

Cultural Summer



**“Cultural summer” is an european voluntary service project, financed under key action 1, Erasmus Plus program.
Project reference number: 2018-1-RO01-K125-048925**



Cofinanțat prin
programul Erasmus+
al Uniunii Europene



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AIM & OBJECTIVES

- 
- enhancing the competences of 8 volunteers, during 2 months, in working with children with different disabilities, by developing knowledge of at least 2 new methods
 - offering summer-time activities for a group of at least 30 youth, during 2 months, in order to develop them independency skills, logical thinking and motric coordination

PARTNERS OF THE PROJECT: HOSTING - SENDING- COORDINATING ASSOCIATIONS

Your host organization will be Interregional Youth Social Movement of support of voluntary initiatives “SFERA”, that has been established in March 2007 by uniting the efforts of youth non-governmental organizations from different subjects of Russian Federation. The headquarter is situated in Nizhny Novgorod, Russia. The aim of the organization is development and support of youth initiatives by providing young people with access to volunteering regardless of nation, religious, social status and disadvantages. The main activities are:

- international voluntary work camps,
- EVS and other long-term voluntary projects for youth,
- educational activities for youngsters and organizations involved in social service, - promotion campaigns of volunteering,
- charity and social services.

The most of the organizational activities allow to exchange experiences, knowledge and skills between youth from EECA, European Union and other countries of the World in order to inspire a sense of solidarity, tolerance and mutual understanding.

“SFERA” movement operates at European level by organizing common projects and events with permanent partner organizations from all over the Europe. There are 83 permanent partners from all EU member countries and all EECA countries as well as from other parts of the World. Furthermore “SFERA” movement is a member of Alliance of European Voluntary Organizations and a partner of Service Civil International (SCI). Since 2007 “SFERA” is one of the official multipliers of Youth in Action programme and ERASMUS + Programme in EECA countries.

You can read more about our organization on www.dobrovolets.ru

Your sending and coordinating association will be ANTER.

ANTER (National Association for Support of Ecological Youth of Romania) was founded on 04 october 2008 in Craiova, Romania. Its goal is "to promote the development of civic consciousness in general and eco-civic consciousness particularly, but also to sustain the young people involvement in the civic life".

ANTER is an independent association which brings together young people with ages between 15 and 35 years, from different areas without distinction of nationality, sex, religion, political and religious beliefs. Our daily work consists in different activities regarding intercultural exchanges between people who belong to different background, support of youth integration through different methods etc. Our association has experience in the European Voluntary Service Programme, both in the previous program Youth in Action and in the new program Erasmus Plus.

ANTER had initiated and implemented a series of projects under the YIA Program, such as participative democracy projects, trainings and seminars, EVS both sending and hosting, youth initiatives. All of these projects were connected to different topics like: civic, social, ecological and cultural.

For more please visit: www.asociatiaanter.ro

Information about the project



The project will take place in rehabilitation center for children and youth “Cherry”. The center was opened in 1981 as a childrens` health-improving camp. Since 2006 it became a rehabilitation center for children. Every year the center hosts about 3000 children. The children come there for rehabilitation for different periods of time, varying from 3 weeks up to 6 months. There are children with different kinds of disabilities: with infantile cerebral palsy and other physical and mental disabilities.

The centre is located in a very picturesque place in Smolensk city. Smolensk is one of the ancient towns in Russia. The first mention about this town was in 863. Then it was a very big city with many inhabitants and it had a great influence on Russian politics. In 14th century the town was under the influence of Lithuania and the first half of the 17th century it belonged to Poland. Just in 1654 Smolensk was returned to Russia. Nowadays it is a town with 350,000 inhabitants. It is located at the bank of the Dnepr River about 370 km from Moscow. The city has a lot of historical, architectural and cultural sights. The most interesting sight is of course Smolensk Kremlin that was built in the 16th century. On the Kremlin walls you can visit some museums, including the Thunder museum and the Museum of Russian vodka. Also Smolensk is one of the towns where you can see some very old churches of the 11th-12th centuries.

WORK & TASKS

The volunteers will be asked to do a variety of social activities for the children:

- Volunteers are expected to help to organize the entertaining activities and sport games for the children. Also volunteers will help tutors in the activities orientated to the social rehabilitation of disabled children: games, painting together, organizing workshops.
- Also volunteers will be asked to organize open-air events for children who live in the Centre and other children in the city: concerts, games, workshops.

Also, there are some tasks of repairing the Centre (cleaning the rubbish around the Center, painting some benches, fences, walls etc.).

When you arrive, you will try working with different age groups and doing different activities. After that, you will be able to choose the activities, whether you want to chose one or rotate. All of these shall be discussed on the spot.

- 2 articles / volunteer (1 related to the EVS experience and one related to a topic of choice, from: social inclusion / work with children/ multiculturalism or the interconnection of these subjects)
- 1 website with all projects materials
- 1 survey - perception of the local community in Russia has about volunteering and one how children with disabilities are seen in the community
- 1 interview per volunteer on a topic chosen by him / her
- 1 film or clip presenting the experience, which shall be presented during the final event

Accommodation: The volunteers will live in the center building, in rooms of 5-7 persons, with a common hall, in a building with all facilities (bathroom, toilet, it is also possible to organize laundry for the volunteers). Meals will be prepared in the canteen. Please let us know your dietary needs, if you have any. Typical Russian food will be served!

Money : Each volunteer will receive 60 euro / month - representing pocket-money. For visa, each volunteers will receive a maximum of 120 euro, after sending us the documents which prove the cost and a copy of the visa (the volunteers shall receive the money before the start of the project). For transportation, each volunteer receives a maximum of 275 euro, in order to assure transportation from the city of residence to Smolensk and return. If the cost of transportation exceeds this sum, the difference shall be covered by each volunteer.

INFORMATION ABOUT THE TRIP AND THE MEETING POINT

From city of residence to Bucharest (train or bus), Bucharest - Moscow by airplane, Moscow to Smolensk- train (the sending NGO we will arrange the plain ticket and train tickets from Moscow to Smolensk).

. How you can reach Smolensk train station from Moscow?

There are 3 airports in Moscow where you can arrive:

More information about Moscow airports:

Sheremetyevo airport: <http://www.sheremetyevo-airport.ru>

Domodedovo airport: <http://www.domodedovo.ru/en/>

Vnukovo airport: <http://www.vnukovo.ru/eng/>

From the airport, the most convenient mean of transport for you is Aeroexpress train. It goes every 30 min from 06 a.m. until 00.30 a.m. It costs 400 rub (about 8-9 euro)

You can find detailed information about Aeroexpress here <http://www.aeroexpress.ru/> There is the English version and you can buy thicket there. Also you can buy the ticket directly at the airport.

Trains to Smolensk go from Belorusskiy train station (Белорусский вокзал). It`s situated in Belorusskaya metro station (Белорусская).

Moscow metro map

(<http://www.metro-map.ru/map.php> - in Russian

www.engl.mosmetro.ru- in English)

We will meet everyone at Smolensk train station

Time

Russia has 11 different time zones. The local time: GMT +3 hours. Smolensk time is the same like in Moscow.

BE ATTENTIVE!!! On your train tickets Moscow time is always written!

MIGRATION CARD AND REGISTRATION PROCESS

You will get a migration card on the plane or at the airport. You have to fill it in (two parts) and turn it in together with your passport at the customs office. The customs officer will put a stamp in your passport and give you back one part of the card. This is a very important document so please keep it until departure. When you go back, you have to show it at the border again. You should write the name of organization and address of your project in this card. You will find this information at the top of the first page of this document. Every foreigner has to be registered in Russia if she/he stays more than 3 days in one city. So when you arrive, please give your local coordinator your passport, a migration card and the tickets. Please keep all your tickets and don't stay in one city more than 7 working days (usually 9 actual, if there're no state holidays) without registration.

Currency

Official currency is Rouble. 1 Rouble consists of 100 Kopecks.

We recommend you to bring your money in euro. Exchange offices are open every day twenty-four hours and you definitely find at least one near a metro station (Moscow). Please use banks or exchange offices solely.

Exchange rate (October 2018)

1 USD = 65 RBL

1 Euro = 75 RBL

Average prices

Moscow metro (one trip) - 50 rubles

Moscow ground transportation (bus, tram, trolley bus) - 30-40 rubles

Plain water (0.5 l) - 40-50 rubles

Milk (1 l) - 50 rubles

Bread (loaf) - 20 rubles

Beer (0.5 l) - about 60 rubles

Dinner at a cafe/canteen - 300 – 500 rubles.

Whether

The climate of Russia is rather various because of the dimension of the territory, however throughout the most part of the territory, the weather is continental or moderately continental with long cold winters and short chilly summers. Normal temperature in June for the central part is about + 20-30 degrees. However the variety of temperatures can be very wide. Before you leave, we strongly recommend you to check the weather through the internet (<http://meteo.infospace.ru/cities/html/index.ssi>).

WHAT TO BRING WITH YOU

VERY IMPORTANT:

Every volunteer should have the following medical tests results upon arrival:

1. HIV/AIDS test
2. Confirmation from your local doctor stating that you are healthy and can work with children and don't have any transmissible diseases.

Please keep in mind that these medical tests are valability of only 10 days. We recommend that you do these tests shortly before the trip. Please make the necessary appointments as soon as possible!!!

Some tests can be taken directly in Smolensk. All tests will cost 50 euro. Just let us know what you need, which tests are difficult to do in your country. We are always ready to help you.

These tests are required since you will be working with children. Thank you for understanding.

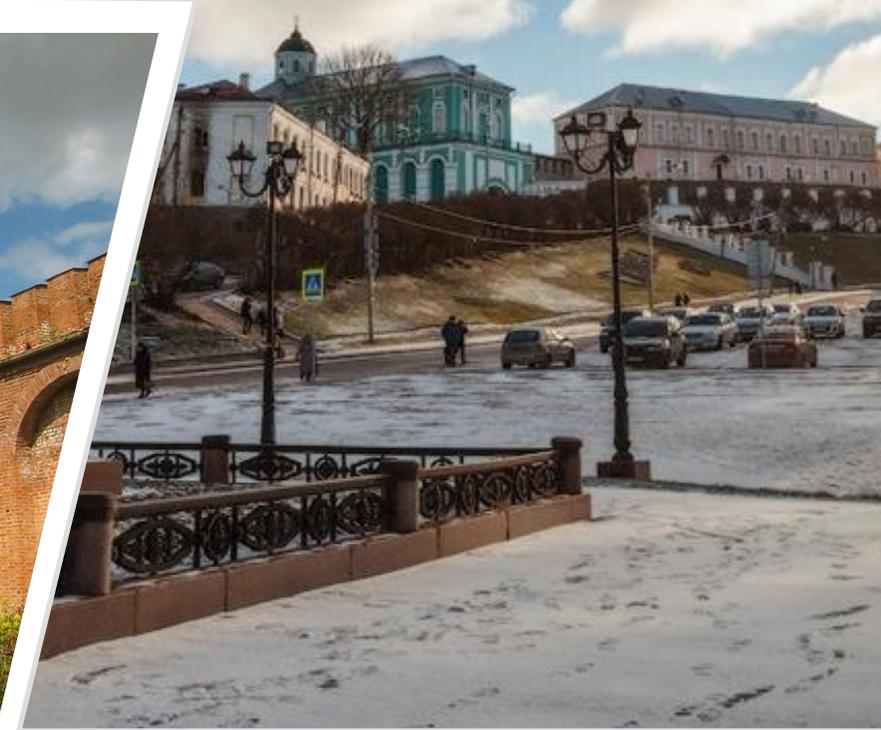
Also please bring with you:

- some warm clothes (it can get chilly outside in the evenings),
- swimming suit,
- special medicines for yourself (if you need it),
- some info-materials and pictures of your country flag to use for you country-presentation that you shall create for the children
- your favorite music and national/traditional music from your country
- games and materials for the educational and recreational activities with children, photos and postcards
- some national food or anything you can present as a traditional element from your country
- cheerful mood, adventure spirit and sense of humor are required 😊



INFORMATION ABOUT THE CITY

Smolensk is one of the ancient towns of Russia. The first mention about this town was in 863. At that time it was a very big city with many inhabitants and it had a great influence on Russian politics. However, during the 13th century, there was an epidemic that killed almost half of the city's population. During the 14th century, the town was under the influence of Lithuania and the first half of the 17th century it belonged to Poland. In 1654, Smolensk was returned to Russia. Nowadays it is a town with 350,000 inhabitants. It is located at the bank of the Dnepr River, about 370 km from Moscow. The city has a lot of historical, architectural and cultural sights. The most interesting sight is, of course, Smolensk Kremlin which was built in the 16th century. Inside the Kremlin walls you can visit some museums, including the Thunder Museum and the Museum of Russian Vodka. Also, in Smolensk you can visit some very old churches from the 11th- 12th centuries.





BASIC Russian:

English	Russian	Pronunciation
Good afternoon	Добрый день	Dob-ryi den
My name is ...	Меня зовут	Me-nya zo-vut
Can you help me?	Вы можете мне помочь?	Vy mozhete mne pomoch?
I would like to buy ticket to ...	Я хочу купить билет в ...	Ya ho-chu ku-pit bi-let v ...
one,two,three,four,five, six,seven,eight,nine,ten	Один, два, три, четыре, пять, шесть, семь, восемь, девять, десять	Odin, dva, tri, che-ty-re, pyat, shest, sem, vo- sem, de-vyat, de-sayt
Thank you	Спасибо	Spa-sibo

