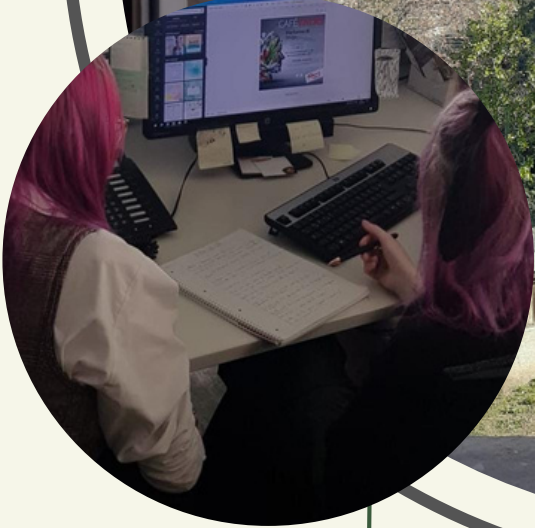


We're waiting
for you!



Volunteering @ CARITAS

ORGANIZATIONS

Here you can see the organization that will be hosting you plus the organization that holds the project in which you would be a volunteer. Also, there will be a sending organization back in your country, they will help you prepare and through the whole year.

INCO ASSOCIAZIONE



Is a non-profit organisation established in 2004 by a group of friends who wanted to develop international exchange, mutual understanding, and intercultural sensitivity in youngsters.

InCo has the objective of furthering international exchanges between youth, increasing and improving the level of contact among different cultures, stimulating intercultural sensibility and preventing and combating racism, prejudices and social exclusion.

InCo is both sending organisation for EVS volunteers and co-ordinating organisation for different host projects which host independent volunteers (MTV and LTV).

CARITAS DIOCESI BOLZANO-BRESSANONE



"Caritas" is a Latin word which means "love" (charity). Without love, says the apostle Paul, "I am nothing". The message of which Caritas is the bearer: only love (to love and be loved) saves and gives meaning to life. Diocesan Caritas carries out its mandate by trying to identify situations of poverty of persons and groups of people, discovering and enhancing the experiences of solidarity already present in society and in the church, carefully observing cultural changes and social developments, reminding each his own social responsibility: to Christians, to citizens, to the private sector, to associations, to politics.

It does all this mainly by offering services and activating projects of accompaniment, help, sharing and collaboration with people in situations of poverty



THE PROJECT: WHAT WILL YOU DO?



The volunteers will participate in the activities proposed by Caritas Diocesi Bolzano - Bressanone, its partners and other partners working with young people and people at risk of social exclusion. The volunteers will be part of a team and they will participate in staff meetings and in meetings with other volunteers. Volunteers will be mainly involved in the office of the YoungCaritas but they will have the opportunity to collaborate with other services of the Caritas Bolzano. Main activities are the following:

YoungCaritas

Organization and implementation of workshops at schools about social issues and international solidarity. Organization and implementation of special events such as "Corsa dei Miracoli", "Fiera del volontariato", "72 ore senza compromesso" Holidays and recreational activities. But also, you will collaborate with:

1 - Services for refugees: Casa Aaron, Casa Arnica, Casa Sara, Casa Miriam, Casa del pescatore, Casa Anna, Casa Freinademetz (both for migrants and Italians) and Casa Migrantes. Attending trainings for interculturality, migration and integration.

Organizing and implementing recreational activities for children. Assisting children in doing their homework. Database maintenance- entry and processing of personal information. Supporting refugees in their language learning path.

2 - Services for homeless person: Casa Arché, Casa Magret, Casa dell'ospitalità implementing and organizing recreational activities. The community life as for example helping for the preparation of lunch/dinner for the guests.

3 - For people with AIDS: Casa Emmaus and Iris Caffè
Implementing and organizing recreational activities as well as special events.

4 - Disabled People
Implementing and organizing recreational activities as well as special events.

5 - People with addiction problems: Binario 7
Implementing and organizing recreational activities as well as special events.

6 - People with psychic problem: Centro diurno
Plan some recreational activities, bring some new ideas. Help by cooking.

Your activities will take 30-35 hours/week, from Monday to Friday.

Sometimes the volunteer will be requested to take part in activities also during weekend. In any case, volunteers will never collaborate more than 5 consecutive days/week and will always have 2 days off.

WHERE WILL YOU STAY?

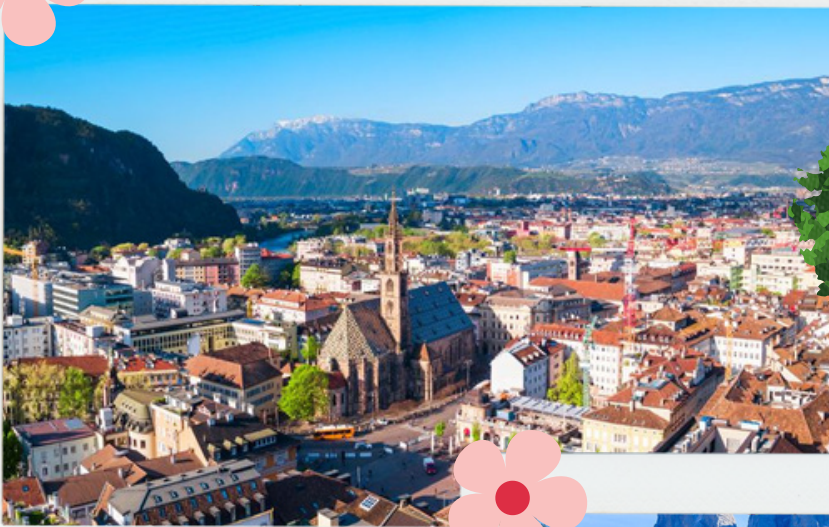


The volunteer will be offered accommodation in a shared flat with their own private room. The flat includes shared kitchen, living room and bathroom. All rooms are equipped and Internet is included.



THE CITY: BOLZANO

Bolzano is the capital city of the province of South Tyrol in northern Italy. With a population of 108,245, Bolzano is also by far the largest city in South Tyrol and Bolzano-Bozen is an autonomous province situated in North Italy with having its borders to Austria and Switzerland. Together with Trento, it makes up the region of Trentino Alto Adige/Südtirol one of the five autonomous regions in Italy. Bolzano happens to be a unique example of cohabitation with hosting Austro-Hungarian originated inhabitants as majority of its population who speak an Austro-Bavarian dialect of German, about a quarter of the province is Italian-speaking and a small minority speaks Ladin as mother tongue, while both Italian and German are the official languages of Bolzano-Bozen. As a result of sheltering a multilingual and multicultural population, Bolzano happens to be one of the most important examples of 'coexistence atmosphere' in the territory of Italy. The province in total has more than 500.000 inhabitants and hosts the Free University of Bozen which makes it easier to find free time activities compared to the rest of the smaller Italian cities. Bolzano is also blessed with the luck of being situated among the Alps and the Dolomites which were declared as world heritage by UNESCO in 2009. The town of Bolzano is in easy commute to Trento, where InCo is :-), in about 40 minutes by train and in about 1,5 hours to Innsbruck, Austria.



TRANSPORT



The environmentally friendly bus and train travel is in Bolzano Bozen and South Tyrol a top priority.

You should download these app to move around the city:

SASAbus

Bus schedules in the city of Bolzan.

AltoAdige2Go

For schedules of the trains, busses and cable cars.

BIKESHARING



Bici Bolzano is the “bike-sharing” project promoted by the Municipality of Bolzano as part of an important and broad-based mobility strategy aimed at creating an integrated public transport network able to offer citizens and tourists a range of alternatives for urban transport.


To use this service you have to register at <https://bolzan.ecospazio.it/> and pick up your bike at the nearest station.


The cost is € 1,00 per hour for a maximum of 3 hours.


INCO'S CONTACT

Associazione Inco

👉 InCo - Interculturalità & Comunicazione è un'associazione di promozione sociale, senza scopo di lucro, che ha l'obiettivo di promuovere gli scambi e i contatti internazionali, al fine accrescere tra i giovani la sensibilità interculturale e la solidarietà internazionale.

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CIAO

There are three spoken languages, being Italian the most commonly spoken followed by German and lastly Ladin is still the first language of a really small part of the population. The sentences you'll need to survive your first days in Bolzano:

Goodmorning - Buongiorno!

Good day - Buona giornata!

Goodnight - Buona notte!

Excuse me - Mi scusi!

**My name is (...) and I'm a volunteer in (...) -
Mi chiamo (...) e sono un volontario della**

**Excuse me I don't speak Italian, do you speak English? -
Mi scusi non parlo Italian, parli inglese?**

**Can you speak slowly please? - Puoi parlare lentamente per
favore?**

**Where is the bus/train station? - Dov'è la stazione degli autobus/
dei treni?**

I would like to go to (...) - Mi piacerebbe andare a (...)

How much is this?- Quanto costa?

**I would like to have a beer/juice/water/spritz... -
Vorrei una birra/succo/acqua/spritz...**

**Can I have the receipt please? - Posso avere la ricevuta per
favore?**

I want to pay with cash/card. - Voglio pagare in contanti/con la carta.

Can I ask you a question? - Posso farti una domanda?

**Excuse me where is the soy milk/ the meat? -
Mi scusi dov'è il latte di soia / la carne?**

Please a bag, thanks. - Per favore una borsa, grazie.

**Where can I buy groceries near my house? -
Dove posso acquistare generi alimentari vicino a casa mia?**

**Does this plate have (...)? I am allergic / I can't eat that -
Questo piatto ha (...)? Sono allergico / non posso mangiarlo.**

Can you repeat that, please? - Puoi ripetere per favore?

**What are the opening hours? - Quali sono gli orari di
apertura?**

APPS

Busuu (Best for Beginners)

Lessons use flashcard methods for vocabulary, matching word exercises, and listening to dialogues by natives.

Duolingo

Probably the most popular app to learn languages, depending on your language what it teaches can be more or less useful.

Italki (Best for Oral Practice)

Probably the most popular app to learn languages, depending on your language what it teaches can be more or less useful.

Learn Italian Words Free (Best for free Vocab)

This App is exactly what it sounds like. If you are looking to learn vocabulary for the cost of niente, (nothing) this is your app. It is very easy to use.

Memrise (Best for Gamers)

Players will fight off an Alien by using correct Italian vocabulary. There is definitely useful vocabulary used on this app!

Challenge: Read one piece of news in Italian every day.