Info pack for volunteers:

Project "Let's do for Rujiena"

Nr. 2018-1-LV02-ESC12-002361

Date for activities: 01.08.2019 - 31.07.2020

Place: Rujiena, LATVIA

Welcome to be interested as volunteer in Latvia, social care center "Lode"

Volunteers will take work in small village "Lode", in senior care center. Their responsibility will be to help seniors in workshops what gives the opportunity to learn various handicrafts and other basic skills. In summers, there is an opportunity to improve gardening skills. The workshop provides the basis of social integration as much as possible more successfully. The center has developed good cooperation with the Lode Parish Administrations manager/cultural worker who provides an opportunity to attend events organized by the parish and participate in various activities – concerts, theater performances, exhibitions. Should you have any questions, suggestions, problems or proposals, please do not hesitate to contact us at any time.

Project coordinating organization:

Project coordinating organization:	**Hosting organization:**
Daina Roze	Rujiena self municipality
Youth organization “Ligzda”,	Raiņa street 3, Rujiena, Latvia, LV-4240
Project manager	Accreditation nr. 2018-1-LV02-ESC52-002440
joligzda@gmail.com	

About voluntary work in *“Social care center “Lode””*

Activity date: 1.08.2019-31.07.2020;

Place for activities: "Liepkalni”, Lodes parish, Rujienas region, LV-4248, Latvia

Video about city: https://ej.uz/rujiena_lets_do

Volunteer living country: Belgium, Bulgaria, Czech Republic, Denmark, Germany, Estonia, Ireland, Greece, Spain, France, Croatia, Italy, Cyprus, Lithuania, Luxembourg, Hungary, Malta, Netherlands, Austria, Poland, Portugal, Romania, Slovenia, Slovakia, Finland, Sweden, United Kingdom, Turkey, Iceland, Liechtenstein, Norway, Former Yugoslav, Republic of Macedonia, Serbia.

Number of volunteers and age: ***2 person (of age 18 - 30)***
Volunteer who can help seniors in workshops, creative events, free time activities. Volunteer should be registered in Youth portal https://europa.eu/youth/solidarity

Working language: English, Latvian. In project activities you will have online learning program for Latvian language.

Summary of the Project:
The goal of the project is to promote awareness of the Solidarity Corps through the activities offered to the youth of Rujienas district, which will encourage young people to engage in such projects and will activate the local community. The project is initiating cooperation with the Rujiena district municipality institutions visited by children, young people and seniors - Social Care Center "Lode", Rujienas Multifunctional Youth Initiative Center, Rujiena Library, Rujiena Secondary School and Association "Rujiena Seniors House". The short-term goal of the project is to offer various activities available to the local community in Rujiena, for children, young people and seniors. Volunteers will develop and get to know their personality, will learn more about cultural differences and will share their experience and knowledge during the project. The long-term goal is to establish close cooperation between socially active institutions and organizations united by Solidarity Corps youth from different countries. The implementation of this project will help to develop open societies and acquisition of knowledge about the cultures of different countries, the implementation of this project will help the local community to improve linguistic knowledge and raise awareness of European citizenship.

Aims and objectives:
- To help seniors to fill day with different workshops;
- Spend time with seniors inside and outside activities;
- Discover the intercultural richness through non-formal learning methods

- Take part in municipality events
- Learn more about other European cultures
- Get to know more about Rujiena, Latvia territory and country
- Be encouraged to come up with your own ideas and get the support in your home country from your sending organization to realize.

Rules:
No drugs, no alcohol, respect of nature, respect of each other, to be on time. No smoking in School territory. Working hours from 8:00-16:00, weekends are free. Working hours can be changed according activity plan.

Training and support: You will have arrival training and mid term training. Online platform will help you to learn also Latvian language for every day communication. You will have mentor who will help you in personal developing and learning process.

YouthPass:
Voluntary work is based on the principles of non-formal education, all volunteers will get a YouthPass certificate after the project and describe knowledge what they have learned in project.

Accommodation:
Living for EVS: Adress: Upes street 9/11, Rujiena, Latvia, LV-4240, Multifunctional youth initiative center, phone +371 25450585. Accommodation is located in 3rd floor. Keep safe keys from building outside door, youth centre door and private room. Outside door should always be locked. Room is for two persons. Kitchen, WC, shower, TV, laundry and living area is open for all hostel guests. Room is equipped with bed, table, chair, wardrobe, towel, sheets, blanket, and pillow. Kitchen - stove, oven, refrigerator, microwave, dishes, toaster. Laundry – washing machine.

Food: every volunteer will have 150 EUR per month for food;
Pocket money: every month 90 EUR (3 Eur/day);
Travel costs: Every participant will have covered travel costs according to distance calculator: http://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

travel distances between 10 and 99km	20 EUR
travel distances between 100 and 499km	180 EUR
travel distances between 500 and 1999km	275 EUR
travel distances between 2000 and 2999km	360 EUR
For travel distances between 3000 and 3999km	530 EUR
travel distances between 4000 and 7999km	820 EUR

- you can fly to Riga, from Riga it is 3-4 hours by bus to Rujiena.

Contacts:
For further questions/suggestions, contact:
e-mail : joligzda@gmail.com
Mobile Phone : +371 25450585

We are looking forward to meet you soon!