

EVS MORE – 2nd round

Duration: 6 months, from February to July 2016

Location: Athens (Greece)

HOSTING ORGANISATION	Social Cooperative Activities for Vulnerable Groups – “EDRA” is a Non Governmental Organization located in Peristeri, in western Athens since 2001. “EDRA” operates in the field of mental health and intellectual disabilities and provides community services to people with mental health problems. It is supervised by the Greek Ministry of Health for providing psychosocial services. More specifically, “EDRA” has developed two rehabilitation units (for 25 “residents”/mental health service users) for the deinstitutionalisation of mental-health service users who lived for years in public psychiatric institutions, and provides social and psychological rehabilitation, development of their social skills, social and economical integration, and in generally aims at the provision of a therapeutic environment. EDRA runs “Diadrome”- Alternative Occupation and Therapeutic Activities Center, which focuses on rehabilitation and social inclusion of persons with chronic mental impairments, as well as on mental health promotion in the general community. Daily Therapeutic/Training Programs in DIADROME include: Individual and group psychological support, Kinesiotherapy, occupational therapy, Creative occupation workshop, Program of outdoor activities (recreational and training outings and day trips, Family counseling, and other groups/programs. “EDRA” is operating a Supported Shelter which hosts four (4) people facing moderate to heavy mental retardation and /or autism or syndrome Dow, and two supported houses, which consist alternative living structures in the frame of psychosocial rehabilitation and are hosting 4 people with minor support of mental health professionals. “EDRA” has developed also a network of services for children (and their families) who face learning disabilities. Up to this moment, under the supervision of “EDRA”, with the support of the local authorities, there are fourteen (14) psycho-pedagogic centres in many areas (eg. Peristeri, Ilion, Dafni, Ymittos, Agioi Anargyroi, Kamatero, Chaidari, Ilioupoli, Nea Liosia, Kifisia, and Neo Irakleio) offering special education therapies (speech therapy, occupational therapy, and psychological support and counseling. Ekfrasi Children’s Cultural Club run by EDRA is a novel approach to
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	cultural education and recreation intended for children aged 5-12. It is aiming at children's free expression and contact with new and traditional forms of art, as well as at raising their awareness of issues regarding social concerns and the natural environment. It's worth mentioning also the "ART for MORE" annual festival, which is a unique and innovative initiative focusing at the connection of arts and mental health. Among other activities of EDRA are included the structures aiming at the fight and prevention against poverty, which include: Intermediation office, Time Bank, Social Market, Soup Kitchen, and Social Pharmacy.
VENUE	Greece, Peristeri (west part of Attica/Athens) and close cities.
IDEAL VOLUNTEERS' PROFILE	Being a volunteer does not require any specific skills or knowledge in advance, so every young person, who wish to participate in the program, has the possibility to be hosted as volunteer by the organization EDRA. It is important to have a strong motivation to work in the field of disability / discrimination / protection of vulnerable groups. People with fewer opportunities are welcome in our organization as long as they don't have any physical disability (for example, need wheel chair), because there are not any facilities for people with special needs in the accommodation (for example, there is not any elevator to go to the apartment).
PLANNED ACTIVITIES AND VENUES (detailed information are welcomed).	Volunteer will provide voluntary service at the psychosocial rehabilitation houses, and the center for alternative therapies, located in Peristeri and Ilion. Specifically: at the psychosocial rehabilitation / residential structures, voluntary activities aim at improving the quality of life of the residents, the development of their personal and social skills and their social integration. Volunteers' tasks include: • Participation in planned activities (e.g. visits to museums, parks, restaurants, cafes, leisure activities, such as bowling, trips) • Joint groups (e.g. expression group, body-therapy, sports activities, mask making) • Participation in the daily routine of the rehab.structures (e.g., preparing meals in cooperation with residents and the staff supervision, serving meals, makings the clothes, fit wardrobe, making beds, personal care and grooming (eg . dryers, nail polish) • Participation with the cooperation of the staff in cleanliness of the boarding house (eg sweeping, mopping, dusting, gardening, decorating) • Indoor activities (eg painting, board, puzzle) activities according to their skills and interests of volunteers (eg photography,

	movies, art, sports). The volunteers program in the psychosocial rehabilitation structures may comprise two shifts, the morning 8.00-12.00 (except weekends) and afternoon 17.00-21.00 (excluding weekends). At the Center for Alternative Therapies, which provides services to adults with mental retardation and / or mental disorders, either from the community or from boarding houses, main occupation is construction lab/workshop (it is creating decorative items, seasonal items, gifts and jewelry). Volunteers 's tasks include support the users in the above mentioned activities with the guidance of the instructor. The center is open three/four days a week (9.00 to 13.00). The center organizes two (2) annual bazaars, and various therapeutic groups, of recreational and educational nature, eg group psychodrama, art-therapy, music therapy, visits to museums, excursions, individual sessions, training in the use of PC. Meanwhile, volunteers are involved in other activities carried out by the hosting organization, such as Panattiki sport-event for disabled, public awareness events, and the annual International Festival of Art For More, which is an innovative initiative connecting art and mental health. Other actions involving volunteers: • volunteers support the environmental program for children "In Depth Garden". The environmental program, address at children aged 5-12 and operates on Sundays in Park of Environmental Awareness Anthony tritsis. The program aims to acquaint children with the vegetables / plants and cultivation / use, the awareness of children, the connection of food with the earth, the therapeutic contact with nature, and more. The role of volunteers is supportive to the responsible action and focus on: their contribution to the smooth implementation of the program, supervision of children, contributing to the creation of the vegetable garden, preparing the program (eg materials for construction, preparing vegetable garden), implementation of group games or activities. • volunteers support at the Soup Kitchen: at the this service, people being at risk of poverty and/or uninsured individuals obtain daily meals of the day. Volunteers are invited, under the guidance of the supervisors to perform simple tasks, like preparing food in the kitchen, counting meals, room cleanliness, in order to function better and serve the users of the service, at risk of social exclusion. The role of volunteers in this action is supportive to the structure.
FOOD AND LODGING ARRANGEMENTS	Volunteer will receive at the beginning of each month 190,00 euros to arrange the food and transportation + 100 euros as pocket money.

	The volunteer stay in an apartment shared with other EVS volunteers. The apartment has two bedrooms, kitchen, bathroom, a spacious living room and two balconies. There are all the basic devices: 2 refrigerators, stove, washing machine, wireless internet and a telephone for incoming calls.
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