

Dear Volunteers and Partners,

Below we are presenting our offer of long term [European Solidarity Corps](#) activities available for the year 2020 -21. We are offering opportunities in 8 different hosting organizations with free places for 13 volunteers. All activities are located in Mazovia region, in Warsaw or in smaller communities up to 100 km from Warsaw. Project is coordinated by [FIYE Poland/Stowarzyszenie Promocji Wolontariatu](#).

We would like to start all activities around 15th of September 2020. If you are interested in joining us please send your CV and cover letter at evs@spw.info.pl and mention witch activity are you interested in.

Below you can find a list of all available activities with descriptions.

LIST OF AVAILABLE ACTIVITIES

Activity	Where?	What kind of work?	No. of volunteers	Time
1. Rehabilitation, Education and Welfare Center "Helenow"	Warsaw	Work with disabled children and youth, Hippotherapy	2	10 months
2. Library in Pomiechówek	Pomiechówek	Workshops, cultural events	1	11 months
3. Culture Center in Pomiechówek	Pomiechówek	Workshops, cultural events	1	11 months
4. Municipal Kindergartens (no.4 and no.5) in Pułtusk	Pułtusk	Activities for children	4	11 months
5. Library in Przasnysz	Przasnysz	Workshops, cultural events	2	11 months
6. Primary School in Nasielsk	Nasielsk	Activities for children	2	10 months
7. FIYE/SPW Office in Warsaw	Warsaw	Work in an NGO promoting intercultural education and voluntary service	1	12 months

1. Education, Rehabilitation and Welfare Centre "Helenow"

Dates: September 2020 – June 2021 (10 months)

Theme: Work in a school for children and youth with neurological disorders and physical dysfunctions.

Host organization: [Education, Rehabilitation and Welfare Centre "Helenow"](#)

Location: [Suburbs of Warsaw, 45 min by bus to the city center](#)

Website: www.helenow.pl

Number of volunteers: 2

Photos: <https://bit.ly/3jApAJO>

Host organization:

"Helenow" is a complex of institutions providing education, treatment and welfare for children, youth and adults with disabilities. The Centre specializes in treatment of children with Central Nervous System dysfunctions. It provides education and treatment for around 200 children and youth in kindergarten, primary school and high school. It offers also various forms of therapies such as hippotherapy, physiotherapy, music therapy, art therapy, etc.

Work:

The main role of volunteer is to support assistants, educators and therapists of various units located in "Helenow" Center.

The main activity is providing support during hippotherapy. It includes: working in stables, cleaning and saddling horses, leading horses during therapy, supporting children.

Volunteer can be also engaged in organizing after-school activities, transporting pupils on the area of the Centre, running sport activities, excursions, organizing and running language workshops (teaching foreign languages in an informal way through games, exercises), arranging intercultural activities and presentations.

Volunteers are highly encouraged to learn and know games and activities with some pedagogical purpose. For example, thinking games, activities for cultural exchange, or just enriching conversations. This also means that volunteers can organize independent activities for children, within their school schedules. The children and the institution highly appreciate and value volunteers' initiatives.

Video about volunteering in Helenow: <https://youtu.be/Bo9zSjqGDd8>

Video about hippotherapy: <https://youtu.be/2s4oRlr6lB4>

FB of Helenow's hippotherapy: <https://bit.ly/39jfdFD>

Volunteer's profile:

- Friendly, making relationship with people easily
- Willing to work with children and youth with disabilities
- Communicative English
- Physically fit (able to work in stables and walk a few km every day)
- Reliable and diligent

Practical arrangements:

- Working hours: 30 – 38 hours per week, Monday - Friday
- Accommodation: Shared flat on the premises of the host organization. Possibly shared room with one more volunteer of the same gender.
- Location: The project is located in Warsaw's district called Miedzylesie (meaning "in between forests", which it literally is!) 45 minutes away from the center by bus (plus 15 minutes walking to a bus stop).
- Food: Volunteer receives 450 PLN per month (around 100 EUR) and should be cooking on its own. Alternatively volunteer can choose to eat in the canteen where 3 meals a day are served.
- Pocket money: 120 EUR per month
- Language support: Polish classes in a language school
- Local transport: Volunteer receives city transport pass which allows to use all means of public transport in Warsaw.
- International travel: Reimbursement up to 180 EUR, 275 EUR or 360 EUR depending on the distance.

2. Library in Pomiechówek

Dates: September 2020 – July 2021 (11 months)

Theme: Work in library – events, workshops, meetings

Host organisation: [Public Library of Pomiechówek Commune](#)

Location: [Pomiechówek, 45 km from Warsaw](#)

Website: <http://www.biblioteka-pomiechówek.pl/>

Number of volunteers: 1

Photos: <https://bit.ly/2ZSGVW1>

Host organization:

Public Library of Pomiechówek Commune lends books and organizes cultural and educational activities related to reading. Its target group includes inhabitants and visitors of the commune who are at different ages.

Pomiechówek Commune has around 9000 inhabitants whereas Pomiechówek village itself around 3000. The village is located 45 km from Warsaw and has residential character, in summer it turns into a popular destination for local tourists.

Work:

Volunteer will be involved in everyday work of the library and will be encouraged to realize own initiatives. Following activities are possible:

- Librarian's work such as arranging books, writing reviews, online promotion.
- Organizing meetings and events for the local community.
- Help in organizing programming lessons for children, IT courses for seniors, language meetings online, etc.
- Help in organizing meetings about literature, meetings with writers.
- Visits in kindergartens and schools to promote reading and intercultural education.
- Organizing own presentations and meetings such as language meetings, traveller's meetings, creative workshops.
- Promoting Volunteering and European Solidarity Corps.

Volunteer's profile:

- Interested in literature or art, history, etc.
- Creative, independent and ready to have own ideas and initiative
- Friendly, making relationship with people easily
- Willing to work with people of different ages (from small children to seniors)
- Communicative English
- Reliable and diligent

Practical arrangements:

- Working hours: 30 – 38 hours per week, Monday - Friday
- Accommodation: 2 volunteers will live in a house shared with its owners. They will stay in a flat on the first floor whereas the owners live on the ground floor. Their part of the house has its own kitchen and bathroom. The volunteers have to obey rules given by the owners such as cleaning, limited number of guests, no parties in the house.
- Food: Volunteer receives 450 PLN per month (around 100 EUR) and should be cooking on its own.
- Pocket money: 120 EUR per month
- Language support: Polish classes with a private tutor
- Local transport: Work place is within a walking distance from the house and so is center of the village.
- International travel: Reimbursement up to 180 EUR, 275 EUR or 360 EUR depending on the distance.

3. Culture centre in Pomiechówek

Dates: September 2020 – July 2021 (11 months)

Theme: Work in a culture center – events, workshops, meetings

Host organisation: [Pomiechówek Culture Centre PomPA](#)

Location: [Pomiechówek, 45 km from Warsaw](#)

Website: <http://pompa.pomiechówek.pl/>

Number of volunteers: 1

Photos: <https://bit.ly/2WMMjt6X>

Host organization:

Culture Centre of Pomiechówek Commune, called PomPA, propagates and creates culture for and with the inhabitants of the commune. It organizes art, music and theatre classes and events for inhabitants and visitors of Pomiechówek Commune and work with people from 1 to 100 years old. The role of the volunteer is to add intercultural dimension to PomPA's activities as well as bring new ideas and initiatives. Pomiechówek Commune has around 9000 inhabitants whereas Pomiechówek village itself around 3000. The village is located 45 km from Warsaw and has residential character, in summer it turns to a popular destination for local tourists.

Work:

The volunteer is part of the team of the culture center and supports activities popularizing culture. The volunteer works in 3 areas: own intercultural and artistic activities, supporting regular classes of the culture center, supporting events run by the culture center.

Examples of activities:

- Intercultural and language meetings/creative workshops run in the culture center in the Pomiechówek commune,
- Intercultural meetings at schools in Pomiechówek commune,
- Help during meetings of the Mothers' Club,
- Help at art classes such as painting, creative activities,
- Preparation of decorations for events,
- Technical help during projects and events such as monthly theatre meetings for children, art fair Artbazar,
- Own initiatives, also in cooperation with the volunteer from the Public Library in Pomiechówek,
- Creating promotional materials to popularize culture and European volunteering;

Volunteer's profile:

- Interested in creative activities (art, music, theatre etc.)
- Friendly, making relationship with people easily
- Willing to work with people of different ages (from small children to seniors)
- Communicative English
- Independent and ready to have own ideas and initiative
- Reliable and diligent

Practical arrangements:

- Working hours: 30 – 38 hours per week, Monday - Friday
- Accommodation: 2 volunteers will live in a house shared with its owners. They will stay in a flat on the first floor whereas the owners live on the ground floor. Their part of the house has its own kitchen and bathroom. The volunteers have to obey rules given by the owners such as cleaning, limited number of guests, no parties in the house.
- Food: Volunteer receives 450 PLN per month (around 100 EUR) and should be cooking on its own.
- Pocket money: 120 EUR per month
- Language support: Polish classes with a private tutor
- Local transport: Work place is within a walking distance from the house and so is center of the village.
- International travel: reimbursement up to 180 EUR, 275 EUR or 360 EUR depending on the distance.

4. Municipal Kindergartens (no.4 and no.5) in Pułtusk

Dates: September 2020 – July 2021 (11 months)

Theme: Work in a public kindergarten

Host organization: [Municipal Kindergarten no.4](#) and [Kindergarten no.5](#) in Pułtusk

Location: [Pułtusk, around 60km from Warsaw](#)

Number of volunteers: 4

Photos: <https://bit.ly/2E37K1R>

Host organization:

Przedszkole Miejskie nr 4 and nr5 are two out of three municipal kindergartens in Pułusk. They provide everyday care and education to children aged 3 – 6. The children are divided into groups of 15-30 according to their age.

One of the departments of Kindergarten no.4 offers integration classes with 1-3 children with developmental disorders or mild disabilities e.g. autism or hearing impairment. Each group has 2 teachers and is supported by a person of service staff. The integration class is additionally supported by a teaching assistant.

Kindergarten no.4 hosts about 190 children in two departments located in different parts of the town.

Kindergarten no.5 hosts about 140 children.

Work:

The kindergarten is open from 6:30 AM to 4:30 PM. The main activities take place from 9AM to 3PM (which are volunteer's working hours) and comprise of: didactic activities, outdoor activities, free play, excursions, extra events, optional activities, meals and self-service activities. During their stay in the kindergarten the pupils complete the core curriculum and have access to wide range of extra classes such as English, dancing, gymnastics, corrective therapy, Catholic religion and speech therapy, theater classes, fairy tale therapy. They participate in local events, celebrations and competitions, in which they present their skills and use them in practice.

The main idea behind volunteering in the kindergartens is to implement intercultural aspect to the education program. The volunteers help in organizing everyday activities and assist teachers, but besides that there is a lot of space for personal initiative, such as organizing workshops, presentations, classes and other activities which introduce their culture and language to the group.

The volunteers teach foreign languages (mostly English) in an informal way through games, exercises, and direct contact with the pupils in everyday manner.

As the Kindergarten no.4 has two departments, two of the volunteers will work at different locations.

Volunteer's profile:

- Friendly, making relationship with people easily
- Patient, willing to work with children
- Communicative English
- Creative, likes to take initiative
- Reliable and diligent

Practical arrangements:

- Working hours: 30 – 38 hours per week, Monday - Friday
- Accommodation: Shared flat, a room shared with one more volunteer of the same gender

- Location: The project is located in Pułtusk, a town of around 19 thousand inhabitants, located in northern Masovia. Pułtusk is located around 60km north from Warsaw and has a bus connection (around 1h 20 min by bus)
- Food: Volunteer receives 450 PLN per month (around 100 EUR) and is cooking on their own in the flat
- Pocket money: 120 euros/month
- International travel: reimbursement up to 180 EUR, 275 EUR or 360 EUR depending on the distance
- Language support: Polish classes with a private tutor

5. Municipal Library in Przasnysz

Dates: September 2020 – July 2021 (11 months)

Theme: Work in a public library

Host organization: [Municipal Library in Przasnysz \(Miejska Biblioteka Publiczna im. Zofii Nałkowskiej w Przasnyszu\)](#)

Location: [Przasnysz, around 110km from Warsaw](#)

Number of volunteers: 2

Host organization:

The library (which received a title of the best library in Masovian region in 2019!) serves the inhabitants of Przasnysz town and its neighborhood. It performs the traditional role of a library and conducts activities in the field of culture and education aimed at different age groups. It's main department is located at the center of the town. There is also a branch in a residential area.

Work:

Volunteers will be supporting the staff in preparation and running activities aimed at the readers and inhabitants. They will also have opportunity to realize their own initiatives, especially the ones adding intercultural dimension. Examples of tasks: supporting events such as excursions, workshops, concerts; organizing educational activities such as language cafes, handicraft workshops, STEM workshops; promoting reading, organizing meetings with fairy tales for disabled children; taking photos and creating articles. Own initiatives will depend on volunteers' skills and experiences. In summer the volunteers can run a workcamp.

Volunteer's profile:

- Friendly, making relationship with people easily and willing to work with people at different age (from children to seniors)
- Communicative English
- Creative, independent and ready to have own ideas and initiative
- Reliable and diligent
- Interested in literature

Practical arrangements:

- Working hours: 30 – 38 hours per week, Monday – Friday, sometimes Saturdays during events
- Accommodation: a room in a student dormitory of a local high school, shared with one more volunteer of the same gender; kitchen and bathroom shared with students

- Location: The project is located in Przasnysz, a town of around 17 thousand inhabitants located in northern Masovia. Przasnysz is located around 110km north from Warsaw and has a bus connection (around 2h20min by bus)
- Food: Volunteer receives 450 PLN per month (around 100 EUR) and is cooking on their own
- Pocket money: 120 euros/month
- International travel: Reimbursement up to 180 EUR, 275 EUR or 360 EUR depending on the distance
- Language support: Polish classes with a private tutor

6. Primary School in Nasielsk

Dates: September 2020 – June 2021 (10 months)

Theme: Work in a primary school

Host organisation: [Primary School no. 1 in Nasielsk](#)

Location: [Nasielsk, 55 km from Warsaw](#)

Number of volunteers: 2

Host organization:

Primary School no 1 in Nasielsk is a free, public school run by Nasielsk Commune. It provides education from 1st to 8th grade and additionally runs a kindergarten unit with preschool classes. Students follow core curriculum and have access to a range of extra activities such as excursions and celebrations, after school activities and clubs. The school has its own common room opened from 7 AM to 5 PM, library with multimedia centre, canteen and sport field. Lessons begin at 8 AM and end at 3 PM. There is a municipal gym located next to the school. Nasielsk is an urban and rural commune with the seat in Nasielsk town (around 7700 inhabitants). It is located in Masovian region 55 km north from Warsaw. The area has rural character. Nasielsk is a small and calm town with plenty of small shops, 2 supermarkets, cultural centre with a small cinema, library and a gym hall. Nasielsk is connected with Warsaw by trains and private buses.

Work:

Volunteers will work in the kindergarten and in the common room. In the mornings they will help in the kindergarten (children aged 3-6) and in the afternoons they will support and organize after-school activities for primary-school children (aged 7-15). Volunteers will support teachers and school's activities but will also be encouraged to create own activities, initiatives, workshops, etc.

Possible activities and tasks:

- Help in organizing games and educational activities,
- Help in self-care activities for the youngest children,
- Help in homework,
- Help during trips, excursions,
- Organizing and supporting school's Volunteer Club actions,
- Supporting school's theater group,
- Running language, art, music, culinary, etc., workshops (depending on skills and interests of the volunteer)
- Running intercultural workshops.

Volunteer's profile:

- Interested in working with children and youth,
- Friendly, making relationship with people easily,
- Communicative English,
- Independent and ready to have own ideas and initiative,
- Reliable and diligent,
- Certificate of no criminal record,
- Health certificate.

Practical arrangements:

- Working hours: 30 – 38 hours per week, Monday - Friday
- Accommodation: 2 volunteers will live in a shared flat.
- Food: Volunteer receives 450 PLN per month (around 100 EUR) and should be cooking on its own.
- Pocket money: 120 EUR per month
- Language support: Polish classes with a private tutor
- Local transport: Work place is within a walking distance from the house and so is center of the town.
- International travel: reimbursement up to 180 EUR, 275 EUR or 360 EUR depending on the distance.

7. FIYE/SPW Office in Warsaw

Dates: September 2020 – August 2021 (12 months)

Theme: Work in an NGO promoting intercultural education and voluntary service

Host organisation: [Stowarzyszenie Promocji Wolontariatu](#)

Location: [Warsaw](#)

Number of volunteers: 2

Photos: <https://bit.ly/2ZRiV6b>

PROJECT:

Project's aim is promotion of international voluntary service and its values such as intercultural learning, active citizenship of youth, solidarity and sustainable development. Our association's activities include organizing and coordinating various voluntary projects in Poland. We do long-term programs such as ESC and ICYE but also short-term such as workcamps. We cooperate with local NGOs, libraries, kindergardens, schools, social centers. We also recruit and send polish volunteers abroad to join variety of projects all-around the world.

We would like to welcome ESC volunteer who would join our activites and help us mainly in communication and promotion. The project can be an oppportunity to get to know work in NGO sector and get in touch with volunteers from all-around the world.

WORK:

Volunteer will work mainly in association's office in Warsaw and will have following tasks to do:

- email communication with partner organizations from all around the world and volunteers coming to Poland.
- creating audiovisual content for social media channels (memes, infographics, booklets, short videos, podcasts, etc.)
- helping during various events such as infoessions for future volunteers, training for campleaders, post camp meeting.
- leading a workcamp during summer season in July – August. Visiting other workcamps.

VOLUNTEER'S PROFILE:

- good interpersonal and communication skills,
- creativity,
- good knowledge of social media, at least as active user,
- motivated to work as a volunteer (no paid work nor studies are allowed during your project),
- reliable and diligent,
- citizen or resident of EU country (no visas)

PRACTICAL ARRANGEMENTS:

- Working hours: 30 – 38 hours per week, usually 10 – 17 Monday - Friday
- Accomodation: Single or shared bedroom in a shared flat. Living together with other ESC volunteers. Located in the suburbs of Warsaw <https://goo.gl/maps/acuYGJHXQMM2> . Around 1 hour (by public transport) from Warsaw city center and the office.
- Location: Office is located in the city center, very close to the main train station. <https://goo.gl/maps/tXDbrHePpbcZtf3j9>
- Food: Volunteer receives 450 PLN per month (around 100 EUR) and should be cooking on its own.
- Pocket money: 120 EUR per month
- Language support: Polish classes in a language school
- Local transport: Volunteer receives city transport pass which allows to use all means of public transport in Warsaw.
- International travel: Reimbursement up to 180 EUR, 275 EUR or 360 EUR depending on the distance.