

2007-ES-77

Ayuntamiento de Frómista

Accreditation	Sending organisation, Host organisation, Co-ordinating organisation
Approval Date	16/08/2007
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Location	Frómista (Spain)
Theme 1	Rural development
Theme 2	Media and communication/Youth information

Project environment

A. Project environment: profile of the organisation and local community

PÉRFIL DE LA ORGANIZACIÓN

Population of Frómista: 891 inhabitants, with a large percentage of old people. The Town Council is concerned about the rural depopulation and looking for solutions to solve it and resources, which may give the population expectations and motivation to stay in the town. We are working in offering services, so the citizens do not have to go to the city, improving the quality of life of the population and organising a programme of socio-educational activities that improve their personal and social abilities.

SERVICES IT PROVIDES

1. One of the important services it to provide all youth in town and the region with information through the PIJ (Youth Information Centre), located in the youth house, and more cultural and educational actions. The Town Council of Frómista carries out within its social policy actions many activities in many cultural fields, photograph, dance, theatre, literature, painting, cinema and music, with the aim of contributing with the socio-cultural development of all sectors of society and giving an answer to the proposals of cultural collectives..

2. Another service is the Third Age Residence, where we carry out a voluntary project under the name of GENERATIONAL EXCHANGE where the volunteer accompanies, listens and supports the old people while gaining rich experience through their stories and knowledge of the culture and history of the town.

3.To improve tourism to make Formista known at an international level, we what to organise fairs and events and to improve the service sector, taking advantage of our privileged position in the "Camino de Santiago". We already count on a public tourism Office and several private ones.

4. Finally to give the population access to the new technologies through the ITC Centre.

DESCRIPTION OF THE PIJ "CASA DE JUVENTUD" FROM FRÓMISTA (PALENCIA). The PIJ is located near the Town Hall, the ITC Centre and the Cultural House. It has two floors: the lower floor is the PIJ, with full office equipment and magazines for youth and the office of the person in charge, with wheelchair access. Upper floor: ample room fully equipped for leisure workshops, talks, cinema, youth leisure centre, meeting room. It belongs to the town council.

DESCRIPTION OF THE "RESIDENCIA VILLA DEL MILAGRO".

It is a public owned Residence belonging to the Council. The management is by a group of people from the town that do it voluntarily and its directed by nuns.

It has around 30 residents, 24 able and 6 assisted. The personnel is made up of 8 employees and 4 nuns, 2 of them with a nursing qualification, as well as an entertainer. There are also 2 technicians from the Social Action Centre (CEAS) of Formista working with the old people.

Town

Frómista is a town at the East of the province of Palencia, in the "Tierra de Campos", 30 kilometres away from Palencia city.

Altitude: 788 meters above sea level. Main communication ways: Highway N-611 (Palencia-Santander) and railroad Madrid-Santander.

The population is decreasing in number. In summer it has more inhabitants. Climate: Mediterranean: very cold winter, warm summer, big temperature amplitude (night-day, summer-winter; Winter: 0-10°C; Summer: 15-25°C).

Most of the population is dedicated to agricultures and stock breeding, though the service sector has grown with the development of several rural tourism initiatives. Frómista is a wide known place for its Church of San Martín, for being in the crossroad of the Way of Santiago and the Channel of Castille, historic fluvial communication way.

Apart from the mentioned services for the citizens, there are several youth organisations in the town. Other services are: health centre, fire-brigade, train station, buses, bars,

restaurants, hotels, hostel for pilgrims, rural tourism centre, rural houses, bakeries, fish shops, butcher's shops, supermarkets, cheese shop,...

Accommodation

Boarding: a single room in a flat in the town centre, shared with other volunteers. Living-room, kitchen and bathroom are shared. The flat has warm water and heating.

B. Proposed activities for EVS volunteers

As a host organisation, we offer the volunteers our hospitality, as this is a small town where all inhabitants happily welcome young people who "live" with us their experience. Aware of the added value of the experience, we also want young people to acquire knowledge, qualifications and abilities.

We want to provide a better understanding of the diversity of our common European culture and our shared heritage and values.

The volunteer will collaborate in the project of a local organisation, in several areas: Youth House, Third age Residence, Tourism Office and ITC Centre. He/she will receive intensive language, culture and customs training. His/her integration in the community will be enabled. His/her useful, solidarity activity will allow him to acquire social, personal and language aptitudes and abilities.

The local host organization will integrate the volunteer in the local life, both with the volunteers who participate in the project Intergenerational Exchange and with other people in the community in order to let him/her know the social and cultural reality of our town and manage his/her integration, as we are conscious of the contribution of the volunteer in our lives.

He/she may participate in the socio-educational, cultural, sport and leisure activities in town with the final aim of his/her integration in our local community.

Language training: Spanish classes (contents and number of classes depend on the level of volunteer). First two months: 10 hours/week; third month: 4 h/w; rest: stress on conversation. Cultural formation given by a technician in tourisms: customs and traditions, history, environment...

The volunteer will be personally supported by the mentor, who will solve problems, be in closer contact at the beginning of the project and be available on the telephone for any matter. He or

she will have weekly meetings to organise work and evaluation meeting every week for the volunteer to assess his/her contribution to the project.

The Activities will take place in different venues:

At the PIJ Youth House. Collaboration in leisure, sport, cultural and information activities, together with the socio-cultural animator, social educator and other animators hired for the occasion (mornings and afternoons) depending on the season the hours might change.

At the Old Peoples Residence: The activities will be done together with an animator at the residence, during the morning or afternoon depending on the day. They will be free time and leisure activities as well as self help and overcoming workshops.

Public Tourism Office: Together with the technician assisting in the programmed activities like fairs and events.

ITC Centre and Library: together with the Librarian helping children and adults htat want to get familiar with the use of the new technologies.

-5 days/week, mornings and afternoons (including language training)

-Holidays: 2 days/month of activity

-Duration of project: between 6 and 12 months.

Here are the detailed activities in which the volunteer will take part:

A) IN THE PIJ YOUTH HOUSE:

- 1. Information activities: learn how the PIJ works supporting tasks together with the youth reporter; press file selecting most interesting news about youth, employment, tourism and local news; spreading interesting information for youth (notice board, strategic places in town, such as shops and bars)
- 2. Cultural activities: together with the social educator, learn planning activities after meetings with local groups, to diffuse them in a monthly bulletin; Cultural activities: cultural weeks, trips, health education talks, awareness campaigns at public school, traditions of the country, video-forum, recovery of autochthonous games, etc.
- Animation and leisure activities: together with the socio-cultural animator, social educator and other animators hired for the occasion, activities for youth and children; activities: encouraging reading, summer school, celebration of commemorative days (environment, book, tolerance,...), summer library (at the swimming-pool), youth leisure library and

loaning of DVDs, cinema, games and gymkhanas,...

- 4. Training activities: volunteers may participate in the courses organised by the Town Council about new technologies, painting, food manipulator, nursing,...., as well as in workshops about social abilities and employment, with the development agent.

- 5. Cultural diffusion activities: participation in folk feasts: carnival, San Telmo feast (patron saint of Frómista, in April), Santiago's Fair, in July, Feast of the Virgen of Otero (patron female saint of Frómista, in September); learning about the gastronomy of the town in wine cellars and a lunch given by the Town Council the day of Santa Águeda, in February; trips with the tourism technician through the province, visiting the most interesting places in town and in the province.

- 6. Sport activities: collaboration and participation in sport championships together with the leisure entertainers: badminton and table-tennis; 3 a side football, tennis, water-polo, 5 a side football, basketball,...

B) IN THE THIRD AGE RESIDENCE:

1.- Awareness activities,

- .- Accompaniment outside the centre to different daily activities (doctor, walks, cultural activities,...)

- .- Listen to residents and favour their relationships.

- .- Reading Press and Books.

2.- Depending on the degree of autonomy of the old people the following entertainment activities will be developed:

With able residents: accompaniment outside for administrative procedures, medical visits, purchases, visit friends, etc..; or inside the Centre in the entertainment dynamics that take place of group integration, alleviate loneliness, interpersonal relationships, etc... The activities in which the volunteer participates will have a personal and European character.

With the residents needing constant support: support tasks such as communication, reading, social relations... which lead to well being

ACTIVITIES OF VOLUNTEERS (these are indicative; they may change according to the particular demands of the residents):

A) Accompaniment to:

" Outings: for administrative procedures, medical visits, purchases, visit friends, etc..

" To activities organised by the Centre (municipal Assembly hall, House of Culture, Parks public...).

" To workshops, gym, dining room, leisure gardens, outside veranda.

B) Support preparing the celebrations in the Centre: Christmas, Carnivals, Easter, Birthdays, etc...The volunteers will be free to design their own activities where they can show their skills and the cultural heritage of their country.

C.-Activities to promote Culture and Tourism:

.- Taking part in the organisation of festivals

.- Getting to know the local gastronomy visiting wine cellars and attending lunches offered by the Council.

.- Doing some trips around the province together with the tourism technician.

.- Helping out with the translation of the Formista web page into their language.

.- Handing information and tourist advice about the area to tourists and pilgrims in the local office together with the other guides.

.- Assisting with the activities aimed at promoting the "Camino de Santiago", organised by the Council.

D.- Training Activities: the volunteers can attend any of the courses offered by the Council on subjects like: new Technologies, painting, nursing, etc. In addition they will attend together with the Development Agent, workshops about social abilities and employment.

Activities that they can contribute

Within the Activities to promote Culture and Tourism the volunteer can contribute:

- Informative Talks: in the school, the Old Peoples Home and the House of Culture about traditions, geography, culture, education, gastronomy, etc. of his/her own country.

- The volunteer Hill also be given the opportunity of writing articles for the Parochial Magazine and to be interviewed for local and regional radio stations.

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He or she will also cook a typical dish from his or her country for other young people and children.

- Language Cafe-debate, depending on the volunteers country of origin and once he or she can speak Spanish, they will be able to help out other people from the town who are interested in learning other languages.

- Personal Diary where the volunteer will keep a daily record of anecdotes, experiences and learning. This will be something he or she could show on the return to the sending organisation, or in talks to schools or organisations in his/her country.

- THE CONTRIBUTIONS AND PERSONAL VALUATIONS OF THE VOLUNTEERS WILL BE TAKEN INTO ACCOUNT WHEN PLANNING OR EXECUTING ANY KIND OF ACTIVITIES, DEPENDING ON THEIR APTITUDES AND INTERESTS.

IN CASE THIS TASKS SUBSTITUTE PAID WORK, OR BUREAUCRATIC TASKS OR HAVE PROFITABLE AIMS.

From the selected volunteers some will go the youth area and some to the residence although in both cases they will rotate in the activities to promote Culture and Tourism and the training ones.

The Council will provide free access for the volunteer to all the Municipal facilities and courses.

C. Volunteer profiles and recruitment process

PROFILE OF THE VOLUNTEERS

Our preference is for young people motivated to live this experience and who like the rural environment, with enthusiasm for learning and for sharing their knowledge. Although it is not a requirement some knowledge of Spanish and/or experience in working with children, young people or old people, will be an advantage.

INFORMATION ABOUT VACANCIES

We first circulate information about any new vacancies, to any entities and associations with which we are in touch so they can inform any potential candidates that could be interested in our project. We finally inform the Youth Department from the Local government so they can publicise it.

SELECTION-

Usually the candidates themselves get in touch with us sending us their cvs and letters of motivation through the email. We then get in touch with the sending organisation to get more information regarding the candidates. We might also have

telephone conversations to solve any doubts.

In our project the volunteers will never substitute paid work and their tasks are of support and collaboration, trying to make them part of a multidisciplinary team.

D. Special needs (if applicable)

Not Applicable

E. Risk prevention, safety and protection

Before their arrival the volunteers will be given:

1- Lists: with the contact details of all the people involved in the Project.

2- Once they arrive in Formista: they will be given emergency telephones: health Centre, Emergencies, Hospital, and Civil Guard Garrison. And other number of interest like: Coaches, trains...

We will also get them in touch with other volunteers in nearby villages and with ex-volunteers that are now living in our province.

They will also be provided maps of the region, we will open a bank account for them where they get their cheques and we get them credit cards so they can travel around Spain.

From the first day they can rely on the mentor figure that will help him integrate in the community.

We will also provide them with the Youth Pass and the Youth Hostel Pass so that travelling will be less costly.

2.- They will be given information on how to use the services. And available in the flat where they live will be the contact numbers for their families.

Also through the mentor they will always have:

- Indications on how to use the AXA insurance.
- Advise on how to channel complaints, conflicts...
- Psychological support and help with social integration.
- .- Contact details of the people in charge of the sending organisation and other volunteers nearby.

This is a small village, which helps the volunteers to find their way around and get familiar with the places in a short time.

Motivation and EVS experience

The motivations from the Formista Town Council to host volunteers from EVS Are:

- .- To work for the benefit of the community .
- .- To promote communication between young European citizens to improve understanding and cooperation.
- .- To strengthen values to unite differences.
- .- To approach Europe to the young people while making them

feel useful.

- To approach Europe to a rural environment and promote a cultural exchange with the young and the old people, to help broaden their minds.

Why? Because we live in a rural environment, where we are suffering an exodus of the young people to the cities, women are still in a second plane, there are few associations of any nature and the population is aged.

This is why the Town Council is trying to improve everybody's quality of life in the following way:

- With young people and children through policies promoted from the "Youth House" (Casa de la Juventud).
- With the third age through a inter-generation dialog, training, etc.
- With Europe through the presence of St James Pilgrimage "way" (El Camino de Santiago) and its significance.
- With the volunteers as a way of acting as compromised European citizens.

The City Council of Formista wants to get the young people in touch with our community, acting as a sending and hosting organisation, through the cultural exchange that takes with EVS.

We try to help the volunteers we host to learn the language and Spanish culture, as to mature, and acquire personal and professional skills that will be useful for his or her future. We also get the opportunity through this initiative to establish contacts with other organisations for future exchanges.

The Council has been working with the youth Program, since 2001. It has hosted 19 young volunteers from 11 different countries and sent 6 to 5 different countries.

At present there are two current hosting projects taking place, with references 2006-ES- 5 (RURAL YOUTH HOUSE) and 2005-ES- 38 (GENERATIONAL INTERCHANGE). With two and one volunteers respectively, with references (Ref. ES-21A.1561-2006-R5, ES-21A-1560-2006-R5 y ES-21A-1552-2006-R5).

We also work in Action 5, carrying out an International Seminar in 2006 about Youth Information in Small rural nuclei Ref. ES-511-45-R3), attended by 30 professionals from 9 EU countries. We relieve it is important to get accreditation as a Coordinating organisation, to provide a better service to the young people interested in the new Youth in Action Program.

We have decided to join both our projects into one. In order to emphasize the intergenerational exchange in our rural environment. We are going to try to unite our efforts so that the sending and hosting organisations and the volunteers will be coordinated from the start.

As a coordinating organisation we will give administrative support in the following way:

Once we have selected the volunteers we will provide them with all the information about the project, the activities and the community through a web page and emails they will get information on issues of socio-cultural interest from Formista and Spain.

We will consider, in agreement with the volunteer and the sending organisation carrying our Follow Up Activities once the EVS is finished. We will help the volunteer to direct the activity according to his or her motivations and aptitudes.

We will also help the sending organisations to plan the trip for the volunteers living them details of the public transport and the best route to get to Formista.

The sending organisation before the departure must provide an intensive Spanish course, subscribe an AXA insurance policy, provide them with a Youth Pass and any other thing the volunteers might need.

Once the project is approved we will draw timetables, activity calendars etc. All of this we will do through email and Skype.

On Arrival to Formista:

The volunteers will attend a language course.

HE or she will become one more of the Council staff, and will be invited to attend all the acts. The volunteer will get help integrating from the mentor and the rest of the team.

They will be given information on other volunteers working in nearby villages and of course of ex-volunteers now living in Palencia.

The volunteers will prepare a personal dossier recording the activities they are carrying out, with pictures anecdotes, comments, etc.. To show in his or her country or in other Associations, to other young people and schools.

There will periodic meetings with mentors, and instructors in charge of the activities, to see how things are going.

On a monthly basis, or whenever they want through SKYPE, we will talk with the sending organization about the volunteer's progress.

Once we receive the first part of the funding we will credit their corresponding sum to their bank account.

The volunteers will attend the On arrival and Intermediate Seminars that take place.

They will also carry out personal activities like: a gastronomic day of their country, informative talks, language cafe-debate, and other that he or she might think off.

After finishing the activities: as we mention before we will help them design a follow up activity

We will help them with any administrative bureaucracy in case they want to stay with us.

Publish their experience in our web page.
Edit leaflets to provide information to future young people that might be interested in a similar experience.
Writing up a final report between the organisations.
Process the Youth-pass.
Establish a connexion between the organisations for future collaborations in EVS and other Actions.
Support and advise for returning home, to help the volunteers reintegrate, provided by the sending organization.
Credit the rest of the sum, once we get the final part of the funding.
We would like to mention that we also consider having planning visits from the mentors to the different organisations.

Description of the organisation

The Council of Formista wants to offer its population a board range of possibilities to improve the local development. Its activity its cantered around the following areas: Youth, the numbers are decreasing because of young people leaving to live in cities. They rely on a Social worker also in charge of the children area, who develops different activities through the Youth Information Point (PIJ). We also have an area dedicated to the third age, which relies on the support and impulse through the Social Action Centres (CEAS) and a Socio-communitarian entertainer. The area of tourism is import to us; to promote our rich historical-artistic heritage and "The way of ST. James" WE HAVE A TECHNICIAN IN THIS SUBJECT. On the other hand on the area of employment an agent of local development works, and finally in the Information and Communication Technologies (ITC) Centre, where the population can access the new technologies through training courses and a library.

A way to contribute to this local development is the EVS, since it's a way of disseminating the culture of another country, and of sharing intercultural experiences. The arrival of these volunteers to this village represents a permanent window to Europe.

The services that the Council counts on to develop their Social Action policies are: The Cultural House (Casa de la Cultura) which has a library an ITC Centre (with 10 computers and free access to the internet), an Agency of Rural development, the Office of the Tourism technician, and an exhibition room. Also a Youth House with different services like PIJ, coordination Room and Multiple-use room. A Hall, a Gym, and different rooms for associations as well as a Third age Residence.

The activity program covers the following fields:

Activities to promote Culture and Tourism: Films, theatre,

music, folklore and tradition.

Artistic Activities. Promoting creativity. Theatre groups, literary creations such as cultural magazines, musical groups, literary competitions.

Training activities: To promote education, culture and professional skills.

Leisure and free time Activities: To use free time having fun in the company of other people.

Informative Activities: Through the Youth Information Point (PIJ) we try to provide information so our young people will have the same opportunities as others in bigger cities.

Sports Activities: A way to release tension and keep in shape.

Etc...

The people that we work with are: old people, children, tourists and pilgrims, women, unemployed and associations.

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