

Tõrva Kodu



ORGANISATION DESCRIPTION

Tõrva Kodu (<http://www.hoolekandeteenused.ee/pages/eng/about-us.php>) provides 24-hours supported living for adults with mental and physical disabilities. There lives 60 adults- men and women aged 23-80 years. Ever day we work for one goal- that people who live with us have active and positive day no matter of their age, gender or disability. For that we are doing activities like felting, ceramics, sewing. We are also very active in sports like walking, games, dancing and activities like art and handicraft. We are always standing for disabled people's right to be involved in society and feel safe at home. We support every person to be as independent as they can. Tõrva Kodu is open in both ways- we encourage our clients to be active member of local community and we welcome families, trainees and volunteers to our home. Important part of our everyday life is finding work for our clients in local community. We support them to find work that they are able to do. We would like our clients to have possibilities to get in touch with the outside world and the local community. Tõrva Home is located in Tõrva town where lives about 1300 citizens. Tõrva is located in Southern Estonia and it is beautiful and peaceful little community. We have 4 food stores, few very good second hand stores. Local pubs have good food and in weekend live music. Bigger city around is Tartu (70 km). Tõrva is famous for its cultural event- Tõrva Loits. This is event with singers, dancers, fire and water. Every year in summer thousands of people come to Tõrva to have a big experience of our culture. More information (but only in estonian) is <http://www.torva.kovpt.ee> The clients in Tõrva Kodu are accommodated in modern 1-storey family-type houses surrounded by big green garden. In the houses the clients and the staff have all comfortable living and working conditions. All houses have

Internet access. The clients are mostly friendly and positive. Some have different ways to communicate- our staff will help and guide volunteers in this. Volunteers most important work will be helping staff in everyday activities and accompanying clients in community events.

The volunteer will have an opportunity to learn about the life of people with special needs and different disabilities. They will learn how to work and communicate with people with learning disabilities.

Proposed activities:

Either with a group of clients or individually- the volunteer could organize educational and fun leisure time

activities for and with the clients- sports, dance, games, handicrafts, taking walks, going to concerts and trips etc.

We will welcome motivated, mature and committed volunteer understanding the nature of the project and its particularities, including working with people with serious mental and physical disabilities.

The volunteer would be accommodated in Tõrva town in a rental apartment or together with an Estonian family. There will be all necessary things like kitchenwear, bed linen etc.

Project context

Tõrva Home is located in Tõrva town where lives about 1300 citizens. Tõrva is located in Southern Estonia and it is beautiful and peaceful little community. We have 4 food stores, few very good second hand stores. Local pubs have good food and in weekend live music. Bigger city around is Tartu (70 km). Tõrva is famous for its cultural event- Tõrva Loits. This is event with singers, dancers, fire and water. Every year in summer thousands of people come to Tõrva to have a big experience of our culture. More information (but only in Estonian) is <http://www.torva.kovpt.ee>

Proposed Activities

The main educational value of this EVS project is in providing young volunteers with profound experiences of social work and assistance to mentally disabled persons. This experience may determine future studies or field of work for some of the volunteers. Besides the project will give volunteer a change to experience life in the countryside in an alternative way the European awareness.

The main task for volunteer in this project is helping clients in their everyday activities, organizing different activities to them and supporting the staff with their work. The division of the tasks may be changed and adapted for certain volunteer, depending on his/her interests and skills. Volunteer will be encouraged to propose his/her personal projects/initiatives related to the theme of this EVS project which can be supported by the host and/or coordinating organisation.

The working time will be around 35 hours a week. Volunteer will have 2 days off per week either during week or at the weekends. According to the volunteers skills and project needs priority tasks and more detailed working schedule (including holidays and periods of breaks) will be worked out together with the head of project and staff. Volunteers will be working under supervision and with support of staff.

A typical day would look like follows:

- . the volunteer starts with planning the day with our activity coordinator
- . sending part of the clients to activities and working with them in activities
- . if necessary the volunteer helps out at lunch

- . in the afternoon the volunteer with other staff take clients to activities or walking in the city.
- . the volunteer will help clients go to the shop or have some more educative activities

Once a week the volunteer will accompany our clients in the local youth centre, where together with tutor and manager of the youth centre it is possible to carry out different activities. Youth centre offers great possibilities: play in skatepark, go on adventure trail, do drama club, play table tennis and hockey, use Internet (Our clients don't have free access to Internet usually), organise events. The volunteer can go to the youth centre once a week with our younger clients (23-30 years old).

From 2016 we are working together with our subcompany SA Hea Hoog that provides long-term protected work centre service to our clients. 15 clients will go every day into work centre



to practice different jobs. Volunteer will company clients to the centre and helps clients in there. In work centre is tree workers who are instructing clients.

Profile of Volunteer and Recruitment Process

The project welcomes mature, motivated and committed volunteers understanding the nature of the project and its particularities like being in very small place in the country side, working with people having mental and physical disabilities. Some previous experience in work with handicapped people is an advantage. Volunteers are expected to be positive, open- minded, flexible, friendly, helpful, warmhearted. He/she should be active, taking initiatives, responsible and reliable. Speaking basic english is an advantage.

All the volunteers who contact with coordinating organisation International Youth Association EstYES will be informed about the vacant of the project for certain deadline. Volunteer will get special application form to fill in, which is the basis for the pre-selection. Then host project receives applications approved by EstYES (filled EstYES application form) to make their final decision. Staff of the host project chooses the volunteer, whose profile and interests match best to the proposed activities of the project. For that they choose top candidates from the ones sent through EstYES. They take contact with them first by e-mail to organise a Skype-meeting. This is important to speak more about the organisation, our expectations and the things we can offer to the volunteer. The interview is our chance to see if the volunteer really understands the nature of the organisation and is motivated to volunteer here. After we have selected candidate who suits us the best, we let the coordinating organisation know so they can continue with the project preparations. During the project preparation phase, we stay in constant contact with the selected volunteer to discuss future plans, ask/answer questions etc.

The host project is open to work with any sending organisation.

Support

The volunteer will be accommodated in rental apartment in Tõrva town. The apartment is furnished and has all essentials for living. Accommodation is arranged together with the coordination organisation EstYES prior to the volunteer's arrival. Tõrva Home has 2 electrical car that the volunteer can use (in case the volunteer has driving license) Tõrva do not have public transportation because it is a small town. Tõrva has good public bus connection to nearest bigger town like Valga and Tartu.

The volunteer will have an 30-35h estonian language course at the beginning of the service. It starts within the first month of the service. Receiving organisation in cooperation with coordinating organisation finds a proper teacher before the beginning of the service. Teacher is going to be someone who is able and willing to teach foreigners. Before coming to the service, coordination organisation EstYES recommend the volunteers to start learning basic estonian by offering them different options for this: <http://www.speakestonian.co.uk/>
<http://www.loecsen.com/travel/0-en-67-2-21-free-lessons-estonian.html>
<http://www.innove.ee/en/language-examination/keeleklikk>
<http://www.surfacelanguages.com/language/Estonian>
<http://www.livemocha.com/learn-estonian/aprender-estonio>
<http://www.digitaldialects.com/Estonian.htm>
http://mylanguages.org/learn_estonian.php

<http://en.eki.ee/index.php> - Eesti Keele Instituut web page where you can find Estonian Explanatory Dictionary, Estonian-English and Estonian-Russian dictionary and Estonian language rules.



Risk Prevention, Protection and Safety

The host organisation will ensure that:

1. the volunteer's work is safe and been assessed for risk
2. every effort is made that project meets high health and safety standards
3. the volunteer is trained and familiar with the volunteering work and have access to adequate safety equipment if needed
4. the volunteer will get all the mental support from the staff if needed
5. all staff in Törva Home have been informed and guided about tasks of volunteer
6. the volunteer will have a tutor to guide and work with the him

Mentor and tutor will be offering psychological support to the volunteer. The volunteer is also always welcome to turn to the supervisor, coordinator of EstYES and sending organisation if necessary. Communication is the key to solve the problems that may occur.

As participants of EVS program, volunteers will be covered by AXA insurance plan for EVS volunteers, which covers possible medical expenses and help to solve possible health-related issues during the EVS period.

