



Croce Rossa Italiana  
Comitato di Pesaro

**Topic:** Activities in the local Committee of the Red Cross

**Number of volunteers hosted at the same time:** 6

**Type of project:** Long-term

**Place:** Pesaro, Italy

# CROCE ROSSA ITALIANA - COMITATO LOCALE DI PESARO



The main building of the Red  
Cross of Pesaro



Events



Food distribution

## The Committee

The Italian Association of the Red Cross aims to provide health and social care both in times of peace and in times of conflict. The guarantee and guide of the actions of every volunteer and employee of the Red Cross are the **seven Fundamental Principles** of the International Movement of the Red Cross, which constitute its spirit and ethics: *Humanity, Impartiality, Neutrality, Independence, Volunteerism, Unity and Universality*.

The **Committee of Pesaro** is today a reality that **can count on over 300 volunteers engaged in different activities**, divided into six macro areas: health, social, emergencies, principles and values, young people and development.

Every year, the local Committee of Pesaro organises the "**Run for Red Cross**" **marathon**, which is an important event to raise funds that attracts around 400 runners for 10 km.



Youthpass ceremony



Informative event



Run for Red Cross Marathon



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Send your **CV** and a **cover letter** related to the project you like (both in English) to [candidates@vicolocorto.org](mailto:candidates@vicolocorto.org) we will let you know if we have any vacancy good for you!

## Tasks of the volunteers

The volunteers will be involved to the activities organised by the local Red Cross in 5 different areas. **The volunteers WILL NOT be involved in emergency situations and WILL NOT deal with First Aid interventions.**

They will be involved in the following activities:

- **Social and cultural entertainment activities** in rest homes for elderly people;
- **Food distribution** activities: the volunteers will take part to distribution of food to poor families;
- **Homeless support** activities: they support the homeless with the distribution of blankets and warm food in winter and with the distribution of food and water in summer;
- **Information and awareness campaigns**: meetings with students and organising prevention and intervention workshops about different topics and issues (first aid, drug and alcohol abuse, prevention of diseases...);
- **Fundraising office**: support in the fundraising campaigns, as the annual charity event.

*you can find us on social media!*  

**For more information:** <http://www.cripesaro.org/evs/>

**Here you can find the video about one of the activity organized by the Red Cross of Pesaro:**

**<https://www.youtube.com/watch?v=--vBlpIT8zE>**



RED CROSS, SERVIZIO VOLONTARIO EUROPEO (EVS), VICOLOCORTO

## What it means to be a volunteer at the Red Cross of Pesaro

Volunteering at the Red Cross of Pesaro means committing to others and caring about them. Here, our priority is to take care of elderly people with Alzheimer and to give them an opportunity to socialize and gain back some of their youth.

As a volunteer, your main activity is to help the staff to take care of the elderly on the way from their home to a social centre where they can meet and interact with other people who are in the same situation. Once in this centre, you are asked to stay with them and take part in some of their activities: you can do some gymnastic with them, play with them, share a little snack and tea with them, dance and sing, etc. What is important is to give them an atmosphere where they feel safe; that is the reason why we try to give them some kind of routine: it is always the same activities and most of the time the same people too. Also, no matter how extreme the Alzheimer is, the people in charge give them a feeling to be accepted as they are.



When it comes to the dancing and singing part, you have the chance to do it, especially during a shift called ASA. This service consists in going to an elderly house, a different one every week. You have the possibility to dance waltz or other kinds of dances with the people and to sing karaoke with or in front of them. The point of all of this is to entertain them and to bring some joy and happiness into their lives, to get them out of their bad thoughts.



One of the other services offered by the Red Cross is to go to one specific elderly house and once there, to help the people in wheelchair to do some physical exercise by walking and stretch their legs. Obviously, this is not only about stretching their legs but it is also about interacting with young people and having an activity that is beneficial for their physical and mental health.

Even though the Red Cross volunteers have other activities and participate to other services, those are the main ones, as the organization wants their volunteers to focus on our elders' well-being. Their goal is to encourage young volunteers, local and European, to care more about the elderly people and to create a connection between the young generation and the old generation.

Maxime



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# ARTICLES WRITTEN BY THE VOLUNTEERS

RED CROSS, SERVIZIO VOLONTARIO EUROPEO (EVS), VICOLOCORTO

## Viaggio in una casa di riposo

È stato uno dei momenti i più importanti del mio Servizio Volontario Europeo con la Croce Rossa.

Prima ho avuto questa intervista con il direttore della casa di riposo di Via Spada. Dovevamo discutere solo un quarto d'ora. Lui doveva rispondere a qualche domanda per arricchire la mia tesi universitaria. Invece, la nostra conversazione è durata più di un'ora. Mi ha semplicemente spiegato lo spirito che si deve adottare quando si lavora in una casa di riposo. È stata una discussione piena di passione e di sincerità. Perciò, mi ha convinto a venire a fare il volontario ogni lunedì con Maria della Croce Rossa, in divisa.

Ho provato a mettere in applicazione i principi che mi ha insegnato. Le competenze tecniche sono importantissime ma non bastano affatto.

Si deve essere umano quando si cura di un anziano. L'umanità non si impara nei libri, neanche all'università. È un principio che si trova in noi stessi ovvero nei nostri cuori. Quando si cura di un anziano, non basta solo farlo camminare, mangiare o prendere le medicine. Ci vuole dell'amore, rispetto dell'altro. Si deve creare una relazione di fiducia altrimenti la cura dell'anziano andrà male. Ecco perché la presenza delle suore nella casa di riposo è indispensabile. Sono il pilastro che trasmettere questi valori.



Questi principi sono molto belli però sono difficili da mettere in pratica. In quanto volontario, mi confrontavo direttamente agli anziani. Nel 95% dei casi, contrariamente ai pregiudizi popolari, sono gentilissimi. Cantano, chiacchierano, giocano, camminano, ballano (per coloro che possono). A loro piacciono molto i giovani che vengono ad aiutarli. La nostra presenza è sufficiente per renderli felici. In effetti, si capisce perché, la maggioranza di loro si sente abbandonati, nella solitudine della fine di vita. Rappresentiamo un po' di speranza, una luce, una rottura positiva nella loro vita quotidiana. Non è bello svegliarsi la mattina per dare un po' di felicità agli esseri umani? È un sentimento molto gradevole.

Talvolta, ho dovuto confrontarmi con casi più difficili. È capitato che qualche anziano non si sentiva così bene, sono malati, hanno un mal di testa, oppure sono frustrati, le ragioni sono parecchie. Di fronte a questi casi, i principi di umanità diventano molto importanti da mettere in pratica. Ho imparato ad essere paziente, ad ascoltare quello che l'anziano dice o esprime (perché ci sono alcuni che fanno fatica a parlare). Andare in panico oppure arrabbiarsi non risolve il problema.

Insomma, quest'esperienza mi ha permesso di imparare quello non avrei mai potuto imparare all'università. Sono dei principi di umanità, di pazienza, di cordialità che mi hanno permesso di migliorarmi in quanto persona ma anche di aiutare gli altri. A me piace questo spirito. Ecco perché ringrazio Giorgio Benvenuti e Maria Redessao della Croce Rossa, il direttore della Casa di Risposo, tutte le suore e i dipendenti che fanno un lavoro notevole per mantenere in vita questi spettacolari esseri umani che sono gli anziani. Mi fa davvero piacere che queste persone esistano perché mi dico che, nel futuro, quando sarò anziano, sarò trattato come un essere umano e non come un vecchio mezzo-morto.

Sami



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RED CROSS, VICOLOCORTO

## Working in Casa Tabanelli at Caritas



Working as a volunteer at Red Cross means that you have different shifts. One of them is to work in a house where homeless people live. On the 18<sup>th</sup> of

January, I worked there. The house is close to the Rossini Center. You go there at 8pm, sleep there and finish work on the next day at approximately 9am. Arriving there, the employees and the people who live there welcome you friendly. They ask you to join dinner and you help putting the plates from the kitchen to the table. While having dinner, you have the opportunity to talk with the homeless people, so you get to know them better and have the chance to grow from exchanging experiences. At the same time, they can think about something else than their daily problems. After dinner you can spend the evening with the people together and play some games, talk or watch TV with them. At 11pm everybody goes in their rooms and you can go in yours. In the following morning, you prepare breakfast, coffee and tea for them. The people wake up, eat and go to work. After cleaning up, you control if everybody is outside of the house and lock the doors.



I really enjoyed working there because everybody was very open and friendly. I expected there more depressive energy because they have a lot of problems but there was a positive atmosphere. I learned that no matter what kind of problems you have and how difficult they are, stay optimistic and never forget the humor. Moreover, when I started to talk with the people, I started to think about stereotypes and realized that you have to look behind them. We are all humans and individuals, no matter from which country we are.

Angela

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# WHERE?

## PESARO



Pesaro is a city and Municipality in the Italian region of Marche, capital of the Province of Pesaro e Urbino, on the Adriatic Sea, with a population of around 95.011 inhabitants, making it the second most populous city in the region, after Ancona.

Pesaro is recognised as "Cycling City" (Città della Bicicletta) in recognition of its **extensive network of bicycle paths** and promotion of cycling. It is also known as "**City of Music**" as it is the birthplace of the composer **Gioacchino Rossini**. The historical centre of Pesaro is rich of points of interest like Palla di Pomodoro, the Conservatorio, the theatre, the museums, the fountain in the main square and casa Rossini.

It is located between **two coastal hills**, the San Bartolo and the Ardzio, so you can **enjoy both the seaside and hiking in the hills**. The San Bartolo, in particular, is a Natural Park so you can also discover its beauty and the small towns near it.

Thanks to Rossini, **Pesaro is famous for Pizza Rossini**: a pizza garnished with tomato sauce , mozzarella, boiled eggs and mayonase. It can sound weird at the beginning, but you have to try!





## THE SELECTION PROCESS

1. Send your **CV** and a **cover letter** related to the project to [candidates@vicolocorto.org](mailto:candidates@vicolocorto.org)
2. Then you **will be contacted for a Skype interview**. There is no need of speaking good English, in case you can ask your sending organization to help you. **Don't worry, it will not be a job interview or an English test** but it will be an opportunity to know your personal motivation and expectation and to discuss about the project, the city and the opportunities.

## THE PROFILE OF THE VOLUNTEERS

**The volunteer's profile our organization is looking for is based on the following criteria:**

- **Personal motivations.** We value the volunteers' interest in the programme proposed and the expectation towards this experience more than specific skills: everything you need to do your service will be learnt here!
- **English and Italian level.** Italian or English are not needed, of course, a survival level will be helpful to get by in everyday needs, especially because you will be probably in touch with people who don't generally speak foreign languages. This experience is also your opportunity to improve your communication skills!
- **Interest in working with people.** Working with people is essential to our work. We also value creative, proactive and self-motivated people.



## MORE ABOUT THE SELECTION PROCESS

**VICOLOCORTO** is the **Coordinating Organisation** taking care of the practical, follow-up, support and training arrangements **during your volunteering project**.

On the other side, **you will participate as volunteer within a Hosting Organisation** who will be in charge of all the issues referring your volunteering activities (holidays, tasks, schedule, follow-up, support, etc...).

As a very quick view, **Vicolocorto has more than 10 years experiences in the field of Mobility projects and Volunteering** and we have been coordinating more than 200 host volunteering mobilities so far. It is very important for us that you enjoy this opportunity to live an immense and intense learning journey. **We really need to underline some important points and really need you to know and agree with all the logistical points to avoid any misunderstanding once here.**

**CAROLINA**, will take care of the selection process.

### Nice to meet you!

I will be the one writing to you on [candidates@vicolocorto.org](mailto:candidates@vicolocorto.org) and we will get to know each other during a Skype interview. I am waiting to know your motivation and I am ready to answer to all your question!





# MORE INFO BEFORE LEAVING

## ACCOMODATION

You have the opportunity to enjoy the volunteering life **in a flat with other volunteers**. Cleanliness is everyone's job. Volunteers are expected to reach an agreement on planning house cleaning. If you have problems finding an agreement, we help you and support you in finding a solution.

Sharing, we know, is not easy, it is even harder when you do not know the other people you are living with, who have decided as you, to start this experience. But **flexibility, understanding** and most of all **communication** are the keys for having a positive experience, even if everything won't be perfect!

**The lodging of anyone outside our project (friends, family, etc ...) is not allowed.**

## ATTITUDE

You will spend most of the time with different people (target groups, professionals, local volunteers, etc...) who are anxious to know you, to show you who they are and what they can do, to teach you at different levels, to give you warmth and their confidence. **The impact that you can bring as a volunteer is greater than you can expect.** You need to receive but also to give back. **Participation, initiative, sense of responsibility and flexibility** are important and welcome. From both parts (Coordinating and Hosting organisations), we hope to make you feel comfortable, empowered and proactive.

All the persons involved in the project are always trying their best to reach your expectations, if you show the willingness to do so.