

**FIYE  
POLAND**  
WORK  
PROFILE  
2020-2021



# WHO WE ARE

FIYE Poland is a Polish non-governmental and non-profit organization promoting and developing international voluntary service considered as a unique form of educational youth projects. We enable Polish youth to participate in the international voluntary service movement and support initiatives promoting solidarity, tolerance and intercultural understanding among young people. Through our activities we help youth with different backgrounds to develop personally and socially.

We cooperate with organizations and institutions providing care to people with intellectual and physical disabilities, schools and other types of educational bodies, environmental protection institutions as well as communes. For the last few years together with our partners we have been developing international voluntary service in Warsaw and small communities of Masovian region.



FIYE POLAND  
Stowarzyszenie Promocji  
Wolontariatu  
Address: ul. Chmielna 73B/15,  
00-801 Warsaw, Poland  
Phone: +48 726 66 66 02  
E-mail: [fiye@fiye.pl](mailto:fiye@fiye.pl)

The seat of FIYE Poland is located in Warsaw, the capital of Poland.

# OUR PROGRAMMES

FIYE Poland offers 2 types of programs: short-term projects and long-term projects.

	Period	Country	Age	Accommodation	Pocket Money	Insurance	Language Course
Short Term	1-4 Months	Any	18-30*	Shared Flat or Host Family	No	Optional	No
Long Term	6 or 12 Months	Any	18-30*	Shared Flat or Host Family	Yes	Yes	30 Lessons

\*Upper limit is flexible

## A few comments:

1. Availability of our project depends on many factors such as external funding, availability of accommodation, time of the year, withdrawal of volunteers. If you are interested in any project, ask us about the current situation via the National Committee which represents you.
2. If you are looking for a project in a specific field, also do not hesitate to describe your profile and ask – we may be able to find a project for you.
3. If you have any questions about the projects and conditions, feel free to ask. If you want to meet us on Skype before deciding for the project, we will be happy to talk with you.

## Project Locations

Our projects are located in central region of Poland which is called Masovian voivodeship. In 2020 – 21 we offer 2 locations:

- Warsaw, the capital and biggest city of Poland,
- Pułtusk, small, historical town 70 km north from Warsaw,



Organization	Type	Location	Long Term	Short Term
<b>Helenow Education and Therapy Center</b>	Disabled, Children , Youth, Animals	Warsaw	√	√
<b>Przedwiosnie Municipal Nursing Home</b>	Disabled	Warsaw	√	√
<b>Kindergartens in Pultusk</b>	Children, Youth, Education	Pultusk	√	√
<b>Primary School in Pultusk</b>	Children, Youth, Education,	Pultusk		√

# PROJECT: EDUCATION, REHABILITATION AND WELFARE CENTRE „HELENOW” INCLUDING HIPPO THERAPY CENTRE

**Location:** Warsaw

**Length:** Short Term, Long Term

**Theme:** Disabled, Children, Youth, Animals

**Aims of the Project:** „HELENOW” is a complex of institutions dedicated to education, treatment and welfare of children and youth with neurological disorders and dysfunctions. It is one of the oldest institutions providing support to children and youth with special needs. Its patients come from Warsaw and other towns and cities from the whole country.

**Project Activities:** The center consists of several public and autonomous institutions for example the hippotherapy center, special education and treatment center, there are currently about 180 pupils in „Helenow”. The volunteers work mostly in hippotherapy which is use of horse riding as a therapeutic or rehabilitative treatment for kids with special needs and boarding school. Volunteers help to prepare horses for sessions and take care of them after sessions, assist therapists and children during therapy. You can see the video of volunteers work in hippotherapy center here → <https://www.youtube.com/watch?v=Bo9zSjqGDd8> For long term volunteers, there is also an opportunity to work in art therapy classes. Here, volunteers have a chance to interact mostly with teenagers who finished or are about to finish their school education.

**Community:** “Helenów” is located in the green suburbs of Warsaw, which are mostly residential area but with good access to shops, supermarkets and local cafes. It is well connected with the city center and the journey lasts about 45 min. Facebook page of the center → <https://goo.gl/1ixgKQ>

**Accommodation:** Shared room in a flat on the premises or host family depending on availability, (1) lunches in the canteen on working days, food allowance for other meals and weekends or (2) food allowance for the whole time.



## Volunteer's Requirements:

- friendly and willing to get to know and work with disabled people
- volunteers should not be afraid of animals and be willing to work with them. The sessions are all year round so be prepared to work outside also in winter.
- reliable and diligent,
- independent and ready to have own ideas and initiative,
- any talents and hobbies such as playing instruments, painting, cooking etc. will be helpful,
- open-minded and open to different cultures and lifestyles,
- able to communicate in English,
- motivated to work as a volunteer (no paid work nor studies are allowed during your project) and willing to learn,
- ready to dialogue and cooperation in case of conflict situations,
- volunteers need to provide criminal record check.

## Volunteer's Tasks:

The volunteer works mostly at:

### 1. Hippotherapy Centre (children and youth)

supporting therapists and assistants in preparation to and conducting hippotherapy activities (cleaning horses, saddling horses, longeing during the activities, helping therapists in running exercises, dressing and undressing children)

### 2. Special Education and Treatment Centre (children and youth)

- help with homework and self-study activities for the pupils of the boarding school;
- help with self-care activities;
- transporting the pupils on the area of the dormitory and the Centre;

# PROJECT: NURSING HOME "PRZEDWIOSNIE"

**Location:** *Warsaw*

**Length:** *Short Term, Long Term*

**Theme:** *Disabled*



**Aims of the Project:** "PRZEDWIOSNIE" is a municipal institution providing care and activities for moderate and severely disabled adults (intellectual disabilities in many cases together with physical disabilities or diseases). Currently there are about 95 people under its charge.

**Project Activities:** "PRZEDWIOSNIE" provides full, 24/7 care for its inhabitants according to individual needs. It also offers medical care, different kinds of therapies and workshops. It organizes events for the inhabitants and cooperating institutions.

**Community:** "Przedwiosnie" is located in the green suburbs of Warsaw, which are mostly residential area. It is an institution established in 1970, well-known among municipal institutions, open for cooperation with local partners.

**Accommodation:** Shared room in a flat or host family depending on availability, (1) lunches in the canteen on working days, food allowance for other meals and weekends or (2) food allowance for the whole time.



### Volunteer's Requirements:

- previous experience in work with disabled people
- empathetic,
- independent, reliable and diligent,
- any talents and hobbies such as playing instruments, painting, dancing, cooking etc. will be helpful.
- able to communicate in English,
- motivated to work as a volunteer (no paid work nor studies are allowed during your project) and willing to learn,
- open-minded and open to different cultures and lifestyles,
- ready to dialogue and cooperation in case of conflict situations,
- volunteers need to provide criminal record check.

### Volunteer's Tasks:

- help at therapy workshop (art, manual, carpentry etc.)
- helping with preparation to special event such as celebration of birthday of the house,
- spending time with the inhabitants,
- own initiatives.

# PROJECT: KINDERGARTENS IN PULTUSK

**Location:** *Pultusk*

**Length:** *Short Term, Long Term*

**Theme:** *Children, Youth, Education*

**Aims of the Project:** Municipal kindergartens provide education and everyday care to children aged 3–6 living in Pultusk and its surrounding. They provide opportunities for development in different areas such as knowledge about the world, social interactions, manual skills and ensure that children are ready to begin school education.

**Project Activities:** The kindergartens provide activities on working days. Children attending the kindergarten are divided into groups of about 15-25 pupils according to their age, each accompanied by 1-2 teachers. Some classes are integration classes including 1-3 children with mild disabilities or behavioral disorders. The role of the volunteer is to assist one of the groups and support its teachers in everyday work with children. The volunteer will be working mostly with the oldest, 5-6 years old children, but occasionally will have a chance to support younger groups.

**Community:** Pultusk is a small town of nearly 20 thousand inhabitants with history reaching XIV century. Once an important religious and administrative center, today it is a provincial town dreaming about being a tourist destination. Unlike other small towns of Mazovian region, it has unique, charming, old architecture. It can boast attractive location at the Narew River and neighboring forest complex "White Forest".

**Accommodation:** Shared room in a flat or host family depending on availability, (1) lunches in the canteen on working days, food allowance for other meals and weekends or (2) food allowance for the whole time.



### Volunteer's Requirements:

- friendly, warm-hearted, caring and patient, who makes relationship with children easily,
- reliable and diligent,
- independent and ready to have own ideas and initiative,
- any talents and hobbies such as playing instruments, painting, dancing, cooking etc. will be helpful.
- able to communicate in English
- open-minded and open to different cultures and lifestyles,
- ready to dialogue and cooperation in case of conflict situations,
- motivated to work as a volunteer (no paid work nor studies are allowed during your project) and willing to learn,
- the volunteer needs to provide a medical certificate stating not suffering from contagious lung disease and not being a carrier of Salmonella and Shigella bacteria,
- volunteers need to provide criminal record check.

### Volunteer's Tasks:

- helping with regular educational activities (writing, drawing, manual activities),
- helping with preparation to celebrations and special events (e.g. performance for Mothers' Day),
- helping during excursions as well as self-service activities (dressing up, eating),
- individual support to children with disabilities and/or disorders.
- once-twice a month the volunteer will participate in additional activities for youth from Pułusk.



# PROJECT: PRIMARY SCHOOLS IN PULTUSK

**Location:** Pultusk

**Length:** Short Term

**Theme:** Children, Education, Youth



**Aims of the Project:** Municipal primary schools in Pultusk provide education and ensure development of children at the age 7-15 living in Pultusk. During the day the pupils attend lessons according to regular core curriculum. After school hours kids can go to the common room to relax and play with other kids while waiting for their parents. They can also attend a wide range of after school activities such as sports or theatre clubs.

**Project Activities:** Common Room: playing, drawing, painting or any other activity the volunteer can propose to spend the time with the kids in the best way possible.

After school classes: The volunteer can join the activities according to their interests and possible contribution such as language club to run conversations and language games, sports club to play with students or help to train them.

There are many events happening at school and the volunteer will be invited to join them and actively participate in the school life.

**Community:** Pultusk is a small town of nearly 20 thousand inhabitants with very long history reaching XIV century. Once an important religious and administrative center, today it is a provincial town aiming to become a tourist destination. Unlike other small towns of Mazovian region, it has unique, charming, old architecture. It can boast attractive location at the Narew River and neighboring forest complex "White Forest".

**Accommodation:** Shared room in a flat or host family depending on availability, (1) lunches in the canteen on working days, food allowance for other meals and weekends or (2) food allowance for the whole time.

### Volunteer's Requirements:

- Friendly and willing to get to know and work with children.
- Independent, reliable and diligent.
- Any talents and hobbies such as playing instruments, painting, dancing, cooking etc. will be helpful.
- Able to communicate in English.
- Motivated to work as a volunteer (no paid work nor studies are allowed during your project) and willing to learn.
- Open-minded and open to different cultures and lifestyles.
- volunteers need to provide criminal record check.

### Volunteer's Tasks:

- Helping with the teacher's activities.
- Organising games, activities and workshops for children at different age.
- Playing with the kids or just being with them.
- Supporting learning languages, mostly English, through different non-formal methods.
- Own initiatives, based on his/her experience with kids, skills and creativity and knowledge.
- Occasional participation in events for children, youth and seniors organized by FIYE Poland.