

# INFO-KIT



## LIGHT OF INCLUSION

Long-term volunteering project funded  
by EU programme European  
SOLIDARITY CORPS



**SPOSA BRATISLAVA**

**2022 - 2023**



# LONG-TERM ESC SERVICE

Light of Inclusion

**ESC Project Activity Date**      01.03.2023 - 28.08.2023  
**ESC Project Number**      2022-1-SK02-ESC51-VTJ-000080346  
**ESC Hosting Organization**      SPOSA Bratislava

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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 nongovernmental organization for families with children with autism.

The aim of SPOSA is to improve the life quality of people with autism spectrum disorders, help them integrate into society, and support their families. We offer our members 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 members 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 perspectives. We are hosting volunteers and we are accredited as a hosting organization since 2008.

We believe the ESC project is in line with our values and action, since volunteering, non-formal education, inclusion, and multiculturalism are key points in our work.

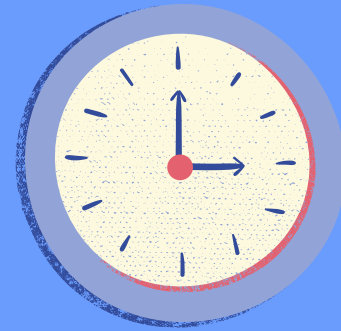
# Project and Activities

The main goal of the project is to promote the inclusion of people with special needs and facilitate communication and multiculturalism. 3 volunteers are fully involved in the work process, which can include:

- Planning and organizing activities that help people with autism to better integrate into 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;
- Taking care of social media (keeping track of activities, Facebook updating etc.);
- Taking part in the sport activities organized by the Special Olympics Slovakia;
- Participating in events where the Autism Simulator is presented, spreading autism awareness;
- Communicating with partners and potential volunteers.

Volunteers will have the possibility to share knowledge and skills gained in their previous experiences and bring new ideas. Furthermore, they will develop a deeper understanding of the needs of people with autism and their families.

## Working Hours



Working hours for volunteers are normally from 11 am to 5:30 pm, from Monday to Friday, except for special events like camps or small trips. In case of some extra activities at the weekend, volunteers will have more free days the following week.

Moreover, they are entitled to 2 days off per working month.

## **DURING THE ESC PROJECT THE VOLUNTEER WILL GET:**

- Experience in working with young people with autism, improve their intercultural skills, and become more tolerant and patient in this new environment;
- Knowledge about autism, working in the social field in a foreign country, where they can learn new working methods;
- Develop their personal, interpersonal and leadership skills;
- Improving language and teamworking skills.



## **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.**



## **Bratislava city**

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. 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 the 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 the night it may be freezing, but usually not below -10 °C (14 °F).**

## Profile of the volunteers

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

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

- Outgoing and cheerful, respectful, empathetic and open-minded personality;
- Creative and innovative personality, willing to learn and grow in new areas, take the road less traveled;
- Responsible and trustworthy;
- Good level of communication and interpersonal skills;
- Team-player yet able to work independently;
- Resilience, patience and ability to address openly and respectfully any challenges faced;
- Interested in sports;
- Lead young people with autism to physical activities and sports - athletics, cycling, skiing, bowling and other physical activities e.g. hiking
- Good in English language.

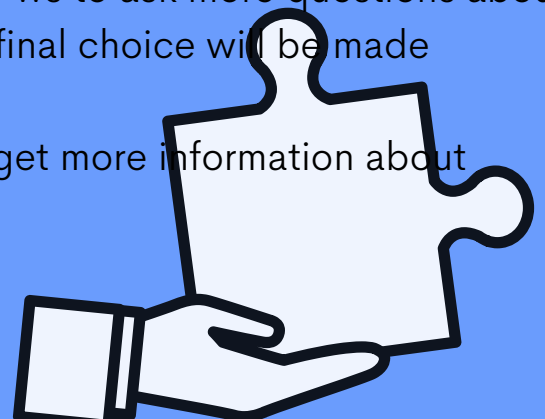
We would also be interested in volunteers with practical skills (like sewing, crafting, music, etc.) who could share their abilities with clients. Additionally, young people with knowledge in the fields of management and/or economics could be welcome.

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>

<https://theautismsimulator.com/>



**SPOSA BRATISLAVA**



## **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 ESC funds. The sending organization has to provide the volunteers with Cigna insurance.

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

## **Economic conditions**



According to the program, the volunteer will get pocket money (150€/month) and food allowance (113€/month), which makes 263€ per month in total. In the flat there is a kitchen, so volunteers usually cook for themselves. During the day, there are several possibilities where they can eat, or they can bring their food to SPOSA as well.



## **Health Insurance**

The sending organization has to provide the volunteers with Cigna insurance.

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

## **Support**



The 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 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: 01/03/2023

Departure Day: 28.08.2023



## TRAVEL COSTS

The budget changes according to location of the country. We are welcome all EU member citizens. If travel costs exceed the given grant the Volunteer or Sending Organisation (depends on the agreement between Volunteer and Sending Organisation) 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 Hosting Organisation/Sending Organisation 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
- Necessary documents ( like passport or ID.)



Hi, Bye ! - Ahoj !

Thanks – Ďakujem

Please – Prosím

Sorry – Prepáč

I don't understand –  
Nerozumiem



How are you? – Ako sa  
máš?

I need help - Potrebujem  
pomoc.

What is that ? - Čo je to?

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

## USEFUL WORDS IN SLOVAK



# YouthPass

All participants will receive a YouthPass certificate after the completion of their project. Upon their request, participants will get also Annex to YouthPass with 8 Key Competences.

For more information about the YouthPass and the 8 Key Competences, take a look here:

<https://www.youthpass.eu/en/>

we are looking forward to  
meeting you



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# **INFO PACK**

**SPOSA Bratislava**

( SPOLOČNOSŤ NA POMOC OSOBÁM S  
AUTIZMOM )

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