



## Voluntary Service in Slovakia/Bratislava for the volunteers from Italy

### Duration - 11 months from 1<sup>st</sup> September 2018 – 31<sup>st</sup> July 2019

The program plans to host 16 international volunteers from Germany, Italy, Greece, France, Spain, Austria and other.

*Lodging – with other volunteers / sharing flat*

*Working 35 hours/week (5 days per week)*

*2 days of holidays per a month (for 11 months it is 22 days) + public holidays*

*Travel costs are covered up to 275€ Italy*

*Allowance 4 or 5€ (depends on the Erasmus + budget) per day and diet money (usually it is 150€/month or some food at the centre).*

*If needed for activities a monthly city public transport card.*

*A basic Slovak language course.*

*Youthpass – certificate of EVS at the end of the service*

### 1 IT volunteer for

**Dom RAFAEL Bratislava** is a new founded centre for **seniors** and **disabled**. It is a non-profit organization organized in newly built 3-level building providing both health and social care for seriously and chronically ill, for people with mental and physical disabilities and their families. The centre is situated in calm and pleasant surrounding of a park, yet easily accessible by car or public transport. Dom Rafael offers 4 main services under one roof- Hospice, Nursing home, Special care for people with Alzheimer's and Parkinson and on top of it Social care for adolescents with disabilities and special needs. This is provided with comprehensive care in a pleasant atmosphere by the professional multidisciplinary team composed of doctors, nurses, rehabilitation workers, specialized pedagogues and social workers. The capacity of the centre is all year accommodation for 40 persons and daily stay for 20 persons. The centre also focuses on sheltered workshops - bakery and coffee shop. In addition it's organizing different kind of daily activities for their clients - e.g. music therapy, art therapy, ergo therapy, physiotherapy and many others in order to bring a new alternative into the life of the handicapped people while respecting their specific characteristics and allowing them to decide independently and to participate actively. They create tasteful products with decorative and utility character, while staff is keen on broadening knowledge of the clients and on the development of their mental skills. A variety of clients of different age and life situations are staying in Dom RAFAEL, that's why the establishment's main essence is orientation towards family atmosphere and warm environment. Additionally, Dom RAFAEL offers spiritual, psychological and consultative support for clients and their families.

The volunteers will be important part of the team, working under professional guidance of our social workers and therapists. Own ideas and initiatives are very much appreciated. Typical tasks and activities of our volunteers would be:

- Possibility to work and support disabled people during the therapies (ergo therapy, music therapy etc.),
- Accompany and help elderly and seriously ill with their daily routine; arranges leisure time activities and events, being supportive with open heart and soul, being open to priceless conversations with people who usually overcame or are suffering after difficult accidents/ illnesses.
- Support people in development of their individual skills through the workshops (producing the objects from wood, paper or cloth which could be sold as presents for special occasions)
- Organize the presentation of the products made in the workshops and accompanying the clients while selling the products. Dom RAFAEL participates for example on Christmas markets while selling products made during workshops by disabled people.
- Assist the handicapped with different activities that develop their independence and social integration in the society e.g. shopping, swimming pool, physical activities, cultural and social events
- Help disabled people with daily tasks in sheltered workshops – helping in the bakery or coffee shop.
- As Dom RAFAEL is in municipal park available also for public, volunteers will be involved in

revitalizing the surrounding environment of the Dom RAFAEL complex – e.g. gardening activities, planting flowers and trees, watering plants.

- Team meetings – the volunteer is integrated in regular meetings of the staff and in the process of decision making of the activities done by her/him.

2 volunteers/11 months) The volunteers will work in the centre based on Christian values so they need to respect them. **minimum requirement EN language (intermediate).**

### **1 IT volunteer for**

**The Ecumenical Council of Churches in Slovakia ECCSR** /Bratislava/ as an umbrella organization with its 12 member has diverse activities thanks to its programs and working groups. Member churches offer to the volunteers various activities in its members' movement. The volunteers will be also helping the coordinator of the volunteer program. (2 volunteers/11 months).

1 volunteer – cooperating with the churches and social centres that provide **free time activities for youth, teenagers and kids** (from streets); **work with elderly in senior house; work with children at risk; work with physically and mentally disabled centres**) etc. The volunteer assists during these activities in the particular centre. Some centres provide their activities only few hours per week. Usually the volunteer combines her/his activities in more centres (see below the options) **Minimum requirement EN language (intermediate), volunteer with some experience from the church life /activities/is welcomed; from any country.**

*Here below are the options. 2 or 3 to fulfil 35 hours per week*

**KASPIAN is a low-threshold centre in Bratislava/Petrzalka** that helps young people (teenagers 7-20) living in the area to find their own way through fun, support and adventure. The centre offers easily accessible (low-threshold) programs. Children can come to KASPIAN when seeking advice, help, fun or sports (the club and skate park). Services offered to young people are free of charge, no registration is needed and an emphasis is placed on safety and professionalism. The centre concentrates on what young people are really interested in and what they need. Social services, informal education, preventive, leisure activities and participation projects are tools helping young people grow. Free time activities - table tennis, climbing wall, art activities, legal graffiti, competitions and so on. The centre creates the conditions to enable children satisfy their needs, implement their own ideas and fulfil their dreams. Activities: Tuesdays - Thursdays 14:00 to 18:00

**The house of social services** is operated under wings of Lutheran local church. The centre provides various services up to 50 elders; an accommodation for seniors with a health and social service and a daily care. The volunteers can be involved in different activities such as assisting with an exercise and relaxation, developing and maintaining clients' communication skills in general, participating in conversations (some clients speak foreign languages), group work activities, and craft group, accompaniment clients while walking in the centre grounds and excursions and trips in the nearby area, spending time with clients (simple one-to-one activity with clients, many of whom now have minimal contact with their close family), assistance at therapies such as art, music or bibliotherapy, help with feeding and make up, doing small shopping for clients, sending letters etc. The volunteers have also the opportunity to create their own activities with clients at the centre. This could include various ideas in activity based therapies (art, music, bibliotherapy etc.) Volunteers choose their own topic or theme where they decided to be involved in.

**Centres for physically and mentally disabled people** – working with middle or hard forms of mentally handicap that need special care and assistance. The centres provide a social assistance for people with disabilities and are focused on the activities supporting skills and abilities of their clients. The activities make the clients feel useful, valuable, positive, constructive and moreover integrated. The volunteers work with the clients during activities and workshops; they assist in the development of individual skills of the clients, help producing goods such as postcards, paper sacks, boxes, Christmas gifts, etc.

**Work with kids** – using Jolly Phonics method of teaching English – helping a professional teacher in a free time centre for kids (few hours in the afternoon per week).

**AD-ae** is a church based centre that provides leisure time activities for teenagers in local community called Rendez. Rendez is a community at the outskirt of Bratislava with limited access to sport and cultural activities. Activities - working with teenagers in a community centre - playing games, playing musical instruments, singing. Preparing promotion materials - taking photos, videos, designing flyers,

writing facebook statuses. Extra-activities - helping to organize special events for teenagers - movie nights, xbox nights, having trips to nature. The centre also have a music club Fusion [www.fusionjv.eu](http://www.fusionjv.eu) that teaches teenagers how to play musical instruments and sing popular songs. The club also spends time with youngsters talking about life values and support them with their personal development.

## **Understanding of voluntary service in Slovakia**

Volunteers help and meet physical, mental and spiritual needs with respect for each individual's basic human rights. They recognise, respect and follow the directions of the host organisation staff and the local supervisor(s). They adapt their expectations and lifestyle to the local community within which they serve. Volunteers are respectful of the communities, cultures and faith traditions within which they serve.

## **Learning objectives for volunteers**

- Personal and spiritual development; Intercultural learning;
- Ecumenical learning;
- Awareness of social and political responsibility;
- Faith journey;
- Workplace skills;
- Increased capacity to communicate and work in group situations;
- Help in deciding about life and career orientation.

A core of the programme is dialogue and empowerment through service therefore we put stress on candidates who are:

- flexible and mature, with a open mind;
- willing to work with elderly, physically or socially weak people; or work with children and youth;
- willing to learn a language (Slovak) needed for the work;
- willing to know different cultures and stay for required time (11 months) in Slovakia;
- able to develop new programs in the placement and to take the initiative of organising these programs;
- open and willing to learn from the others and at the same time ready to offer her/his abilities and skills as a contribution;
- willing to respect a cultural diversity together with the fight against racism and xenophobia;
- open and willing to be in a group of volunteers reflecting on their experiences together;
- able to live simply in a flat with other volunteers, sharing a room (or in a family);
- open not to have a comfort like at home respecting other people with their condition, abilities and faith;
- willing to get some basic practical experience related to future work in placement before she/he starts a service;
- willing to disseminate and exploit gained results; intermediate English language skills.

And have:

- social competencies;
- a positive attitude towards multiculturalism.

The project “**Volunteering as a tool for self-development and solidarity in a diverse environment**” provides the volunteers with a space in which to acquire new skills and develop themselves. Through a year of residence in a foreign country, they will be in direct contact with a culture that is completely new for them. Not only that, but they will be sharing a living space with other people, coming from different social, cultural, and geographical backgrounds. This sharing will both broaden their perspective and make them learn from one another, accepting the contrasts of a multicultural society and creating their own international network. They will be doing the voluntary service dealing with their duties in their different work placements, taking on responsibilities, and developing new skills, such as working with digital technologies and learning a new language to a level sufficient to communicate with their colleagues and clients. In their private lives, they will also be faced with challenges in learning how to manage their free time and their space, while keeping the others who share it in consideration. Overcoming these experiences will mean an increase in their self-confidence, and the acquisition of a variety of hard and soft skills which will be advantageous in their later lives, such as when entering the

labor market. Their work will also show them the importance of human values in society, and of taking an active part in a changing world by lending a helping hand. Alongside the everyday working activities, the program also organizes Slovak language course, workshops, seminars and supervision meetings.

Some inspiration from the present volunteers:

## **VOLUNTEERING IN SLOVAKIA**

*Konstantinos, Greece*

The next stop in my life was volunteering in Bratislava. In a glimpse of an eye, I found myself part of the EVS in Slovakia and everything went from wrong to right, smelling Danube's odour and intensive night perfumes. Halfway here and I am already experiencing the positive effects which rush through the veins of my existence. Boosted my humanistic element and made me realize what the notorious patience of Job stands for. From Roma children in Petržalka until demented people, life is a constant struggle for human rights and emergency for providing unconditional social work.

*Christina, Spain*

Maybe you can think that volunteering in Bratislava, or living in Bratislava, or actually being in Bratislava for any reason doesn't constitute the best possible plan. To be honest, I thought exactly the same... Until I saw the city at night, when the lights of the several bridges and the castle were reflected on the river... That river that gives such magical charms and the city surrenders to its visitors, offering its secrets to everyone open to uncover them... The famous writer Hans Christian Andersen already said it in 1841 "Bratislava inhabitants want me to tell them a fairytale, why you want a fairytale if your city is already one?" I always thought that doing voluntary service is such nice way to share your time and knowledge with others and to be useful to the society, but I never realized how important it is, until now that I'm actually doing it. You really can change people lives and is not about doing great things like the heroes in films -most of the times is about only having a moment with someone in need, helping or just listening being humble. Because in this spinning world, many people just need to stop for a while, look around and understand that they are not alone.

*Manon, France*

Like the immigrate birds, EVS volunteers leave their countries to discover a new horizon in their world. Spreading your wings can seem a little bit frightening initially, but if you suppress your misleading biases and prodigies, you will discover an extraordinary, once every lifetime, experience. Helping others is also helping yourself. I discover it here, while working with disabled and senior people, changing my perception bearing more and easier. Few words, a gesture, a shared activity or even just a smile can evoke more than you can imagine. In these simple things, I found the taste of happiness. I live in the capital, Bratislava, and everything I discovered here will stay in my mind no matter where the wind of fate will lead me in the future.

*Pauline, Germany*

A region in Slovakia is called the "Slovak paradise". This name is applicable to such a year of volunteering. Paradise because of its lots of work experience. Paradise because of its endless fun. Paradise because of its big adventure. Paradise because of its occurrence in a foreign -unknown before- country. Paradise because of our evolving with independency personalities. Paradise because of meeting so many new friends and people around the globe. As a volunteer, I find paradise my job as well! The children at the school I am working are shaping a smile on my face. I am delighted. The power of the children gives me stamina, courage and fun. Enjoy Slovakia in all its facets!

