

„Volunteers for Sustainable Lifestyle”
EVS Hosting project in Foundation CampoSfera

INFO PACK

Dear volunteers!

I am very pleased to invite you to our EVS project „Volunteers for Sustainable Lifestyle”.

Who are we?

Foundation for Creative Space and Development CampoSfera was established in 2013 by 4 people who have been involved in 3rd sector activities for many years. The aim of Foundation CampoSfera is to initiate activities and projects that will connect education with sustainable development, ecology and innovation. In August 2013, only 4 months after registration, the Foundation signed an agreement with the Sedziszow municipality in swietokrzyskie voivodeship. Within the agreement the Foundation have rented a building after a closed village school of 550m² with the surrounding area of 1,3 ha for 25 years for the purpose of Foundation’s activities. The building has been renovated in mid 2014. The current state of the building allows the foundation to host groups up to 30 people for a longer period. The building is heated, it includes bedrooms, showers, toilets, training rooms, kitchen, dining room and a workshop.

In the future years we plan to create experimental space for innovative ecological solutions in building construction (natural building method: clay, straw, hemp, etc.), energy and gardening (permaculture). The natural building technique is an alternative to traditional construction method. It embraces the idea of sustainability and responsible resource usage. It is gaining more recognition due to the EU strong support to sustainable development and



„Volunteers for Sustainable Lifestyle” EVS Hosting project in Foundation CampoSfera

environment protection and also people's raising ecological awareness.

We also plan to create a permaculture garden. A green space for both visual and practical purposes arranged and sustained according to nature without the use of chemical fertilizers. The garden will include vegetables, flowers and green architecture such as willow arbour.

The Foundation is also area of innovative ecological solutions that can be spread throughout the society. We want to offer space for workshops on such ideas as home made solar collector, rocket mass heater, green architecture, etc.

An important element of the Foundation activities are trainings and workshops. We want them to be unusual, interesting and creative with the use of non-formal education methods that we specialize in. Also, our workshops teach about tolerance and openness, promote anti-consumerist lifestyle that focus more on nature and its value for human beings.

The main target group of Foundation CampoSfera's activities is youth, local and international. We want to give the local community an opportunity to meet with representatives of various European and world cultures, to learn foreign languages and be inspired by youth from all over the world.

The philosophy of the foundation is strongly connected with the idea of sustainability. We believe that the environment protection is effective only if it is applied to all areas of life. An important part of our philosophy is the power of cooperation instead of competition. One of our long-term goals is to create a small sustainable community with people who find our philosophy and way of life similar to ours.

We own two dogs, one lives outside, is big but friendly and playful. ☺



„Volunteers for Sustainable Lifestyle” EVS Hosting project in Foundation CampoSfera

Where are we?



The Foundation is placed in *Klimontów* near the city of *Sędziszów* in Świętokrzyskie region, Poland. It is a **small village** on the border of three regions. It is a peaceful place, well connected with Kraków (airport), Kielce and Katowice (airport), the capitals of the three regions.

Klimontów is a small village with 300 inhabitants. There is one shop in the village.

There is no: supermarkets, bars, cash exchange office. It is a typical small Polish village.

The location of the Foundation is connected with the nature of the project – ecology and rural development!

Nonetheless, Klimontów is well connected with bigger cities: Kielce (200 000 inhabitants, 1 h by train), Krakow (760 000, 1 h), Katowice (300 000, 2 h). The nearest town is Sędziszów (6 600, 5 min. train) placed 10 km away where volunteers can make bigger shopping and visit a restaurant or a bar.

We encourage the volunteers to visit bigger cities in free time (weekend). Especially Kielce, where our partner organization hosts 5 EVS volunteers who are frequent guests of CampoSfera and Krakow, which is a touristic and cultural place.

There are 2-3 bikes available for volunteers' use.

Volunteers' tasks:

The volunteers tasks are shared between three main areas:

1. Work connected with the Foundation's building and area around.

This will include:

- taking care of the garden: weeding, planting, watering, sowing, harvesting, etc. - the garden will not only have decorative function. We plan to create a permaculture garden, without the use of chemical fertilizers, based on natural solutions. The garden will produce vegetables for the use of all



„Volunteers for Sustainable Lifestyle” EVS Hosting project in Foundation CampoSfera



CampoSfera inhabitants.

- organizing the area according to the season: mowing, snow removal, raking leaves, etc.
- works connected with some finishing work in the building: painting walls, drilling, nailing, cutting, furniture renovation, etc. - the building offers a workshop with many tools which our volunteers

use for their creative work (instrument creation, making wood furniture, renovating old furniture, handcraft).



- helping with small natural building construction: plastering with clay, digging foundations, forming natural bricks from clay and straw, etc.

All this work will be distributed according to the volunteers' abilities and physical strength.

2. Work connected with the local community

This will include:

- organizing meetings with the local youth and children at least twice a week in CampoSfera building. The form of the meetings will depend on the volunteers' and the local's needs. It can take a form of workshop, film screening and discussion, volunteers' mother tongue conversation meetings, board game playing, upcycling workshops or any other form, as long as it is



„Volunteers for Sustainable Lifestyle” EVS Hosting project in Foundation CampoSfera



- safe for the participants and the volunteers;
- organizing English language conversation classes for village youth (frequency will depend on needs);
- visiting schools and kindergartens to talk about the volunteers’ culture and language;
- providing guidance and support for local youth who would like to take part in international youth exchanges or volunteering (EVS or other opportunities).

All EVS volunteers arriving in CampoSfera will take a 2 month trial period when they will perform both kinds of duties (connected with adapting the building/space and with local community). After this period, the HO in consultation with the volunteers and mentor will decide where they settle in better and try to assign more suitable tasks. We prefer the situation when a volunteer would do both forms of tasks equally.

3. Helping with the events organized and hosted by the Foundation

Important part of the Foundation tasks are international and local projects happening in CampoSfera. We host groups of youth exchanges, training (international and for Polish participants), festivals. During those events we involve volunteers into work such as:

- Cooking for the group,
- Cleaning after the group,
- Organizing free time for the group
- Arranging the space for the events



If it is possible, volunteers may be included in workshops happening during the events.

„Volunteers for Sustainable Lifestyle” EVS Hosting project in Foundation CampoSfera

WE ARE ABSOLUTELY OPEN TO VOLUNTEERS' INITIATIVES
CONNECTED TO OUR FIELD OF INTEREST.

This may include arrangement of the area/building as well as events for the local community that the volunteers would like to organize.

Volunteer's profile:

The volunteers we would like to host should, first of all, be willing to live and work in the rural area and not be afraid of physical and outdoor works.

We would especially welcome people who are interested in ecology, permaculture, gardening, natural building and/or working with the small local community in rural areas (especially kids and youth). Our main concern is that the volunteers will find the project interesting, personally developing, fruitful in terms of knowledge and skills and simply satisfying. In our opinion, people with the above mentioned features and interest would feel most fulfilled.

Age: 18-30

Foundation is a special place where you can find a place of solitude and calmness while working close to nature (especially in early spring and late autumn) but also a place where many people come and go and a lot happens (especially in summer). In CampoSfera the volunteers will have a chance to meet people from all over the world who come to volunteer for a shorter or longer period of time. Last year we hosted 9 volunteers from Mexico, Colombia, the US, Andorra, Canada, Belgium and Germany. We also host international project groups of 15 up to 40 people. In summer we organize music festival for the local community and outdoor cinema.

Learning outcomes

Foundation CampoSfera offers volunteers knowledge and skills such as:

- knowledge of natural building and skills in construction in this method,
- skills in gardening,
- skills in innovative ecological solution in energetic security,
- skills in handcraft work: furniture renovation, working with wood, upcycling,

„Volunteers for Sustainable Lifestyle” EVS Hosting project in Foundation CampoSfera

- making and baking bread, smoking food products, making home-made preserves, etc.
- working and living in a small community,
- working with youth and children from rural areas,
- knowledge and methods of leading workshops,
- skills in public speaking,
- knowledge of organizing international projects, such as youth exchanges,
- knowledge in organizing events such as small festivals, outdoor cinema, etc.
- working in international environment,
- understanding the ideas of sustainable development, responsible consumerism, resource distribution and ecological solutions in everyday life.

Foundation will offer support in learning Polish language and culture by organizing or sending volunteers to Polish lessons.

Reimbursement Of Travel Costs

As a hosting organization we will reimburse the travel costs by the amounts set by the ERASMUS+ program guide (for both ways):

Country	EURO per participant
Italy	275
Portugal	360

Financial Arrangement

The volunteers will receive **pocket money** in the amount of the equivalent of 85 EUR (374 PLN) per month per person.

For food support the volunteers will receive 150 PLN per month per person. Most of the food products will be provided by the hosting organization.

Additionally, the volunteers will receive 70 PLN per month per person **travel support**. This money is given to allow volunteers to travel to bigger cities in free time every weekend. However, the volunteers may spend them differently if they wish.

Altogether, the volunteers will receive **594 PLN** per month per person.

„Volunteers for Sustainable Lifestyle” EVS Hosting project in Foundation CampoSfera

Accommodation Arrangement



The volunteers will be accommodated in a shared room (2 person) or separate rooms in case of male and female volunteers in the ex-school building owned by the Foundation (2nd floor). In the second case, volunteers may be asked to host short-term volunteers (up to 2 months) in their rooms who visit CampoSfera especially in summer.

Volunteers will have access to bathroom with showers and a toilet. These spaces are also open for use by the groups hosted by CampoSfera.

They will also have access to the kitchen where they can prepare meals for themselves.

Other rooms available for the volunteers are: dining room, chill-out room and workshop.

The board members live in an apartment on the 3rd floor of the building with separate entrance. The organization

meetings may be happening in the apartment.

The room will be adapted for 1-2 person

CampoSfera's philosophy

We are an ecological organization, that tries to apply the rules of ecological standards in our daily life. Some rules connected with this:

1. Garbage segregation.
2. Responsible usage of water
3. Limiting garbage production (shopping, not using disposable cutlery, dishes etc.)
4. Changing shoes inside the building
5. Responsible usage of electricity (turning off the light while leaving the room, unplugging electric devices when not used: charger, laptop, etc)
6. No smoking inside the building
7. No late parties on the 1st floor

Volunteers will be asked to follow the rules while staying in CampoSfera.

*„Volunteers for Sustainable Lifestyle”
EVS Hosting project in Foundation CampoSfera*

A short film out CampoSfera in English:

https://www.youtube.com/watch?v=eXotuM_RI3g



Erasmus+