



European Voluntary Service

EVS guide for volunteers

A practical guide for interested volunteers



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This booklet is composed for the volunteers within the Healthy Network and its member organizations.

This booklet is composed by Jan Van Hove. The texts are adapted from the programme guide of the Youth in Action programme (www.action2.eu), from T-kits (www.training-youth.net), from training courses and ideas that several trainers have put on the paper.

Thanks for the contributions and feedback to: Tomas Pesek, Marija Kljajic, Joke De Dycker, Bridget Burns, Ilse Salnaja, Lina Buzelyte, Aude Espérandieu, Nina Pavloska, Francesca La Vigna, Patricia Silva, Viktorija Panovaite, Marie Lambert, Mishko Ashtalkaski, Bertrand Labacq.

Pictures are taken by Jan Van Hove, Tomas Pesek, and coming from the photo-archives from MO-Plusko and the Healthy Network.

Updates of the information in this booklet will be further disseminated via the website <http://www.evsguide.eu>.

With the support of the YOUTH IN ACTION programme of the European Commission.





This booklet is a guide for young people who are thinking about participating in European Voluntary Service, and their organisation(s).

With this booklet we want to:

- inform about what EVS is, how it goes, what the procedures and steps are
(= Do you know what EVS is and how you can participate in it?)
- give people some reflection points to consider before applying for EVS
(= Is EVS something for you?)
- prepare potential volunteers mentally for a stay abroad
(= Do you realise what it means?)
- give some practical hints and tips
(= How to survive on a project?)
- share some examples how people have used their EVS experience after their EVS project
(= What when i'm back home?)





Introduction in EVS

What is EVS?

What do you know already about EVS?

Before going further, it might be good to be well informed about EVS and the possibilities.

What have you heard before about EVS? Are you already well informed, or do you want to collect still a lot of information?

Take enough time to discover all details about EVS! Here we give an introduction in what we call "European Voluntary Service", or in a short way "EVS".

What and for whom?

What is EVS?

Within the European Voluntary Service (EVS) programme, young people can spend up to 12 months abroad as European volunteers helping in local projects in various fields. EVS represents Action 2 of the Youth in Action Programme

Volunteers in EVS projects participate in activities in different fields (like: environment, arts and culture, activities with children, young people or elderly, heritage, sports, etc.) which comply with the following general principles:

ACTIVITIES MUST:

- Take place in a country other than where the volunteer lives;
- Be non-profit-making and unpaid;
- Bring an added value to the host organisation and the local community;
- Not involve job substitution, nor be a substitute for military service or alternative service formulas;
- Last for a limited period, normally between 2 and 12 months.

ACTIVITIES SHOULD:

- Promote universal peace, dialogue, tolerance and solidarity;
- Contribute to building long-lasting and solid partnerships;
- Include exchange of youth work expertise and know-how;
- Give participants a better understanding of their own situations and cultures and help them explore their identities;
- Contribute to developing the voluntary sector and civil society.

EVS IS NOT...

- EVS is not occasional, unstructured, part-time volunteering.
- EVS is not an internship in an enterprise.
- EVS is not a paid job and must not substitute paid jobs.
- EVS is not a recreation or tourist activity.
- EVS is not a language course.
- EVS is not exploitation of cheap work force.
- EVS is not a period of study or vocational training abroad.
- EVS is not simply a funding scheme, but a quality model of transnational voluntary service.

Volunteers

Who can participate?

You can participate in EVS, if you belong to one of the following groups:

- Young people aged between 18 and 30
- Youth workers, youth leaders, trainers, project managers or organisers in the field of youth and non-formal education
- Non-profit-making youth organisations
- Other non-profit-making organisations, associations and structures experienced in the field of youth and non-formal education

From which countries?

EVS, as the Youth in Action Programme in general, is aimed mainly at the "Programme countries", but young people from the "Neighbouring Partner countries" can also participate in EVS projects. On next page you find the participating countries.

Importantly, each EVS project and each EVS activity must involve at least one EU Member State (for example a host organisation from an EU member State, or a sending organisation from an EU member State). More technical information about this you can find here: www.action2.eu



Where can you go on EVS?

You can do an EVS project in each "Programme Country" of the Youth in Action Programme.

PROGRAMME COUNTRIES

• Austria	• Germany	• Netherlands
• Belgium	• Greece	• Poland
• Bulgaria	• Hungary	• Portugal
• Cyprus	• Ireland	• Romania
• Czech Republic	• Italy	• Slovak Republic
• Denmark	• Latvia	• Slovenia
• Estonia	• Lithuania	• Spain
• Finland	• Luxembourg	• Sweden
• France	• Malta	• United Kingdom
• Iceland	• Liechtenstein	• Malta
• Turkey		

However some technical procedures are different, you also can go on EVS in a "Neighbouring Partner Country" of the EU. There are 3 regions:

NEIGHBOURING PARTNER COUNTRIES

South East Europe	Eastern Europe and Caucasus	Mediterranean Partner Countries
<ul style="list-style-type: none"> • Albania • Bosnia and Herzegovina • Croatia • Former Yug. Rep. of Macedonia (FYROM) • Kosovo • Montenegro • Serbia 	<ul style="list-style-type: none"> • Armenia • Azerbaijan • Belarus • Georgia • Moldova • Russian Federation • Ukraine 	<ul style="list-style-type: none"> • Algeria • Egypt • Israel • Jordan • Lebanon • Morocco • Palestinian Authority of the West Bank and Gaza Strip • Syria • Tunisia

What does it cost?

As volunteer, EVS does not cost you anything! (at least, no money!)

- your sending organisation can receive an amount of money for preparing you in a proper way, for the support they provide, and they get 100% of your travel costs, so they can buy you a plane, bus or train ticket to your host country
- your host organisation can receive an amount of money for accommodating you, for providing you food, language courses, guidance and support, and insurances. They can receive money to pay your travel costs.
- additionally, you get some pocket money ("volunteer allowances"), and if you have visa costs or vaccination costs, you can get them for 100% back.
- In case you have special needs, additional costs that you have, can be reimbursed (for example: additional insurances for wheel chairs)

A complete survey with the overview of funding rules, is available on www.action2.eu

What do you need?

A project

- that last between 2 and 12 months
- and that takes place within an organisation abroad (a "host organisation")

You can find a database of organisations that are entitled to host and send volunteers in the EVS-database (http://ec.europa.eu/youth/evs/aod/hei_en.cfm).

An EVS project can focus on a variety of themes and areas of intervention, such as culture, youth, sports, social care, cultural heritage, arts, civil protection, environment, development cooperation, etc.

High-risk interventions in immediate post-crisis situations (e.g. humanitarian aid, immediate disaster relief, etc.) are excluded.

Project structure

An EVS project is the framework:

- for your EVS activity (= your stay abroad),
- together with your preparation (before you take the bus or plane),
- and - when you're back - your evaluation and follow-up moment back at home.

The EVS activity abroad should have a minimum duration of 2 months and a maximum overall duration of 12 months (excluding preparation and evaluation).

In the case of inclusion activities with young volunteers with fewer opportunities or for group EVS activities, if duly justified, a minimum duration of two weeks is allowed.

Partners in EVS

WHO ARE THE PARTNERS IN AN EVS PROJECT?

Each EVS project and activity is based on a partnership including the following project partners:

- one or more volunteers;
- one or more sending organisations;
- one or more host organisations;
- one coordinating organisation (that will apply for funding from the YOUTH IN ACTION programme). It can be (but does not have to be) one of the sending organisations or one of the host organisations. Most of the times, the hosting organisation is the coordinating organisation.

Projects are planned, implemented and followed up jointly in a spirit of partnership between these partners.



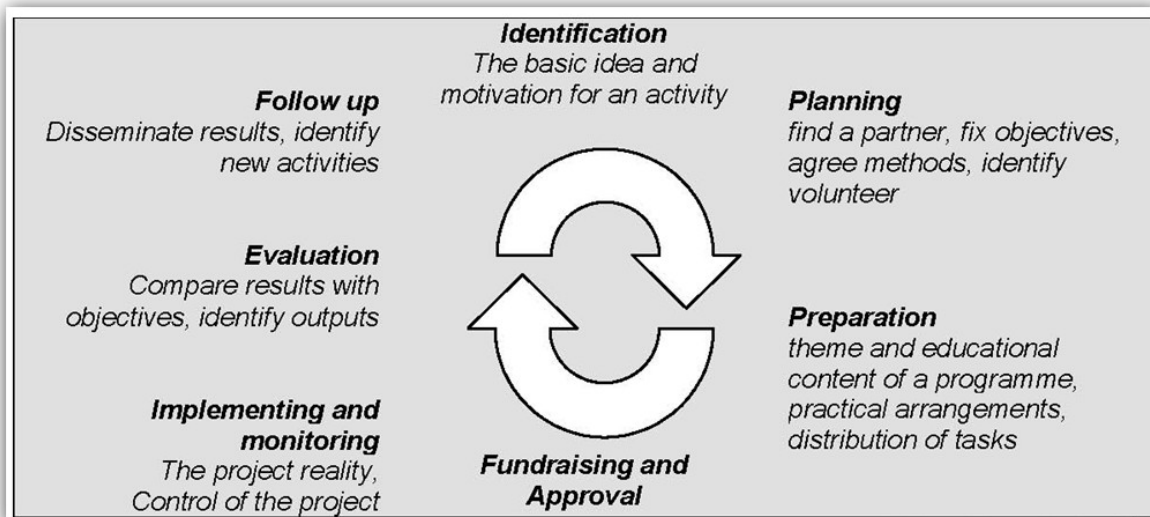
Essential elements

THE EVS PROJECT CYCLE

Any type of non-governmental organization, association, local authority or other non-profit-making local initiative can prepare and organize an EVS project. The important element is that the status and aims of the host and sending organizations and of the project itself must be non-profit making.

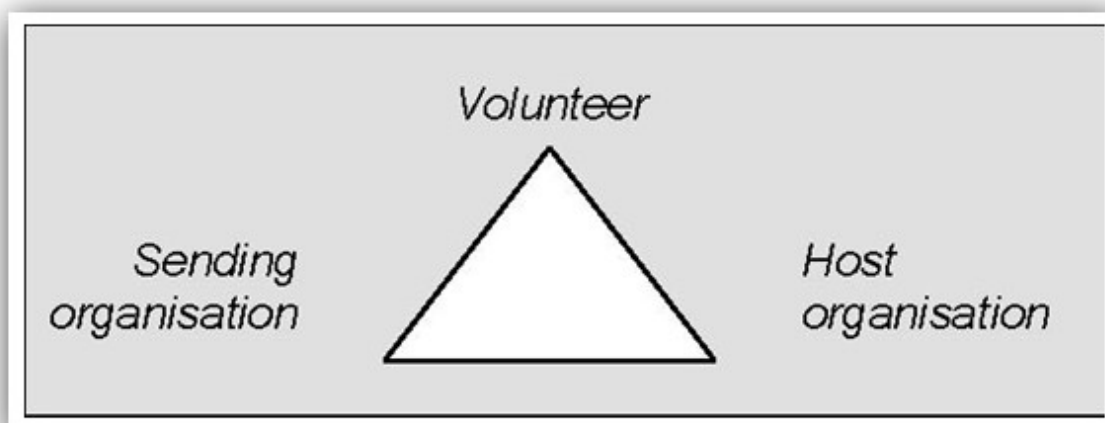
The development of an EVS project consists of several important stages, which are illustrated in the project cycle below. All of them will take you a certain amount of time, so your best decision will be to start developing your project as soon as you have created an idea and decided to go for it!

Be prepared to work on the project, and then to wait for several months, first until the project is granted and then until it takes place. It will be worth your efforts!



THE EVS PARTNERSHIP

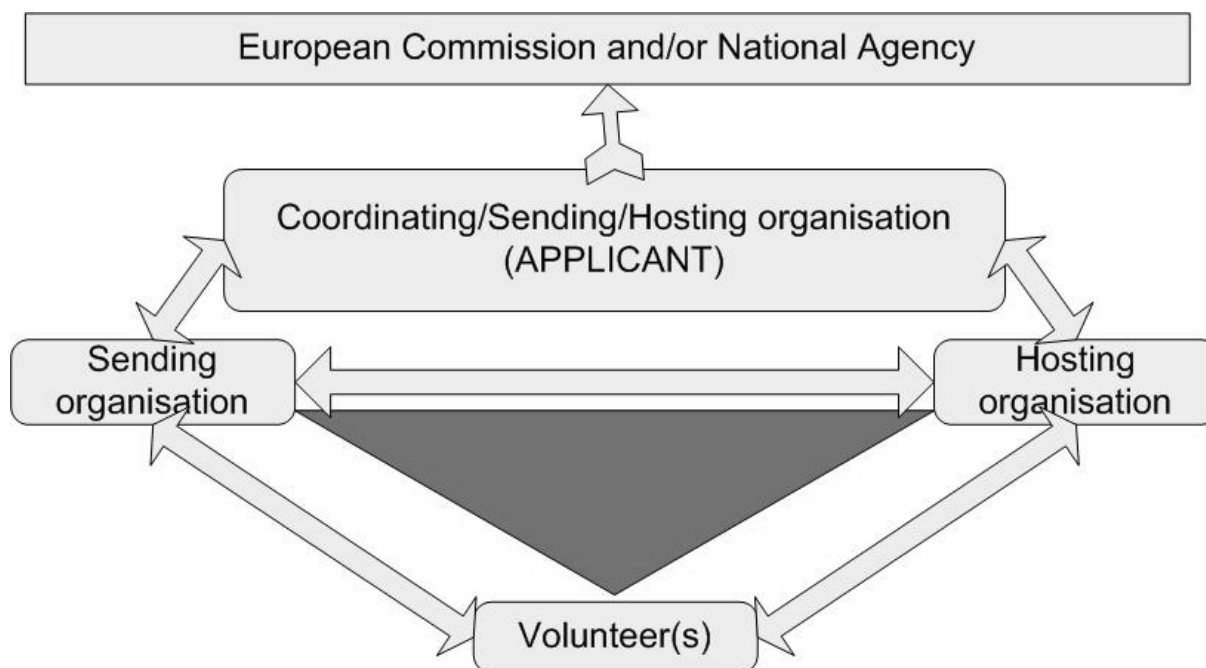
Planning, preparation, implementation and follow-up are different steps of one joint activity and should be carried out in the spirit of true partnership between 3 key actors: the volunteer, the sending organisation and the host organisation.



The model below gives an indication of how an EVS partnership may be structured. Each project has to involve at least one volunteer, one sending organisation and host

organisation. A larger number of organisations and/or volunteers can be involved. One of the organisations can take on the role of a coordinating organisation which coordinates the whole project and applies for fundings on behalf of the partnership.

Co-ordinating organisations usually have a significant experience in voluntary service. They coordinate, prepare and offer support to the volunteers placed in several host organisations and take over some of the host or sending organisations' administrative tasks. They also provide training for the volunteers or ensure that they attend the training sessions organised by National Agencies or other actors.



Some technical rules

ACCREDITED ORGANISATIONS

When you look for an organisation that can send you, and an organisation that can host you, you need to verify if they are "accredited". Any organisation in a Programme Country or in South East Europe wishing to send or host EVS volunteers or coordinate an EVS project must be accredited. The process of accreditation serves to ensure that an organisation fulfils the basic requirements and conditions for hosting and sending volunteers within the EVS programme. Successful accreditation is a prerequisite for an application for a concrete project. This is for volunteers a guarantee that the organisations can carry out EVS with a requested quality.

Here you can find the database of accredited organisations:
<http://ec.europa.eu/youth/evs/aod/>

DO YOU WANT TO WORK WITH AN ORGANISATION THAT IS NOT ACCREDITED YET?

They can get an accreditation. The organisation should contact the National Agency in their country (in case of Programme Countries), or SALTO-SEE (in case it concerns an organisation from South-East Europe). An average accreditation process takes 6 weeks. The list of contact addresses you can find via www.action2.eu.

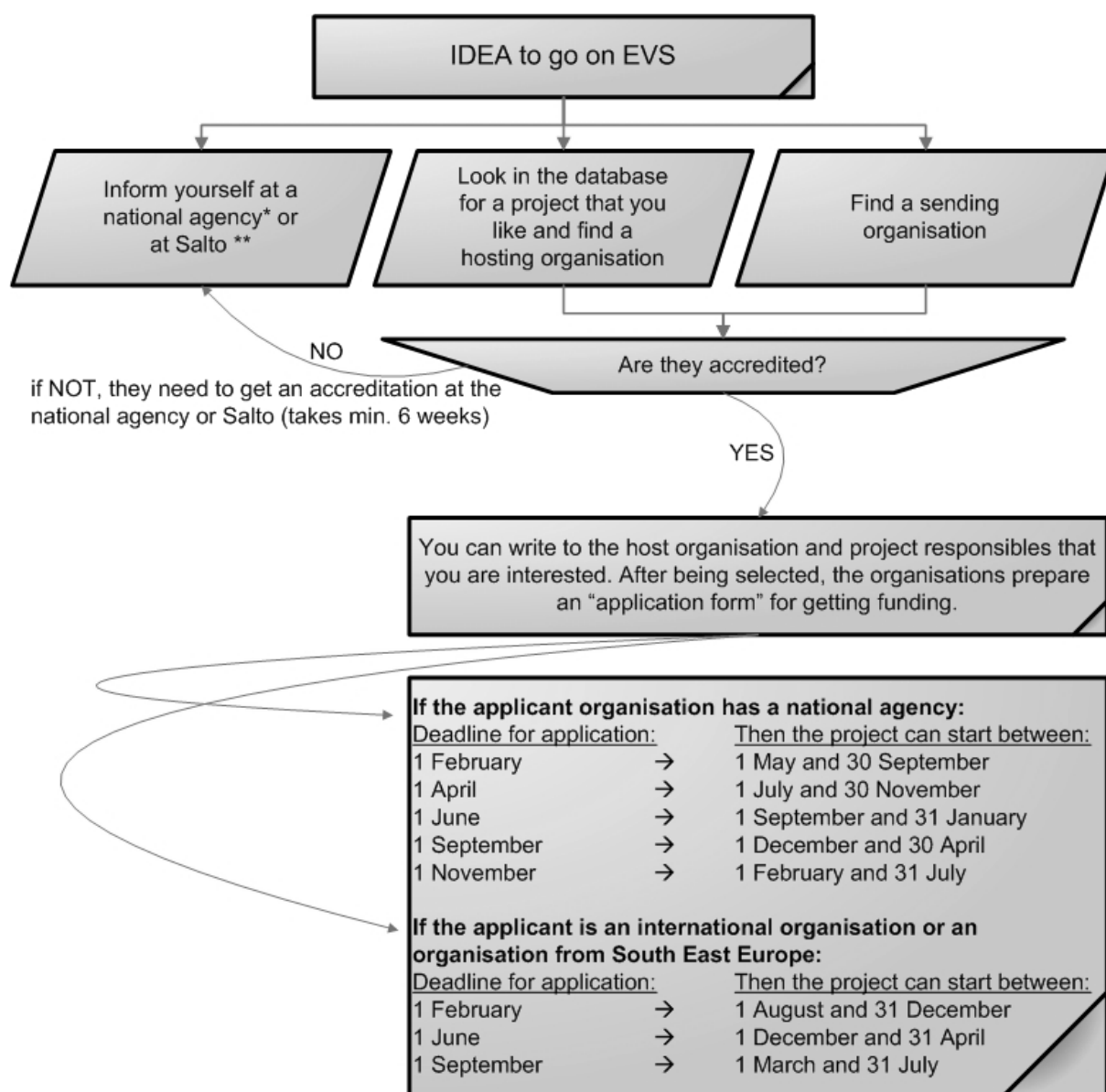
PROCEDURES

All procedures for funding are described in the programme guide, that you can find here: www.action2.eu

When can you go?

When you have decided to go on EVS, it does not mean that you can start immediately! You'll need to plan EVS properly, think seriously about quite some issues, and prepare yourself properly for a stay abroad. As living and working in another country is not something to take light, it takes some time before your project can start!

Here you can get an idea about timing:



* National agencies: Their primary role is to promote and implement the Programme at national level. They have experience with European programmes for young people and are familiar with the relevant issues and organisations. The National Agencies are the primary sources of information for the users of the Programme.

** Salto: Network of Resource Centres working on European priority areas within the youth field. SALTO Resource Centres provide youth work and training resources and organise training and contact-making activities to support organisations and National Agencies within the frame of the European Commission's Youth in Action Programme and beyond.

Why does EVS exist?

Creating non-formal learning opportunities for young people

The European Union supports the development of various forms of education through several Community programmes, which are executed by the European Commission. The Youth in Action Programme, with EVS as its part, supports non-formal education projects which offer greater mobility, possibility for intercultural learning, active social participation, both personal and professional development, and the chance to practice European values, such as solidarity, diversity and equality with young people from all across Europe and beyond.

Clearly, learning and education do not only take place in school, nor do they stop with the end of the formal schooling. If you take a few minutes to reflect, it should not be too difficult to distinguish between the knowledge received in the classroom from the one gained from family or friends, or through some youth exchange programme, scout activities, or youth leader courses.

With the aim of constructing a “Europe of knowledge” (explicitly stated in the Memorandum on lifelong learning and the White Paper on Youth), the European Commission acknowledges and supports three different settings of learning/education: formal, informal and non-formal.

- **Formal education** - within the formal system, followed by a suitable grading and status system, for example the formal school education.
- **Non-formal education** - planned educational activities implemented outside of the schooling system, aimed at gaining different skills and knowledge, as well as the participants’ personal development. A large number of these possibilities exist owing to different (youth) NGOs. Generally, these educational activities foster participative methodology, a participant (learner)-centred approach and learning from experience and the principles of peer education. One of the greatest challenges for non-formal education at this moment is how to achieve a wider social recognition and develop cross-European tools for the validation of the competences acquired within this type of education.
- **Informal education** - unplanned learning, which takes place within the “school of life”, through socialization processes, in the family, with friends, or through media.

Simply said non-formal education with and for young people is where you and your NGO can contribute to change, through the development of such projects and creating learning opportunities for young people. There are different formats of non-formal education activities. The European Voluntary Service is certainly something you should consider.

Last but not least, for those young people who, for one reason or the other, never quite managed to fit into the schooling system, non-formal education can provide a significant “second chance” to gain some kind of education and develop their potentials.

Creating opportunities for intercultural learning

Facing destruction and armed conflicts at the end of the twentieth century (such as the wars in the Balkans and Caucasus) while still having warning memories of the Second World War in our minds, and being confronted with racism and intolerance towards minorities (or just culturally different people) on an every day basis are two telling examples of the challenges of today's Europe. They point out the importance of intercultural learning within the enlarging European Union.

Intercultural learning (as a process underlying intercultural education) can be seen as an active response to the situation and a powerful tool for learning about ourselves and the other(s), for learning how we feel about and how to deal with cultural diversity, and how to understand and (genuinely) respect cultural differences amongst us.

At the end of the day, it is not only about building a “Europe of knowledge”, but also about constructing a Europe of diversity and a Europe of peace, isn't it? And, don't you think that young people and youth NGOs are the ones who can make a difference?

Why volunteering?

Volunteering is one of the most effective instruments for young people's non-formal education! Through volunteering young people acquire new knowledge, skills and competencies. At the same time, being exposed to intercultural challenges and new personal experiences, they expand their horizons, learn more about themselves and grow as human beings.

But not only do volunteers themselves benefit from volunteering. The volunteers' work and services contribute to society as well as to concrete communities, organisations or projects in need. Many organizations have experience with, or are already aware of the importance of volunteering. Many of your important projects are supported or even run by volunteers that have put their efforts, work and commitment together with you. They are driven by the wish to express their solidarity, contribute positively, actively participate and learn by doing.

Although voluntary work in organisations is often connected with this enthusiasm of the volunteers, and with the prevailing spontaneous and informal atmosphere, it is much more than that. Organisations wanting to have results from their work with volunteers should also regard voluntary service as a structured and organized activity. Voluntary service projects need serious engagement in planning, implementation and monitoring. They involve your organisation in various types of activities, including recruitment, selection, training or personal support of volunteers. These activities can support the growth of your organisation; create a new spirit, new areas of work, possibilities and challenges.

Among the most challenging voluntary service projects are international voluntary service projects. In such projects where an organization sends volunteers to other countries, or hosts volunteers from other countries, the biggest challenges are of an intercultural nature. International projects need to be very well prepared because of the intercultural challenges and geographical distances involved. But they bring great benefits and open new prospects for sending and host organizations alike.



Where does it come from?

European Voluntary Service is one of the actions of the YOUTH IN ACTION programme of the European Union.

The programme is open to young people aged 13 to 30 in the Member States and in third countries, in particular those covered by the new neighbourhood policy. With a view to involving young people in society as active citizens, the programme is intended to strengthen their sense of belonging to Europe. It should also contribute to their education, in the broad sense, and develop their sense of solidarity and mutual understanding. "

The Youth in Action programme contributes to the acquisition of competences and is therefore a key instrument in providing young people with opportunities for non-formal and informal learning with a European dimension. The Programme contributes to the fulfilment of the aims set out in the revised Lisbon Strategy, the European Youth Pact, the framework of European Cooperation in the youth field and the Commission's Plan D for democracy, dialogue and debate.

Furthermore, the Youth in Action programme introduces some tools aiming to raise project quality, valorisation and learning outcomes. One such tool is the accreditation of all organisations involved in EVS based in Programme or SEE countries - host, sending and coordinating organisations - as a prerequisite for applying for project funding.

The introduction of another tool, "Youth pass" (<http://www.youthpass.eu>), shall promote better recognition and validation of key learning competences acquired through participation in projects.



Actions of the YOUTH IN ACTION programme:

www.action1.eu	<p>ACTION 1 - YOUTH FOR EUROPE</p> <p>This action is mainly geared towards reinforcing the active commitment of young people by supporting mobility and initiatives for young people and projects for participating in democratic life.</p>
www.action2.eu	<p>ACTION 2 - EUROPEAN VOLUNTARY SERVICE</p> <p>The aim of this action is to step up young people's participation in various forms of voluntary activities, both within and outside the European Union.</p>
www.action3.eu	<p>ACTION 3 - YOUTH OF THE WORLD</p> <p>This action helps develop young people's mutual understanding and active engagement through an open-minded approach to the world. It provides the opportunity for exchanges of young people and youth workers between the programme's partner countries.</p>
www.action4.eu	<p>ACTION 4 - YOUTH WORKERS AND SUPPORT SYSTEMS</p> <p>This action aims to support organisations active at European level, in particular the Youth Forum. It promotes the development of exchanges, networking, training, projects to stimulate innovation and the quality of youth workers' actions, and partnerships with regional or local entities.</p>
www.action5.eu	<p>ACTION 5 - SUPPORT FOR POLICY COOPERATION</p> <p>The aim of this action is to organise dialogue between the various actors in the field of youth, in particular young people themselves, youth workers and policymakers, to contribute to the development of policy cooperation in the youth field and to take the necessary steps and establish the networks needed for a better understanding of the field of youth.</p>

The Youth in Action programme of the European Union covers the period from 2007 until 2013. It builds on the experiences of the previous programmes "Youth for Europe" (1989 - 1999), the European Voluntary Service (1996-1999) and the YOUTH programme (2000 - 2006).





Before you start...

Is EVS something for you?

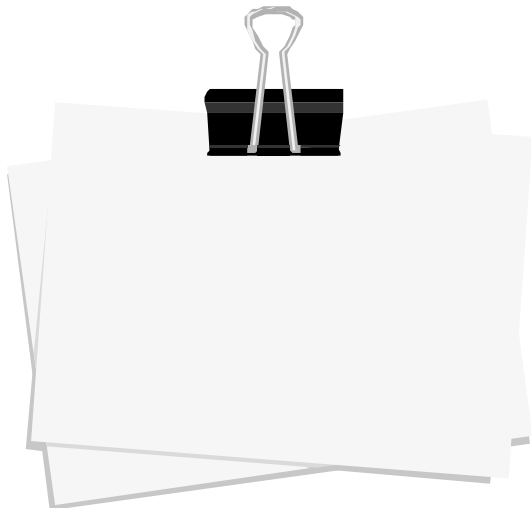
When you are some months abroad, your life will take a serious change. This needs some reflection in advance! Maybe EVS is the perfect opportunity for you right now, but it might be also that you are looking for something else, and that another programme is more appropriate.

In this chapter, we will provide you with some food for thought, some hints and tips, and some questions that you need to answer for yourself. If you take some time to reflect, the chance for a disappointment during a project is much lower!

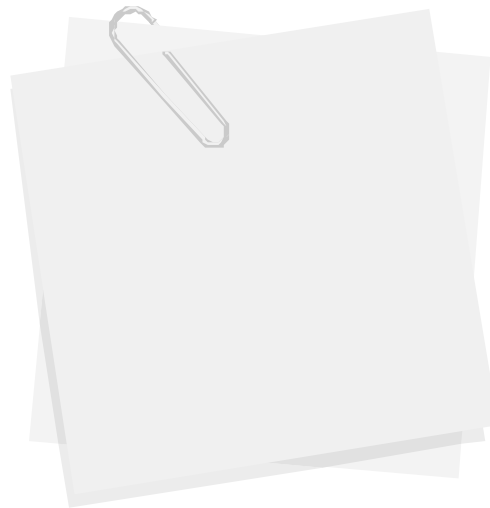
Your motives

Which are your motives...

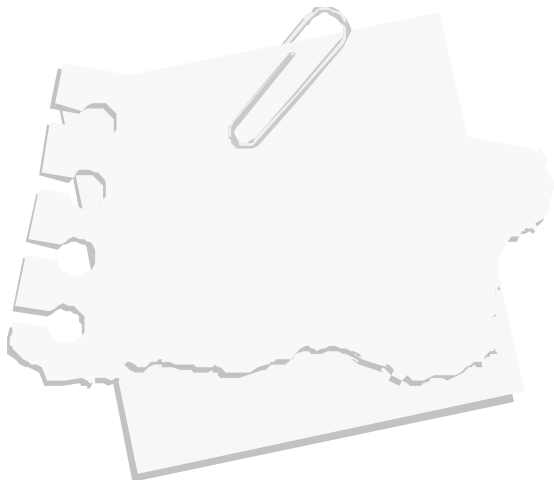
a) for going abroad ?



c) for volunteering ?



b) for going X months ?



d) for choosing the framework of EVS ?



Some hints and tips

If you would like to do EVS in one specific country

...consider following experiences:

- Some countries have a very romantic image, the reality might be sometimes less romantic ! Each country has PRO's and CONTRA's. Better to select a regio (some countries), rather than limiting yourself to one country!
- When you choose a big country, bear in mind that the reality of living in a bigger city is completely different from undertaking a project in a small village. Although you might have more possibilities for going out in a big city, you get closer to the local people and get more involved in the local community in small towns and villages.
- If you want to do an EVS project in a certain country, because you'd like to learn the language of that country, better to follow some language classes instead of doing EVS for several months! Learning the language is definitively an aspect of EVS, but it is so much more! If that is the only reason to choose EVS of for a specific country, you will face some surprises during your stay abroad!
- Choose a country in function of your interests in cultures, in what you can learn, in what you don't know yet about it, in the challenge you can find in it. EVS might be the opportunity to discover cultures that you have never heard about...

How long to go?

- When you choose to go for few months, you choose more for the aspect of the volunteering.
- Living in a satisfying relation and understanding with the local community requires more time to discover and interact with the community.

Ex-EVS'ers state that it take 5 to 6 months to discover how a community is working. Going for 6 months abroad means then that you get opportunity to understand intercultural learning in the true sense, but it also means that once that you have discovered how things are working, your project has finished.

Also ex-EVS'ers are telling that 12 months (the maximum that you can go), is a long period, and especially during special days as Christmas, New Year, Easter,... home sickness can appear when staying abroad without returning to home.

The duration of the EVS depends mostly on the hosting project.



Choice for a specific theme

Projects can have a general focus, but some also have a very specific theme that they address.

Rather than choosing for a specific place where you'd like to do your EVS, it is very important to think in which field your interests are.

It is wise to look to a project from a learning point of view: what can you offer, which competencies do you have in that theme, and to which extend can you still learn within that theme and benefit from the project?

Projects are categories in the database according to following themes:

- Anti-discrimination
- Anti-drugs, substance abuse
- Anti-racism and xenophobia
- Art and culture
- Civil Protection
- Development Cooperation
- Disability
- Education through sport and outdoor activities
- Environment
- European awareness
- Equal Opportunities
- Gender equality
- Health
- Heritage protection
- Inter-religious dialogue
- Media and communications/Youth information
- Measures against delinquency
- Minority rights
- Post conflict/post-disaster rehabilitation
- Social integration
- Social exclusion (in general)
- Urban/Rural development
- Youth information
- Youth Leisure
- Youth policies
- Youth Sports
-

Check the database for more options: http://ec.europa.eu/youth/evs/aod/hei_en.cfm

Some background info about LIVING ABROAD

In the volunteer's shoes...

You might not be aware of your own culture and cultural identity (i.e. your attitudes and values) unless you are confronted with another culture. Paradoxically, learning about others in a different cultural context involves also important learning about oneself and vice versa. This is exactly the process your volunteer might be facing during the service. So, let's try to step into the volunteer's shoes and see how it feels.

If you have lived abroad for a while or travelled on your own for the first time, you might remember this confrontation, when "normal was not normal" and "clear was not clear" anymore, when everything was questioned. You may remember a strong emotional effect involving a feeling of insecurity, confusion or fear.

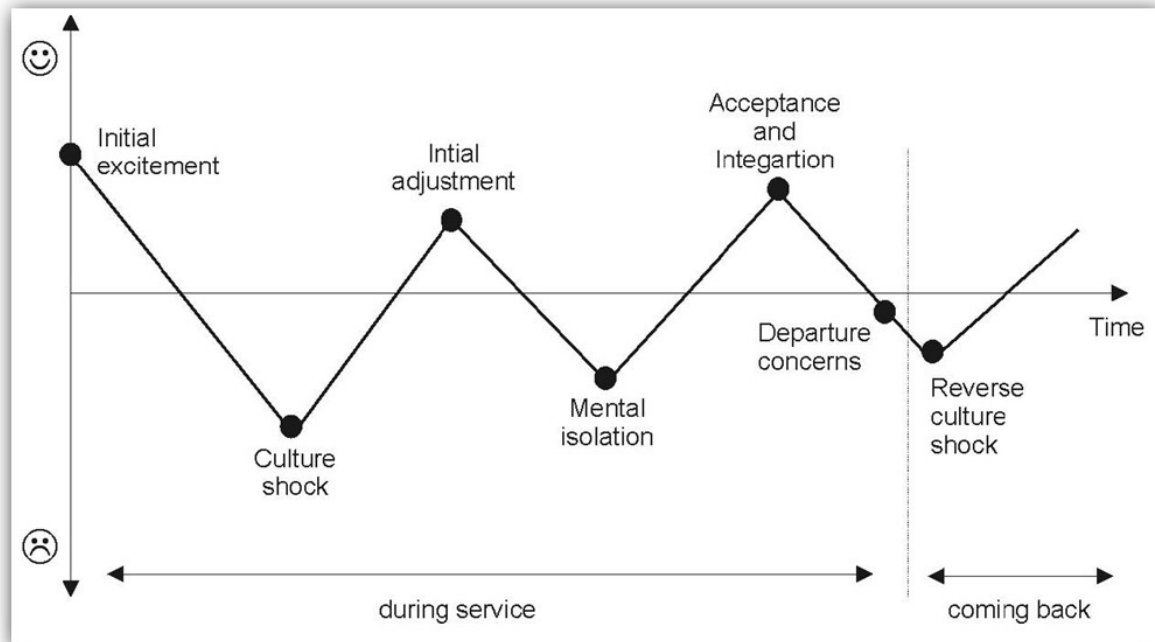
The ability to handle such a situation obviously varies from volunteer to volunteer according to their genuine capacity to adapt to new circumstances. Besides, it depends largely on the extent of preparation for this confrontation and on the degree of empathy and support available in the new environment, i.e. on the host organization.



The fish is missing the water only when he's out of the fishbowl...

Cultural adaptation and culture shock

There are different theoretical models, curves and lines trying to visualize the emotional process a volunteer might be passing through during and after the service period. One of the models presented in the picture below represents this internal dynamics like a ride on a roller coaster - consisting of ups and downs, both as normal (but sometimes nevertheless difficult) parts of the process of cultural adaptation in the new living (cultural) environment.



According to this model, in the very beginning of the service volunteers are likely to feel some kind of initial excitement and fascination with everything in the new culture.

However, usually just a few weeks after arrival, probably the most important and critical phase occurs - the phase of "culture shock". The confrontational period starts and the first emotional low phase is a reaction to the absence of familiar patterns of communication and social interaction. Note that lack of knowledge of the language of the host country may amplify these feelings.

In the phase of culture shock, the personal support from the host organization (and in particular the person in the role of mentor) is crucial. In a way, the development of the rest of the stay depends a lot on the joint ability of the volunteer and the host organization to overcome this beginning phase. The support person (mentor) should keep an eye on the symptoms of culture shock, which can be both physical and psychological.

Possible symptoms of culture shock

Physical	Psychological
<ul style="list-style-type: none"> • Lack of hunger • Sleeplessness • Tiredness • Minor aches 	<ul style="list-style-type: none"> • Homesickness • Anger • Frustration • Fear of being cheated • Resentment towards locals • Impatience • Defensive or aggressive behaviour

With adequate support (personal, emotional, linguistic etc.), overcoming the stage of culture shock should lead to initial adjustment. During this phase, volunteers feel much more positive, can easily function with the rest of the team and focus on the tasks, and communication becomes more genuine and open.

However, after a certain period of time, volunteers might start to miss their friends and family, feeling that “life out there is happening without me”. This might be followed by temporary problems to express well in their native language. As a result, volunteers might feel frustrated, lonely and isolated. This phase can be the most easily overcome if volunteers have already managed to find new friends in the host organization and social activities to be part of. The mentor is called to help again.

If successfully managed, this stage can lead to a period of “acceptance and integration” (sometimes also called genuine adjustment). During this stage, volunteers are fully accustomed to the habits, customs, food and characteristics of the people in the host culture. They feel comfortable with friends, people and language.

Finally, approaching the end of the service period, some departure concerns can arise. Some people might feel afraid of what comes after their return home, others might be sad to leave.

To return home after the service can be both pleasant and challenging. Especially after a longer and intensive EVS, ex-volunteers might face some problems in readapting to their original environment and culture. During this stage the sending organization should play an important role and provide ex-volunteers with adequate support - helping them to reflect upon, collect and integrate what has been learned during the service and providing information about future possibilities in their home country.

Last but not least, the cultural adaptation of volunteers is always a two-way street and might also be challenging for the people in your organisation. In order to handle this process, it is advisable to raise awareness about it within the complete host organization !



Background information about InterCultural Learning (ICL)

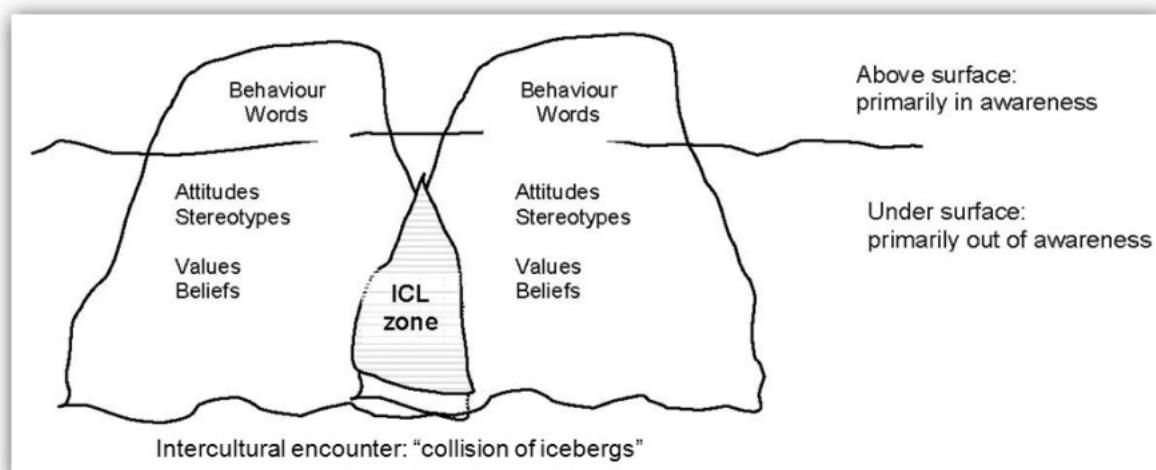
By facing other cultures during a stay abroad, you will learn from your own culture and other people's culture. This is what we call "InterCultural Learning" (ICL).

Being confronted by "other ways" of doing things, you can reflect before, during and after an EVS project about what you find "normal" and *why* you find some things "normal", while others have differences in this.

A very important element in EVS is bringing different cultures together and learning from that. Therefore, it's good to reflect upon some cultural aspects in advance!

Iceberg model for understanding intercultural learning

One way of presenting some of the complexity of culture (and cultural identity) is the "iceberg model" above, which describes culture in terms of a relatively small "visible part" of an iceberg above and a larger "invisible part" under the surface.



Following this logic, an intercultural situation could be seen as an encounter (or collision) of two "cultural icebergs". What we can hear or what we can see is primarily in our awareness. However, how one interprets the words, customs, behaviours perceived is largely under the influence of one's own culturally shaped attitudes, beliefs, values as well as stereotypes towards the culture one is confronted with. At the same time, real reasons for certain behaviours lay deeply under the surface of the other iceberg.

Receiving information about the host culture is certainly very important for the volunteer's orientation and adaptation, but the real potential for intercultural learning is under the surface. Mostly, intercultural learning is not something that just happens by itself.

It is rather an active process of reflecting on and sharing the reasons for why we see things in a different way or, to raise some points of reflection, already before starting your EVS:

- why are some things normal and acceptable for me while others are not?
- What does this tell me about my culture?
- Why are some things so important for people in the host country?
- What does this tell me about them?
- What does this tell me about myself and my own culture?
- Can culture be changed?
- Can I change it?
- Can I choose it?
- Do I feel frightened when I am confronted with cultural differences?
- Do I feel angry? Why?
- Am I able to understand and empathize, even if I do not agree?
- What were my stereotypes about the host country?
- How do they correspond to my experience during the service?



At the end of this process, you might compare intercultural learning is an endless space for reflection and personal development.

- ⇒ It is therefore the ultimate goal of an EVS project to provide space for bringing up issues related to confronting cultural attitudes, revealing deep cultural values and speaking openly about stereotypes.

Only through this kind of interpersonal and intercultural experience can we learn how to deconstruct our stereotypes, appreciate our diversity and rediscover our common humanity.

TRUE, THIS IS EASIER SAID THAN DONE!

An effective facilitation of intercultural learning experiences requires substantial intercultural competences of the host organization (and the mentor, in particular): readiness to share, openness, a non-judgmental attitude, reflexivity, self-awareness, flexibility, tolerance of ambiguity and empathy. Finally, do not forget that facing the challenges of intercultural learning is only possible in an atmosphere of safety and mutual trust, which needs to be created first.

We cannot learn when we are frightened, but we learn the best when challenged and “stretched”. So... be ready to be surprised, and open yourself to new experiences!

Take your time for reflection !

In this part, we want to provide you with some serious thinking points that you need to consider before starting to look for a project.

Questions - series 1

We provide you here with a number of questions. You can write down all answers here, and you can use it while communicating with your sending and hosting organisation, to clarify things, to make sure that your EVS experience will be as fruitful as possible...

The answers to these questions might give you an idea of the challenge of EVS for you, and to help you choose for a very challenging project with less structure, or a project that with a lot of guidance and structure.

1. Where /how have you heard about EVS? From whom did you hear "stories" of EVS-projects? Do you think you have a correct image of it? Or did you hear "one side stories"?

If you think you need more information, visit www.action2.eu to get to know more about the framework of EVS.



2. How long do you have the idea to go for EVS? Is it something you have been thinking about since a long time? Or is it because you know that soon you'll have no occupation anymore? When do you want to go for the project?

An EVS is taking some time, and requires some planning. (Take a look on page 12).



3. Have you ever been abroad before, and for how long? Do you have already some international experiences such as travels? Have you also already some intercultural experiences? Have you worked already together with people from other cultural backgrounds?

On a short term, you also can take part in other actions of the youth in action to gain more understanding about intercultural learning, such as Intercultural Group Exchanges (action 1.1 in the programme)



4. Are you studying, working, or doing something else? How will you combine this with your EVS? Do you have to leave school/job for your EVS project?

Verify the possibilities and limits to return after your EVS activity to your old job, studies,...



5. What if you find a perfect project for you, but not in your first-priority country?

Bear in mind: since waking-up every morning in Spain, Hungary or Iceland is not enough to give you the smile on your face; rather being involved in a project you believe in is the key to having a great time, no matter what country you are in.



6. Have you talked with your friends, partner and family about it? Do they support you?

Participating in EVS is also influencing your environment; an open talk with your close relatives can offer you the necessary support.



7. Which languages do you speak? Are you interested in learning the language of the country you are going to?

One of the aspects of EVS, is to interact with the local community. During your EVS project, language learning is foreseen. There are no requirements of mastering a language prior to your EVS activity! However the learning of a new language requires an open learning attitude from you, and motivation to learn it!



i found this in your room... a passport, son? did you really think you could travel to other countries without your mother and i knowing?



Questions - series 2

Living in another country means also that some things you are used to from home are not present in the culture that you'll live in.

This second series of questions give some food for thought, to think in advance about some possible differences you might need to face.

We provide these questions to think about possible differences in a cultural system, so that you will be ready to **BE PREPARED TO BE SURPRISED !**

1. What does "volunteering" mean for you? What do you think it means in the country that you'd like to go to?

In different parts of Europe, people have different backgrounds and a different history in working with volunteers. What if it means something different, or the perception about a volunteering system is different. How do you think you will react?



2. Which concepts do you have about Non Formal Education, youth-work, the socio-cultural sector? What might be the difference in the other country?

In different parts of Europe, people have different backgrounds and a different history in working in the non-formal education sector. How do you think you will react if youth work or socio cultural work is completely differently implemented in the country where you'll be?



3. What does it mean for you to live and to work abroad?

Can you make for yourself a list with the opportunities that it provides to you, together with a list of the things that you might miss, and that you need to take into account (to find a replacement if necessary). How do you live here? And do you think you'll live differently in another country?



4. What does it mean to be away from

- ... home, family, partner, friend
- ... hobbies, school, work, youth-organisation,...
- ... material stuff

Better to be honest with yourself, so that you'll be better prepared ;-)



5. How will you use your free time? Do you have any hobbies?

Check possibilities in the country where you'd like to go to



6. What kind of personal space do you need? Can you survive is sleeping with several people in 1 room or do you absolutely need a separate room? Can you live in a hosting family? ...

In EVS there exist different settings of accommodation. The accommodation is always described in the project description. It is of importance to reflect upon the way of accommodation, as it can have a large impact of your wellbeing, and as a result of this, to the success of the EVS project. In different parts of Europe, people don't have everywhere the same concept about personal space and spatial use. In some countries houses are very big, in some others, people live with more on smaller spaces. Discuss possible options later on with the hosting organisation!



7. What will you do if you have problems with the people you live with?

How do you tackle in general conflicts? Do you confront or avoid, accommodate or escape?



8. How can you (re) present your country?

When you are abroad, people from the local community might see you also as a representative of your own country, nationality, culture. What do you think you will present of it? What kind of representative do you think you'll be? How do you think you'll appear to the local community?



9. What are your plans after you finish EVS?

This question might look now very far, but it is also good to think about "what after"...



10. Would you like to share your EVS-experience when you return? And how?

Think about what after, how to disseminate your story to others...





Your perfect project !

You will live in different circumstances, in a different environment. Therefore it is useful to think what you need for feeling okay, for opening yourself to new experiences.

Needs and expectations

What do you need for feeling well when living and working in another country?

Make a list of your needs!

What are your

a) needs

b) expectations

c) contributions

d) fears

... for going abroad,

... for volunteering,

... about intercultural differences and intercultural learning,

... for the EVS project in general



- Needs can be very physical; for example coffee, organic food if you are a vegetarian, chocolate, a place with heating system in winter,...



- Expectations are what you'll hope to face, as well on the level of practical organisation (for example on the level of logistics, communication,...) as on the level of the project content (for example: what do you want to learn during your project, which support and guidance are you expecting,...)



- Contributions is what you can offer to the project, and to the host organisation; what kind of learning can you bring to them? What kind of experiences do you have that the host organisation can also learn from you?



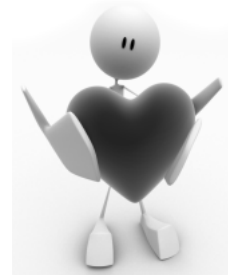
- Fears are about what you don't hope that will happen.

High dream and low dream

- What is the most beautiful dream of an EVS project?
- What can be the worst nightmare?

How does your perfect EVS-experience look like?

When everything goes well, it all can look perfect! It can be like in a "high dream". How does that "high dream" of EVS looks to you?



Imagine that you arrived and your project is not like it had been described, and it is everything but perfect. What's the worse nightmare that can happen?

When everything goes wrong, you are in the "low dream". How does that look to you?



Sometimes, you are in a high dream, but some small things (for example too few sleep, stress, a feeling that you have too many things and that you don't have enough free time, home sickness...) can change your high dream in a low dream. What can make that a high dream can change into a low dream? Which things do you need to bear in mind and to take care off?



What are the things that you are using to motivate yourself, when something goes wrong, to get back on track, and to turn your low dream into a high dream?



Think about what is motivating you and de-motivating you in your high and low dream...

	What can motivate you?	What can de-motivate you?
High dream		
Low dream		



How to start with EVS

Starting with EVS, how do you do that?

After considering if EVS is really the thing that you want, it's time to start organising things! In this chapter, we want to pass the steps that you need to go through.

Inform yourself

First step, is to get more information about what EVS is about, and how it can go in the practise.

Via the website www.action2.eu, you can find more technical information about the procedures, rules, funding, in what we call "the programme guide" of the European Commission's YOUTH IN ACTION programme.

- If you are at the moment legally resident from a "Programme country", you can contact your national agency. They organise or provide the necessary information about EVS in your own language. A lot of national agencies are organising information days, or cooperate with local organisations that are providing this information. You can find a contact list from all national agencies here.
⇒ http://ec.europa.eu/youth/youth/contacts_en.htm?cs_mid=152
- If you are at the moment legally resident from a Neighbouring Partner Country in the South Eastern European region, you can contact the office of SALTO-SEE. The SALTO SEE Resource Centre promotes cooperation between Youth in Action programme countries and the Western Balkans through dissemination of information, capacity building and assistance in finding partners. They have a network of contact points in all the Balkan countries. These are youth organisations that are supporting you in the participation in the Youth in Action programme.
⇒ <http://www.salto-youth.net/see/>
- If you are at the moment a legal resident from a Neighbouring Partner Country in the Eastern Europe and Caucasus region, you can contact the office of SALTO-EECA. They provide support in undertaking projects with partners from Armenia, Azerbaijan, Belarus, Georgia, Moldova, Russian Federation and Ukraine. More info about the support service you can find here:
⇒ <http://www.salto-youth.net/supportservice/>
- If you are at the moment legally resident from a Neighbouring Partner Country in the Mediterranean region, you can contact the office of SALTO-EUROMED. The SALTO Euromed Resource Centre supports cooperation between European and Mediterranean countries. They support the Euromed Youth Platform, which unifies youth and youth work organisations from the Euro-Mediterranean region.
⇒ <http://www.salto-youth.net/euromed/>

How to find a sending organisation

via national agencies for the Programme Youth in Action

The national agencies, and the different Salto support centres can provide you with the list of sending organisations from your region. You can find the addresses of the national agencies and Salto centres here:

⇒ http://ec.europa.eu/youth/youth/contacts_en.htm?cs_mid=152

Via the EVS-database

You also can find yourself the accredited organisations in the European database of accredited organisations.

Go to the database, and select your country, and select at "type of accreditation" sending organisation. The you find all the organisations, together with the projects that they are undertaking (also the hosting projects).

⇒ http://ec.europa.eu/youth/evs/aod/hei_en.cfm

When you have submit the query, you get a table with organisations and projects.

In that table, in the field "type", you find letters as "S", "H" and "C". It means:

- "S": the organisation can act as sending organisation for EVS.
- "H": the organisation can host volunteers in own EVS projects.
- "C": the organisation can act as coordinating organisation, so it can apply for funding for the EVS projects.

TYPE: S = Sending organisation

H = Host organisation

C = Co-ordinating organisation

1864 records

EIRef	Country	Town	Themes	Theme2	Organisation	Type	Approval Date
2008-PL-73	Poland	Gliwice	European awareness	Other	Gliwickie Centrum Organizacji Pozauczelnianych	S H	25/02/2008
2008-DE-199	Germany	Rangendingen-Bietenhausen	Anti-discrimination	Youth policies	Diasporahaus Bietenhausen e.V.	S C	24/02/2008
2008-DE-202	Germany	Essen	Development cooperation	European awareness	Bistum Essen - Zentralabteilung Gesellschaftliche und Weltkirchliche Aufgaben	S C	24/02/2008
2009-SI-13	Serbia	Novi Sad	Minority rights	Youth policies	Hungarian YOUTH Centre of Vojvodina	S C	24/02/2009
2009-SI-14	Croatia	Osijek	European awareness	Anti-discrimination	Youth Centre for Non-formal Education - CREATORS not CONSUMERS (CnC)	S C	24/02/2009
2009-SK-2	Slovakia	Bratislava	Media and communication/Youth information		Centrum pre interkultúrny dialóg (CID)	S	23/02/2009
2008-DE-172	Germany	Siegen	Art and culture	Youth policies	Verein Deutsch-Türkischer Akademiker e.V.	S H C	20/02/2008
2008-SI-86	Croatia	Srb	Education through sport and outdoor activities	Environment	UNA	S H C	20/02/2008

Once you have contacted a sending organisation, they can support you in:

- informing you more about EVS, and aspects of EVS such as intercultural learning, volunteering, youth in action,...
- raising some awareness about important issues to reflect upon in advance
- finding a project
- preparing you for a project
- following you on distance during your project
- supporting you also when you come back after your project to re-integrate back at home
- to support you in some follow-up activities

When you click on the link 'Elref' (which stands for reference for the Expression of Interest), you get on a new page, and at the bottom of that page, you find some contact details.

2007-SK-29 Plusko, mládežnícka organizácia	
Accreditation	Sending organisation
Approval Date	16/10/2007
Validity Date	16/10/2010
Location	Bratislava (Slovakia)
Theme 1	Education through sport and outdoor activities
Theme 2	
Motivation and EVS experience	
We already participate in EVS for over 5 years. We have already sent 6 volunteers to their projects (one is just to come back) and 1 is in the process of approval. Even if EVS is not in our prior interest, we see it as a great possibility for young people for strong intercultural experience and broadening their perspectives and views. Moreover volunteers who are coming back to our organisation are bringing interesting ideas, experiences. They are also main motivation factor for others to undertake EVS. This is one of the reasons why we have few more volunteers who are seriously thinking to go for EVS.	
Description of the organisation	
PLUSKO is trying through the methodology of "experiential learning" show the young people life without prejudices and stereotypes. We choose the way of mutual tolerance - way of respecting different values from those of consumer society. To meet our objectives we take advantage of leisure time and non-formal education, organizing summer camps, weekend meetings, international exchanges, trainings, climbing schools, canoeing, winter mountain-crossing trips and cultural events. Our target group are young people aged 15 - 26, irrespective of race, religion, political opinions and physical challenges. An actual mutual integration of disabled and "healthy" youth is one of our major efforts. We cooperate with other local and international non-profit organizations and we are one of founding members of international organization Healthy Network INGO	
Contact Point	
Organisation:	Plusko, mládežnícka organizácia
Address:	Lachova 32
Postal code:	851 03
Town:	Bratislava
Country:	Slovakia
E-mail:	info@plusko.net
Phone:	+421 2 55 645 291
Fax:	+421 2 55 645 291
Contact:	Andrej Minárik

IF YOU LIVE IN SOUTH EASTERN EUROPE

... contact one of the contact points from SALTO-SEE

The SALTO SEE Resource Centre (<http://www.salto-youth.net/SEE/>) promotes cooperation between Youth in Action programme countries and the Western Balkans through dissemination of information, capacity building and assistance in finding partners. They have a network of contact points in all the Balkan countries. These are youth organisations that are supporting you in the participation in the Youth in Action programme.

IF YOU LIVE IN A EURO-MEDITERANEAN COUNTRY

...contact one of the organisations from the Euromed Youth Platform from SALTO-EUROMED (<http://www.salto-youth.net/euromed/>). You can find the platform here: <http://www.euromedp.org/>

IF YOU LIVE IN EASTERN EUROPE & CAUCASUS

you can find an organisation via SALTO-EECA (<http://www.salto-youth.net/eeca/>). They have a list of Multipliers - people who are ready to promote and to inform about the Youth in Action Programme in Eastern Europe and Caucasus countries. To contact all the Network at once you may use the Network e-mail: eeca-mult@salto-youth.net



EVS step by step

You are between 18 and 30. You'd like to work abroad as volunteer, and you have found a sending organization that is willing to prepare you.

Based on the wishes of your sending organization, and taking into account the competencies of the candidate-volunteer, you'll find -with the support of your sending organization - out which theme would be good for an EVS project for you, which place, when it would be good to start a project, and how long the activity can last.

Based on this information, you look together for a project. Your national agency or the contact points from Salto can assist you with looking for a project.

If you'd like to get more intercultural competencies, during the time that you are looking for a project, you also can participate in international group exchanges (action 1 of the youth in action programme - more info www.action1.eu)

You find an international partner with whom you'd like to cooperate in an EVS project. From this moment, you'll work in a trio: your sending organization, the host organization and you as volunteer.

Within this partnership, you'll make agreements about:

- Accommodation, meals
- Tasks, responsibilities in the volunteer work, free time possibilities,...
- Pocket money
- Language learning and on-arrival training
- Integration in the local community
- Coaching and guidance during the project
- Possibilities for a follow up project after your EVS

From the side of the volunteer, no financial input is expected. Your contribution to EVS is your energy, your motivation, enthusiasm, and creativity.



One of the organisations involved (mostly the host organisation), will compile the application form to get the funding. This organisation will coordinate the complete EVS project, and prepare together with you and your sending organisation, your application form.

When your project is approved, you take part in a pre-departure training, that has been organised by the national agency (or by an organization that has an agreement with the national agency), or from the SALTO contact points. During this training, you meet also other candidate-EVS'ers.

You can leave minimum 3 months after submitting the application form, in case the coordinating organisation has submitted the application to a national agency (in case it concerns an organization from a Programme country).

You can leave minimum 5 months after submitting the application form, in case the coordinating organisation has submitted the application to the executive agency of the youth in action programme in Brussels (in case it concerns an international organization, or an organization from a South Eastern European country).

Your hosting organisation is providing you with the necessary language training, and with the support of a mentor, who will help you to integrate you in the local community, and then you can start with working on the project like agreed upon in the application form.

During your EVS activity, you stay in contact with the people at home, by mailing, or by writing a blog, or by sending some report diaries, or...

After your EVS, you return with a certificate ('the Youth Pass'), in which is described what you have learned and which competencies you have gained during your project.

If you still are full of energy and ideas for international cooperation, you can keep your involvement in the European world, by participating or organizing one of the other actions of the programme youth in action.

How to find a project?

Database

THE EUROPEAN DATABASE ON EVS ACCREDITED ORGANISATIONS

This database contains information on the accredited EVS organisations in Programme Countries and Neighbouring Partner Countries in South East Europe.

Each Expression of Interest (EI) is presented with a short description of the organisation, its motivation and EVS experience, the themes and contact details. The EI also informs if the organisation offers possibilities for young people with fewer opportunities. For all accredited host organisations, you also find a description of the project environment, activities and volunteer profiles.

⇒ http://ec.europa.eu/youth/evs/aod/hei_en.cfm

OTHER DATABASES OF YOUTH ORGANISATIONS

You also can look in other databases of organisations that are active within the Youth in Action programme on other actions such as youth exchanges and trainings, and contact them with the question if they are already active in EVS, or if they have interest in becoming a host organisation.

- To promote co-operation between Countries from South East Europe and Programme Countries in the frame of the YOUTH programme, SALTO South East Europe Resource Centre maintains an Online SEE-EU Partner Searching Forum and a Database of Partner Organisations from SEE with information about potential partner organisations from South East Europe
⇒ <http://www.salto-youth.net/database/>
- Database of organisations from Europe run by Eurodesk Slovenia:
⇒ <http://mladina.movit.si/content.asp?UnitID=3&LanguageID=10&MenuID=419>
- Database of organisations from Europe run by National agency of YOUTH programme in Germany:
⇒ www.jugendfuereuropa.de/service/kontaktboerse/service_kontaktboerse_e.htm
- Database of organisations from Europe searching for partners to develop Youth exchange projects in the framework of the YOUTH programme:
⇒ <http://www.youthforeurope.org/>

Websites

YOUTHNETWORKS

The goal of YouthNetworks is to make youth work easier and more efficient. It is an online network based on the needs of international youth organisations. This network is an initiative of NoBorders.

With Youth Networks, you will be able to:

- Search for Youth project(s)
- Search for (EVS) vacancies
- Apply online for (EVS) projects
- Participate in online brainstorming
- Search for partners and much more
⇒ <http://www.youthnetworks.eu/>

EVS 4 U EVS PROJECTS IN THE BALTIC SEA REGION

The aim of the project is to use EVS as a tool for cooperation between the cities in the Union of the Baltic Cities and the County of Kalmar. By cooperating on EVS the overall aim is to increase tolerance and intercultural learning between individuals, organisations and municipalities in the region.

The objectives are however not only to increase the number of EVS projects in the region but to improve quality on EVS projects, making sure that they meet high standards and result in a positive learning experience for the volunteer as well as the hosting organisation.

⇒ <http://www.evs4u.net/>

EVS INFO POINT IN GREECE

the online info point for EVS in Greece

⇒ <http://www.evsactually.gr>

This list is definitively not complete. Therefore, we will update the list via de website

⇒ <http://www.evsguide.eu>

Mailing lists

Some international mailing lists are helping with finding partners and projects, with supporting each other by email:

- european-youth-exchanges@yahoogroups.com
- euproject@yahoogroups.com
- European_Youth_NGO_Network@yahoogroups.com
- YDA_International@yahoogroups.com
- EVSpartners@yahoogroups.com
- youthactionforchange@yahoogroups.com
- ...

You can find them via <http://groups.yahoo.com/>

These mailing list *can* be a help, but it is always up to the receiver to give interpretation the quality. If you wish to receive emails from these lists, you need to be aware that there is no standard quality control, as well about the (not yet approved) project ideas, as about the organisations.

Partnership building Activities

A "Partnership-Building Activity" (PBA), previously named a "Contact Making Seminar", is an event organised with a view to allow participants to find partners for trans-national co-operation and/or for project development. Partnership-building brings together potential partners and facilitates the development of new projects around a chosen topic and/or an Action of the Youth in Action Programme.

Your sending organisation can be a partner in a PBA, and can find in this way partners for an EVS project.

You can find some of the PBA's or Contact Making Seminars on the European Training Calender:

⇒ <http://www.salto-youth.net/find-a-training/>

Networking

Making personal contacts with hosting organisations is so far still the most efficient way to find a project.

You can participate in youth exchanges and/or in international trainings that are organised within the Youth in Action programme, and like this you get to know a lot of other organisations, and project officers of other organisations, to whom you can present your interest in EVS.

Talk about this option with your sending organisation! You can find some of the international trainings and seminars on the European Training Calender:

⇒ <http://www.salto-youth.net/find-a-training/>



How to present yourself?

You might have found the ideal project and organisation, it's still not sure that they are interested in you! It might happen that there are more candidate-EVS'ers then available projects, and sometimes the place of an EVS-activity is not immediately available.

Therefore, if you contact a host organisation:

- ask if the project that is described in the database is still existing
- ask if they are still looking for volunteers in that project, and if not, when they will have again a free place available. Note this date down, so that you can contact them again when it is so far.
- ask if they want to keep you informed when they have again free places available
- ask if they have knowledge about similar projects of other organisations in that country or region

CV's

Some candidate EVS'ers are sending their CV, together with an extended letter of motivation to potential host organisation. They do their best to present them as the best candidate, and apply similar like they are looking for a paid job.

⇒ THIS IS OFTEN NOT NECESSARY, MOREOVER, OFTEN, IT REDUCE THE CHANCES TO BE SELECTED FOR A FREE EVS POSITION.

EVS is not about finding a job. During the matchmaking process, the host organisation is taking a look to which volunteer would fit the best in the project IN TERMS OF LEARNING POSSIBILITIES, not in terms of having the most experiences.

Organisations cannot require previous qualifications, a certain educational level, specific experience or more than basic language knowledge. In exceptional cases, if duly justified, depending on the tasks and the situation in which the volunteers are deployed, certain activity types may call for the selection of candidates with specific skills.

Organisations cannot specify that volunteers should be of a specific ethnic group, religion, sexual orientation or political opinion.

Sending pictures together with your CV is also not always a good idea: matchmaking processes are (in normal circumstances) not influenced by funny, sexy or intimidating pictures.



Organisations make a match between the candidates and the project, according to

- mutual interests,
- roles and tasks of the volunteer and the learning opportunities for both sides
- needs, expectations
- honesty of the answers in the application forms (don't describe yourself as the most perfect person in the world!)
- ...

As a starting point, host organisation (should) consider if the possibility, chances, opportunities and challenges for a mutual learning process.

Standard form

Instead of writing a general CV, a host organisation will get a better idea of your profile and background, if you fill out a standard form for EVS volunteers. In this form, that you can find on the next page, you can provide some general information about you, and you can explain why you would like to do EVS. Also your sending organisation can add some recommendations in the form.

This form is not made by the commission or Salto, but by organisations, and it is regularly used in EVS projects.

⇒ You can download the form via the website <http://www.action2.eu> and you can find it on the next page

When you make this form, you need to bear in mind how the reader (the host organisation) can perceive what you are writing. Therefore, explain what you are writing:

- For example, if you have experiences in youth work, explain what you did in youth work, what kind of tasks you did, what role you had (participant, youth leader, organiser,...), how much people were involved,...
- For example, with international experiences, write also of what kind they are (travels, group vacations, personal vacations, international youth exchanges,...)

You can send this form to the host organisations of the projects that you are interested in. When you mail this form to potential host organisations, introduce yourself in the email, and write also specifically why you are interested in their specific EVS project.

Host organisations need to be able to read why you are specifically interested in their project (not only in EVS in general), in order to make a good matchmaking. Don't write too generally!!

Personal Information				
Family Name				
Given Name(s)				
Address		Number		
Postal Code		Town		
Country				
Phone		Fax		
Mobile		e-mail		
Date of Birth		Place of Birth		
Nationality		Sex		<input type="checkbox"/> female <input type="checkbox"/> male
What languages do you speak?				
Languages	Basics	Enough	Good	Mother Tongue
	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>
	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>
	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>
	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/>
What is your highest diploma?				
Do you work, study... (specify, please)?				
Did you follow courses next to school? (if yes, please specify)				
Do you have a driver's licence?		<input type="checkbox"/> <input checked="" type="checkbox"/> yes		<input type="checkbox"/> <input checked="" type="checkbox"/> no
Do you smoke?		<input type="checkbox"/> <input checked="" type="checkbox"/> yes		<input type="checkbox"/> <input checked="" type="checkbox"/> no
Are you a vegetarian?		<input type="checkbox"/> <input checked="" type="checkbox"/> yes		<input type="checkbox"/> <input checked="" type="checkbox"/> no
Do you have allergies?		<input type="checkbox"/> <input checked="" type="checkbox"/> yes		<input type="checkbox"/> <input checked="" type="checkbox"/> no
If yes, please specify:				
Any special medical or dietary needs?		<input type="checkbox"/> <input checked="" type="checkbox"/> yes		<input type="checkbox"/> <input checked="" type="checkbox"/> no
If yes, please specify:				
Any other useful information?				

Can you give three good character traits?	1.
	2.
	3.
Can you give three less good character traits?	1.
	2.
	3.

Please give the four most interesting themes for you:	
<input type="checkbox"/> <input checked="" type="checkbox"/> art and culture	<input type="checkbox"/> <input checked="" type="checkbox"/> social exclusion (in general)
<input type="checkbox"/> <input checked="" type="checkbox"/> environment	<input type="checkbox"/> <input checked="" type="checkbox"/> social integration
<input type="checkbox"/> <input checked="" type="checkbox"/> heritage protection	<input type="checkbox"/> <input checked="" type="checkbox"/> measures against delinquency
<input type="checkbox"/> <input checked="" type="checkbox"/> rural development	<input type="checkbox"/> <input checked="" type="checkbox"/> youth information
<input type="checkbox"/> <input checked="" type="checkbox"/> urban development	<input type="checkbox"/> <input checked="" type="checkbox"/> youth policies
<input type="checkbox"/> <input checked="" type="checkbox"/> equal opportunities	<input type="checkbox"/> <input checked="" type="checkbox"/> youth leisure
<input type="checkbox"/> <input checked="" type="checkbox"/> anti-racism / xenophobia	<input type="checkbox"/> <input checked="" type="checkbox"/> youth sports
<input type="checkbox"/> <input checked="" type="checkbox"/> health	<input type="checkbox"/> <input checked="" type="checkbox"/> media and communications
<input type="checkbox"/> <input checked="" type="checkbox"/> anti-drugs/substance abuse	<input type="checkbox"/> <input checked="" type="checkbox"/> European awareness
<input type="checkbox"/> <input checked="" type="checkbox"/> other	

Please indicate with which target groups you would like to work (max. 2):

<input type="checkbox"/> <input checked="" type="checkbox"/> youth and children	<input type="checkbox"/> <input checked="" type="checkbox"/> unemployed
<input type="checkbox"/> <input checked="" type="checkbox"/> elderly	<input type="checkbox"/> <input checked="" type="checkbox"/> migrants
<input type="checkbox"/> <input checked="" type="checkbox"/> disabled people	<input type="checkbox"/> <input checked="" type="checkbox"/> local community
<input type="checkbox"/> <input checked="" type="checkbox"/> homeless	<input type="checkbox"/> <input checked="" type="checkbox"/> other (specify, please:)

What is your motivation to do an EVS project?

What would you like to do on an EVS project?

What are your hobbies?

Do you have previous international or intercultural experiences?

Do you have experience in youth work? If yes, please specify.

Do you have experience in being a volunteer? If yes, please specify.

Sending organisation

<i>Name</i>			
<i>Address</i>		<i>Number</i>	
<i>Postal Code</i>		<i>Town</i>	
<i>Country</i>		<i>Phone</i>	
<i>Fax</i>		<i>website</i>	
<i>Contact Person in charge of EVS</i>			
<i>Name</i>		<i>Phone</i>	
<i>Fax</i>		<i>e-mail</i>	

Remarks of the sending organisation on the volunteer :

Signatures

Place & Date

Name

Place & Date

Name





Practical preparation

Project preparation

MORE ABOUT THE PREPARATION OF A CONCRETE EVS PROJECT AND ACTIVITY

Application form

When the triangle is completed between SENDING organisation, HOSTING organisation, and VOLUNTEER, one organisation will take the lead in the project and will coordinate the application form for the funding of the European Commission, and further on also the coordination of the complete EVS project. Mostly, this is the host organisation, with the exception of projects that take place in Neighbouring Partner Countries from Eastern Europe/Caucasus and the Euromed-zone.

In the application form, all partners need to propose the project to the funding institution and its representative agency. Following issues will be tackled in an application form and the activity agreement:

- What is the profile of volunteer candidates?
- How is the recruitment procedure?
- How will the volunteer(s) be selected among the candidates and how will the openness and transparency of the recruitment process be ensured?
- How are the volunteers' profile and interests matched with the activity?
- Aim(s), theme(s), working methods, schedule and role of the volunteer(s) within the EVS activity
- The competencies (knowledge, skills and attitudes) that the host expects the volunteers to acquire and through which processes this will be ensured.
- The project set-up through which the theme(s) and the objectives will be put into practice and the working methods
- The coordination activities foreseen throughout the project for its implementation, including preparatory and evaluation activities,
- How you found partner organisation(s) and how they will be involved in each stage of the project,
- How the young people (so YOU!) will be actively involved in the activities,
- How the volunteers will be prepared, trained and supported (including upon return to their sending countries).
- The role of the mentor(s)
- The expected results of the activity,
- The impact on the participants involved,
- The impact of the activity at local level
- The impact of the activity at regional, national, European/international level (if applicable)
- Risk prevention and crisis management:
- The complete budget
- ...

This application form should be made in complete equal partnership between all actors, so as volunteer, ask that your sending and hosting organisation is informing you about the application form, and that you get involved in it !

Activity Agreement (AA)

As a part of the application form, the hosting, sending organisation and volunteer need to make a kind of "contract" amongst themselves, in which they describe the rights and responsibilities of each partner in the project.

In this Activity Agreement ("AA"), or in EVS-terminology also the "annex 2" named, you also agree upon very concrete issues:

- The address where you will be accommodated, how will you be accommodated (in a student room? a host family? A shared apartment? ...)
- The amount of money you will get for transport, food, communication,...
- How the (other) money will be divided amongst sending and hosting organisation
- The concrete setting for your language courses (how much hours per week, how long, how much, where,...)
- The concrete week schedule and month schedule
- The name of the EVS-mentor and EVS-supervisor
- ...

So all VERY IMPORTANT CONCRETE INFORMATION for you. Therefore, take time to discuss this contract thoroughly with your sending and hosting organisation!! It is of vital importance for your well being during your project!!

The Activity agreement is a key element to ensure a solid partnership among organisations and volunteers in each EVS activity. It shall contain at least the following information:

- Project title and reference of the grant agreement (if applicable),
- Names of the coordinating organisation, the sending organisation(s) and the host organisation(s) involved in the activity,
- Division of rights and responsibilities among organisations and volunteers,
- Division of the Community grant (according to the above responsibilities),
- A description of the role and tasks of the volunteer(s), the practical arrangements (working hours, days off per week, holidays, food, accommodation, local transport) and expected learning outcomes,
- Names and signatures of the representatives of all partner organisations in the activity,
- Names and signatures of all volunteers involved in the activity,
- A table with all volunteer details: Name, first name, address in sending country, telephone, e-mail, date of birth, gender, start date of activity, end date, emergency contact details.

A copy of the signed Activity Agreement is to be handed out to all partner organisations and volunteers involved in the activity.

This agreement is binding on all partner organisations and volunteers involved in the activity.

Rights of a volunteer

FUNDAMENTAL RIGHTS

- The participant's dignity must be respected and protected
- The participant has the right to respect for his or her physical and mental integrity
- The participant shall not be subjected to inhuman or degrading treatment or punishment.
- The participant has the right to the protection of personal data concerning him or her
- The participant has the right to freedom of thought, conscience and religion
- The participant shall not be discriminated against on any grounds such as gender, race, colour, ethnic or social origin, genetic features, language, religion or belief, political or any other opinion, membership of a national minority, property, birth, disability, sexual orientation
- The participant has the right not to participate in activities likely to harm his/her safety, health or physical, mental, moral or social well-being

The above is not an exhaustive list and should only be used for guidance. A full list of fundamental rights of the EU is set out in the "Charter of the Fundamental Rights of the EU". This document can be found on the following website:

⇒ http://www.europarl.europa.eu/charter/default_en.htm.

RIGHTS OF AN EVS VOLUNTEER

PRIOR TO DEPARTURE

- The EVS is open to all young people between 18-30 years old, without discrimination
- The volunteer has the right to choose his/her project from the whole list of EVS projects available (which appears in the on-line database)
- The volunteer has the right to receive information about the projects available from his/her sending organisation in order to determine with the sending organisation, his/her suitability for the project
- The volunteer is entitled to clear information about the host organisation, its activities, living conditions and the tasks that s/he will be expected to carry out in that organisation
- The volunteer has the right to be properly prepared for his/her EVS experience and to take part in a special EVS seminar
- The volunteer must not in any way pay wholly or partially, directly or indirectly, for his/her participation in the EVS programme, for any part of his/her project
- The volunteer's reasonable travel expenses for one return trip to (before the beginning of the project) and from (once the project has ended) the host organisation will be organised and covered by the sending organisation
- Each volunteer has the right to be covered by the obligatory insurance (arranged by the sending organisation) foreseen for the EVS by an insurer appointed by the European Commission for the duration of his/her EVS service

DURING THE EVS

- The volunteer has the right to an explanation concerning the grant received by the organisation and the use of this grant for the benefit of the volunteer's project
- The volunteer has the right to language training
- The volunteer has the right to adequate training to enable him/her to carry out the agreed tasks and a right to attend the on-arrival and mid-term seminars offered by the National Agency



- The volunteer should have adequate supervision related to his/her tasks, by the local host organisation in the project
- The volunteer must be assigned a tutor by the local host organisation, and should have frequent contact with him/her
- The volunteer is entitled to support from his/her tutor and the National Agency in the event of unforeseen difficulties
- The volunteer should expect his/her sending organisation to stay in contact with him/her for the duration of the project
- The volunteer should not be forced into participating in activities against his/her convictions which were not previously agreed upon
- The volunteer has the right to receive pocket money from his/her host organisation on a weekly or monthly basis corresponding to the monthly rate set by the European Commission for each participating country in the EVS
- The volunteer has the right to free board and lodging
- The volunteer is entitled to two consecutive whole days off per week and two days holiday per month of service (to be taken within the EVS period, with prior agreement of the host organisation); during this time off, the volunteer is entitled to received his / her pocket money and all other allowances offered by the programme. His / her accommodation should remain available to him / her throughout this period.
- It is possible for the volunteer to end his/her project for a good reason, after having consulted his/her host organisation, sending organisation and the National Agency

AFTER THE EVS

- The volunteer is entitled to receive support from his/her sending organisation after the completion of his/her project
- Following the completion of his/her EVS, the volunteer is entitled to a certificate attesting the skills and experience that the volunteer has acquired during this period

Responsibilities of a volunteer

PRIOR TO DEPARTURE

- The volunteer must read and sign the tri-partite agreement
- The volunteer must attend a pre-departure training course
- The volunteer must inform his/her sending and host organisation of the exact dates of his/her arrival at and departure from the host organisation
- The volunteer has the responsibility to inform his/her sending organisation of any circumstances that may influence his/her compatibility/suitability for certain EVS projects
- The volunteer has the responsibility to provide accurate information to the sending organisation about health related issues - this information shall be used for matching the volunteer to a suitable project and to ensure his/her well-being

DURING THE EVS

- The volunteer is expected to respect the organisational policy of the host organisation
- The volunteer must respect the health and safety regulations of the host organisation/ country
- The volunteer must not act in any way that could put others or him/herself at the risk of being injured
- The volunteer has the responsibility to fulfil the terms of the tri-partite agreement and is expected to remain in the project for the agreed duration unless there is a good reason for the volunteer to leave the project
- The volunteer is expected to be reliable, including notifying the appropriate persons (tutors, NA) of his/her intention to withdraw from the EVS
- The volunteer must keep his/her tutor informed about his/her whereabouts during the EVS period
- The volunteer has a responsibility towards the host organisation and should show willingness to adapt to his/her surroundings and to carry out agreed tasks. While the volunteer will be involved in interesting activities, some of the tasks could be routine but important to the running of the organisation
- The volunteer has the responsibility to seek guidance when necessary. If the volunteer has a problem s/he should discuss it with his/her tutor as the host organisation can only act when it is aware of a problem
- The volunteer is expected to frequently meet with his/her tutor
- The volunteer should report serious difficulties to the National Agency
- The volunteer must take good care of the accommodation that has been provided for his/her use
- The volunteer must attend all the activities foreseen by the programme and the events organised by the National Agency (on-arrival, mid-term meetings), in order to learn, share his/her difficulties and to exchange his/her experiences

AFTER THE EVS

- The volunteer should respect the agreement with the sending organisation about reporting and returning experience to the sending organisation
- The volunteer must complete a final report at the end of the EVS project
- The volunteer must contact the sending organisation on his/her return or at the end of the EVS project

Technical aspects

Insurances

Volunteers are covered by a group insurance plan specifically designed to protect participants in the European Voluntary Service programme during their period of voluntary activity. The cover is provided free of charge to the Volunteers.

The purpose of this plan is to give you access to an insurance network which can help you whenever a medical, dental, disability or liability problem occurs. What could be a minor accident or hospitalisation at home may appear frightening and uncontrollable when you are far from home in a foreign country.

COVERAGE

Coverage is worldwide, 24 hours a day, from the day you leave home en route to the Host Country until the end of the second month after your return home at the end of the Voluntary Service. Cover also applies to the preparation meetings before your departure and to the follow-up and final assessment meetings after your return.

Overview at a glance

ELIGIBILITY

All Volunteers (partners and children included) are covered for the duration of the Voluntary Service, provided the enrolment form is completed.

COVER

Worldwide, 24 hours a day, with no deductibles and no waiting periods. No proof of good health is required.

PRE-CERTIFICATION

Required 10 days in advance in all cases of non-emergency hospitalisation, medical and dental surgery, dental treatment or prostheses which cost more than 600 EUR; childbirth, repetitive medical treatment; treatment of psychiatric, mental, nervous disorders, alcoholism or drug abuse detoxification which cost more than 300 EUR. Within 72 hours of admission for an emergency hospitalisation.

MEDICAL CARE

100% of reasonable charges for necessary medical treatment for hospitalisation charges, doctors' fees, laboratory tests, X-rays, prescription drugs. Pregnancy and childbirth are covered. No overall maximum.

DENTAL CARE

Necessary basic care, dental surgery, and dental crowns, up to 500 EUR per tooth and a maximum of 1,000 EUR per person.

ASSISTANCE

Full range of services including medical repatriation, medical information, locating medical and dental providers, dispatch of essential prescription medicine, advance of bail and legal assistance for an automobile accident, identity cards and travel ticket replacement. Prior approval is required by AXA Assistance.

Permanent Disability

Lump sum indemnity of up to 60,000 EUR, providing the disability rate equals 33% or more.

LIFE INSURANCE

Lump sum indemnity of 20,000 EUR which may also be paid in the event of a severe permanent disability.

THIRD-PARTY LIABILITY

Financial consequences of the legal liability for bodily injury, property damage, and consecutive financial loss to a third party up to specific limits per occurrence.

CURRENCY OF REIMBURSEMENTS

The currency of the Plan is the Euro (EUR), but medical and dental bills may be submitted in any currency. Reimbursement of health care expenses is normally made in the currency which the Volunteer indicates on the enrolment form.

Identification Card At the time of enrolment, an insurance-assistance card is given to the Volunteer. Please carry your personalised EVS insurance-assistance card in your wallet to facilitate admission to a hospital in an emergency and, if necessary, to contact the repatriation service.

An insurance Guide including all the information on the coverage and support provided, as well as instructions on the online enrolment process, is available at

⇒ <http://www.europeanbenefits.com>.

Visa and vaccinations

Most Youth in Action Programme participants from non-European Union countries coming into the EU and participants from the EU going to non-EU countries to take part in a youth project, have to apply for a visa of entry into the relevant host country. Young people resident within an EU Member State, who are holders of a non-EU nationality/passport, might also need a visa to enter another EU Member State.

It is a collective responsibility of all the partners in the project to ensure that any visa required is in order before the planned Activity takes place.

National Agencies and the Executive Agency may give further advice and support concerning visas, residence permits, social security, etc. The European Commission also has drafted some general recommendations for visa/residence permit applications for the benefit of Youth in Action Programme participants.

As EVS'er, you are responsible in this case for collecting the necessary documents (birth certificate, study certificate,...), so that your partner organisations can facilitate the visa application.



During your project

Take care of yourself during the project!

Support for EVS'ers

However well prepared a volunteer may be in advance, facing the realities of the new environment can always be somewhat of a shock. Arrival in the new setting, meeting new people, organisational customs, unfamiliar organisational rituals, usually total ignorance of the local language, lack of understanding of the cultural patterns, nonverbal signs, well-established norms and rules of conduct - these are just some aspects of a typical experience at the start of the EVS.

It has to be admitted that, for most of us, this experience could shake up our habitual point of view and question attitudes we never doubted before. The experience of a personal challenge, typical for EVS, can stir up a sense of insecurity and not-belonging, but incorporates a valuable potential for learning and self-development. That is why one of the most important tasks for the host organisation is to create, from the very beginning, a system of support, a safe environment for the volunteer, which will facilitate the process of intercultural, social and personal learning during the EVS.

At the same time, in order to provide continuous support and prevent crisis, the role of a sending organisation during the EVS consists of regular contacts with the host organisation and with the volunteer.



What kind of support is provided during your EVS?

EVS TRAINING

The host organisation is responsible for providing volunteers with adequate training and support in relation to the volunteers' tasks. Persons who are familiar with these tasks should guide them. Regular meetings with volunteer and project supervisor in a private setting should be ensured. The host organisation is responsible for sending the volunteers to an on-arrival training session and mid-term meeting. (The sending organisation is responsible for ensuring pre-departure training and a final evaluation meeting.)

LINGUISTIC SUPPORT

The host organisation is (mainly) responsible for arranging language learning opportunities. The format, duration and frequency of this training can vary depending on volunteers' needs and abilities, their tasks in the host project, and the possibilities of the host organisation. Language training must be free of charge for the volunteers and included in the regular working time.

INTERCULTURAL LEARNING SUPPORT

The host organisation should be prepared, sensitive and aware of the intercultural challenges the volunteers might be facing when experiencing the host culture (people's communication patterns, attitudes, beliefs, values etc.). There should be enough safe space for the volunteers to reflect on their intercultural experiences, to deal with feelings related to possible culture shock and use those as precious moments of learning and personal development.

PERSONAL SUPPORT

The host organisation should provide sufficient personal support to help overcome, and if possible prevent, any difficulties, either in the volunteers' personal lives or in their activities in the host organization.

FREE TIME AND SOCIALISING

The host organisation should be aware that the time that volunteers spend outside of work is equally important for their well-being and satisfaction as working time. Therefore, the host organisation is responsible for helping to avoid "the nightmare of free time" by facilitating the integration of the volunteers into the local community, discovery of the host town, opportunities for meeting other young people, socialising and participating in leisure activities, etc. People from the organisation of a similar age and with similar interests as the volunteers could be of great help in this process. Contacts with other EVS volunteers should be encouraged whenever possible.

MENTOR AND SUPERVISOR

You will be also provided with a supervisor (the project responsible, which is also responsible for your well staying during the activity) and a mentor (an independant person, who knows what EVS is about, and who can support you, frame what is happening in times of troubles, and give some advice).

Communication with people at home

Some communities and webblogs that you can use to keep informing your friends, family and acquaintances at home:

- MY EVS.NET is a collection of webblogs of EVS'ers
⇒ http://www.myevs.net/find_weblogs.php?adv=1
- WHERE ARE YOU NOW is a travel and lifestyle social networking community designed for members to meet others, keep friends and family informed of their whereabouts and activities ...
⇒ www.wayn.com/





After your project

Use your experience!

Youth Pass

All Youth pass certificates have a common structure, a coherent layout, and contain the following information:

- personal details about the participant
- general description of the relevant Action of the Programme
- key information concerning the project and the activities realised by the participant
- description and assessment of the participant's learning outcome during the project.

Through the Youth pass, the European Commission ensures that participation in the Programme is recognised as an educational experience and a period of non-formal learning and informal learning. This document can be of great benefit for the future educational or professional pathway of the participant.

Each beneficiary of a Youth in Action grant under the Actions concerned is responsible for:

- informing all participants involved in the project that they are entitled to receive a Youth pass certificate
- issuing such certificates to all participants who request one.

These obligations are specified in the model of grant agreement between the beneficiary and the relevant National or Executive Agency.

Beneficiaries can issue Youth pass certificates by accessing <http://www.youthpass.eu> which is an integral part of the Commission's website on the recognition of non-formal learning in the youth field (<http://www.youthandrecognition.eu>).

MORE INFO:

⇒ <http://www.youthpass.eu>



ex-EVS organisations

In several countries, young people who have undertaken an EVS project, have founded an organisation for ex-EVS'ers. They regularly meet to share experiences, and they do common activities.

These ex-EVS organisations are also taking a rôle in connecting new EVS'ers in their country.

You can inform at SALTO or at your National Agency if in your country/region such an organisation is active.

SOME ORGANISATIONS:

- The ex-EVS organisation in Germany:
⇒ <http://www.ex-evs.de/>
- The ex-EVS organisation in Belgium 'Meeting point EVS':
⇒ <http://www.meetingpointevs.be/>
- The ex-EVS organisation in Estonia:
⇒ <http://www.maailmakodanik.ee/>
- The ex-EVS organisation in Spain:
⇒ <http://www.ex-evs.es/>
- The ex-EVS point in Greece:
⇒ <http://www.evsaactually.gr>
- Neva is a new organisation that acts as network of European volunteers' associations.
⇒ <http://www.neva-network.org/>



Resources

EUROPEAN COMMISSION

Directorate-General for Education and Culture (DG EAC)

⇒ http://ec.europa.eu/youth/index_en.html

EDUCATION, AUDIOVISUAL, AND CULTURE EXECUTIVE AGENCY OF THE EUROPEAN COMMISSION

⇒ http://eacea.ec.europa.eu/youth/index_en.htm

SOS FOR EVS (EUROPEAN COMMISSION)

Database of accredited organisations:

⇒ http://ec.europa.eu/youth/evs/aod/hei_en.cfm

FAQ-page of the European Commission:

⇒ http://ec.europa.eu/youth/youth-in-action-programme/doc401_en.htm

THE VOLUNTEER HELPDESK (EUROPEAN COMMISSION)

A section of the Youth Helpdesk is entirely dedicated to the European Voluntary Service. The SOS Volunteer Helpdesk offers information and advice to any young person interested in the European Voluntary Service (EVS), the Action 2 of the YOUTH IN ACTION programme. The SOS Volunteer Helpdesk serves as an additional contact point, being a backup for advisors, counsellors, mentors and volunteers.

⇒ http://eacea.ec.europa.eu/youth/programme/index_en.htm#helpdesk

EUROPEAN YOUTH PORTAL

A dynamic and interactive Portal in 20 languages for young people

⇒ <http://europa.eu/youth/>

SALTO

SALTO (Support for Advanced Learning and Training Opportunities) Resource Centre provides training and cooperation opportunities aiming at quality improvement and recognition of non-formal learning.

⇒ www.salto-youth.net

TRAINING-YOUTH.NET

This web site presents the training opportunities and publications for European youth workers and youth leaders developed by the Youth-Partnership between the Council of Europe and the European Commission.

⇒ www.training-youth.net

We wish you good luck with your project!

(Even if it seems a lot of work to prepare your EVS, it is WORTH it...)

The Healthy Network iNGO

The Healthy Network iNGO is an international network that aims at developing partnerships and projects between non-profit organizations and institutions working with young people according to the principles of non-formal education, in the field of health promotion in the broad sense, in an integrated and inclusive way, in urban and rural areas.

Through our activities, the Healthy Network iNGO aims at health for all young people across Europe and its neighbouring countries.

WHERE TO FIND US:

- Trnavské mýto 1, 831 04 Bratislava (office)
- Medved'ovej 30, 851 04 Bratislava (seat)

HOW ELSE YOU CAN TELL US SOMETHING:

- phone & fax: +421 2 5564 5291
- E-mail: office@healthynetwork.org
- Website: www.healthynetwork.org



Education and Culture DG



'Youth in Action' Programme

The Healthy Network iNGO has received funding within the Youth in Action programme of the European Commission. This booklet has been realised with support from the European Commission. This publication reflects the views only of the authors and the Healthy Network iNGO, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

