

INFOPACK

EVS project: Let's gardening with the elders! 2018

Venue: Patronato Hogar Ntra. Sra. de los Ángeles, Málaga (Spain)

Start: 1st September 2018

End: 30th June 2019

How long: 10 Months

Number of vacancies: 3

Context:

Patronato Hogar Nuestra Señora de los Ángeles is a home for the elderly placed near the downtown of the city of Malaga, in Andalusia, in the south of Spain since 1913. It is a NGO whose main goal is to provide home and integral cares for the about 50 elders who are living in this nursing home, being our seniors mainly people with physical, social or mental disabilities.



Tasks:

Volunteers' tasks during their EVS will be focused on promoting active aging among the elderly who live in the "Asilo de los Ángeles". For this, their main tasks will be:

- Engaging the elderly in mild gardening activities, such as watering, planting in seedbeds or collecting vegetables.
- Taking care of the garden by carrying out some heavy tasks, such as:
 - Planting
 - Transplanting
 - Raking
 - Pruning
 - Watering
 - Picking bad grass
 - Collecting the fruits
 - Planning the tasks to be done and designing the garden
- Carrying out "recycled art" and crafts workshops with the elders in order to decorate the garden, such as painting flower pots, making mosaics, etc.
- Enriching our seniors' "world knowledge" by talking and doing dynamics for them about your own cultures and traditions, or cooking with them some easy traditional dishes.
- Carrying out activities with the elderly on your own initiative 😊
- Helping out at some tasks for the maintenance of the nursing home.
- Accompanying the elders during the excursions that are organized for them.
- Taking care of the visibility of the project with at least a weekly publication on our Facebook page.
- Attending to a weekly evaluation meeting with the coordinator.
- Attending compulsory On Arrival Training and Mid-Term Evaluation (both held by Spanish National Agency).



In these activities, youth will have the opportunity of putting into practice and develop their creativity and initiative by providing ideas with regard to the workshops developed, with the guidance of the project coordinator.

We highly recommend you to set up your personal goals and expectations before your arrival in order to get the most from your EVS experience. You will be able to develop and implement your personal project, it is up to you. Through the project your mentor will help you with your learning process and give you emotional support.

So volunteers will acquire, by non-formal education, knowledge and skills related to:

- Deal with old people, as well as people with physical and mental disabilities
- Acquire skills in gardening
- Learn to deal with simple maintenance tasks
- Learn to develop and lead workshops related to their interests and hobbies, focused on people with difficulties
- Carry out their ideas and initiatives
- Communicate in foreign languages, improving their communication skills in other languages (mainly Spanish, as our elders don't speak English)
- Explore new interests
- Approach and learn about other cultures
- Share their own cultures
- Acquire presentational skills



It will give the youth an opportunity of living an intergenerational and intercultural experience!



Profile:

We are looking for **3 participants** aged between 18 and 30 years old. It is desirable to show interest in working with old people, in gardening, in crafting, in cooking and/or in the project's objectives. We want to count on highly-motivated youth.

Practical details:

- Accommodation: During their EVS, participants will share a 3-room flat near the working place and near the downtown (about 20 minutes walking to both of them), so local transport is not included. Electricity, gas and water will be covered by the hosting organization, but not the Internet.
- Pocket money: You will receive 150€ monthly.
- Food: You will receive 150€ monthly for food to be cooked at home.
- Spanish lessons
- Working time: Monday to Friday (26 hours per week).
 - September: 16:00 - 21:00
 - October to June: 9:00 - 14:00
 - 1 hour/week of visibility work from home

Traveling details:

For traveling to MÁLAGA you can fly directly to Malaga's Airport (AGP). From there, we will pick you up. If you can't fly to Malaga, you can always fly to Seville or Madrid and then arrive in Malaga by bus or train. Tell us your travel options and we will help you to make it easier.



Travel budget:

Country	Budget
Romania	360€
Croatia	275€
Poland	360€

Weather:

Temperatures in winter are between 0-20 °C, but there are high humidity and feels cold, so bring a warm coat and umbrella. During autumn and spring temperature average is about 25-35 °C. It's sunny about 330 days per year.

Things to bring:

- Proper clothes for working in the garden
- Mountain boots or trainers
- Hat
- Even if you are coming to Malaga, you should bring warm clothes too
- Things to present your country (food, music, flag, traditional things...)



Partner organisations contact:

Country	Hosting organization	Contact person	Webpage	Email
Spain	Patronato Hogar Ntra. Sra. de los Ángeles	Inma Jurado	www.hogarangeles.es	asociacionhogarangeles@gmail.com

Country	Partner organizations	Webpage	Email
Romania	ACTOR	www.actorromania.ro	actor_romania@yahoo.com
Croatia	Outward Bound	www.outwardboundcroatia.com	office@outwardbound.hr
Poland	CAT	www.fundacja-cat.pl	kontakt@fundacja-cat.pl