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PROPOSAL OF ACTIVITIES FOR EVS VOLUNTEERS IN SOCIALLY ACTIVE ASSOCIATION EI 2013-PL-171

Project title: *“Good Morning EVS”*

Venue: Więcbork, Poland

Project terms: 01/03/2014 – 28/02/2015 (12 months)

We are looking for: 2 volunteers (1 from Romania, 1 from Turkey)

Deadline for volunteers applications

(CV, ML, Details form): January 31th, 2014

Socially Active Association is a new EVS hosting organisation. In this project we are going to be coordinated by experienced EVS organisation (“Adults for Children” Association from Sępólno Krajeńskie, EI: 2012-PL-170) that’s why please e-mail all documents (Part III, volunteers’ CVs here: daniello13@wp.pl)

Project environment

Więcbork is located in The Krajeńskie Lake District, precisely Sępoleński district and Więcbork municipality, kujawsko-pomorskie province. Więcbork is surrounded by forests and the biggest lake in Więcbork municipality, Więcborskie Lake. As far as the forests are concerned, they belong to Krajeński Landscape Park, the second largest landscape park in kujawsko-pomorskie province. Więcbork covers an area of 430 ha and 5858 people live there. Thanks to the rich flora and fauna, picturesque landscapes, and many historical monuments, Więcbork is very attractive to the tourists who visit this town every summer. In Więcbork there are eleven tourist resorts. A lot of palaces and sacral buildings are the main attractions in the area. One of the main attractions is also a modernized beach. In Więcbork such places as cycle lanes, athletic stadium, playgrounds, tennis, beach volleyball and basketball courts can be found. Every year tourists and inhabitants can take part in various concerts, sports events and picnics. In Więcbork area 30 sports and social associations work.

Despite having plenty of touristic attractions Więcbork, as a town, faces many problems such as: unemployment, poverty, low qualifications and self-esteem of its citizens. By means of its undertakings Socially Active Association tries to support people belonging to the sphere of social exclusion. Our activity, which aims at activation of local society, is mostly children- and the elderly-oriented. Apart from organizing art classes for our target age groups in 2012 amongst our ventures we can count: organizing a big conference on the problems of the elderly, organizing festival for disabled children, arranging a supplementary feeding program



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for the needy children, activating countryside local societies by conducting hand-made art classes and inviting them to partake in Christmas meetings. Being aware of the need for such enterprises, as well as noticing the positive impact they have on our beneficiaries, we want to develop our activity in aid of improving the quality of life of the above-mentioned social groups. As constant projects of our association we can include: festival for disabled children, song festival for disabled and mentally impaired adults, Seniors Club and many other actions for the benefit of all people under the care of Community Self-help Centre (Środowiskowy Dom Samopomocy) and Community Centre (Świetlica Środowiskowa). We notice both new needs and new possibilities for development which we are eager to pursue.

Why EVS?

The most important reason of taking part in European Voluntary Service is to give the young a chance to grow, get new experiences, take new challenges, be acquainted with new cultures and traditions, and exchange experiences with citizens of other European countries. Volunteering is undoubtedly a chance in which one can discover themselves in unknown situations. It is an amazing adventure which has got a strong influence on a young person's life.

Proposed activities for EVS volunteers

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)



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- 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

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



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- meetings with other EVS volunteers hosted by “Adults for Children” Association in Sępólno Krajeńskie (12 km from Więcbork) – now there are 6 EVS volunteers.

THE PRACTICAL ARRANGEMENTS

Working hours

As it was mentioned above 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

	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



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	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

Monthly allowance for each volunteer will be 85 € for their own expenses. As far as the alimentation is concerned, 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.