



**EUROPEAN  
SOLIDARITY  
CORPS**

# **VOLUNTEERING FOR PEOPLE WITH DISABILITIES AT**



**Apply for a 12-months-long  
project in Tirol, Austria  
Starting in October 2020**

# HOSTING ORGANISATION



**Arche Tirol**

[www.arche-tirol.at](http://www.arche-tirol.at)

Located in St. Jodok am Brenner + Steinach am Brenner, Austria  
Arche Tirol is an experienced hosting organization.

## **Some info on the hosting organisation:**

- \* Arche Tirol is part of an international community of people with and without disabilities, who live and work together based on the Arche community's international Charta. This Charta says that every person has a unique importance. We have contacts to many Arche communities abroad (primary Germany).
- \* Arche Tirol was founded in 1992 and is a Christian - ecumenical community. In our daily routine there is place for spirituality. The work in Arche considers the UN convention for people with disabilities.
- \* At the moment 10 people are living in two houses, one house is in Steinach and one is in St. Jodok am Brenner (few kilometers distance).
- \* Arche welcomes people with disabilities at the age of 18. At the moment, four people with mental und multiple disabilities live in the Arche-house in Steinach and six live in St. Jodok. Arche calls them "core-members". Our main philosophy is not only nursing, but also offering a community, personal relationships and a home.
- \* In Steinach there is a workshop, where our mobile core-members work. They produce candles, potteries, paper and bags. We sell these products. There is a "basal group" ("Basale Gruppe") for our core-members with multiple disabilities. In this group we try to support our core-members in their cognition and self-awareness.
- \* The main tasks are care/nursing, household and creating a familiar and welcoming atmosphere for our core-members. In order to reach this goal, we share life and work, sing and celebrate together and try to organize joyful and exciting days for our core-members. Household contains for example cooking, tidying up, doing the laundry and cleaning up. We offer our core-members a comprehensive daily life. So we have many weekly leisure activities. Volunteers accompany our core-members (for example: dancing, swimming, hiking...).



# 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 July 2020. We are optimistic, due to good experiences in the past. This Solidarity Corps volunteering project will be financed by the EU, InfoEck and Arche Tirol. The only possible financial contribution that the selected volunteer may need to make is to pay a small share of the travel costs.

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

The coordinator's name is Eva-Maria: [eva-maria.kirschner@infoeck.at](mailto:eva-maria.kirschner@infoeck.at) (send applications to Arche Tirol, not to Eva-Maria!).

Infos about InfoEck: [www.mei-infoeck.at](http://www.mei-infoeck.at),  
InfoEck Facebook, Instagram and Youtube



## LOCATION, HOUSING, FOOD, MONEY

The volunteer has his/her own room in Arche house in St. Jodok. The Arche philosophy is to work and live together with people with disabilities. So, the volunteer lives in the same house as our core-members, but he/she will have their privacy. It is important to know that living as part of the community is an important part of this project and experience. All common facilities can be used by the volunteer (kitchen, living areas, laundry room...). The volunteer has to accept the house rules.

The next city is Innsbruck (capital of Tyrol), which is 20-25 minutes away by train. The volunteer gets an annual ticket for public transport in the entire region of Tirol.

The border to Italy is just a few minutes away. The landscape is mountainous and the villages are very small (Steinach is a bit bigger). The volunteer has a lot of possibilities for hiking, cycling, climbing, skiing and other activities in nature.

There is some infrastructure in the village, although small (grocery store, music shop, public transport, bars in Steinach). The volunteer can use bus or train.

The volunteer can eat in our community. Additionally, he/she gets 150 Euro pocket-money monthly from the InfoEck and a sufficient amount of food money.

# TASKS & ACTIVITIES OF THE VOLUNTEER



We want applicants to know that it is important to engage with the process of living in this community. You should be willing to communicate, take over responsibility and accept challenges. The volunteer in our organisation adds an important and unique quality to our work, but she/he also needs to be ready for challenges and communication on the way.

## **The main tasks and activities of volunteers are:**

- being part of "Arche"-team
- living together and working in our community
- caring/nursing for the core-members in daily life (basic needs, leisure time)
- doing household and other necessary jobs
- participate in regular team meetings
- participate in projects in the local communities of the Arche houses
- The EuSC service is 35 hours per week



The volunteer lives and works in Arche Tirol with a professional team (pedagogues, nurses and psychologist) who have multicultural backgrounds. Arche staff has team meetings two times a month and supervision 6-7 times a year. The volunteer will join these meetings.

The role of the volunteer will be working with our core-members, caring for them. The volunteer accompanies their daily life. He/She can help them in several situations - changing clothes, hygiene, eating, managing morning routine, free time, workshop, cooking, going to bed etc.... Our team gives the volunteer time to get to know our core-members and the other way round also. Slowly the volunteer will take over more and more responsibility. We try to create a balance to encourage the volunteer while not demanding too much. The volunteer can discover his/her potential and we are open for new ideas and opportunities. Communication is the key.

The volunteer will work five days a week, around 35 hours a week including a German course. There will be a weekend, this means two consecutive days off every week. The volunteer has 24 holidays during his/her project time. National Holidays are free days for the volunteer.



# PROFILE OF THE VOLUNTEER



We are looking for an open-minded volunteer between 18 and 30 years, who wants to collect experience in working with disabled people. We expect that the volunteer brings in high motivation for the project and is open for the target group.

We would be happy to host a volunteer who

- wants to get to know our organisation "Arche Tirol"
- is interested in working with people with mental and multiple disabilities
- has a stable personality, in order to be able to work with our core-members
- can imagine to live in a community for one year (in an own separate room)
- is open-minded, friendly, enthusiastic, creative and communicative
- wants to work in a team
- is motivated to learn German (and Tyrolean German dialect)
- wants to gain social, intercultural, communication and nursing skills
- brings her or his own culture and interests into the project
- is ready to volunteer for 12 months starting in October

You can apply for this project if you live in an EU country, the UK, in Iceland, Liechtenstein or Norway.



# SUPPORT DURING THE PROJECT

The volunteer may have regular meetings with her or his 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 volunteer will receive a German course, offered by a public education institution in Innsbruck.

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. 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. Volunteers are involved in common projects.

The volunteer will get to know other volunteers from various countries and will be invited to participate in monthly free-time activities, organised by young Austrians.



# PROJECT DURATION

## 12 Months

From the first week of October 2020 until 30th of September 2021.

We ask you to be committed to participate the whole duration, as it's important for the project, your learning development and for the hosting organisation.

The application deadline is on the 18th of March 2020.



# HOW TO APPLY

To apply, you **HAVE TO** send an e-mail with your CV and the enclosed APPLICATION FORM directly to the hosting organisation!

**Contact person: Sidonie Tomaschitz. E-mail: [office@arche-tirol.at](mailto:office@arche-tirol.at)**

**The deadline to apply is the 18th of March 2020!**

**Only for EU residents and people the UK, in Iceland, Liechtenstein or 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 Arche Tirol team. All applicants will be informed.

**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!

