



**Welcome to  
Foundation Perekodu**

**Our mission**

To give safe home for the child, to grow, to teach,  
to rehabilitate and to cooperate with the network of the child.

**Our motto**

We grow, we learn and we teach.



main house in Viljandi county  
(office, kindergarten-school, childcare, rehabilitation)

## ORGANISATION DESCRIPTION

**Foundation Perekodu** (SA Perekodu) is an institution with different departments and services for children and young people in Viljandi county. We may also provide the same services for clients outside the Viljandi county if necessary and if we have capacity.

**We offer following services, such as**

- childcare service
- (child) support service
- rehabilitation service
- substitution service
- aftercare service

**In the main house** we combine (institution Jaagu Lasteaed-Põhikool) a nursery and school for severe mental/physical disability children for about 36 children ages 1,5-18,5.



2 family homes in Viljandi county  
(close to the main house)

**Childcare service** is for severe and profound disability children. This service we offer after school time for about 20 children.

**Support service** is for disabled children who need one-to-one service to support children in their everyday activities.

**Rehabilitation center** serves during one year about 115 children. In rehabilitation team we do have psychologist, physiotherapist, occupational therapist, creative therapist, social workers, special educator, speech therapist.

For **substitution service** we have 6 family homes and 1 apartment for orphanage and for children with special needs. In substitute families there are 45 children (among them 33 disabled children) ages 0-19. So in one family can live between 4-8 children.

**Aftercare service** is for studying youngsters up to 25 years.

Each family has their own educators. Most of the children go to school and kindergarten during the daytime.

In free time many children go to hobby schools.

We'd love to give them possibility to experience similar lifestyle as their contemporaries in biological families.

Regular activities in Foundation Perekodu are aimed to provide everyday care and counselling, helping to raise children's and young people awareness of themselves. It is run in cooperation with the specialists such as therapists, psychiatrists, social workers and youth-police.

There are around 80 staff members all together in the institution.

Foundation Perekodu has hosted international volunteers since 2005 from many different countries. So we have a long time experience in accepting long-term volunteers and we really appreciate these experiences.



2 family homes in Viljandi county  
(at Väikemõisa)

## **Project Context**

ESC (European Solidarity Corps) volunteer could bring the international/European awareness, openness, new approaches, intercultural dimension to the life of children and the employees in Foundation Perekodu.

We are opened to have volunteers from different countries and cultures.

All houses are located within 3-7 km from the Viljandi city center and are easily reached by public free transport.

Viljandi is the sixth largest town in Estonia with population of 17525 (Statistical information data by 1st of January 2018). Area: 14,6 km. Location: South-Estonia, the uplands of Sakala. It is 161 km from Viljandi to Tallinn and 81 km to Tartu. There are many cafes, restaurants, shopping centers, a library, a theatre, the university and alternative places – bowling center, ice skating hall, cinema, fitness clubs etc and many other entertainments in Viljandi. The rural atmosphere of the town is balanced by the Cultural Academy of Viljandi, which organize many events in town – concerts, dance performances, plays etc. We have Estonian Traditional Music Centre, which organizes in every July the all-Estonia-famous folk music festival Viljandi Folk. The festival brings together contemporary folk music from all over the world and ca 20 000 festival visitors – a mix that creates not-to-be-missed event! There is very good bus and train connection with the capital and other cities. Also the nature is beautiful here!

Accommodation for volunteers will be organized by our coordinating organization NGO Noortevahetuse Arengu Ühing EstYES. Volunteer will live in apartment or it is also possible to live in

convenient dormitory in Viljandi town. Depending on possibility the volunteer will have a separate room or shared room.

It is free transport connectivity to the workplace. Apartment is fully furnished with beds, bedclothes, bath/shower and equipped kitchen. Food will be prepared by the volunteer at home, money will be provided by our coordinating organization EstYES. Additionally volunteers will be paid a monthly allowance according to ESC financing rules. It is possible to have a meal in Foundaiton Perekodu main house too. Lunch is costing for example 1,50 €.



2 family homes and 1 apartment in Viljandi town

### **Proposed Activities**

The main tasks of the volunteer are looking after children, helping educators in their daily needs and organizing different activities for the kids. Volunteer's tasks depend very much on his/her interests and skills. Most of the kids need a mentor in the class or in free time. (S)he can be hands or legs for the children in a wheelchair, helping to dress, with feeding or some other basic needs what it is needed. With some children, it is possible, to go further than just basic help. It is possible to organize different events, games, do handicraft, sport, go to the city or to do some music. Volunteer can also participate in study visits but also help to organize different outings and excursions. Volunteer is expected to be a friend and role model for these children and help them to understand delight of the life. It is important to teach these children to evaluate surrounding and to find their way in it.

Depending on the volunteers and children's interests/abilities, following tasks can be adapted in each department (main house, family houses):

- looking after children and helping teachers/educators in managing their daily needs;
- arranging children's leisure time (sports, games, etc);
- playing with children;
- planning and running creative workshops (dance, music, theatre, handicraft, etc);
- presenting his/her own country and culture as a part of the intercultural learning;
- assisting to arrange outings and excursions and taking part in those.

Volunteer's tutor and supervisor/coordinator will support to fulfill his/her ideas.

Hosting international volunteer will give new experience and more awareness of different cultures not only for the children but to all workers in Foundation Perekodu too. Educators and teachers in the Centre can share their skills and knowledge's of working with children with disadvantaged background with the volunteer, to develop his/her skills which could be useful in his/her future and/or professional career.

Teachers are also hoping to get new and fresh leisure time activity ideas from the volunteer to fulfill children's days with happiness and versatile development. It is important to give a chance to the children to spend their childhood actively full of diverse activities. It broadens youth's outlook and gives more ideas of what they would like to do in the future.

In the very beginning of the project volunteers will have orientation and introduction to the workplace and in all institution to find the best activities for herself/him. She/he will have a tutor, who helps/introduce work activities. Volunteer has continues contact with the mentor to prevent and solve possible crisis in cultural or language level besides working time.

### **Profile of Volunteer and Recruitment Process**

The first priority is that the volunteer is motivated and interested in meeting and working with the target groups. Previous experience of any kind of social work with young people is preferred but not necessary. The volunteer should be active, energetic, creative, taking initiative, adaptable, open-minded, sociable, positive, responsible and reliable and willing to work with children from difficult background and/or with children with mental/physical disabilities.

### **Risk Prevention, Protection and Safety**

The host organization will ensure:

- that the volunteer work is safe and been assessed for risk;
- that every effort is made that project meets high health and safety standards;
- that the volunteer is trained and familiar with the volunteering work and have access to adequate safety equipment if needed;
- that the volunteer will get all the practical and psychological support from the staff.

The volunteer will have an experienced supervisor/coordinator, who will help the her/him to understand the new environment and feel more comfortable.

In the organization the volunteer will have opportunity to learn Estonian through pictograms and communicators.

