

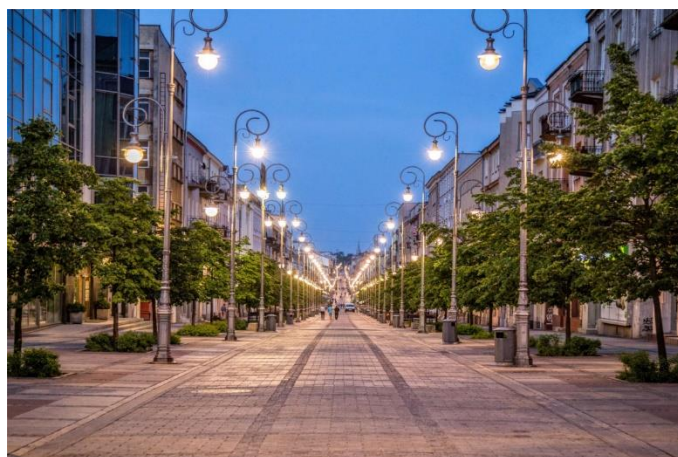
European Solidarity Corps

# « Volunteer.More »

6 Months mobility for six volunteers

Kielce – Poland

The project is started in March



## Table des matières

About the project .....	3
The Organizers.....	3
What to bring .....	4
CIGNA insurance.....	4
European self-insurance card.....	5
European Youthpass.....	5
Main tasks .....	6
Cultural Center (Kielce Centrum Kultury).....	6
Library (Miejska Biblioteka Publiczna).....	7
Primary School (Szkoła Podstawowa nr 1 im. Stanisława Staszica) .....	7
Kielce city .....	9
Historical background.....	9
Local economy.....	10
Demographic situation .....	10
Weather.....	10
What to do in Kielce .....	10
Traces of the past .....	11
Sports activities .....	11
Travel.....	12
costs & Reimbursement .....	12
Money .....	12
Contact .....	12

## About the project

In the context of a European exchange, volunteers are needed to promote European values in a cultural and linguistic exchange program. Destined to encourage the mobility and the implication of youngsters from 18 to 30 years old, the European Solidarity Corps (ESC) helps to serve a non-profit organization or a public body for general interest. In this context, the voivodeship of Świętokrzyskie in Poland has been welcoming volunteers from European countries for many years. We are looking for 6 motivated persons who are ready to be involved in an exchange for a 6-month period. They will be brought to share their culture and respective languages in active participation in community life. For this purpose, volunteering will take place in different institutions of cultural exchange in the city. Namely: The Cultural Center of Kielce, The Public Library, and Stanislaw Staszic Primary School No. 1. You will be an integral part of the staff and have the opportunity to see from the inside the functioning of these institutions.

Kielce continues to enhance the changes needed for the development of the community. As a volunteer, you will be part of these valuable transformations. It is also an opportunity to learn from each other and contribute to the understanding and collaboration between countries.

## The Organizers



The Regionalne Centrum Wolontariatu is an association that organizes socio-cultural activities, artistic and cultural events at a local and regional level but also hosting European volunteers since 2011. We are the Eurodesk Information Point and Regional Information Point and also a member of the Polish Council of Youth Organizations and the National Federation of Organizations (non-governmental). Our trainers and coaches cooperate with the School of Leaders, Helsinki Foundation for Human Rights and the National Institute of Freedom.

In the end, the Regional Volunteer Center is one of the most active NGOs in the region. We are an independent Association, but also a member of the National Network of Volunteer Centers.

As an intermediary association between organizations in need of volunteer support and individuals, who wish to provide this help, The Centre's undertakings have a very wide range.

It cooperates with institutions with various activities, as for example: cultural, caring, social, sports, student, ecological organizations and institutions

The mission of the Regional Volunteer Centre in Kielce is to inspire and stimulate civic activity and the aim is to promote the development of society through volunteering. Our activities are carried out in the spirit of dialogue, guided by the principles of respect for human rights, sustainable development and the idea of the common good. In the same line, we committed to promoting other EU values of diversity and openness

As a result, we organize and promote events related to these areas and help to involve volunteers in local activities. We regularly send volunteers to projects abroad and initiate exchanges and seminars.

Contact: [esc.kielce@centrumwolontariatu.eu](mailto:esc.kielce@centrumwolontariatu.eu)

## What to bring

The most important documents you will need as a volunteer are your ID card or passport, your activity agreement and your European health insurance.

### CIGNA insurance

From 1st August 2015 European Commission has chosen a new provider of insurance for volunteers going on their ESC projects. You can find the instructions for enrolling ESC volunteers under Erasmus+ ESC projects starting from 1st August 2015. Any questions concerning the enrolment procedure should be addressed to the EACEA (EACEA-YOUTH@ec.europa.eu). With this insurance you have covered all the pharmacy expenses during your stay, which means if you're going to see a doctor you don't have to pay any fee. Also for more information on what is covered with Cigna insurance you can email the question or look it up on this webpage:

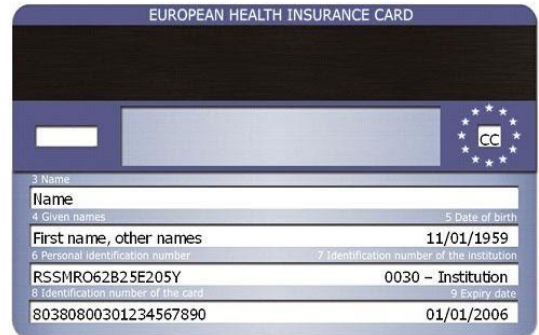
[https://www.salto-youth.net/downloads/4-17-3248/EVS\\_Cigna\\_GUIDE.pdf](https://www.salto-youth.net/downloads/4-17-3248/EVS_Cigna_GUIDE.pdf)

Not everybody knows, that in your Cigna account, you can find the Cigna card, it is important to fill in all the necessary information and then you can download and print your

Cigna insurance card and take it with you and put it into a safe place in your purse/wallet and feel safe wherever you spend your time during your months of ESC.

### European self-insurance card

If you are a citizen of the EU, you can have a European Health Insurance Card. It is highly recommended to obtain it before your arrival to Ostrowiec because you don't have to pay for the examination in advance. Usually you get this card from your national insurance company free of charge.



Read more about European health card and information about how to obtain it:

<http://ec.europa.eu/social/main.jsp?catId=559&langId=en>

### European Youthpass

Youthpass is a new way for participants in the Youth in Action Program to describe what they have done and to show what they have learnt. Basically, it is a tool to recognize the learning gained by participating in a European Voluntary Service experience. It recognizes non-formal learning. Youthpass helps you track and describe what you have done in your European Voluntary Service project. It helps you link this learning to a set of competencies. Mentors follow and help facilitate the volunteer's learning process. It helps to establish clear and achievable learning objectives. With Youthpass, you can record learning in any way you choose. It can also be a method of reflecting on your learning at regular intervals during the activity. This document doesn't apply to participants of Eurodissea or training.



Read more about European Youthpass here: <https://www.youthpass.eu/en/youthpass/>

## Main tasks

As a volunteer from the European Solidarity Corps program, your role is to take an active part in the promotion of European values, civic activity, cultural diversity.

You will have to prepare exhibitions presenting interesting facts from your country. You will also have access to weekly Polish classes and be in contact with a mentor and other volunteers (2 hours a week) on-site to make this experience more enriching in the European sharing spirit.

### Cultural Center (Kielce Centrum Kultury)

As a volunteer in this institution, you will have to promote and organize cultural events (concerts, performances, exhibitions, meetings with authors, educational and theatrical workshops), in accordance with the current schedule of events. You are going to take part at each step of the process: preparatory activities, the realization of the event and evaluation activities of individual events - in the KCK - service of stage facilities - care for foreign artists and guests, service of dressing rooms, assistance with rehearsals, planning the stay associated with the performance, service of the audience of the Small and Large Stage.

- promotion of cultural events in Kielce Cultural Centre (promotion in social media field promotion, promotional trips to other organizations, distribution of promotional materials, working with a graphic designer creating promotional materials)
- assistance in organizing cultural education, artistic education, art education, theater classes with adult children and seniors (care of participants, assistance in organizing and conducting workshops),
- organization of exhibitions in the Gallery of Contemporary Art Elevator
- assistance in creating an English-speaking website of the Kielce Cultural Center
- assistance in the distribution of tickets for events organized
- implementation of the image and information policy
- office work
- animation of the education zone

Cultural center web site : <https://www.kck.com.pl/>

## Library (Miejska Biblioteka Publiczna)

A pair of volunteers will:

- conducts language talks (based on books and magazines in the language library).
- supports the cleaning work of librarians (takes care of the order on the shelves with a foreign-language book collection, cleans the shelves, arranges the book collection, preserves books).
- actively helps in organizing cultural events, educational activities and reading animations.
- helps in preparing promotional materials for the library.
- organizes and runs circles of interest in one's own country, both for children and seniors.
- cooperates in running the Discussion Book Club.
- assists in lending foreign-language books (help with literature selection, suggestions for readers).
- Helping to organize the Toddler's Club, where moms will have a chance to rest, integrate with other moms while their children will take part in classes
- familiarizing themselves with the culture and traditions of their country, the literature.
- promotes the activities of the library in the local environment (by distributing invitations, posters and leaflets, e.g. in dormitories and cooperating institutions).
- Assists in the translation of language texts.
- Helps to keep photographic documentation of the library's activities.
- Assists in the organization of events aimed at increasing the level of leadership in the region
- Assists with works and projects of media publication in VR reality format.
- Participates in internal meetings with library staff.

Municipal library web site: <http://mbp.kielce.pl//>

## Primary School (Szkoła Podstawowa nr 1 im. Stanisława Staszica)

The primary school has planned a 36-hour time slot, including: 22 with children in the facility.

- 3 hours - extra-curricular activities developing interests and talents, (1 hour of the "Single Notes" choir, 1 hour of the School of Nature "Curious of the World", 1 hour of the school circle artistic "Kredka" 1 hour of the School Circle of the League of Nature Protection, 1 hour of classes developing hobbies and interests of chess students,
- 3 hours of sports activities,
- 1 hour Geographic-Touristic School "With a backpack through Kielce")
- 2 hours of billiard workshops with children as part of the SKS extra-curricular activities,

- 2 hours of dance workshops as part of the SKS extra-curricular activities,
- 9 hours - extra-curricular activities as part of psychological and pedagogical assistance
- 3 hours of corrective and compensatory classes, 1 hour of teaching and compensatory classes in English, 1 hour of learning Polish as part of extra-curricular activities

Journalist Association,

- 1 hour a week - classes in the school daycare center
- 4 hours a week as part of the School Volunteer Circle,

Additionally:

- 1 day per month -a visit to another school, kindergarten, or other institution
- 1 hour - classes with a school consultant, class planning and discussions
- 4 hours - preparation for classes
- 4 hours - preparing the exits, organizing tournaments, games and plays in the facility

Volunteers will also cooperate with the Student Council and the Parents Council in organizing annual vacations, fairs, competitions, sports tournaments, and festivals. As part of the solidarity activities undertaken to counteract social exclusion, they will support charity activities and the Volunteer Schools Association. They will participate in international campaigns promoting children and human rights, e.g. UNICEF and the campaign "Orange Ribbon - 19 days against violence and abuse of children and youth". They will work for the benefit of the local community, cooperating with many institutions and target groups, including parents and seniors. Guests will also be involved in community initiatives within the framework of the "Health Promoting School" project.

Primary school web site: <http://sp1.kielce.eu/>



## Kielce city

Kielce is the most important city in this region and can provide a wide choice of sports and cultural activities as well as all the stores you might need during your stay. In addition, the volunteer center will be present to give you the necessary information for your departure and to help you in case of possible difficulties on the spot.

## Historical background



The exact date of the foundation of Kielce is difficult to determine. Archaeological research shows that the town was started by a small settlement that existed here much earlier, which developed as a place of trade exchange. The area of the Holy Cross Mountains, until the eleventh century is not very populated. The first hunters established permanent camps at the foot of the mountains. They needed a place to trade furs, meat, and other necessities. This is how the Kielce market was born. In the 11th century, Kielce became the property of the bishops of Krakow, who established a wooden church and a manor house there.

Over the centuries Kielce was destroyed several times, whether by the Tatar and Swedish invasions and was annexed by various foreign nations such as Austria or Russia. Always rebuilt, the important resources of the region will be at the origin of its continuous development. In fact, the area around Kielce is rich in minerals such as copper and iron and limestone. Kielce became the main node of the Central Industrial Zone, with factories specialized mostly in metallurgy and heavy industry.

During the Second World War, the city was an important center of the Polish Resistance. There were several active resistance groups in the city and the forests of the Holy Cross Mountains became the theater of partisan activities. The resistance inflicted heavy losses on the Germans and later participated in the final liberation in January 1945. But thousands of inhabitants of Kielce, including almost the entire Jewish community, lost their lives.

The post-war years were a period of constant expansion, especially intensive in the 1970s. At that time, new large housing estates were built.

## Local economy

Kielce - the capital of the Świętokrzyskie Province is one of the most dynamically developing cities in Poland who has for years been a meeting place for the largest domestic and foreign companies representing various sectors of the economy. The city took advantage of being members of the European Union. Thanks to EU funds, investments in cultural institutions, social assistance, technical and sports infrastructure have become friendly to the inhabitants, tourists, businessmen and people with disabilities. The city offers interesting real estate, professional services for entrepreneurs and a high standard of business-related services. It is a place of important international cultural and sporting events.

## Demographic situation

Kielce is inhabited by approximately 180,000 people.

## Weather

	January	February	March	April	May	June	July	August	September	October	November	December
Average temperatures (°C)	-5.8	-4.3	1.8	8	12.5	15.5	17.3	16.7	13.1	8.8	2.8	-2.5
Average minimum temperatures (°C)	-8.8	-7.5	-2	3.1	7.2	10.3	12.1	11.5	8.3	4.5	0	-5
Maximals temperatures (°C)	-2.8	-1.1	5.7	13	17.8	20.7	22.5	21.9	18	13.1	5.7	0.1
Average temperatures (°F)	21.6	24.3	35.2	46.4	54.5	59.9	63.1	62.1	55.6	47.8	37.0	27.5
Average minimum temperatures (°F)	16.2	18.5	28.4	37.6	45.0	50.5	53.8	52.7	46.9	40.1	32.0	23.0
Maximals temperatures (°F)	27.0	30.0	42.3	55.4	64.0	69.3	72.5	71.4	64.4	55.6	42.3	32.2
Precipitation (mm)	32	28	33	43	69	87	91	77	50	40	41	38

City hall website: <http://www.um.kielce.pl>

## What to do in Kielce

### Life In Kielce

## Traces of the past



The palace of the Krakow bishops, in the city center, is one of the finest 17<sup>th</sup> century residences. This architectural masterpiece is also full of furniture, tapestries and paintings from workshop of Tommaso Dolabella is luxurious and well-preserved interior. Further away you can visit the monastery of Karczowka, which dates from the same period. This religious and therapeutic space will give you a breathtaking view of Kielce from the monastery tower.

If you have more interest in wilderness particularities, The Kadzielnia nature reserve is an open-air geological paradise with many rocks and fossils found in this place. Similar locations show the active geological past in this region but it's not your field of expertise you can also take a walk in the woods around Kielce.

## Sports activities

To keep you in shape, you will probably find a sport that suits you. There are many fitness, climbing gym but also a swimming pool easily accessible. By bus you can reach the ski slope and the glass skate track next to it. With her light reliefs, Kielce is also a good place to practice bicycles whether in parks or in the city center. The more we are, the more we laugh: with other volunteers, you will be able to organize an outing in laser quest area or karting space and make good memories of your volunteer trip.



# Travel

## costs & Reimbursement

You can easily reach Poland by plane or European bus lines passing through Warsaw or Krakow and then Kielce by train. Travel costs will be covered according to the distance bands allowances of Erasmus+, how it was applied for and approved. Please, be aware that individual kilometer distances might be further than allowed



reimbursement. Travel costs will be reimbursed after receiving all documents from all participants. Meals will be provided with extra money that the centrum Wolontariatu will give every month for food after opened a bank account on site. As a volunteer you will be hosted in a shared flat or in a student residence enough close to the center to reach it on foot or by buses easily. Of course, a deposit will be required to guarantee the upkeep of the premises during your stay. A transportation pass will be given to you upon your arrival.

## Money

Local money is the Zlote (zł/płn)

1 euro  $\cong$  4.5 zlot

## Contact

Send us your Curriculum Vitae and motivation letter explaining your motive and specifics interests on: [esc.kielce@centrumwolontariatu.eu](mailto:esc.kielce@centrumwolontariatu.eu)

For practical reasons, please name your documents with your first and last names in pdf format. And then if your apply is selected you will receive an email to plane a previous meeting with us.

If you know someone who could be interested in this project – Let him/her know and contact us.