

**Erasmus+ Key Action 2 Capacity Building in the field Youth:  
Skills and Competences for a Global World  
Host Projects in non-EU / Partner Countries**

**1. Centro Social Marista – CESMAR, Brazil**

***Description***

CESMAR is a Catholic Social Centre founded in 1996 that provides alternative education and social opportunities for children and adolescents under social risk from 3 to 19 years and for elderly people in the neighbourhood. The main aim of CESMAR is to promote children and adolescents' physical integrity, intellectual and emotional growth and a happy childhood in a safe environment; to provide Psychological and Pedagogic Counselling: every child and teenager receives professional counselling when necessary; to offer learning opportunities through informal education and leisure time activities. The project assists directly about 1500 people, offering to the community internet point, library, dentist assistance, legal and psychological support for the families and so on for free. It is a very big social project with many buildings, sports facilities and a good structure, so it can provide many kinds of activities and workshops (sports, informatics, language lessons, dance, art workshops, theatre, ecological workshops, music, capoeira and so on...). The centre has a lot of green open space and animals, the educators provide recycling and ecological workshops to the children to learn how to take care of animals and plant flowers and other plants.

***Role of the volunteer***

CESMAR has many activities developed with kids, adolescents, families, adults and older people, all coming from the local disadvantaged community. The role of the volunteer is to become a helping hand for the staff during some daily activities and workshops and also to propose new kinds of activities linked with citizenship consciousness, participation in the local economy, environmental preservation, human right and personal respect. The volunteer will grow through another point of view and explore and understand the issues related to the sustainable development, such as human rights, marginalization, poverty reduction, environmental problems. Beside the practical help offered by the volunteer, the intercultural encounters in the local community will provide insight into some internal challenges and offer possible solutions.

### ***Task of the volunteer***

The exact tasks will be decided depending on the volunteer's interests and capacities and the possibilities and actualities of the given period.

CESMAR welcomes new initiatives for its different target groups; the volunteer will have the possibility to propose activities such as:

- workshops for the adolescents and adults to prepare to work (language lesson, Informatics...)
- environmental preservation and animal care activities, also by showings movies or documentaries
- meeting and chats about health security, prevention from drugs, human right, and all the themes could be interesting for the community and the volunteer
- promotion of campaigns and thematic days such as recycling day, volunteering day, black culture pride week, etc.
- organize cultural activities to support the social integration of minorities or discriminated group (indigenous, women, older people)

### ***Practical arrangements (working hours, days off, holidays, food, accommodation, local transport)***

- ***Working Hours:*** from 30 to 35 hours every week, from Monday to Friday
- ***Days off:*** Saturdays and Sundays (once a month there is a staff meeting on Saturday mornings where the volunteer is expected to participate, he/she will be able to have a day off during that week)
- ***Holidays:*** 2 days of every month to be taken all together according to CESMAR needs and volunteer preferences
- ***Food:*** provided by CESMAR during the working time; the rest of the meals will be provided by the host family
- ***Accommodation:*** local host family is selected and prepared by ICYE Brazil
- ***Local Transport:*** public buses - the costs will be reimbursed by ICYE Brazil

## **2. Fundación Fundatakumi, Colombia**

### ***Description***

The Foundation Fundatakumi was founded in 2011 with the initiative of Monseñor Francisco Antonio Ceballos Escobar, who thought it was necessary to build an institution which could be responsible for all the requirements for those who suffer from poverty and violence. The first project called “Comedor la divina Misericordia” pays attention to the most disadvantaged persons of the society. Fundatakumi takes care of more than 200 persons in programs like soup kitchens, schools for parents and psychological help. Most of their recourses are donations or gained with bingo, bazaar and draw.

### ***Role of the volunteer***

The role of the volunteer is to promote intercultural solidarity among the participants in the project, children, young people and members of the foundation. He/she will also have the possibility to interact in a geographical area where not many foreign people visit. For this reason children and young people will have the chance to exchange cultural aspects and normal life habits with the volunteer, having a real intercultural exchange experience. Some of the children and young people have an indigenous background which enriches the experience. In this context the role of the volunteer is to share his/her knowledge, culture and skills.

### ***Task of the volunteer***

- Support the Project “Red de Jóvenes Universitarios del Vichada” (network of university students)
- Implementation of the first youth camp guided by an international volunteer
- Support the academic processes of the beneficiaries of “Templo Comedor la Divina Misericordia”
- Organization of an English table/club for the children, teenagers and adults
- Support on social network, internet and administrative tasks
- Creating its own information workshops such as: environmental education, first aid, own country culture, music etc.

### ***Practical arrangements (working hours, days off, holidays, food, accommodation, local transport)***

- **Working Hours:** from 8 a.m. to 4 p.m.

- **Days off:** Saturdays and Sundays
- **Holidays:** volunteer will coordinate the holiday time according to the project needs
- **Food:** breakfast and dinner will be provided at the host family and lunch at the foundation
- **Accommodation:** volunteer will live in a host family out from the project
- **Local Transport:** he/she can walk, take local transport or use a bicycle

### 3. El Arca de Honduras

#### **Description**

El Arca de Honduras is a member of the El Arca International Federation, which is dedicated to the creation and growth of homes, programmes, and support networks with people who have intellectual disabilities. It was founded in 1964 and today it's an international organisation operating 149 communities (homes) in 37 countries on all five continents. El Arca de Honduras has two communities (homes) in the country, one in the capital of Honduras, Tegucigalpa, which currently has 28 beneficiaries and another one in southern Honduras, in Choluteca, which currently has 25 beneficiaries. Its main aim is to offer people with intellectual disability a family-styled living environment that encourages them to create a home, to develop their skills and talents, to build friendships, and quite simply, to make the most of life. The beneficiaries live together in homes sharing life with one another and building a community as responsible adults. They participate in different workshops, learning how to create different kitchen materials such as tablecloths and mittens, decorations for households such as candles, cleaning materials such as mops, and different types of garments. It is affiliated to CIARH (*Coordinadora de Instituciones y Asociaciones de Rehabilitación en Honduras*), which is the Honduran network of organisations that works toward the mental and physical rehabilitation of the people of Honduras.

#### **Role of the volunteer**

The main role of the volunteers in El Arca de Honduras is to support the qualified staff members of the organisation mainly in the two types of workshops taught to the organisation's beneficiaries, people with disabilities. These workshops are occupational and therapeutic. The volunteer also supports in the different activities in the daily cohabitation with the beneficiaries, and with chores in order to upkeep and maintain the organisation's home.

#### **Task of the volunteer**

During the first period of adaptation, the volunteers will test each activity of El Arca de Honduras to understand which one is more suitable according to their skills and attitudes. This phase is very

important in order to implement the project's goals and to overcome possible communication problems with the hosts. The volunteer will be assigned to an area which best suits her/his abilities and interests. In case the volunteer has know-how that the organization does not possess, the volunteer will be given a chance to put it into practice. According to this, any of the activities described below will be open to suggestions coming from the volunteers:

**a) Supporting the activities of the occupational and therapeutic workshops:**

Occupational Workshops: making kitchen materials such as tablecloths and mittens, decorations for households such as candles, cleaning materials such as mops, and different types of garments.

Therapeutic Workshops: educational and board games, recreational activities such as walks, massage lessons, painting.

The presence of the volunteer will contribute to stimulating hosts to take part in such workshops and activities. They will also be able to suggest other new activities according to their culture, for example international cooking or traditional music and dance shows.

**b) Helping in everyday life:**

- The volunteer will support the staff members in preparing meals and the hosts with special needs during the meal by cutting the meat, helping them to drink water and to eat, etc.
- Supporting the people with disabilities by participating preparing their meals and house duties as well as sharing other things like free time in a family.

**c) Developing social relationships:**

- The volunteer will have important contacts with the hosts, spending with them most of the time talking and listening to their special needs (for example: helping them to walk through the home, playing cards, reading newspaper, telling stories, writing, and so on).  
Sharing and living with everyone in the home and participate in the everyday life.

***Practical arrangements (working hours, days off, holidays, food, accommodation, local transport)***

- ***Working Hours:*** The volunteer will work about 7 hours every day from Monday to Friday. The weekly working time is 35 hours. In the home of El Arca de Honduras in Tegucigalpa, the daily working time will usually be 8:00 – 16:00 from Monday to Friday. The timetable will be set up according to the volunteer's skills and preferences. The volunteer will have the opportunity to propose her/his own initiatives.
- ***Days off:*** Saturdays and Sundays
- ***Holidays:*** 15<sup>th</sup> of September, 3<sup>rd</sup>, 12<sup>th</sup> and 21<sup>st</sup> of October, 15<sup>th</sup> of December – 15<sup>th</sup> of January (holiday in the workshops)

- **Food:** The volunteer can share the three daily meals together with the beneficiaries and staff members, and/or with the Host Family if she/he is allocated to live in a Host Family.
- **Accommodation:** El Arca de Honduras has suitable accommodation for international volunteers within the organisation, or the volunteer can be allocated to a Host Family outside of the organisation.
- **Local Transport:** The volunteer will be taught how to use local transport during the on-arrival and orientation activities. The home of El Arca de Honduras in Tegucigalpa is located in an area accessible by local transport.

#### 4. Ananya Trust, India

##### **Description**

Ananya Trust started in March 1998 to provide meaningful education for the underprivileged children in and around Bangalore city. It works with children who have dropped out of mainstream schooling as existing schools do not cater to their special needs. It has three programmes: a school, a teacher training programme and a life skills programme for young adults. Ananya Shikshana Kendra (ASK) is a school for first generation learners, offering an adaptable curriculum responding to the individual needs of each child. Ananya Centre for Teachers (ACT) is a teacher training programme, which organises workshops on various aspects of teaching to make teachers more innovative and creative. Ananya Centre for Core Education and Personalized Training (ACCEPT) is a life skills programme for young adults, which aims at training them in life skills and appropriate vocational training; develop new systems and methods of education for young adults from marginalized communities; Sensitize the children and their families to understand and accept unique differences in people. ASK is a weekly residential school that provides education, food, a safe and comfortable environment for the children from socially disadvantaged and marginalized communities. At present it provides quality education to 64 children: 41 boys and 23 girls between the ages of 8 and 18 years. Its mission is to empower children by providing a learning space, which emphasizes self-learning through a creative approach, enabling them to make informed choices, to live a life without discrimination, fear or prejudice, and to create a platform where individuals exchange views, share experiences of mutual concern and are motivated to act. Its objectives are to provide skills and cultivate curiosity to become life-long learners, help children become economically and emotionally independent and to create a cadre of individuals who are sensitive to and respond to the needs of the children. The mission and goals of the Ananya Trust therefore match the objectives of this project which it is keen to participate in.

### ***Role of the volunteer***

The volunteers will be expected to be actively involved in the planning and implementation of the activities. Their inputs and feedbacks are valuable to the growth of the organization. This will also make them responsible for their own growth as well as that of our beneficiaries.

### ***Task of the volunteer***

**AM:** Supervise younger kids baths, washing clothes, and cleaning up activities, administering medications if any. Assist in the morning activities like running, games and sports.

**PM:** Free play time with children on the campus, community work assigned to them, organize evening activities with a group of 10 children: like arts and crafts, dance, music, story telling/reading silent time, yoga etc.

### ***Practical arrangements (working hours, days off, holidays, food, accommodation, local transport)***

- **Working Hours:** 7-9 AM; 3-9 PM Monday to Friday
- **Days off:** Saturdays and Sundays
- **Holidays:** 4 weeks during the summer holiday and 2 weeks during both the winter and fall vacations
- **Food:** Indian vegetarian. All meals are provided on campus.
- **Accommodation:** Small rooms, either single or shared
- **Local Transport:** Scooter, car and jeep for official work; public transportation or scooter for personal work / use. Local transport to the city will have to be taken care of by the volunteers, but any work related transport costs will be borne by the organisation. The campus is located about 15 kilometres from the city centre and is well connected by bus.

## **5. Panti Wredha Rindang Asih Ungaran Nursing Homes, Indonesia**

### ***Description***

Panti Wredha Rindang Asih I (Rindang Asih I Nursery Home for Elderly) is a private nursery for elderly women and is located in Ungaran which is about 15 km away from Semarang City. Ungaran is a small town on the slope of Ungaran Mountain. The nursery is under the Soegijapranata Catholic Foundation which focuses on the social field. There are about 30 elderly women in the nursery assisted with about 15 staffs under supervision of Mrs.Sr. M. Roseline as the head of nursery. The elderly are grouped into 3 levels which are Level A for those physically and mentally active, group B who have less active on physically and mentally and group C who are really totally bed rest and physically very weak so that they cannot move from the bed.

### ***Role of the volunteer***

The volunteer will support local staff in doing daily regular activities at the nursing home and in taking care of the elderly people. The volunteer can work in shifts such as morning to afternoon and afternoon to evening. They will work to help elderly in doing their daily activities such as cooking, meal time, arranging an activities for them, or take them for having walk outside.

### ***Task of the volunteer***

The volunteer will assist local staff in taking care of the elderly, which various tasks such as: organizing sport, cleaning the room, taking care of daily needs of the elderly, preparing the food, cooking.

### ***Practical arrangements (working hours, days off, holidays, food, accommodation, local transport)***

- ***Working Hours:*** 8 – 9 hours per day from Monday to Friday. The working style of Indonesian people is different with people in your country as well as the system. You will see quite often “rubber time” (means not on time), people working relax not in a rush, changing schedule quite often, not scheduled in advance, incidental activities etc. Please be patient and understand
- ***Days off:*** Saturdays – Sundays; national holidays. During the free day, if the volunteer wants to travel for sightseeing, she has to cover the transport and food by yourself.
- ***Holidays:*** 2 days per months which can be accumulated in the end of the projects
- ***Food:*** basic typical Indonesian food which will be provided by the nursing homes
- ***Accommodation:*** dormitory of the nursing homes
- ***Local Transport:*** as the volunteer will stay at the dormitory inside the project so there is no necessary transportation. Except if the volunteers would like to do personal activities should take public transportation

## **6. Mother Teresa Langata Home, Kenya**

### ***Description***

Mother Teresa Langata Home is one of the homes that the Missionaries of Charity runs in Nairobi. Missionaries of Charity was founded by Mother Teresa of Kolkata in 1950 and has been growing around the globe since. Missionaries of Charity was started to take care of the needy, poor, disabled, orphaned and anybody who needs love and care. Mother Teresa provides basic needs for the challenged ‘children’ (some of the children have been there many years and are now adults). The

children have to be assisted in basically everything – cleaning, feeding, dressing, going to the toilet, etc. They are also given basic education depending on the severity of the disability and encouraged to play if possible. There are about thirty local workers/volunteers in the home who take care of the fifty-two children. The home also runs a school in the Kibera slums for needy children, and the volunteers also go and support the lessons since it is within walking distance.

### ***Role of the volunteer***

The volunteer will assist in the daily tasks at the home under the supervision of a staff member assigned to them. The volunteer will be working with people with disabilities and will have an opportunity to learn new skills – how to look after children or adults with disabilities, appreciate that happiness is not about being physically or mentally whole. They will see the smiles they can bring on their faces and see life from a deeper perspective. The volunteer will interact with people from a different culture and can share skills and experiences. They will learn a lot from the cross-cultural engagement, appreciate other people's culture and the differences between cultures.

### ***Task of the volunteer***

- Reading books and newspapers to the children (residents), and also share with them stories
- Assisting in the art and crafts activities
- To exercise and play with the children (residents)
- Assisting in preparing food, feeding
- Assisting with cooking, washing, and cleaning
- Assisting in music sessions for the residents when possible
- Assisting in gardening

### ***Practical arrangements (working hours, days off, holidays, food, accommodation, local transport)***

- ***Working Hours:*** six hours, five days a week
- ***Days off:*** Two days a week
- ***Holidays:*** National Holidays
- ***Food:*** Breakfast and dinner at the host family and lunch at the home
- ***Accommodation:*** The volunteer will live with a host family
- ***Local Transport:*** The volunteer will live with a host family not too far from the home and will commute by Matatu (public transport)

## **7. Action Health Incorporated, Nigeria**

### ***Description***

Action Health Incorporated is a pioneering non-profit, non-governmental organisation established in 1989 and dedicated to promoting young people's health and cultural development to ensure their successful transition to healthy and productive adulthood. Action Health Incorporated advances this agenda by working with young people, parents, community, opinion leaders, youth serving organisations, government agencies and opinion leaders to:

- Promoting intercultural learning practices by promoting skill acquisition programmes in various communities of the country.
- Training and empowering young adults with necessary support practices in the areas of interaction, skills acquisition and practical practises.
- Increase community awareness and action on challenges youth face so that policies and programmes are put in place to effectively address these issues;
- Build alliances to increase the number of government, private sector and civil society programmes offering support and life-enhancing opportunities for young people.

### ***Role of the volunteer***

The volunteer's service will be developed in "Action Health Incorporated (AHI)" and will be mostly supportive, offering practical help. AHI runs different entrepreneurship activities in some local communities in Lagos and aims at empowering girls who are orphaned or HIV positive and those widowed due to the loss of their husbands from HIV/ AIDS. The volunteer will help build capacity and share knowledge and good practice in entrepreneurial learning activities, after-school literacy class, and promote non-formal education as a tool to promote entrepreneurship. It will also help if the volunteers present their culture to the children by organising activities related to their countries.

### ***Task of the volunteer***

The volunteer will be fully involved in the counselling session and after-school literacy practical classes. The volunteer will also assist in the fundraising for the project. It is expected that the volunteer will actively help to plan, prepare and develop the daily learning activities and the after school literacy class.

***Practical arrangements (working hours, days off, holidays, food, accommodation, local transport)***

- ***Working Hours:*** 9:00hrs – 16:00 hrs
- ***Days off:*** Saturdays and Sundays
- ***Holidays:*** All government declared holidays and 3 weeks by ICYE Nigeria
- ***Food:*** Breakfast and dinner will be provided by host family and Lunch will be taken at project. Allowance for this will be provided
- ***Accommodation:*** Host family
- ***Local Transport:*** Allowance for transportation will be provided by coordinating host organisation at the beginning of each month