



CATALOGUE OF VOLUNTARY SERVICES

PARTNERS:

Foundation Institute of Social Re-Integration
Amici del Villaggio



Erasmus+

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PROJECT DESCRIPTION

Project duration: 1.02.2020 – 30.11.2021

Partners:

- Foundation Institute of Social Re-Integration IRIS (Poland)
- Association Amici del Villaggio (Italy)

Aims:

- development of a sense of young people's entrepreneurship and their participation in social life,
- development of a sense of initiative among youth, especially in social matters,
- increase of synergy and European cohesion under intergenerational education,
- popularization of voluntary services within youth,
- leading an international dialogue aimed at tightening family bonds and intergenerational integration.

Activities:

- 2 blended mobilities of young people: „Intergenerational family bonds” and „Screwdrivers”,
- a series of meetings with seniors,
- creating a support network in the form of a „Social Bank of Time” and cataloging services that youth can offer to older people in need as part of the activities of intervention groups,



INTERGENERATIONAL BONDS

Italy activates seniors and keeps them independent as long as possible. In the Polish reality, young people are very creative and entrepreneurial, and often get involved in non-trivial events organized for seniors. The only thing we lack is intergenerational communication, which is a result of young people withdrawing from open social life due to technological advancements.

Keeping in mind the areas for intergenerational intervention, both countries came up with an idea to create a joint network of support, a sort of “Społeczny Bank Czasu” (time-based currency) as a non-formal network of service exchange, where time is a currency.



COMPANIONSHIP

In the age of smartphones and technology, older generation is more lonely than ever before. Bearing this in mind, as a younger generation we wish to lend a helping hand and keep them company.

KEEPING IN TOUCH AND CONVERSATIONS (EVEN ON THE PHONE)

We know how important it is to keep in touch with seniors, try to understand their needs and stay at their side when they need it. Moreover, it is important to have conversations and help them actively participate in a social life.

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WALKING A DOG

We know that seniors take care of their pets. Sometimes they are not able to walk them due to their excessive tiredness or bad weather conditions.

DOING THE GROCERY

We know that sometimes due to health problems, seniors do not feel well enough to do the grocery on their own. We want to help them with it.



HELP WITH ELECTRONICAL DEVICES

We are aware that seniors do not feel comfortable when using electronic devices. The ability to use them is especially important in our times, and this is why we want to help and show them how to use modern technology.

CARRYING HEAVY BAGS

We understand that it may be difficult for seniors to carry heavy bags. Our help might be crucial in those situations.



HELP WITH HOUSE CLEANING

As we know, seniors' health problems are an obstacle in everyday activities. For us, it is a chance to help clean their houses or flats. Providing help in those situations can be valuable in the context of daily life of seniors.

HELP WITH PUBLIC TRANSPORT

We believe that in order to help seniors remain independent, it is a good idea to help them use public transport, help to plan a trip — check the timetable (it is sometimes unreadable for them because of a small font), direct them to a correct stop, so they can travel independently without any problems.

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READING TOGETHER

Reading together is an ideal opportunity to build a good relationship at every age. Health problems may prevent seniors from reading their favorite magazines. Our intention is to minimize this problem and keep them company.

SINGING TOGETHER

As we know from our experience gained at our meetings with seniors, singing can connect generations and make everyone happy. We want to make people smile with this idea.

“Everyone can sing...”

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WALKS

Outdoor activities are very important. Walking together is not only a good opportunity to keep a good physical and mental condition, but also a chance for an uplifting conversation, exchange of ideas and creating mutual understanding.

GIVING A LIFT

Sometimes, using public transport is not possible for some seniors due to i.e. their mobility problems. We do not want them to stay at home and stop visiting their family or friends for this reason. We can help by giving them a lift.

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COOKING TOGETHER

Cooking together is a great opportunity to taste new dishes and talk. We want to offer help with making meals and keep seniors company while consuming them.

MAINTENANCE

We are aware that seniors who live alone may have problems with home maintenance. We are ready to help, for example, with changing the bulb, fixing the tap or setting the TV signal. We can also help to find appropriate maintenance services if something requires professional help.

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NEW POSSIBILITIES

We know that there are seniors who want to be active in their communities, but are not able to find events nearby. We would inform them about interesting events for seniors and provide them with details.

GARDENING

A lot of elderly people love gardening works. However, sometimes they lack energy for more demanding activities. Working together outdoors makes a great moment to talk.



DOING LAUNDRY

Sometimes it is necessary to handwash something or wash some bigger stuff, i.e. blankets. From the health perspective doing laundry can be difficult, especially when a senior has back or spine problems. We are eager to help them with it.

DOCTOR APPOINTMENTS

Health matters are extremely important. We are ready to look for a suitable specialist, make an appointment and keep seniors company in the waiting room.

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ADMINISTRATIVE WORK

Official documents are often difficult to fill in, i.e. due to a small font. We are ready to help with this task, complete the form or explain complicated matters.

BUYING MEDICINES

Sometimes, waiting for a long time in a queue can be burdensome. We are eager to help seniors when buying medicines, or we can deliver them necessary medication.



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