



Associazione InCo-Molfetta  
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## **Infopack for you!**

### **Organization AUSER Molfetta (Associazione AUSER Molfetta)**

#### **Dear applicant!**

Thank you for your interest in our project! In this little document you can find all the information which can be useful before applying.

**Contact person:** Luigi Balacco, project coordinator (luigi.balacco@incoweb.org)

**Hosting organisation:** Auser Molfetta ODV



#### **Some words about Molfetta**

The project will take place in Molfetta, a city in Apulia, on the Adriatic coast at about 25 km from Bari. Molfetta has around 60.000 inhabitants. In the last years Molfetta's commercial activities and attractions have been improved, thanks to the recent construction of a huge shopping area, equipped with international stores, national chain stores, outlet with all-year discounts, cinema and so on. At the same time in the historical centre there are many restaurants, cafes, bars and youth meeting point crowded during the week-end especially in the evening.

The climate is generally mild and poor of rain, although the temperature changes are fast and short, due to the wind from the Balkan area. In spite of the fact that our area has good road, railways, air and maritime facilities, and that it has strategic links with the East-Mediterranean and Balkan countries, it is quite distant from the so-called heart of Europe.

During the national/local holidays important roles play in the city traditions and religious happening such as Easter processions and rituals, the traditional Feast in September, the event of live nativity



scene in Christmass time.

### **Auser Molfeta ODV**

"Auser" is a non-profit organization committed mainly to promoting the active aging of the elderly and enhancing their role in society. While the main focus lies primarily on the elderly, the organization is open to building fruitful relations and dialogue between generations, nationalities, different cultures.

The main objectives of our organization are:

- to improve the quality of life of adults and the elderly;
- to combat all forms of social exclusion and discrimination, in particular against migrants, the elderly and women of all ages;
- to support those fragile and disadvantaged and reduce inequalities widespread in modern society;
- to spread the culture and initiatives of solidarity and participation;
- to promote the value of experiences, skills, creativity and ideas of the elderly;
- to develop and foster relationships of solidarity and exchange with the younger generations.

### **Proposed activities for volunteers**

The volunteers will be involved in activities carried out in the organization and other locations in town based on a particular activity, such as supermarkets, city garden, Municipality of Molfetta etc. The volunteers will work generally 36 hours/week from 9 to 13 and in the afternoon also from 16 to 19. Some events can take place at evening or on week-end.

The main activities of the project include:

- Project "Colto e Mangiato". To support the maintenance of the "public garden" where youngsters and elderly grow and cultivate plants and herbs, vegetables and fruits. Volunteers are required to support the organization of workshops and encounters with locals twice a week, keep a record of activities and participants, record videos and make photos, take an active part in cooking laboratories and prepare typical dishes using the produce from the garden, etc...
- To support and participate in leisure activities with elderly, for example playing cards, playing board games, chess, cooking, singing, dancing, going for a walk...
- To help and collaborate in organizing events and celebrations, especially during public and religious holidays, such as Christmas, New Year, Easter, Halloween, Carnival... Activities consist of: preparing and organizing space and venue, preparing typical dishes and sweets, organizing dinner, plays,



dance, making arts and crafts...

- To participate in distribution of food and personal care products to those in need e.g. going to the supermarkets and organizations which provide these products, organizing packages, keeping a record of families and deliveries...
- To make digital material and content, such as photos, videos, blogs, posters, brochures; promoting events and activities of the organization, keeping updated social media profiles and website...
- To assist and support the promotion of "Active aging" through activities such as playing sports, yoga, meditation, language courses, course of basic digital skills etc...

An important part play the complementary activities, where all the volunteers take part and are actively involved with their creativity and ideas. They consist in: Christmas Chorus in November-December, literature events (the volunteers read poems in mother tongue), international evenings, dissemination event regarding Europe (Europe day, Holocaust day, International day for the elimination of violence against women, etc...).

### **Food and accommodation**

The volunteers will live in a fully equipped flat/board house together with other volunteers, in the city of Molfetta (double room).

The lodging choice will be always decided by InCo. In any case volunteers will have to respect the rules of the structure and the environment where they live.

There are possibilities for the volunteers to have their meals at home, in the kitchen which is fully furnished. So in this case an additional amount of money will be provided corresponding to 150 euros.

### **Useful links**

Here you can find the official website of the network Auser: <https://www.auser.it/>

And Auser Molfetta: <https://www.auserodv-molfetta.it/>

Here the website of Molfetta: <http://www.visitmolfetta.it/visitmolfetta/index.asp>

If you would like to know more about the ESC volunteering experience, check out the blog of the volunteers: <https://www.incoweb.org/Blog-dei-volontari>