the toilette... Also, he will implement leisure activities in the residences.



| | | Lunes | Martes | Miércoles | Jueves | Viernes | |
|-----------------|-------|--------------------------------------|----------|-----------|----------|-----------------|--|
| Mañana | | | | | | | |
| 8:00 | 8:30 | | | | | | |
| 8:30 | 9:00 | | | | | | |
| 9:00 | 9:30 | | | | Piscina | | |
| 9:30 | 10:00 | | | | (Taller) | | |
| 10:00 | 10:30 | | | | Jordi G | | |
| 10:30 | 11:00 | | | | | | |
| 11:00 | 11:30 | Vivienda | Vivienda | Vivienda | | | |
| 11:30 | 12:00 | (Verdú) | (Verdú) | (Verdú) | | | |
| 12:00 | 12:30 | Fàtima | Fàtima | Fàtima | | | |
| 12:30 | 13:00 | | | | | English lessons | |
| Mediodia | | | | | | | |
| 13:00 | 13:30 | Vivienda | Vivienda | Vivienda | Vivienda | Taller | |
| 13:30 | 14:00 | | | | | Jali | |
| 14:00 | 14:30 | | | | | COMIDA TALLER | |
| 14:30 | 15:00 | | | | | | |
| Tarde | | | | | | | |
| 15:00 | 15:30 | | | Piscina | | | |
| 15:30 | 16:00 | | | (Taller) | | | |
| 16:00 | 16:30 | | | Jordi G | | | |
| 16:30 | 17:00 | Acompañamiento Llar Alba i Can Aleix | | | | | |
| 17:00 | 17:30 | | | | | | |

SCHEDULE EXAMPLE

The volunteer will contribute to develop different activities related to therapeutic work, art, wood treatment or healthy lifestyle habits. Also, they will provide support in the dining room during lunch time.

SCHEDULE

EXAMPLE

| | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado | Domingo |
|-----------------|-------|-------------|-------------|-------------|-------------|--------|---------|
| Mañana | | | | | | | |
| 8:00 | 8:30 | | | | | | |
| 8:30 | 9:00 | | | | | | |
| 9:00 | 9:30 | Ocupational | Ocupational | Ocupational | Ocupational | | |
| 9:30 | 10:00 | Centre | Centre | Centre | Centre | | |
| 10:00 | 10:30 | (Espígol) | (Espígol) | (Espígol) | (Espígol) | | |
| 10:30 | 11:00 | | | | | | |
| 11:00 | 11:30 | | | | | | |
| 11:30 | 12:00 | | | | | | |
| 12:00 | 12:30 | | | | | | |
| 12:30 | 13:00 | | | | | | |
| Mediodía | | | | | | | |
| 13:00 | 13:30 | | | | | | |
| 13:30 | 14:00 | | | | | | |
| 14:00 | 14:30 | | | | | | |
| 14:30 | 15:00 | | | | | | |
| Tarde | | | | | | | |
| 15:00 | 15:30 | | | | | | |
| 15:30 | 16:00 | | | | | | |
| 16:00 | 16:30 | | | | | | |
| 16:30 | 17:00 | | | | | | |
| 17:00 | 17:30 | | | | | | |
| 17:30 | 18:00 | | | | | | |
| 18:00 | 18:30 | | | | | | |
| 18:30 | 19:00 | | | | | | |
| Noche | | | | | | | |



04

VERDÚ

Ocupational center



The volunteer will contribute to develop different activities related to therapeutic work, art, healthy lifestyle habits.

Also, they will provide support in the dining room during lunch time..

SCHEDULE EXAMPLE OC.

| | | Lunes | Martes | Miércoles | Jueves | Viernes |
|-----------------|-------|-------------|-------------|-------------|-------------|-------------|
| Mañana | | | | | | |
| 8:00 | 8:30 | | | | | |
| 8:30 | 9:00 | | | | | |
| 9:00 | 9:30 | | | | | |
| 9:30 | 10:00 | CO | CO | CO | CO | CO |
| 10:00 | 10:30 | (Taller) | (Taller) | (Taller) | (Taller) | (Taller) |
| 10:30 | 11:00 | Isa y Laura | Isa y Laura | Isa y Laura | Isa y Laura | Isa y Laura |
| 11:00 | 11:30 | | | | | |
| 11:30 | 12:00 | | | | | |
| 12:00 | 12:30 | | | | | |
| 12:30 | 13:00 | | | | | |
| Mediodía | | | | | | |
| 13:00 | 13:30 | CO | CO | CO | CO | CO |
| 13:30 | 14:00 | (Taller) | (Taller) | (Taller) | (Taller) | (Taller) |
| 14:00 | 14:30 | Isa y Laura | Isa y Laura | Isa y Laura | Isa y Laura | Isa y Laura |
| 14:30 | 15:00 | | | | | |



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TALLER

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The volunteer will help during diverse workshops, art and sport activities. Associació Alba has both a Sports Club and a Leisure Activities area that organise different activities for its users and volunteers help implementing them. Basketball, swimming and cycling are the main sports and the corresponding trainings take place during the week.

Concerning **leisure activities**, most of them take place during the weekend, outside the organisation.

Occupational center





PRACTICAL ARRANGEMENTS

THE VOLUNTEER:



The hosting organization will pay for accommodation and transfer 270 euros monthly to the provided credit card

- will get **150** euros each month as pocket money + **120** euros each month for food + a meal during workdays
- will have to work 5 days around **30-35 hours** each week
- will receive **2 free days** for each month of work
- will be reimbursed for travelling expenses, if they are required by the project
- will get a health insurance
- Mentoring service
- Spanish or Catalan lessons once per week

ACCOMMODATION



The volunteer's accommodation will be in a private flat in Tàrrega town centre.

Every volunteer will have his/her own bedroom and he/she will share kitchen, living room and bathroom with other ESC volunteers. Housework will be shared among all members in the flat. The volunteer is allowed to invite local friends occasionally but they cannot sleep there.



TÀRREGA

17.000 inhabitants

ACTIVITIES

There is a wide range of cultural, sports and leisure activities that can be done in the city



It is very well connected with other cities. An hour by car to Barcelona and half an hour by car to Lleida.

CLIMA

In summer it is usually hot around 30-40 degrees.

In winter the temperature is cold around 5-10 degrees and lots of foggy days.

LANGUAGE

We always speak Catalan but...

Everyone speaks spanish too



PREVIOUS VOLUNTEERS

- Get to know the “chicos” (people with disabilities). Be attentive, patient, open-minded towards them and appreciate their differences
- Do not hesitate to ask for help from the monitors, your tutors, other volunteers
- Take initiative, try to see where you could help or contribute
- Create unbreakable friendships with amazing people here
- Try to explore this incredible place as much as possible. For some guidance check out the document: Travelling from Tàrrega
- Learn Catalan or Spanish, because it is invaluable
- And enjoy this experience as much as you can





SOCIAL MEDIA



EVS Associació Alba
@EVSalba · Comunitat



voluntariat_europeu_aalba Following Message + ...

91 posts 386 followers 158 following

EVS Associació Alba
Alba volunteers page and our activities
Página de los voluntarios de Alba y nuestras actividades
aalba.cat/ca/c/proyectos-europeus-72

Followed by cr_calcarreter, atelleu_tarrega, marcandrosich + 65 more



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- https://www.instagram.com/voluntariat_europeu_aalba/