

## Infopack for you!

### InCo

#### 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 !

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**Receiving organisation:** Inco ([www.incoweb.org](http://www.incoweb.org))

#### Some words about Trento

Trento is the capital city of the autonomous province of Trentino Alto-Adige, situated in the Adige river 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.



#### Some words about the Receiving Organization

InCo is a non-profit organization which has the mission of promoting the international exchange between young people, to increase and improve the level of contact among different cultures, stimulating intercultural sensibility and preventing and combating prejudices and social exclusion.

The organization was created in 2004 by a group of enthusiastic former volunteers who decided to assist other peers in furthering their intercultural abilities and non-formal education. The organization kept on growing, and at the moment it counts on a staff of five people, all with wide international experiences.

The activities of the association are currently addressing mainly young people, but there are also opportunities even for people over 30 to join international voluntary projects.

The main activities of the organisation are the following:

> European Voluntary Service: InCo is sending, coordinating and hosting organization for EVS volunteers. Up to now InCo coordinated hosting projects for 162 youngsters, and sent 151 Italians abroad. From 2015, InCo is part of the Rete Italiana Volontariato Europeo (RIVE: Italian Network European Volunteering)

> International voluntary service for youth people (“Internationaler Jugendfreiwilligendienst - IJFD”): a German program for international voluntary service. InCo is coordinating hosting projects for around 35 volunteers from Germany per year.

> Aupair: an opportunity offered to young people aged between 18 and 26 to travel to a foreign country, live with a host family, and gain experiences of life and culture within a different country.

> Youth exchanges: InCo started organizing youth exchanges in 2015; since then it organized three exchanges in Trento and has taken part in different youth exchanges all over Europe

> Promotion of international volunteering activities: with individual and group informative meetings (info-day in Trento and other parts of the province), different means of communication, such as website, local and national newsletters, social networks and flyers distributed in libraries, community centres' etc. Recently InCo has created the platform SCOPRIAMO IL MONDO in collaboration with several organizations of Trentino dealing with international mobility as well as with international cooperation: on this platform young people can find information about most of the opportunities to make an experience abroad offered by associations seated in Trentino.

## **Proposed activities.**

### **A. Office activities (communication and administration):**

> preparation of documents (letters, spreadsheets, emails) especially in the framework of MTV, Au Pair and IJFD programs.

> communication activities: update website, update website [www.scopriamoilmondo.it](http://www.scopriamoilmondo.it), update FB page, translation of news, collaboration in the preparation of newsletters, elaboration of flyers, etc.

> development of support material for other young people (updating and improvement of brochures; photograph booklet about projects; creating promotional videos, guidelines to use blogs, etc.).

**B. Preparation and participation in meetings** with international volunteers: seminars, pre-departure and on-arrival trainings , monitoring and final evaluation meetings with in-coming and out-going volunteers

**C. Active participation in Youth exchanges (Erasmus+) and other exchange programmes**

**D. Promotion and information activities about international mobility (EVS, MTV, Au Pair, IJFD, Youth exchanges etc):** Info- days, International Mobility Fair, information sessions at schools:



### **Food and accommodation**

You will get free accommodation for the whole duration of your voluntary service. You will share a private apartment with other volunteers and students in La Vela, at about 15 minutes by bus from the city center of Trento. The apartment is situated at the third floor of a house where the aim is to create intergenerational links. Indeed at the first and second floors there are 5 old women hosted. It is composed of four bedrooms (you will share the room with another volunteer), a fully equipped kitchen and 2 bathrooms.

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

### **Useful links**

Here you can find the website of InCo: <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>