

Info Pack



Cuerpo Europeo Solidaridad
Grup Alba
Catalunya (Spain)



**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.

Special Company:

- Cleaning service
- Laundry service
- Gardening
- Biscuit factory “galletas Rosal”
- Kitchen/cooking service
- Restaurant “El Gat”

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.

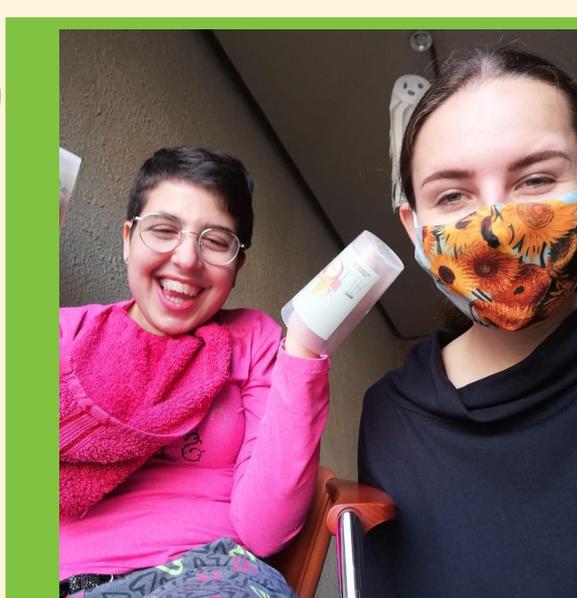
01

LA ESCUELA

Special education school



The volunteer will provide support in classrooms during the lessons, in the dinning 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.





Ca N'Aleix Housing



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.

SCHEDULE EXAMPLE



		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
Mañana	8:00						
	8:30						
	9:00						
	9:30						
	10:00						
	10:30						
	11:00						
	11:30						
	12:00						
	12:30						
	13:00						
	13:30						
	14:00						
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30							
19:00							
19:30							
Mediodia							
13:00	13:30	Centre	Centre	Centre	Centre	Centre	
13:30	14:00	(Ca N'Aleix)					
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							
19:00	19:30						

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	(Espigol)	(Espigol)	(Espigol)	(Espigol)		
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				
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				
14:30	15:00					



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TALLER

Occupational center

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.





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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



CORONA VIRUS IMPACT

Because of Covid-19 we have to follow the following rules:

Wear a mask all the time
Wash hands often

Measure everybody's temperature before entering and exiting

Change your clothes when entering Ca N'Aleix or Escuela

Disinfect all the tables and chairs after use them

*Concerning Covid-19 situation, most activities have been affected for the pandemic situation and can be modified during the project.

Be specially responsible with the situation
not having direct contact with anyone





SOME ADVICES FROM THE 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 or Albert (great psychologist in Taller)
- 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

- <https://aalba.cat/es/c/home-alba-167>
- <https://www.facebook.com/associacioalbatarrega>
- <https://www.facebook.com/EVSalba/>
- <https://www.youtube.com/user/aalbacat>
- <https://www.instagram.com/associacioalba/>

