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Project title: Seeds of voluntary service

Project number: 2020-1-HU01-ESC11-077899

Duration of your service: **1. September 2020 - 31. July 2021**, 11 months.

We are planning to host 20 volunteers from different European countries.

Language course and welcome seminar:

Duration of the Hungarian language course: **2-5 of September 2020**, in Budapest.

The language course will be held in Budapest.

Welcome seminar: **6-10 of September** with all Hungarian speaking volunteers in Monoszlo.

The location of the seminar will be the following:

Villa Silvestris: <http://www.villasilvestris.hu/>.

We are looking for volunteers at the following hosting placements:

- 1) Waldorf school in Debrecen
- 2) University Congregation in Debrecen
- 3) Immanuel Home in Debrecen
- 4) Sarepta Home for Disabled in Budapest
- 5) Café Adna in Budapest
- 6) Homeless Shelter in Budapest
- 7) Csana - Csillagvirag Nursary in Budapest
- 8) Halacska Kindergarten in Budapest
- 9) Bethesda Children Hospital in Budapest
- 10) Garai Haz Foundation in Baja
- 11) Kalunba Charity

Placements and tasks

1) Waldorf school in Debrecen - <http://napraforgoiskola.hu>



Napraforgó Waldorf School is at the centre of Debrecen. Debrecen is the second largest city in Hungary, the scientific and cultural centre.

We would like to consider these aspects to host a volunteer:

- Loving interest in and acceptance of each pupil
- Opportunities for self-initiated learning with simple materials where children are using their creativity.
- A focus on real experiences to support pupils in forming a healthy relationship to the world.

We recognize that healthy pupil development unfolds most fully in the context of a community with healthy social relationships among parents, teachers and children.

Our colleagues have a special education for Waldorf school and will also support the volunteer in this sense.

Waldorf schools pursue a holistic, child-centered ideal; to maintain creative capacities within

children. It does this via art -not that the goal is to be an art school, but to permeate the curriculum with artistic activity. This means that all Waldorf educators support the artistic development of a child; that all their teaching activity, regardless of subject taught, is filled with living artistry.

We don't ask volunteers to have any specific skills. We offer personal support to the volunteer and are able to support future volunteers in their learning experience. We feel that skills can be acquired but enthusiasm and passion are qualities that people with a real interest can bring.

Tasks for the volunteer

Monday:

8.00-10.00 Supporting pupils on their morning sessions (these are not regular classes)

10.00-12.45 Agricultural activities, planting plants, working in the garden

12.45-13.15 Lunch break

13.15-15.00 Afternoon sessions with craft workshop

18.00-19.00 Hungarian lessons

Tuesday:

8.00-10.00 Music seminar, support the children

10.00-12.00 Sessions with the therapy dog. Supporting pupils on their morning sessions (these are not regular classes)

Accompany pupils to swimming

12.45-13.15 Lunch break

13.15-15.00 library, reading room service

17.00 Meeting with the mentor

Wednesday:

8.00-12.00 Supporting pupils on their morning sessions (these are not regular classes)

10.00-12.00 Preparing time for the Month celebration (Hónap ünnepek)

12.45-13.15 Lunch break

13.15-15.00 language club assistance, preparing workshop activities

Thursday:

8.00-10.00 Supporting pupils on their morning sessions (these are not regular classes)

10.00-12.45 Volunteer is making her/his own project (preparing mini project)

12.45-13.15 Lunch break

13.15-15.00 Drama workshop, Decoration of rooms and common area

Friday:

8.00-10.00 Taking pictures of the natural and cultural sites

10.00-12.45 preparation for different events (St Marton day, Harvest, Advent, Forest school, Plant for Planet action, hiking)

12.45-13.15 Lunch break

13.15-15.00 Assistance during an event, meeting parents.

The volunteer is expected to be in the project 5 days a week, from Monday-Friday. The volunteer is expected to work from 8.00-15.00, with a 30 min. lunch break. We are regularly organising at the autumn forest school and in July summer camp for one week. We also have lots of thematic days (St. Marton day, Harvest, Plan for Planet, Ester, Pentacost) in order to fulfil the holistic way of Waldorf education and to educate the children to show responsibility for our planet. We also have a therapy dog at the school.

2) University Congregation in Debrecen -

<https://www.facebook.com/egyetemigyulekezet/>



The University Congregation in Debrecen works with and serves university students. We do have many different activities where local volunteers, students are volunteering a lot. We organise also exhibitions at the church where volunteers are helping a lot. Voluntary Service can bring together different cultures to work with common goal. It is enriching every organization, which is involved the project and volunteers.

The University Congregation works with 4 staff at the University Church.

The church building is directly next to the University Campus and has a long history. The

congregation was originally established during the 1930th, but is has been closed during the communist period. We are using the church building from 2007 again. The congregation is not a classical church congregation, since the members who are attending the church are university students.

Tasks for the volunteer

The volunteer will assist with the setting up and supporting groups of young people, including the organising of weekly programmes and assisting planning worship, creative sessions, exhibitions and club events.

To help and support Hungarian and foreign students to have contact with each other. The

volunteer can have a “bridge building role”. The volunteers can also help in music programmes, if there is an interest from the volunteer side.

Team Working: volunteers will have the opportunity to network with local youth service providers, other church organisations, and other bodies who impact on the lives of the young university students in Debrecen.

Other Duties time to time: helping staff to organise trips, attending conferences on youth policy etc. The volunteer will work 35 hours and mainly from early afternoon to the evening.

3) Immanuel Home - www.immanuelotthon.hu



The Immanuel Home was founded in 1991 thanks to parents and specialists/professionals joining with the goal of providing room, space and "home" for those children whose parents were struggling with the problem of being rejected by every institution because of the condition of their kids. The main profile of the institution is to take care of 85 seriously disabled children and young people (between the age of 6 and 30) as a day-care centre; it is also open for those who fell out of the education system. The day-care centre is open from Monday till Friday. The daily routine of the volunteer will connect to the routine of the teams in the fields of youth teaching, therapies and leisure time activities.

The volunteer is a full member of the team; their tasks will connect closely with the task of the pedagogy assistants.

Tasks for the volunteer

In the mornings the youth arrive to the placement where they have breakfast. From 8.45 the teaching starts and they take part in the lessons/therapies within their group. If someone is unable to eat alone the volunteer is there to assist and also help in any other way if needed. During the afternoon sessions there are several extracurricular activities and therapies where the volunteers help the teams.

4) Sarepta Home for Disabled in Budapest - <https://www.facebook.com/Sarepta-Budai-Evang%C3%A9likus-Szeretetotthon-224928344642592/>



Sarepta home is for mentally disabled youths and adults, but for elderly people as well. At the area of the home are several buildings for living and also for different therapy activities. There are units for disabled and elderly as well.

The home offers 100 places for disabled people. Regarding the decision of the volunteer she/he can work with old people or people with disabilities. The home also offers home, special education, rehabilitation, workshops and physical therapy for people for disabilities. The institution offers physical, ergo and logo therapy and conductive therapy is also available.

The aim of the home is to give disabled people assistance; what they need for maintenance and achievement for the best possible independence. The home also offers different workshops for disabled like weaving, making small carpets also for selling outside the home and other creative workshops.

Tasks for the volunteer

Working hours: approx. min. 35 hours/week

60% creative and leisure time activities: organized leisure time activities and own initiatives, ideas for program activities.

40% daily tasks: additional support, helping with meals (preparation), accompanying residents;

The volunteer is expected to be in the project 5 days a week, from Monday-Friday. The volunteer is expected to work from 8.00-15.00, with a 30 min. lunch break. The voluntary activity will take at least 35 hours per week but the volunteer will receive Hungarian language lessons every week which is also part of the working hours and not extra time.

5) **Café Adna** - <https://www.facebook.com/adnacafe/>



In Cafe ADNA we work on building a community. With Valaszut Foundation we opened up Cafe ADNA in 2015. This is a cheerful, non-alcoholic mission cafe aiming the youngsters. We organise concerts, literary evenings, round-table discussions that offer good opportunity to get to know and understand each other. The aim of our mission is to reach those youngsters and their friends and family members, who are at risk of addiction. We would like to decrease the additional harm in their environment organising interesting and creative programs where alcohol and drugs are not available and all the people feel valued.

Our aim is also to reach and integrate misfit youngsters who do not use the social and health services that are available.

Tasks for the volunteer

The volunteer is expected to be in the project 5 days a week, from Monday-Friday. The volunteer is expected to work from 11.00-18.00.

The voluntary activity will take 35 hours per week.

The volunteer will have the opportunity to help in the following items:

- to set up and decorate the café and the small room: here will be the regular film clubs for high school students dealing with topics such as addiction (internet, co-dependency etc.) The volunteer will be asked to set up the room and help with the technical support.
- help to organize events and music events and exhibitions, literature sessions, discussion evenings, lectures: to communicate with partners, to welcome guests and set up the room for the events.
- to support team in artistic events, to prepare the room, to make room decoration: of course, volunteers don't necessarily have to be artistic to volunteer in the arts - they can help behind the scenes.
- to help to network with existing partners: different church groups, cultural associations, drug rehabilitation centre etc: to communicate with partners and youth groups, welcome guest.
- help to set up ADNA Craft events: to help to get the materials for the different craft session.
- to organise a language club.

6) Tiszta Forrás Foundation, homeless shelter in Budapest

<http://tisztaforrasa.5mp.eu/web.php?a=tisztaforrasa>



The foundation supplies four assignments:

1. Daily drop-in centre

We provide food, sandwiches, tea, and ability to wash and to have a bath. We can provide our daily service up to 120-130 people daily this number can be extended 160 during crisis situation. We provide daily food for 450 clients.

2. Night shelters

Usually, we can provide housing for 35 men, high quality. In winter, in a crisis situation, the number of beds can be increased by 6. Most of the clients in the night shelter stay longer than one night. We provide cleaning facilities, well-equipped rooms are provided, lockable cupboards. The aim of the shelter is to socially reintegrate people without homes. We organize many programs to achieve this goal: excursions, theatre, cinema, garden outings, and celebration of national and religious vocations.

3. Club for Anonym Alcoholics

We organize talks in groups one afternoon each week for the rehabilitated members and for enquirers. Enquirers who are not housed in the night shelter may also come, so the club welcomes everyone. There is also worship every Wednesday for people who need healing from their addiction.

4. Street social work

The part of this work is the social work on the streets, which quests and attends the homeless people in the 18th district. The aim of street social work is to help those people, groups and individuals who are staying on the street and who are distrustful with institutional care, with the primary aim to save their life and integrate them into the society. Street social service works in the framework of the daily drop-in centre.

Tasks for the volunteer

- Welcome newcomers and offer them tea and bread.
- Organize the clothes and help people find which ones they need.
- Hand out hygiene items (homeless people can use the shower and use the washing machine)
- Prevent security issues by listening to and speaking to people who are getting upset
- Help people find supplies they can use

- Assist with some street social work (Thursday and Friday): to help clients to deal with their medical, food or other needs.
 - Helping staff with some administration.
- Volunteers will work in two shifts. Morning-shift is from 7.00-14.00, afternoon-shift is from 11.30-18.00.

7) Csana - Csillagvirág Családi Napközi



The Pre-school, **Csillagvirág Családi Bölcsöde** is operated by the Reformed Congregation located in Buda. The members of the church are from the first and the second district of Budapest.

Goals of learning:

Working alongside of expertise, leaders and co-workers the volunteer will be introduced to the processes and will get help for personal growth:

- we will help the volunteer to understand and identify with our inner goals and being able to feel part of a team whom the volunteer can trust
- we will help the volunteer to get introduced working with children
- furthering one's language and cultural knowledge
- growing in responsibilities and independence
- learning new abilities and sufficiency
- we will support the volunteer planning and creating smaller project, improving creativity and initiation, national days.

- We are supporting the volunteer to gain new relationships, friendships throughout the voluntary service.

TASKS: The volunteer activity will be taking place in the Pre-school with 7 children age 1-4.

The volunteer will have the following schedule:

8.00-9.00 Arrival of the children, playtime

9.30-10.00 Morning snack

10.00-11.00 Creative activity, playtime and singing

11.00-12.30 Outdoor playtime, accompanying the children

12.30-13.00 Lunch time

13.00-13.30 helping the children at lunch time

13.30-14.00 Playtimes and dressing the departing children,

14.00-14.30 cleaning the room after children, preparing creative tools for next day activity.

Some children are staying until 4, the little ones are sleeping during afternoon.

The volunteer is free in the afternoons.

Other tasks of the volunteer: every Monday Hungarian lessons between 18.00 - 19.30

The volunteer is working from Monday to Friday, weekends are free. In case of interest the volunteer may attend to church programs and youth activities. This would increase integration.

8) Halacska Kindergarten



In the kindergarten there are different groups separated by age. In each group we have around 25-29 children, in total 245 children. All together we have 10 groups, and in all group there is a special need child. From 1998 until 2006 the

kindergarten had occupied one building with four groups, however in the meantime because of the increasing needs the kindergarten has expanded with another building.

Since 2008 the kindergarten owns of a new building.

The Halacska Kindergarten is remarkable of its good education. Our mission is to educate and raise children in the value of Christianity in a family atmosphere with a close contribution of their parents.

The volunteer lives in the heart of Budapest in a rented flat together with other volunteers.

The volunteer is always a great help for us due to working with small children and kids mean that a constant lack of helping hands for comforting and caressing. And of course not just for us but the children also have found it very interesting and special to be together with someone from a different country and culture, who speaks different language in the beginning of his/her voluntary service.

However, every relation has two sides, so not just the community of the Halacska Kindergarten got so many new experiences through hosting volunteers but the young volunteers also gain new abilities. A little child turns to any adults with an incredibly honest soul, just like to any volunteers, thus they study to take responsibility for them. They learn also how to handle and teach children between the ages of 3-7; unconsciously they study by doing the basic of pedagogic.

The fellowship of the kindergarten also gives help for the volunteer to build up new friendship quickly and feel her/him -self at home as soon as possible.

The group of colleague organize couple of team building events, excursion during the school year where the volunteers are always welcome. The volunteer works all the time next to another kindergarten teacher or nurse and never does anything on her/his own. The volunteer works in one children group which is usually the group of the smallest in the beginning, then later when their Hungarian skills are developed enough, they can choose different children groups.

Daily tasks and usual volunteer activities:

The volunteer works from Monday to Friday, from 8 am to 3 pm, 7 hours a day, 35 hours a week.

- 1) Assisting children with clothes on reception when they come to kindergarten and when they prepare for getting home
- 2) Help at the kitchen preparing/serving breakfast and lunch, helping personnel at the kitchen.
- 3) Making learning activities with children, playing, walking outdoors (volunteer also can create his own activities and lessons for children)
- 4) Preparing cultural events, sport activities, music lessons, and dance.
- 5) Helping teachers with carrying activities and games for children & carrying his own activities
- 6) Playing with children, looking after them
- 7) Assisting teachers in handicraft time sessions
- 8) Presenting their own country on cultural events, share their knowledge of their own culture
- 9) Decorate kindergarten's building and garden.

Contact:

www.halacskaovi.hu

E-mail: halacskaovi@halacskaovi.hu

9) Bethesda Children Hospital



Bethesda

A Magyarországi
Református Egyház
Gyermekekórháza

There are about 310 staff in the Hospital, where are around 150 nurses, 50 doctors and other staff for running the hospital everyday life.

The volunteers will meet also families and children while they are in the hospital and they will have the chance to talk about life generally in Hungary. The hospital is taking children not only from Budapest but also from the country-site.

The clients need in a difficult situation, lots of patience and committed staff, therefore it is also important that the volunteer first listen to the mentor and learn how the work environment is. We offer to volunteers a safe working environment where they can use their own creativity and inspiration to develop new ideas and little projects like taking also children out to walk and teach them new songs and games from other countries.

The volunteer is expected to be in the project 5 days a week, from Monday-Friday. The volunteer is expected to work from 8.00-15.00.

The voluntary activity will take 35 hours per week. Regular activity at the playroom at the rehabilitation department and neurology department: the games activities are diversified in accordance to the age of the children and the goal is to promote and to encourage the children so that they can forget their illness a little. The playroom is well supplied with toys and group games and there are different kinds of activities such as books, toys, drama, lessons etc.

Welcome room: this area offers the parents the opportunity to get to know to each other and to socialize. It is also welcomed when the volunteers are teaching new games or for example songs for the children.

The volunteer will try to use creative skills to make the parents and children happier. If the volunteer is interested s/he can keep the visitor's company.

The volunteers will not work during National Holidays and they will get 2 days off each month.

The volunteers will help to go outside into the garden and play there. We also organise also time to time some visits in the city (i.e. circus).

The volunteers will get a nametag with their names so that everybody can see that they are volunteers and not nurses.

There will be another mentor outside of the hospital who will help the volunteer to reflect on her/his experiences like:

- In the beginning of the service agrees of regular meetings, talks for reflection

- Introduce and explain the framework of 8 key competences and Youthpass (the final Youthpass will be done with the help of the coordinating organisation)
- Ask the volunteer to keep a regular diary on his learning achievements (maybe to help to set up a blog as well)
- helps the volunteer to get know the city and its cultural sites.

The volunteers can learn

- A quality relationship through friendship, and positive social interaction
- Access to opportunities and positive experiences
- The chance to learn new life-skills and to gain new perspectives on life
- The opportunity to explore how the health system is working in Hungary
- Develop continuously skills like communication, problem solving and active listening.

The volunteers will meet also families and children while they are in the hospital and they will have the chance to talk about life generally in Hungary. The hospital is taking children not only from Budapest but also from the country-side. The social and economic environment is changing in the last few years due to the global economic crises, the unemployment rate is growing and the situation is sometimes difficult for families. The clients need in a difficult situation like the illness of the child, lots of patience and committed staff, therefore it is also important that the volunteer first listen to the mentor and learn how the work environment is. The volunteer will be supported to learn about these issues and how to support child and families.

10) **Garai Haz Foundation in Baja**

<https://www.facebook.com/438198492878684/posts/2120545957977254/>



The placement is working with disabled and assists in a workshop.

Hosting volunteer will enable the placement to carry out work with added intercultural dimensions.

The volunteer can bring new ideas and different ways to provide social services.

The voluntary service will be a challenge as a learning process for the volunteer of his or herself.

It will be an opportunity to take time out of the familiar environment and do something different, to provide practical or professional experience, but also to reflect and re-evaluate next steps (his/ her future orientation). The volunteer becomes an essential part of the daily life.

He/she will be welcomed by his/her mentor. When the volunteer starts at the workshop they will go through an induction period. They will be given information about the organisation, project, activities, and members. At all times the volunteers will be supported through a supervisor and will have regular meetings with their mentor to monitor and evaluate the project and deal with any problems arising. Volunteers are encouraged to use their own interests and experiences to set up personal initiatives and new activities for service users. Also, through the

work itself, they will learn about how other communities live and work in other parts of the world and the inter-relationships between Europe and less developed countries, both economic and cultural.

He/she will work 30 hours a week. The volunteer's main task is to frame the disabled people's free time in a way that entertains and supports them in their abilities. This includes sport programs (riding, swimming, cycling, walking), creative programs and other activities, such as playing, singing, reading, painting ... The volunteer can bring in his/her ideas in this program. There is a lot of room in the house and many sport, music and creative means. The volunteer also will help in the everyday life of the community. One day a week the volunteer can go to the workshop with the disabled people and help there. The program changes during the year, depending on different holidays and seasons. The volunteer also can take part in excursions, which we frequently make.

This is an example for the working hours, but it can change when we organise different events and programs.

8.00-8.30 Preparation for the morning tasks

8.30-9.00 Gymnastics, collection of all necessary things for the start: proper clothing passes etc.

16.30-18:00 The volunteer will be asked to do some creative work at the house, like preparation and cooking together

20:00 Every evening the mentor will help the volunteer to reflect on the day, personal issues etc.

We organise once a month a meeting with all staff, where the volunteer will be also invited. The volunteer will help the creative activities in Gara workshop 2 times a week, every Wednesday and Friday. There the volunteer will help making candles, do simple rhythm activities, from 8:30-16:30. During these days the volunteer will get lunch in Gara. The volunteer will get a monthly ticket to use public transportation to get to Gara.

11) Kalunba Charity - Community Center



Kalunba Social Services Association was founded in 2014 and actively serves refugees in Budapest. They are providing services such as housing assistance, employment, schooling programs, language lessons, as well as community building opportunities.

Kalunba Social Services Ltd. (<http://kalunba.org/>), in cooperation with the Reformed Church in Hungary, aims to facilitate the integration of refugees into Hungarian society through integration support provided by professionals and volunteers. Kalunba runs a community centre for refugees and TCNs in the heart of Budapest, providing a variety of services and a meeting place for the community. It uses a holistic approach to create an opportunity for successful, full integration: support is provided in different fields such as housing, language classes, addressing learning difficulties, tutoring, finding employment, ensuring sustained employability and creating a friendly and supportive community. Overall, about 240 refugees and migrants are currently involved in the various activities of the centre.

- 1) Organisational activities: The volunteer will assist with the setting up and supporting groups of young people, children and families.
 - 2) To teach English and Hungarian
 - 3) The volunteers can also help in music programmes, there is a migrant choir
 - 4) Team Working: volunteers will have the opportunity to network with
 - 5) personal planning time for daily activities
 - 6) Helping to organise different events for clients, talk to them, listen to them.
- The volunteers will work 35 hours and mainly from early afternoon to the evening.



We are looking forward meeting you in one of our projects.

ÖDE team
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