

European Solidarity Corps

1 vacancy

12 months

Place: Tortosa's city



# INFOPACK

## CÀRITAS INTERPARROQUIAL

### FROM TORTOSA

*We work for the most vulnerable people in  
our society*



Dear volunteer,

We are **Obre't'ebre, the coordinating organization** for 10 different projects in Terres de l'Ebre and **Càritas Interparroquial de Tortosa** is one of them.

Thank you very much for your interest in participating, contributing, and cooperating with INTEGRATION FOR ALL. Please, read the information below in this guide where you can find useful information about our ECS project in Terres de l'Ebre, in Catalonia.

Please, do not hesitate to contact us with any of your questions!

**Coordinator organization:** Obre't Ebre



@associacioobretebre



@obretebre



[www.obretebre.org](http://www.obretebre.org)



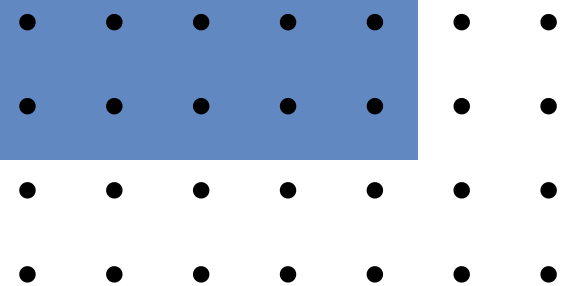
[mobilitat.obretebre@sinergia.org](mailto:mobilitat.obretebre@sinergia.org)

Obre't'ebre team

# Who we are

**Càritas Interparroquial de Tortosa** is a non-lucrative, humanitarian, and charity organization from the Catholic Church.

Càritas fights against poverty, exclusions, lack of tolerance, and discrimination. We help people with fewer resources to participate in the issues that concern their own lives, and to be the word at national and international forums. Also, people at risk of exclusion are helped by sheltering for some days, food, and resources in case they have problems with their health



# What do we do?

## *Individual accompaniment*



*We ensure the individual accompaniment of the person so he/she can get out of his situation*

## *Food services*



*Social dining room and month delivery food are served to different people belonging to social services*

## *Solidary shop*



*Providing clothes through Solidarity Shop*

## *Cooperation at local level*



*Cooperation at local level in some specific programs for elderly people, children, and also for women (Clara Project) and homeless people.*

# Our team

Caritas has a wide program of volunteering where the 95% of people are volunteers. European Volunteers will be in the same projects as the other local volunteers and they will join the same trainings. Caritas has one person responsible for volunteering and also a supervisor of the projects

## The board

... is the entity's governing body that takes executive decisions between assemblies, legally and publicly represents the entity and is responsible for meeting the objectives set in the members' assemblies. Cáritas Interparroquial belongs to Cáritas Diocesana.

## The professional and technical team

...is responsible for the day-to-day management of the entity: attending to the public, doing administrative tasks, and managing the organization's communication.

There is a team of 7 people formed by social workers, administrative workers, workers in dining room and solitary shop and second hand furniture.

## The volunteering team

... are helping the different projects punctually or permanently. The group of volunteers is varied and it's multidisciplinary. There are retired people and young people helping in some of the services. During some months in the year, different students are doing their internships too.



# Volunteer's tasks

HOURS: between 30 and 35h

+ catalan lessons 2 h per week



To assist and attend to the users in the Office of Càritas



Helping and assisting in the social dining room and food distribution



Clothes shop "El Rober" with attending people or organizing



The volunteer will help the social worker to prepare some activities: "Collecting food day", "Sant Jordi party"...



Diffusion of ECS and local participation: the volunteers need to participate at least in 3 different talks (schools, radio, etc) to explain the experience, and to participate in 6 different local actions to get to know the community where they are living (environmental, social, cultural...)

# Volunteer's tasks

Personal Project: Preparing your project is a compulsory activity for your personal development. Always need to coordinate with your hosting organization.



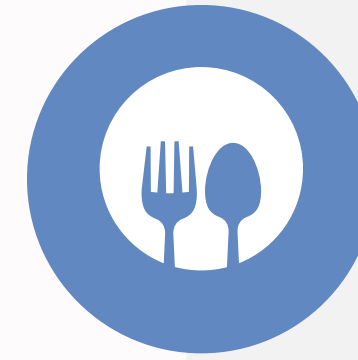


# Volunteer's profile

- Is open-minded towards differences and has an unconditional respect for the others
- Is interested in working with diversity of people
- Is willing to do the tasks
- Has previous experience in volunteering at the local level
- Has a personal interest in the topic covered by the association
- Is highly motivated to learn Catalan and Spanish
- Is highly motivated to have relations with the community



# Practical arrangements



- The shopping list will be done by the volunteers
- The food will be delivered every 2 weeks by a supermarket



- Facilities and rooms (4-6 double beds) are shared.
- Free WIFI
- Sharing the house with other projects is possible.
- Deposit of 100 euros on arrival. Returned at the end if belongings are fine



- Working hours maximum 35 hours per week
- 2 h language per week (Catalan)
- Personal project
- If working weekends, it will be compensated during the week
- 2 days off per month



- The language course will consist of Catalan language (the Official Language in Catalonia) and it will be strengthened with language, 2 hours per week (in volunteering or formal courses)



- Monthly pocket money at the beginning of each month ( 6 euros per day)

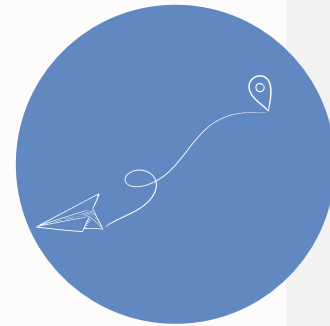


- EU citizen, bring your European Health Insurance Card. For non-EU citizens, we have to apply to Henner Insurance
- Spanish community: do not forget to bring your Social Security Number

# Practical arrangements



- Volunteers have a mentor. Individual mentoring and group mentoring with other volunteers are compulsory
- Volunteers need to assist with the compulsory training by the National Agency: 1 on arrival and 1 mid-term evaluation.



- Travel costs will be reimbursed after submitting tickets, bills, boarding passes, etc
- Travel costs are based on EU travel grant accordingly to the ESC program



- Visa costs can be covered. First, ask us about the assigned amount
- Ask us for the supporting letters on time
- Make sure of the procedures and dates with your embassy to obtain the visa



- Each volunteer will have a bike, helmet, and a bike lock
- On arrival, volunteers need to know that helmet (10 Euros ), bike lock (10 Euros), and bike (60 Euros) are priced at 80 Euros. If volunteers lose, break, or damage the items they will need to replace them

**More  
information of  
Cáritas  
Interparroquial**

<b>Facebook</b>	<a href="https://m.facebook.com/p/C%C3%A0ritas-Interparroquial-Tortosa-100068100009731/">https://m.facebook.com/p/C%C3%A0ritas-Interparroquial-Tortosa-100068100009731/</a>
<b>Instagram</b>	<a href="https://www.instagram.com/caritastortosa/">https://www.instagram.com/caritastortosa/</a>

*To become a volunteer in  
Càritas ...you need to like  
being with a variety of people  
(adults, elderly, women...) and  
be tolerant, friendly and  
flexible*

