



Long term EVS  
**„Different, not less“**

**INFORMATION PACKAGE**

**EVS project activity date 01/10/2018– 30/09/2019**

**Project dates: 01.09. 2018 – 31/03/2020**

**EVS volunteer long-term volunteers**

**EVS Hosting organization S.P.O.S.A. Bratislava - <http://www.sposa.sk/en/>**

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## About the Hosting organization



**S.P.O.S.A. Bratislava (Spoločnosť na Pomoc Osobám S Autizmom - Society for the Help of People with Autism)** is a parental non-

governmental organization for families with children with autism. The aim of SPOSA is to improve life quality of people with autism spectrum disorders, help them to integrate in the society and support their families. We offer our clients different activities based on volunteering

and non-formal education. These activities mainly focus on everyday life skills (cooking, cleaning, grocery shopping, etc.), creativity and social skills.

Our clients are mainly young adults with autism spectrum disorders and they attend the center some days every week. The presence of foreign volunteers has an added value to our work since it has introduced multiculturalism and this is a good opportunity for our clients to encounter different traditions and broaden their perspective.



We are hosting EVS volunteers and we are accredited as a hosting organization since 2008. We believe EVS project is in line with our values and action, since volunteering, non-formal education, inclusion and multiculturalism are key points in our work.

## Project and activities



The main goal of the project is to promote inclusion of people with special needs and facilitate communication and multiculturalism. Volunteers are fully involved in the work process, which can include:

- Planning and organizing activities that help people with autism to better integrate in the society;
- Supporting clients in developing and improving everyday life skills, like cooking,

cleaning, grocery shopping etc.

- Providing free time and relaxing activities that can take place inside or outside SPOSA (in the city center or in a park nearby for example);

- Attending occasionally special events e.g. city activities, museums, exhibitions, swimming pool, dances and others;

- Helping with administrative work and social media (keeping track of activities, Facebook updating etc.);

- Participating in camps for children and young people with autism and their families once or twice a year (from 3 to 14 days);



- Helping to develop a deeper understanding of the needs of people with autism;

Volunteers will have the possibility to share knowledge and skills gained in their previous experiences and bring new ideas.

Working hours for volunteers are normally from 11 am to 5 pm, from Monday to Friday, except special events like camps or small trips. In case of some extra activities in the weekend, volunteers will have more free days the following week. Moreover, they can take 2 days off per working month.

### **During EVS, the volunteer will get**

- Experience of working with young people with autism, improve their intercultural skills and become more tolerant and patient for new environment;
- Knowledge about autism, working in social field in a foreign country where they can learn new working methods;
- Improving language skills and teamwork.



## 🌍The Location: Bratislava, Slovakia

The project takes place in Bratislava, the capital city of Slovakia. The city counts around 500.000 inhabitants and it is located in the western side of the country, very close to the Austrian, Czech and Hungarian border. The city is not too big but it has an active and multicultural environment, with many events and activities for locals and foreigners. You can find some nice spots to visit in the city and also many beautiful places in the surroundings.



Thanks to its central location, from Bratislava you can easily travel to other cities in Slovakia and other countries (only 70 km

from Vienna, 200 km from Budapest, 320 km from Prague and 400 km from Krakow). The town offers any kind of modern facility and it is well served by public transport. SPOSA is located in the center of the city, next to the presidential palace and very close to the old town.

Currency: Slovak national currency is EURO (€)

If you are interested, you can check out this website to get more information about Bratislava:

▲ <https://www.visitbratislava.com/sk/>

About Slovakia:

▲ <http://slovakia.travel/en/about-slovakia>



## Weather

The Slovak climate lies between the temperate and continental climate zones with relatively warm summers and cold, cloudy and humid winters. Temperature extremes are between  $-41$  to  $40.3$  °C ( $-41.8$  to  $104.5$  °F) although temperatures below  $-30$  °C ( $-22$  °F) are rare. The weather differs from the mountainous North to the plain South.

The warmest region is Bratislava and Southern Slovakia where the temperatures may reach more than  $30$  °C ( $86$  °F) in summer.

During night, the temperatures drop to  $20$  °C ( $68$  °F). The daily temperatures in winter average in the range of  $-5$  °C ( $23$  °F) to  $10$  °C ( $50$  °F). During night it may be freezing, but usually not below  $-10$  °C ( $14$  °F).

## Profile of volunteers

We are glad to host volunteers who are motivated to learn and share their knowledge and expertise through the EVS opportunity.



We do not expect specific titles related to this work field, but there are few characteristics which are really important for a potential volunteer, for instance:

- Being interested in the work with people with autism
- Being a flexible and patient person
- Being motivated to work in a team Creativity and previous work experiences with people with special needs are also

appreciated.

We would be interested also in volunteers with practical skills (like sewing, crafting, etc.) who could share their abilities with clients. Additionally young people with knowledge in the fields of management and/or economics could be welcomed.

The age range that we prefer for volunteers is between 18 and 30 years old, although there can be few exceptions. Volunteers will be chosen according to their motivation and interest in the project and to their will to share their knowledge and bring new ideas. We will examine their CVs and we will do Skype interviews to ask more questions about missing details and explore better their motivation. The final choice will be made comparing the results of both.



If you are interested, you can check out this website to get more information about autism:

▲ <https://www.autismspeaks.org/what-autism>

### Accommodation and Venue

We provide a fully equipped three rooms flat for volunteers, with two separate and one room for two people. It is located about 10 minutes by direct bus line to the center, where SPOSA is located as well. The accommodation expenses are totally covered by the EVS funds.

### Economic conditions

According to the program, the volunteer will get pocket money (95€/month) and food allowance (150€/month), which makes 245 Euros per month in total. In the flat there is a kitchen, so volunteers usually cook for themselves. During day, there are several possibilities where they can eat, or they can bring their food to SPOSA as well.

### Health insurance

Sending organization has to provide Volunteers with Cigna insurance.

[www.cignahealthbenefits.com](http://www.cignahealthbenefits.com)

### Support

Volunteers will receive support from the mentor, the employees of the organization and the president of the organization as well. We periodically organize meetings with volunteers and the members of SPOSA to discuss together about problems, doubts, improvements that concern the work with clients but also the relationships among the team. In this way we want to create knowledge, build trust and respect among volunteers and the members of the host organization.

### Important dates

Arrival day: 1st of October 2018  
Departure day: 30<sup>th</sup> of September 2019

## Travel costs

Each country in the project has amount of Money that can be used for travel costs up to 275 Euro. (according to the Erasmus plus rules [http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm))

If travel costs exceed the given grant, the Volunteer or SO (depends of the agreement between Volunteer and SO) has to pay the difference.

The reimbursement will be done within 10 working days by the date the service starts and ends via cash or bank transfer to the volunteer's bank account and with the precondition that the HO/CO gets the travel invoices, receipts and boarding passes. In case of cash payment, written payment proof is required.

▲ Please, in order to receive the reimbursement, remember to collect:

-Travel Tickets (all)

-Boarding passes

## What to bring?

- Your signed original Activity Agreements;

## Useful words in Slovak

Hi, Bye – Ahoj! 🙋

Please – Prosím 😊

Sorry – Prepáč 😞

Thanks – Ďakujem 💜

Where is the bus station? - Kde je autobusová stanica? 🚏 ?


What is that? - Čo je to? ❓

I need help - Potrebujem pomoc. 🙏

I don't understand – Nerozumiem. 🙄 🚫




If you are interested, you can check out this website to learn a bit more before the project:

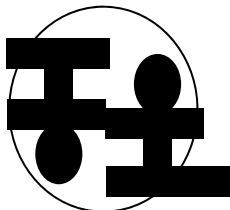
 <https://slovake.eu/en>

## Youthpass

All participants will receive a YouthPass certificate. Upon their request participants will get also Annex to YouthPass with 8 Key Competences.

 [www.youthpass.eu](http://www.youthpass.eu)

We are waiting for you 



**SPOLOČNOSŤ NA POMOC OSOBÁM S AUTIZMOM**

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 <https://www.facebook.com/sposa.sk/>

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