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## European Voluntary Service PROJECT DETAILS

General Information	
Project title	"EVS 4 sustainable life"
Project start / duration	<b>01.09.2017. / 28 month</b>
Coordinating organization Accreditation reference	NGO "Siguldas Alternatīva izglītība" (SAI), Sigulda, LATVIA 2016-1-LV02-KA110-001320
Project coordinator	Mrs. Signe Buike, <a href="mailto:info@valdorfabernudarzs.lv">info@valdorfabernudarzs.lv</a> , phone: +371 29352017
Hosting Organizations No.1	Waldorf kindergarten of Sigulda (institution of NGO "Siguldas Alternatīva izglītība"), Sigulda, LATVIA (2 volunteers)
Hosting Organizations No.2	Creative Center of Sigulda (institution of Sigulda municipality), Sigulda, LATVIA (2 volunteers)
Hosting Organizations No.3	NGO "Wings of Hope", Sigulda, LATVIA (2 volunteers)
Hosting Organisation No.4	Ligatne's kindergarten, Ligatne, LATVIA (1 volunteer)
Duration of EVS activity	<b>1st period: 12 month</b> / EVS has started in October, 2017. <b>2nd period: 12 month</b> / EVS will start in October, 2018.
Number of volunteers hosted	<b>6 EVS volunteers</b> from different countries (20-30 years old) per each period (12 volunteers in total)
Project Overview	

This will be a 28 months EVS strategic project divided in 2 periods with 6 volunteers in each period. Applicants are welcome from Program and Partner countries and will be hosted by project partner organizations in Sigulda, Latvia.

The project objectives are:

- 1) increase of youth employment in the labour market of European countries with low economic status,
- 2) promotion of mutual tolerance and understanding of different cultures within the EU and
- 3) expansion and popularization of the EVS in Pierigas's region and development of cooperation between organizations from program and partner countries.

The main idea of this project is to give youngsters skills and knowledge which will help them in their further life to get better job, improve their professional and personal skills for daily activities. Also the sustainable of the activities organized by volunteers has been included as a task of this project – to have a result of the project which will remain for local inhabitants and volunteers.

*Below you will find more information about hosting organizations and proposed activities for volunteers.*

The main topics of the project are:

- 1) Creativity and culture,
- 2) Youth (Participation, Youth Work, Youth Policy) and
- 3) International cooperation, international relations, development cooperation.

The strategic project idea is to give an opportunity for youngsters to develop their personal and professional level through the mean full, long-term work and realizing their creative ideas for the local and foreign inhabitants.

Please visit our Facebook page about EVS in Sigulda:

<https://www.facebook.com/volunteeringsigulda/>

## Venue - Sigulda, LATVIA

**Latvia** (Republic of Latvia) is one of the three Baltic States and is located between Lithuania and Estonia, in the North-East of Europe and at the eastern shore of the Baltic Sea.

- Capital: Riga
- Largest cities and towns: Daugavpils, Liepāja, Rēzekne, Ventspils, Jelgava, Jūrmala
- Landscape: forests (40%), lowlands, hilly uplands, plenty of rivers and lakes
- Population: ~ 2 million
- Religions: Evangelic Lutheran, Roman Catholic and Russian Orthodox
- Currency: EUR
- Membership: EU, NATO, UN, WTO, etc.
- Country code: LV
- Calling code: +371
- INTERNET TLD: .LV (.EU)

For more information look here: <http://www.latvia.eu/>

**Sigulda**, known as “Little Switzerland”, is one of the most picturesque cities in Latvia that attracts tourists all year-round. The city is located only 53 km from the capital city Riga and is home to approximately 11.000 inhabitants. Anybody can spend a great time in this city - for every taste there will be an activity or entertainment. For more information look here:

<http://tourism.sigulda.lv/>



<b>Living Environment, Practical Arrangements</b>			
Accommodation	rented and well equipped room or flat in the city / separate room in a host family <i>(the living space will have the equipment necessary for the coexistence of the volunteer) / youth hostel</i>		
Transportation	within the city - by foot or bicycle		
Pocket money	80 EUR per month		
Food	150 EUR per month to shop at grocery stores or coffee shops. <i>It will be possible to have meals (tea break and lunch) in some hosting organizations!</i>		
	<b>Hosting organization (HO)</b>	<b>Mentor</b>	<b>Supervisor</b>
Personal support	Waldorf kindergarten of Sigulda	Mrs. Ieva Vanaga e-mail: <a href="mailto:ievame@inbox.lv">ievame@inbox.lv</a> Mob. +371 26891078	Mrs. Līga Smilga e-mail: <a href="mailto:aglims2@inbox.lv">aglims2@inbox.lv</a> +371 28762204 and Miss. Evita Lukina <a href="mailto:evita_lukina@inbox.lv">evita_lukina@inbox.lv</a> Mob. +371 26724386
	Creative Center of Sigulda	Mrs. Ieva Vanaga e-mail: <a href="mailto:ievame@inbox.lv">ievame@inbox.lv</a> Mob. +371 26891078	Ilze Vilciņa e-mail: <a href="mailto:ilze.vilcina@inbox.lv">ilze.vilcina@inbox.lv</a> Mob. +37129234706
	NGO "Wings of Hope"	Miss. Monta Bērze e-mail: <a href="mailto:monta.berze@gmail.com">monta.berze@gmail.com</a> Mob. +371 25417249	Mrs. Eva Viļķina e-mail: <a href="mailto:eva.vilkina@ceribusparni.lv">eva.vilkina@ceribusparni.lv</a>
	Ligatne's kindergarten	Mrs. Ieva Šulca e-mail: <a href="mailto:ievashulca@gmail.com">ievashulca@gmail.com</a> Mob. +371 27064711	Mrs. Gunita Liepiņa e-mail: <a href="mailto:bernudarzs@ligatne.lv">bernudarzs@ligatne.lv</a> Mob. +371 28661216
Insurance	EVS insurance plan: <a href="https://www.cignahealthbenefits.com/en/plan-members">https://www.cignahealthbenefits.com/en/plan-members</a>		
Communications	prepaid telephone card with limited amount internet access in the organisation and in the place of residence		
Free time	EVS volunteers will be informed about the leisure offer <i>(the city council of Sigulda as well as other entities offers different courses in the city - dancing, theatre, trekking, music, sports, etc.)</i> See also: <a href="http://tourism.sigulda.lv/">http://tourism.sigulda.lv/</a>		
<b>Proposed time schedule</b>			
Monday – Friday	6/7-hours working day <i>(including Latvian language training and meeting with teachers, supervisor and mentor)</i>		
Saturday - Sunday	days off <i>(or 2 free days in a row during a week in case when EVS volunteer participates in a weekend activity)</i>		
Public holidays	days off		
Holidays/vocation	additional free days <i>(EVS volunteers will have several holiday periods corresponding to the HO holidays).</i>		

## Activities or tasks of volunteers

1. According to the project interest area volunteer's daily tasks will include assistance to HO staff while doing educational, creative and leisure time activities with children and young people with disabilities. As a part of HOs' team volunteers will have opportunity to take part in arrangement of annual Latvian festivals (Michael, Martin, Christmas, Easter, Midsummer etc.) or HOs' events – concerts, theatre performances, sports events, charity markets etc. Volunteers will be involved in all process – planning and organizing of activities, evaluation and feedback.
2. Volunteers' creative activities for HO and local community: each of volunteers during the project has to offer and realize (with help from HO staff) 2 new activities, for example, photo exhibition, excursion, some event according to his / her skills / wishes / national traditions, etc. It gives a wide opportunity to show volunteers talents, creativity, entrepreneurship and communication skills in order to invent new traditions, games and workshops suitable HO or local community. We are expecting that the results of volunteer's activities will be also tangible things such as calendars, postcards, videos etc.

HOs has well equipped room for seminars and that could be used for volunteer's creative and learning activities. Volunteers are welcome to bring songs, games and introduce their own culture and traditions as part of intercultural learning.

## Hosting organization No.1 – Waldorf kindergarten of Sigulda (WKS)

Waldorf kindergarten of Sigulda is the institution of non-governmental organization "Siguldas Alternativa izglitiba" (SAI) established in 1998 to promote alternative education for children as well as family education. In 2009 SAI acquired a public benefit organization status.

There are 2 groups in the kindergarten for children of age 1,5 to 7 years (a total of 40 children) with 10 teachers and administrative and technical staff. The kindergarten is working all year round and provides alternative (Waldorf) educational methodology.

*Waldorf (Steiner) education is a humanistic approach to pedagogy based on the educational philosophy of the Austrian philosopher Rudolf Steiner, the founder of anthroposophy, which regards the human being as composed of body, soul, and spirit. Waldorf pedagogy distinguishes three broad stages in child development. The early years education focuses on providing practical, hands-on activities and environments that encourage creative play. Throughout, the approach stresses the role of the imagination in learning and places a strong value on integrating intellectual, practical, and artistic themes.*

*The educational philosophy's overarching goal is to develop free, morally responsible, and integrated individuals equipped with a high degree of social competence.*

Annual kindergarten celebrations (from September till June) are Fall Fair, Masks Marsh and Lantern Festival, Christmas Fair, Christmas Story, Path of Light, Candlemas Day, Shrovetide, Easter Fair, Mother's Day, Graduation Celebration.

For more information see here: [www.valdorfabernudarzs.lv](http://www.valdorfabernudarzs.lv) (in Latvian).

**The main activities or tasks of volunteers** will be assistance to kindergarten staff in their daily work with the children and have a chance to learn Waldorf pedagogy by watching and participating in all kindergarten activities. The main task will be: participate in classes (painting, music, crafts, theatre, gymnastics, etc.), prepare materials for activities, help to kids during meals, dress up, dishwashing, making beds, doing different outdoor activities, etc. and participation in the work of non-governmental organization as valuable team member.

## Hosting organization No.2 – Creative Centre of Sigulda (CCS)

Creative Centre of Sigulda is local public institutions founded by Sigulda City Council and offer pre-school and non-formal education programs for children and youth. There are 3 different sections:

1. Children's group "Chestnut" (age 2-7) is working with small groups, focusing on each child's individual capacity building to prepare them for school. Parents always have an opportunity to participate in classes, learning the basics of playing as well as receive staff recommendations for children's development.
2. School-age children's center "Idea House" (age 7-12) brings together children after school for spending their free time in meaningful, cognitive and actively atmosphere. "Idea House" is a safe place for children after school, here they can do their homeworks, meet with friends, drink some tea, play a variety of board games, Lego, participate in creative workshops. Under supervision of 3 teachers children can learn new skills, working with different materials and creating useful things - souvenirs, gifts and congratulations.
3. Youth Initiative Centre "Objective" brings together creative and active young people (age 12-20) to spend their free time useful and implement new practical ideas. There is possible to learn English for free or play the guitar, organize different seminars and lectures on topics of youth interests. The group of young people named "Sigulda Multi movement", which is dealing with the street gymnastics, combining athletic gymnastics, hip-hop culture, "Parkour" movement, as well as further sports events, became very popular. The youth from the Centre is actively involved in voluntary work for local community. They are involved in organization of educational, cultural and sports events, as well as in various charity events and visits to the elderly. More than 174 volunteer certificates have already been issued in last 5 years.

Since 2012 the Creative Centre of Sigulda organizes summer day camps for kids and youngsters like "Your summer club", "Feelings researcher laboratory". In 2014 was organized day camp "Your interest circle" for children from social risk families, as well as environmental camp "Eco-village construction" for teenagers.

For more information you can see here: [www.sigulda.lv](http://www.sigulda.lv) → "Interešu izglītība" and <https://www.facebook.com/JICmerkis> (in Latvian).

**The main activities or tasks of volunteers** will include daily assistance to CCS' staff while doing educational, creative, and leisure time activities with the children / youngsters after school (for example, help in doing homework's, playing games, painting, crafts, modeling, etc.); and as a part of CCS' team volunteers will have opportunity to take part in arrangement of annual Latvian festivals (Michael, Martin, Christmas, Easter, Midsummer etc.), CCS's summer activities (day camps, music and art festivals, street gymnastics etc.), afternoon parties, music or foreign language clubs, etc. They will be involved in all process – planning and organizing of activities, evaluation and feedback.

## Hosting organization No.3 – Wings of Hope (WH)

"Wings of Hope" is the non-governmental organization established in 2003 to provide social services for children and young adults with different types of disabilities and to support their families, as well as to promote a positive public attitude towards people with functional disorders. In 2005 WH acquired a public benefit organization status.

Every year more than 70 children with disabilities (and their families) can regularly receive a variety of professional services in WH's Day-care Center in Sigulda: counseling, babysitting services, therapeutic exercises, speech, art, music, dance and pet therapy, etc.. With the growing demand for social services, in 2013 WH created specialized workshops for persons with mental disorders. There they can develop and improve the necessary basic and social skills by engaging

different workshops - ceramics, candles and soap-making, weaving, leather processing, household activities, etc.

In 2015 the organization established its own social enterprise "Pogotava" which is selling a variety of handicrafts made from different materials and with different techniques - leather and felt products, woven mats, hats, scarves, candles etc. Here you can see the products:

<https://www.facebook.com/Pogotava/>, <http://www.draugiem.lv/pogot/>,  
<http://www.meistardarbs.lv/veikals/16792414>.

In the daily work and social services of WH are involved more than 20 personal (social workers, caregivers, trainers, therapists, speech therapists, etc.).

For more information about WH go here: [www.ceribusparni.lv/en](http://www.ceribusparni.lv/en) (in English).

#### **Hosting organization No.4 – Ligatne’s kindergarten (WH)**

Kindergarten of Ligatne where children of age 1.5 – 7 achieve pre-school education. The organisation is founded and acting since 1940. At the moment they are located in two places – one place is located in Ligatne with 3 groups (60 children); other place is located in Augsligatne with 5 groups (110 children). The kindergarten’s aim is to prepare children for elementary school. Their pedagogy is based on natural laws of surrounding world, physical activities and developing body and soul of individuality. Also they are motivating children to inquire about the world, environment, cross-culture and promoting them to become as responsible citizens with a high degree of social competence. Although their pedagogy is based on the standards of the state, their pedagogues are interested in human pedagogy and applying the methods of it in their work. The work is based on child individuality, their abilities and skills are recognised and improved. Beyond the lessons children are playing on free and creative ambiance as in kindergarten as on outside activities. They have an English language lessons, dancing lessons and opportunity to acquire skills on performing acting at concerts, competitions and theatre.

The volunteer participate in play lessons with children in his home country language or English. Therefore children learns foreign language via plays, games, theatre and have an interest about languages, other culture, people from different countries.

#### **Language support and trainings, certificate**

1. Latvian lessons will be taught by professional teachers and will take place twice a week.
2. Coordinating organization will make sure that all of our EVS volunteers will take part in both the on-arrival training and in the mid-term evaluation organized by Latvian National Agency.
3. Upon arrival to Sigulda, EVS volunteers will be inducted on the aspects below:
  - administrative, health and safety procedures and inner regulations
  - the aims, objectives and activities of the EVS project they are involved in
  - their individual learning plan, and *YouthPass* Process with their mentors.
4. At the end of the service each volunteer will receive their *YouthPass* Certificate.

#### **Candidates applying for voluntary work should meet following requirements:**

- be available for the whole duration of the volunteering period and pre-departure training;
- strong motivation for work in selected area (! not required to have a previous experience in a working with children and / or young people with different types of disabilities);
- work requires psychological and physical resistance, patience and compassion;
- volunteers must be active, flexible, creative, responsible, with good communication skills, ready for team work;
- volunteers must be non-smoker and without substance abuse or criminal history.

#### **Documents for applying:**

**CV and motivation letter**, please, send to the e-mail:  
[info@valdorfabernudarzs.lv](mailto:info@valdorfabernudarzs.lv) **till 31.08.2017.**

*In case of any questions, don't hesitate to contact!*

<b>Documents to be submitted to Coordinating Organization before arrival:</b>	<b>1. Health certificate for not carrying any infections.</b> <b>2. Public authority paper for not having a criminal history.</b> * translation in English can be approved by the Sending Organization
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