

APPLY NOW!

Wettöffner

Connect through Solidarity



EUROPEAN SOLIDARITY CORPS VOLUNTEERING AT A NURSING HOME FOR ELDERLY

 Rum, Austria

 September 2023 - August 2024

 for EU/EEA, Turkey, + Rep. of
North Macedonia residents

 apply by 4 June 2023, 23:59



Your Hosting Organisation: SOKO Rum

Our nursing home “Soziales Kompetenzzentrum Rum” (SOKO Rum) **takes care of seniors and dependent persons** based on short- and long-termcare. For this purpose, the town of Rum has created our special housing complex that consists of 69 single rooms and 13 barrier-free rooms for the elderly.

Our modern facility with its excellent infrastructure is a wonderful place that offers its residents peace and quiet. The guiding principle of our home is “You will be well taken care of”. Which implies that the residents with their **autonomy and individual personalities** are the focus of our facility. Our team does their best in order to provide the ideal conditions for the elderly especially through taking the residents’ individual needs and life stories into consideration. It is very important for us to not only take care of the body but also the spirit and mind of our residents. **Mutual respect and responsibility** are the basic elements of our philosophy. Other values that are of great importance for us are: understanding, engagement, professionalism, reliability, equity and clarity.

Every resident has at disposal their own room with a bathroom and a balcony or a terrace, which is located in one of the two residential floors. In each of this units there is a joint living area, whereas the residents can take their meals as well as spending time together as a community in the meantime. Furthermore, the residents can have a cup of coffee in the **café**, take advantage of different **therapy rooms**, take a walk to a nearby **garden** or simply enjoy the sun on one of our two **terraces**. The residents are encouraged to spend their time on many activities that are organised by the multiprofessional team, either inside or outside.

SOKO Rum

Hosting Organisation

Innstrasse 19,
6063 Rum, Austria



www.rum.gv.at/kompetenzzentrum



psychosozialerdienst@rum.at



Your Tasks & Activities

Your tasks involve taking care of the elderly during their **day-to-day activities** but also supporting them in their **free time**. The residents are encouraged to spend their time on many activities that are organised by the multiprofessional team, either inside or outside. Hence, our therapist team provides a lot of interesting activities for the residents like trips, creative workshops, gymnastics groups, memory trainings, gaming afternoons, bowling and many more. It is very important for us to create a lot of stimulating opportunities for our residents regarding their individual interests and needs.

You will be part of creating your monthly roster which guarantees that you are engaged in a variety of tasks and activities.

As your tasks include supporting the elderly during mealtime, setting the tables, serving food and cleaning, you will cooperate closely with the nursing team but not take over any nursing yourself. Thus, you will spend a lot of time with the residents during their day-to-day habits and you are likely to be confronted with all kinds of situations.

In the surrounding of a retirement home this also includes situations related to illness, rapid health deterioration and death. You will never have to deal with acute problems of the residents on your own, but you should know you may witness these situations at first hand. Therefore, it is important for you, us as a team and the residents that you can deal with these circumstances mentally. You will cooperate with the psychosocial team where you can receive advice or help.

You will work five days a week, around **35 hours a week** including a **language course**. There will be a weekend, this means two consecutive days off every week. You also get two vacation days per month which you can accumulate. In addition, National Holidays are free days for you as well. The nursing home is in the surroundings of the train station and the journey to Innsbruck by bus takes roughly 20 minutes. Considering that, you will get a **public transport** ticket that allows you to discover beautiful Tyrol. Since you will spend a lot of time in the Austrian society, it is a good opportunity for you to get to know better the Tyrolean culture.

YOUR MAIN TASKS



- working in the living area (prepare meal tables, serve meals, cleaning dishes, put away laundry and supplies)
- being a helping hand with all kinds of chores in the house,
- support the inhabitants during their day-to-day activities
- participate in various group activities,
- regular team meetings and meetings with the tutor,
- create and implement a personal project with professional support,
- participate in the activities organised by InfoEck.

Your Profile

You can apply for this project, if you legally reside in an EU country, Iceland, Liechtenstein, Norway, Republic of North Macedonia or Turkey.

According to the rules of the EuSC only people **between 18 and 30 years** can participate. This project requires you to be available full time - you must not study, work, be in training or any other side occupation that keeps you from volunteering.



WE WOULD BE HAPPY TO HOST A VOLUNTEER WHO

- is interested in working with elderly people with multiple disabilities,
- has a stable personality, in order to be able to work with our residents,
- is open-minded, friendly, enthusiastic, creative and communicative,
- wants to work in a team,
- is motivated to learn German (and Tyrolean German dialect),
- wants to gain social, intercultural, communication and nursing skills,
- would like to work in a completely new but interesting environment,
- would like to meet new people from all over Europe,
- brings her or his own culture and interests into the project,
- is ready to volunteer for 11 months starting in September 2023.

We are open to host volunteers with different backgrounds and especially encourage participants who face challenges in their lives to send their application.





Project funding & Lead Organisation: InfoEck

The lead organisation of project "Weltöffner" is **InfoEck** (Verein Generationen und Gesellschaft). InfoEck coordinates eight volunteers in the region of Tyrol at seven hosting organisations and oversees the administration, finances and the quality control of the project. InfoEck organises wide-ranging group activities for all volunteers about once a month (like a radio show, evaluation meetings, a charity cooking event etc.) These group events are integral part of the volunteering project and you should be prepared to **participate in all these activities**.

The duration of this project is **11 months**, expectedly **from 18. September 2023 until 16. August 2024**. We ask you to be committed to participate the whole duration, it's important for the project, your own learning development and for the hosting organisation!

InfoEck has submitted this project to the Austrian National Agency. As we are still waiting for the funding contract (grant agreement), these dates may change. However, we are optimistic, due to good experiences in the past. The EU, InfoEck and SOKO will finance this volunteering project. The only possible financial contribution that you may need to make is a small share of the **travel costs**.

The responsible coordinator is ready to answer open questions and to prepare the project with SOKO, you and the Supporting Sending Organisation. The coordinator's name is **Elisabeth Summerauer**: international@infoeck.at (send your application to SOKO, not to Elisabeth!).

INFOECK

Lead Organisation



www.infoeck.at



international@infoeck.at



[/infoeck](https://www.instagram.com/infoeck)



[/infoeck](https://www.facebook.com/infoeck)



[@infoeck869](https://www.youtube.com/@infoeck869)

We support you

You will have regular meetings with your internal tutor, external mentor and with the hosting organisation to talk about your wellbeing or about the project activities.

The hosting organisation will give you orientation and support through the main responsible employees (in-house psychologist **Astrid Huber** and occupational therapist **Barbara Ripper**) and the entire nursing team.

The lead organisation InfoEck will hold **regular group meetings** with all volunteers in Tyrol in order to share experiences, give support to one another and to stay connected. You will get to know other volunteers from various countries and will be invited to participate in occasional free-time activities. To further your language skills you will participate in a language course.

At the end of the project, we will evaluate together with you and look at what you have learned and which competences you gained. To maintain the results as a document, you can fill in the Youthpass certificate.

Location, Housing & Finances

You will live in our organization and have a **fully equipped room on your own** on the 3. floor in the compartment that contains 13 barrier-free elderly rooms, but you will have your privacy ensured by a separate entrance to your room. Towels, linen, as well as cleaning products will be provided without any extra costs by the house. At scheduled times there is a possibility of using a washing machine inside the facility. You have to accept the house rules.



Furthermore, you **can eat in the hosting organisation** but you will receive sufficient monthly **food money** and EUR 6,- per day of **pocket money** in addition to that.

Rum is a small town with 9500 residents and is located on the outskirts of Innsbruck. Due to its wonderful placement and good infrastructure, it is really easy to get quickly either into the mountains, or into the city. Every year there are a lot of interesting cultural and sport events in the area.



How to apply

To apply, send an e-mail with **your CV and the Application Form** directly to the hosting organisation.

Contact person: Mag. Astrid Huber
E-mail: psychosozialerdienst@rum.at

The **deadline** to apply is 4. June 2023 at 23:59.
Only complete applications via e-mail will be considered.
Please do not apply online via the Solidarity Corps Portal!

The selection phase will start after the deadline and the final decision will be taken about two weeks later by the SOKO Rum team. All applicants will be informed.

Embrace the challenge.
Meet inspiring people.
Try new things and learn for a lifetime!