

# Welcome to EUFEMIA

INFO PACK FOR EUROPEAN SOLIDARITY  
CORPS VOLUNTEERING

**TURIN,  
PIEDMONT ITALY**

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# ABOUT US: meet the fam!

Eufemia is an NGO working in the **youth field** at different and various levels: local, international, public centers, schools, with families and municipalities. We are hosting and sending EVS/ESC volunteers since 2012.

Eufemia's **volunteers play a supporting role in the activities** of the organization. We encourage them to use their creativity and previous experiences and to create activities, modules and projects to be run together.

***“Be patient, be ready to discover!***

*Sometimes it will be hard, be open to find solutions, bring your smile, ideas and competences. We will share this experience & learn from each other!”*

**Giulia, President**



Throughout the ESC you will have a **TUTOR** – the wonderful, **kind-hearted Margherita**, who will work with you often and will be responsible for the implementation of the activities.



# TUTOR

This figure varies depending on the type of project the volunteers are involved in, and it is the person or people who follow and **support the volunteers' daily work**. The tutor trains, explains, and guides the volunteers in their daily activities. They are **the person to whom practical support** can be requested, such as asking for vacation days, permissions, etc.

# MENTOR

An important figure in the program, who provides **emotional, social, and relational support** for the volunteers by organizing both individual and group meetings and activities to assist in each volunteer's growth journey. She help and offer advice on how to overcome challenges and difficulties with their mentors and in their activities.



# ACTIVITIES

During the project volunteers will engage in a variety of ways and activities:

## MARKET COLLECTION

Contrast food waste by **collecting unsold goods/food at the street markets or bakeries**. It is intended to be a helpful project for families in need, without being a charity service. You as a volunteer will help collecting and together we share everything with people from the community with fewer opportunities.



## COOKING LABS

The fantastic **FOOD team** is in charge of these cooking workshops for people in complicated situations in diverse locations in Torino. Besides learning new italian (and non-italian) delicious recipies you'll be fighting food waste.



# ENGLISH MEET-UP

In 2018 our EVS volunteers started **Language Club** where participants can enjoy one hour and a half of speaking in a different language. Both in SpAzi Reali and in **Comala**, we use non formal methodology, games or discussions to create an easy join atmosphere.



# COMMUNITY EVENTS

We are constantly organizing **different events** related to food, social issues or to our own projects. These events are happening **in many locations around the city**, sometimes in collaboration with local or international partners. There is always great food, prepared by the FOOD Team.



# ERASMUS+ PROJECTS

A big part of Eufemia is the international **Youth Work** **founded by European Union**. There are several groups of **Youth Exchanges and Trainings** **coordinated** by our team, and you'll be able to support them!



# SCHOOL ACTIVITIES

You can participate in activities where we bring "non formal" to formal: from the preparation of activities to actually being in an Italian class! We work in a school in Barriera di Milano during the whole year and travel around the region to bring our workshops to other schools.



# OFFICE

Our office is located in **C.so Francesco Ferrucci,67**.

It's located in the former **Caserma La Marmora**, a structure from the second half of the 19th century that has been recovered and now is hosting Eufemia and also other cultural organizations like **Comala, Border Radio, TILT, PERCStudio and Cit Turin**. Since it is a public space and lots of things happen in there every week, it's always full of people, mostly students, joining the activities or having coffee (but Spritz is more popular).





# ACCOMODATION

## CORSO MONTE NERO, 12

The **Monte Nero apartment** is a shared house, which means that you share all the common areas and each room will be shared by two volunteers.

The location is convenient: **2 minutes from a tram/bus stop, bike share station, various supermarkets, open market, bars and restaurants.** It's easy to get to the **city centre – by tram** you're there within **15 minutes.**

The apartment has three bedrooms, two bathrooms, a living room, a large kitchen, a long hall, four balconies and a yard where we can safely store our bikes! In addition, the apartment is equipped with all necessary appliances such as fridge, freezer, oven, electric kettle, washing machine, vacuum cleaner, etc.

Plus we have a projector so we can watch movies together and feel like in a cinema :)

Respecting each others space

makes co-living nicer and much more interesting

**"Your freedom ends where my freedom begins"**

– M.L. King.

Be polite to the neighbors: they are nice guys.

Remember: sharing is caring (We love to have a dinner together)

# SPACES



**Kitchen**

Our favorite place to spend evenings together!



**Leaving room**



**Bathroom 1**

# THREE BEDROOMS



# WHAT IS WAITING FOR YOU?

- Cultural discovers & Self-development
- Other co-volunteers :)
- Italian language lessons
- Intercultural events, new friendships, networking
- Non formal education methodologies
- Language Clubs & Tandem
- Supporting Eufemia's local projects
- Space to develop a personal project
- European opportunities promotion
- Data entry & management / back office activities
- Youth Pass

**Also, throughout your ESC activities you will get the opportunity to develop and improve:**

- Language and digital skills
- Teamwork and networking
- Empathy and active listening
- Effective communication
- Youth work and youth policies
- Developing activities for supporting people facing difficult situations
- Sense of initiative and creativity

# STEPS IN TURIN

In the first months of your ESC project, a significant attention will be put on your inclusion. Therefore, Italian language lessons will be provided for you and you will attend in back office activities. Later on, you will be more engaged in the regular activities to become **more confident and autonomous**.

You will also start planning your personal project!

Also, a great attention will be dedicated to the capacity to “walk and work independently”. You will be working in a team, so **you’ll never be alone, but you will have some responsibilities**, to challenge yourself and learn how to self manage little tasks. Some projects will require you to actively contribute with your ideas and creativity, so don’t be shy and don’t be afraid to give a fresh and critical look on what you see!



# HOLIDAYS AND WORKING HOURS

Volunteers week is usually **from Monday to Friday or Tuesday to Saturday** depending on your activities, with a **range from 30 to 38 work weekly hours.**

Flexibility is requested as some events might be on free days, but you'll get them back.

**Each week has 2 free days**

**Every month** you can collect **2 free days that you can use as you want.**

You can collect them and enjoy all together, **but always share and discuss your plans with the tutor and coordinator to better organize activities,** at least two weeks before.

Normally, the summer period is the common time for holidays such as other national/bank holidays in the country.

# EVENTS CALENDAR 2024/2025

## **ARTISSIMA 1-2-3 November**

The Turin event for the contemporary art.

## **NITTO ATP FINALS TORINO 2024 from 10 to 17 November**

One of the most important tennis tournament at the Pala Alpitour.

## **TORINO FILM FESTIVAL from 22 to 30 November**

A week rich of movies.

## **IL NATALE ILLUMINA TORINO from November January**

Christmas markets, ice skating rink and "Luci d'Artista" 27 sparkling works and installation.

Don't miss the New Year's Eve free concert in Piazza Castello.

## **CIOCCOLATO' from 13 to 16 February**

All in Piazza San Carlo to celebrate the made in Italy chocolate.

## **TORINO JAZZ FESTIVAL**

Is a jazz music festival held every spring in Turin, created to enhance the city's jazz tradition

## **FESTA DI SAN GIOVANNI June 24th**

City patron saint's day. There are concerts and shows in the main squares, the famous Falò and the show on the Po

## **KAPPA FUTURE FESTIVAL 4-5-6 July**

The electronic music festival, sponsored by European Commission held every year at Parco Dora and attracting over 50,000 young people from all over Italy and abroad



# MORE INFO AND TIPS



## HOW TO GET TO TURIN?

- **Torino Caselle Airport:** by bus to Porta Susa – fare 7.5€ – Sadem bus line
- By **train to Dora GTT** – fare 3€ – GTT
- **Milano Bergamo Airport:** by shuttle bus to Vittorio Emanuele – fare around 15€ – Flixbus.
- **Milano Malpensa Airport:** by shuttle bus to Porta Susa – fare 22€ – Arriva

The **BUDGET FOR THE ROUD TRIP** is dependent of the distance between your home and Turin.

You can easily calculate the budget with this tool:

**[HTTPS://ERASMUS-PLUS.EC.EUROPA.EU/RESOURCES-AND-TOOLS/DISTANCE-CALCULATOR](https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator)**



## WHAT WILL BE PROVIDED?

- In the house there will be **shared bikes** that you can use for visit the city.
- you will be provided by **extra money for a monthly, public transport ticket** (25€ for under 25 y.o.) for all the public transports (metro, tram, bus in the metropolitan area).

## FOOD AND POCKET MONEY

- 6€ per day as food allowance, 6€ per day as pocket money (individual support).

## HEALTH INSURANCE

- You will be insured by the **Henner Insurance Plan** and receive their personal membership card.
- Check: Medical plan, Benefits overview, Insurance card, European health



## TAKE IT SERIOUSLY

- **Get a museum card** – If you are under 26, you can get it for 32€/1 year. Over 26 it is 52€. This card will give you access to all the museums in Torino and to some in region of Piedmont.
- Don't waste your free time on buses. **WALK OR TAKE THE BIKE!**
- **Bring or buy your own** (non plastic) **bottle**, Torino has a lot of fountains, where you can refill it

## TAKE IT EASY

- Do **shopping in January and July**. Sales are insane.
- **KEEP CALM!** Always, no matter what, don't panic.
- **Enjoy Italian food but** be aware that it will affect your body. **Work out!**
- **In's** supermarket is one of the cheapest around, Conad is better quality but more expensive, also there is Lidl, Auchan, Ekom, Pam & Carrefour easy reachable by bike.



# ABOUT FOOD

Some of the place that the turin citizens love for aperitivo, lunch/ dinner or a simply coffee with friends

- **LE PANCHE**

Place loved by university students, cheapest spriz in the city

- **IMBARCHINO**

On the banks of the Pò in the heart of the Valentino park. Study rooms, kitchen and lots of fun during the weekend and beyond.

- **CIT MA BON**

Small but good, very good indeed.

Pizzeria close to the Gran Madre. Their strong point is farinata!

- **PIOLA DA CIANCI**

Classic Piedmontese piola located in the heart of the Roman quafrilatero. They don't take reservations, so you have to line up and wait, but it will be worth it.

# HOW TO APPLY

1

Open the ESC's website

2

Look for EUFEMIA

3

Fill out our APPLICATION FORM in English and don't forget to add your CV :)

4

We will contact candidates that we will find suitable  
Interviews will take place via video calls

5

Got some questions?  
For more information don't hesitate to contact us: YOUTH@EUFEMIA.EU

# See you in EUFEMIA!

**TURIN**



[associazione.eufemia](https://www.associazione.eufemia.it)



[youth@eufemia.eu](mailto:youth@eufemia.eu)



[Associazione Eufemia](https://www.associazione.eufemia.it)