

## Infopack for you!

### Civica di Trento

#### Dear applicant!

Thank you for your interest in our project! In this little document you can find all the information which can be useful before applying. If you have any questions, please, email us ([evs@incoweb.org](mailto:evs@incoweb.org))!

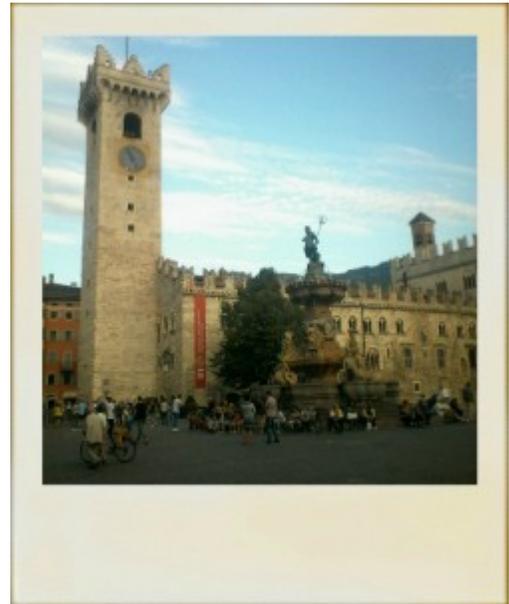
**Hosting organisation:** Civica di Trento (<http://www.civicatnapsp.it/>)

#### Some words about Trento

Trento is the capital city of the autonomous province of Trentino Alto-Adige, situated in the Adigeriver valley in North Italy. The city has a population of around 120.000 inhabitants excluding the periphery layouts and is a major educational, scientific and political centre with sheltering the University of Trento which is ranked among the best universities in Italy and in Europe. Having the advantage of being a university city, Trento enjoys a number of student oriented cultural activities also at an international level.

Trento is well-connected to the neighbouring cities through railway, among others, Verona in about one hour, Bolzano in 40minutes and Vicenza in 1,5hours. Within easy commute, also, is located the Caldonazzo Lake and the famous Garda Lake which can be reached in about 1,5hours from Trento.

The city has a picturesque Medieval and Renaissance historic centre, with typical ancient buildings and touristic attraction points such as the Trento Cathedral and the Castello del Buonconsiglio.



#### Proposed activities

As a volunteer you will help in a nursing home for elderlies (which can be “Angeli Custodi” or “Stella del Mattino”). The activities will always be discussed together with the staff of the houses of elderlies. Besides assisting the elderlies, you would carry out the following tasks, among others:

- organizing table games with the guests (bingo, chess, cards, etc.)
- organizing manual activities (painting, gardening, etc.)
- organizing cultural activities (cinema, art exhibitions, going to the museum, discussions about different topics etc.)
- learning activities: word games.

**Please bear in mind that you will work with elderly people and that they may not be as autonomous as you could imagine. Indeed, some of them have Alzheimer or other illnesses.**

Moreover , volunteers will have the opportunity to be involved in parallel activities together with other volunteers hosted in other receiving organizations coordinated by InCo. The topic of the parallel activities will change according to the project. (Making games, organising events, exhibitions, etc.)



### **Food and accommodation**

You will get free accommodation for the whole duration of your voluntary service. You will share a private apartment with other EVS volunteer, in Gardolo (total of 4 volunteers). The apartment is situated at the last floor of the nursing home Stella del Mattino, but it is totally separated from the elderlies. It is composed of two separate bedrooms (it means that you will share the room with an other volunteer), a fully equipped kitchen and one bathroom.

Volunteers will receive food allowance for each month, paid by InCo. So they will be able to cook/prepare their breakfasts, lunch and dinners in the apartment.

### **Useful links**

Here you can find the website of Civica: <http://www.civicatnapsp.it/>

Here you can find the website of InCo, the coordinating organisation: <http://www.incoweb.org/eng>

If you would like to know more about the EVS experience, check out the blog of the volunteers: <http://www.incoweb.org/eng/Volunteers-say>