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PROGETTO F.R.I.E.N.D.S

Favorire Relazioni Inclusive Europee Non
Discriminanti e Solidali

2020-2-IT03-ESC11-019039

The project will take place in
SIDERNO, ITALY

with 11 months service, between 1.02.2021 - 31.12.2021

1. About the project and partners



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“**F.R.I.E.N.D.S.** (Favorire Relazioni Inclusive Europee Non Discriminanti e Solidali)” project will be held in Siderno city (Southern Italy) and its surroundings for **11 months**, between 1.10.2020 - 31.03.2022.

The period of service for the volunteer will be **1st February - 31st December 2021**.

The project will host 2 volunteers from Spain and Romania.

The project **partner organizations** are: Federatia Young Men’s Christian Association (Romania) and Asociación Multideportiva Euexia (Spain).

The approach of our organization is based on the promotion of solidarity through volunteering activities. We encourage on a daily basis young people within our community, and most of all our volunteers, to actively participate and cooperate. By doing this we build trust in the community that we serve while increasing a personal, social and cultural growth of our volunteers. A fundamental part of our work is to promote cultural diversity, to create awareness about environmental issues and to fight every form of exclusion and discrimination.

Everything is structured in a community context through solidarity activities that aim to improve a positive societal change, professional and interpersonal skills and an increased employability opportunities, fostering cooperation in a high quality youth work frame.

F.R.I.E.N.D.S. is the result and a continuation of what our association has been doing in both local and international programs over the past 12 years. We already have experienced hosting volunteers back in 2016, when we hosted 3 YMCA’s volunteers from Ukraine, UK and The Netherlands.

The main programs and projects of YMCA Siderno are focused totally on youth needs for which we provide: trainings on various topics, summer days camps, workshops, international youth exchanges, festivals, sports events and environmental projects.



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2. About our organization

YMCA Siderno

The Association of **YMCA Siderno** has been involved for over seventy years in the training and support of young people, always promoting a physical, moral and spiritual growth. Currently made up of 500 members, it is a reference point in the territory thanks to several social activities and competitive/amateur sports events.

YMCA Siderno was founded by a group of volunteers in **1948**, it soon became a meeting point for hundreds of young people. The YMCA association, during such difficult times, made it possible for many to even obtain their first basketball shoes, in addition to more essential goods, such as foodstuffs, blankets, clothes and so on.

The YMCA built as well the first public locker rooms in the whole area, besides being one of the first companies getting the affiliation to the Italian Basketball Federation, an award that made it possible to participate in the first official meetings in 1956. Later on, it became one of the first organizations able to host groups of young people from other countries, allowing Calabria's young people to experience the same. YMCA Siderno has always been, and it still is, the most important youth related organization in the whole territory.

HOSTING COUNTRY



ITALY

PARTNER COUNTRIES



SPAIN



ROMANIA



3. About the City

Siderno Marina, South Italy



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The town of **Siderno** is situated in Southern Italy, Calabria, in the metropolitan region of Reggio Calabria.

Back in the day the very first settlement was located in the ancient town called **Siderno Superiore**; here you can find historical palaces, old buildings and very narrow streets. It is now unfortunately just a ghost town because most of the population has moved out in seek of more job opportunities and services.

The modern town, called **Siderno Marina** counts 18.000 inhabitants and is one of the touristic attraction in the Gelsomini Coast. During summertime Siderno offers one of the most beautiful marine landscape with a crystal clear sea (awarded with the Blue Flag, the highest recognition in Italy).

Thanks, mostly, to foreign tourism in summer the city reaches nearly 60.000 people, entertained with beach sports, live music bars, kids attractions and delightful seafood and typical food.



Our organization carries out various programs and activities that address the needs and dreams of young people in our community. We face different kind of problems, from global to local challenges.

The project intends to promote some **general objectives** which are:

- To develop the competencies necessary for a personal, educational, social, civic, cultural and professional development; promoting inclusion, equality, interculturality and equity.
- To raise awareness about cooperation, climate change and solidarity within the community by creating intergenerational links and events within the city of Siderno, with the purpose of positive social change.

Alongside this general objectives we have **specific goals**:

- To make sure their voices and actions are heard as recommendations for local authorities.
- Involve 50 children and young people with fewer opportunities in inclusive programs, led by our international volunteers, designed to fight discrimination, exclusion, segregation, bullying and violence, with the goal of building trust and involving the community.
- Allow the 2 volunteers to create, during their service, their personal laboratory according to their needs, theirs interests and their skills.
- Promote the European Solidarity Corps at a regional level as an opportunity for personal and professional development;
- To help the transition into the labor market and the employability world especially for those with less opportunities.
- Ensure opportunities for amateur sports practice by promoting multicultural and multi-ethnic integration.



The main programs and projects of YMCA Siderno are focused totally on youth needs for which we provide: trainings on various topics, summer days camps, workshops, international youth exchanges, festivals, sports events and environmental projects.

Standard activities planned are:



Sports for the disabled

wheelchair basket, Baskin and other activities.



Green Thumb

climate change and environmental education



Trip and Ecurision

naturalistic excursion in the Calabrian territories (Gerace, Stilo, Scilla, Tropea, Pizzo Calabro);



Socio Cultural Activities

climate change and environmental education



Cooking Class

Learning how to cook of our typical dishes.



Photography Course

photography course "Giovani in Azione" with a final contest on youth activities on the territory;

**MANY MORE ACTIVITES
ARE PLANNED AND
WILL BE IMPLEMENTED
IN THE PROJECT**

Our volunteers are co-creators of every activity.

In this way, from the beginning, they are involved and allowed to collaborate in the decision-making phase concerning what will happen during the implementation of the activities.



The main territorial context, in which the project is carried out, is the Municipality of Siderno and its districts (RC; 18,237 pop. - Istat.it). Workshops connected by themes and methods of implementation will also be promoted in 2 other cities of the area, such as Gerace and Caulonia.

The project and of the **complementary activities** are designed for:

- children aged 4 to 10 (approximately 1,297 residents);
- children aged 11 to 17 (approximately 1,409 residents).

Through complementary activities, we would like to help young people express their feelings and thoughts about what is happening within the community.

Through the various events, we want to hear their voices, allow them to share their opinions, empower them and make sure their ideas are heard by local authorities. We want to make them realize the importance of volunteering in their career or academic future.

Our goals for these activities are:

- Involving at least 20 young people from each city to volunteer, allowing them to develop their skills in a safe environment;
- raise public awareness on participation, active citizenship, solidarity, interculturality and inclusion;
- raise awareness and educate, identifying the main problems that concern them and local communities and the consequent solutions they need in the short and long term (then communicating them to the local authorities).

Siderno, despite being one of the most populous municipalities in the Locride area, is marked by an insufficient level of development and a critical civic, social and economic condition characterized by elements of backwardness. In the light of the current situation of the districts and the hinterland, the lower tendency for cultural growth is evident; for this reason we have decided to promote activities that can stimulate an active participation in ESC projects.

7. Training and methodology



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The learning process of the volunteers will begin before starting the service; that is the period in which they will start to deepen their needs, their interests and their future plans.

1) At the beginning they will carry out a self-assessment of their skills and abilities, through a questionnaire created by us. In the first three weeks of their arrival, we will not only address multiple topics in order to create a learning context, but the team will also need to assess their skills and set future goals.

Each training session has a report, which will serve to internalize the learning and to see how what has been learned can be applied in everyday life.

2) The mid-term evaluation is a tool that measures the results obtained and evaluates all the objectives, offering at the same time a moment of reflection on how well both the volunteers and the leaders are doing their job.

3) In the final evaluation, a questionnaire similar to the initial one will be repeated, in order to understand what they have acquired during their volunteering time and what they will have to continue working on.

Through the different assessments we will be able to realize and act in case a special learning context, with specific topics, for one or both participants is needed.

Each program and activity has the purpose of supporting learning, from planning through delivery, to the very final evaluation. In order to do so every week during the coordination meetings there will also be a monitoring section.

4) Regular meetings with tutors will help supporting the volunteer's reflection process, as much as possible, evaluate their every step, growth, fears, feelings, goals, changes and so on. Evaluation methods vary from discussions, coaching techniques, use of diaries and writing letter to simulation activities.

5) In the end, through the Youthpass certificate we will certify the skills acquired, as this evaluation is an important personal document for every young person regarding the job's world. Having an ESC experience undoubtedly represents an added value in any resume.

Non-formal methods used:

- practical learning: role playing, simulations, reflection, teamwork, coaching; simulation of the municipal council meetings; open space, workshops; peer to peer training; table games; sport.



In order to ensure an open and clear recruitment process, we will include a short description of our project on the European Youth Portal online platform and on our website; as well as sharing news on social channels such as Facebook, Twitter and Instagram.

There will be no discrimination in the selection process, we will accept candidates aged between 18 and 30, from different cultural backgrounds, independently from their race, religion, sexual orientation and ethnicity. Each candidate must send their resume and a letter of motivation, in order to participate in the selection for the vacant position.

Our staff will make the selection by conducting online interviews, based on open discussions, in which every candidates will be given the opportunity to personally get to know the project coordinator and the staff.

During the online interviews an "open space" will be managed in which every candidate, following precise instructions from the staff, will be asked to organize an activity.

This open space will help us assess the volunteer's ability to intuition and action, guaranteeing in the meantime the possibility to provide useful suggestions applicable to the project activities.

Furthermore, the organization is able to welcome a young person (between one of the two volunteers) who has fewer opportunities caused by:

- **Cultural differences:** the volunteer may come from a different culture, minority, ethnicity, race or religion. We will welcome as well all those who are suffering from rejection and discrimination.
- **Economic obstacles:** volunteers who come from poor countries or regions, unemployed or from disadvantaged families. Those who do not have the necessary opportunities or resources to travel and participate in European mobility projects (Erasmus + and / or ESC).
- **Geographical obstacles:** volunteers living in rural areas, or isolated areas linked to social separation and consequently to other problems.

Equal opportunities will be professed in every area and we will welcome volunteers who, with an open mind, want to learn our culture, the history and traditions of our community. All those who are ready for a stimulating experience and a desire to develop and improve their skills, will be welcomed under our guidance and our support.

9. Practical Arrangements



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A working week consists in **35 hours per week** (Monday to Friday) and weekends are days off. A schedule will be created during the first months, when all the agreements with the different partners involved in the project are set. If some activities or events take place during a weekend, volunteers will get free election of their days off.

Apart from that, the volunteers will receive two more days off per month. Volunteers are supposed to announce their vacation plans with their coordinator at least 2 weeks before.

The volunteers will receive a monthly food allowance accordingly with the National Agency recommendation. Local transportation to programs outside the city of Siderno will be by bus and train, in case our private transportation is not available, and will be supported by the organization (reimbursed monthly after the volunteer is bringing all the tickets to the coordinator).

Volunteers will receive a monthly allowance/pocket money of the amount of 150 euro. Volunteers will be accommodated in apartment with single rooms, kitchen and bathroom. The house/apartment will be equipped with all the necessary utilities.

Volunteers are responsible for keeping the apartment and rooms clean.

Internet will be provided in the apartment and in the office.

Volunteers will attend Italian language lessons weekly and they will also get support from their coordinator, staff, volunteers and mentor.



Maximum travel costs are to be reimbursed accordingly with the approved budget (based on EU distance band calculator): **275 euro** (Romania and Spain).

These amounts cover the trips from your country to Siderno and return travel.

What to bring?

- Smart, casual, sport clothes for outdoor and indoor activities.
- Warm clothes (during the winter -mid November until the end of February- the temperature can go to 0 degrees Celsius).
- Photo or video camera and notebook/laptop (if possible).
- Materials for intercultural events: flag, traditional food, presentations of country/organization, drinks, other materials. (if possible)
- Towels and other useful personal items.
- Your own medicines.
- Passport or ID.
- Police background check/certificate - that proves you did not commit any illegal deeds or sexual crimes (you will be working with children and young people).
- All original bills and tickets.

11. Conditions of reimbursement



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By law and the funding rules of the ESC Program we need to keep certain administrative procedures. We are asking for your support and cooperation in keeping these rules.

Please make sure that you read and understand the conditions and the procedures:

- You will buy your tickets only after confirmation in the project and after the hosting organization advises you relating the transport means (or if you request, and both parties agree, the organization can buy it in your name).
- Save your original tickets and receipts, invoices and all related documents, because you can only get reimbursement for costs of which you can prove the amounts with original tickets and receipts. Only the amount written on the ticket will be reimbursed – that is, if you want your return ticket to be reimbursed, you have to provide it to us.

ALL the following ORIGINAL documents will be needed:

- All your tickets and boarding passes.
- Invoices of buying your tickets.
- Passport or ID.
- Official document from the bank or travel agency, stating the proof of paying the travel tickets.

What is an invoice? A document signed and stamped by the seller. The invoice of the flight ticket must contain your name, the starting and finishing place, the date of the journey and the price of the ticket. Whatever official is your paper, if these data are not on it, you cannot get it reimbursed! Use your name from your passport, no nicknames!

An e-ticket is NOT an invoice! If necessary, call the airline/train company/etc., explain them the situation and ask them to give you a receipt/invoice with the data given above. If you buy tickets online, take care that you tick the box indicating that you want an invoice, and you fill in the address of **segreteria@ymcasiderno.it** where the invoice has to be sent by the airline company.



The participant must not act in any way that could put others or themselves at risk of being injured. If a conflict situation arises, the participant may ask her/his mentor to facilitate communication between the participant and the local environment or the host organization.

The mentor will provide an independent and objective evaluation of the situation. If conflict arises between the participant and the mentor, the participant can ask to get another person appointed as their mentor.

In the event of a conflict situation, the participant will be supported and must cooperate actively with the participating organizations to avoid communication problems. If a serious incident occurs, the participant can expect the mentor to establish and maintain appropriate contact with the supporting organization and the insurance company, if necessary. In the event of a serious incident or conflict situation that cannot be resolved in any other ways, the participant can leave the project. This, however, should always be the last resort and should be agreed with the National/Executive Agency.

12. The situation about Covid 19 pandemic in Italy

From the 24th of March until the 14th of May our entire country has been in a lock-down. After this period, we entered in the so-called "second phase" - alert situation - when social distancing, wearing a mask inside public spaces and limited gatherings were required.

According to the official news, in the entire country on the 18th of August 2020 we have 14.867 infected people, 203.968 cured, 35.400 deaths. In Reggio Calabria region (where Siderno is located), we have 149 infected people, 1.106 cured and 97 deaths.

Our organization put all the safety measures and procedures in place to protect the staff and the volunteers, respecting all the guidelines required by the Government (spaces, cleaning, disinfection, temperature scan, etc).

Accordingly with the evolution of the Covid-19 pandemic, the activities can be adapted to online sessions and to the community needs from that certain period of time. Also the period of the service could be shifted before October 2020 or postponed, depending on the specific situation from this coming autumn.



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Send your CV and a Presentation Letter to
progetti@ymcasiderno.it
and fulfill the application form
until **15.12.2020**.

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YMCA Siderno