

Volunteering in a Seniors' Residence

Dive into intergenerational volunteering!

Seniorenresidenz Veldidenapark



Apply for a 11-months EVS project in Innsbruck, Austria
EVS starts in the beginning of October 2017

Hosting Organisation:

Seniorenresidenz Veldidenapark

www.seniorenresidenzen.co.at/veldidenapark-innsbruck-die-residenz.html

Located in Innsbruck, Austria

Seniorenresidenz Veldidenapark (SRV) has been hosting EVS volunteers since 2014. Two EVS volunteers from different countries are hosted at the same time.



Some info on the hosting organisation:

- Seniorenresidenz Veldidenapark, a residence for elderly people, is situated in the centre of Innsbruck, the capital city of Tirol, in a rather quiet but central surrounding of the town.
- SRV is a private nursing home for elderly people, some of them are still independent, but most of them are in need of some care. Our main goal is to find a way to keep up their biggest possible autonomy, while giving all the support needed.
- Based on the biographies of every resident, SRV generates an individual care plan, which will be realized by our specialized nursing staff. In addition to our support service we offer an all-round activities program for the elderly (trips, cinema, movement classes...).
- At the hosting organisations Astrid Huber and Evi Kofler are responsible for the support of the volunteers and for making their time schedule. The volunteers can find open ears for their needs and questions!
- It is important for the hosting organisation that the volunteer already has a basic knowledge of German (A2), as the elderly people only speak German (Tyrolean dialect) and hardly any English. Thus, this is important for the development of the project.

Coordinating organisation:

The coordinating organisation of this project is InfoEck, a youth info centre in Innsbruck. InfoEck coordinates 14 volunteers in the region of Tirol. The responsible coordinator is ready to answer open questions and to prepare the EVS project with SRV, the selected volunteer and the sending organisation! The coordinator is Erika: erika.mischitz@infoeck.at (send your applications to Astrid, not to Erika!).

Infos about InfoEck: www.mei-infoeck.at, InfoEck Facebook, Instagram and Youtube

Our motto:

Embrace the challenge. Be open to leaving your comfort zone several times. Be curious about yourself and others and ready to meet inspiring people. Try new things and learn for a lifetime!

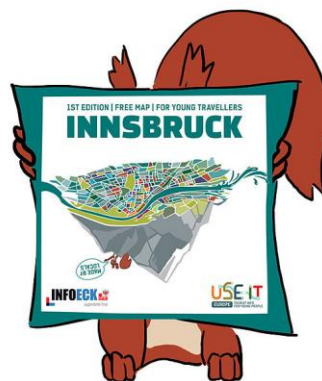
Location, Housing, Money:

SRV is situated in the centre of Innsbruck, the capital of Tyrol, with 130.000 inhabitants. The volunteers will live in our organisation. Each volunteer will have a fully equipped room on her/his own, in the building. The volunteers have to accept the house rules of the hosting organisation.

The infrastructure in Innsbruck is very good; trains and buses are close-by. In the town, everything is in walking distance. The volunteers will have a bicycle to share.

This project is funded by the EU- programme “Erasmus+: Youth in Action”. The EVS is financed by the EU and the hosting organisation. The ONLY financial contribution that the selected volunteer will need to make is to pay a small share of the travel costs (there is a lump sum budget).

The volunteer will receive a monthly pocket money of Euro 115,- and also some extra support for holidays or days off of a total of Euro 200,-- per month. She/he will also have full board in our organisation. So the volunteer can eat all meals at the residence if desired (meaning three meals a day). The volunteer will receive a German course, offered by a public education institution.



Tasks & Activities of the EVS volunteer:

The EVS volunteer will be engaged in a variety of tasks and activities, 35 hours per week, on five days per week. It is important for the host organisation to make the monthly schedule for volunteering together with the volunteer. The volunteers will be supported by a multi-professional team in the residence.

The tasks and activities can encompass the following:

- Participation and co-organisation of daily routines of the elderly people (preparing meals, serving meals, drinking coffee and tea and playing with residents...)
- Participation in different recreational activities with the elderly people (games, walks, shopping, free time activities, excursions)
- Participation in the indoor activities (seasonal activities like celebrations or handicrafts, discussion groups, creative workshops)
- Accompanying residents to different appointments (doctor, hospital...) or to a shop
- Getting to know communication methods with elderly people or people in need of care
- Building individual relationships to the residents (socializing, talking and listening, spending time together, supporting them in simple tasks...)
- Sharing life experience with the elderly, learning more about biographies and life events
- Getting used to some geriatric disease patterns and learning about how to handle them professionally (Alzheimer's, muscular reduction...)
- Learning to work within an interdisciplinary team, getting to know different fields of work in a seniors' residence (kitchen, technical maintaining of the building, care, medical staff, psychological support...)
- Taking part in regular team meetings

EVS duration:

11 Months:

From the 1st of October 2017 until 31st of August 2018!

We ask you to be committed to participate the whole duration, it's important for the project, your learning development and for the hosting organisation.

The application deadline is on the 26th of March 2017!



Profile of the EVS-volunteer:

We would be happy to host a volunteer who:

- wants to experience working with elderly people and participating actively
- is interested in learning more about another generation and their biographies
- is open-minded, friendly, enthusiastic, creative and communicative
- is willing to work in an interdisciplinary team and reflect her/his work
- is determined to reach at least A2 German before the project start
- is motivated to learn German (and some Tyrolean German dialect)
- brings her/his own culture and interests into the project
- is ready to volunteer for 11 months starting in October

Due to pre-existing partnerships with some non-EU countries, we can ONLY accept volunteers in this project who do not require a visa or residence permit for 11 months in Austria.



Support during the EVS:

The volunteer will have regular meetings with her or his mentor and with Astrid and Evi of the hosting organisation, to talk about the wellbeing or about the project activities.

In the hosting organisation the volunteer will receive orientation and support for the activities from the main responsible employee and from the entire team.

The coordinating organisation InfoEck will hold a regular group meeting with all volunteers in Tyrol in order to share experiences, give support to one another and to stay connected. Also, there are regular free-time activities organised for the volunteers. At the end of the project we will evaluate it together with the volunteer and look at what he or she has learned and which competences he or she has gained and as a result the volunteer can fill in the Youthpass certificate. Volunteers are involved in common projects, like radio or similar.

The volunteer will get to know other volunteers from various countries and will be invited to participate in monthly free-time activities, organised by young Austrians.

How to apply:

Please send your CV and the enclosed APPLICATION FORM directly to the hosting organisation!
Contact person: Ms Astrid Huber, E-mail: Astrid.Huber@seniorenresidenzen.co.at

The deadline to apply is the 26th of March!

Only complete applications will be considered. Option: You can additionally send something creative to express your motivation (this is not demanded).

Ms. Astrid Huber will get in touch with the applicants after the deadline, so check your e-mail regularly. Some applicants will be invited for a phone call. The final decision will be taken about two weeks later by the seniors' residence and all applicants will be informed about their status.

We ask for your understanding: Due to pre-existing partnerships with some non-EU countries, we can ONLY accept volunteers in this project who do not require a visa or residence permit for 11 months in Austria (this means you need to be an EU or EEA citizen).

We are looking forward to getting to know you!

