



**EUROPEAN
SOLIDARITY
CORPS**

VOLUNTEERING IN A SENIORS' RESIDENCE



Apply for an 11-months project in
Innsbruck, Austria!

Volunteering starts in October 2019

HOSTING ORGANISATION

Seniorenresidenz Veldidenapark

www.seniorenresidenzen.co.at/veldidenapark-innsbruck-die-residenz.html

Located in Innsbruck, Austria

The seniors' residence Veldidenapark (SRV) has been hosting volunteers since 2014. Two volunteers from different countries are hosted at the same time.

Some info on the hosting organisation:

- * Seniorenresidenz Veldidenapark, a residence for elderly people, is situated in the centre of Innsbruck, the capital city of Tirol, in a rather quiet but central surrounding of the town.
- * SRV is a private nursing home for elderly people, some of them are still independent, but most of them are in need of some care. Our main goal is to find a way to keep up their biggest possible autonomy, while giving all the support needed.
- * Based on the biographies of every resident, SRV generates an individual care plan, which will be realized by our specialized nursing staff. In addition to our support service we offer an all-round activities program for the elderly (trips, cinema, movement classes...).
- * At the hosting organisations Astrid Huber is responsible for the support of the volunteers and for making their time schedule. The volunteers can find open ears for their needs and questions.
- * It is important for the hosting organisation that the volunteer already has a basic knowledge of German (at least level A2), as the elderly people only speak German (Tyrolean dialect) and hardly any English. Thus, this is important for the development of the project.



COORDINATING ORGANISATION + FUNDING

The coordinating organisation of this project is InfoEck, a youth info centre in Innsbruck. InfoEck coordinates 8 volunteers in the region of Tirol.

This project will be submitted by InfoEck to the Austrian National Agency of the European Solidarity Corps programme. We will know whether it will be funded in the beginning of July 2019. We are optimistic, due to good experiences in the past. This Solidarity Corps volunteering project will be financed by the EU, InfoEck and SRV. The only possible contribution that the volunteer may need to undertake is a small share of the travel costs.

The responsible coordinator is ready to answer open questions and to prepare the project with SRV, the selected volunteer and the supporting sending organisation.

The coordinator's name is Erika: erika.mischitz@infoeck.at (send applications to Astrid, not to Erika!).

Infos about InfoEck: www.mei-infoeck.at, InfoEck Facebook, Instagram and Youtube



LOCATION, HOUSING, MONEY

SRV is situated in the centre of Innsbruck, the capital of Tyrol, with 130.000 inhabitants. The volunteers will live in our organisation. Each volunteer will have a fully equipped room on her/his own including a bathroom. The volunteers have to accept the house rules of the hosting organisation.

The infrastructure in Innsbruck is very good; trains and buses are close-by. Everything is in walking distance.

The volunteer will receive a monthly pocket money of Euro 150,- and also some monthly sufficient extra food money for holidays or days off. The volunteer will be supported to receive an annual ticket valid for the public transport in the region of Tirol.

She/he will also have full board in our organisation. So the volunteer can eat all meals at the residence if desired (meaning three meals a day).


The volunteer will receive a 4-months-long German course according to her/his level, free of charge for him/her, offered by the University in Innsbruck.

TASKS & ACTIVITIES OF THE VOLUNTEER



The volunteer will be engaged in a variety of tasks and activities, 35 hours per week, on five days per week. It is important for the host organisation to make the monthly schedule for volunteering together with the volunteer. The volunteers will be supported by a multi-professional team in the residence.

The tasks and activities can encompass the following:

- Ø Participation and co-organisation of daily routines of the elderly people (preparing meals, serving meals, drinking coffee and tea and playing with residents...)
 - Ø Participation in different recreational activities with the elderly people (games, walks, shopping, free time activities, excursions)
 - Ø Participation in the indoor activities (seasonal activities like celebrations or handicrafts, discussion groups, creative workshops)
 - Ø Accompanying residents to different appointments (doctor, hospital...) or to a shop
 - Ø Getting to know communication methods with elderly people or people in need of care
 - Ø Building individual relationships to the residents (socializing, talking and listening, spending time together, supporting them in simple tasks...)
 - Ø Sharing life experience with the elderly, learning more about biographies and life events
 - Ø Getting used to some geriatric disease patterns and learning about how to handle them professionally (Alzheimer's, muscular reduction...)
 - Ø Learning to work within an interdisciplinary team, getting to know different fields of work in a seniors' residence (kitchen, technical maintaining of the building, care, medical staff, psychological support...)
 - Ø Taking part in regular team meetings
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PROJECT DURATION

11 Months:

From the 1st week of October 2019 until 31st of August 2020!

We ask you to be committed to participate the whole duration, it's important for the project, the hosting organisation, for your own learning development and for a strong group process of all volunteers in Tirol.

The application deadline is on the 10th of April 2019.



PROFILE OF THE VOLUNTEER

We would be happy to host a volunteer between 18 and 30 years who:

- | wants to experience working with elderly people and participating actively
- | is interested in learning more about another generation and their biographies
- | is open-minded, friendly, enthusiastic, creative and communicative
- | is willing to work in an interdisciplinary team and reflect her/his work
- | is determined to reach at least A2 German before the project start
- | is motivated to learn German (and some Tyrolean German dialect)
- | brings her/his own culture and interests into the project
- | is ready to volunteer for 11 months starting in October



SUPPORT DURING THE PROJECT

The volunteer may have regular meetings with her or his internal and external mentor and with the hosting organisation, to talk about the wellbeing or about the project activities. In the hosting organisation the volunteer will receive orientation and support for the activities from the main responsible employee and from the entire team.

The coordinating organisation InfoEck will hold a regular group meeting with all volunteers in Tyrol in order to share experiences, give support to one another and to stay connected. The volunteer will be invited to participate in occasional free-time activities, organised by young Austrians.

At the end of the project we will evaluate it together with the volunteer and look at what he or she has learned and which competences he or she has gained and as a result the volunteer can fill in the Youthpass certificate.

HOW TO APPLY

Please send your CV and the enclosed APPLICATION FORM via e-mail directly to Ms Astrid Huber of the hosting organisation! This is the only way to apply for the project, via e-mail.

Contact person: Ms Astrid HUBER, E-mail: astrid.Huber@seniorenresidenzen.co.at

The deadline to apply is the 10th of April 2019!

Only for EU residents and people who live in Iceland, Liechtenstein and Norway.

Only complete applications will be considered.

The selection phase will start after the deadline and the final decision will be taken about two to three weeks later by the SRV team. All applicants will be informed about their status.

Embrace the challenge. Be open to leaving your comfort zone several times. Be curious about yourself and others and ready to meet inspiring people.

Try new things and learn for a lifetime!

We are looking forward to getting to know you!

