



Agency for International Programs for Youth of the Republic of Latvia



Co-funded by the
European Solidarity Corps
of the European Union

EUROPEAN SOLIDARITY CORPS VOLUNTEERING PROJECT „BE AMBASSADORS OF YOUR CULTURE”

Place: Latvia/Rezekne city

Host organization: CULTURE HOUSE OF NATIONAL SOCIETIES OF REZEKNE

PROJECT Dates: 01.10.2019. – 31.09.2020.

Participants:

Age limit: 18-30 years

We are looking for volunteer from EU countries

Hello dear partners of project “Be Ambassadors of Your Cultures”!

Each project's participant will take part in different activities of Culture House of Rezekne National Societies and Theatre – studio “JORIK” (concerts, theatre performances, rehearsals, festivals and other projects), as well each of you will organize and carry out activities that represent the country you come from. During the project you will have task to make your culture meetings (lessons) that will include language lessons, introduction to culture, traditions, music, movies, food and other special features of your country. Also there are planned some activities for children – performances in Kindergartens with stories, songs and games from your countries. (See in project description)

Don't be afraid from all activities I have mentioned, each of you will receive support from your **mentor** and theatre producers. We have creative, interesting people here, so everything going to be alright! Of course you will have free time so you can get to know our county, meet other volunteers from other organizations and Erasmus students, have time for yourself and your hobbies. You will also take part in journeys to festivals and concerts depends on where our collectives will participate.



INFORMATION ABOUT ORGANISATION

Culture House of National Societies of Rezekne was established in April, 2004 to preserve, integrate and develop culture of different nationalities that live in Rezekne, promote the consolidation of the community, introduce the community with the peculiarities and values of the national cultures and organise the spare time of city-dwellers. There exists children and youth studio of theatrical art. Young actors participate in different festivals and

concerts, where they represent their ethnic group.

PROJECT DESCRIPTION

Objectives:

- To complement the activities of Rezekne NBKN for the local community provided by volunteers for 3 generations - children, young people and elders - with topics - active participation, useful time spending, ecological problems, non-formal education, informal language learning, culture acceptance, solidarity, active aging of seniors;
- Developing skills and competences for both volunteers and the target audience through non-formal learning methods;
- To provide volunteers - who are without work experience or being unemployed, with economic and social barriers, and experiencing a personal crisis - with the opportunity to learn, develop and gain the necessary experience;
- To define personal goals for the volunteers during the project with the help of the mentor and acquire diverse competences;
- Widespread publicity of the project inside and outside the city, introducing, as far as possible, broader sections of society with the stages of project implementation;
- To make it possible for Rezekne society to get to know and understand what solidarity is, because this term is still unfamiliar to a small town. In project visibility activities, all activities and publications, volunteers will talk about solidarity and demonstrate through actions. In this way, the local community will be educated;
- To promote opportunities of European Solidarity Corps for the local community;
- Develop initiative and entrepreneurial skills for volunteers and the community through the development of events and activities in Culture house of Rezeknes National Societies (NBKN);
- To give children and young people the opportunity to communicate and work with European citizens from an early age, so that they grow up with understanding and respect, and above all without fear of other cultures in solidarity;
- Elimination of discrimination, xenophobia, racism, marginalization in Rezekne society.
- Using informal methods of education to educate children and young people about natural problems and climate change, and the principles of preserving natural wealth (initiated in the previous project). The volunteer project "Be ambassador of your Culture" will have a significant impact at local, national, European and international level, and local and foreign communities will be well informed about what it means to be a volunteer and how such projects will help in personal growth. The project places great



emphasis on reducing xenophobia and developing solidarity at local, regional and international level. As mentioned above, we expect the project to have a positive impact on different age groups, their ability to accept a different and other cultures, will reduce the likelihood of marginalization and radicalism. Volunteers will reflect the diversity of European society. With a volunteer project, we will show that people with different abilities and with different experiences can contribute to positive change not only at the local but also at regional and national levels. It is planned that this project will help local young people dare to go on volunteering projects abroad, and a larger part of society will be aware of the possibilities of the European Solidarity Corps Projects. After completing the project, the project participants will present their experiences in their cities

Activities:

The activity consists from 3 individual mobilities at the same time for 12 months periods, which starts on September 1, 2019, and will end on August 31, 2020 and take a total of 366 days. The activity will take place in Rezekne city - Culture House of Rezekne National Societies.

Volunteering activities consist of various activities that are relevant to the audience of 3 generations - children, youth and seniors. The essence of our individual volunteering activity is to enable volunteers and NBKN participants to get to know each other new culture, to gain new social and life skills, to motivate local people to be active citizens, to increase the influence of volunteering in the region and to encourage and share the cultural heritage with the local community, to reducing the possibility of xenophobia, stereotypes and discrimination, marginalization and radicalism, instead developing solidarity between different cultures. All activities correspond to the set goals. And their impact matches long-term goals.

Activities:

- **"Welcome the project"** - volunteers introduce Latvian symbolism, national and cultural values, anthem, coat of arms;
 - **3 events** where the local audience will be introduced to the symbols of each volunteer homeland, national and cultural values, festive traditions.
 - **Cinema Club** - each volunteer will organize 3 cinema club meetings where will introduce local youth and middle-aged city people to the best movies of their countries, the most famous actors, directors, etc.
 - **National cuisine workshops** each volunteer will lead 3 culinary workshops;
 - **Native Language and English Clubs** - will help volunteers understand their language, will help young people and seniors with language learning. Especially for those young people who find it difficult to understand formal language classes at school (especially English and German).
 - **Making and performing in a theatre performance** for and with children;
 - **Eco club** - various activities for children using natural materials, using waste, creating performances, with the idea of reducing household waste (as it is accepted in their country or as a volunteer would like it to happen); - Hiking with young people, where through non-formal methods youngsters will be introduced with volunteering, compassion and equality, possibilities of European Solidarity Corps;
 - **Trips to schools in Rezekne and Rezekne region**, telling about volunteering, sharing volunteers' experiences in Rezekne and telling about opportunities within the European Solidarity Corps.
 - **Volunteers' Initiative**, or additional activities, the idea of which is realized during the project.
- Planned project activities have a positive impact on people, especially children / young people and seniors, they help socialize in society, break stereotypes, improve quality of life, improve mood.

PRACTICAL ISSUES

Pocket money (1 person): 4 eur per day

Food money (1 person): 150 Eur (you will need to save all receipts of each month for 150 Euros food only)

Accommodation: You will live in flat with 3 rooms, kitchen and bathroom and it will be paid from project money automatically. Flat will be supported with all necessary things – washing machine, bed linen, beds, kitchen utensils, Wi-Fi etc.

Travel money: Travel money project can provide (both sides) based on Distance calculator for ERASMUS+ program https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en :

EUR 275

You need to buy tickets by yourself as well as travel insurance (or your Sending organization can help you) and we will give the money back after you provide all bills.

Insurance

- Every volunteer will be covered by insurance: Travel insurance (including luggage insurance); civil law liability insurance; accident insurance, death insurance for which the Host Organization is responsible.

Volunteers **must have European Health Insurance Card** (it's for free).

Telephone card: You'll get your first telephone card with number as well. But during the project for calls you'll pay from your pocket money.

Vocation: 24 days per 12 months

Computer: You can use computer and printer for activities in Culture House, if you want to have computer at flat, please take it with you.

Clothes: We have cold winters. Please take warm clothes, warm socks, boots (better waterproof). We have a lot of second hand shops, so volunteers buy warm clothes there as well.

You can get information about our organization from ex-volunteers:

Vaska Sarafiloska (North Macedonia) – vaska_ss@yahoo.com ENG

Vadim Maroz (Belorussia) – Vadik29042009@mail.ru RU, ENG

Natalie Wittmann (Germany) – wittmannnatalie@yahoo.de DE, ENG

Anastasiia Kudryavtseva (Russia) e-mail: zwesdamoia@mail.ru – RU, DE, ENG

Enrique Corces Perez (Spain) – e-mail: corces@gmail.com – ES; ENG; DE;

In case you have questions, don't hesitate to contact us. We'll glad to help you!

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