



PROPOSAL OF ACTIVITIES FOR EUROPEAN VOLUNTEERS

Project title: “EVS: Open Up”

Venues: Sępólno Krajeńskie, Poland (2016-1-PL01-KA110-035559)
Więcbork, Poland (2016-1-PL01-KA110-035564)

FOR OUR NEW VOLUNTEERING PROJECT WE ARE LOOKING FOR:

A **volunteer** for **12** months long project (April 2019 – April 2020) in Sępólno Krajeńskie

RECEIVING ORGANISATIONS:

1. Stowarzyszenie Aktywnych Społecznie – POLAND
2. Stowarzyszenie “Dorośli – Dzieciom” – POLAND

[Stowarzyszenie Aktywnych Społecznie on FACEBOOK](#)

[Stowarzyszenie “Dorośli – Dzieciom” on FACEBOOK](#)



What we propose is a voluntary service in **2 different hosting organizations** for volunteers:

1. “Adults for Children” Association (Sępólno Krajeńskie, Poland, EI number: 2016-1-PL01-KA110-035559)
2. Socially Active Association (Więcbork, Poland, EI number: 2016-1-PL01-KA110-035564)

If you are interested in our project, please click “On-line Volunteer form” link, fill in and send:

ON-LINE VOLUNTEER FORM



EVS ACTIVITIES IN “ADULTS FOR CHILDREN” ASSOCIATION:

Venue: Sępólno Krajeńskie, Poland

Volunteers' activity will be concentrated around three basic areas:

AREA ONE: DEVELOPMENT OF THE SKILLS

Main goal of the volunteers is going to be a work in Young Creators' Club – with youth from local schools, in Occupational Therapy Workshop, Therapeutic day-room and Little Child and Family Centre. Those are places, where volunteers will have an opportunity to develop their skills and to obtain new experiences. Volunteers may work in all of those institutions or choose one/two of them according to their interests.

Young Creators' Club for youth from local schools:

- prepare and lead classes for young people (art, music, sport, theatre, cooking, photography, journalism etc.). We are very flexible and open for volunteers' ideas. They can organize own classes for youth according to their needs, skills or hobbies;
- organizing and taking part in various social and art events such as exhibitions, happenings, expositions, shows, etc.; especially about European Awareness, EU, EVS, Erasmus + Programme;
- help in creating a web blog about activities in Young Creators' Club and about volunteers' activity as well/create web blog or web page about Europe;
- create a newspaper/film/brochure(with young people from the Club) about – for instance - people's life in EU or other topic according to volunteers' ideas;
- attend in organized trips (bike trips, camps etc.);

Occupational Therapy Workshops for disabled people:

- help instructors with preparation and leading engagements in particular workshops (art, sartorial, exploration of life, housekeeping, D.I.Y., office and computers);
 - prepare and lead engagements for their wards (volunteers will never be left alone with wards - it will always be with an attendance of the instructor);
 - assistance to wards in day-to-day activities (e.g. cleaning after their classes, help with accompanying wards to the bus stop, etc.);
 - help people on a wheelchairs;
 - attend in a keep fit and rehabilitations;
 - attend in organized trips (day excursions and several day trips);
- [CLICK here to view some pictures and info](#)

Therapeutic day-room for children and teenagers from difficult backgrounds:

- help instructors with preparation and leading engagements for kids and youth (art, sports, outdoors games and plays, etc.);
- help with doing a homework;
- prepare and lead engagements for wards (individual and in groups);
- help with day-to-day activities (e.g. cleaning after their classes);
- attend in organized trips.



Little Child and Family Centre (for kids from 3 months old to 3 years old):

- taking care of kids;
- help instructors with leading different types of activities for kids.
[CLICK here to view some pictures and info](#)

AREA TWO: EUROPEAN CITIZENSHIP

Activity of the volunteers is first and foremost working in above establishments, but not only that. Another important element of their activity is commitment to the actions, whom main target is to deepen a sense of European citizenship as well as promotion of activities related to EVS and Erasmus + Programme. We are planning to conduct meetings with a youth from local schools. Those meetings will be a good occasion to exchange experiences, to promote EVS and Erasmus + Programme and to present volunteers' culture in local community.

AREA THREE: POLISH CULTURE

Volunteers are going to be involved in activities, which allow them to learn about Polish tradition, morals and culture:

- participation in lessons of polish language;
- provided constant contact with polish youth;
- organizing 'polish evenings', as well as volunteers national evenings';
- participation in sight-seeing tours (within their work);
- participation in cultural events etc.

THE PRACTICAL ARRANGEMENTS

Working hours

We are very flexible in terms of volunteers' work. We are open for volunteer's suggestions. They can choose in which establishment they want to work more and in which less. The volunteers together with the coordinator will agree about the working hours and a weekly schedule. The amount of work should not exceed 36 hours per week.

Exemplary Schedule / Weekly timetable (prepared for 2 volunteers but we are going to host 6)

	VOLUNTEER 1	VOLUNTEER 2
MONDAY	9 ⁰⁰ – 15 ⁰⁰ Work in Little Child and Family Centre	Leisure time
	15 ⁰⁰ -16 ³⁰ Leisure time	13 ⁰⁰ – 18 ⁰⁰ Work in Therapeutic day-room
	16 ³⁰ – 18 ³⁰ Polish language classes	Leisure time
TUESDAY	Leisure time	9 ⁰⁰ – 15 ⁰⁰ Work in Little Child and Family Centre
	13 ⁰⁰ – 18 ⁰⁰ Work in Therapeutic day-room	15 ⁰⁰ -16 ³⁰ Leisure time
	Leisure time	16 ³⁰ – 18 ³⁰ Polish language classes



WEDNESDAY	9 ⁰⁰ – 15 ⁰⁰ Work in Occupational Therapy Workshops	9 ⁰⁰ – 15 ⁰⁰ Work in Occupational Therapy Workshops
	15 ⁰⁰ -16 ³⁰ Leisure time	15 ⁰⁰ -16 ³⁰ Leisure time
	16 ³⁰ – 18 ³⁰ Polish language classes	16 ³⁰ – 18 ³⁰ Polish language classes
THURSDAY	Leisure time	Leisure time
	12 ⁰⁰ – 18 ⁰⁰ Work in Young Creators' Club	12 ⁰⁰ – 18 ⁰⁰ Work in Young Creators' Club
	Leisure time	Leisure time
FRIDAY	Leisure time	Leisure time
	12 ⁰⁰ – 18 ⁰⁰ Work in Young Creators' Club	12 ⁰⁰ – 18 ⁰⁰ Work in Young Creators' Club
	Leisure time	Leisure time

Holidays

The volunteers work 5 days a week (Monday to Friday). For every month of work each of them can get two extra days free. They can cumulate the days and take longer holidays. Nevertheless, they have to obtain the agreement regarding the dates from the Host Organization.

Accommodation

Volunteers are going to be ensured with separate flat in a block of flats. Those who join the project in the second term (from April 2014) will have to share the room with other person as there are 2 bedrooms in the flat. Volunteers will be provided with a standard equipment and essential household goods.

Food

They are going to receive money for food (about 100 € per month). It will be their decision, whether they would like to prepare their meals by their own in the flat, or to buy them in a local school canteen. Depending on their decision, we will help them to organize it.

Allowance

Every month volunteers are going to receive pocket money (3 € per day) for their own expenses.

Local transport

If it comes to local transport, there is no problem in our town. Sępólno Krajeńskie is a small town(11 000 inhabitants), that there is no need for it.

Polish language classes

Lessons of polish language will be leaded by a professionally active teacher, who worked with us in the past, during previous visits of volunteers. Lessons are going to have individual character.

Volunteers with special needs

Unfortunately we do not have possibility to host volunteers with special needs at this time.



EVS ACTIVITIES IN SOCIALLY ACTIVE ASSOCIATION:

Venue: Wiecbork, Poland

EVS volunteers will be able to work in Environmental Dayroom, Elderly People Club, and Care Home for Disabled People. They will have a chance to get useful abilities and experience as far as working with children, the youth, dysfunctional families, adult disabled people and the elderly are concerned. The volunteers will work according to an individual work plan allowing them to work in all the subordinate units. Everyday will be an opportunity to gain knowledge and new experiences in Milieu Self-Help Center, Milieu Day Room and, occasionally, in Senior's Club or during local events for local society. Weekly working time will not be longer than 35 hours. We are open and flexible due to modifying individual working plans to allow the volunteers to optimize their work according to their interests and abilities. These are the place where our volunteers could develop their skills:

Environmental Dayroom (children aged from 6 to 16):

- helping instructors and educators with preparing and carrying out various classes (cooking, sport, making jewellery, macramé, ceramics, felt and wicker articles)
- helping instructors and educators with serving meals
- helping children with their homework
- helping instructors and educator with organizing trips,
- running EVS volunteers' profile on Facebook concerning their daily activities and reflections

Care Home for Disabled People (disabled adults):

- helping instructors with preparing and carrying out various classes (art, music, sculptural tailor, rehab, drama, making ceramics)
- helping instructors with teaching disabled people daily activities (self service training, cooking and budget training)
- helping instructors with serving meals
- helping instructors with cleaning after classes
- taking part in trips

[CLICK here to view some pictures and info](#)

Elderly People Club (people aged 60 or more):

- helping instructors with preparing and carrying out such occasional meetings in order to counteract the social exclusion of elder people as art, cultural and educational classes (literature, painting, film, music, learning English), sports classes (nordic walking, self-defense), memory training (games improving intellectual abilities)
- taking part in trips
- helping instructors with preparing various occasional meetings (Christmas Eve, Grandparents Day, Women's Day, carnival play)

We would like to encourage EVS volunteers to share with us their ideas concerning the above classes (e.g. language classes for the elderly, cooking classes for disabled adults or cultural classes for children and the youth).



Events for the local community:

- spreading the idea of volunteering in local institutions (meeting with children in kindergartens, schools and orphanages)
- helping volunteers visiting Adults for Children Association with organizing common promotional actions concerning the idea of European Voluntary Service
- helping AMICUS volunteers (Janusz Korczak Secondary School in Więcbork) with food collection
- helping with preparing folk song festival for disabled people
- helping with preparing Friendship Picnic for disabled children and their families
- helping with preparing Więcbork – Karolewo Run to commemorate nazi terror in 1939

We would like to give the volunteers a chance to choose a group of people to work with which suits them best.

EVS volunteers leisure time:

During their leisure time, EVS volunteers will be able to know Polish culture, customs and traditions and try to communicate with foreigners. They will be also able to take part in:

- Polish language classes
- various cultural events (going to the cinema, taking part in concerts)
- trips to various places (while working and in their leisure time)
- occasional events (Women’s Day)
- meetings with mentors
- meetings with other EVS volunteers hosted by “Adults for Children” Association in Sępólno Krajeńskie (12 km from Więcbork).

THE PRACTICAL ARRANGEMENTS

Working hours

We are very flexible in terms of volunteers’ work. We are open for volunteer’s suggestions. They can choose in which establishment they want to work more and in which less. The volunteers together with the coordinator will agree about the working hours and a weekly schedule. The amount of work should not exceed 36 hours per week.

Exemplary Schedule / Weekly timetable (prepared for 2 volunteers but we are going to host 3)

	VOLUNTEER 1	VOLUNTEER 2
MONDAY	10 ⁰⁰ - 12 ⁰⁰ Work in Elderly People Club	9 ⁰⁰ -15 ⁰⁰ Work in Care Home for Disabled People
	12 ⁰⁰ - 18 ⁰⁰ Work in Environmental Dayroom	Leisure time
	Leisure time	Leisure time
TUESDAY	Leisure time	9 ⁰⁰ – 15 ⁰⁰ Work in Care Home for Disabled People
	12 ⁰⁰ - 18 ⁰⁰ Work in Environmental Dayroom	15 ⁰⁰ - 17 ⁰⁰ Polish language classes
	Leisure time	Leisure time



WEDNESDAY	Leisure time	9 ⁰⁰ – 15 ⁰⁰ Work in Care Home for Disabled People
	12 ⁰⁰ - 18 ⁰⁰ Work in Environmental Dayroom	15 ⁰⁰ - 17 ⁰⁰ Polish language classes
	Leisure time	Leisure time
THURSDAY	9 ⁰⁰ – 15 ⁰⁰ Work in Care Home for Disabled People	10 ⁰⁰ - 12 ⁰⁰ Work in Elderly People Club
	15 ⁰⁰ - 17 ⁰⁰ Polish language classes	12 ⁰⁰ – 18 ⁰⁰ Work in Environmental Dayroom
	Leisure time	Leisure time
FRIDAY	9 ⁰⁰ – 15 ⁰⁰ Work in Care Home for Disabled People	Leisure time
	15 ⁰⁰ - 17 ⁰⁰ Polish language classes	12 ⁰⁰ – 18 ⁰⁰ Work in Environmental Dayroom
	Leisure time	Leisure time

Holidays

The volunteers work 5 days a week (Monday to Friday). For every month of work each of them can get two extra days free. They can cumulate the days and take longer holidays. Nevertheless, they have to obtain the agreement regarding the dates from the Host Organization.

Accommodation

The volunteers will be accommodated in a separate flat equipped with necessary home appliances. The flat will be located on one of the residential complexes in Więcbork near town center and working habitat.

Food and allowance

Monthly allowance for each volunteer will be 3 € per day for their own expenses. Moreover, they are going to receive money for food (about 100 € per month). In terms of food preparation, there will be two options available: cooking on their own or eating dinners in a restaurant (both covered on an agreed earlier level).

Local transport

If it comes to local transport, there is no problem. Więcbork is a small town so there is no need for it.

Polish language classes

Volunteers are going to be provided with Polish language classes. The classes will be lead by volunteers from the club Amicus from Secondary School in Więcbork.

Volunteers with special needs

Unfortunately we do not have possibility to host volunteers with special needs at this time.

