

T4HL2
Team For Healthy Life

ESC TEAM COOPERATIVA ONE

Crotone, Italy



Joint



Co-funded by the
Erasmus+ Programme
of the European Union



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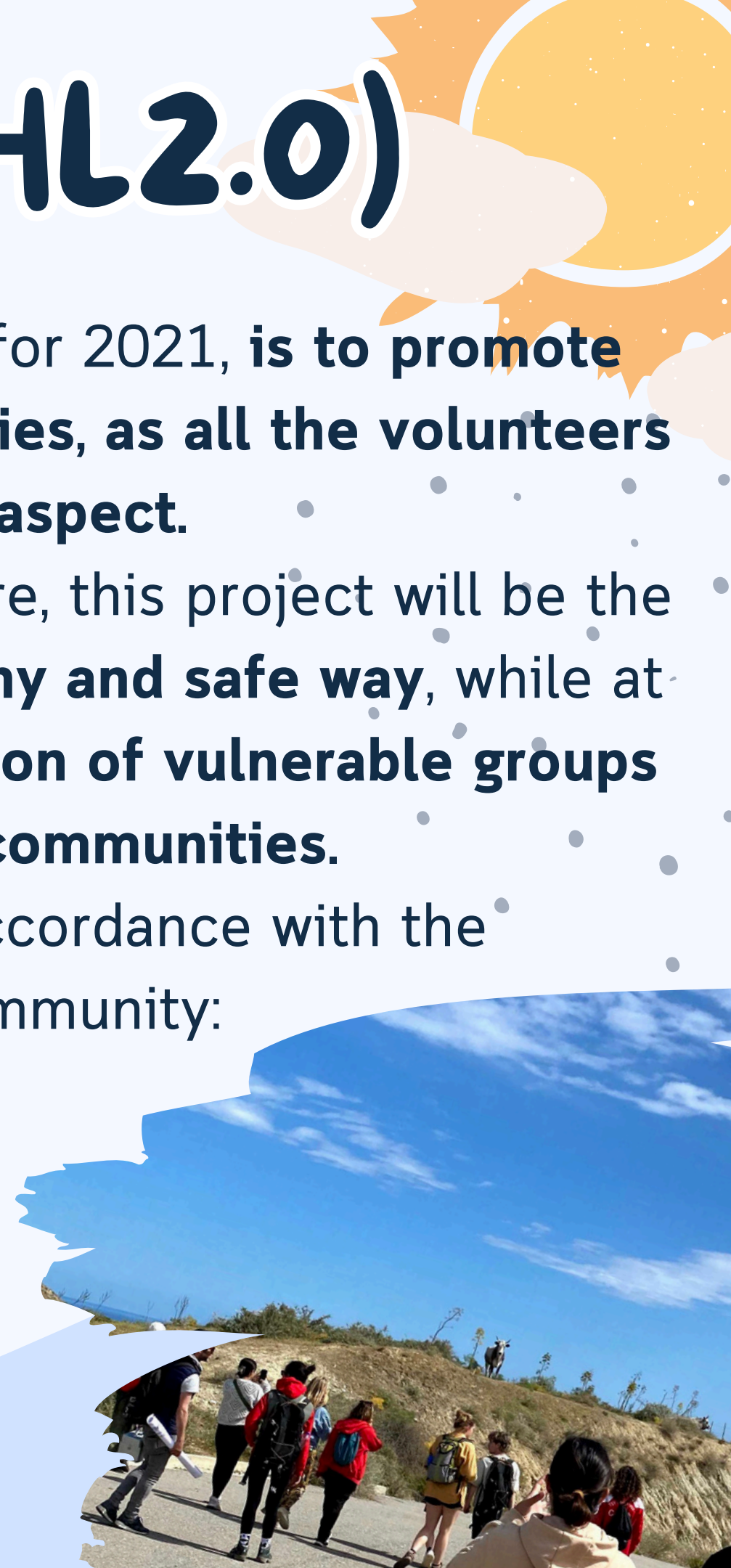
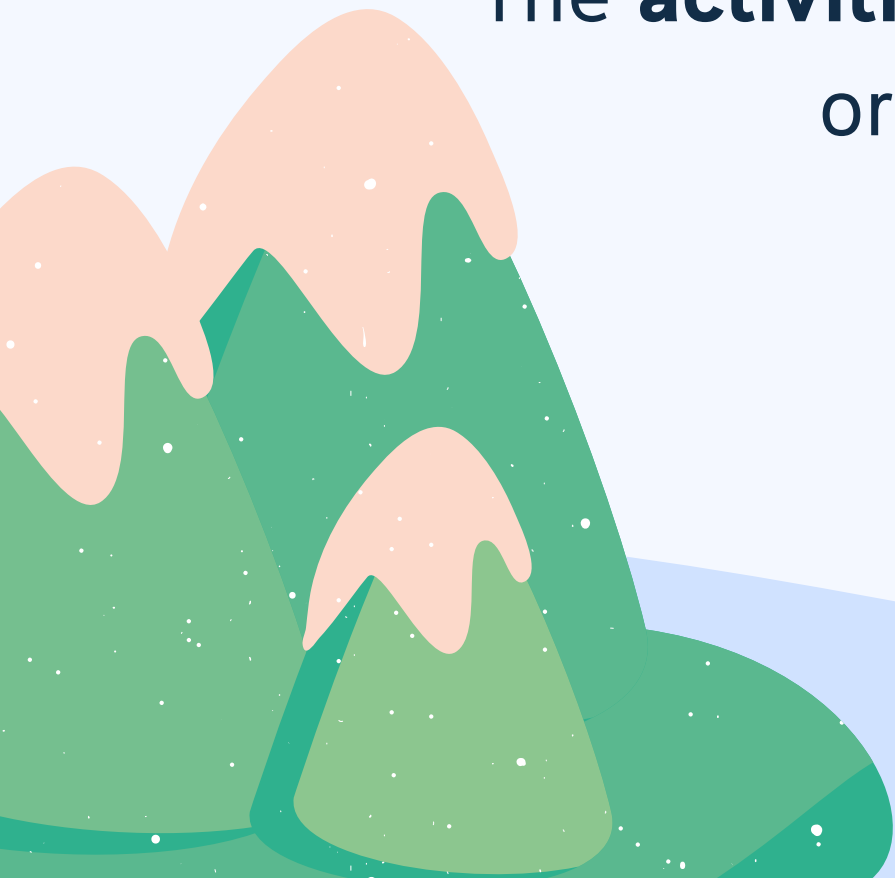
Team For Healthy Life (T4HL2.0)

The general aim of the project, in accordance with the priorities set for 2021, is to **promote well-being and a healthy lifestyle for volunteers and local communities, as all the volunteers will carry out activities specifically addressing this aspect.**

Given the impact that COVID-19 had on youngsters in Europe, therefore, this project will be the chance for young people to reclaim space for **socialization in a healthy and safe way**, while at the same time engaging in volunteering activities fostering the **inclusion of vulnerable groups and a public discussion on health and wellbeing in their communities.**

The **activities** of the project, include these specific topics, in accordance with the organization's expertise and the needs of the local community:

- nature and outdoor life;
- mental health;
- preventive healthcare/health promotion;
- conscious nutrition.





Associazione di Promozione Sociale Joint

Associazione Joint is an association of social promotion from Milan, active since 2003, that offers international mobility and non-formal education opportunities to young people.

We specialize in projects related to non-formal education and intercultural learning mostly addressed to young people between 18 and 30 years old, trying to include participants with fewer opportunities.

Our main activities are related to Erasmus+: Youth Programme, financed by the European Commission whose objective is to promote education through low costs international mobility projects and to improve the skills of young people, organizations, and youth workers. In particular, we promote activities related to Erasmus+ Programme, such as: European Solidarity Corps (ESC), International Exchanges, Training Courses, Capacity Building and Strategic Partnerships, etc



Joint

Associazione Joint

Milan, Italy.



You can also check out
information here:

<https://associazionejoint.org/>

<https://youthforeurope.eu>



Who we are?



One is a non-profit social cooperative based in Crotone. It was born after the positive **experience** made with the association Friends of German and the collaboration started in various sectors, especially in the **linguistic** and **cultural exchanges**. We operate in a territory in a process of development and where there is **64% youth unemployment**. Hence the desire to invest in the world of languages and cultural exchanges, to allow young people to have an extra **chance** to enter tomorrow in the world of work.

onecooperativasociale 

Cooperativa One 



Basic project info

WHEN? 30/09/2024 - 30/11/2024

WHO? 18 volunteers (residents of Italy and EU countries);
aged 18-30; previous short/long term ESC participants can also apply.

POCKET MONEY AND TRAVEL: the volunteers will receive an amount of
17€ per day to cover personal expenses and travel costs.

ACCOMMODATION: double or triple room in
Ostello Casa di Chiara with an inner bathroom

MEALS: will be prepared by the volunteers
and shared with the group during the activities



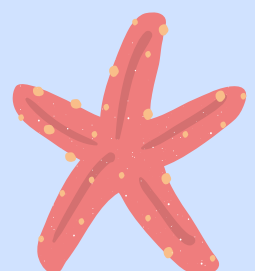
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Project activities

Volunteers will carry out activities **5 days** a week, it is possible to have activities during the weekend, but in that case the free days will be moved to the following week. In the first **7 days** of the project you will have on arrival training when you will learn more about the rules, volunteers, and tasks.

**Activities in a farm
and learn how to cook
with local products**

**Maintenance, management and
gardening activities in Ostello
Casa di Chiara**

**Activities with
migrants**

**Volleyball and
football**

Mindfulness

**Comics
workshop**

**Other sport and social
activities**

**Pastry and cocktail
workshop**



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The ideal volunteer

- aged 18 to 30;
- must be a resident or citizen of an EU country;
- motivated and eager to learn;
- ready to share the spaces and food with the team;
- adaptable and open-minded;
- able to work in a team;
- respectful of common rules;
- if possible some knowledge of video editing.



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Health Insurance



As a European national temporary residing in another EU country (plus Iceland, Liechtenstein, Norway and Switzerland), you're most likely entitled to a European Health Insurance Card that gives you access to medically necessary, state-provided health care under the same conditions and at the same cost (free in some countries) as people insured in that country.

! It's important that you request your EHIC card in your home country before you leave for your mobility since your EHIC card may allow for direct payment in some countries (meaning you won't have to advance your medical bills).

As a European Solidarity Corps participant, you will be also covered by a Hernner and Non-Medical Insurance Plan that is free of charge to you.



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**For more information, please,
contact us via mail with the subject**

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apply.esc@associazionejoint.org



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