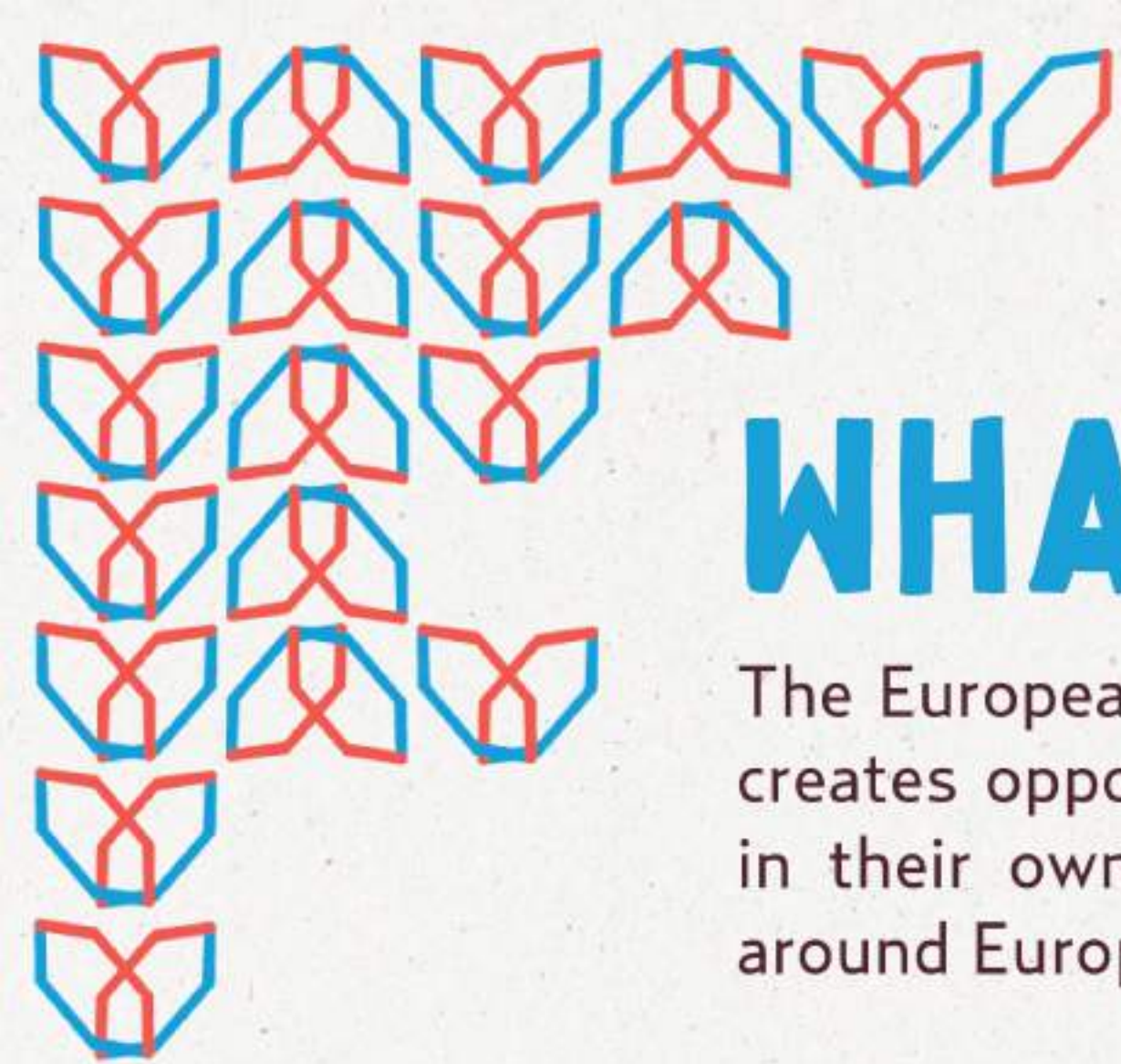




 **ERESC PROJECT IN MILAN
WITH BIR ODV**

SEPTEMBER 2023 - SEPTEMBER 2024



WHAT'S 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.

WHO CAN PARTICIPATE?

Young people from 18 up to 30 years old (you can already register when you are 17 years old)

IN WHAT KIND OF ACTIVITIES?

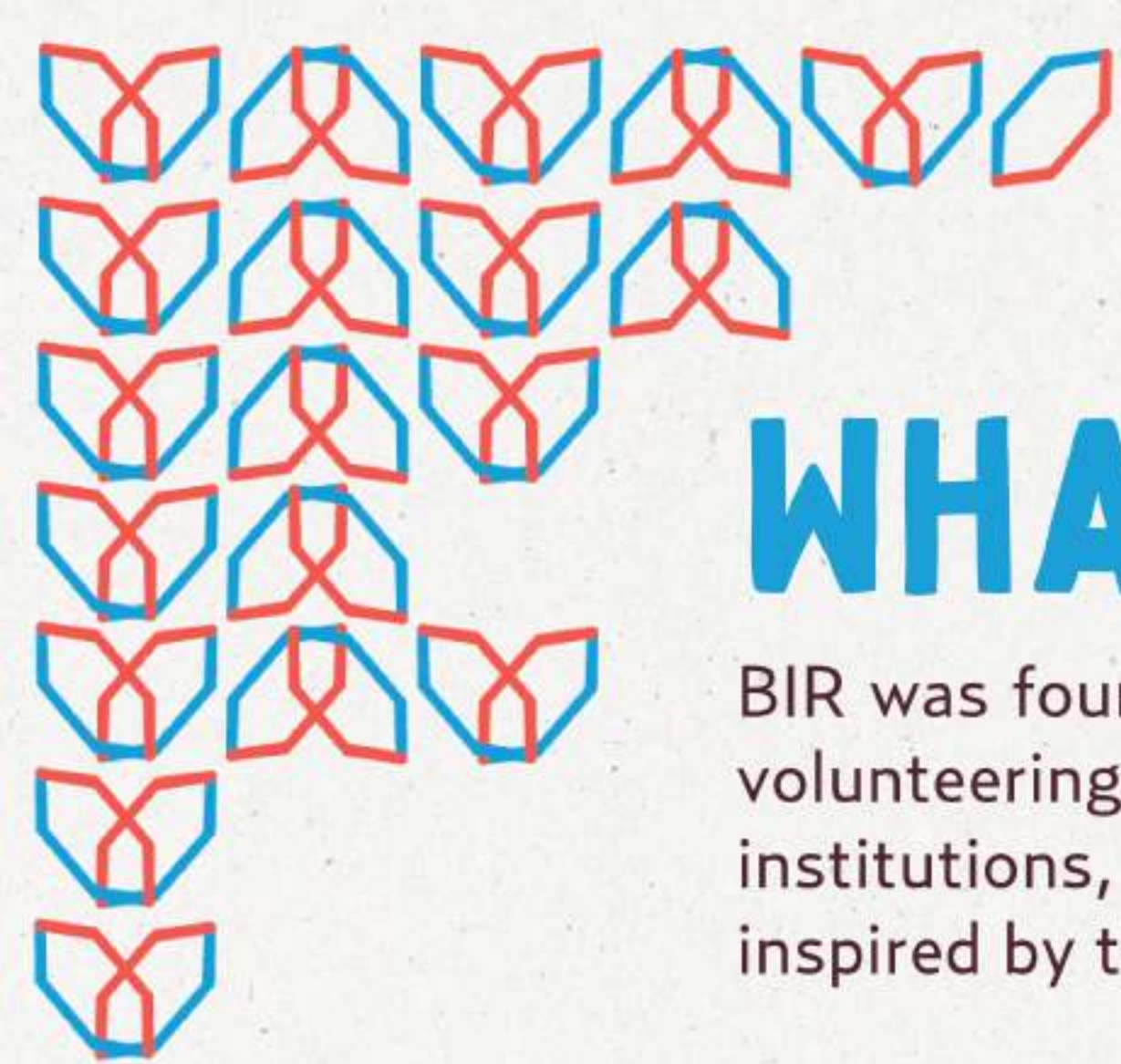
A wide range of projects, such as helping to prevent natural disasters or rebuild afterwards, assisting in centres for asylum seekers, or addressing different social issues in communities

HOW LONG IS A PROJECT?

From 2 up to 12 months

WHAT COSTS ARE COVERED?

Travel, insurance, accommodation, food money and pocket money for your needs



WHAT'S BIR?

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 CHILDREN'S RIGHTS

in Romania, Moldova and Italy, with particular attention toward the minorities who live in fragile conditions related to the abandonment, abused and to social marginality.

PROMOTION OF ACTIVE CITIZENSHIP

especially among young people, within local and European communities, which suggests training and activation.

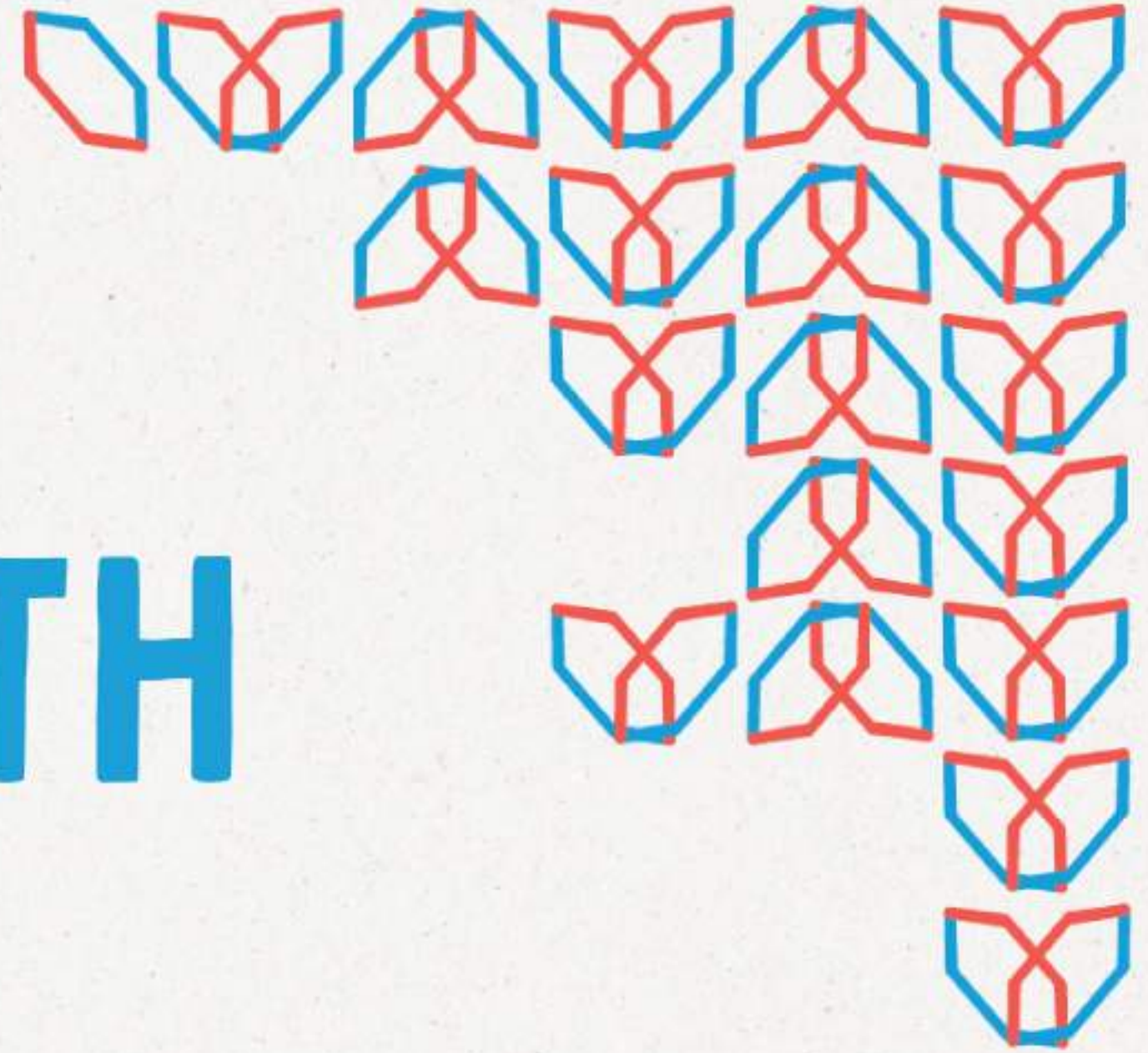


01

**WHAT YOU CAN DO
WITH BIR**

1

**HELPING YOUTH
WITH FEWER
OPPORTUNITIES**



1. THE PROJECT

INTRO

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GENERAL INFO

The participant(s) will activate for 30 hours per week in the afternoons. A professional will follow the participant(s) in their daily activities.

The participant(s) will also participate in BIR's activities such as: trainings, backoffice, event organization, summer camps, trekking and other activities.

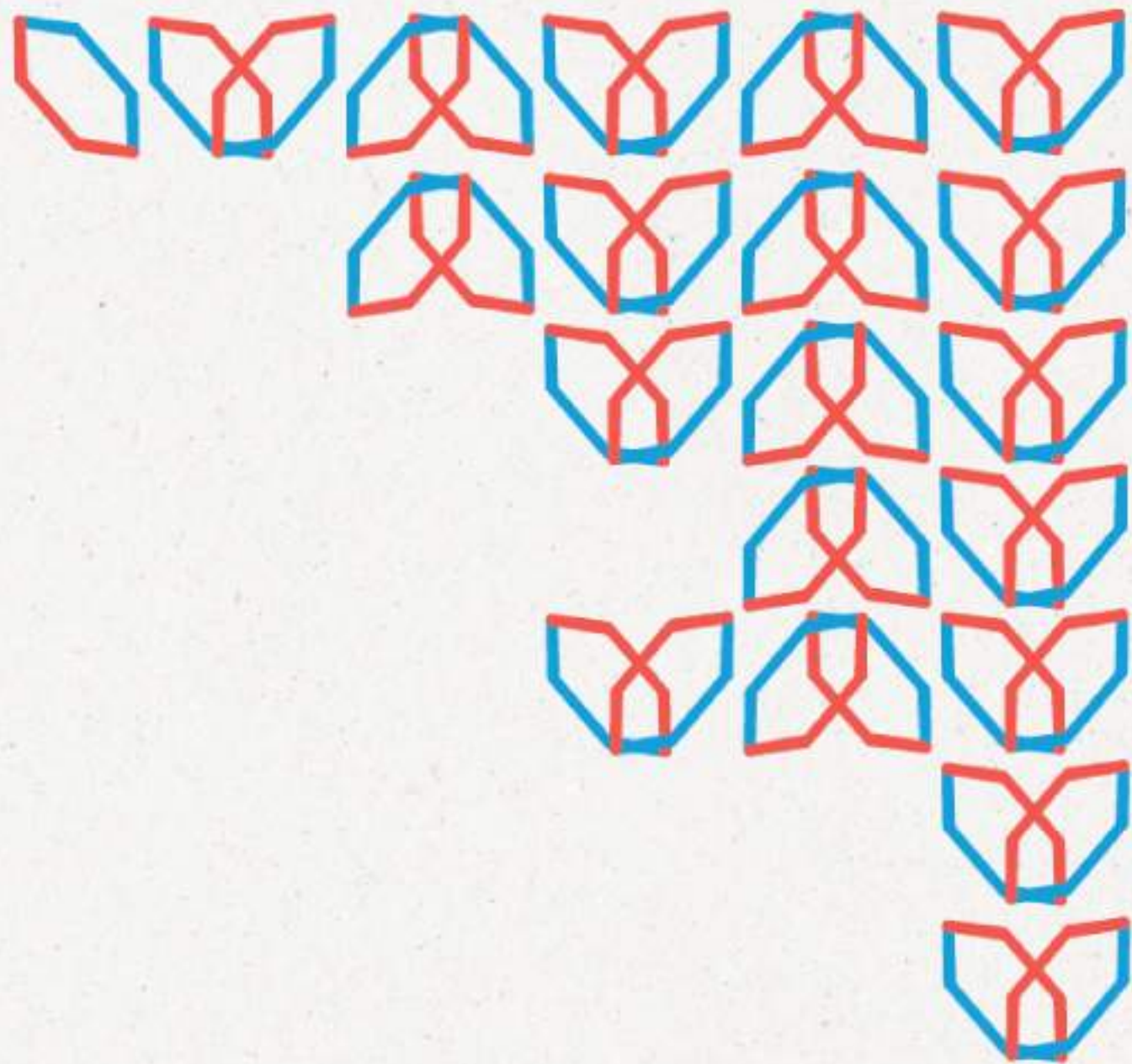
VOLUNTEER(S)' TASKS

The volunteer(s), hosted in youth centers, will have the following tasks:

- Supporting the youngest from the local community with after-school activities and helping them with their homeworks;
- Facilitating non-formal education activities (for example workshops on various topics such as sports and theaters).

2

**INCLUSION
OF PEOPLE
WITH SPECIAL NEEDS**



2. THE PROJECT

INTRO

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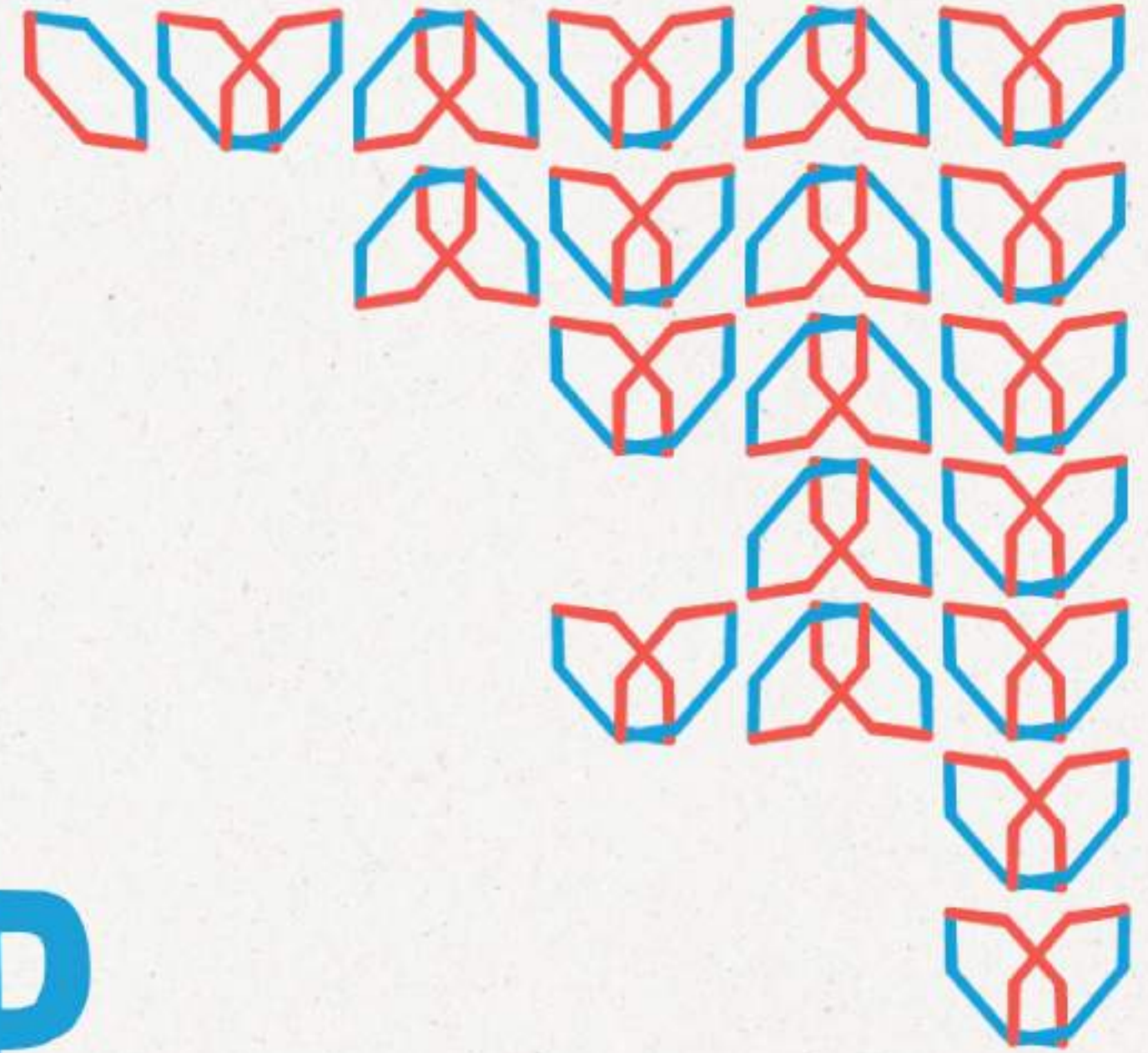
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VOLUNTEER(S)' TASKS

The volunteer(s), hosted in a day-center or in social apartments for people with difficulties, will carry out non-formal education activities and accompany them in daily actions (such as grocery shopping, cooking, cleaning...). The volunteer(s) will have the opportunity to make a real difference in the lives of individuals facing challenges by offering support and guidance.

3

**BUILDING
RELATIONSHIP
THROUGH SPORT**



3. THE PROJECT

INTRO

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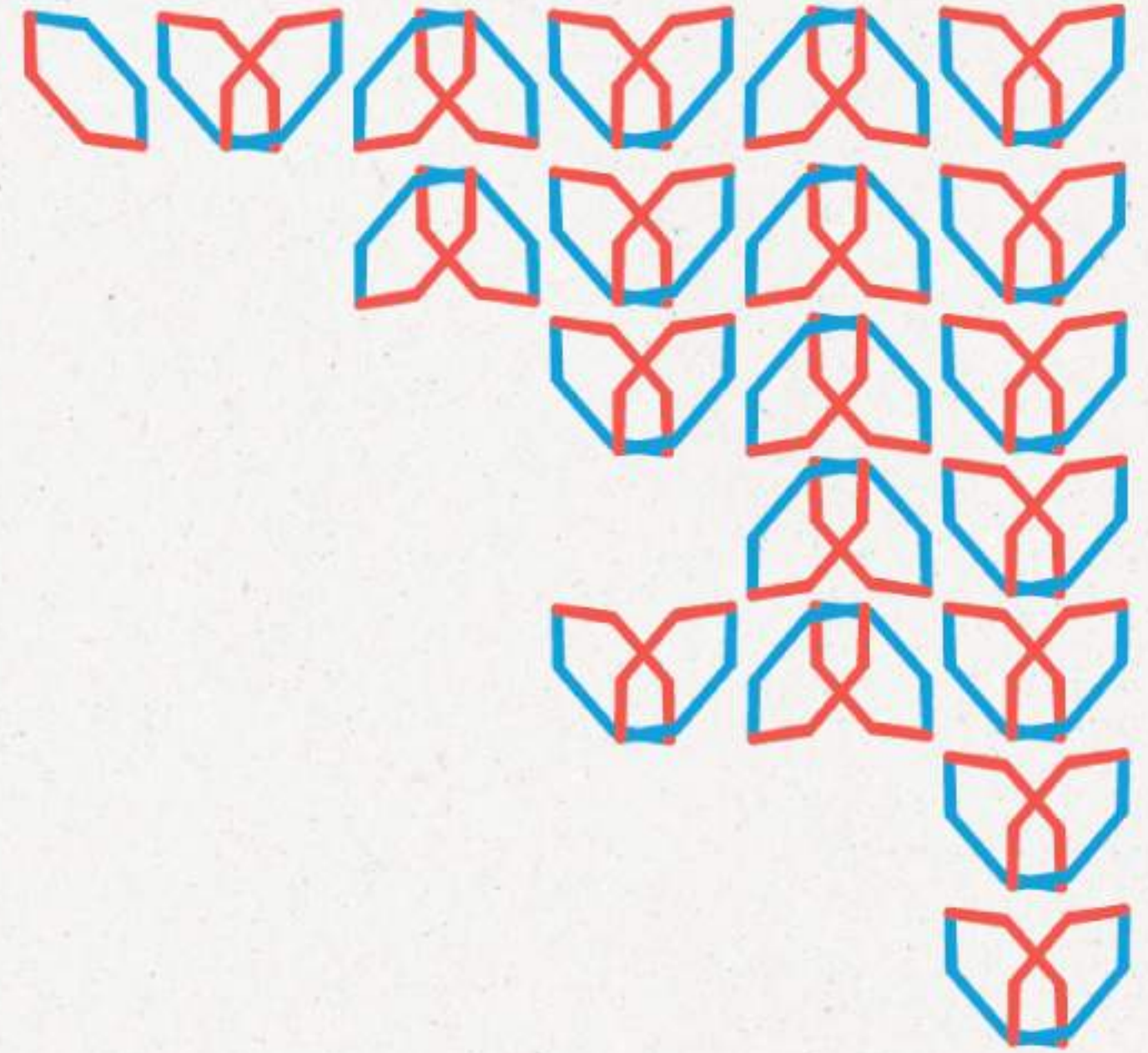
The participant(s) will also participate in BIR's activities such as: trainings, backoffice, event organization, summer camps, trekking and other activities.

VOLUNTEER(S)' TASKS

The volunteer(s) will be engaged in sports animation activities with teenagers, people with disabilities and refugees in a sport center and in a suburb of Milan. The volunteer(s) will have the opportunity to work closely with the local community, fostering a spirit of inclusivity and promoting healthy lifestyles through sports.

4

**PEDALING
TOWARDS
SUSTAINABILITY**



4. THE PROJECT

INTRO

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VOLUNTEER(S)' TASKS

The volunteer(s), hosted in a bike shop (CicloHUB), will discover and learn all the secrets of bicycles (assembling, fixing and much more) and will manage the social part of the CicloHUB.

Additionally, the volunteer(s) will organize advocacy events on Green Mobility and food waste reduction.

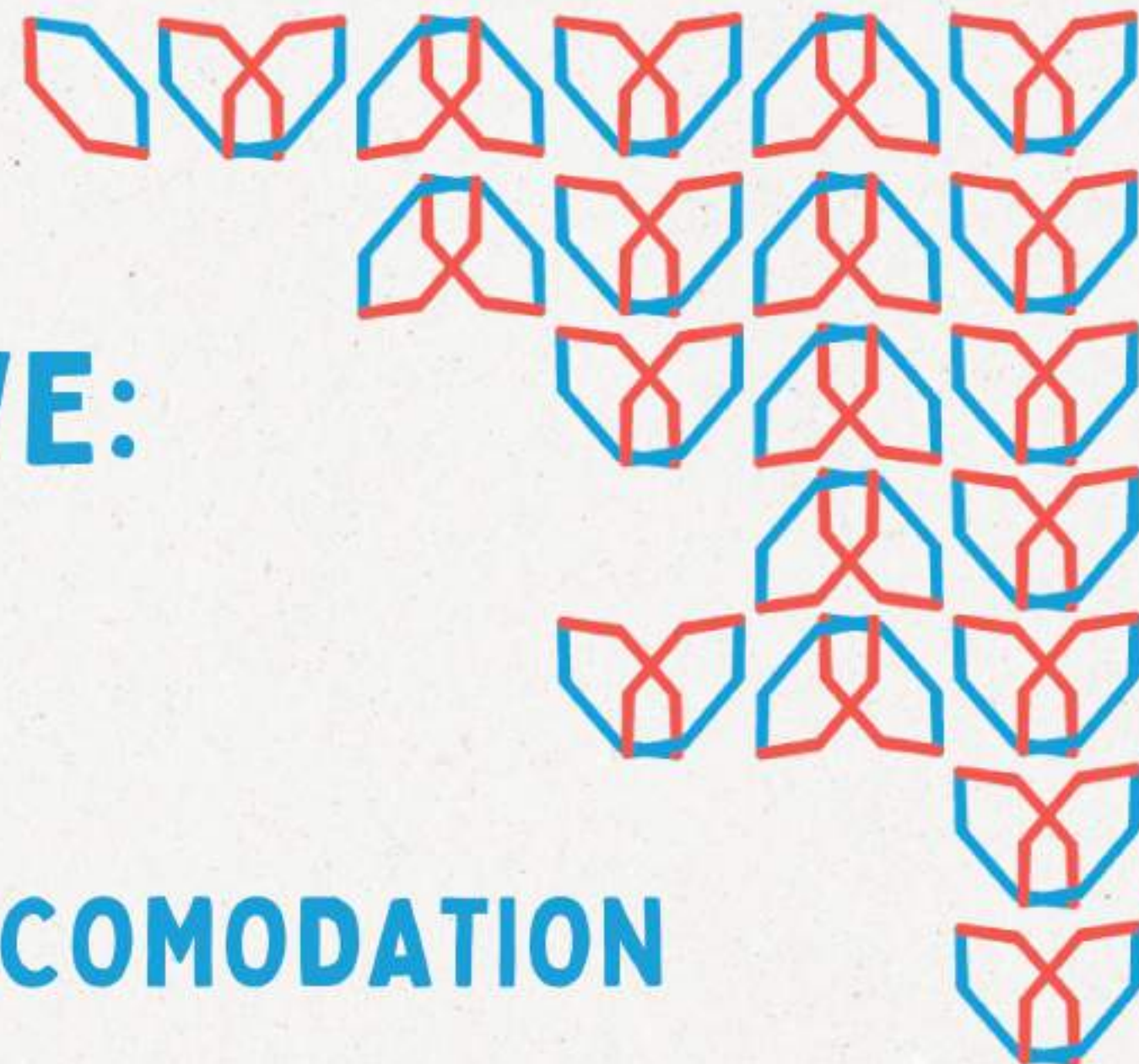
Twice a week, at local markets, the volunteer(s) will collect excess food and redistribute it to people in need.



02

**PRACTICAL
INFO**

PARTICIPATING IN THIS PROJECT YOU WILL RECEIVE:



01 TRAVEL COSTS

The project cover all your travel costs from your country of residence to Milan at the beginning and at the end of your period of service

02 ACCOMODATION

You will be hosted in a flat in Milan with other ESC partecipants in a shared room.

03 MONEY

You will be entitled monthly of both food money (proved by bills) and pocket money (that you can use freely)

05 PUBLIC TRANSPORT TRAVELCARD

BIR will provide you with a yearly public transport subscription (valid only in Milan)

04 HEALTH INSURANCE

provided by the ESC program.

06 ITALIAN LANGUAGE COURSE

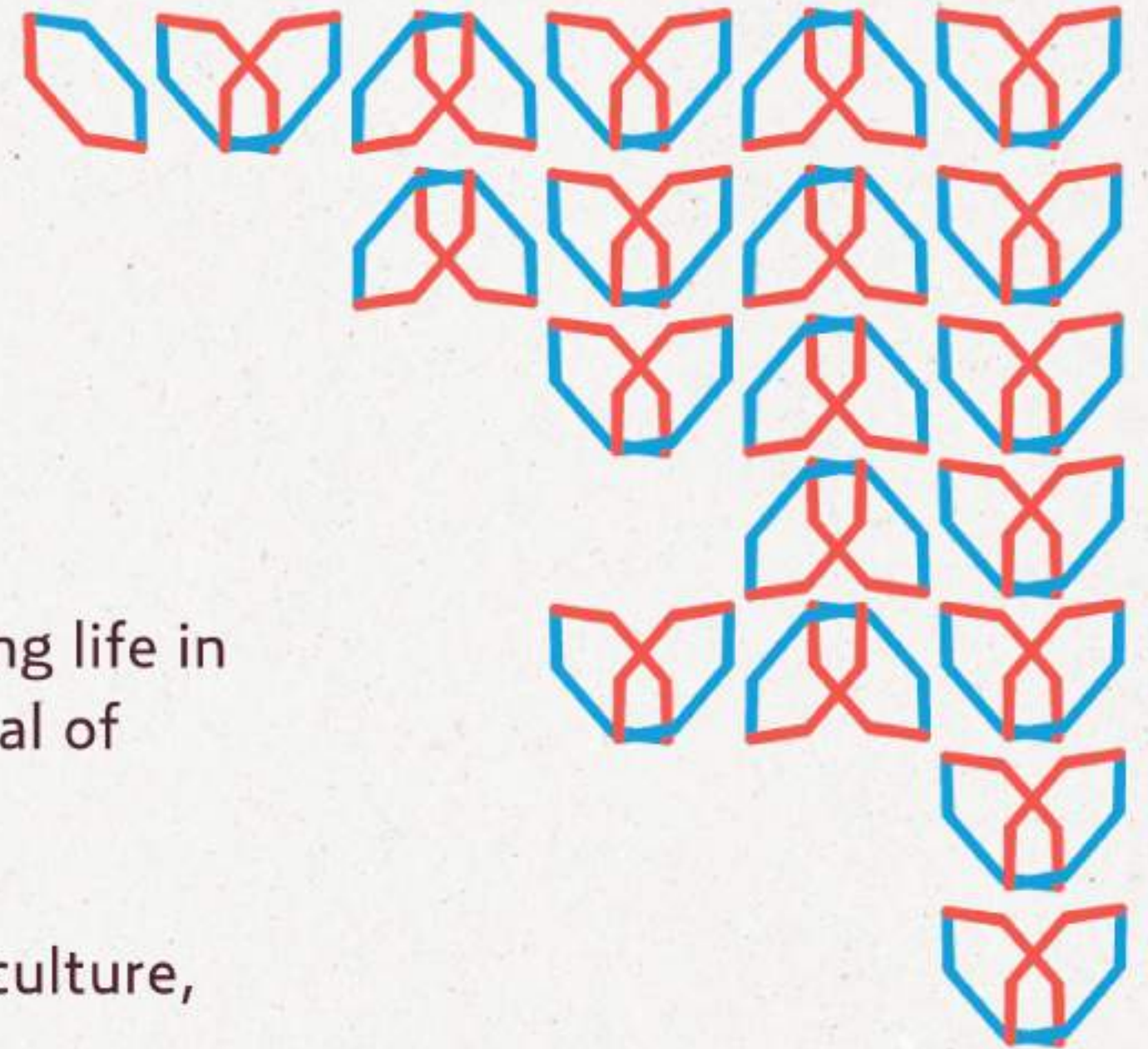
You will have the chance to attend an online course through the E+ platform and group course with a mother tongue teacher

LIFE IN MILAN AND ITALY

The ESC experience comes altogether with a new and exciting life in Milan, Italy's most multicultural and diverse city, both capital of fashion and business.

You will be able to explore the city and get to know its art, culture, social life and, of course, Italian's delicious cuisine.

Also, Milan is well connected to the rest of the Italy through flights, trains, busses, etc. and you will have the possibility to travel and discover the rest of the country.





03

**ESC WITH BIR
IN A NUTSHELL**

WHEN

From JUNE 2023 to JUNE 2024

WHERE

in Milan (Italy), hosted by Associazione BIR

WHO

All European citizens aged between 18 and 30 (with exceptions)

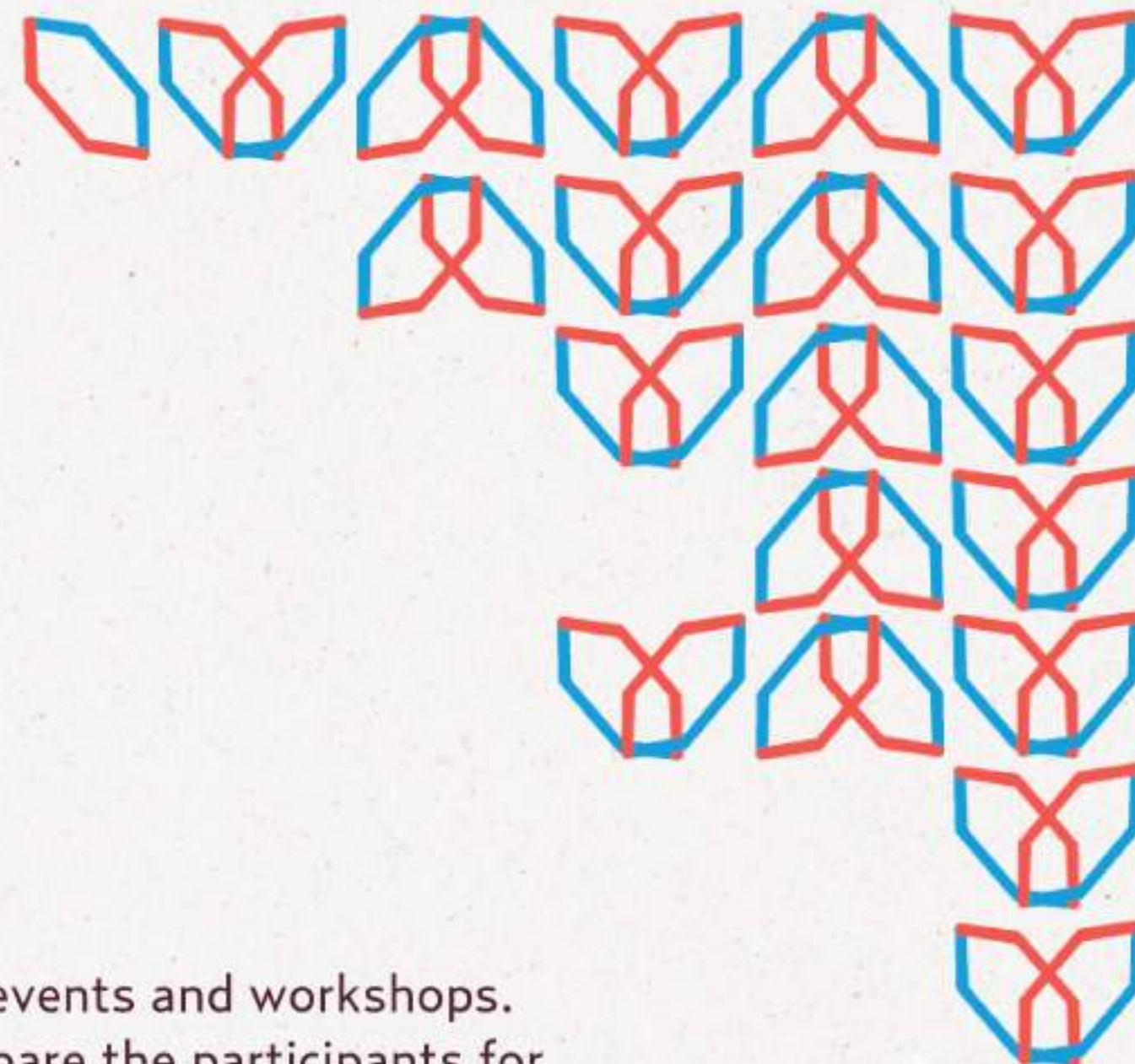
WHAT TO EXPECT

The participants will learn about BIR and its activities, by taking part to events and workshops. The project will start with a language course and specific training, to prepare the participants for their activities on the field.

Every participant will follow his/her specific path based on his/her personal and professional goals.

A young and multicultural environment will welcome all ESC participants.

BIR will pair all the ESC participants with a Mentor/Tutor to provide support and help him/her to easily adapt into his/her new environment.



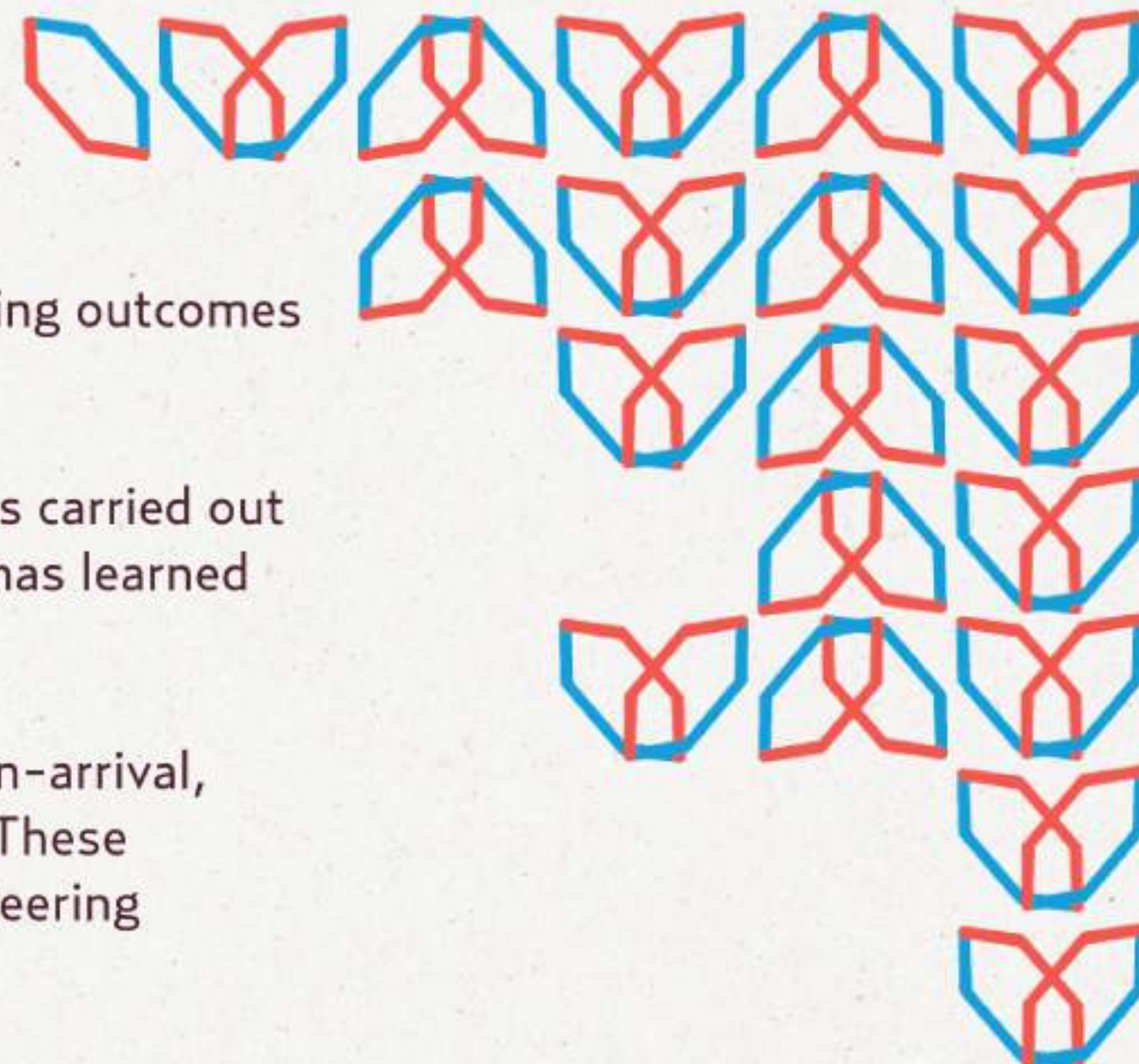
HOW WILL MY ESC PROJECT BE RECOGNIZED?

Youthpass is the instrument to recognise non-formal and informal learning outcomes gained through Volunteering Project.

The Youthpass Certificate confirms and recognises that the volunteer has carried out a service as a volunteer abroad. It also acknowledges that the volunteer has learned and developed during the voluntary service.

Moreover, volunteers will receive four training courses (pre-departure, on-arrival, mid-term evaluation and final evaluation) during their voluntary period. These training courses are in place to prepare, support, and evaluate the volunteering experience.

More details about Youthpass here: <https://www.youthpass.eu/en/>



TO KNOW MORE

VISIT OUR WEBSITE

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