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EUROPEAN  
SOLIDARITY  
CORPS

**A**ctivate. **C**ultivate. **T**hrive.

at volunteering

Project duration: 15 January – 14 July 2020

A project funded by European Solidarity Corps. Learn more about it [here](#)



A long time ago, in a country far, far away... from yours,  
IASIS started developing volunteering Activities.

# About

Only for 2019, we have achieved the following:

## Our Actions in Numbers for 2019



**500.000+**

People in need were supported



**3.600+**

Partnerships with organizations, companies and stakeholders in National and European Level



**180.000**

People were informed, trained and participated in the actions of our Organization



**120**

Tons of clean clothes were offered to vulnerable groups of people



**582.000**

kg of carbon dioxide were not released into the atmosphere.



**220.000**

Portions of food were offered



**130.000**

Overnights in our structures/facilities



**5.000+**

Volunteers supported our actions.



**135**

interventions in homes through the program "integrated community treatment of psychiatric services at home".

...but with your help we can achieve even more!

# Who we are

IASIS is a non-profit organization that was founded in 2005.

The main objectives of the organization are to provide psychosocial support, combat social exclusion of vulnerable groups, provide psychological and counseling services, create equal opportunities and fresh perspectives for vulnerable groups of the population, promote mental health, psychiatric care in the Community based on the principles of Social Psychiatry and Psychosocial Rehabilitation, provision of specialized psychiatric services and psychoeducational interventions to standards of the World Health Organization.

Our Vision is to create a world with no discrimination nor injustice through education and support.

Our Values are solidarity, cooperation, support & care.



# What we do

## **1 DAY CENTER**

an open structure  
that provide therapeutic,  
educational and  
counseling services to  
people, who live in the  
community

## **2 BOARDING HOUSES**

with a total of 30  
residents with  
mental health  
problems

## **2 SHELTERED APARTMENTS 1 SHORT-STAY UNIT**

protected semi-autonomous  
sheltered residential  
apartments in which people  
with mental health problems  
are accommodated for a  
short period




**FABRIC REPUBLIC**  
an innovative and  
comprehensive clothing  
management system that  
focuses on today's social  
needs, sustainability and  
sustainable development.





**7 YOUTH CENTERS**  
called "CONNECT  
YOUR CITY" 5 of  
them located in  
Athens and in Attica  
region, 1 in  
Brussels and 1 in  
Cyprus





**IASIS-R&D DEPARTMENT**  
developing consulting and  
supporting tools for social  
vulnerable groups, as well  
as enhancing soft and  
hard skills of professionals.

**EDIFY**  
certified training  
center for adult  
and children's  
education

# CONNECTED WE STAND FESTIVAL

an annual festival on  
solidarity, equity, art  
and culture



Check our previous festival [here](#)!

For this year, due to CoVID-19, the festival went digital!  
Check it out [here](#) too!

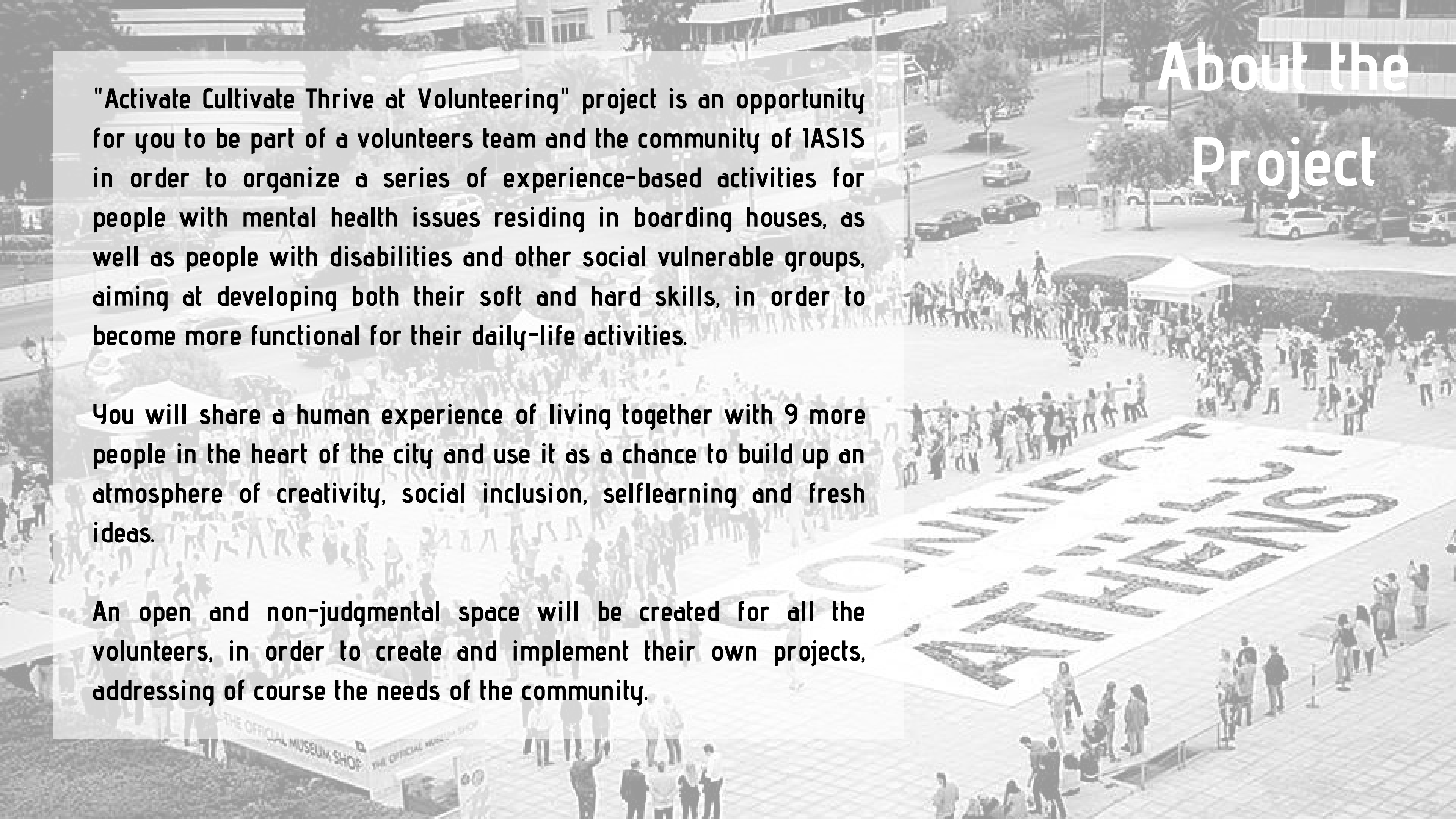


# About the Project

**"Activate Cultivate Thrive at Volunteering" project is an opportunity for you to be part of a volunteers team and the community of IASIS in order to organize a series of experience-based activities for people with mental health issues residing in boarding houses, as well as people with disabilities and other social vulnerable groups, aiming at developing both their soft and hard skills, in order to become more functional for their daily-life activities.**

**You will share a human experience of living together with 9 more people in the heart of the city and use it as a chance to build up an atmosphere of creativity, social inclusion, selflearning and fresh ideas.**

**An open and non-judgmental space will be created for all the volunteers, in order to create and implement their own projects, addressing of course the needs of the community.**





# During your stay you will

- create, facilitate and organize learning and leisure activities for each other, youth of the local community, people with mental health issues and other social vulnerable groups
- implement solidarity activities through our services or by your own initiative
- meet the community of IASIS (volunteers, interns, staff) and work together for various projects
- interact with different organizations in Greece through out IASIS big network of partners
- interact with other young people by participating in CYC's Local Youth Council and take action for your new neighborhood
- support the design and organization of a large scale event for the broader public and be part of the Connected We Stand festival
- share rooms, cook, clean, do gardening, maintain your living space promote the actions and activities through several channels (social media, blogging, video making, photography, mobile app, pop-up events etc)
- live in an intercultural environment for 6 months with 9 more people





## Arrivals

**15 January (all day)**

**Start of the programme**

**16 January**

## Departures

**14 July (all day)**

**End of the Programme**

**13 July**

# Arrivals - Departures

Late arrivals and early departures are not financed. If you want to explore Athens for some more days you can extend your trip on your own cost!



Before you start packing your suitcase, there are some steps that you shall be aware of

# Procedure

## 1 Welcoming

The 1st volunteer, who arrives home is responsible for welcoming the others. How to do that, depends on you!

## 2 Induction Week

Your 1st week will be dedicated to get to know each other, meet the staff and the facilities of IASIS, as well as get trained, in order to gain necessary skills and abilities.

## 3. Select your team?

At the end of your 1st week you will be ready to get actively involved to the project activities ! (Boarding Houses, Day Center, Intervention to the Community, CYC Youth Center, etc.)



## CONNECT YOUR CITY (All on board 🤪)

Creating real-life experience challenges for young people through a mobile application, designing, promoting, implementing, and disseminating your own projects and events for the community! Furthermore, you can go one step further and form policy recommendations through your participation in CYC Local Youth Councils and literally "be the change you want to see in the world"!

## BOARDING HOUSES (2 ppl. each 4 in total) & DAY CENTER (1 per.)

It is 2020 and the stigma for people with mental health issues still exists. Through our daily work with our beneficiaries, we are preparing them, to face the local community as equals, by enhancing their hard and soft skills. Despite the mental health status of the beneficiaries, their unconditional love and affection is the biggest gift they possess! Will you accept their gift?

## INTERVENTION TO THE COMMUNITY SERVICE (5 ppl. in total)

Do you want to be on the frontline of the CoVID-19 crisis and support people by providing them with clean clothing, medicines and other basic goods, as well as helping them with their everyday tasks and socializing with them? Even before the CoVID-19 crisis, there were people that they were in need and not able to get out of their houses, due to their age (68+) and/or dissability. Therefore we created Intervention to the Community service, through which, by making small, everyday actions, you can make a big and positive impact to the lives of people in need!





#### **4. Make it Viral**

Leaving your home stability for such a long time, in order to provide your support in vulnerable groups is really great! Let the whole world know what you are doing, mobilize them and inspire them to follow your example!

#### **5. Hold the Fort**

One of your duties is to maintain a proper sustainable household! Living, working, creating impact, and spending free time with other 9 people from different countries might be challenging, but it will make you the most "intercultural" person in your gang!



# Amenities

You will be hosted in a 150 sq.m. shared apartment at IASIS headquarters, located near the center of Athens, in Ano Patisia (2 minutes from the metro station of Ano Patissia) . The apartment's capacity is for 15 people.

You will be 10 volunteers in total, so leave some space for everyone!

## Amenities:

**4 bedrooms** where you will stay in shared rooms by 3-4 people each, **3 bathrooms** (where it is better to go by yourself), **1 shared dinning and living room** (so you can meet each other eitherwise), **a big balcony** (for you to hangout) . We will provide bed linen, blankets and towels. The accommodation has a washing machine and a fully equipped **kitchen** with all the necessary items for 10 people (where you can cook together). There is WiFi access too! Last but not least the building has a large amazing **rooftop** for the spring and summer period as well as a **gym** and a **studio** for photo shooting, video shooting and playing loud music. (under construction)!

## The activities:

The activities - depending on the group and the context - take place in CONNECT ATHENS Youth Center, our Boarding Houses (Aghios Nikolaos and Aghios Kosmas), our Day Center and all over Athens. Also there is CONNECT YOUR CITY Training Center in Porto Rafti, an ideal place, 35 minutes from Athens, where you can sunbathe on the beach, support the local community if needed, mountain bike, hike, swim in the pool, barbeque, meet more volunteers, aim with a bow and arrow, implement sport activities, organize your own trainings and activities focusing on the community and other environmental actions, eat the best fish ever!





# Financial Arrangements

## **Pocket Money**

You are entitled to 5€/day for all 185 days of your stay in the project. In total you are going to receive 925€ during the project. The money will be distributed to you monthly, counting from your 1st (arrival) day.

## **Food & Living Money**

You are going to receive individually 150€/month per person in vouchers and together with the rest of the volunteers you will have to arrange the shopping list. How are you going to achieve that is one of your first tasks for the project. The vouchers will be distributed to you monthly, counting from your 1st (arrival) day.

## **Travel reimbursement**

Travel costs from and to Athens will be reimbursed up to the maximum amount of budget according to the distance from your supporting organization to Athens. Participants from Greece are not eligible for reimbursement. You will receive the reimbursement 1-2 weeks, after your official arrival day, provided that you hand out all the relevant document. (itinerary, receipt, proof of payment).



# You need to know about

## Insurance

CIGNA Health insurance is provided to you for the whole duration of the project. This insurance covers all the medical costs planned or occurred during the service. We suggest the participants to arrange the European health card prior to their arrival in Athens. Your supporting/sending Organization will be provide to you all the necessary support for issue your CIGNA Health insurance (code).

## Transportation

As soon as you arrive in Athens, we will issue a 6-month transportation card. Having this card, automatically means that you will be able to move for 6 months, counting form your arrival day, all over Athens (except from the Airport) in every means (metro, bus, train, tram). In addition, IASIS has mini vans, which can be used for our out-of-town activities.

## Certificates

After successfully fulfilling the project you are going to receive the Youthpass certificate, the official recognition tool for non-formal & informal learning in youth projects. It is a self-assessment Certificate that is well recognised Europe-wide. Internal certificate of IASIS indicating: hours of service, type of support that the volunteer offered to the organization and to local institutions, set of skills they acquired, with a personal recommendation. This certificate can also be used as a letter of recommendation for future employment reasons.



# Practicalities

During the project there are working hours, training hours, free time and informal time.

The working language is English, however you can use as well body language and some super basic Greek would be important for social interactions.

The working hours are 30h a week and they usually are Monday to Friday 10am to 5pm (with an hour lunch break). Saturdays & Sundays are free days and you can spend them the way you want. In total you have 12 extra days for vacations. Training hours cannot be skipped and are included in the working hours.

Free time and informal time is up to you how you are going to divide it. However, it has to be in a coordinated way since, besides work, you have a house to maintain, a menu to execute and housemates to live harmoniously with.



# Are you the one ?

We are offering this opportunity to 10 international participants, in order to ensure the intercultural dimension of the project. There are several requirements from the programme itself and a profile that we would like to focus on.

## Participants

- 18-30 years old
- Legal residents of one of the Erasmus+ programme countries and they do not require visa to enter Greece
- Previous experience in working or studying on the humanitarian sector
- Being or want to be active in the field of volunteering
- Willing to support vulnerable groups of people (mental issues, homelessness, poverty, social exclusion).
- Eager to learn or already having the knowledge on how to give non-formal learning Activities
- Enthusiastic on creating learning activities and social intervention activities.
- Eager to take initiative and create opportunities for themselves and the society
- Willing to share their message to the world through social and visual media channels



# The Staff

**The rest of the crew will be composed by the professionals of IASIS and you will be supported in your journey by:**

- **Activity Coordinators that will guide you through work and be the reference persons between you and your facility of action.**
- **Mentor that will guide you through your personal learning journey as well as support you in adopting in the new context.**
- **Trainers that will train you on how to develop and deliver training activities.**
- **A project manager that will support you in all the practicalities of the project.**
- **Technical assistant that will support you in practical issues about the house, the activities and anything else.**
- **The marketing department of the IASIS that is going to support you in creating and sharing your own publications online.**
- **The permanent staff members of the IASIS team, which consists of psychologists, social workers, nurses, doctors that are going to be on standby.**
- **18 short-term International ESC volunteers that are already supporting IASIS by creating and implementing Activities in the CONNECT YOUR CITY Training Center, in Porto Rafti.**
- **A pool of active volunteers and interns that are surrounding the activities of IASIS.**



# CoVID-19

**The programme is originally designed without the influence of COVID-19 however sometimes plans need to be changed in order to adopt to the reality for this reason:**

- We are going to follow all the current legislation for the measures required in order to prevent the spread of the virus.**
- Upon arrival you and your teammates will be tested from IASIS for COVID-19 in order to ensure your safety as well as our beneficiaries health.**
- You are asked to follow all the "at the time" regulations to enter Greece according to the Reopen EU <https://reopen.europa.eu/>**
- We are going to use all the necessary precautions "at the time" needed interacting with groups (masks, gloves, sanitiser etc.)**
- We are going to adjust together (if needed) the activities of the programme in order to fit the "at the time" COVID-19 regulations of the Greek Government.**



# Are you ready to live the experience?

Apply here and be part of our world!

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