



**EUROPEAN
SOLIDARITY
CORPS**

COGAMI



“BE+ II”

2019-2-ES02-ESC11-013604

April 2020 to February 2021

Lugo, Spain

2 Volunteers

Themes: Disability – special needs. Inclusion - Equity.

Organized by: Galician Confederation of People with Disabilities (Confederación Galega de Persoas con Discapacidade)

Páxina 1

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Pertencente a:
COCEMFE
Confederación Española de Personas
con Discapacidad Física y Orgánica



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COGAMI (Galician Confederation of Persons with Disabilities) is a non-profit organization whose mission is to achieve the full inclusion of people with disabilities in all spheres of society through the defense and promotion of their rights, vindication of social change, strengthening of the associative movement and the rendering of services, which satisfy needs and expectations of the group served.

The aim of BE + II project is to improve the social insertion of people with disabilities through the development of activities that lead to improvement of its social participation, achievement of their vital objectives and the vision of this group from an inclusive perspective).

It will involve two people volunteer, and the activities contemplated pursue the following objectives:

To enable volunteers to acquire competencies (knowledge, skills and attitudes) in relation to the treatment of people with disabilities which are useful for their personal development, to increase their employability potential in addition to promoting a society inclusive vision. On the other hand and in a transversal way, the competences will be enhanced in a foreign language. Cultural immersion and active participation of the volunteer will be encouraged in way to increase the awareness and understanding of other cultures with the aim to promote an European citizenship and identity feeling, the feeling of competence will be worked out, so that volunteers feel that they can contribute a little to society and favor their initiative.

The activities of the project will be developed in the delegation that COGAMI has in the city of Lugo between October 2017 and July 2018, having also the possibility to develop the activities contemplated in other spaces suitable for the realization of leisure activities.

In these activities is where the volunteers develop an essential role.

Página 3

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Specific Tasks:

The volunteers taking part in the project will be given language training and will receive support to resolve any doubts that may arise.

During the first two weeks, they will receive a basic training about the entity; structure of the entity; basic concepts of disability; good practices in dealing with people with disabilities; independent philosophy of life; accessibility, as well as prevention of labor risks.

The social work team of the entity together with the areas of human resources and the prevention of labor risks will take charge of the training provided.

Among the activities foreseen during the duration of project are the following:

1. Training.
2. Sports activities and inclusive leisure: Throughout the year, COGAMI organizes leisure and inclusive sport activities aimed at people with disabilities that may include activities such as cultural outings, adapted sailing, adapted diving, adapted tennis, multi-sport activities, boccia, hiking, etc. The role of volunteers may include aspects related organization and organizing and dynamism, as well as providing the necessary support to the participants.
3. Cultural activities: In these activities, are included the performance of theatre and art activities, etc. People volunteer could participate offering support to such activities as to propose and organize some new activities according to their personal abilities.
4. School support/basic skills for daily living.
5. Other workshops: other workshops developed in the center are linked to new technologies: graphic design, computer as a mean of communication, making amateur videos, etc.
6. Collaboration in the creation and development of new workshops for the users of the centers.
7. Spanish classes through the online platform provided through the program.
8. Tutorials

Volunteers will be able to propose activities they wish to do with the people with disabilities according to their personal skills, which will be included in the activities of the center: Theater, cooking workshops, language classes, sport, Greek culture, painting and sculpture, yoga..., anything they wish to develop that the center considers it feasible.



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Profile of the volunteers:

- Two volunteers either woman or man with ages between 18 and 30 years, participatory, dynamic, communicative, tolerant and responsible.
- Participants in the philosophy of volunteering, open and willing to assume the philosophy of the entity and the principles and rules that govern it.

INFO PRACTICE

(Lodging, travel, deposit and insurance...)

Travel back and forth

Volunteers together with the support of the sending organization, are responsible for organizing their travels back and forth from Santiago de Compostela, with the assessment of the entity. The Project will start on 1 April 2020, so the arrival must be before that day to start the project on the day proposed. The return will be after ending the project, February 2021.

Transportation at arrival at Santiago de Compostela airport to Lugo will be by bus or by car depending on the arrival's time. Someone from the entity will go to collect you at the airport and facilitate the transfer to Lugo.

Expenses from the point of arrival/return (airport, bus station train) to your residence will be reimbursed to the volunteer up to a maximum of 360,00 € (per volunteer), during the first week after the two volunteers reach Santiago de Compostela.

For the reimbursement of costs for airplane travel, original documents are required as follows:

- E-ticket, invoice of airplane tickets, proof of payment or receipt, boarding passes.

Payment will be made by bank transfer.



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The trips made by participation in the activities organized by the host entity will be charged to this by, providing transportation for the activity or by paying the cost of travel, including local transport.

Accommodation and meals:

The accommodation of the volunteers will be in a shared apartment in the city of Lugo, very close to the center and with all facilities for the development of the activities. The accommodation costs will be fully covered by the hosting organization and the volunteers will receive each month an amount of money for maintenance (approximately 6.5 €/day)).

In addition, they will receive € 4 day for out of pocket expenses. Both amounts will be paid monthly, the first days of the month, by check or bank transfer.

In addition, and according to their individualized schedule, the days they are in the center at midday, they can eat at it as it has a catering service, at no cost for them.

Insurance:

Participant volunteers will count on with an insurance as followed in the program guidelines and must bring their European health card.