

# WELCOME TO OSTOJA



## STOWARZYSZENIE "OSTOJA" NA RZECZ OSÓB Z NIEPEŁNOSPRAWNOŚCIAMI (ŚRODA ŚLĄSKA/WROCŁAW)

WROCŁAW/POLAND (CAPITAL OF LOWER SILESIA REGION; 632 430 INHABITANTS)  
DURATION : 12 MONTHS

### INFO ABOUT RECEIVING ORGANIZATION

Our organization consists of several centers, each of them has its own profile. The volunteer will be working with our Workshop of Occupational Therapy. The main area of volunteers activity will be Środa Śląska, a town in Lower Silesian Voivodeship, in south-western Poland (about 30 kilometers from Wrocław).

### WORKSHOP OF OCCUPATIONAL THERAPY.

In this place we are preparing disabled people to participate in aid employment, practicing how to be independent in their own life, exercising some life and personal skills. Some of the participants are making job practice during attending the center (e.g. cleaning, making salads in the fast-food shops).

### WORKSHOP OF OCCUPATIONAL THERAPY (ŚRODA ŚLĄSKA).

Small workshop in small city belonging to OSTOJA. This center doesn't have experience with hosting EVS volunteers yet (they have only local), but they want to join in EVS project. In this place we are also preparing disabled people to participate in aid employment, practicing how to be independent in their own life, exercising some life and personal skills. "

### ARE YOU INTERESTED IN AN EXPERIENCE WHICH INVOLVES TAKING CARE OF INTELLECTUALLY DISABLED PEOPLE ABROAD?

THEN OUR EVS PROJECT IN POLAND MAY BE A GOOD OPPORTUNITY FOR YOU! IF YOU ARE READY TO COOPERATE WITH OTHERS WITHIN A TEAM, IF YOU ARE SOCIABLE AND ABLE TO ESTABLISH PERSONAL CONTACTS, YOU ARE THE PERSON THAT WE ARE LOOKING FOR! DON'T HESITATE AND SEND US YOUR APPLICATION OR CONTACT US FOR FURTHER INFORMATIONS! THE EVS PROJECT IS A GOOD OPPORTUNITY FOR YOU TO PROMOTE YOUR OWN COUNTRY ABROAD AND KNOW THE PEOPLE FROM OTHER CULTURAL ENVIRONMENTS.

## ROLE OF EVS VOLUNTEERS IN THE HOST ORGANIZATION

**IN THE FIRST WEEK OF HIS/HERS STAY, THE VOLUNTEER WILL BE ENTIRELY ENGAGED IN LEARNING HOW TO WORK WITH INTELLECTUALLY DISABLED PEOPLE AND VISITING ALL CENTERS BELONGING TO OSTOJA ASSOCIATION. THERE WILL BE AN OFFICIAL COORDINATOR IN OUR ASSOCIATION RESPONSIBLE FOR TAKING CARE OF VOLUNTEERS THROUGHOUT THE ENTIRE TERM OF THE PROJECT. THE CHOICE OF PERFORMED ACTIVITIES WILL BE LEFT TO THE VOLUNTEER'S INTERESTS. DURING THE PROJECT VOLUNTEERS WILL:**

- Help therapists during regular activities in centers belonging to the association (differentiated According to each center);
- Working in team or individually;  
Help with dressing, feeding and cleaning during the workshops;
- Learn Polish language, what will give him/her the linguistic skills required for carrying out his/hers Own projects (e.g. dance workshop, English classes);
- Learn about cerebral palsy therapy and methods;
- Participate in many cultural, sport and others outdoor events with our wards;
- Plan and prepare their own activities with help of professionals;
- Make presentations about their countries, cook traditional meals, teach national songs or dances.

## BENEFITS FOR VOLUNTEERS PARTAKING IN THE PROJECT

At our organization we are working with trained specialist, who will help the volunteers and share with them their knowledge and experience. We want to give our volunteers a comfortable place to work and a lot of satisfaction coming from people's smiles, closeness and friendship. While working with disabled persons, a young volunteer can feel really needed, can feel sense of dedicating part of her/his energy for people who really need help. During the summer time, volunteers can go with us to SLOT Art Festival where we participate every year and also join summer camps we organize in different parts of Poland (for ex. in the mountains and at lakes). This will be an excellent opportunity for volunteers to see and experience Polish holiday resorts.

### INFORMATIONS ABOUT WROCLAW

[HTTPS://EN.WIKIPEDIA.ORG/WIKI/WROC%C5%82AW](https://en.wikipedia.org/wiki/Wroc%C5%82aw)

### INFORMATIONS ABOUT BRZEG DOLNY

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

### WEBPAGE OF OSTOJA ASSOCIATION

[HTTP://WWW.OSTOJA.ORG.PL/](http://www.ostoja.org.pl/)

### WEBPAGE OF SLOT ART FESTIVAL

[HTTP://SLOT.ART.PL/EN](http://slot.art.pl/en)