



Joint



Co-funded by the
Erasmus+ Programme
of the European Union



TEAM FOR HEALTHY LIFE (T4HL.2)

ESC volunteering teams project


T4HL
Team For Healthy Life





Team For Healthy Life (T4HL)

the general aim of the project, in accordance with the priorities set for 2021, is to promote wellbeing and healthy lifestyle both of volunteers and local communities, as all the volunteers will carry activities specifically addressing this aspect.



Given the impact that COVID-19 had on youngsters in Europe, therefore, this project will be the chance for young people to reclaim space for socialization in a healthy and safe way, while at the same time engaging in volunteering activities fostering the inclusion of vulnerable groups and a public discussion on health and wellbeing in their communities.

The activities of the project, include these specific topics, in accordance with the organization expertise and the needs of the local community:

- nature and outdoor life**
 - mental health**
 - harm reduction**
- preventive healthcare/health promotion**
- conscious nutrition**

WHO ARE WE?

Associazione Joint is an association of social promotion from Milan, active since 200, that offers international mobility and non-formal education opportunities to young people.

We specialize in projects related to non-formal education and intercultural learning mostly addressed to young people between 18 and 30 years old, trying to include participants with fewer opportunities.

Our main activities are related to Erasmus+: Youth Programme, financed by the European Commission whose objective is to promote the education through low costs international mobility projects and to improve the skills of the young people, organizations and youth workers. In particular, we promote activities related to Erasmus+ Programme, such as: European Solidarity Corps (ESC), International Exchanges, Training Courses, Capacity Building and Strategic Partnerships, etc.

We are the founding partner of RIVE (Italian Net of European Volunteering), a volunteering association that gathers several Italian organizations with the purpose of promoting international mobility among youth, in particular through European Solidarity Corps.

In the last few years we extended our work succeeding in providing more and more volunteering opportunities even outside of Europe, thanks to the work camps, international volunteering and Capacity Building projects in partnership with organizations from Africa, Asia and South America.

Capacity Building in the youth field are multi-action projects, financed under Erasmus+ programme, that promotes the cooperation between organizations involved in the youth and educational field in different areas of the world. They can include trainings, international exchanges, seminars and ESC with youth.



Where the volunteering
will take place?

AGRITURISMO/
SOCIAL FARM
L'ARCA



AGRITURISMO/SOCIAL FARM L'ARCA, in Belvedere Marittimo (CS), Italy was born in 2002 and certified as a farm in 2005, funds the non-profit activities hosting tourists.

In particular, it carries out organic agriculture and farming; an educational farm; promotional events and workshops on healthy lifestyle and wellbeing.

The place is specialized in hosting individuals with personal and psychological problems, also because the founder is a psychotherapist.





BASIC PROJECT INFO

WHEN? 1/10/2023 – 1/12/2023.

WHO? 18 volunteers (residents of Italy and EU countries); aged 18–30; *previous short/long term ESC participants can also apply.*

Pocket money: 23€ per day (the traveling expenses are included in this total sum – please, save all your tickets and boarding passes).

Accommodation: Triple room with an inner bathroom.

Meals: will be prepared and shared with the staff during the activities.

On arrival training: first 7 days.

Vacation: from 22 October to 30 October.

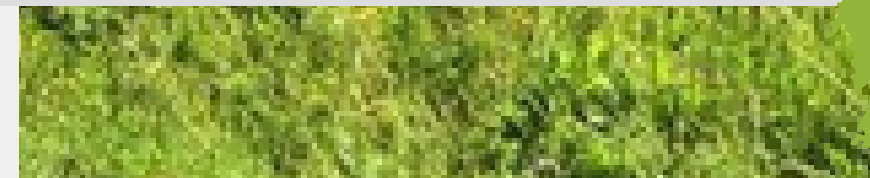
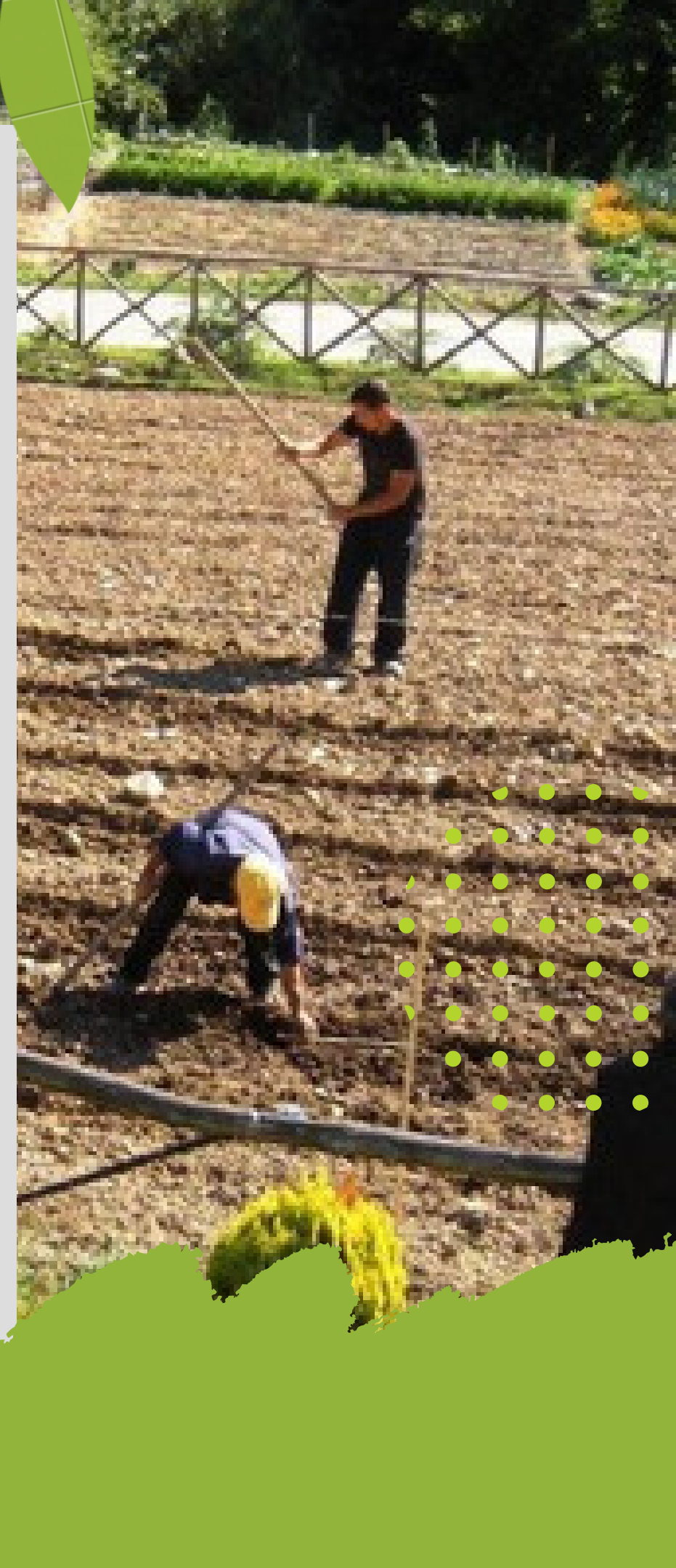


PROJECT ACTIVITIES

- Organic gardening
- Taking care of the animals
- Carrying out activities for migrants and vulnerable groups
- Cooking with local produce

Volunteers will carry out activities for 5 days a week, mostly during the morning for the farming works.

It is possible to have activities during the weekend, but in that case the free days will be moved to the following week.



SIDE PROJECT ACTIVITIES

Italian course (twice a week)

Visit other local organic farms

Pottery workshop

Activities in schools to promote the Erasmus+ program

World Tree Day - 21 November

River and beach cleaning

Cookery course (pizza, gnocchi, fresh pasta, jams, etc)

Olive harvest

Sightseeing

Weekly group meetings



THE IDEAL VOLUNTEER

- motivated and eager to learn
- adaptable and open-minded
- able to work in a team
- respectful of common rules
- loving nature and animals



HEALTH INSURANCE

As a European national temporary residing in another EU country (plus Iceland, Liechtenstein, Norway and Switzerland), you're most likely entitled to a European Health Insurance Card that gives you access to medically necessary, state-provided health care under the same conditions and at the same cost (free in some countries) as people insured in that country.



! It's important that you request your EHIC card in your home country before you leave for your mobility since your EHIC card may allow for direct payment in some countries (meaning you won't have to advance your medical bills). Make sure you provide your sending/supporting organisation with the necessary information on your national insurance situation at the time of your enrolment.

As a European Solidarity Corps participant, you will be also covered by a Cigna Group Medical and Non-Medical Insurance Plan that is free of charge to you.



A FEW MORE RULES

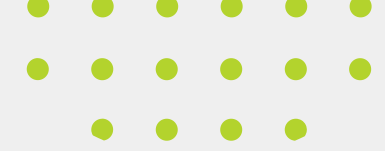
It is strictly forbidden to
drink alcohol and use drugs
on the territory of the
AGRITURISMO/SOCIAL FARM L'ARCA.

This rule applies not only for the volunteers safety
but also for the comfort and respect of
the farm staff.





T4HL
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For more information, please,
contact us via mail
(with the subject
Team For Healthy Life (T4HL))

apply.esc@associazionejoint.org

You can also check out information here:
<https://www.agriturismo-larca.com>

<https://associazionejoint.org>

<https://youthforeurope.eu>

