Infopack for you!

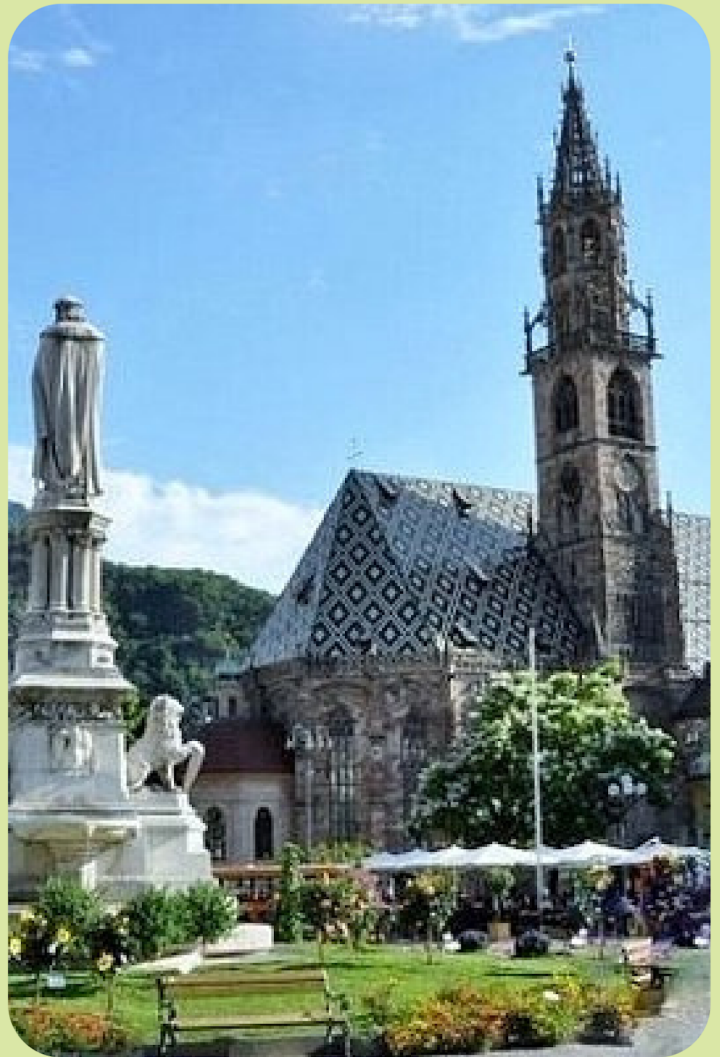# Azienda Servizi Sociali di Bolzano

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

Hosting organization: Azienda Servizi Sociali di Bolzano

Some words about Bolzano. Bolzano-Bozen is an autonomous province situated in North Italy with having its borders to Austria and Switzerland. Together with Trento, it makes up the region of Trentino Alto Adige/Südtirol one of the five autonomous regions in Italy. Bolzano happens to be a unique example of cohabitation with hosting Austro-Hungarian origined inhabitants as majority of its population who speak an Austro-Bavarian dialect of German, about a quarter of the province is Italian-speaking and a small minority speaks Ladin as mother tongue, while both Italian and German are the official languages of Bolzano-Bozen.

As a result of sheltering a multilingual and multicultural population, Bolzano happens to be one of the most important examples of 'coexistence atmosphere' in the territory of Italy. The province in total has more than 500.000 inhabitants and hosts the Free University of Bozen which makes it easier to find free time activities compared to the rest of the smaller Italian cities. Bolzano is also blessed with the luck of being situated among the Alps and the Dolomites which were declared as world heritage by UNESCO in 2009. The town of Bolzano is in easy commute to Trento, where InCo is :-), in about 40 minutes by train and in about 1,5 hours to Innsbruck, Austria.

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:

1 support of the educators in the activities of assistance, care and rehabilitation.

2 organizing recreational activities,

3 talking and reading with the residents.

4 participating excursions of one or more days,

5 making purchases (e.g. food, medicine for the guests),

6 accompanying the elderly with walking difficulties,

7 participating in evaluation meetings

8 planning certain matters with the educators and social workers etc.

*Bear in mind that you will work with elderly people and that they may not be as autonomous as you could imagine. Indeed, some of them have Alzheimer or other illnesses.

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.).

More Information

▶ The volunteer will receive a monthly amount of money to sustain food expenses.
You will get free accommodation for the whole duration of your voluntary service.

▶ You will live in a single or double room with shared bathroom, laundry facilities and a fully equipped kitchen with cooking facilities.

You will share the apartment with other volunteers, NEVER WITH THE ELDERLY.

▶ The room is in the last floor of the nursing home "Villa Serena", totally separated from the floors where elderlies are hosted, situated really close to the city center and the Talvera river.

▶ During working days, you will eat your lunch in the canteen of the elderly home/handicapped centre where you work together with the staff.

▶ The other meals and during the weekends (or free days if you decide to stay in Bolzano), you have the possibility to eat in the canteen of the nursing home where you live.
In any case you will receive a food allowance to cover the expenses linked to meal for dinner, holidays and weekend.

Places you need to visit

Puez-Geisler Nature Park
How to get there:
You can take the train REG 20724 towards Brennero from Bolzano to Waidbruck
- Lajen, there you should take the bus 350 towards Plan, and
get off in Wolkenstein, Ciampinoi.
And there you are!

Il Salto/ Salten
This hiking and excursion destination is very popular for its gorgeous wide larch
meadows, in autumn a true spectacle of colours.

Lago di Gais - Baggalocke
Gais, is a small village near Brunico, in Kronplatz, right on its outskirts there is a
natural lake called: "Baggalocke". The lake is popular with
families and children and can be reached via a very comfortable cycle path.
How to get there: Take a train in Bolzano's station towards Candido and get off
in Bruneck, there hop on the bus 450 towards Casere to Gais, Dorf.

Cable Car Renon
Opened on May 23, 2009, offering a whole bunch of fantastic advantages for
vacationers and local commuters alike: a generous schedule,
short travel time and easy access. It's a true gem. It only takes 12 minutes for
the gondolas to move from Bozen/Bolzano to Oberbozen/Soprabolzano - they
depart every 4 minutes, so there's practically no waiting time.
One-way ticket cable car: € 6
Return ticket cable car: € 10

Piazza Walther
It's the main square in Bolzano, and you will pass from here if you are visiting
the city. From this square you have good views on Bolzano
Cathedral, the Alps and Walther von der Vogelweide's monument.

How to learn Italian Online

▶▷ **Learn Italian Words Free (Best for free Vocab)**
This App is exactly what it sounds like. If you are looking to learn vocabulary for the cost of niente, (nothing) this is your app. It is very easy to use

▶▷ **Busuu (Best for Beginners)**
Lessons use flashcard methods for vocabulary, matching word exercises, and listening to dialogues by natives.

▶▷ **Memrise (Best for Gamers)**
Players will fight off an Alien by using correct Italian vocabulary. There is definitely useful vocabulary used on this app!

▶▷ **Italki (Best for Oral Practice)**
Probably the most popular app to learn languages, depending on your language what it teaches can be more or less useful.

▶▷ **Duolingo**
Probably the most popular app to learn languages, depending on your language what it teaches can be more or less useful.

Photos & Activities

"Nonni Spritz" Project

Activities with tempera colors

The building

Drawing portraying the staff