

„Volunteering for Healthy Lifestyle” Short-term EVS in Foundation CampoSfera

Call for Volunteers

Basic information:

Project dates: 30/07/2018-02/09/2018 (5 weeks)

Number of volunteers: 12 (3 volunteers from one partner organization)

Age limitations: 17-30

Contact and more info: d.chacinska.cw@gmail.com

Project context:



Short-term volunteering project for young people with fewer opportunities, combined with a weekly "Healthy Life Festival"

The project is divided into stages:

30/07/2018 - 20/08/2018 - Stage I:

- preparations for the festival including: establishing or continuing cooperation with enthusiasts of a healthy lifestyle; (CampoSfera Foundation has an extensive cooperation network in this area)

- exploring the needs of the local community;

- creating the festival program - sending the program to the media and inviting them to the press conference.
- engaging the local volunteers and social institutions;
- creating the festival infrastructure in the CampoSfera area;

20/08/2018 - 26/08/2018 - Stage II:

- Healthy Life Festival combined with a music festival in the Bieliny Municipality – The Back of Beyond - 3rd edition.

27/08/2018 - 02/09/2018 Stage III:

- summary of the project, working out results, planning future activities.

Participants will be divided into 4 groups according to preferences / experience. The composition of the groups will be flexible.

1. Media group.
2. Infrastructure group.
3. Workshops and local community group.
4. Security group



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Trainings and group building activities: first aid training, training in the basics of building simple structures, leading workshops, kayaking, hiking trip in the local small mountains.



A lot of fun, music and good time!



Volunteer's profile:

Who are looking for young people with fewer opportunities or at risk of discrimination due to: social background, financial situation, psychosexual orientation, religious discrimination.

Youth must be motivated to work in an intercultural group of 18-23 people (including long-term EVS volunteers and people from all over the world) for 5 weeks. Volunteers will be accommodated in the CampoSfera building. Together, they will take care of the safety, food and condition of the place. The foundation is placed in a small village.

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Who are we:

The aim of Foundation CampoSfera is to initiate activities and projects that will connect education with sustainable development, ecology and innovation. The Foundation rents a building after a closed village school of 550m² with the surrounding area of 1,3 ha. The building has been renovated. It is heated and includes bedrooms, showers, toilets, training rooms, kitchen, dining room and a workshop.



We have a permaculture garden. The garden includes vegetables, herbs and green architecture such as willow gazebo.

The main target group of Foundation CampoSfera's activities is youth, local and international. We want to give the local community an opportunity to meet with representatives of various European and world cultures, to learn foreign languages and be inspired by youth from all over the world.

Foundation is a special place where you can find a place of solitude and calmness while working close to nature (especially in early spring and late autumn) but also a place where many people come and go and a lot happens (especially in summer). In CampoSfera the volunteers will have a chance to meet people from all over the world who come to volunteer for a shorter or longer period of time. So far we have hosted volunteers from Colombia, Mexico, Japan, Malaysia, Spain, Sweden, Norway, Hungary, Ireland, The UK, Romania, Germany, the US, Canada, Belgium, Italy, Portugal, Andora, France, Turkey, Taiwan, Croatia. We also host international project groups of 15 up to 40 people. In summer we organize music festival for the local community and outdoor cinema.

Check us on:

www.camposfera.pl

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

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Where are we?



The Foundation is placed in *Klimontów* near the city of *Sędziszów* in Świętokrzyskie region, Poland. It is a **small village** on the border of three regions. It is a peaceful place, well connected with Kraków (airport), Kielce and Katowice (airport), the capitals of the three regions.

Klimontów is a small village with 400 inhabitants. There is one shop in the village.

There is no: supermarkets, bars, cash exchange office. It is a typical small Polish village.

The location of the Foundation is connected with the nature of the organization – ecology and rural development!

Nonetheless, Klimontów is well connected with bigger cities: Kielce (200 000 inhabitants, 1 h by train), Krakow (760 000, 1 h), Katowice (300 000, 2 h). The nearest town is Sędziszów (6 600, 5 min. train) placed 10 km away where volunteers can make bigger shopping and visit a restaurant or a bar.

The project “Volunteering for Healthy Lifestyle” will be an intensive time with no time to get bored! 😊

Learning outcomes

Foundation CampoSfera offers volunteers knowledge and skills such as:

- skills in gardening,
- skills in handcraft work: creating small festival infrastructure (stage, outside shower, road signs, fences,
- cooperating and living in a small community,
- working with youth and children from rural areas,
- knowledge about opportunities offered to youth from the EU (Erasmus+ program, European Solidarity Corps, EVS)
- theoretical and practical knowledge about first aid
- working in a complex international team

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- skills in planning, work division, and learning responsibility for your own tasks,
- knowledge and skills in operating a mid-size music event,
- learning how to contact and deal with the media and local authorities,
- practical usage of English language
- understanding the ideas of sustainable development, responsible consumerism, resource distribution and ecological solutions in everyday life.

Reimbursement Of Travel Costs

As a hosting organization we will reimburse the travel costs up to the sums set by the Erasmus+ program. For reimbursement process we need the tickets with visible sum, name of the traveler, dates and the route.

Country	Maximum amount of reimbursement (both way) per one volunteer
Italy	275 EUR
Croatia	275 EUR
Austria	275 EUR
Portugal	360 EUR

Accommodation Arrangement

The volunteers will be accommodated in two big rooms (about 6 person in one room) in the ex-school building owned by the Foundation (2nd floor).

Volunteers living in the school will have access to bathroom with showers and a toilet, to the kitchen where they can prepare meals for themselves.

Other rooms available for the volunteers are: dining room, chill-out room and workshop.

Furthermore, the volunteers will have access to the school building where most of the activities will take place and the outside area of 1,3 ha.

„Volunteering for Healthy Lifestyle” Short-term EVS in Foundation CampoSfera



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Financial Arrangement

The volunteers will receive **pocket money** in the amount of the equivalent of 4 EUR (around 16 PLN) per day per person. The money will be given in cash in Polish currency once in 2 weeks in advance.

Food products will be provided by the organization. Meal preparing and cleaning after them will be arranged in turns.

CampoSfera's philosophy

We are an ecological organization, that tries to apply the rules of ecological standards in our daily life. Some rules connected with this:

1. Garbage segregation.
2. Responsible usage of water
3. Limiting garbage production (shopping, not using disposable cutlery, dishes etc.). We are heading towards the ZERO WASTE philosophy.
4. Changing shoes inside the building
5. Responsible usage of electricity (turning off the light while leaving the room, unplugging electric devices when not used: charger, laptop, etc)
6. No smoking inside the building
7. No late parties on the 1st floor

Volunteers will be asked to follow the rules while staying in CampoSfera.



Erasmus+