



# EUROPEAN SOLIDARITY CORPS

WITH KORA

ESC2021

Booklet of the project n.

2021-2-IT03-ESC51-VTJ-000044944



# European Solidarity Corps - ESC

The European Solidarity Corps is a programme funded by the European Commission that aims to promote solidarity as a value, mainly through volunteering, to enhance the engagement of young people and organisations in accessible and high-quality solidarity activities as a means to contribute to strengthening cohesion, solidarity, democracy, and citizenship in Europe, while also responding to societal challenges and strengthening communities, with a particular effort to promote social inclusion. It shall also contribute to European cooperation that is relevant to young people.

It also aims:

- to provide young people, with the support of participating organizations, with easily accessible opportunities for engagement in solidarity activities affecting positive societal change, while improving their skills and competencies for personal, educational, social, civic, cultural, and professional development, as well as facilitating their active citizenship, employability and transition into the labor market, including by supporting the mobility of young volunteers, trainees, and workers;
- to ensure that the solidarity activities that are offered to the European Solidarity Corps participants are of high quality, properly validated, and respect the principles of the European Solidarity Corps;
- to ensure that particular efforts are made to promote social inclusion and equal opportunities, in particular for the participation of young people with fewer opportunities through a range of special measures such as appropriate formats of solidarity activities and personalized support;
- to contribute to European cooperation relevant to young people and raising awareness of its positive impact.

For more details, the programme guide can be downloaded by clicking [here](#).

# Associazione Kora

The project was coordinated by Associazione Kora, an association founded in August 2015 to promote environmental, intercultural and social awareness through youth projects.

Kora coordinates Erasmus+ non formal education projects including training courses, youth exchanges and volunteering projects on different topics in Europe, South-East Asia and Latin America.

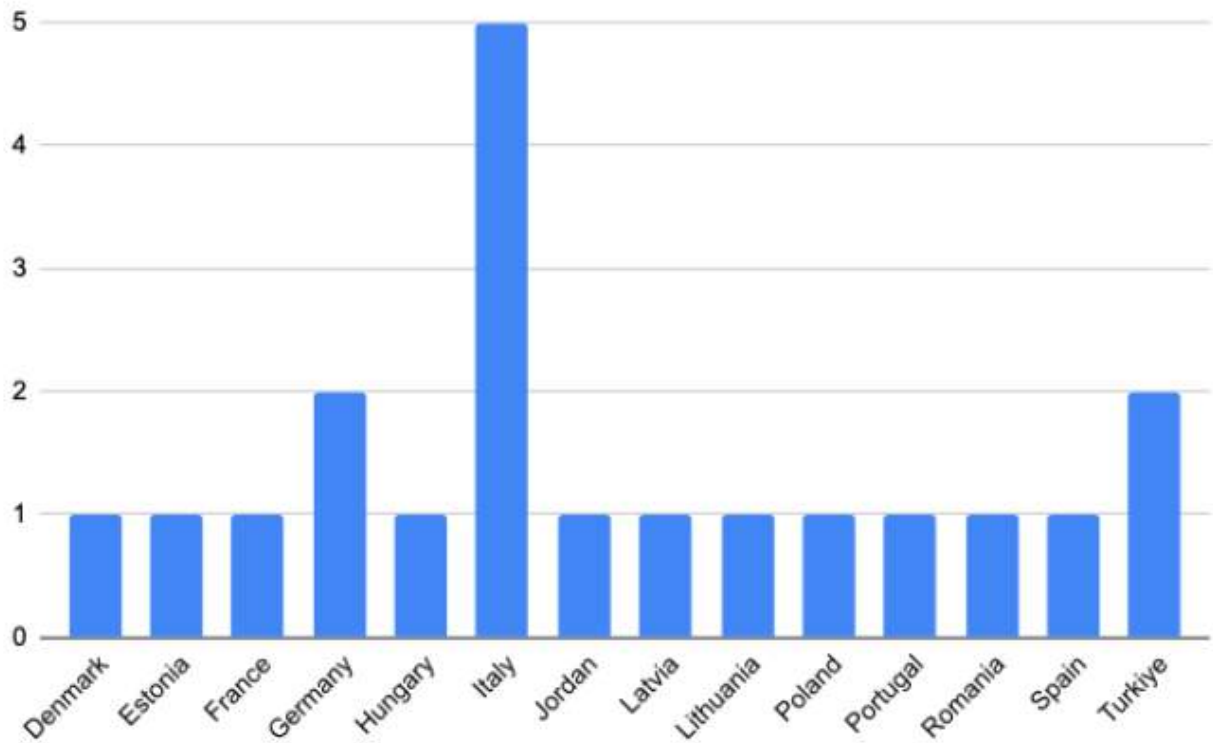
It is based on La Buona Terra school farm, the first educational farm in Italy, with over 30 years of experience in working with children, young people and adults of all ages. La Buona Terra produces organic olive oil, essential oils of various aromatic herbs, and offers environmental education for groups of all ages.



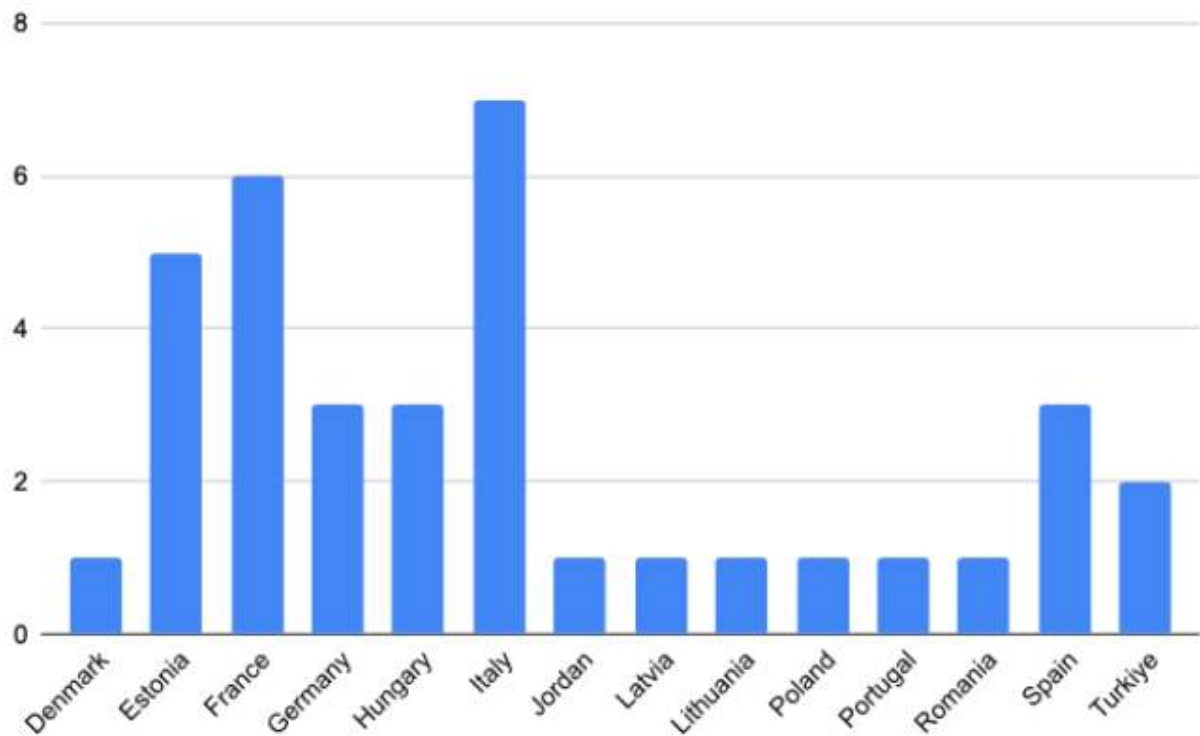
**EXPANDING HORIZONS, TOGETHER**

# PROJECT OVERVIEW

# 20 Partners



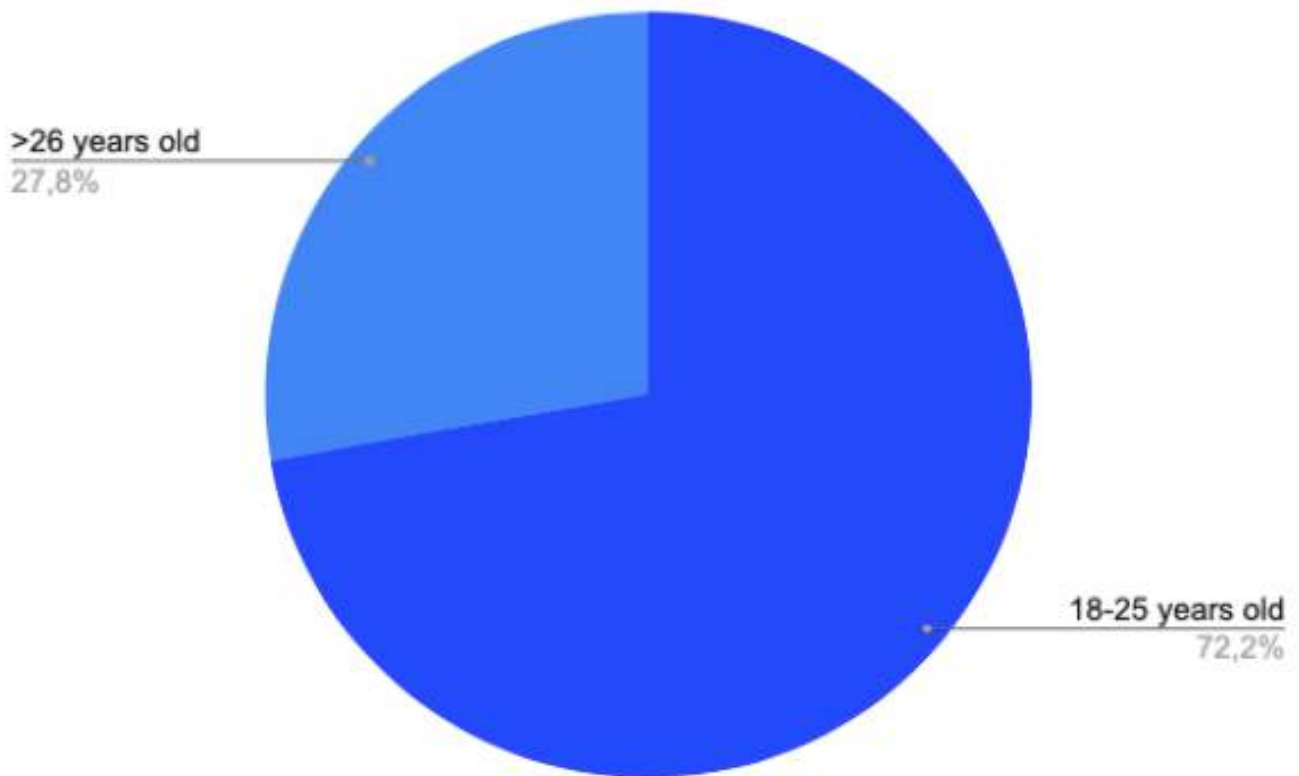
# 36 Volunteers



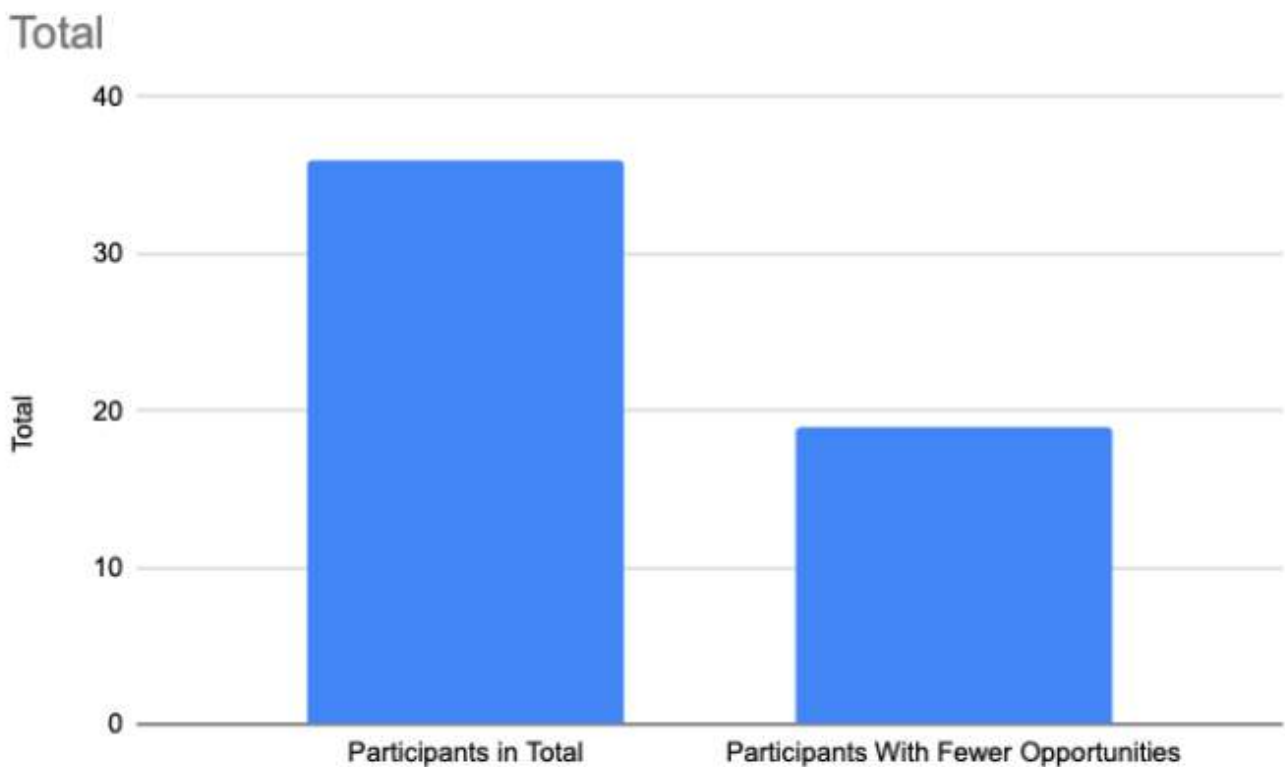
# From 14 countries



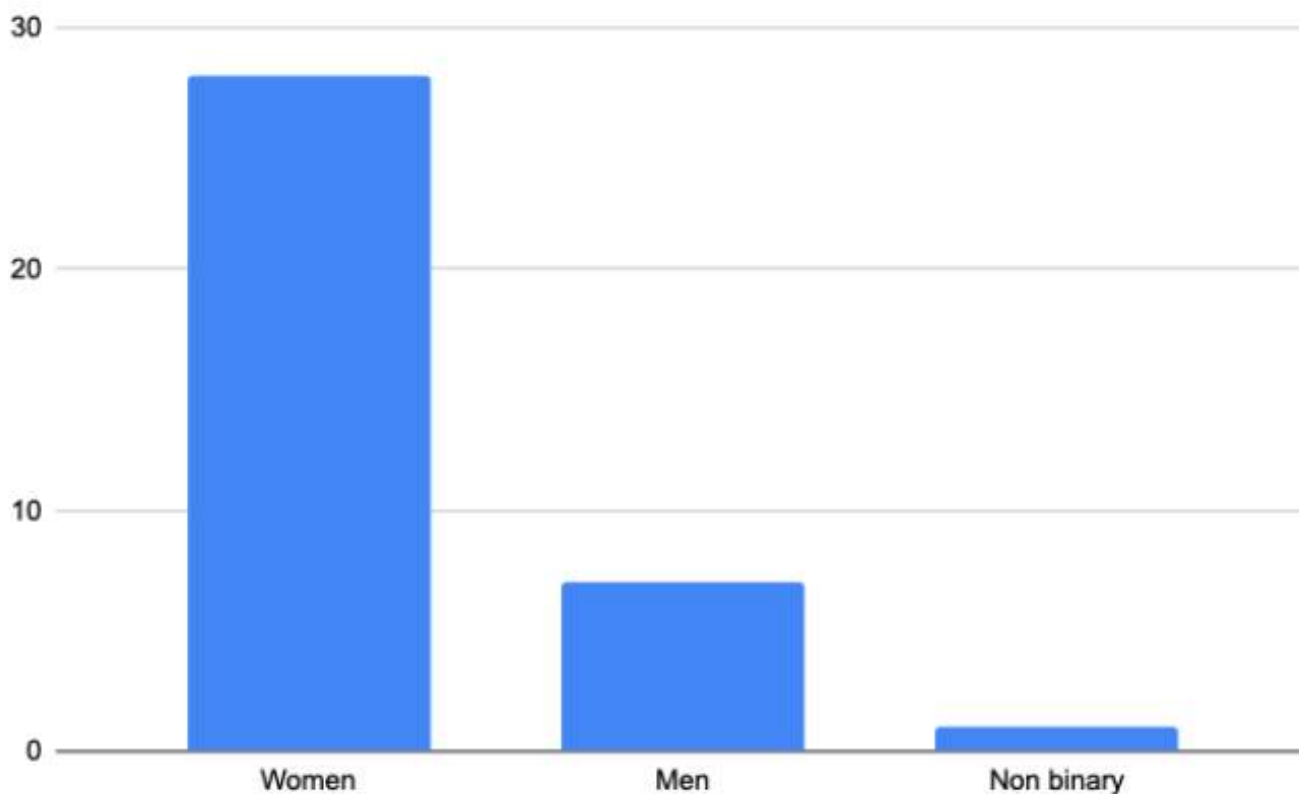
# 18-30 years old



# 19 with fewer opportunities



# The highest percentage were women





# Summary

Considering an average impact of 20 people per volunteer, in their country and abroad, it means this project has reached at least 720 persons in total!

This has been implemented through 9 different activities, that took place in 6 different contexts in Italy

Let's see them in detail.



# ASSOCIAZIONE KORA

Associazione Kora is an association that promotes environmental values, social inclusion and intercultural experiences to youth.

Kora coordinates Erasmus+ non formal education projects including training courses, youth exchanges and volunteering projects on different topics in Europe, South-East Asia, and Latin America.



It is based on La Buona Terra school farm, the first educational farm in Italy, with over 30 years of experience in working with children, young people and adults of all ages.



The volunteers supported the organisation with non-formal education activities for youth, outdoor farm tasks, communication, and administrative work.



# MEET MARINA ABIA

MARINA WAS PART OF THE KORA  
LONG TERM VOLUNTEER IN 2022



“After several years working in the audiovisual sector and some difficult years on a personal level, I decided that it was time to have a gap year in which I could dedicate time to myself. Here I feel that I'm back to being the Marina I was before, I'm meeting new people, living new experiences, and enjoying every minute.

Here the days go by too fast, and being surrounded by so much nature, animals, and beautiful people who come and go, fills your soul. When I'm not in the office working on Kora's social media, I'm helping with the common tasks on the farm. And in my free time, I am taking the opportunity to travel and immerse myself in Italian #culture I hope that during the time I have left, I can learn more about sustainability, how to take care of an organic garden and learn about #bioconstruction.

My project is not over yet but I can already say that the backpack full of stones I arrived with, is getting full of unforgettable moments and  
► wonderful people”





Besides the common general objectives of the project, volunteers have also:

- Learned how to live in a sustainable community.
- Reconnected with nature and its rhythm.
- Discovered the opportunities offered by rural areas.
- Improved the understanding of the complexity of aspects offered by rural contexts.
- Stimulated a positive relationship with nature and the countryside.
- Improved their employability thanks to the acquisition of new skills related to agriculture, communication, youth work, and project management.



# MEET ORSOLYA BIRO

ORSOLYA JOINED KORA AS A  
LONG TERM VOLUNTEER IN  
2022

"I started to appreciate cool  
and silent early mornings, and  
the chatty and colourful sunsets  
that we watched together with  
my volunteer mates".





*"All the knowledge and experiences I met at KORA about the positive ecological impact of veganism just strengthened me to stick to my plant-based diet and stay conscious about my food choices."*



The activity focused on the Sustainability Development Goals #4, Quality Education, #12, Responsible Consumption and Production, and #13, Climate Action, by organising non formal education activities for youth on different topics, spreading awareness on environmental issues and the importance of buying local seasonal products, and by directly growing local, healthy and low-impact products.



# SOCIETÀ AGRICOLA BIOLOGICA MICROCOSMO





Microcosmo is a small certified organic farm of 1 hectare of surface, that promotes environmental and inclusion values through social work.

The company implements organic farming practices to create an ecologically harmonious environment and participates in organic markets to raise awareness about environmental sustainability.



Microcosmo is also a place of experimentation, where the good practices of natural and sustainable agriculture come together in harmonious synergy.





The volunteers supported the hosting organisation in the maintenance of the vegetable garden with organic and low-intensive techniques, they spread awareness of the importance of organic farming in the contemporary world through events such as markets and talks and supported social workers that ran inclusion projects with people with disabilities.





Besides the common general objectives of the project, volunteers have also:

- Explored the heritage offered by the territory, discovering the cultural values and social traditions, works, and crafts.
- Learned about processes that underlie organic farming and agriculture.
- Acquired skills in agriculture and sustainable development, based on their direct experience and through "learning by doing".

- Improved their employability thanks to the acquisition of new skills related to agriculture.

The activity focused on the Sustainability Development Goals #12, Responsible Consumption and Production, and #13, Climate Action, by spreading awareness of environmental issues and the importance of buying local seasonal products, and by directly growing local, healthy, and low-impact products.

# MEET KINCSŐ

KINCSŐ VOLUNTEERED IN  
MICROCOSMO IN 2022



"When I started my long term voluntary project two months ago, I had very little idea about how many wonderful people I'll get to meet at La Buona Terra, who will greatly impact my life. The community based living showed me, how important and natural it is for us humans to live day by day and rely on each other. The time spent on the farm goes differently as we get to seize every moment.

I'm excited to see what else this experience can offer and how I can contribute to it!"



# AIAB UMBRIA ASSOCIATION FOR ORGANIC FARMING

AIAB Umbria works for the political and cultural representation of the organic sector; makes design and consultancy activities; gives training for companies and NGOs; promotes organic farming through information activities (campaigns, conferences, and seminars).

AIAB Umbria brings together local organic farmers and conscious consumers in order to build resilient communities, to increase local economies and social cohesion.



The main activities are creating short supply chains and training for farmers and citizens of any age. There are also projects to support social farming, promote healthy lifestyles, remove architectural and cultural barriers, and more, often in collaboration with other associations or NGOs.

The volunteers supported the staff of AIAB in networking with local producers and NGOs, organising and distributing organic products,

promoting the activities and projects of the association, and visiting AIAB members' farms.

Besides the common general objectives of the project, volunteers have also:

- Reconnected with nature and its rhythm.
- Discovered the opportunities offered by rural areas.

- Improved the understanding of the complexity of aspects offered by rural contexts.
- Stimulated a positive relationship with nature and the countryside.
- Improved their employability thanks to the acquisition of new skills related to agriculture, events organization and communication.
- Learn about the role and importance of organic farming and local distribution networks.



The activity focused on the Sustainability Development Goals #12, Responsible Consumption and Production, and #13, Climate Action, by spreading awareness of environmental issues and the importance of buying local seasonal products, and by directly growing local, healthy, and low-impact products.





**Walking is one of the rare occasions to finally be able to enjoy the present moment**

# MEET LOUISE DALMASSO

LOUISE VOLUNTEERED FOR AIAB IN 2022

“During these 8 months of volunteering, I liked to work with local organic farmers and conscious consumers. It was really enriching to participate in increasing local economies and social cohesion. This experience of community life on the farm was a way to learn about myself but also learn more about other cultures. I met various amazing people. There, I had new friends, a new family, and a new home I was able to discover who I was when I no longer had my usual landmarks. This way of enrichment isn't always smooth sailing, but it's part of the experience. We grow through ups and downs, including periods of euphoria and exasperation, happiness, and depression, self-confidence and humility, exhaustion and enthusiasm, boredom and overwork, shocks and good cultural surprises. I have always moved forward thanks to perseverance, strength, flexibility, and adaptation. I have been really enjoying this experience and it will remain etched in my heart. An experience from which we emerge transformed and grow”



# GIARDINO FAUNISTICO DI PIANO DELL'ABATINO

Parco Faunistico di Piano dell'Abatino is an animal shelter that hosts local and exotic fauna.

One of the main activities is recovery of wild animals: this task consists of healing the injured or sick animals. Many of them are released if they are completely recovered.

This activity is carried out in collaboration with environmental associations and with the Italian Corpo Forestale.

The Park is also a permanent refuge for animals that come from illegal situations.



The volunteers took an active part in the nature conservation and protection projects.

They established close relations and cooperation with institutions and civil society organizations that work in the field of nature protection.

Besides the common general objectives of the project, volunteers have also:

- Reconnected with nature and its rhythm
- Discovered the opportunities offered by rural areas
- Stimulated a positive relationship with nature and the countryside
- Improved their employability thanks to the acquisition of skills in animal protection and behavior.

The activity focused on the Sustainability Development Goals #13, Climate Action, and #15, Life on land, by spreading awareness of environmental issues and taking direct action for biodiversity protection.







# MEET NOELINE MARIE

NOELINE JOINED THE ABATINO PARK  
IN 2022

“Leaving and living through this adventure was the best decision I have ever made.

After arriving in Italy, all my fears were gone. I met incredibly friendly people who taught me how to work in the park, how to take care of the animals, and how to speak Italian. They helped me in many situations, going above and beyond their mere role of colleague to become my friends.

This trip has helped me reflect on myself, my skills, my limits and abilities. I discovered how to be flexible and autonomous, which was very new to me. I learned to approach people with ease and to be more outgoing.

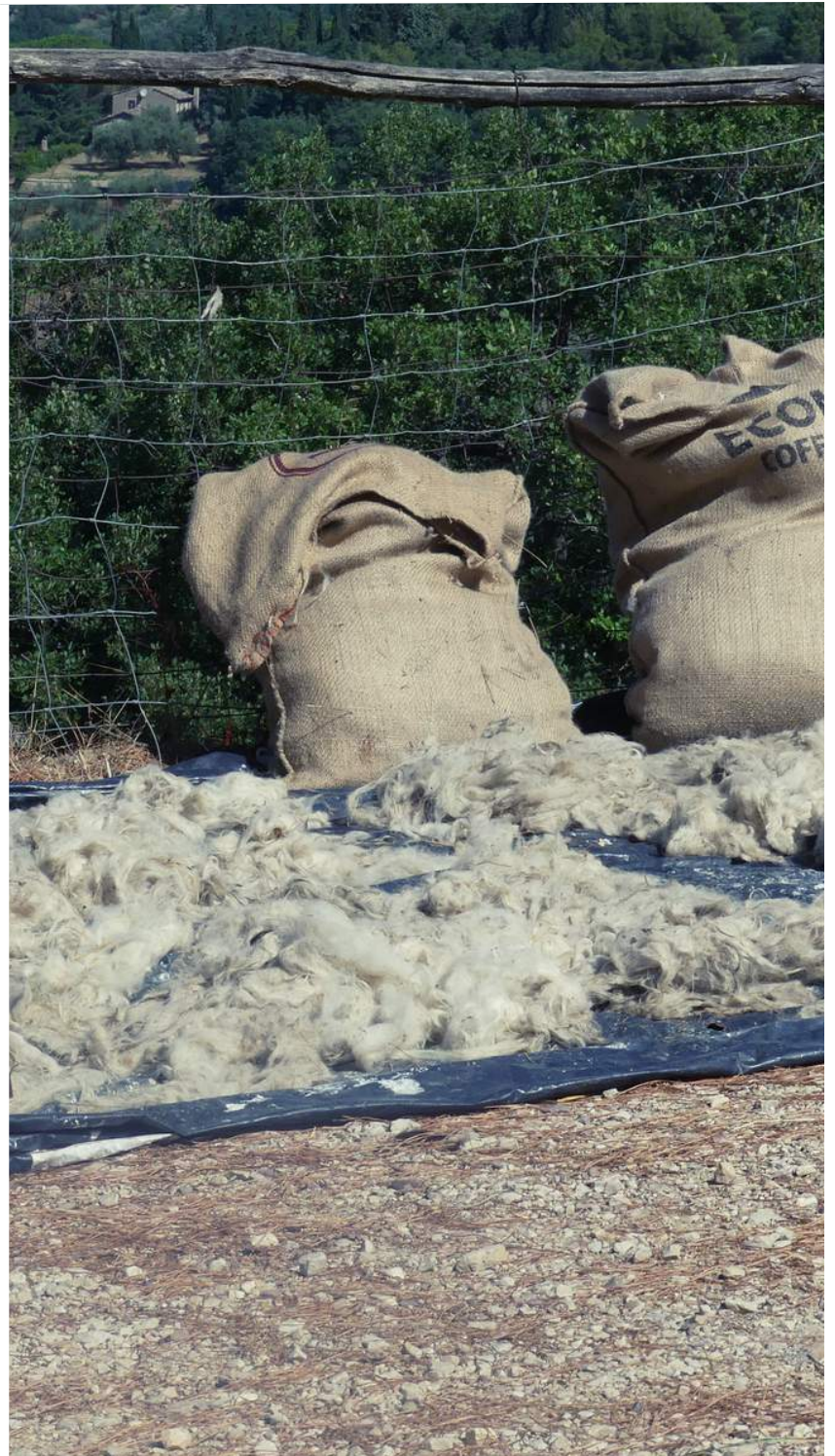
Volunteering has changed my life for the better. I brought back wonderful memories of these past nine months and I have grown independent throughout this experience. I hope that you who read this article will also have the opportunity to live your own journey by participating in a similar project”.

# KORA TEAM "COOLING SUMMER"





“Cooling Summer” was a volunteering team that involved 12 volunteers from different countries, Italy included. They were hosted by Associazione Kora.



The volunteers supported the staff of Associazione Kora and La Buona Terra farm in gardening and agriculture activities (mostly medicinal herbs garden restoration and harvest), renovation of the spaces (benches, fences, common areas, dormitory), common cooking, logistics for the hosted groups activities, facilitation of non-formal education sessions.



# MEET MEEL SAVI

MEEL WAS PART OF COOLING  
SUMMER TEAM IN 2022



“I was invited to take part in this project by my good friend who had been here for a youth exchange a month before. I have not traveled practically at all in my life, but the northern side of Italy has always been on my bucket list. So it's totally been a dream come true and even more. I came here because i felt that i was getting too comfortable with my daily life in Estonia, so i decided to pull the trigger and do something absolutely spontaneous for once in my life.

I have truly enjoyed every moment I have had here even if it's been difficult. The thought of leaving makes my tiny heart crumble. Being here I have learned that people need people to live their life to the fullest and help each other to make their dreams a reality”

# MEET

# FATIMA PETRUSKA

FATIMA WAS PART OF “COOLING  
SUMMER” TEAM IN 2022

“ During the summer I participated in a short term project at La Buona Terra - Farm, organised by the Association Kora. First I started volunteering 3 years ago, in Norcia where I met amazing people, and made life-long friendships. I decided to return to Italy and take part in another Kora project (my 3rd one actually) because I wanted to visit my friends, return to the breathtaking region of Umbria- where i feel home now, meet the Kora crew- who also play a role of special importance in my life, and last but not least I wanted to try the farm life. Well, living at the farm was quite challenging for me, as a “city girl” and sometimes very hard, but i learnt and improved a lot by time. In my opinion we had a good community at the farm, where I met people from all over Europe and the World. I learnt how to build a house from the materials that nature provides and also my cooking skills got better. Can't wait to return again!"





# NORCIA TEAM

This activity took place in Norcia, a small town in Umbria that has been hit by the 2016 earthquakes.

The volunteers were hosted by Associazione Kora, an association that promotes environmental values, social inclusion, and intercultural experiences to youth.



Volunteers organised free-time activities with children, youth, elderly and disabled people, such as outdoor activities, artistic workshops, sports, cards game tournaments, and trips; they supported the organisation of summer events and festivals about traditional food, sport, art, and music, also contributing with their home country's cultures.

They also organised presentations of their countries and info desks on European and international opportunities for local youth.



*"I feel like I'm home in  
Norcia, even though my  
home is 2000 kilometres  
away"*

*Ki, Portugal*



Besides the common general objectives of the project, volunteers have also:

- Provided social, cultural, and intercultural activities for the community of Norcia
- Provided a breath of fresh air to the community and stimulate a positive vision of the future
- Promoted European solidarity and European citizenship
- Provided the volunteers with an experience that will bring them out of their comfort zone and make them reflect on the difficulties encountered by the earthquake-stricken communities, and those affected by natural disasters in general
- Improved their employability thanks to the acquisition of new skills related to social work, youth activities, media, and communication.



# MUSIC FESTIVAL



The Norcia activity focused on the Sustainability Development Goals #5, Gender Equality, #11, Sustainable Cities and Communities, and #16, Peace, Justice, and Strong Institutions, by organizing workshops on the topics, spreading awareness on inclusion and equity and on the importance of a dialogue among citizens and institutions for a strong democracy.



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# COMUNITÀ "IL CHICCO"

Associazione L'Arca - Comunità "il Chicco", is a non-profit organisation that takes care of a residential community for people with physical and intellectual disabilities, and that runs a day center with workshops and activities also for external users.

The philosophy of the community is that people with and without disabilities live and do things together, finding their unity in common human values, and trying to bring a message of hope and solidarity.

The volunteers supported the staff of “Il Chicco” in artistic workshops (ceramics, music, theatre...), sports activities, agriculture and gardening, recreational activities (games, walks, visits...), keeping company to people with disabilities (watching a film, having a chat, sharing daily life activities).



Besides the common general objectives of the project, volunteers have also:

- Discovered the opportunities offered by small communities.
- Learnt about mental and physical disability.

- Improved the understanding of the complexity of aspects offered by small towns.
- Stimulated a positive awareness of other cultures and their approach to disability.
- Raised awareness and reflected on possible solutions to the social challenges faced by disabled people (social exclusion, practical difficulties in transport, and everyday activities).
- Improved their employability thanks to the acquisition of new skills related to social work and healthcare.
- Learnt how to plan, organize and conduct artistic, sports, and gardening workshops
- Learnt about the role and importance of organic farming and local distribution networks.
- Learnt about human behavior and psychology.



The activity focused on Health and Wellness #3, and quality education #4 by ensuring healthy lives and promoting well-being for all at all ages, ensuring inclusive, equitable, and quality education, and promoting lifelong learning opportunities for all.





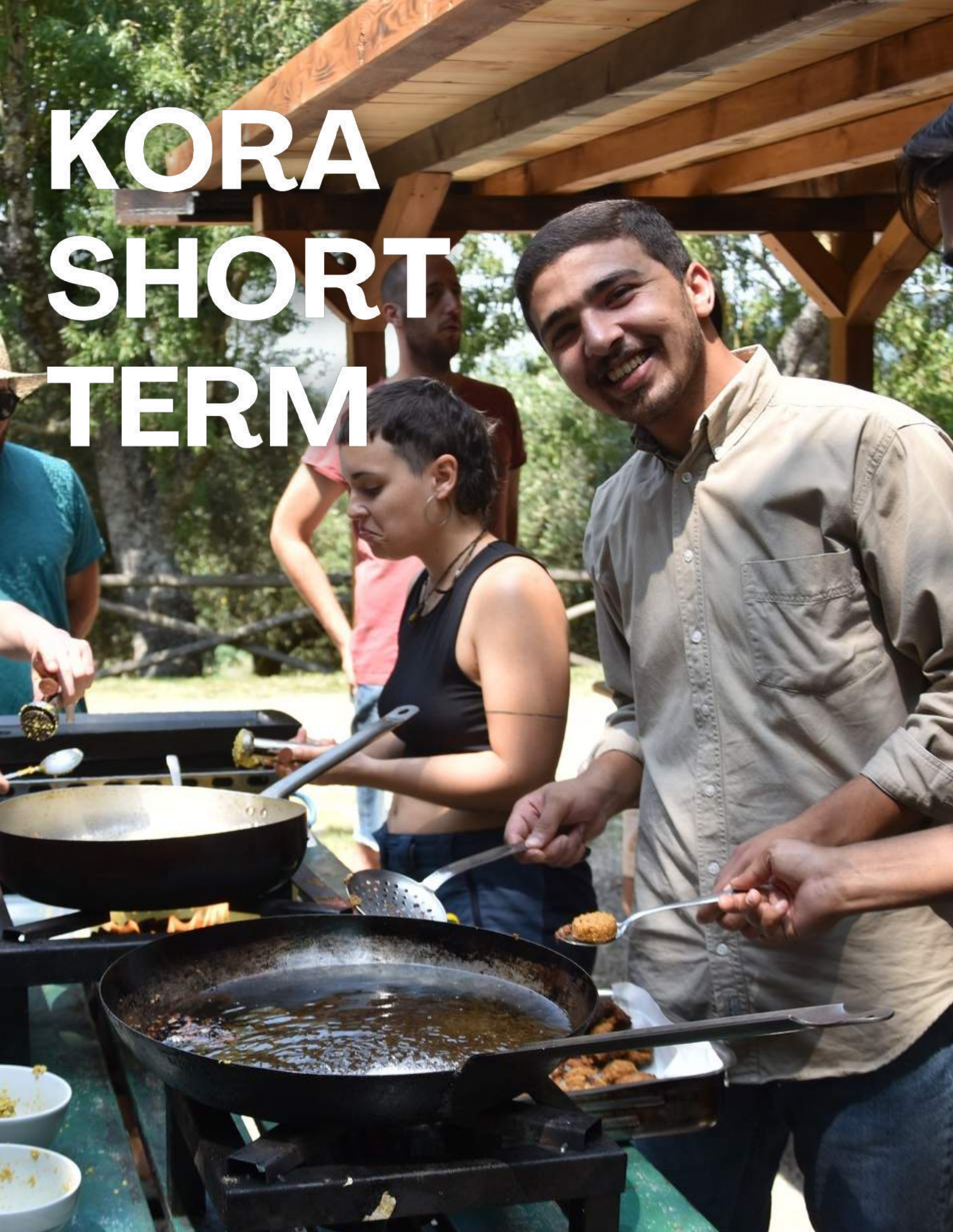
# MEET PALINA VYSACHINSKAYA

PALINA JOINED  
"IL CHICCO" IN 2022

"After graduating from university and a few years of working at different jobs, I decided to stop, give myself time and understand what I want to do in life. I decided to find a volunteering project abroad and applied to work with people with mental #disabilities in «Il Chicco». Now, seven months later, I understand that it was one of the best decisions in my life. In the community, I found peace and a feeling that I'm at home. I built a deep connection with other people and I'm sure that after the end of this project, I will leave here part of my heart forever. In Associazione Arca Comunità "Il Chicco" I learn every day how to be kind, and patient, I learn about myself and my possibilities, my influence on the world and people around me. In the end, I'm really happy to be here, to be part of this big loving family"..



# KORA SHORT TERM



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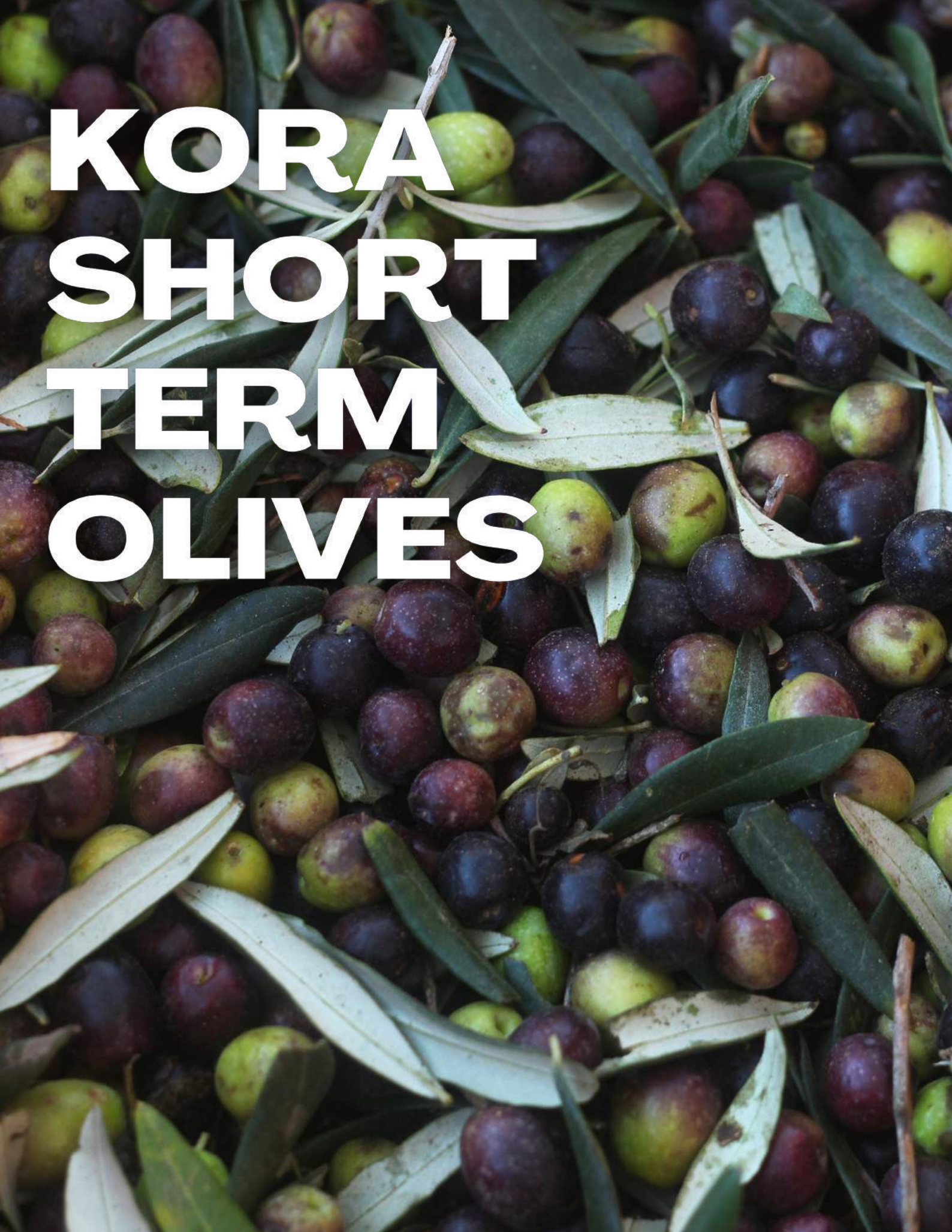
# MEET HAMZA AHMAD SULEIMAN

HAMZA JOINED KORA AS A SHORT TERM  
VOLUNTEER IN 2023

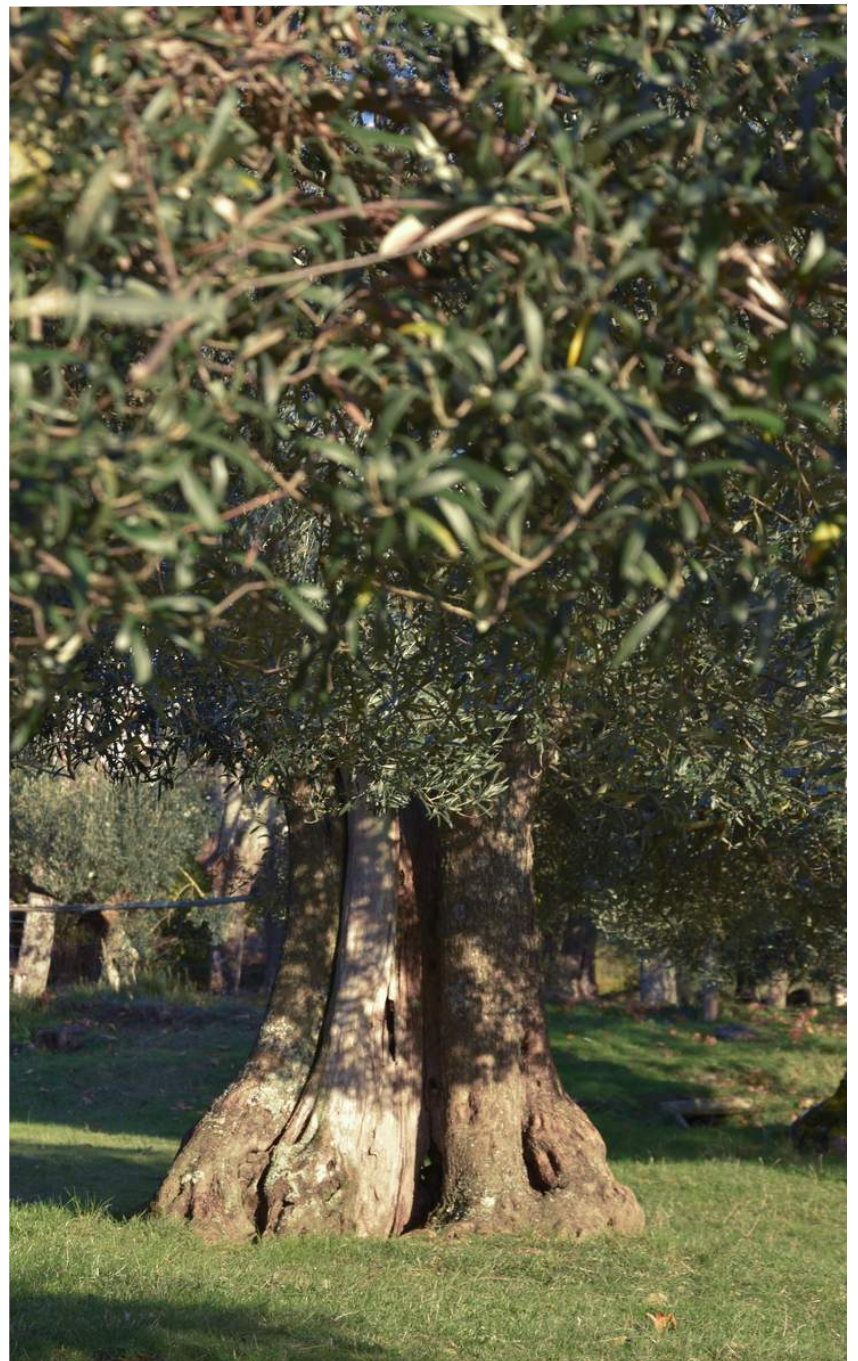


“I”m currently in the last year of my academic career majoring in drama. Due to the vacation time between classes, I decided to submit my volunteer application to Kora in order to get to know the cultures of other countries, since people from all over the world come here. And also to strengthen my language skills. I try to transfer a beautiful image of my country, Jordan, and my culture, which I am very proud of. And I try to find an opportunity to develop my personality and my culture with the other volunteers and people who live here with me. I had always dreamed of visiting Italy so I found this opportunity perfect for me. To this day I can say that it has been a golden #experience for me. I have enjoyed this experience and I have achieved most of my goals. I hope to be able to repeat it again at some point. I will miss the whole Kora team and I will miss working with them again! “





# KORA SHORT TERM OLIVES



The volunteers supported the staff of Associazione Kora and La Buona Terra farm in gardening and agriculture activities (mostly olives harvesting), renovation of the spaces (benches, fences, common areas, dormitory), common cooking, and they organized peer-to-peer non-formal education sessions about sustainability, interculturality, and social equity.

# MEET

# MANON

# GUERCHOUX

MANON JOINED KORA AS A SHORT TERM VOLUNTEER IN 2023

“I decided to join the olive picking project because I already was in La Buona Terra last year. When I first found out about this place, I had a strong feeling that I would come back. Olive picking has been on my to-do list for several years now. I come from an Italian family and olive oil is always on the table. I wanted to understand how to make it. What I discovered here is a peaceful place full of diversity. There are new people all the time, with different cultural backgrounds, etc... the perfect meeting place to create a connection with our world and discover new cultures. Learning the process of making olive oil and which tools to use to pick olives was the best part of my experience. It was amazing to pick olives on the field while looking at the ever-changing color of the lake”





# IMPACT AND CONCLUSIONS

The project benefited the local communities through the physical presence and actions of the European Solidarity Corps international volunteers, that offered their time, motivation, skills, and experiences to bring support in the exchange for learning new competencies.

The project has:

- Spread positive consideration of volunteering
- Spread positive awareness about other cultures
- Motivated youth to take part in volunteering projects
- Allowed volunteers and target groups to be more open-minded and altruist
- Increased solidarity
- Promoted active citizenship, leading to a stronger democracy
- Multiplied educational opportunities through volunteering
- Increased the employability of youth thanks to the acquisition of different technical and soft skills.



# HOW TO PARTICIPATE IN THE EUROPEAN SOLIDARITY CORPS AS A HOSTING ORGANISATION

A European volunteer is a precious resource for an organisation: interculturality, willingness to do, innovation, planning, and exchange of ideas are some of the key elements of the ESC.

The ESC program was created to allow young people to volunteer abroad at no cost, and one of its aims includes the important benefit that the young person will bring to his/her host organization and to the local community.

Your organization may be eligible to apply for European Solidarity Corps funding to develop projects for the good of communities and society as a whole. The program works with a wide range of organizations active in areas including:

- Encouraging democratic participation.
- Fighting social exclusion.
- Protecting nature.
- Promoting health and wellbeing.
- Promoting education and training.
- Working with migrant communities.

To do so, you will need to partner with a Lead Organisation, such as Associazione Kora and many others. You can find more information on the [ESC official website](#) and on [Kora's website](#).

# HOW TO PARTICIPATE IN THE EUROPEAN SOLIDARITY CORPS AS A VOLUNTEER

If you're 18-30 years old you can enroll in the European Solidarity Corps for free and apply for different projects in these fields:

- Creativity and culture.
- Education and training.
- Employment and entrepreneurship.
- Environment and natural protection.
- Health and wellbeing.
- Physical education and sport.
- Working with refugees and migrants.
- Social challenges.
- Disaster prevention and recovery.

For more information, and to join the European Solidarity Corps as a volunteer, check the [official website!](#)

# HOSTING ORGANISATIONS

Associazione di Promozione Sociale Kora  
Associazione Giardino Faunistico di Piano Dell'Abatino - Onlus  
Associazione Italiana Agricoltura Biologica Umbria  
Associazione L'Arca - Comunità "Il Chicco"  
Società Agricola Biologica Microcosmo

# SUPPORTING ORGANISATIONS

AFS Interkultur  
Asociación Brújula Intercultural  
Asociatia Erhangja Egyesulet  
Association de Développement du Haut-  
Cabardes  
Biedriba Piedzivojuma Gars  
Bildungsnetzwerk Magdeburg gGmbH  
Burdur Municipality  
Eski Avrupa Gonullu Hizmeti Gonulluleri  
Genclik Dernegi  
JORDAN Youth Innovation Forum  
ProAtlântico-Associação Juvenil  
Seiklejate Vennaskond  
Stowarzyszenie Aktywne Kobiety/Active  
Women Association  
Területfejlesztők a Vidékért Egyesület  
VILLA gGmbH  
VšĮ Socialinis veiksmas

# VOLUNTEERS

Orsolya BIRO

Istvan OTVOS

Marina ABIA

Kincso SANDOR

Anastasija SKIRTA

Rebecca WINTER

Louise DALMASSO

Marta MICHALAK

Marta DALAK

Noeline MARIE

Helena SIMMER

Aia Adele NARITS

Istvan OTVOS

Fatima PETRUSKA

Tsirk ORAS

Meel SAVI

Sophia Anastasia Julia MAI

Sarah SHORT

Tobia MAGRI

Lorenzo RICOSSA

Greta Di ZUSSHERI

Isabel Atienza FERMADEZ

Alessia AUCELLO

Vincent LEFEVRE

Pauline UZAN

Núria COSTA

İlayda GUN

Nassima MOUNOUAR

Matías RODRIGUEZ

Selim Arda TEKIN

Palina VYSACHINSKAYA

Piero OCHOA

Marina RODENAS

Hamza Ahmad SULEIMAN

Meel SAVI

Manon GUERCHOUX



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