



## **ESC – New Horizons**

10-month project in Poland (1 October 2022 – 31 July 2023)

### **OVERVIEW – THE HOST ORGANIZATION**

Ośrodek Pomocy Społecznej w Swarzędzu (Social Welfare Center in Swarzędz) is a local level governmental organization. Its typical activities are: social aid, social work and distribution of financial and material means to satisfy basic needs of our clients. The main goal of our organization is helping people who have problems with social adaptation. We work with homeless, unemployed, addicted, disabled and elderly, people with mental disorders, prisoners and victims of domestic violence. The work environment of the volunteer is located in the youth centers and in the senior centers in Swarzędz – a nice medium-sized city near Poznań (capital city of Greater Poland). So far we coordinated 14 EVS and ESC projects and we had 16 different volunteers in total from various European countries: Austria, Finland, France, Germany, Italy, Luxembourg and Hungary.

### **PROJECT ENVIRONMENT**

Swarzędz Community with a population of 50 000 is located in western Poland around 10 km from Poznań which is a capital city of Greater Poland region. Swarzędz is a suburban area and has a good connection with Poznań. A way by bus from Swarzędz to the center of Poznań takes around 25 minutes. Most of interesting places and cultural attractions are situated in Poznań which is a student's town with a few colleges and universities as well as places where students spend their spare time. Usually our volunteers live in Poznań at the dormitory of University of Technology (single room with shared kitchen and bathroom) and each day from Monday to Friday they come to work to Swarzędz.

### **PROPOSED ACTIVITIES FOR THE VOLUNTEER**

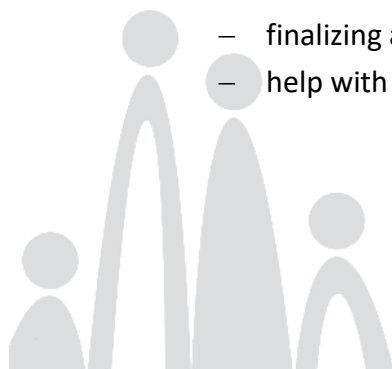
The main volunteer's tasks in the project are realized in the youth centers (specialist centers for children) and senior centers (for people over 60 years), located in Swarzędz. In these places the volunteer helps in organizing various activities for children, youth and seniors, i.a.: language lessons (English or/and German), sport activities (Nordic walking, gymnastic, dance), educational activities (expressing emotions, solving conflicts, learning assertiveness, prevention of alcohol and drug addiction, broaden the knowledge of human relations, cooking activities), artistic activities, help with homework. The volunteer also is engaged in organization of events and trips for children and seniors. Tasks of the volunteer depend on his personal preferences and interests and earlier are set between the volunteer, coordinator and managers of the facilities.





## WHAT DO WE PROVIDE TO OUR VOLUNTEER?

- information about the project (sending by email the most essential information about the place of living and working and talking during the skype meeting),
- place in a single room at the dormitory at Poznań University of Technology,
- support of the mentor,
- professional course of the Polish language for foreigners at Adam Mickiewicz University in Poznań (usually two times a week for two hours – stationary form or online due to the COVID-19 pandemic),
- enrollment in “On-Arrival Training” and “Mid-Term Meeting”,
- help in finding the best options of travel to Poland (if needed),
- welcome at the airport/bus/train station after arrival to Poznań,
- transport from the airport, bus or train station to the dormitory of Poznań University of Technology,
- assistance in filling out the accommodation forms, introducing the volunteer to the dormitory,
- assistance in the first shopping,
- opening a bank account in Polish bank,
- phone with a Polish number and top it up every month,
- monthly payment of the pocket money, food allowance, money for public transport tickets and top-up the phone (in the beginning of each month),
- help in obtaining monthly public transportation tickets,
- assistance during the visits at Wielkopolska Voivodeship Office in Poznan (registration of stay at the Citizen’s Affairs and Foreigners Department) and Poznan City Hall (registration of residence and giving a PESEL number),
- introducing the volunteer to the staff of all institutions of Social Welfare Center in Swarzędz, where the volunteer would operate,
- if needed, help in finding the best way of transport and buying the train ticket before “On-arrival Training” in Warsaw and “Mid-term Evaluation” in Toruń,
- enrollment in the Health and Safety Training,
- help in organizing the English/German/other foreign language class for seniors (printing materials, etc.),
- evaluation meeting with the coordinator once a week,
- contact with the coordinator by phone and email,
- the Youthpass Certificate,
- finalizing all the business before leaving Poland,
- help with a luggage and transport to the airport or station on the departure day.





## **VOLUNTEER TASKS:**

- participating in daily activities in the Youth Centers (two facilities: one in Swarzędz and one in Gruszczyn), Intergenerational Center “Pogodna”, Daily House “Senior-Wigor” and Day Care Center for Seniors (all of them are situated in Swarzędz),
- organizing activities for children, youth and seniors – the profile of activity depends on interests and competences of volunteer,
- organizing and leading English/German/other foreign language class for seniors and children.

## **THE PRACTICAL ARRANGEMENTS**

(working hours, days off, holidays)

Example of working schedule (hours can be modified)

### **Monday:**

10.00-13.00 – work in the Senior Center in Swarzędz,  
13.30-18.00 – work in the Youth Center in Swarzędz,

### **Tuesday:**

09:00-12.15 – Polish language course in Poznań,  
14.45-18.00 – work in the Youth Center in Gruszczyn,

### **Wednesday:**

11.30-13.30 – work in the Senior Center in Swarzędz,  
14.45-18.00 – work in the Youth Center in Gruszczyn,

### **Thursday:**

10.00-12.30 – work in the Senior Center in Swarzędz,  
14.00-15.30 – Polish language course in Poznań,

### **Friday:**

10.00-12.30 – work in the Senior Center in Swarzędz,  
13.00-18.00 – work in the Youth Center in Swarzędz,

**Weekends are free!**

### **Food allowance:**

The host organization will provide food allowance in the amount of 30-40 PLN per day. A whole sum will be paid in the beginning of each month.





**Pocket money:**

It will be paid in the beginning of each month. First allowance will be paid in the next day after arrival. Pocket Money is 4 EUR (it's around 18 PLN) per day. It's 510 PLN on 30 days.

**Local transport:**

The host organization gives the volunteer and tops up him PEKA Card – monthly bus and tram ticket for public transport (all lines) in Poznań and between Poznań, Swarzędz and Gruszczyń (229 PLN).

**Language support:**

Polish language course for foreigners organized and led by philologists of Adam Mickiewicz University in Poznań – two/three times a week for two hours.

**Accommodation:**

The host organization provides an accommodation in a single room in the dormitory of Poznań University of Technology.

**Travel costs**

The host organization refunds the volunteer travel costs for tickets from home to Poland and from Poland to home (total amount can't be higher than 275 EUR for return ticket). The volunteer also gets the reimbursement of the travel costs from Poznań to place of the On-Arrival Training and Mid-Term Meeting.

**Days off**

For each worked month the volunteer can take two days off. In total in the project it is 20 days off.

## **PROJECT GENERAL INFORMATION**

Ośrodek Pomocy Społecznej from Swarzędz is the host and coordinating organization in the European Solidarity Corps programme.

The main goal of the “ESC – New Horizons” project is concentrated on developing key competences and abilities of young people, decreasing different barriers, fighting against unemployment and social exclusion. Current high unemployment rate among young people and ever higher demands of labour market cause the need to organize language classes (that will allow them to improve their language competences, break mental barriers connected with using foreign language) and the need to develop general competences like entrepreneurial learning, creativity and independence.

Activities for seniors are focused on promotion of healthy behavior, in order to preserve physical and mental activity. The task of the volunteer will be also focused on support and creation of conditions for self-realization of participants using their knowledge and skills. Conducting this





type of activity for seniors causes blurring of intercultural borders and supports building of intergenerational dialogue and encourages social integration.

In the Youth Centers there is an everyday prophylaxis program and different activities supporting the development and skills of children and youth like: sport, educational, art, culinary and language activities.

Senior Centers offer sport, computer, language and drama activities as well as activities supporting physical and mental activity.

During the project volunteer will work in these Centers around 25-30 hours per week. Main task of volunteer in their work will be a systematic participation at work in Centers, where he/she will have the opportunity to observe, then co-lead and later lead classes on their own, associated with their interests and related to culture and traditions of the country of origin. The volunteer will lead language activities and promote healthy lifestyle for children, youth and seniors.

The volunteer apart of activities in the Centers will participate in intensive Polish language course at Adam Mickiewicz University in Poznań 2 times a week. At the end of the course volunteer will gain certificate of acquired level of language skills.

Actions taken in the project are also orientated on gaining new skills and competences connected with working with children, youth, learning language, budget and free time management. The volunteer will gain the Youthpass and Language Certificate so that chances on the labour market will increase. Living in a new, different than before the project environment will influence on expansion of the volunteer's horizons and checking himself in the new conditions. The volunteer has the possibility of creating a network of international contacts.

The activities undertaken during the project benefit the local community, contribute to raising awareness among young people about how important self-development in various fields and knowledge of a foreign language is nowadays. By participating in the project, participants will deepen the values of tolerance and acquire new skills that will pay off in their later life.

Referring to the critical situation in Europe resulting from the large wave of immigrants project will also seek to increase the awareness of the participants on tolerance of different cultures and religions, respect for the dignity of refugees, knowledge of concepts such as immigration, refugee, asylum and assimilation.

Implementation of the project have impact on building lasting international networks, and increase the prestige of the host organization and promotion of Swarzędz on scales larger than a local.





## CONTACT AND FURTHER INFO

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[opsswarzedz.pl](http://opsswarzedz.pl)

[Ośrodek Pomocy Społecznej w Swarzędzu - Aktualności \(opsswarzedz.pl\)](http://opsswarzedz.pl)

### News from the ESC in Swarzędz:

[Ośrodek Pomocy Społecznej w Swarzędzu - Aktualności EKS \(opsswarzedz.pl\)](http://opsswarzedz.pl)

[Ośrodek Pomocy Społecznej w Swarzędzu - Europejski Korpus Solidarności \(opsswarzedz.pl\)](http://opsswarzedz.pl)

