

SHARING LIVES

**INFO PACK
FOR VOLUNTEERS**



 **AGENZIA SUPPORT**



**Co-funded by
the European Union**

Dear Volunteer,

Thanks for showing interest in our project!

In this information pack you will find a description of the volunteering opportunity that Agenzija Sapport offers through the European Solidarity Corps. You will also find important information regarding logistics and practical arrangements related to your experience as well as additional information about the Agency and on Malta.



THE VOLUNTEERING EXPERIENCE

Sharing Lives has witnessed first-hand the significant impact of voluntary work on the lives of persons with disability. Thanks to the time and efforts of our volunteers, we are able to offer persons with disability greater opportunities for inclusion, live unique experiences and create new connections in the community.

We are looking for volunteers between the age of 18 and 30 years. The maximum number of hours a volunteer is expected to provide is 38 hours per week. Hours will be flexible and may include evenings and/ or weekends.

Your work as a volunteer will further contribute to promote social inclusion of persons with disability and facilitate access to activities within the community. Moreover, you will empower persons with disability to develop meaningful relationships with others and in turn help reduce the stigma associated with persons with disability.

Your role as a volunteer with Sharing Lives will involve:

- Befriending members on an individuals basis
 - *You will be matched with an individual and together you will decide how to spend time together. eg. go for walks, play cards, cooking sessions, etc.*
- Offer assistance in our social groups, which are aimed for adults with disabilities to engage in activities of their choice in the community
 - *You will be engaging directly with members and supporting the professionals in the overall organisation of the activity.*



- Offer assistance in our youth group, which offers informal education opportunities for young persons with disabilities and space to socialise with their peers
 - *You will assist professionals and youth workers in delivering sessions and programmes, engage directly with members and empower persons with disability during activities and participate in programme evaluations*
- Create and implement social activities and projects
 - *You will be given the possibility to share and implement your creative ideas for projects and/or activities eg. networking with other NGOs*
- Assist the Sharing Lives team in strengthening the community of volunteers
 - *You will be supporting the community of volunteers involved with Sharing Lives eg. organise teambuilding events, promote the voluntary experience, etc.*
- Support the team with the implementation and logistics of other EU projects and activities
 - *You will be supporting the team in the organisation of various European projects eg. youth exchanges and solidarity projects*

Why should you volunteer with us?

- To gain experience of volunteering and living in a foreign country
- To gain a vast array of skills including creative skills, organisational skills, public speaking, etc.
- To be given the opportunity to suggest and implement own ideas for activities
- To experience first-hand the satisfaction from contributing to the inclusion of persons with disabilities
- To experience the workplace culture of a national Agency
- To meet a community of both local and foreign volunteers
- To share experiences and different cultures with other volunteers/employees



Testimonials



**HANNAH
SCHÄFER**

The experience with Sharing Lives gave me more than I ever expected. I gained a new understanding about socialising, learnt a lot about myself and how important it is to be open to your thoughts and heart. In the end, we all have dreams and love deep inside of us. Let's share it. Let's share our lives and connect with each other. This is what we're waiting for. Thank you Sharing Lives for this unforgettable experience. It will remain in my heart and my memories.



**ALEXANDER
KONSCHU**

Amongst the different activities, I organised a special cooking session with a focus on healthy eating, beginning with an introductory session where we discussed together which foods are healthy for us. I felt happy because the members enjoyed the activity, and those that seemed shy in the beginning, were more open by the end of the session. One thing that makes the work feel useful is that you see changes in the behaviour and the way the members express their feelings. The experience was not always easy, but it was worth it!

PRACTICAL ARRANGEMENTS

A volunteering experience under the European Solidarity Corps caters for the following aspects:

TRAVELLING: To travel to Malta you either need to take a flight, or a ferry if travelling from Sicily. There are flights available from several airports around Europe. It is recommended that you look for green travel options when possible. It is important to keep all tickets, receipts and boarding passes so that you may be refunded. The budget allocated for travelling is calculated according to the distance between countries. The table below shows the budget limit per range of distance:

Distance (KM)	Budget
100 - 499	€180
500 - 1999	€275
2,000 - 2,999	€360
3,000 - 3,999	€530
4,000 - 7,999	€820
Over 8,000	€1,100

Please use the distance calculator below to check on your travel budget:

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

INSURANCE: Volunteers coming from the European Union need to obtain an E111 Health Card. The EU commission will offer you an insurance policy in order to have coverage in emergency situations.

One may download the ESC insurance membership card from their account on the European Youth Portal: <https://youth.europa.eu>

ACCOMMODATION: Costs related to accommodation throughout the duration of the volunteering experience will be funded by the ESC project. Our accommodation is situated in Żurrieq, a village next to the countryside with the touristic landmark of Blue Grotto. The apartment consists of a private room for each volunteer with an airconditioner. Living room and kitchen are shared spaces for other volunteers and/or professionals of Aġenzija Sapport for their intervention. Facilities include WiFi, towels, tumble dryer, etc.

TRANSPORTATION: The main mode of transportation will be public transportation. The volunteer will be supported to apply for the local Tal-Linja card. The card will be topped-up monthly.

More information on Malta's public transport on: <https://www.publictransport.com.mt/>

Sharing Lives' offices are located in Santa Venera. It is 4km away from the capital city Valletta and is easily accessible by bus. Office is 11km away from Żurrieq.



PERSONAL ALLOWANCE & FOOD BUDGET:

Food budget will be allocated monthly. Volunteers will be responsible to do their own shopping. Similarly, the pocket allowance will be provided on a monthly basis. Both these allowances will be provided via bank transfer at the beginning of the month. Be mindful that cost of living in Malta is rather high thus you will need to make best use of the allowances provided to you. Also, consider to bring some additional savings.

TRAINING AND SUPPORT: On arrival, volunteers will be supported to attend a number of orientation visits to see how the Agency operates. Periodical training will be provided along the year together with our local volunteers. In addition, the volunteers will be expected to attend formal training with the national Agency - European Union Programme Agency (EUPA). Further support will be offered through monthly appointments with the mentor and supervision with a team member of Sharing Lives.

YOUTHPASS: At the end of the volunteering experience, the volunteer will be provided with a Youthpass certificate.

For more information on Youthpass:
<https://www.youthpass.eu/en>



ABOUT AĠENZĠJA SAPPORR AND SHARING LIVES

Aġenzija Sapporr is Malta's National Agency that offers and provides services, support and guidance to persons with disabilities, their support networks, and their communities. The Agency's cause is to assist persons with disabilities to achieve social equitability.

Aġenzija Sapporr offers a wide range of services from social work assessments and interventions – including children's services, community services, supported independent living, day services, sign language interpretation, occupational therapy, assessments and recommendations in assistive technology, driving assessments, workshops, blue badge service, EU Disability Card service, skills for employment, as well as a number of schemes.

For more information on Aġenzija Sapporr services:
www.sapporr.gov.mt

Sharing Lives is the voluntary arm of the Agency, and has been operating since 2017. It is the service coordinating this voluntary experience. The service uses a community development methodology to facilitate inclusion opportunities of persons with disabilities and expand their social support network. It engages with volunteers from all walks of life and collaborates with other NGOs in Malta and abroad to create various creative programmes and other leisure and cultural activities.

Activities organised include: rugby sessions, DJ workshops, hikes, cooking workshops, concerts, performing arts, photography sessions, social skills and leadership programmes, trips abroad and EU funded youth exchanges etc.

Sharing Lives work with adult persons with disability between 18 and 60 but with the majority being under 35 years of age.

*Sharing lives.
Sharing experiences.*



EXPLORE MORE OF THE
MALTESE ARCHIPELAGO:
www.visitmalta.com



ABOUT MALTA

Malta is an archipelago of islands between Italy and Libya. Malta, Gozo and Comino form the Republic of Malta and is blessed with many beautiful beaches surrounded by the Mediterranean Sea.

It has a rich history dating back to prehistoric times as it boasts a number of UNESCO World heritage sites such as the megalithic temples that are older than the pyramids of Egypt. It was home for the Knights of Malta who built many architectural gems across the island including the capital city of Valletta. Furthermore, the British occupied the country until it gained its independence in 1964. It was in 2004 that Malta became an official member state of the European Union. Due its geographical position and extensive history, the Maltese culture and way of living is influenced has Arabic, British and Italian influences. Summer is then the highlight of the year where the Maltese spend the longer days enjoying the nightlife, village feasts and various other musical festivals. The additional perk of living in Malta is that you are never too far away from fun and relaxation.

Quick Facts



OFFICIAL LANGUAGES

Maltese and English

Italian is widely understood



CURRENCY

Euro



ELECTRICITY

Three pin sockets



WEATHER

Hot in Summer and can reach 40°C

Winters are generally mild

Contact details

If you are a motivated individual and our project inspires you to make a difference then let us know by sending us your CV together with a motivation letter. Your application will then be reviewed by the team; should your application be shortlisted we will get in touch to schedule an online interview. Feel free to reach out to us for any queries you might have!

Let's make a difference together!



www.sappor.gov.mt

sharinglives.sappor@gov.mt

Mobile: +356 7903 7097

Tel: +356 2256 8000

