

LTV in Can Pipirimosca: Improvement of sustainable lifestyle and local development

ABOUT CATALONIA



Catalonia is a land of more than **two thousand years of history, tradition and culture**. A land with beautiful scenery, rich cultural heritage and open-minded, enterprising people. A land of nature and sports, of gastronomy and entertainment. It has always been hospitable and open to the outside world, thanks to its long tradition of international trade. Catalan culture is then both **national and cosmopolitan**, generally belonging to the Mediterranean tradition, but different from most other places of the Iberian peninsula in several aspects, starting from its language, **Catalan** (spoken by around 14 million people) or its **traditional folk culture**. With over seven million inhabitants and an area of almost 32 thousand km², Catalonia basks in a privileged, temperate, Mediterranean climate all year round. Moreover, it offers visitors a tremendous range of opportunities to enjoy culture and history, with several architectural and artistic treasures, sites and monuments, and with its unique **seaside** (like Costa Brava), **mountains** (like Pyrenees or Montserrat), or **cities** (like Barcelona or Girona).

The project is just outside of Valls, a small town near Tarragona (100km far from Barcelona, 1'30h by train).



THE LTV PROJECT

Project description: This is an LTV project. ADELA is an association born in 2005 in an organic farm in Valls (named Can Pipirimosca), with the aim of promoting a sustainable lifestyle respecting the environment. The project will allow the international volunteer to join with other short term volunteers (Wwoofers and local people) and long term volunteers (EVS project) and share daily life on the organic farm Can Pipirimosca. Starting from his/her own experience and the training that he/she will receive, he/she will give support to the members of the association in the tasks of coordination the different activities and the meetings with the volunteers.



Tasks description: Daily activities related to organic agriculture, sustainability and recycling; the association occasionally organizes meetings and seminars at weekends and also offers the space to other organizations or NGOs to develop their own activities. The objective is to promote values such as respect for the environment, sustainability, cooperation, self sufficiency, community responsibility, and to teach people different skills related to art, music, ecology, alternative energy, peace culture, etc. The LTV volunteer will also take part in weekend activities and is free to suggest new projects, to organize activities or to contribute with his/her own experience. All these experiences will provide the volunteer with a multicultural approach to a sustainable and alternative way of life that goes on daily in Can Pipirimosca. The volunteer will receive support in Spanish learning or attend Catalan language exchanges with locals in town. He/she will also have the opportunity to practice Spanish or



Catalan with the local volunteers.

Requirements: We look for volunteers interested in environment and nature that are motivated for life in countryside. **Life conditions are very basic, and even more in winter...be prepared!**

Accommodation and Food: The volunteer will be accommodated in Can Pipirimosca house and will participate to the common life of the community. He/she will have a single room in

the ecological farm. **Toilets and showers are next to the house but outside in the garden.** People living in Can Pipirimosca will cook together their meals with the food from the ecological farm in a **fire cooker.** Everything is **vegetarian.** They'll also learn how to make their own bread and cakes.



Pocket money: 35 € per month. Almost everything is included, the volunteer will be offered resources and support for transport and any other extra need.

Insurance: the volunteer should have his/her own private insurance or ask to the Sending Organization for the SCI insurance

Fees: None

Visa: Visa costs, if any, will be covered by the volunteer.

VOLUNTEER PROFILE

- Willing to have a co-existence experience and community life in the nature
- Motivation to carry out a voluntary task, collaborating and giving as much as possible
- Positive, open and respectful attitude
- Willing to get involved in the organisation and its project

HOW TO GET TO VALLS

From the Airport: take the train to **Barcelona Sants Estació.** There, take a train to **Sant Vicenç de Calders.** Then, take another train to **Valls.**

<http://www.renfe.com/EN/viajeros/cercanias/barcelona/>

WHAT TO BRING

1. Comfortable Clothes to work and get dirty
2. Personal care items
3. Torch
4. Local seeds to share

CONTACT INFORMATION

Hosting organisation: SCI Catalunya, Barcelona, www.sci-cat.org

Hosting organisation contact: longterm@sci-cat.org

Hosting project: Adela - Mundo Alternativo - Can Pipirimosca

**Volunteers should contact their Sending Organization and the SO should contact the HO.*