



ESC VOLUNTEERING IN MILAN

INFOKIT EUROPEAN SOLIDARITY CORPS
2026



IN SHORT:

- open to people from 18 to 30 yo, from EU countries and partner countries
- 12 months of volunteering in Milan, Italy
- starting from September 2026
- travel costs, insurance, accommodation, food money and pocket money for your needs covered



EUROPEAN SOLIDARITY CORPS (ESC): WHAT ARE THEY?



ESC

The European Solidarity Corps ESC is a European Union initiative which creates opportunities for young people to volunteer or work in projects in their own country or abroad that benefit communities and people around Europe.



ACTIVITIES

ESC volunteers will be involved in:

- activities together with the running and walking group w/people with disabilities and the free sports group during week days and week end;
- courses and group activities;
- helping out at the bar at PlayMore!;
- attending local sport events (marathon, games, etc.);
- participating in sport activities in the neighborhood with children and young people.

Weekly commitment required: **35h/week**.
Some activities will take place during the week end and during the afternoon.



CN (COMUNITÀ NUOVA) AND PLAYMORE! OUR PARTNERS



WHO THEY ARE

Comunità Nuova is a non-profit organisation which focuses on disadvantaged and marginalised people, especially young people. It was founded in the '70s by Don Gino Rigoldi. One of the branches of the organisation focuses on sports as a tool for social inclusion.

PlayMore! is a nonprofit sports and wellness centre in the central area of Milan, focused on sport, inclusion, and community activities. It was founded in 2010 and combines a public sports facility with social programs for children, adults, schools, companies, and people with disabilities.

[Comunità Nuova](#)



[PlayMore!](#)

[@comunita_nuova](#)



[@weareplaymore](#)



WHO THEY ARE

Comunità del Giambellino

is a non-profit organisation.

It works on the educations and support of young people and working-class families on a neighbourhood level. It works on community-building and supports marginalised people. It was founded in the '70s by don Renato Rebuzzini and local volunteers.

Comunità Nuova



PlayMore!

@comunita_nuova



@weareplaymore



BIR: THE LEAD ORGANIZATION



WHO WE ARE

BIR was founded in 1999 in Milan as a non-profit organization based on volunteering. BIR actively collaborates with people, organizations and institutions, locally and internationally, providing patterns of change inspired by the logic of participation and sustainability.

WHAT WE DO



Protection and promotion of childrens' rights in Romania, Moldova and Italy.



Promotion of active citizenship especially among young people, within local and European communities.



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PRATICAL INFO

Each volunteer is allowed to:

- monthly pocket money and food money (350€)
- flight from/to homecountry (at the beginning and at the end of the project)
- accomodation in a shared room
- health insurance
- public transport travel card
- Youthpass Certificate
- OLS (Online Linguistic Support)
- One pre-departure training, participation in TEC (training and evaluation cycle)

PLUS

- In-presence Italian language course
- Individual and group mentoring



ESC WITH BIR: ARE YOU IN?



To apply:

send an e-mail to giona.gallina@associazionebir.it with subject “ESC in Milan - BIR - EDF” containing your CV and/or a motivational letter by May 31st