

# OPEN CALL FOR VOLUNTEERS



## WHO WE ARE

We are an 800+ voluntary people, a team of people and their organisations, working together to help people and communities in need. We are a team of people and their organisations, working together to help people and communities in need.



Currently we are looking for 8 volunteers for a 12 month ESD project.

The main information about our project. You will be involved in Caritas Volunteering Centre activities.

Period: January 2024

Duration: 12 months

Places:

Gdańsk,

Sochaczew,

Gdynia,

Warsaw



## ACTIVITY DESCRIPTIONS



## ACCOMMODATION, FOOD AND TRANSPORT ARRANGEMENTS

In a Voluntary Activity project, the Commission covers costs of accommodation, food, travel and living expenses of the volunteer. All volunteers are insured by the Commission against accidents. Volunteers will be paid an allowance each month. Volunteers will receive money to buy food on a monthly basis.

Pocket money: 5 Euro / day  
Local transport fully covered



## We are waiting for you



## TRAINING DURING THE ACTIVITY

During the activity, you will receive training and support from the Commission. You will be able to learn new skills and gain experience in the field of social work. You will also have the opportunity to meet and work with other volunteers from different countries.



Caritas Archidiecezji Gdańskiej



EUROPEAN SOLIDARITY CORPS

# WHO WE ARE

We are are ESC voluntary projects, a coordination and hosting organization based in Sopot, Poland.

Caritas is leading a charity organisation supporting people in need - children and young people, homeless, elderly, terminally ill, families in crisis and many more.



The range of our activities is wide and continues to evolve. Among other things, we provide hospice services, day care for children and the elderly, a refugee support center, and a wealth of information and support on all aspects of improving life.



Currently we are looking for 8 volunteers for a 12 month ESC project.

The main information about our project:

Role: You will be involved in Caritas Volunteering Centre activities.

Dates: January 2024

Duration: 12 months.

Place:

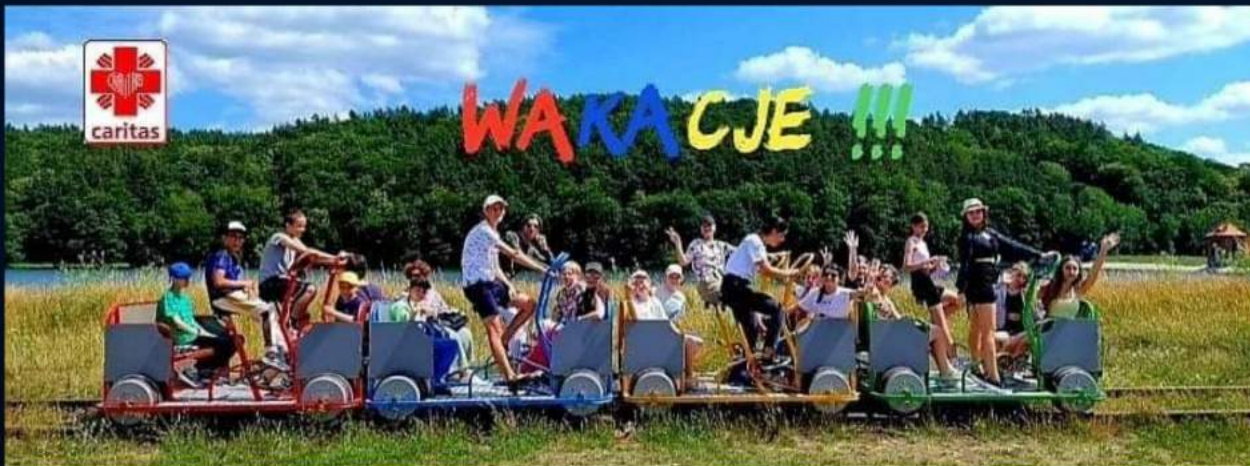
Gdansk,  
Sopot,  
Gdynia,  
Poland



# ACTIVITY DESCRIPTION

The ideas of the project were inspired by multifaceted benefits and positive changes that were brought by experience gained by various branches of Caritas in the international volunteering field. The project invites everyone to take an enthusiastic step towards a professional and human experience for making a better future and to discover their potential of creating a better worldview for a young person.

As a volunteer you will be involved in work at chosen Caritas facility, from community centres for children and elderly, hospice and art therapy centres, to supporting single mothers with young children in Caritas shelter.



# ACCOMMODATION, FOOD AND TRANSPORT ARRANGEMENTS

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# TRAINING DURING THE ACTIVITY

Before coming, volunteers will have a pre-departure session in their country of origin, an on-arrival session when they get to Poland will have additional mid-term training. Training will be about the volunteering experience and include a Youthpass certificate. As you will be involved in the Caritas Volunteering Centre you may also have access to various training provided in the facility.



# PARTICIPANT PROFILE



Volunteers will be aged 18-30 years old, open-minded, eager to learn and passionate about working on the proposed project activities. The volunteers should be motivated to work on various activities, work with people, especially with children in a non-formal education context. They should like to develop and improve their skills and abilities, be open to experimenting, have some hobbies or interests and like to share them when organizing activities, discussions, and projects for the local community.



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## TRAINING DURING THE ACTIVITY

During the activity, you will receive training and support from the Caritas Volunteering Centre. The training will be tailored to your needs and interests. You will have the opportunity to learn from experienced volunteers and staff. The training will cover a range of topics, including: - Introduction to the Caritas Volunteering Centre - Understanding the needs of the community - Working with diverse groups of people - Communication skills - Problem-solving skills - Time management skills - Self-care and well-being



Caritas Archidiecezji Gdańskiej



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