

VOLUNTEERING IN PANEVĖŽYS



ALL THE INFORMATION THAT YOU NEED

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Dear volunteers,

Very-very soon, your life will change...

And it's because some time ago you took your personal decision to become a volunteer in Lithuania. Remember, not so long ago you were writing motivation letters, filling in various application forms, and - what a great news - you were chosen!!! Then, you felt impatient because you were waiting for the decision of the National Agencies, and again a fantastic news follows – your project is approved, and from September you have to leave for another country and start a new life. . .

I can bet that now when everything is certain and the organisation, where you wanted to help, is waiting for you, thousands and thousands of questions and doubts start to appear in your head. This “philosophy” was created especially for you in order to give some answers to your questions and make the situation clearer. Of course not everything is mentioned, but it is an important guideline for the project.

What is to be a volunteer?

The word itself is derived from Latin “voluntas” and is the synonym for free will, or personal choice. Ever since the beginning of the movement, volunteers have been driven by the wish to contribute positively to today's societies, working towards peaceful living conditions through a common effort. Peace and international understanding, friendship and co-operation form the part of the overall aims of voluntary service. These are pursued through a common commitment based on a free personal decision and through the coming

Common activities

In order to make the coordination live, there will be meeting between all of you, sometimes with us, sometimes in small groups. We will make meetings 2 times per month, sometimes more often so that to brainstorm about the leisure time activities and about some activities that make EVS visible at local level.

Holidays and volunteering time

You will be volunteering around and maximum 35 hours per week (language lessons are the part of it as well as the on-arrival and mid-term trainings, considered as 7 hours per day). Arrival and departure days do not make the part of volunteering time. Every project will function differently on the interest of the volunteer and also on the interest of the project itself. One hour per week is used for coordination. This hour can be used to organise a visit of your project, to write documentation or to make a common project with the other volunteers. These projects are very important, as they give the sense of the coordination. You will have an official of holidays 28 days per year.

In practice, every hosting organisation deals with the holidays as they wish

For all this we will offer you:

Possibility to work in an international NGO;

Possibility to learn new skills, e.g. project management

(but many-many others besides – you will be surprised yourself how much you'll learn!);

New contacts and friends;

Chance to learn a new language (or make it fluent);

Possibility to live and work with interesting international people;

Possibility to travel;

Accommodation and food;

Pocket money (80 euros/month).

NB!!! Volunteer service is NOT a holiday, a job, a stage, an opportunity to learn a language that is simply paid for you on the part of European Commission!!! This means that you will not have a many-star hotel to live in, or any other benefits like this. Certainly, you will be provided with basic things needed – you will have a simple room to live, some of you will share the room space with each other. As far as food is concerned, some of you will eat at the working place, some of you will get money to buy food by yourselves, etc.

The most important that you should come with the volunteer spirit. It means the wish to give, and not to take. Please, make sure that you realise it before you come on the place. It will help you to avoid possible disappointment. If you have doubts there is still time to tell it to us! But at the same time don't be afraid... We will take very good care of you, and having the volunteer spirit ourselves in our organisation, we will offer you friendly atmosphere, and help to deal in case of difficulties.

LITHUANIA

Where is Lithuania?

The Republic of Lithuania is a nation in northern Europe located at the edge of north European Plain. It is bordered by Latvia on the north, Belarus on the east and south, Poland on the south, and by Kaliningrad Oblast, a Russian exclave on the south-west.

What is the capital of Lithuania?

Vilnius is the capital city of Lithuania and also the capital of Vilnius County. It is the largest city in the country with an estimated population of 560,190.

How big is Lithuania?

Lithuania spans a total area of 25,174 square miles. The population of the country as estimated in 2011 is 3,244,000.

What are the ethnic groups in Lithuania?

The majority of the population of Lithuania is constituted by the Lithuanians. The other ethnic groups in the country include Poles, Russians, and Belarusians.

What is the official currency used in Lithuania?

The Lithuanian litas is the official currency of Lithuania. It is divided into 100 centų. The litas has been the national currency of Lithuania since 1993.

What is the official language of Lithuania?

The official language of Lithuania is Lithuanian. However, people also communicate in English, Russian, German, and Polish.

What is the official religion of Lithuania?

Christianity is the pre-dominant religion in Lithuania with Roman Catholicism being the largest denomination. Other denominations include Orthodoxy, Evangelical Lutheranism, Reformed Church, and Jehovah's Witnesses. Islam and Judaism are also practiced in Lithuania.

When is the national day of Lithuania celebrated?

The national day of Lithuania is celebrated on February. It is better known as the Lithuanian State Re-establishment Day. On this day in 1918, Lithuania gained independence from the rule of Russia and Germany.

Climate in Lithuania

The country's climate, which ranges between maritime and continental, is relatively mild. Average temperatures on the coast are -2.5°C in January and 16°C in July. Temperatures can reach 30 or 35°C in summer. Some winters can be very cold. -20°C occurs almost every winter. Winter extremes are -34°C in the seaside and -43°C in the east of Lithuania. Snow occurs every year, it can be snowing from October to April. In some years sleet can fall in September or May.



LITHUANIAN CUISINE

Lithuanian cuisine features the products suited to the cool and moist northern climate of Lithuania: barley, potatoes, rye, beets, greens, berries, and mushrooms are locally grown, and dairy products are one of its specialties. Since it shares its climate and agricultural practices with Northern Europe, Lithuanian cuisine has much in common with Eastern European (Polish, Ukrainian) and some similarities to Scandinavian cuisine, also Hungarian, Romanian, and Georgian cuisines as well as Ashkenazi cuisine. Nevertheless, it has its own distinguishing features, which were formed by a variety of influences during the country's long and difficult history.

Because of their common heritage, Lithuanians, Poles, and Ashkenazi Jews share many dishes and beverages. Thus there are similar Lithuanian, Lithuanian Jewish, and Polish versions of dumplings (koldūnai, kreplach or pierogi), doughnuts spurgos or (pączki), and blynai crepes (blintzes). German traditions also influenced Lithuanian cuisine, introducing pork and potato dishes, such as potato pudding (kugelis or kugel) and potato sausages (vėdarai), as well as the baroque tree cake known as Šakotis. The most exotic of all the influences is Eastern (Karaite) cuisine, and the dishes kibinai and čeburekai are popular in Lithuania. Torte Napoleon was introduced during Napoleon's passage through Lithuania in the 19th century.

The Soviet occupation badly damaged Lithuanian cuisine. As elsewhere in the Soviet Union, however, its people were allowed to maintain their own small garden plots; these were, and are, lovingly tended. After the restoration of independence in 1990, traditional cuisine became one of the ways to celebrate Lithuanian identity.

Despite the apparent richness of the cuisine, Lithuania has a very low prevalence of obesity.





PANEVĖŽYS

Panevėžys (is the fifth largest city in Lithuania. As of 2011, it occupied 52 square kilometres (20 sq mi) with 113,653 inhabitants. Panevėžys was first mentioned in year 1503

The largest multifunctional arena in Panevėžys, Cido Arena, hosted the Eurobasket 2011 group matches.

Panevėžys is situated in the middle of Lithuania; it is halfway between two Baltic capitals - Vilnius and Riga. The good geographical location with good road infrastructure, and the international highway Via Baltica provides opportunities for business. Panevėžys, situated in the centre of Aukštaitija, is sometimes called the capital of the region. It is a municipality on itself (Panevėžys city municipality) and is also the capital of Panevėžys district municipality, and Panevėžys County.

"Panevėžio autobusų parkas" Ltd. is serving 16 Panevėžys city routes with 44 buses running. Total urban route network consists of 136.8 km (85.0 mi). Station equipped with 223 passengers' bus stops.

CULTURE

The Museum of Ethnography has accumulated a lot of artifacts of historical and cultural heritage. The Art Gallery organizes about 20 different exhibitions every year as well as music and literature evenings, lectures and discussions about culture and art research. The Photography Gallery arranges 30 exhibitions of photography every year. 10 photo artists had personal exhibitions abroad and won international awards. The Public Library has 8 branches. Since 1989 Panevėžys has been organizing International Ceramics Symposia. The unique collection of ceramics is the biggest in the Baltic countries and is added to each year. The Chamber orchestra, Women's Choir "Golden Oriole" (Lithuanian: "Volungė"), ensemble "Muzika" (Lithuanian: music) are well known for various music projects not only in Lithuania but also abroad. The Brass Orchestra "Panevėžio Garsas" (English: Panevėžys Sound) plays not only for Lithuanian audience but also for people in the Baltic countries, Germany, France and the Netherlands. The Orchestra won the Grand Prize in a festival in France in 1997.

The city is a home to many theatres. Juozas Miltinis Drama Theatre is famous in Lithuania and Europe. Juozas Miltinis has brought up a number of actors. One of them is Donatas Banionis who is known internationally. Theatre "Menas" (English: art) was established in 1991. The city boasts of Puppet Wagon Theatre which is the only in Europe. Antanas Markuckis, the director of the Theatre was awarded International Prize of Hans Christian Andersen in Copenhagen in 2003. Every two years the theater organizes the International Theatre Festival "Lagaminas" (English: suitcase). There also is a musical theater and school called Juozas Miltinis school where are drama lessons lectured.



HOSTING ORGANISATIONS

K. Ramanausko vaikų lopšelis darželis

Hosting organization – K. Ramanausko Kindergarten in the institution, which has an aim to put cultural and spiritual values into learning process. Its mission – to teach little children, organize their every day life and activities to promote love, sharing and self-expression. Also to look after their health, cooperate with parents.

This kindergarten offers a non formal education for kids below school age. (children from 3 years old).

It boasts large number of international and local relations with other formal and not formal institutions.

K. Ramanausko kindergarten has about 25 pedagogic workers, social worker, 29 other workers, accountant, secretary. A team of three people will be responsible for volunteer project in the organization. Social worker will help to plan volunteers work time at first months, also will encourage volunteer to express himself. One group teacher will be responsible for daily activities and director - for all volunteers time in organization and all his/her needs.

Volunteers activities – creative education, social, inter cultural, community building. Preliminary activities are associated with year circle and religion time. These issues are integrated into learning process and done well for young age kids. The main work of volunteer could be games:

Social games, traditional games, active games, music games, games outside. We would like to have a volunteer which could integrate his experience with kids into daily learning process. Also volunteer should know how to deal with kids and love them. The preliminary work distribution – 60% creative work with kids, 30% - kids supervision in groups, 10% administrative work.

The volunteers in kindergarten should in general be interested and willing to work with children. This is simple the only condition we have for volunteers. No further experiences or skills are required.

Number of volunteers hosted: 2-4



Panevėžio rajono Bernatonių darželis - mokykla

Organization - Bernatoniai Kindergarten is 7 kilometres from Panevezys city. In our institution there are few groups of children: pre-school group in kindergarten (the children age 1 to 4 year), the last year kindergarten children(age 5 to 6 year), and primary school (1-4 forms). At the moment there are 56 children in total. There are 18 employees working in the kindergarten every day, 8 pedagogies and 5 workers.

A team of three people will be responsible for volunteer project in the organization. Youth leader from coordinating organisation will help in kindergarten with translation while planning volunteer's work time at first months, also will encourage volunteer to express himself. One group teacher will be responsible for daily activities and director - for all volunteers time in organization and all his/her needs in his her working place.

Kindergarten staff knows Russian and backgrounds of English languages.

For the begging volunteer will work together with the Bernatonių school-kindergarten workers (teachers) as an assistances, making the main things working with the kids : help to unclosed kids when they are coming to the school-kindergarten, lead them to classes, help them find their sits, fill the free time (through games, art, communication (telling the stories, reading the books, fairy tales)), help to make bathroom, lead kids to the dining room, make them sleep, prepare and clean the room before and after activities, and ect.

Introduce themselves, through presentations about their own country, city, traditional food, songs, dances, tell some stories, showing pictures of the family, friends, job or universities.

After some months, when volunteers will adapt and teachers will be more open for the new methods, style and creativity. Volunteer will have possibility to make their own idea truth, realise own games, songs, dances. To make some changes in leisure time of kids, and be more open to stay with kids alone, taking responsibilities and care.

We would like to receive 2 volunteers who would be able first of all work with kids, love them, take care and be responsible of them. The main profiles of the volunteer should be:

- friendly
- active
- don't have alcohol, cigarettes and drug addictions
- flexible for the working style, methods and ect.
- open minded
- respectful
- self- confidence and responsible
- able work in groups/ alone
- creative (games, songs, art, dances, sport outside and ect.), able to give some new ideas.



Panevėžio r. savivaldybės viešoji biblioteka

The main office Public Library of Panevezys Region Municipality (later called as PLPRM) is situated in Panevezys city. Library of Panevezys Region and situated in Panevezys city with 35 branches in different villages and small cities in Panevezys region. The \Public Library in Panevezys region deals with all age groups. We serve adults, youth, children. Our main activities are: lending books, working out reading materials, offering access to the internet, promoting reading, activities and competitions for children and youth, organizing meetings with writers and poets, organizing computer courses for senior citizens, organizing annual poetry competition, taking part in local culture events and others, according to the needs.

Volunteers will be hosted inside children sector but in some activities in branches they will have also activities with adults (taking part in cultural events, organizing foreign language courses, intercultural evenings or some workshops). A team of three people will be responsible for volunteer project in the organization. Youth leader from coordinating organisation will help with adaptation while planning volunteer's work time at first months, also will encourage volunteer to express himself. One librarian from children sector will be responsible for daily activities and vice director - for all volunteers time in organization and all his/her needs in his her working place.

Library staff knows Russian, English languages, basic of German language.

Today library is not just the place to take or to change the book, to read newspapers. Library is also community information centre, the place of stimulation and support for different community activities, to expand community members horizon. Therefore and for other reasons the library workers have very wide working field. Beside everyday technical works, work with readers librarians also organise cultural advertisement, artistic events. Participation of volunteers in this kind of activities would be very useful and needful. It would bring new ideas to their daily work, new organisation skills, new forms of work. Volunteers will get to know activities of local communities, youth organisations, life style, traditions, social life.

The main aim of the volunteers activities is strengthening and enriching daily library activities through the volunteer work and intercultural, artistic activities in libraries:

- to help organizing artistic, cultural activities for children
- organize intercultural activities for children
- teaching children basics of his/her native language
- preparing and implementing presentation of one or few children literature books of volunteer native country.

NUMBER OF VOLUNTEERS HOSTED: 2-3



Krekenava Regional Park

Krekenava Regional Park was founded in 1992 in order to preserve the landscape of the mid Nevežis river valley, is natural ecosystem and cultural heritage values, to ensure their management and rational use.

Proposed activities for EVS volunteers:

Canoeing in the Water Tourism Route, excursions, Cognitive Tourist Routes, Tracks, Paths, Bicycles roads, educational programmes the main activities offered to the visitors in Krekenava regional park. In all these mentioned activities volunteers can take place, help to prepare the routes, clean environment, assist for the tour organisers and so on. Volunteers will work 5-6 hours a day. First 3 months they will also have Lithuanian language lessons.

The main activities in Krekenava regional park as in all Regional parks in Lithuania are mainly maintenance, research, monitoring. The main role of EVS volunteers in the organization will be assistance as the volunteer won't be professional. But in some fields volunteers can propose and implement their own initiatives. All depends on the individual volunteer and their interest to be active and creative.

Volunteers will assist and help in maintaining survey platforms, temporary resting sites (forest furniture, information panels and stands), resorts (fireplaces, toilets, forest furniture), the small landscape architectural buildings (fences, information panels and stands, stairs, foot-bridges, footpaths), recreational installations (wood furniture, bowers, swings), camping-sites, surroundings near river Nevežis

The EVS will be first of all stimulating for the local staff working in the Regional Park. Different culture and different point of view will enrich the work within the Park. The role of the volunteers can be also a strength-point for the development of international tourism. The volunteers will be asked to organise educational ecological programs for schoolchildren or even for younger kindergarten children.

We would like to host 2 volunteer at the same time.



VšĮ "Vilties namai"

Hosting organization "Vilties Namai" ("A House of Hope") is situated near city Panevezys. Its only a few kilometers and can be reached by a town bus.

Hosting organization "Vilties Namai" is a non-governmental organization, which aim is to give mentally disabled people (age from 18 years old) a place to live and a better life. It helps these kind of people to find job, live a social life, gives all the support needed to survive and takes care of their free time.

Hosting organization does not only work with mentally disabled people but also have a possibility to work with local youth and children from socially poor backgrounds. Seminars, meetings are prepared to talk about socially poor families and ways to help them.

Project environment:

Organization "Vilties Namai" has experience with EVS projects and volunteers since 2001.

Main aims:

- To help people with special needs to live normal life in community;
- To teach and give own responsibilities in every day life, in all functions of people with needs.
- To Help to fulfill all the special needs with a help of assistants.

This organization takes care of accommodation, feeding, wardship, nursing, medical service, provision with clothes, hygiene accessories, free time activities and employment, transport service, compensatory things, Communication, psychological, court needs, Cultural events.

Volunteer could help to organize free time, every day activities, teach hygiene things. Hosting organization does not only work with mentally disabled people but also have a possibility to work with local youth and children from socially poor backgrounds. Seminars, meetings are prepared to talk about socially poor families and ways to help them. Voluntary work will be really helpful in this sphere.

Volunteer profiles and recruitment process:

We would like to have a caring volunteer, which would really like to work with people with serious problems. He/She should be creative, sensitive, have good communication skills.

Number of volunteers hosted: 1



VšĮ Šv. Juozapo globos namai

The institution St. Joseph's House was founded by the diocese of Panevezys in 2003, but the building history of the House reaches even 1994. In 2008 Panevezys City Municipality became a cofounder of this institution. Finally St. Joseph's House was opened in 2009-01-12 and started to provide social care for its clients. The main task of our institution is to provide the institutional social care services for disabled and old age persons that are in need of a special care. We are also providing nursing for our clients with terminal diseases.

The services to the clients are provided by our staff specialists (a doctor, nurses, social workers) that ensure daily life of our clients.

St. Joseph's House we provide social care for 75 persons.

Our experiences of the last years have shown that volunteering in a social project with elderly people offers a lot of educational impact for the volunteer as well as for the residents and the staff. Furthermore it is important to meet with the volunteer on a regular basis in order to support him in putting his ideas into practice. Possible tasks:

- help with daily life of the elderly;
- accompanying the elderly people for walks or pushing their wheelchairs to therapists or works;
- preparing and leading games (twice a week);
- keeping records of the resident's care Educational opportunities;
- getting to know therapeutic forms of elderly care (occupational therapy);
- developing new ideas for spare time activities of the elderly;
- creating own projects telling the residents about the volunteer's home country (customs, dances, songs, poems, cooking, handicrafts);
- learning to work in a team.

We would like to have a volunteer which could integrate his experience with elderly into daily learning process. Also volunteer should know how to deal with old people and love them.

We expect:

- love, respect and interest for elderly and disabled;
- possibly some precognition in this field;
- ability to work in a team, kindness, independence, resilience, sense of responsibility;
- open for the Christian faith and its values.



PRACTICAL ARRANGEMENTS FOR THE VOLUNTEER

The host organization is responsible to arrange all practicalities.

Food: The volunteer will receive money for food every month or can eat at the organisation and have food money for the weekends. The volunteer will be able to decide herself what, when and where to eat.

Local transport: The Volunteer will have bus ticket. The Centre is well served by route buses during the day.

Accommodation: The volunteer will live in a flat consisting of private bedrooms, shared living area, a kitchen and bathroom facilities.

Working hours, days off per week, holidays: The weekly schedule of the volunteer will be flexible, because it depends on Centre schedule. On average, the volunteer will work about 6 hours per day, five days a week.

All National Lithuanian holidays will be day-offs for volunteer. If the volunteer expresses wish to have her national or religious holidays as free days, the HO would consider it.

Basing on the needs of the volunteers and the host organization, the both parties will arrange the timing for holidays of the volunteers. The hosting organization will be flexible regarding the needs of the volunteer to have free time, but it will also expect that the volunteer will be flexible regarding the working time. If the Host organisation need volunteers' help in weekend, volunteer will be informed about it in advance and try to arrange two consecutive free days during the week.

The national Lithuanian days off are – 1. January, 16. February, 11. March, 1. May, 6. May, 3. June, 24. June, 6. Jule, 15. August.

Pocket money: Pocket money (the equivalent of a monthly sum of 80 EUR in Lithuanian currency) will be paid to the volunteer on the private bank account or given cash.

Language support: Lithuanian language course will be provided by a private teacher once or twice a week (40 hours). The volunteer will also have opportunity to learn the language while communicating with the host family and the workers in the office.

ACCOMMODATION



TO TAKE WITH YOU

You're going to leave for a long period of time, and it's very important that you think carefully in order not to forget anything from what you will need. Besides, we would like to add to this list. Don't forget to take:

Your mobile phone. There will be a possibility to call from the public phone laptop if you have one – there is a free wi-fi Internet in many places that you may use, and also it would be often practical for your project, if you like to have Internet at home you can get a modem and pay from your own cost 29 litas per month. Some brochures (postcards, leaflets, books, videos, CDs etc) that may represent your country, so that you could present it to the others. If you have some special needs, be sure that you have everything needed for it. Your favorite toy, book, slippers, CD, coffee machine, guitar – whatever – if you're sure that you will miss it. Even if this thing is quite big, but you're sure that you will like to have it – take it. The room here in Lithuania will be your "home" for a very long time, so think of the details that will help you "to feel at home" and help to organise your free time. Good mood and volunteer spirit of course!

Read carefully all these rules and if you fully do not agree with them - look for another project!

If you are not happy with the rules and our very nice philosophy of the project we will not be able to keep you as a volunteer and it will be frustrating both for you and for us. We deeply wish to let these places open for young people with a strong motivation to be a volunteer, and to continue after their EVS projects to be volunteers in their life and hopefully keep in touch with our organisation.

SOME BASIC LITHUANIAN WORDS

ENGLISH

LITHUANIAN

Hello	Labas
What is your name?	Koks tavo vardas?
I am...	Aš esu..
How old are you?	Kiek tau metų
Where are you from?	Iš kur tu atvykai?
I am from...	Aš atvykau..
Thank you!	Ačiū
You're welcome!	Nėra už ką.
Good night!	Labanakt
Yes	Taip
No	Ne
I like you	Man tu patinki
I love you	Aš myliu tave
Smile	Šypsokis
Goodbye!	Viso gero
See you	Iki

Some useful links:

And finally, go to the following web pages; they may become very useful:

http://ec.europa.eu/youth/program/sos/vh_evs_en.html - answers to all your questions (well...at least to most of them) about volunteer service in general – practical and theoretical points

<http://www.training-youth.net/INTEGRATION/TY/Publications/tkits/tkit5/> - really interesting and useful guide on International Volunteer Service, available for a free download

If you need any information, don't hesitate to contact us pvjc.alkc@gmail.com
or visit our website <http://alkc.lt/>

WE ARE WAITING FOR YOU!!!