

## **ERASMUS+ – European Voluntary Service**

**Project Title: “CAnVAS 4”**

### **Project dates**

September 1<sup>st</sup>, 2018 till August 1<sup>st</sup>, 2019 (11 months)

### **Who we are**

The “Agios Vlasios” Chronical Diseases Infirmary is an elder care center that aims to offer treatment, affection and care to people of both sexes with priority those suffering with chronicle illnesses.

### **Working environment**

The working facilities are modern inside the hospitable 3-floor building with comfortable sitting and refreshing room. There is a seminar room with capacity of 200 seats. It is also used as an indoor group activities’ room. There is the restaurant and a conservatory accessed from all rooms. There are 34 rooms divided between the 2 floors with view to the gardens and to the mountains. The Infirmary operates in 3 shifts a day but volunteers work only in morning shift on weekdays.

### **Accommodation**

Volunteers’ accommodation is organized in a multi-room rented apartment (1 person per room), with fully equipped kitchen, bathroom, hallway, common sitting room located in Levadia city. Maximum of three persons per apartment are allowed. No bedroom sharing is allowed.

### **Food**

Food is provided at the Infirmary's facilities cooked by professional cooks everyday. Volunteers take lunch at Infirmary and dinner as take away food from the Infirmary. For weekends and breakfast a food allowance is given in exchange of food receipts proving that the allowance was spent.

### **Transportation**

Volunteers’ transportation is arranged on a daily basis by the use of the Infirmary’s minibus who drives them from and to work.

### **Volunteers’ tasks**

The proposed voluntary services in the Chronical Diseases Infirmary for elderly persons include:

- a) Voluntary service will follow the daily program of the Infirmary with the personal care of the elderly such as facial cleaning and beauty, serving water and food, walking them around the Infirmary.
- b) Voluntary service with weekly creative activities for the elderly such as handicrafts, physical education, music, communication, free time entertainment and walking companion to the city, through individual and group activities.
- c) Voluntary service on planning, organizing and implementing activities with similar institutions from abroad in the frame of various European and World programmes. Creation and moderation of a webpage, design of a leaflet and organize an information/dissemination event for publicity and organize public events.

Finally, volunteers will learn how to apply practical techniques for all mentioned works and will acquire knowledge and skills in social services.

### **Daily activities Schedule:**

### **Monday – Thursday\***

8h15	Pick up time from home
8h30	Arrival at the Infirmary;
8h30 – 12h00	Provide help on transferring elder to shower room. Shower will be implemented by Infirmary staff. Return the elder back to their rooms after shower. Provide help at bed-sheets laid on beds. Help in the distribution of the snack and feeding assistance.
12h00	15 minutes break.
12h15-13h00	Serving water. Communication with elder and accompany them.
13h00-13h30	Serving lunch and feeding assistance.
13h30-14h30	Volunteers' lunch.
14h30	Volunteers' departure for home

### **Tuesday-Wednesday\***

8h15	Pick up time from home
8h30	Arrival at the Infirmary.
8h30-9h30	Serving water. Communication with elder and accompany them. Provide help on folding clean clothing.
9h30-10h30	Provide help in the distribution of the snack and feeding assistance. 15 minutes break.
10h30-11h30	Preparation of the creative activity with materials and procedures.
11h30-13h00	Provide help on transferring elder to activity room. Creative activity implementation. Return elder back to their rooms after the activity.
13h00-13h30	Serving lunch and feeding assistance.
13h30-14h30	Volunteers' lunch.
14h30	Volunteers' departure for home.

### **Friday\***

8h15	Pick up time from home
8h30	Arrival at the Infirmary.
8h30-9h30	Serving water. Communication with elder and accompany them. Provide help on folding clean clothing.
9h30-10h30	Provide help in the distribution of the snack and feeding assistance. 15 minutes break.
10h30-11h30	Preparation of the creative activity with materials and procedures. Collect all weekly activities and document them for creating an archive of implemented activities for public use and statistical use. Update the webpage. Planning and design the public dissemination events.
11h30-13h00	Provide help on transferring elder to activity room. Creative activity implementation. Return elder back to their rooms after the activity.
13h00-13h30	Serving lunch and feeding assistance.
13h30-14h30	Volunteers' lunch.
14h30	Volunteers' departure for home.

**\*Daily activities may change according to the Infirmary's daily needs without prior notice.**

### **So we are looking for volunteers that are:**

- 18-30 years old;
- willing to follow the daily program
- capable to create activities with simple materials by using their hands;

- skilled to provide physical education activities;
- open minded, in basics self-independent, responsible and with a strong motivation for international youth work and intercultural communication with elderly persons;
- capable to help in preparing international youth exchanges and activities;
- motivated to learn basic Greek phrases in a short time;
- playing an musical instrument which will be mostly appreciated;
- able to communicate in english.

### **Learning opportunities**

Volunteers will learn how to apply practical techniques for all mentioned works and will acquire and share knowledge and skills in social services. Their daily tasks and dexterities will be recorded in the Youthpass at the end of their service.

### **Conditions**

This project seeks funding by the EU Erasmus+ Programme, European Voluntary Service and according to the rules accommodation and food will be provided by the organizers along with the automated distant locator cost for one return ticket to the venue.

### **Co-ordinating & Hosting Organization:**

“Agios Vlasios” Chronical Diseases Infirmary

Tzimeika, Livadia, 32100, GREECE

e-mail: [vlasios@imtl.gr](mailto:vlasios@imtl.gr)

web: <http://vlasios.imtl.gr/volunteering-evs/>

tel: +30 22610 87717 & 87720

**EVS Accredited Organization code: 2014-1-EL02-KA110-001710**

**PIC number: 947575541**