

Infosheet for ESC Individual Volunteering at La Vidalenca

Location: Puig-reig (Barcelona, Spain)

Dates: four months, starting preferably in autumn 2026.

About La Vidalenca

La Vidalenca is a non-profit cooperative that manages the Vidalia ecovillage project (www.vidalia.coop). We are an international and intergenerational group of people who work to transform the heritage of the former industrial colony Cal Vidal into a beacon of sustainability, contributing to local development and the dynamization and care of the territory and the environment from a local-global vision. We carry out maintenance and management activities for old houses and agricultural land, taking care of the cultural, environmental and historical heritage of Cal Vidal.

We are located next to the Llobregat river, between Berga and Manresa (approximately 1 hour drive from Barcelona, Catalunya). It should be highlighted that in the colony there are not many services or shops. The closest village is around 15 min by bicycle or 45 min - 1h walking distance. There are buses that connect the colony with the surrounding villages as well as big cities like Manresa, Berga or Barcelona.

We promote volunteering as a tool for personal learning and learning about key trades to recover in more resilient economic models, thinking about future generations and the development of their work, social and community opportunities. We encourage citizen participation and the connection with the local associative network by promoting divulgation, training and awareness activities about the cultural and environmental value of the area, the protection and care of its natural resources and biodiversity, among others.



We are currently around 20 adults and 6 children. Apart from Vidalia intentional community, in Cal Vidal there are also some neighbors that used to work in the factory nearby and still live in the Colony, as well as a museum.

Our aims are personal and social transformation and ecological sustainability.
Vidàlia's mission is structured in four main points:

- Housing: provision of comfortable, healthy, stable, affordable, functional homes using the structure of a housing cooperative.
- Community: A cohesive, flourishing community culture that supports healthy interpersonal relationships and personal and group development.
- Collective Resources: Shared resources like kitchens, infrastructure, appliances, tools and vehicles and the healthy and efficient provision of basic needs including producing and sourcing organic, local food.
- Agroecology: An agricultural project that promotes ecology and resilience.



Our values include care for each other and the environment around us, participation, solidarity, personal growth, shared lives, ecology, diversity, inclusion, gender equality and autonomy.

We collaborate with different associations and local network and, among the projects we participate there are clean up and maintenance of the natural and urban environment activities, open days and visits of schools, recovering of seeds of local and ancient varieties, recovering of the Festa major of the Colonia Vidal (traditional festivity), organization and participation in activities and workshops about different topics like cooperativism, sustainability and respect for the natural environment.



Volunteer's experience:

This individual volunteering activity is part of the European Solidarity Corps programme and aims to create opportunities for young people through the following activities:

1. Care for the natural and agricultural environment
2. Conservation of the historical and cultural heritage and the promotion of rehabilitation
3. Development of the local, social and community network and ecosystem, with emphasis on the participation and employability of young people.

Among the skills and competencies that the volunteer is expected to develop are: teamwork, conflict prevention and management, autonomy, organic farming techniques, seed bank management, sustainable cooking, as well as woodworking, construction and electricity techniques, and group communication skills for environmental awareness.

The usual tasks to be carried out by the volunteers can be diverse, according to the needs of the moment and can include, for example, work in the garden (planting, harvesting, removing weeds, watering, preparing the land for future plantings, tasks to improve the biodiversity of the environment...), community tasks (cooking, cleaning, conditioning spaces, processing food for its preservation...) or jobs in homes (painting walls, fixing windows, removing wallpaper, etc).

The project will also include time for language learning, development of a personal project previously agreed with the community, preparation of *Youthpass*...



Requirements

Participants should be interested in alternative ways of living, environmental sustainability and personal growth, and have motivation for continuous learning and development of new skills.

In addition, there are some requirements they must fulfill:

- Between 18 and 30 years old
- Residence in an EU country

We strongly encourage the participation of people facing social, economic or geographic obstacles, dealing with educational difficulties or cultural differences, having health problems or disabilities and having limited access to social rights, including long time unemployed people, and members of collectives that tend to suffer discrimination. If you are in any of these cases, please mention it in the motivation letter.

In the same way, we also encourage the participation of women that want to empower themselves and develop skills in areas that sometimes in our society are usually occupied by men such as carpentry, electricity, construction and field work.

Other conditions of the ESC program

- Accommodation and food are covered by the program.
- Travel costs will be covered by the program (up to a maximum, depending on the distance from your country of residence and the means of transport you choose).
- Dedication hours are around 35h per week (including working hours, meetings, trainings, language learning, etc).
- The volunteer will have 2 consecutive days off per week (normally Saturday and Sunday) and 2 day holidays per month to be used according to the volunteer's needs but always to be agreed with the supervisor.
- Pocket money: a minimum of 6€ per day will be given to the volunteers as pocket money.

Languages:

Official languages in Vidàlia are Catalan and English, but most of us are also able to speak Spanish. Moreover, we are a quite international community and therefore you might find other languages spoken around.

Accommodation & Meals:

Each volunteer will have her own room equipped at least with a bed and wardrobe. Spaces such as toilets, kitchen or living room will be shared spaces.

Meals provided by the community are primarily vegan (with some exceptions where vegetarian or omnivorous meals may be offered, but a vegan option will always be available). Volunteers are expected to participate in the preparation of the meals, just as the rest of the community does: cooking a meal for everyone once a week. If the volunteers wish, they can buy and cook other food for themselves.



How to apply?

Read this infosheet carefully and visit our webpage (<https://www.vidalia.coop>). If you are interested in participating in this program and fulfill the requirements, please fill this form <https://forms.gle/nDZN7V6kU1N1z71q9>.

If you have any questions, you can contact us at info@vidalia.coop, writing on the subject of the message "Individual ESC" and your name.



www.vidalia.coop