



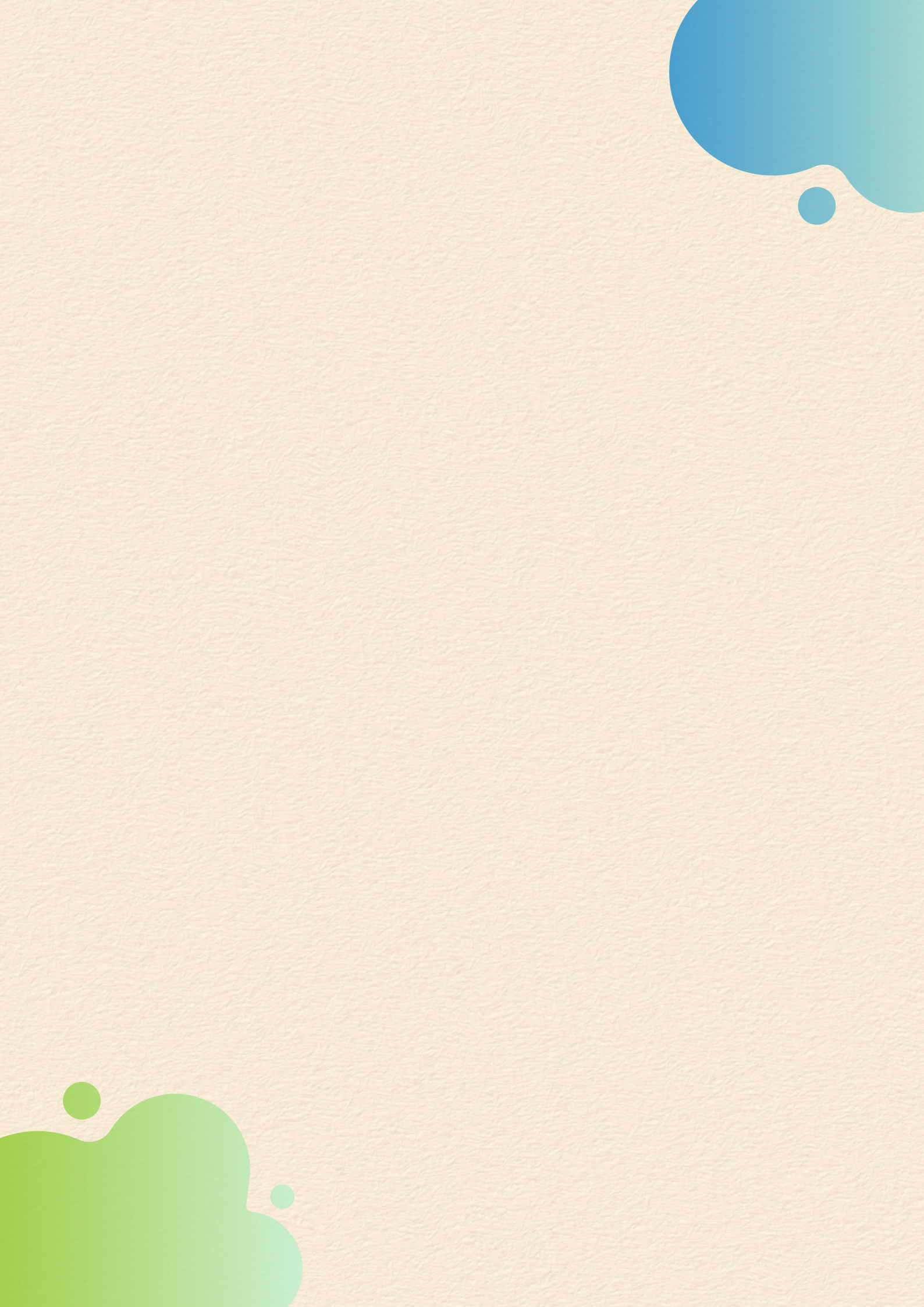
COCAT

2024



# INTERNATIONAL WORK CAMPS

**THINK GLOBALLY,  
ACT LOCALLY!**



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# ABOUT US..

COCAT is a Catalan non-governmental organization and non-profit coordinating platform created to represent Catalonia's international organizations.

COCAT is a link between the international and the national (local) levels of voluntary movement. Our work camps are simulations of real-world volunteering experiences at the local and global levels.

Every year, more than 500 young Catalans carry out volunteer projects abroad and more than 200 young people from all over the world participate in the international work camps that are carried out in Catalonia and organized by Catalan youth associations.



# ALLIANCES: GLOBAL LEVEL

COCAT is a member of three international networks promoting International Voluntary Service: **ALLIANCE**, **CCIVS**, and **FOCIR**. Thanks to this membership COCAT can work with partner organizations from different countries.



ALLIANCE is a European Voluntary Service organization that for 30 years has been promoting volunteering among youngsters in Europe. It has 50 members from 30 countries in Europe, America and Asia.

CCIVS is an International Voluntary Service platform made up of organizations from all over the world. CCIVS has been coordinating the IVS for more than 75 years and consists of 80 organizations nowadays. CCIVS bases all its actions on human rights principles and mutual cooperation, participation, respect and non-discrimination.



F O C I R

FOCIR, The Federation of Internationally Recognised Catalan Organizations, is a Catalan civil society platform founded in 1995, with the mission of promoting Catalan organizations' participation in the international world.



# ALLIANCES: NATIONAL AND LOCAL LEVELS

## CATALAN ORGANIZATIONS - MEMBERS OF COCAT:

- Coordinació Rural de Catalunya (CRUC)
- Fundació Catalana de l'Esplai (FUNDESPLAI)
  - Fundació Escolta Josep Carol
    - Obre't Ebre
  - Grup Esplai Vidrerenc
    - Balmes Blancs
    - Terra Roia

These organizations design projects for the community and youngsters in different areas, organizing and preparing the work camps, taking into account the needs of the community and the educational value of the volunteers.

## DIRECCIÓ GENERAL DE JOVENTUT



Generalitat de Catalunya  
Departament de Treball,  
Afers Socials i Famílies

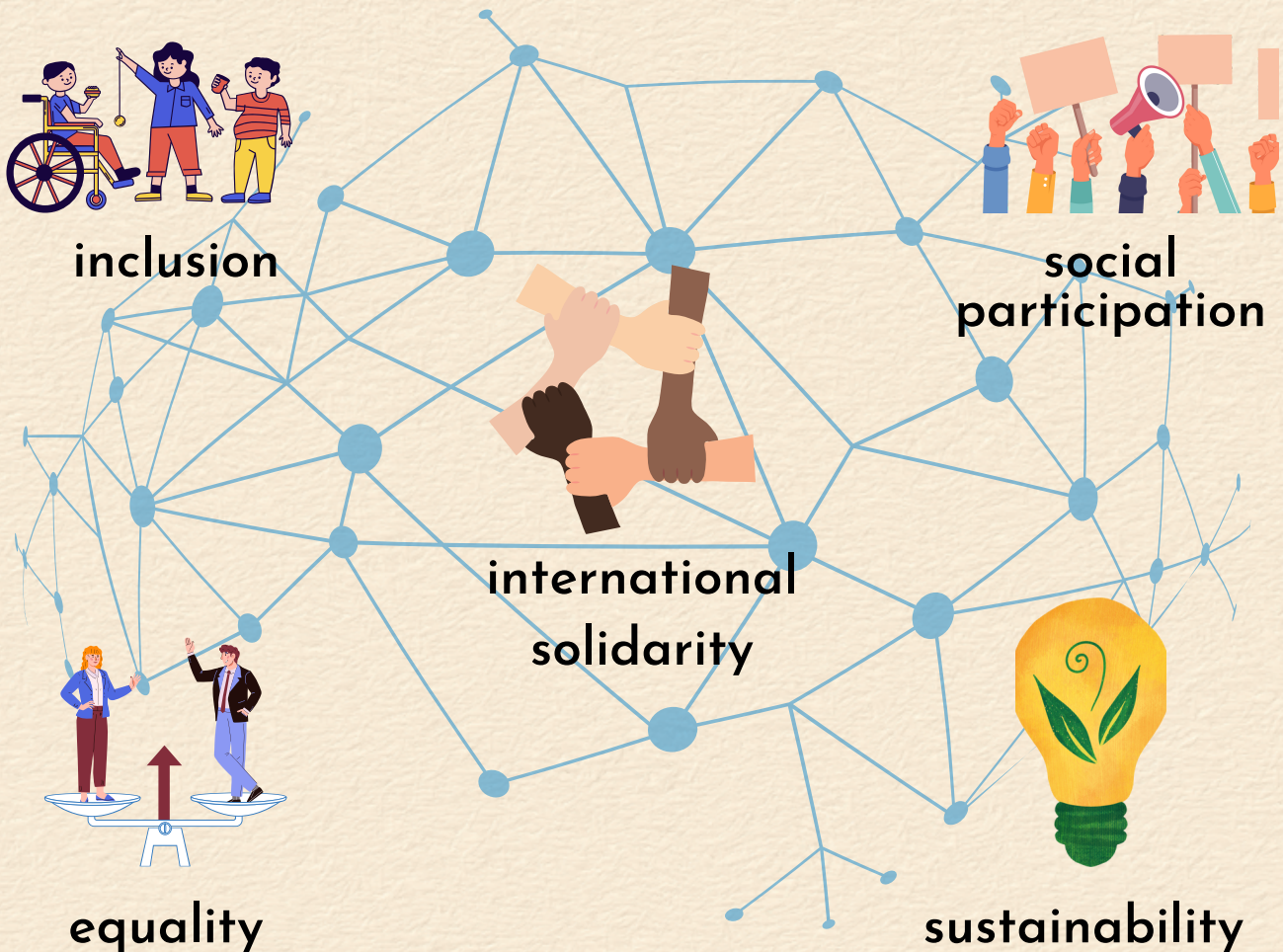
This area of the Catalan government is involved in the development of workcamps held in Catalonia. It offers financial support to the organizations.



# GOALS

We aimed to develop work camps and voluntary service as a tool for personal, collective and community development, with the central values of interculturality, the culture of peace, social justice and equality.

## Our core values are:



# OUR WORK CAMPS

Our work camps are non-formal learning proposals for young people coming from many different countries and cultures. Work camp projects are a living way to share culture, support non-profit projects, develop the local community's traditions, promoting ideals of solidarity and citizenship.

**OUR PROJECTS**



**POSITIVE  
ATTITUDE**



**WORK WELL DONE!  
HAPPY VOLUNTEERS!**





# WE PROPOSE...



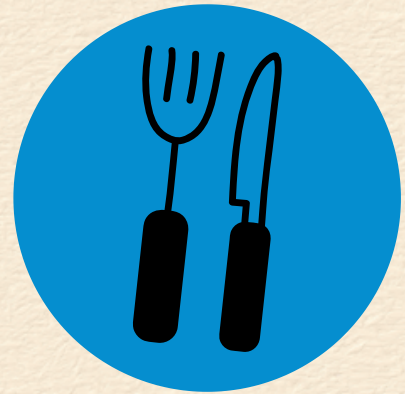
Full-learning experience of voluntary service for local communities in an intercultural framework.



Leisure activities to enjoy your free time and be in contact with the local community.



Each hosting organization provides third-party liability insurance.



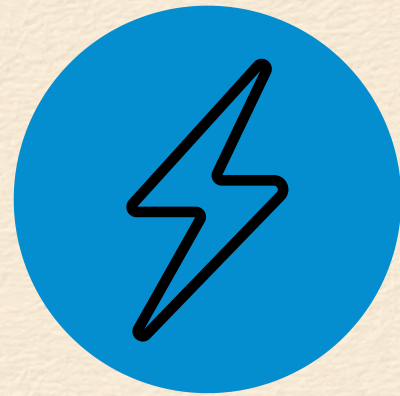
Camps will fully cover the accommodation and food, but please note that these will be basic conditions.



# BE PREPARED TO...



Cooperate with other volunteers and the local people!



Contribute with energy and actions as a group member to the camp day life.



Respect and enjoy the cultural and social diversity of participants and locals.





# CATALONIA

All our work camps will be implemented in small towns and villages of Catalonia. It is a good chance for volunteers to know more about our country, see its picturesque landscapes and learn about its traditions. Catalonia is situated in the North East of the Iberian Peninsula. It has a territory of 32.108 km<sup>2</sup> and close to 8 million inhabitants.

Catalonia is a European Mediterranean country with a strong personality and is very motivated to enhance its customs and traditions. The Catalan landscape is very varied: Pyrenean Mountains contrast strongly with coastal regions, and the desert landscape is mixed with the most beautiful Mediterranean ones.

The historical invasions and political conquests gave Catalonia the awareness to open its door to intercultural dialogue and to live together with the old tradition of the Catalan community and values.

The current administrative structure of Catalonia, after 40 years of dictatorship and denial of its language and traditions, was defined basically by the Statute of Autonomy (1979, revised in 2006) and by the political institutions of the "Generalitat de Catalunya" (Catalan Autonomous Government).



# PARLES CATALÀ?

The language of the country is Catalan, one of the groups of western neo-latin languages together with Spanish, Portuguese, French, Italian and Romanian. However, everyone learns Spanish and English at school so there is no problem for non-Catalan-speaking visitors. Catalan culture is a ten million people community, living in France, Spain, Andorra and Italy (l'Alguer). Catalan is a living language studied at schools, colleges and universities. It's used on radio, television and newspapers and most importantly, in everyday life of each person.



"Concurs de Castells" -  
UNESCO Cultural Heritage  
of Humanity



# PROJECTS LOCATIONS



# This year COCAT proposes...



5

work camps for adults

1

work camp for teens

2

ESC volunteering teams

1

group projects



# Work camps in a nutshell

Work camps are one of the most popular formats of volunteer projects where you collaborate with an entity together with a small group of people from all over the globe during 15-20 days. This year we propose 7 work camps for adults and 1 for teenagers (14-17 y.o) WITHOUT EXTRA FEE.

There are work camps dedicated to a large variety of topics:



Archeological - for those who are passionate about history and want to do their bit to discover ancient mysteries.



Cultural or heritage camps which are created for those who are interested in digging deep into the Catalan culture and being completely immersed into it during the whole camp.



We are offering environmental camps which can help you disconnect from reality and entirely connect with nature. During these camps you will be taught how to preserve the ecology and take care of the planet.



# Other formats



ESC volunteering teams is another format of volunteering projects for young people, who want to participate in a solidarity activity on different topics. Usually the project lasts for 2 weeks and covers the expenses for tickets, food and accommodation, as well as provides a volunteer with pocket money.



Group projects are created for those who want to participate in a voluntary activity with a group of people, who share similar motivation and have the same goal to make this world a better place to live. The organization offers a group several accommodation and meals options for any budget. The price of the project as well depends on the number of participants in the group.





# "Beyond Borders" Access for All project

Inclusion and diversity are one of the fundamental values of our organization. That is why our work camps are open for everybody who wants to participate in them without any limitations.

For people with fewer opportunities, we offer to take part in one of our short term work camps projects in Catalonia, which can be a perfect chance to meet new friends and experience new adventures! For these participants from the side of COCAT we propose:


- ✓ Fully covered travel expences
- ✓ Pocket money: 6 euros/day
- ✓ Henner health insurance




**“ Strength lies in differences,  
not in similarities.”**



# CONTACTS

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## INCOMING/A4A/ESC



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Incoming ESC volunteer: Bogdan Jokovic

## OUTGOING



Valentina Campomori: [outgoing@cocat.org](mailto:outgoing@cocat.org)

Outgoing ESC volunteer: Diāna Martukāne

## ESC (European Solidarity Corps)



Laia Vila Xirinachs: [esc@cocat.org](mailto:esc@cocat.org)

ESC volunteer: Iona Crusat

### General coordanator:

Rosa Garcia Fruitós: [rfruitos@cocat.org](mailto:rfruitos@cocat.org)





**Take a step towards your bright future with us!**



**INTERNATIONAL WORK CAMPS 2024**



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