



Supported volunteering with UNA Exchange *Summer 2018*



Llywodraeth Cymru
Welsh Government



Erasmus+

With support from the **Welsh Government** and **Erasmus +**

UNA Exchange, Temple of Peace, Cathays Park, Cardiff CF10 3AP www.unaexchange.org / stepbystep@unaexchange.org

Leila Usmani – Programme Officer (Supported Volunteering) Tel: 029 2022 3088 / 1

UNA Exchange

UNA Exchange is a Cardiff-based charity which has been working in the field of international youth volunteering and global citizenship for 45 years.

UNA Exchange works with a large network of national and international partner organisations, co-ordinating community based volunteering projects and workshops, including 1 day, 1 week, 2 week, 1 month, and 2-12 month opportunities.

Our volunteering opportunities bring together young people from a variety of backgrounds to spend their time and energy volunteering for the benefit of a local community while at the same time learning from and sharing with one another.



Why volunteer with UNA Exchange?

-  We provide meaningful projects with local organisations: volunteers always work in partnership with local communities;
-  We are a youth development organisation and place a great emphasis on the
-  benefits and outcomes that can be gained by young people;
-  We are a charity, not a profit-making company;
We provide encouragement, support and opportunities for young people to go further with their volunteering and build up a wealth of experience and skills.

The partner organisations that we work with to set up and co-ordinate the projects are long standing and trusted partners who also have many years' experience of working with young people. We regularly meet with our partners to discuss best practice, health and safety and mentoring of volunteers whilst on their project.

The Supported Volunteering Programme

The Supported Volunteering programme was developed in 2016, springing off our Step by Step Programme that started in 2008, as part of our commitment to ensuring that local and international volunteering was made accessible to more young people in Wales. Much of the international volunteering work we support in Wales takes place in economically disadvantaged areas and it is important to us that young people from those communities have opportunities to participate in similar activities in other countries.

UNA Exchange accesses funding from Welsh Government Welsh Centre for Voluntary Action (WCVA) and the European Union Erasmus+ programme which enables us to remove the financial barriers to participation that exist for many young people, and to provide extra support in preparation and follow up. This means we are able to cover all travel, accommodation, food and insurance costs and subsidise the administration fee we normally charge. Supported Volunteers are supported to fundraise before their trip, whether that's through a sponsored walk, car boot sale, talent show or other activity.



Who is Supported Volunteering for?



Young people aged 16-25 living in Wales

Young people with fewer opportunities, meeting one or more of the following criteria:

Social obstacles *for example*

- young people facing discrimination because of gender, sexual orientation
- young people with limited social skills or anti-social behaviours
- (ex)offenders, (ex)drug or alcohol abusers
- young and/or single parents; orphans; in care system - young people from broken families

Economic obstacles *for example*

- young people with a low standard of living, low income, dependence on social welfare system
- in long-term unemployment or poverty
- young people who are homeless, young people in debt or with financial problems.

Disability *for example*

- Learning (intellectual, cognitive, learning)
- physical, sensory - other disabilities

Educational difficulties *for example*

- young people with learning difficulties
- early school-leavers and school dropouts
- lower qualified young people (below C grade GCSE) - young people with poor school performance

Cultural differences *for example*

- young immigrants or refugees or descendants from immigrant or refugee families
- young people belonging to a national/ethnic/religious/racial minority
- young people with English as a second/other language

Health problems *for example*

- young people with chronic health problems, severe illnesses or psychiatric conditions -
- young people with mental health problems

Geographical obstacles *for example*

- young people from remote or rural areas
- young people living on small islands or peripheral regions
- young people from urban problem zones
- young people from less serviced areas (limited public transport, poor facilities, abandoned villages)

Local Youth Partnerships

The Supported Volunteering programme is structured in a way that provides maximum support for participants, to ensure they are safe and will get the most from their experiences. We work through a network of local youth partners, usually youth/community organisations, because we believe:

-  local workers have existing relationships with young people so are best placed to recommend participants into the programme
-  this helps to ensure young people are ready for the challenge, and ready to get the most from it
-  there will be a local layer of support for participants, especially important in the preparation and follow-up phases
-  it provides a valuable support to the communication and relationship building between UNA Exchange and new young people

We are always looking out for new Local Youth Partners to help ensure the programme is accessible to as many young people as possible, and especially in areas that we have struggled to reach them in the past (especially in North Wales).

Terms and Conditions

Please read this part of the document carefully before completing an application form.

Conditions of Participation

1. Applications will be accepted on the understanding that the volunteer is aware that they are volunteering and have undertaken this application of their own free will.
2. Volunteers must be aged between 16 and 25 years of age at the time of the volunteering activity.
3. UNA Exchange cannot accept any responsibility or liability for changes or cancellations to placements as a result of circumstances beyond our reasonable control.
4. UNA Exchange shall not be liable to volunteers in contact, negligence, breach of statutory duty or otherwise for any loss, damage, costs or expenses of any nature whatsoever incurred or suffered by the volunteer.
5. Volunteer applications will be accepted on the understanding that the volunteer is aware of the risks involved in this kind of activity, including inconvenience, discomfort and possibly illness. It is the condition of joining our programmes that volunteers acknowledge and accept these potential challenges.
6. Health & Safety standards on projects overseas are the responsibility of our partner organisations and standards may differ from the UK norm. If volunteers decide to participate in a project, they should understand that they are taking full responsibility for their decision to travel.



7. Information we give volunteers about specific international projects has been prepared by our partner organisations and is subject to change. UNA Exchange cannot be held responsible for any changes made to project details, although we will try to notify volunteers of any significant changes as soon as possible.
8. The international partner organisation of UNA Exchange is obliged to provide all volunteers with adequate (at minimum dry and warm) accommodation, water, food and washing facilities. The local project host/organiser should provide work tools, supervision, transport, basic emergency aid and provision for accidents.
9. Volunteers are supported to fundraise to contribute towards their project.
10. All travel arrangements to and from the project will be made and paid for by UNA Exchange. Tickets and itineraries will be forwarded to the volunteer and Local Partner prior to travel. Any additional minor local costs, such as a bus fare to/from the point of departure/arrival, will be the responsibility of the volunteer.
11. If a volunteer wishes to return home early, UNA Exchange cannot guarantee this will be possible unless the volunteer wishes to pay for their own re-arranged travel (in this case they are free to do so). Any request will be carefully considered on merit and all parties (volunteer, UNA Exchange, Local Partner organisation and international partner organisation) will be involved in making the final decision.
12. Volunteers must be ready to share their time and energy with the group to help the project succeed. This requires common sense, positivity, patience, compromise and often a good sense of humour.
13. In signing up to the Supported Volunteering programme, volunteers agree to be involved in evaluation and follow-up. This will involve, at minimum, a written report form, a 1:1 meeting and a meeting/gathering of several volunteers.

What we have on offer

We expect young people who join the Supported Volunteer programme to join in as many of the local Welsh activities we have planned as possible. This is because coming to these are crucial steps in the development of confidence to be able to go on a project abroad. Below is a list of some of the activities we have planned, and some we are hoping to run. We may add more on the way, and if you have your own local activity you want to be involved with as part of the programme, let us know! We are also very informal, so please come along comfy and just be you!

WE ARE ALWAYS LOOKING FOR MORE THINGS TO ADD TO THE LIST – SO THIS ISN'T ALL, AND IF YOU KNOW OF ANYTHING YOU WOULD LIKE TO VOLUNTEER AT, LET US KNOW!



Day workshops / volunteering

Usually the first step into volunteering, a day/weekend workshop is a great way to have a taster of the project, get to meet the UNA team, other young people, and for us to get to know you. Some are organised just by us, and some with partner organisations. Below is a list of what we have planned, or are hoping to offer. Together with Local Partners, we can provide travel, food and accommodation support to those attending.

Date and Times	Venue	Organisation	Description
Mon 11 June 10.30am-3.00pm	Council Chamber, Temple of Peace, Cathays Park, Cardiff, CF10 3AP	UNA Exchange	<u>Open Day</u> : A chance to find out more about the programme, ask any questions, meet other young people and us, have a taster of some non-formal sessions that might take place during other activities.
Sat 30 June START TIME TBC – 8.00PM	YMCA Swansea, 1 The Kingsway, Swansea, SA1 5JQ	Gentle Radical	<u>Decolonising Environmentalism</u> : Help volunteer at this event by stewarding, setting up, checking tickets, giving info and much more, as well as having the chance to watch a film, hear live speakers, attend a Q&A and enjoy a dinner at the end, while learning about the effects of climate change on people from countries far away.
Mon 18 June 5.00pm-8.00pm	Room B07, Glyndŵr University, Mold Road, Wrexham, LL11 2AW	UNA Exchange + Glyndwr Uni Youth & Community Work	<u>Open Day</u> : A chance to find out more about the programme, ask any questions, meet other young people and us, have a taster of some non-formal sessions that might take place during other activities
Sun 1 July START TIME TBC – 8.00PM	Shree Kutchi Leva Patel Samaj Community Centre, Mardy St, Cardiff CF11 6QT	Gentle Radical	<u>Decolonising Environmentalism</u> : Help volunteer at this event by stewarding, setting up, checking tickets, giving info and much more, as well as having the chance to watch a film, hear live speakers, attend a Q&A and enjoy a dinner at the end, while learning about the effects of climate change on people from countries far away.

Fri 13 July TIME TBC – Eve	Cardiff	Gentle Radical	<u>Decolonise Disco</u> : Help at this even by checking tickets, stewarding, giving info, and much more while enjoying the music played by a local DJ in this alcohol-free party night made accessible to all who would like to join.
Sat 7 July TIME TBC	Centre for Alternative Technology (CAT), Machynlleth, SY20 9AZ	UNA Exchange + Divest Parliament + CAT	<u>Divest Parliament Campaign</u> : A workshop and CAT tour to develop understanding on sustainable energy, how our politicians can directly combat climate change, plus your confidence on how to ask them to do just that.
Wed 25 July TIME TBC	Temple of Peace, Cathays Park, Cardiff, CF10 3AP	UNA Exchange	<u>Pre-Departure Training</u> : This day workshop will get you prepared for the idea of going on a group Workcamp, either in Wales or Abroad. If you want to go abroad you must come to this.
Fri 27 July TIME TBC	Temple of Peace, Cathays Park, Cardiff, CF10 3AP	UNA Exchange	<u>EVS Volunteer Celebration</u> : A celebration event for the long-term European volunteers who have been in Wales for the last 6-11 months. This will be a chance to meet other people from abroad, find out what it was like for them to spend such a long time in a new country, and hear about the kind of things you could do in the future.
Fri 24 Aug / Sat 25 Aug / Sun 26 Aug Morning	Pride Cymru Big Weekend, City Hall Lawns, Cathays Park, Cardiff, CF10 3ND	UNA Exchange + Pride Cymru	<u>Pride Cymru Big Weekend</u> : Over this weekend, you will have the chance to volunteer for one day in the morning, helping out with logistics such as stewarding, litter picking, giving info. You will then be free to enjoy the rest of the day's event at your leisure. To do this you must attend a training session beforehand.
Mon 13 Aug – Mon 27 Aug TIMES TBC	Cardiff, Various Locations	UNA Exchange + Pride Cymru + Others TBC	Throughout these 2 weeks UNA will be hosting a group of international volunteers taking part in a range of workshops and volunteering activities related to LGBTQ+ and Gender Rights. You are welcome to attend any day activities taking place (such as Pride above) – we may also be able to offer accommodation – watch this space! Details TBC

Group Workcamps/ Residentials

Group Workcamps are 2-3 week projects made up of young people from different countries. The project is set up and managed by local communities/ organisations so we can be sure the work is useful and needed. We have funding to cover travel, food and accommodation. The Group Workcamps are very diverse so should meet a variety of needs and interests. While the model is the same wherever it takes place, some Group Workcamps are more challenging due to location, type of work, venue, and sleeping and food arrangements.

UNA Exchange, Temple of Peace, Cathays Park, Cardiff CF10 3AP www.unaexchange.org / stepbystep@unaexchange.org

Leila Usmani – Programme Officer (Supported Volunteering) Tel: 029 2022 3088 / 7

Summary list of 2018 Wales Group Workcamps/ Residential

Date and Times	Venue	Organisation	Description
Sun 1 July – Sat 14 July Meet Severn Tunnel Junction Train Station	Grayhill Farm, Chepstow, Monmouthshire	Stuart Press Historical Management Associates	Spend 1 or 2 weeks on this historical farm, helping to restore the thatch roof of an old building, with a group of people from around the world. Live together, cook together, and volunteer together.
Fri 13 July – Sun 15 July 4.00pm-4.00pm	Amelia Trust Farm, Five Mile Lane, Barry, CF62 3AS	UNA Exchange + Amelia Trust Farm	A teambuilding weekend full of workshops and hands on farm volunteering, this will give you a taste of a residential overnight stay, a bit like the Group Workcamps.
Sun 15 Aug – Sun 22 Aug TIMES TBC	Grayhill Farm, Chepstow, Monmouthshire	Stuart Press Historical Management	A chance to work with a group of people to help make hay! This opportunity is TBC and is weather dependent.

Summary List of 2018 International Group Workcamps

The possibility of being able to attend one of these projects depends on the engagement of the young person in the local activities laid out above, plus an assessment made by UNA Exchange and the Local Youth Partner on their suitability and readiness to attend. Projects listed below are attended by a group of people from across the world, and only one young person from Wales will be able to attend any project. At bare minimum, young people who want to go on an international Group Workcamp must have undertaken the following: Meeting with UNA Exchange, Pre-Departure Training Day, and at least one Residential overnight with UNA Exchange in Wales (volunteering / workshop). They must have also travelled to these events by themselves, been on time, and be seen to engage fully with the activities presented. Volunteers receive a small personal allowance on the project (around £15 per week).

International Workcamps are only available to those 18 or over at the start date. If you can't go this year, don't worry – maybe you can go next year!

Start	End	Country	Project	Age
07-Jul	28-July	Austria	Vienna Äktschn im Park	18-25
28-Jul	11-Aug	Germany	Kirchberg / Jagst	18-25
30-Jul	24-Aug	Estonia	Alliksaare Farm	18-25
01-Aug	22-Aug	France	Caylus' Lake Terrace Gardens	18-25
08-Aug	21-Aug	Estonia	Alt-Lauri Organic Farm	18-25
08-Aug	29-Aug	France	Hoist the Mainsail to a New Adventure	18-25
22-Aug	04-Sep	Estonia	Alt-Lauri Organic Farm	18-25
26-Aug	09-Sep	Czech Republic	Support Local Community in Hlasnice	18-25
27-Aug	21-Sep	Estonia	Alliksaare Farm	18-25
29-Aug	19-Sep	France	Abandoned Gardens	18-25
16-Sep	30-Sep	Germany	Mannebach	18-25
24-Sep	19-Oct	Estonia	Alliksaare Farm	18-25

Country:	Czech Republic
Code/name:	SDA 109 Support Local Community in Hlasnice
Dates:	26 th August to 9 th September
Project type:	Environmental & Renovation



Volunteer activities

Renovation of an area around the community centre dedicated to free-time activities. The tasks will be manual: renovation of the sports equipment and furniture near the community centre. You will prepare the community centre area for a traditional cultural event “Good-bye, summer holidays” and help during the event (1st September). In case of bad weather, you will clean up the attic of the community centre and/or paint walls inside the centre or other municipal building. You will also work outdoors when maintaining the hiking and cycling trails 1.5 – 3 km north of the village, renovating rest areas (e.g. removing invasive plants) and installing signs and benches. It is possible that for 1 or 2 days you will work in one of the surrounding villages (according to their interest and needs).

Accommodation and food

The whole group will sleep on mattresses in 1 room of the community centre, so you will need to bring your own sleeping bag! Several toilets and showers are available, in the community centre and a building next-door. You will cook your own meals as a group in a kitchen in the centre from food supplies provided by the local partner.

Location and leisure

Excursion to the historical town of Sternberk (4km) – castle, monastery, unique exposition of time. There will be at least one meeting with the local community – an international evening with presentations of various cultures and countries. You can use sports equipment in the area of the community centre (football, volleyball, tennis), do a barbecue party, go swimming, try horse-riding, go hiking to the Jeseniky Mountains and to the Sovinec Castle.

Country:	Germany
Code/name:	IBG 27 Kirchberg / Jagst
Dates:	28 th July to 11 th August
Project type:	Construction & Environmental



Volunteer activities

Constructing and renovating some of these hiking trails, and includes replacing old signs and setting up new ones; and broadening the path. Be prepared that the work is not very diverse. You may also help with a similar task in a park area of the town, where bushes and trees need to be cut.

Accommodation and food

You will stay in a local boarding school. The school includes all necessities for living, such as a kitchen and all sanitary facilities.

Leisure

Kirchberg itself offers a charming old city centre and a beautiful castle. Of course, you will also have the opportunity to go hiking or biking. Easily accessible by public transportation are several larger towns, such as: Schwaebisch Hall, Heilbronn, Nuremberg and Stuttgart, the capital of Baden-Wuerttemberg.

Country:	Germany
Code/name:	IBG 43 - Mannebach
Dates:	16 th to 30 th September
Project type:	Environmental & Construction



Volunteer activities

Setting up a permaculture garden based on natural ecosystems. This garden will be used as a community garden and an educational garden for children. A team of professionals is planning the exact outline of the garden in spring. Tasks of the workcamp will be to prepare the ground, to remodel the terrain, build small paths and maybe a pond, set up compost heap and a bench, plant trees and bushes and much more.

Accommodation and food

You will be hosted in the village's community centre. There is enough space for the group to sleep, as well as a kitchen and toilets. Showers are nearby. The accommodation is right in the middle of the village.

Leisure

Mannebach is a very small village of 350 inhabitants not far from Trier, close to the border of Germany and Luxembourg. The surrounding area is quite touristic. In Saarburg (6km) you can find all the infrastructure you need, such as shops and many attractions (swimming pool, ruins of a castle, waterfall, historic city centre.) Mannebach is surrounded by a beautiful landscape, perfect for hiking and other outdoor activities. Trier with the famous Roman sites, the cathedral and the birthplace of Karl Marx can be visited.

Country:	Estonia
Code/name:	EST25 Alliksaare Farm IV
Dates:	30 th July to 24 th of August 27 th August to 21 st September 24 th September to 19 th October
Project type:	Agricultural & Environmental



Volunteer activities

Alliksaare Farm main direction is cattle and milk farming. The main work will be to take care and maintain the pastures located by the sea (clearing around the pastures, building or removing fences, repairing fences). Another work is cleaning the coast nearby the farm from rubbish brought by storms. Occasionally there can be some work for preparing food for cows for winter time. Also there will be a need to help the host milking the cows as it has to be done two times per day. The work will be mainly outdoors, depending on the weather. The working time will be around 6-8 hours a day. Work will be done under the supervision of the local host. This is an organic farm promoting sustainable lifestyle, and this camp is proposed for volunteers who appreciate and share its values, want to learn more about it and to help hard working people. The work is mainly farm work which can be hard sometimes. You have to be openminded and be ready to adapt to the simple conditions of the common life in the countryside of Estonia. Smoking is not permitted on the farm.

Accommodation and food

The accommodation conditions are very simple in caravans, however beds are provided. Please bring your sleeping bag. Toilets and showers are available on site. There is a kitchen with all necessary equipment for cooking. Ingredients for food will be provided. Volunteers will be served food cooked by locals for lunches during the week days otherwise it has to be cooked by the volunteers.

Leisure

Alliksaare farm is located on Hiiumaa Island. There are a lot of interesting natural picturesque sights on the island as well as good possibilities for swimming in the sea or hiking in the forest. It is possible to visit other parts of Hiiumaa Island on the weekend, which is planned by the host. Hiiumaa offers a lot of various cultural events in summer time and volunteers will have the possibility to join some of them.

Country:	Estonia
Code/name:	EST 46 ALT-LAURI ORGANIC FARM IV
Dates:	8 th to 21 st August 22 nd August to 4 th September
Project type:	Agricultural & Environmental



Volunteer activities

The main task for volunteers will be to weed and harvest (by hand) vegetables and lettuce and picking berries. Additionally to harvesting task, volunteers will clean the vegetables and make them ready for consumers in different organic shops around the country. Volunteers have to be motivated to work outdoors doing sometimes quite physical work under changing weather conditions. Note that volunteers will work all working days and on Saturday mornings as the camp takes place on the peak of the harvesting season. Then volunteers have 1.5 day for rest and sightseeing. Please be prepared to simple conditions of Estonian country side. Volunteers have to be motivated to work outdoors doing sometimes quite physical work under changing weather conditions.

Accommodation and food

In the farmhouse in the room and/or in the attic under the roof sleeping on beds or mattresses. Dry organic toilet, shower, sauna are available. Please bring your sleeping bag and pillow. Volunteers will share the duties of cooking meals and cleaning. During this work camp volunteers will be eating mainly local, organic food from the farm. Do not forget to bring some traditional/ typical food from your home country for the international evening.

Leisure

The whole area, called Vorumaa, is an area of outstanding beauty. It is famous for its diverse and untouched forests with wildlife, deep valleys, hills, 170 small lakes with extremely clean water, winding rivers with caves in the steep banks- you can find everything here! Farm is situated 16km south of Voru, capital of the County. There will be a chance to participate in farmers' fairs. Excursions to the historical places of the County of Voru are planned as well.

Country:	France
Code/name:	SJ36 CAYLUS' LAKE TERRACE GARDENS
Dates:	1 st to 22 nd August
Project type:	Environmental & Renovation



Volunteer activities

You will work on the restoration of a drystone support wall that stands the beginning of a future walking path that will go around the village. The technical leader will teach you all necessary skills in drystone building technique. Another task will be to cut back the dense undergrowth that has taken over the terrace gardens in order to open up the beautiful view over the valley.

Accommodation and food

You be accommodated in dorms, with access to a kitchen, and bathroom.

Leisure

You will have the opportunity to discover this area of South West France, rich in natural sites, such as the Aveyron canyons, the local “petrified” waterfall of Caylus, as well as architectural heritage: old houses, abbeys, castles. You can also discover local festivities, many summer festivals take place in the area.

Country:	France
Code/name:	SJ40 HOIST THE MAINSAIL TO A NEW ADVENTURE
Dates:	8 th to 29 th August
Project type:	Renovation



Volunteer activities

Classrooms and libraries of the schools' buildings are ageing and needy of a serious refurbishing. Painting will be the main task of the workcamp, on school buildings as well as outdoor elements around the premises. A municipal employee will be made available to accompany you on site.

Accommodation

At the local campsite, under big tents lent by the town hall. You will have access to showers and bathrooms, and an outdoor kitchen will be set up.

Leisure

Located along the canal « Des deux Mers » and close to the biggest forest in the area, this small town crossed by many recreational boats, attracts a diverse range of people over the summer. You will, therefore, have the opportunity to meet, not only local inhabitants, but also seasonal workers, cycling tourists, and passing navigators. During your free time, you will have the opportunity to discover not only the natural environment by accessible walk trails along the canals or through the forest, but also the architectural and cultural heritage of the region. You will be able to visit the surrounding cities such as Montauban or Beaumont-de-Lomagne. And, you will also cooperate with local associations to organise events (festive, cultural, social), therefore, multiplying the possibilities of local encounters. You will also have free access to the swimming pool, « pétanque » (boules) field and volleyball pitch.

Country:	France
Code/name:	SJ47 THE ABANDONED GARDENS
Dates:	29 th August to 19 th September
Project type:	Construction & Renovation



Volunteer activities

The work for this project will be composed of a series of small jobs around the village. You will have the opportunity to learn different traditional techniques that are used to build the dry stone walls, and you will be introduced to the skill of stone-cutting. During your time there, you will work alongside different local associations helping save the village's heritage. For example, you will participate in a two-day event called Days of European Heritage. Local volunteers will join you on the work site as well as for leisure time.

Accommodation

A local resident will provide a barn as a dormitory, and tents will also be set up. If you wish to have more privacy, you may bring your own tent. His personal kitchen and living room will be at your disposal.

Leisure

You will have the opportunity to enjoy the heritage and natural environment by going swimming or canoeing down the streams. During your free time you will also discover Salles and all of its heritage sites by foot, or you may visit neighbouring villages. You will also have the chance to share where you come from, through exchanges with local associations and residents.

Country:	Austria
Code/name:	GL01 Vienna Äktschn im Park
Dates:	7 th to 28 th of July
Project type:	Environmental & Renovation



Volunteer activities

You will mostly work with the Vienna gardeners in the green areas of this famous public park called "Augarten". We will as well do some cleaning, renovation and some painting work of the facilities, walls and benches. We will work five days a week, six hours with a lunch break of an hour, from 9:00-15:00.

Accommodation and food

We will be hosted in a youth centre in Vienna. You need to bring with you a sleeping bag and a sleeping mat (we will sleep on the floor), working clothes, working shoes, raincoat, swimming suit, sun protection. We will cook for ourselves, mostly vegetarian.

Leisure

The International Camp will take place in a public park in Vienna, the capital city of Austria, which has a lot of leisure activities to offer. We aim to include 12 local young people either in the work or in free time activities. We want to offer them the possibility to get to know people from all over the world. In this way we want to set an example and promote of integration of people with disabilities in this working area. At the end of the international camp we will organize a farewell barbecue/get together - we invite you to bring typical food, spices, drinks, games and music from your country.