



STEP BY STEP:

Slow actions for collective empowerment

What? European Solidarity Corps, Volunteering Info-Pack

Where? Roccantica (RI), ITALY

When? 25 September to 22 November 2019

Who? 12 volunteers required: 2 French, 2 German, 2 Greek, 3 Italian, 3 Spanish
(Four with fewer opportunities: economic/geographical obstacles, disability, refugees)

Main topics

- Environment and natural protection
- Sustainable development and ecology
- Territorial cooperation and rural tourism
- Manual work in the nature
- Social inclusion, from the young to the elderly

Hosting organization

A.L.A. Associazione Liberi Artigiani was born in 2009 with the aim of promoting social inclusion, anti-racism and respect for the environment.

Our mission is to raise awareness of active citizenship and critical thinking, aiming to make citizens to choose a lifestyle that is respectful of environment and natural resources through different types of project and activities.

The methodology we use and our educational approach are a mix of non-formal education methods, art, creativity, and outdoor practices. The organization works at national and international level and cooperate with public bodies, schools and NGOs.

Overview

This voluntary project aims to reinforce the spirit of local solidarity towards a common objective of territorial development, to encourage the opening of the community towards knowledge and cultural and intercultural exchange, to bring young people to volunteering work and the care of the common good.

Objectives

1. To improve the local hiking trails
2. To promote volunteering as a tool for solidarity and citizenship
3. To develop the sense of belonging, the ability to integrate into a community, and awareness of the environment
4. To increase cooperation, integration and tolerance through teamwork
5. To develop self-management skills, turning outwards and engaging in collaborative behaviours with others

Associazione Liberi Artigiani - APS

Via di Mezzo n°22, Poggio Catino, 02040, Rieti, Italy.

CF: 90056900575

www.cognolorefuge.com - info.cognolorefuge@gmail.com

+39 3207685731, +39 076563461



Context

La Sabina, a rural area in the middle of Italy, today has the advantage of being a natural land, free from industrialization and mass urbanization. However, like any other marginal territory, and with the gradual abandonment of the countryside along with the economic recession, have made the agricultural work unsustainable in relation to the global market. This means few services and lack of job opportunities, especially for young people. The local administrators, in order to counter the risk of abandonment and fragmentation of the population, have recently been focusing on looking for innovative solutions that will oppose depopulation, create social cohesion and incentivize cooperation, and above all offer prospects to the young population. With this in mind, they have discovered that the enhancement of heritage acts very well as a local resource that could help communities to counteract these phenomena.

Background

A.L.A. has been involved with other NGOs supporting policies for the **enhancement of the landscape and environmental education promoting naturalistic, cultural and religious walking itineraries**. From this work, a network of thematic paths to be covered by foot, by bike and by horse, have been designed and recovered, and that will allow the territory **to focus on slow tourism as a tool for local development**.



The development of a network of walking trails made possible by recovering the historical memory of the places, represent an instrument of rediscovery of the territory, which restores a previously lost identity to those places and a role for people, that safeguards memory.

In recent years, the activities of volunteering such as civil service and the EVS/ESC, have represented experiences that bring young people to the life of the community by giving added value to the mentioned initiatives. **The Step by Step project** was born from the need to put together all the tools available to local stakeholders in order to continue to implement the actions that will help to achieve the common goal of the local development of the territory. Specifically, **our project focuses in the services to walkers and pilgrims**.

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The Project

Following the solidarity spirit of the ESC, that through volunteering want to cultivate the values of active citizenship and to strengthen the social cohesion within communities by responding to social challenges, this project is carried out to cultivate and to continue developing the supply chain for the reception of **slow tourism linked to the paths and the activity in open areas**, on the basis of which a path of territorial growth is being built to combat abandonment and depopulation of the small mountain villages.

Participants of the European Solidarity Corps will benefit from:

- Promote the sense of ecology, sustainability and simplicity through the implementation of environmentally-friendly actions for the community
- Increase self-esteem through the service of actions for the common good
- Improve personal and professional skills
- Develop the sense of belonging, cultivate active citizenship and build a conscience of European citizens

Main activities

Operating in a mountain territory, many of the proposed activities are aimed at sustainable education and the discovery of the natural environment as a space to be valued and protected at the service of both: the well-being of the community as a resource on which to invest for growth, and the economical rebirth and the development of the territory.

This project therefore aims to involve young volunteers with different types of work:

- Network of walking paths' maintenance
 - Management of the walking trails, including cleaning and repairing
 - Participate in the organised trekkings in the territory
 - Take the time to discover the mountain surroundings and the network of paths
- Environmental education
 - Promote ecological practices by adopting a "learning by doing" behaviour
 - Propose and help designing new activities to spread a sustainable way of living
- Enhancement of the historical and cultural heritage
 - Be part of the life of the local community and get involved within the organisation and logistics of local activities and fairs
 - Spend time with people in the village and propose activities for youth and elderly
- Promotion of slow tourism in the territory
 - Participate actively by campaigning in social media, creating hashtags and using different profiles to promote the project, ESC volunteering and the territory
 - Act as an ambassador of the ESC program, informing local youngsters about mobility opportunities available for them

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- Live in a multicultural environment
 - Learn to live in a group, sharing responsibilities and taking accountability for the house maintenance, including cleaning and cooking for big groups
 - Develop your Italian and English languages' skills

All project activities aim to bring volunteers into contact with the community and actively involve them in activities of awareness, listening, confrontation and enhancement of their skills.

Where you'll be based

- **Roccantica**

Roccantica will be your home for the two months this project lasts. Your apartment is located in the centre of this beautiful, pedestrian village. It's a small population of 500 inhabitants and it's located 50 km north of Rome. Easily accessible taken the bus or driving to the closest station of Poggio Mirteto and taking the train that takes you to the Roma Tiburtina and Trastevere, and links you directly with Fiumicino airport.

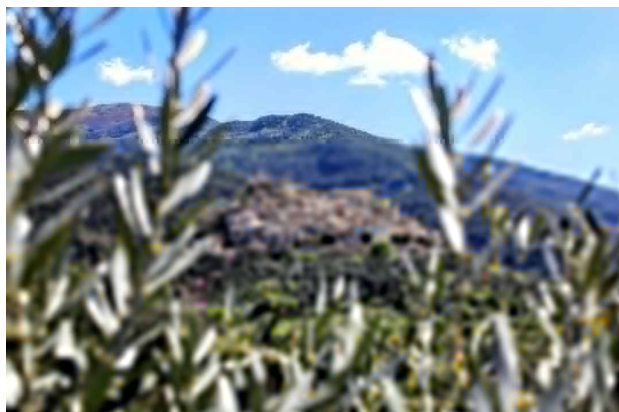
- **Lower Sabina**

Located in the Lazio Region, province of Rieti, known historically as a land inhabited by the people of the Sabines. A purely rural territory, made up of small villages of medieval origin that today it remains impressed among the stones, walls, alleys, houses, hills, and cliffs. We're mainly engaged with the municipalities of Casperia, Poggio Mirteto, Poggio Catino and Roccantica.

- **Cognolo Refuge**

Among the numerous local, European and international projects, the Cognolo Refuge, an experimental structure for the management of energy from renewable sources and with a focus on environmental education linked to the restoration of the Sabine Mountains, has entered our path since 2014.

Publicly owned by Casperia municipality and managed by ALA association, it's open to everyone and especially welcoming for those who love nature. The restoring of the place use and experiment practical solutions realized with natural materials.



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Other things to note:

Working days

You will work 35 hours per week, usually 7 hours per day, 5 days per week. You will have 2 days off with leisure activities proposed.

Languages

- The main languages of this volunteering project are English and Italian
- In some cases and depending on availability and personal interest, in-person or online Italian lessons will be provided.

Health Insurance

The volunteer will need to get the European Health Insurance Card, and will also be provided with a [health insurance from CIGNA](#) for the duration of the project.

Travel cost

The travel from the country of residency to the final destination (and return) will be refunded to a maximum of 275 Euro. The travelling will be booked by the volunteer and refunded once the project has started. Please note we need both, the sales receipt with the total amount of money spent and the boarding pass to be able to refund the travelling.

Expenses

- Pocket money: The volunteers will receive 5 euro per day (295 Euro in total)
- Food and accommodation will be provided (at no cost for the volunteer)

Accommodation

The 12 participants will be sharing an apartment in Roccantica, composed of two bedrooms, three fully equipped bathrooms, one kitchen and one dining room/lounge for the volunteers to share in the village of Roccantica. Please note that there's no WiFi in the hostel but there's 3G/4G data connection. The municipality and the local bar offer free WiFi at their opening times.



If this sounds like something you'd like to be part of, apply now to be considered, sending your CV and motivation letter to: info.cognolorefuse@gmail.com

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