

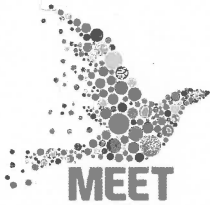
MEET - Towards More Engaged and Inclusive European Towns

VOLUNTEER EXCHANGE PROGRAM

Date:	September 2018
Version:	Final
Responsible Partner:	Vigonovo and Niepolomice Municipality
Availability:	Public



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NIEPOLOMICE PROPOSALS

1. HIPPO THERAPY WEEK

PARTICIPANTS

Children and adolescents as well as adults

PERIOD

Beginning of October

EXCHANGE LENGTH

7 days

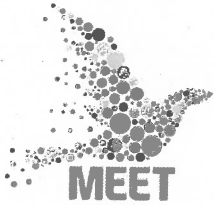
OBJECTIVES AND ACTIONS

Hippotherapy is one of the forms of rehabilitation, successfully conducted for many years by the Association of Families and Friends of Children with Disabilities Children's Dreams. Scientific researches show that the contact of a disabled child with an animal, in this case with a horse, has a very good effect on his condition. In these activities, the specialists from the association are supported by volunteers.

We offer a whole week of various activities related to hippotherapy involving representatives of associations from Vigonovo. They will cover:

- Presentation of working methods used by specialists hippotherapists in the rehabilitation of children. Sharing with the Italian group our experiences in the field of rehabilitation of disabled children and adolescents in the form of hippotherapy classes. Acquiring knowledge about working techniques used in hippotherapy, extending the range of activities proposed as part of the rehabilitation of disabled children, familiarization with the specificity of work with animals.
- Providing information about the role and responsibilities of volunteers.
- Fostering cooperation in an international environment.





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- Creating a possibility to children and young people to take part in activities involving their peers from abroad.

FINANCING

- Niepołomice commune
- Children's Dreams Association

METHOD OF MONITORING AND EVALUATION

List of attendance, commitment, observation.

TECHNICAL ASPECTS

Applying to Vigonovo responsible services, indicating the action. Applications accepted initially by the Italian side must be also approved by the Polish side.

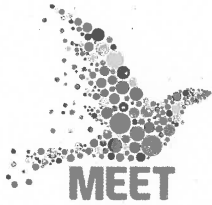
The receiving organization may set specific requirements implied by the specificity of the activity.

Travel and insurance costs will be covered by the sending party. Transport and accommodation at the place of action will be covered by the hosting party.

Both parties declare efforts to obtain a co-financing for activities from external funds.

After the action is completed, the volunteer receives certificate of participation in the project.





2. ITALIAN HOLIDAYS AT THE HOUSE FULL OF CULTURE

PARTICIPANTS

Children from 5 to 12 years old.

PERIOD

Summer holidays

EXCHANGE LENGTH

14 days

OBJECTIVES AND ACTIONS

Organization of a summer camp with the leading theme: Italy. Activities would take place from Monday to Friday between 9.00-15.30.

The aim of the workshop is to promote Italian culture among children and youth from Niepołomice commune and Italian-Polish integration. The volunteers who will be hosted by the House Full of Culture and children participating in activities will be able to share experiences, exchange knowledge about their countries and see what we have in common and what we can learn from each other.

Suggestions for activities:

- Polish-Italian match (volunteers from Vigonovo - young people from Staniątki)
- Italian and Polish cooking (Pierogarnia, bigos, pizza, pasta, medieval feast)
- Italian language mini-course for children (volunteers as teachers)
- Polish language mini-course for volunteers (children as teachers)
- Integration games
- Pasta buildings
- We create a great map of the world (arts workshop)
- We build carton buildings (leaning tower in Pisa, Coliseum, Vesuvius)
- Venetian ball with masks, gondolas
- Perfume laboratory





- Meeting with the Middle Ages
- Caffè in the morning for residents or parents (Italian word written on a cup)
- Final festa. Italian songs concert at the cafe at the Social Welfare Home.

FINANCING

- Niepołomice commune
- House Full of Culture in Staniątki
- Sponsors

METHOD OF MONITORING AND EVALUATION

List of attendance, commitment, observation.

TECHNICAL ASPECTS

We suggest that volunteers who come to the House of Full Culture were of age 18-30 years. We invite creative people who like children. People who are creative and have additional interests are welcome, for example, they play an instrument, have artistic passions, like sports and tp. And at the same time, they want to share with others.

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3. INTEGRATION CAFE

PARTICIPANTS

People of all ages.

PERIOD

Summer

EXCHANGE LENGTH

7 days

AIM AND ACTIVITIES

Launching on weekends (Saturday, Sunday) in the summer months an integration cafe at the Social Welfare Home in Staniątki. It would be open to both the charges of the center 24 hours a day, as well as people from outside, which would give seniors the feeling of participating in social life and allow to slow down the growing sense of isolation or even loneliness.

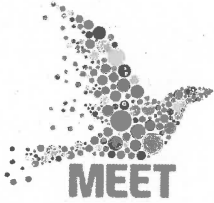
Cafe activities would be complemented by various activities, such as relaxation exercises, gymnastics and Nordic walking for those who would be willing to participate in them. The concert of the municipal choir could be organized on one or two special occasions.

In addition to the participation of representatives of non-governmental associations, volunteers will also have a role to play in this project.

These activities will achieve the following goals:

- Socialization of the elderly, staying in the welfare home.
- Integration of older people with residents - members of the local community.
- Creating a place of spending free time in a friendly, relaxed atmosphere.
- Giving seniors a sense of belonging to the community.
- Slowing down the process of isolation and loneliness in older people.





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FINANCING

- Niepołomice commune
- Social Welfare Home in Staniątki
- Sponsors

METHOD OF MONITORING AND EVALUATION

List of attendance, commitment, observation

TECHNICAL ASPECTS

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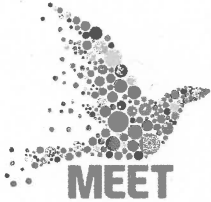
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VIGONOVO PROPOSALS

1. ART THERAPY WORKSHOPS - IN.TE.SE and FREQUENZE VISIVE

PARTICIPANTS

Senior citizens with a beginning of Alzheimer (focus context: senior citizens with special needs), volunteers of Niepolomice and Vigonovo (possibly with the passion for Arts and Photography) , Association Rindola, Association Frequenze Visive

PERIOD

Beginning of October

EXCHANGE LENGTH

7 days

OBJECTIVES AND ACTIONS

Having the aim to integrate as naturally as possible senior citizens with early cognitive impairment within the community and to support their relatives' daily lives, it has been thought that Arts, Figurative Art and Photography could be valid tools.

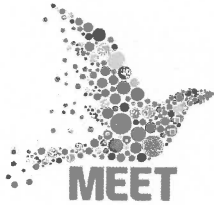
We offer some workshops where patients will be the main characters, along with volunteers of Niepolomice, and who could give their ideas, opinions and suggestions.

We could organize some museum paths, where the seniors could observe some pictures and understand their meanings, explained by a psychotherapist.

We could give a theme and organize a photographic context and exhibition.

The Polish guests will stay for a week to organize and be part of these workshops; moreover they could experience the whole therapy path, that maybe could be applied also in Niepolomice





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Actions:

- Presentation of the whole project IN.TE.SE. Illustration of Art and Photography techniques as therapy for citizens with early cognitive impairment.
- Providing information about the role and responsibilities of volunteers.
- Fostering cooperation in an international environment.

Goals:

- Alzheimer Awareness raising
- Lowering of the stigma generally related to this kind of disease

Activities:

- Art workshops
- Photo workshops
- Exhibition
- Visits to museum exhibition with guide

FINANCING

- Sponsors
- Associations for Alzheimer support

METHOD OF MONITORING AND EVALUATION

List of attendance, commitment, observation.

TECHNICAL ASPECTS

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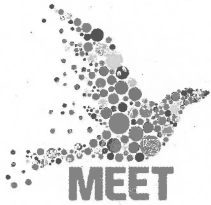
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2. ITALIAN LINGUISTIC AFTER-SCHOOL AND OTHER ACTIVITIES WITH CITIZENS COMING FROM FOREIGN COUNTRIES

PARTICIPANTS

Adults, volunteers from Niepolomice and Vigonovo, Associations : Meravigliosamente, Caritas and Reti di famiglie

PERIOD

Spring

EXCHANGE LENGTH

One week

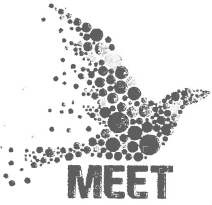
OBJECTIVES AND ACTIONS

The aim of this volunteers' exchange is to see and to take into consideration how it is possible to integrate and to learn from foreign children and from their families , as a result. We will offer to the volunteers of Niepolomice one week into which they could experience three social realities active in Vigonovo related to children, kids and adults coming from foreign countries. I'm referring to the linguistic after-school organized by the local association Meravigliosamente, where children can learn the first basis of Italian language, to the Regional social supporting families' model called Reti di Famiglie where several local families give support to other families that are in difficult conditions for a period of time in their routine daily lives and to the Italian Course for foreigners organized by the local association Caritas. In this last case, there could be the possibility to practically interact with the foreign citizens as they are mostly adult women.

Suggestions for activities:

- Visit to the after-school and exchange of opinions with the teachers;
- Organizing one or two afternoons where Polish guests could teach some basic sentences to the foreign children





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- Exchange of typical dishes with the women of the Italian course for foreigners and explanation of the traditions, in the morning of the week when usually it's hold the class
- Accompanying of the volunteers of Reti di Famiglie in their daily support with children (for ex. Taking the children to the football club or to school in the morning), in order to practically taking care of the situation

FINANCING

- Sponsors

METHOD OF MONITORING AND EVALUATION

List of attendance, commitment, observation.

TECHNICAL ASPECTS

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Ando Delib
Giuseppe M. S. L.
Przemysław Kocur



