

STANDARD WEEK OF A VOLUNTEERING ACTIVITY

Activity n°	01 be sustainable, sportive and cultural [for Disadvantaged & Disabled YOUTH)				
Venue			Duration		
City/Town	Country	Start date	End date	Activity duration (excluding travel)	Travel days
Thessaloniki	Greece	27.09.2021	10.12.2021	75	2
Sending organisation		1 individual volunteer	Coordinating organisation		
Name	ID Number		Name	ID Number	
EU Youth Center BREACLAV, CZECH REPUBLIC	E10043839		Esai en Roi, GREECE	E10184065	
Timetable					

Working hours		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st WEEK								
<i>(MORNING)</i>								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
8:00	9:00	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time
9:00	13:00	INTRODUCTION to the Staff and Environment of EERco	Studying the Roadmap and Handbook of the City start up with the PROGRAM MENTOR	Basic Orientation Skills for reaching the Health Center, Banks, Super Markets, Bakeries	Visit the Shopping Center, important city / public buildings	Visit the venue of Associated Partners that the EVS Volunteers will be connected to by offering their services	day off	day off
<i>(NOON)</i>								
13:00	14:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
<i>(AFTERNOON)</i>								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
14:00	17:00	Passing Material of Volunteers (Laptop, Souvenirs, other consumables) Web-Meeting with the EVS Supervisor	Basic Orientation Skills for reaching the transport vehicles: rent a bike, inside city bus station, taxi station, over-city bus station.	Basic Orientation Skills for reaching Coffee Bars, Restaurants	Basic Linguistic Skills SEMINAR	SELF REFLECTION / Volunteers' Dairy Discussion with their MENTOR	day off	day off
<i>(EVENING)</i>								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
17:00	18:00	X	X	X	X	X	X	X
18:00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	20:00	introduction to YOUTHPASS	introduction to EUROPEAN MOBILITY Pass	introduction to EERcomt training opportunities for YOUTH & online training courses by EU training centers	Meeting with other volunteers of the region (local or ESC volunteers)	Guest speaker on the topic: SPORS, ARTS & CREATIVITY career orientation for disabled youth	day off	day off
20:00	21:00	WELCOME party	Visiting the City in Night	Entertainment & New Friendships EERCO SUPPORT	Entertainment & New Friendships EERCO SUPPORT	Entertainment & New Friendships EERCO SUPPORT	day off	day off

Working hours		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2nd WEEK								
<i>(MORNING)</i>								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
8:00	9:00	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time
9:00	13:00	SUPPORT AND PREPARATION for Activities/ SPORTS & ARTS in Karatasou Park	SUPPORT AND PREPARATION for Activities/ fitness training in studio	SUPPORT AND PREPARATION for May Activities/ ECOLOGICAL activities in Karatasou Park	Starting up working on the EU Blog & EU Forum of EERco	Volunteers are working upon their own Project (DESIGN)	day off	day off
<i>(NOON)</i>								
13:00	14:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
<i>(AFTERNOON)</i>								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities		
16:00	17:00	Basic Linguistic Skills SEMINAR	Practicing GR Communication Skills	Basic Linguistic Skills SEMINAR	Practicing GR Communication Skills	Practicing GR Communication Skills	day off	day off
<i>(EVENING)</i>								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities		
17:00	18:00	SUPPORTING EUROPEAN PROJECTS	Volunteers are working upon their own Project (IDEAS)	SUPPORTING EUROPEAN PROJECTS	Volunteers are working upon their own Project (IDEAS & DESIGN)	SELF REFLECTION / Volunteers' Dairy Discussion with their MENTORS	day off	day off
18:00	19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20:00	21:00	X	Entertainment & New Friendships EERCO SUPPORT	SUPPORT local community / ARTS & CREATIVITY career orientation for disabled youth	SUPPORT local community / ARTS & CREATIVITY career orientation for disabled youth	Entertainment & New Friendships EERCO SUPPORT	day off	day off

Working hours		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4th to 08th WEEK								
<i>(MORNING)</i>								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
8:00	9:00	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time
10:00	13:00	Updating EU EERco Blog & Forum / Posters/ Flyers construction	Volunteers are working upon their own Project (IMPLEMENTATION)	Prreparing Activities/ ARTS & CREATIVITY career orientation for disabled youth	SUPPORTING EUROPEAN PROJECTS	Prreparing Activities/ ARTS & CREATIVITY career orientation for disabled youth	day off	day off
<i>(NOON)</i>								
13:00	14:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
<i>(EVENING)</i>								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
17:00	18:00	WORKING WITH SPORTS & CREATIVITY TASKS: support on teaching students [minority population] LEARNING BY EERco ARTISTS	WORKING WITH ARTS & CREATIVITY TASKS: support on teaching students [minority population] LEARNING BY EERco ARTISTS	Applying Activities/ ARTS & CREATIVITY career orientation for disabled youth MEETING OF LOCAL COMMUNITY OF DISABLED OR DISADVANTAGED YOUTH	WORKING WITH SPORTS & CREATIVITY TASKS: support on teaching students [minority population] LEARNING BY EERco ARTISTS	SELF REFLECTION / Volunteers' Dairy Discussion with their MENTOR	day off	day off
18:00	19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	21:00	Volunteers are working upon their own Project (IMPLEMENTATION)	SHORT TRAINING (internal service of EERcomt) related to personal and professional development of the volunteer	Applying Activities/ ARTS & CREATIVITY career orientation for disabled youth MEETING OF LOCAL COMMUNITY OF DISABLED OR DISADVANTAGED YOUTH	Volunteers are working upon their own Project (IMPLEMENTATION)	Applying Activities/ ARTS & CREATIVITY career orientation for disabled youth MEETING OF LOCAL COMMUNITY OF DISABLED OR DISADVANTAGED YOUTH	day off	day off

Working hours		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9th WEEK								
(MORNING)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
8:00	9:00	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time
10:00	13:00	day off	X	Updating EU EERco Blog & Forum / Posters/ Flyers construction / ADMINISTRATION SUPPORT	X	Updating EU EERco Blog & Forum / Posters/ Flyers construction / ADMINISTRATION SUPPORT	day off	day off
(NOON)								
13:00	14:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
(EVENING)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
17:00	18:00	day off	Meeting with other volunteers of the region (local or ESC volunteers)	YOUTHPASS online editing short-term training course PRACTICAL EXPERIENCE	SHORT TRAINING (internal service of EERcomt) related to personal and professional development of the volunteer	SELF REFLECTION / Volunteers' Dairy Discussion with their MENTORs & Project's Supervisor	day off	day off
18:00	19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	21:00	day off	Volunteers are working upon their own Project (IMPLEMENTATION)	Volunteers are working upon their own Project (IMPLEMENTATION)	Volunteers are working upon their own Project (IMPLEMENTATION)	Volunteers are working upon their own Project (IMPLEMENTATION)	day off	day off

Working hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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10th WEEK

(MORNING)							
Starting time	Ending time	SUPPORTING annual ARTS & EDUCATION events		Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
8:00	9:00			Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time
10:00	13:00			PROJECT PRESENTATION	SELF REFLECTION / Volunteers' Dairy Discussion with their MENTOR	day off	day off
(NOON)							
13:00	14:00			Lunch Break	Lunch Break	Lunch Break	Lunch Break
(EVENING)							
Starting time	Ending time			Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
17:00	18:00			PROJECT PRESENTATION	SELF REFLECTION / Volunteers' Dairy Discussion with their MENTORs & Project's Supervisor	day off	day off
18:00	19:00			Dinner	Dinner	Dinner	Dinner
19:00	21:00			PROJECT PRESENTATION	Volunteers' PROJECT EVALUATION	day off	day off

Working hours		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11th WEEK								
<i>(MORNING)</i>								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
8:00	9:00	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time
10:00	13:00	Interview and Final Assignment of training activities and EERcomt relevant certification of participation	Working on Europass Mobility Details	2 days off		Preparation for the ENDING PARTY	2 days range for DEPARTURE	
<i>(NOON)</i>								
Starting time	Ending time	Starting time	Ending time	Starting time	Ending time	Starting time	Ending time	Description of foreseen activities
13:00	14:00	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
<i>(EVENING)</i>		<i>(EVENING)</i>		<i>(EVENING)</i>		<i>(EVENING)</i>		
Starting time	Ending time	Starting time	Ending time	Starting time	Ending time	Starting time	Ending time	Description of foreseen activities
17:00	18:00	Meeting with other volunteers of the region (local or ESC volunteers)	Working with YOUTHPASS Details	2 days off		Preparation for the ENDING PARTY		
18:00	19:00	Dinner	Dinner	Dinner	Dinner	Dinner		
19:00	21:00					LAST DAY PARTY DAY OF PROMISES		