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Volunteering in Valmiera, LATVIA 2019/20

Position: Senior residence “Valmiera”

Project title: Volunteering for Community 2019/20

Travel dates: December 2019 – November 2020
(11,5 months).

Venue: Valmiera, Latvia

Coordinator of the project is Valmiera Region
Community Foundation (*Valmieras novada fonds*),
but host is Senior Residence. See details below!



Valmiera with nearly 30'000 inhabitants is the 8th largest town in Latvia, economic capital of Vidzeme (Northeastern region). While it is not too big in European context, it provides all services one might need, including shopping, restaurants, culture, medical treatment, full range of education etc.

Distance to Riga is 110km, closest seaside is just 70km away, but Estonian border – 50km.

POSITION: SENIOR RESIDENCE “VALMIERA”

Senior Residence “Valmiera” will host 2 volunteers, mainly working together.

Because residence has two buildings, volunteers can sometimes split up between those buildings. Also, each volunteer is welcome to come up with his/her own initiatives.

TIMELINE: due to delays, dates can be negotiated with each volunteer. Arrival – as soon as possible :)

VOLUNTEER’S PROFILE

It does not matter if you are a girl or a boy. It does not matter if you have just graduated secondary school or if you have had 10 years of working experience. You only have to be open-minded, willing to learn as well as to be away from your home sweet home for 11,5 months!

We expect our volunteer to be:

- aged between 18-30 years because ESC programme says so;
- enthusiastic and responsible because seniors and your colleagues will appreciate it;
- full of ideas because it will make your volunteering more fun – new initiatives (smaller or bigger) diversify your daily life and routine of seniors;
- patient because your seniors might be slower than you;
- with strong motivation because you have to be aware of your customers, their specific needs and behaviour.

Previous volunteers approved that specific knowledge or skills are not needed. If you are involved with seniors, you will have a lot of fun and emotions with them.

YOUR TASKS AND RESPONSIBILITIES

Senior Residence is home for elderlies who either don’t have relatives or who stay here 24/7 because of illness that require regular attention. Volunteers normally work here from 9 or 10:00 until ~14-15:00.

You will spend your time with seniors:

- read books and newspapers (with or for them),
- just talk with them,
- play board games or cards,
- organize outdoor activities, excursions or creative workshops,
- come up with your own initiatives.

See more pictures here:

www.facebook.com/ValmierasFonds/photos/?tab=album&album_id=10155529791339301 (dances)

www.facebook.com/ValmierasFonds/photos/?tab=album&album_id=10155533435079301 (garden)

www.facebook.com/ValmierasFonds/photos/?tab=album&album_id=10155533435079301 (garden)

WHAT YOU WILL GAIN

- Great experience working with seniors;
- develop new skills, trying to find new ways to make their lives happier;
- improve your creativity, organising workshops or any other activities for seniors.



Enno (DE) and Youen (FR) with their seniors after performing Latvian folk dances in June 2017.



PRACTICAL AND FINANCIAL INFORMATION

Up to 6 volunteers will be accommodated in the apartment in Valmiera, rented by the foundation for ESC volunteers.

Apartment has fully equipped kitchen, WC, bathroom, heating system, internet. Each room hosts 1-3 volunteers.

Accommodation is located within 15-30min walk from work, as Valmiera is not too big town. City buses are available. Also, 4 bicycles are available for volunteers to share.

See **Google map** to find ESC-related locations in Valmiera:

<https://www.google.com/maps/d/edit?mid=1zo5tP->

[IVFaINHZvvBBn28IXIs8BzJgLU&ll=57.524170624014175%2C25.40107627770999&z=14](https://www.google.com/maps/d/edit?mid=1zo5tP-IVFaINHZvvBBn28IXIs8BzJgLU&ll=57.524170624014175%2C25.40107627770999&z=14)

Food money is 150 €/month, which covers food and basic household stuff. It is enough for homemade meals or our contracted diners, some meals at simple restaurants and even high-class restaurant couple of times a month. For example, our office has daily lunch in diner for 2-3 €.

Senior Residence provides hot lunch for even cheaper price.

Travel costs includes ground transport from your home to nearest airport/bus station and also from Riga to Valmiera. Onward trip will be reimbursed upon your arrival, but return trip can be purchased directly by us.

Pocket money is 4 €/day, and can be used for whatever you want. No reports needed.

| Distance | Covered travel costs |
|-----------------------|----------------------|
| From 10to 99 km: | 20 € |
| From 100 to 499 km: | 180 € |
| From 500 to 1999 km: | 275 € |
| From 2000 to 2999 km: | 360 € |
| From 3000 to 3999 km: | 530 € |
| From 4000 to 7999 km: | 820 € |
| 8000 or more km: | 1500 € |



Previous EVS volunteers with one of mentors during award ceremony "Volunteer of the Year 2017"

Funding will be transferred once a month to your **bank account** (Latvian or any other EU bank) or paid **in cash** if you don't have EU bank account: pocket money – at the beginning of month, food money – after report with receipts is given.

Volunteers get Latvian mobile phone number. (We kindly ask to have your own device, please, but we have one spare old fashioned handset.)

ABOUT COORDINATING ORGANIZATION

Valmiera Region Community Foundation is philanthropic organization that supports local people's initiatives to improve their lives in Valmiera and its surroundings, emphasizing that our own resources and forces can do a lot of good work. Fundraising and communication with our donors and local community is our main job.

Meanwhile, we coordinate EVS and ESC projects since 2013, but host volunteers in office – since 2016.



Foundation's team on boat trip in August 2017: staff, some board members, local and EVS volunteers

Short movie about EVS in 2016/17 is here: <https://youtu.be/prwt7OIVMgo>

Video about volunteers of 2017/18 is here: <https://www.youtube.com/watch?v=gYImMvKdk58>

HOW TO APPLY

Please send your CV and motivation letter to our sending partner in your country with an e-mail title: "Application to Volunteering for Community 2019-Latvia":

- **Germany:** Eurocircle Deutschland (Berlin), info@eurocircle.de, www.eurocircle.de
- **Czech Republic:** European Youth Centre Břeclav, eycb.info@gmail.com, www.eycb.eu

After reviewing applications, Skype/phone interviews with selected candidates will take place.

After interviews, we will let you all know results.

If you have any questions to clarify, do not hesitate to contact your sending organization or us:

Gunita Vitola, Project coordinator

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Website (Latvian only): www.vnf.lv

Facebook page (good for pictures): www.facebook.com/ValmierasFonds