

“TOGETHER WE ARE STRONG”

INFOPACK



AIMS and OBJECTIVES?

The project "Together we are strong" is a long-term project with the participation of 12 volunteers, whose aim is to create sustainable mechanisms and opportunities to overcome the effects of social isolation and at the same time to develop skills, potential and talents of children and youth from small settlements and geographically remote areas, with health problems, at risk or from various marginalized communities, from socially disadvantaged or single-parent families.

During the project activities, volunteers will have the opportunity to express their empathy for the difficulties of children and young people with disabilities and to help them overcome them. At the same time, volunteers will gain useful experience and develop skills and competencies to help them increase their readiness to participate actively in the labor market, to become more flexible and adaptable to the changing environment.

The profile we will look for in volunteers is related to the current crisis and the consequences it has on young people, as well as the goals of the project to overcome them. On one hand there are consequences from the imposed social isolation and the restriction of social contacts of young people, on the other hand are the economic difficulties - due to loss of employment or long-term lack of employment. Economic constraints often cause young people to be unable to travel outside the place where they live and significantly narrow their prospects for personal and professional fulfillment. The activities will be useful for people with interest and desire to work in the social sphere, as well as interest in new technologies and digital skills.



The two types of activities we plan to implement - online and offline, will meet these described problems as online activities will reach a wider target group, and offline activities will support local communities in the three cities and will work directly with children and youth.

The planned online activities will give volunteers specific skills to use various software programs that are much easier to learn in a real environment, will upgrade their digital skills and will make them competitive. Volunteers will acquire valuable skills to work with specialized hardware and software, to process video (picture and sound), to freely use the capabilities of online-based platforms, as well as to promote information on social networks and remote work with children and youth with disabilities, and not only.

On the other hand, the participation of volunteers in meetings with children and young people from small towns (Kostinbrod, Elin Pelin and Dupnitsa) and assisting the team in conducting "musical classes" will be related to the preparation of classes and games and activities, supporting the socialization of children and young people, promoting volunteering and European values, building social skills for solidarity, tolerance, mutual support and empathy in local communities.

These offline activities will benefit and support children and young people from small settlements, as well as the local community itself, to cope more quickly with the consequences of the social crisis caused by the imposed social isolation measures during the pandemic (lack of face-to-face communication, restriction of free movement, meetings and communication with peers, participation in personal development activities, etc.), will increase their awareness, will expand their opportunities for extracurricular hobby activities, overcoming the experienced stress from isolation, will provide alternatives for making sense of free time and for meeting their spiritual needs.



We see a serious opportunity to influence these processes through our activities, which are also part of our mission and goals, namely "Inclusion of socially disadvantaged children, disadvantaged people from different ethnic groups."

We are confident that the project activities will show our solidarity with the people in difficult economic, social and mental situations and contribute to overcoming the social consequences of the pandemic.

WHERE?

The activities will take place in Sofia and in 3 small towns near the capital - Kostinbrod, Elin Pelin and Dupnitsa.



WHEN?

12 volunteers from Bulgaria, Serbia and Northern Macedonia will take part in the project "Together we are strong".

The volunteer activities will be realized in 3 consecutive cycles, each of which for 4 months with the participation of 4 volunteers.



VOLUNTEER PROFILE:

The European Solidarity Corps is a program accessible to all young people. We do not select volunteers on the basis of skills, but on the basis of motivation and will. We want ESC volunteering to be accessible to young people from all over Bulgaria, Serbia and Northern Macedonia who would like to gain international experience and skills to work in a European organization.

Volunteering will benefit young people with disabilities, namely young people who have not yet decided on their career, young people who have not been in school for a long time and have not been employed or have lost their employment as a result of the pandemic and the measures taken by governments (including the closure of entire service sectors in which young people are most often employed).

We are looking for volunteers who are interested in working with children and young people in schools, community centers and other institutions teaching music, dance and art.

The focus of the selection will be young people from small settlements or from geographically remote areas with limited access to various opportunities for personal and professional development and active participation in social processes. As well as young people with social disabilities, including representatives of various social communities. We will look for these characteristics in the CVs of the candidates and during the interviews with them.

The sending organizations will also be included in the selection process, as they know the economic and social reality in their country best and we will rely on their judgment and recommendation. The experience of the organization and the mentors also includes competencies for career guidance and promotion of activity for participation in the labor market, which we will include in our work with volunteers.

It is recommended that volunteers bring a personal laptop.



Project activities include:

1. Online activities - a platform for the development of musical skills and interests of children and young people will be built, on which training videos for the discovery and development of musical talents (vocal performance, musical instruments) will be published. In this activity the role of the volunteers is to assist the team of the organization in shooting, processing and promoting the videos that will be published on the platform. The activities will take place in the office of the organization in Sofia.
2. Offline - meetings of volunteers with children and youth from small towns (Kostinbrod, Elin Pelin and Dupnitsa) and assisting the team in conducting individual and group "music classes". The role of volunteers will be associated with the preparation of activities and the conduct of games and activities to support children and youth.

Accommodation: in comfortable and cozy apartments for rent, in the central part of the city or near the field work, in double rooms with common shared spaces and a kitchen area where they can prepare their food and spend their free time together. These conditions will be provided to volunteers who are not from Sofia.

Overhead costs for electricity, water, heating, etc. are recognized up to a limit, which will be announced in the initial briefing.

Food and pocket money: each volunteer will have **4.00 EURO per day**. This money is given at the beginning of each month.



Transport: monthly card for public transport Sofia + organized transport to locations outside Sofia.

Work time: flexible, according to the rules set by the ESC.

Short training courses: Erasmus+; European Solidarity Corps; ICL and Culture Shock, Self- time and budget management; Other.



Insurance: insurance plan for all insurance cases.

Travel expenses: According to the rules of ESC, volunteers can receive money for travel expenses upon submission of the necessary documents and within a limit set by the organization.

How to apply:

1. [Registration in EUROPEAN SOLIDARITY CORPS PORTAL here:](#)
2. [Application form](#)

Organizer: ART CENTER KARNOLSKY



<http://karnolsky.eu/>



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