



Erasmus+



## PROPOSAL OF ACTIVITIES FOR EVS VOLUNTEERS

**Project title:** *“Colours of EVS”*

**Venue:** Sępólno Krajeńskie, Poland

**Project terms:** April 7<sup>th</sup>, 2017 – April 6<sup>th</sup>, 2018

Since 2005 our association has taken part in EVS. Until now we have hosted 58 volunteers from different countries. Our main aim to host volunteer is to give them the possibility to learn more about Polish culture, customs etc, as well as to give them a chance to try work in our institutions. For our association EVS is a great adventure too. Thanks to volunteers we have also a chance to meet different cultures and sometimes to get in with new, fresh ideas in terms of our work and tasks. From January 2017 new adventure is going to start: “Colours of EVS” project.



## ***EVS ACTIVITIES IN “ADULTS FOR CHILDREN” ASSOCIATION:***

**Venue: Sępólno Krajeńskie, Poland**

**Project terms:**

**1. April 7<sup>th</sup>, 2017 – April 6<sup>th</sup>, 2018**

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);

#### ***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.

## 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	09 <sup>00</sup> – 15 <sup>00</sup> Work in Little Child and Family Centre	Leisure time
	15 <sup>00</sup> – 16 <sup>30</sup> Leisure time	13 <sup>00</sup> – 18 <sup>00</sup> Work in Therapeutic day-room
	16 <sup>30</sup> – 18 <sup>30</sup> Polish language classes	Leisure time
TUESDAY	Leisure time	09 <sup>00</sup> – 15 <sup>00</sup> Work in Little Child and Family Centre
	13 <sup>00</sup> – 18 <sup>00</sup> Work in Therapeutic day-room	15 <sup>00</sup> – 16 <sup>30</sup> Leisure time
	Leisure time	16 <sup>30</sup> – 18 <sup>30</sup> Polish language classes

WEDNESDAY Y	9 <sup>00</sup> – 15 <sup>00</sup> Work in Occupational Therapy Workshops	9 <sup>00</sup> – 15 <sup>00</sup> Work in Occupational Therapy Workshops
	15 <sup>00</sup> – 16 <sup>30</sup> Leisure time	15 <sup>00</sup> – 16 <sup>30</sup> Leisure time
	16 <sup>30</sup> – 18 <sup>30</sup> Polish language classes	16 <sup>30</sup> – 18 <sup>30</sup> Polish language classes
THURSDAY Y	Leisure time	Leisure time
	12 <sup>00</sup> – 18 <sup>00</sup> Work in Young Creators' Club	12 <sup>00</sup> – 18 <sup>00</sup> Work in Young Creators' Club
	Leisure time	Leisure time
FRIDAY Y	Leisure time	Leisure time
	12 <sup>00</sup> – 18 <sup>00</sup> Work in Young Creators' Club	12 <sup>00</sup> – 18 <sup>00</sup> 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 start the project in January 2014 are going to live in the 3 rooms flat (one separate room for each volunteer). Those who join the project in the second term (from April 2017) 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 & pocket money***

Volunteers are going to receive money for food (more or less 100 €). 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.

Monthly allowance (pocket money) is 85 € - for volunteers' 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' classes will be lead by volunteers from the club Amicus from Secondary School in Więcbork.

