



**WELCOME TO
BRZEG**

THE HOUSE OF SELF-SUPPORT FOR ADULTS IN BRZEG DOLNY

BRZEG DOLNY/POLAND (LOWER SILESIA REGION; 12 800 INHABITANTS)
DURATION: 12 MONTHS

INFO ABOUT RECEIVING ORGANIZATION

Środowiskowy Dom Samopomocy w Brzegu Dolnym (The House of Self-support for adults in Brzeg Dolny) is a day being place for adults with mental or intellectual disability. The goals of it are: to support the wards every day, to help them in improvement of physical, psychical and social abilities.

The House creates possibility of physical movement and manual exercises, getting know-how in simple everyday activities, personal hygiene and it integrates disabled people with local environment.

IF YOU ARE INTERESTED IN AN EXPERIENCE WHICH INVOLVES TAKING CARE OF INTELLECTUALLY DISABLED PEOPLE ABROAD, YOU ARE THE PERSON THAT WE ARE LOOKING FOR. IF YOU HAVE THE MOTIVATION TO SERVE AS A VOLUNTEER, THE ABILITY TO WORK AS PART OF A TEAM, IF YOU ARE SOCIABLE AND ABLE TO ESTABLISH PERSONAL CONTACTS, DON'T HESITATE AND SEND US YOUR APPLICATION OR CONTACT US FOR FURTHER INFORMATIONS!

THE EVS PROJECT IN POLAND IS THE GOOD OPPORTUNITY FOR YOU TO PROMOTE YOUR OWN COUNTRY ABROAD AND KNOW THE PEOPLE FROM OTHER CULTURAL ENVIRONMENTS

THE PROJECT WILL BE RUN IN THE HOUSE OF SELF-SUPPORT FOR ADULTS IN BRZEG DOLNY. BRZEG DOLNY IS A COMMUNE WITH A POPULATION OF 17 THOUSAND AND SITUATED ON THE RIGHT BANK OF THE ODRA RIVER WITHIN 30 KILOMETERS FROM WROCŁAW. IT FORMS AN EXTENSION OF THE WROCŁAW URBAN AND INDUSTRIAL CONURBATION.

ROLE OF EVS VOLUNTEERS IN THE HOST ORGANIZATION

THE VOLUNTEERS WILL BE INVOLVED IN BASIC ACTIVITIES TAKING PLACE IN THE HOUSE. THE TASKS MAY BE DIVIDED INTO 3 MAIN GROUPS.

THE FIRST GROUP CONSISTS OF:

BASIC HELP IN EDUCATING WARDS HOW TO TAKE CARE OF THEMSELVES AND HELPING THEM IN EVERYDAY CARE TAKING INCLUDING:

- Leading wards from the bus or train stations or leading them back
- Organizing and helping in providing activities like: cooking, bucketing, art, computers, physical movement and musical therapy
- Instructions in how to do simple everyday activities correctly (i.e.: to clean, to eat, to prepare food, to dress up)
- Instructions how to use tools, dishes and other items correctly; teaching good behavior and motivating to develop
- Organizing free time in different forms: tourism, recreation, participation in cultural, sport and social events.
- Help in watching over security of wards – to look after them if they not hurt themselves or take care of attaching doors to the walls

THE SECOND GROUP CONSISTS OF:

EQUALLY IMPORTANT TO THE FIRST, WILL GIVE A VOLUNTEER THE POSSIBILITY TO USE HER/HIS CREATIVITY AND ARTISTIC SKILLS. WE ARE OPEN TO ALL IDEAS THAT ARE FITTING TO OUR AGENDA, ESPECIALLY CULTURAL, LEISURE AND TOURISTS' EVENTS FOR WARDS OF THE HOUSE. THIS GROUP OF ACTIVITIES WILL BE RELATED E.G. WITH MAKING A MOVIE ABOUT THE HOUSE, ITS EVENTS AND CULTURAL AND EDUCATIONAL ACTIVITIES.

THE THIRD GROUP CONSISTS OF:

IS CONNECTED WITH PLANNING AND BUDGET MANAGEMENT. IT'S A SPECIAL PART OF PROGRAM WHICH CALLED BUDGET TRAINING AND FOCUSES ON HELPING FAMILIES IN DAILY BUDGET MANAGEMENT.

BENEFITS FOR VOLUNTEERS PARTAKING IN THE PROJECT

DURING THE PROJECT THE VOLUNTEERS WILL HAVE THE OPPORTUNITY TO DEVELOP THEIR METHODOLOGICAL KNOWLEDGE ABOUT WORKING WITH MENTALLY DISABLED ADULTS, LEARN SOME ARTISTIC TECHNIQUES DURING PARTICIPATION IN WORKSHOPS, WILL IMPROVE THEIR COMMUNICATION SKILLS BOTH VERBAL AND NON-VERBAL. THEY WILL FAST LEARN HOW TO LIVE IN POLAND, BECAUSE OF ACCOMPANYING WARDS IN THEIR SOCIAL TRAINING (IT CONCERNS SHOPPING, GOING TO PUBLIC INSTITUTIONS ETC.).

There will be also possibility for the volunteers to take part in regular trainings run for the workers of the center. Taking part in the project may be also important for the self- development of the volunteer because working with mentally disabled people teaches us A LOT about ourselves. Each person coming for EVS is individual, has distinct needs, personality, different skills and gifts, so it is very important, to give each person the freedom to learn in his/hers own pace. Volunteers will learn in three ways:

- Learning-by-doing and on their own mistakes,
- Learning based on clues given by experienced coordinators, couches and youth workers,
- Using a three steps rules „Tell me, and I will forget, show me, and I will remember, involve me and I will understand.”

INFORMATIONS ABOUT THE TOWN OF BRZEG DOLNY

[HTTPS://EN.WIKIPEDIA.ORG/WIKI/BRZEG_DOLNY](https://en.wikipedia.org/wiki/Brzeg_Dolny)

FACEBOOK PAGE OF TOWN OF BRZEG DOLNY

[HTTPS://WWW.FACEBOOK.COM/BRZEGDOLNY/](https://www.facebook.com/brzegdolny/)