

Infopack for you!

Civica di Trento

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.

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Hosting organisation: Civica di Trento (<http://www.civicatnapsp.it/>)

Some words about Trento

Trento is the capital city of the autonomous province of Trentino Alto-Adige, situated in the Adige river valley in North Italy. The city has a population of around 120.000 inhabitants excluding the periphery layouts and is a major educational, scientific and political centre with sheltering the University of Trento which is ranked among the best universities in Italy and in Europe. Having the advantage of being a university city, Trento enjoys a number of student oriented cultural activities also at an international level.

Trento is well-connected to the neighbouring cities through railway, among others, Verona in about one hour, Bolzano in 40minutes and Vicenza in 1,5hours. Within easy commute, also, is located the Caldonazzo Lake and the famous Garda Lake which can be reached in about 1,5hours from Trento. The city has a picturesque Medieval and Renaissance historic centre, with typical ancient buildings and touristic attraction points such as the Trento Cathedral and the Castello del Buonconsiglio.



Some words about CIVICA

Civica di Trento is a public body dealing within an integrated system at a regional and national level aiming at protecting the health and promoting life quality for the people assisted. You will be involved in the activities of one of the 2 nursing homes managed by CIVICA:

a) "Angeli Custodi": composed by 3 sector; in total the building hosts 108 people on 3 floors. On the ground level there is the entrance, the medical rooms, the gym for physiotherapy, service for the person, and the workers' offices. Within the building there is a small Catholic place to pray. Floors 1, 2, and 3 have a room for nurses, a small kitchen, bathrooms outside the bedrooms, special bathroom, and some common spaces for guests and family members. As to the laundry, clothes are taken care of in the lower level.

b) Stella del Mattino": it has 3 sectors divided on 3 floors, and it can host up to 70 people. On the ground level there are 12 rooms for guests, a kitchen, a living room with TV and a dining room. The first floor hosts only bedrooms for guests. There are 5 single bedrooms for bed-placements, for those who stay for a shorter period of time. The second and last floor has bedrooms for guests, medical room, workers' offices, gym for physiotherapy, service for the person (only in specific days).

Proposed activities

Volunteers will collaborate with the staff of nursing homes mainly with recreational and entertainment activities planned for the elderly. In particular volunteers will be involved in the following activities:

- a. leisure activities indoor organization of parties, reading the newspaper together, play music, handicraft activities, bingo, cooking session, painting session, dance class, gardening etc.
- b. leisure activities outdoor: small walks around in downtown, small trips, etc.
- c. assistance and care of the guests under the supervision of qualified workers such as accompanying persons with walking restrictions and distributing meals
- d. **complementary activities necessary for the accomplishment of the assistance to elders such as purchase of food and medicines for guests, other little commissions.**

Moreover, volunteers will have the opportunity to be involved in parallel activities together with other volunteers hosted in other receiving organizations coordinated by InCo. The topic of the parallel activities will change according to the project. (Making games, organising events, exhibitions, etc.)



Food and accommodation

You will get free accommodation for the whole duration of your voluntary service. You will share a private apartment with other EVS volunteer, in Gardolo (total of 4 volunteers). The apartment is situated at the last floor of the nursing home Stella del Mattino, but it is totally separated from the elderlies. It is composed of two separate bedrooms (it means that you will share the room with an other volunteer), a fully equipped kitchen and one bathroom.

Volunteers will receive food allowance for each month, paid by InCo. So they will be able to cook/prepare their breakfasts, lunch and dinners in the apartment.

Useful links

Here you can find the website of Civica:

<http://www.civicatnapsp.it/>

Here you can find the website of InCo, the coordinating organisation: <http://www.incoweb.org/eng>

If you would like to know more about the EVS experience, check out the blog of the volunteers:

<http://www.incoweb.org/eng/Volunteers-say>