

# Info pack for „Help at home”



 ΔΗΜΟΣ ΒΕΛΟΥ ΒΟΧΑΣ  
MUNICIPALITY OF VELO VOCHA

Municipality of Xylokastro – Evrostini

&

Municipality of Velo - Vocha

European Voluntary Service (EVS)

Orfeas Organisation (coordinating organization)

## **Orfeas Youth Organisation**

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Erasmus+

## About us:

Organization Orfeas, began functioning in August 2000. The purpose of our organization is the utilization of free time, informing young people about international and national programs, and the encouragement of their active participation along with their European citizenship.

Furthermore, our goal is to organize and support national programs of the partner municipalities, heritage protection activities of the environment and organizing summer events, festivals, concerts, theatrical performances, exhibitions in cooperation with the local municipalities. Through our activities we try to develop solidarity and promote tolerance and understanding among young people in different countries. Our priorities are respecting cultural diversity, fighting against racism and xenophobia. By facilitating joint activities of young people from different cultural, ethnic and religious backgrounds, Orfeas aims to develop the intercultural learning of young people making Europe a friendlier place in the same time.

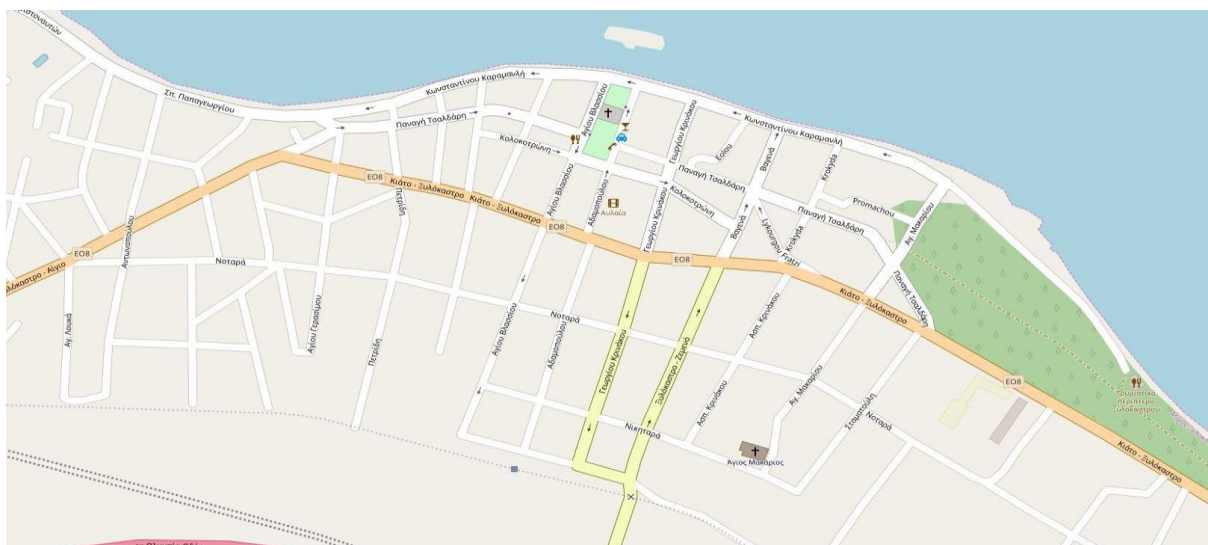
An important value for Orfeas Organization is to give access to all young people, especially those with fewer opportunities, to join European youth programme and other educational activities. Through formal/non-formal learning techniques and experiences, young volunteers will improve and acquire skills for their personal, educational and professional development.

## How to get in touch with us:

On our Facebook page we post about activities and the volunteers' life in general. So, check us out on Facebook and don't hesitate to send us a message:

<https://www.facebook.com/Orfeas-Organisation-137078711181/>

You want to learn more about our life here? Check out our e-magazine, published by the office team every month. It includes amazing stories about our life here, trips, activities, projects, EVS life in general.



## Project description:



The help at home program in the municipalities of Xylokastro-Evrostini and Velo-Vochas, includes the office in Derveni and three centers of elderly people(KAPI) in Xylokastro, Derveni and Velo. Xylokastro, Derveni and Velo are small towns situated approximately two hours from Athens. The EVS duration is usually six months (depending on the agreement).

‘Help at home’ is a social service program that aims to provide organized and systematic support to elderly and people with special needs.

The program addressed in particular elderly people and people with special needs with priorities:

- cannot support themselves totally
- need special treatment
- live alone and isolated
- don't have enough economical sources



**The main tasks of the volunteers are:**

- helping the social worker in checking the elderly people's living conditions
  - visiting and helping in the elderly people's home and taking care of them
  - help in the assistants' work, e.g. bringing food for the elderly, cleaning their home etc.
- participate in organising activities for the elderly people
  - support the everyday schedule of the centre
  - provide additional support to the staff regarding to the needs of the centre

The volunteers will have first-hand insight in how the social workers in Greece work. They will see the way how to support and work with disadvantaged elderly people. Furthermore, they will have the assistance of the employees of the help at home office in his/her daily activities. Above of this the volunteers will join workshops about traditions in Greece, Greek custom/ habits and everyday life as well as workshop about the learning outcomes of the project organized by the youth workers of the organization.





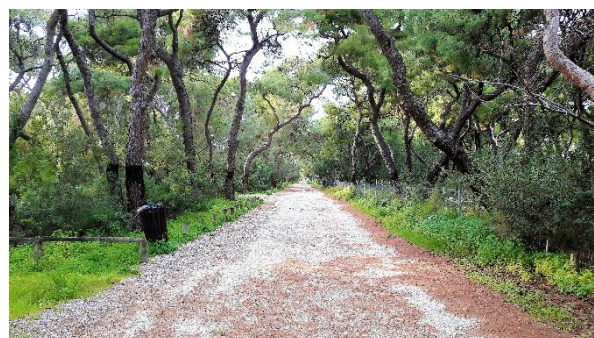
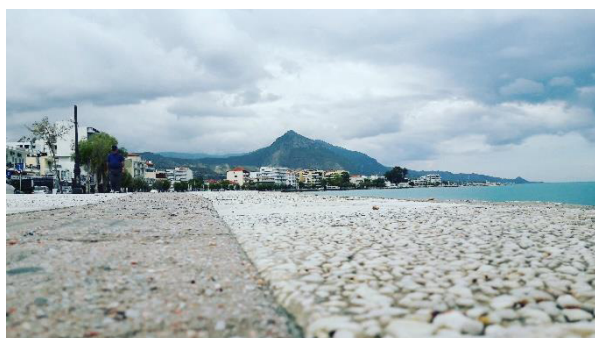
## About your new home - Χυλόκαστρο (Ξυλόκαστρο):

The wealth and diversity of the Greek cultural heritage, history, the mild climate, the high percentage sunshine and it's interesting and varying landscape: A real feeling of discovery.

The municipality of Xylokastro - Evrostini consists of the towns Xylokastro, Derveni and the villages that surround them. Xylokastro is on the coast of the Corinthian Gulf in the peninsula of Peloponnesse. The area is agricultural; there are a lot of lemon fields, as well as orange, apricot and olive fields.

Xylokastro is a small, but lively town, especially in summer, when many tourists visit the area. In Xylokastro volunteers can find cafés, bars, night clubs, library, many shops, supermarkets, a pine-tree forest and a beautiful beach.

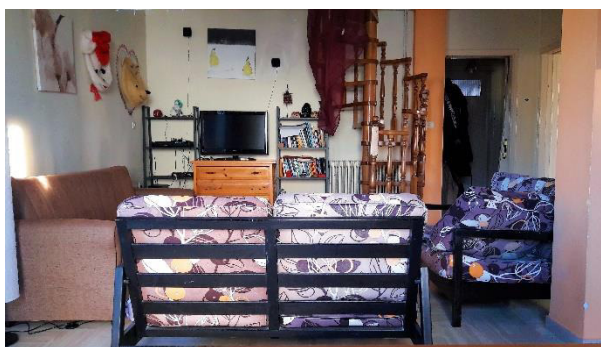
- has around 6.000 citizens
- about one hour in the west of Corinth
- popular for the production of raisins
- a famous place for holidays



**Accommodation:** The long-term group of volunteers will live all together in orfeasEVShome, a flat in the centre of the town.

- four bedrooms
- living-room
- Kitchen, three bathrooms
- four balconies, big roof top

The volunteers are responsible to keep the flat clean, set a cleaning schedule and follow it.



## Profile of the volunteer:

We are looking for social and open-minded people who are:

- able to work with a flexible time-schedule
- patient
- active and positive
- interested to work with elderly and disable people.



## What do we offer to the volunteers?

### 1. Mentor:

Each and every of the volunteers will be assigned to one of the mentors.

Mentor is a member of the local community of Xylokastro. Task of the mentor is to be a help to the volunteers and especially to the one that he was assigned to. If during the project the volunteer needs any kind of support (doctor appointment, visit the bank or just go for a drink or a simple cup of coffee, the mentor is there for you).



2. Language support:

Volunteers will participate in the Greek language course, once per week by a Greek teacher.

3. Activities:

The volunteers will participate in the activities prepared by the office team. Group of activities start from simple workshops like arts and crafts, but also cooking lessons, dance lessons or also different theme nights. Volunteers are free to propose their own activities.

## Insurance



Complete health insurance is provided by the CIGNA insurance company according to the European Commission's agreement. The sending organization is responsible to enrol the volunteers to Cigna's database. They will receive a confirmation e-mail with

their insurance number before their project's start.

## Youthpass certificate:



Each and every volunteer at the end of the project will receive a Youthpass certificate within the scope of the Erasmus Plus program. Youthpass certificate is a valuable attachment into the CV, after the project the participants can use it while searching for a new work.

## Travel details:

Regarding the travel costs please contact your sending or hosting organization before you book your tickets, they will provide you with all of the important information.

## How to apply:

If you want to apply for this project, please send us the complete application form and your CV in **English** to [orfeas.org.12@gmail.com](mailto:orfeas.org.12@gmail.com) . After we evaluate your application we will contact you for a Skype meeting.

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