

Long-term volunteering is more than just work. It is the experience of living abroad and learning from different cultures and people, while getting deeply involved with a concrete project that is for the benefit of the local community. It is a commitment that enables sustained work for peace, both on a concrete level for SCI branches and partner organisations, but also and especially on a personal level for the volunteer and the members of the community. In our organisation we have two programmes to send and host volunteers: EVS and LTV.

**European Voluntary Service (EVS)** is the one of the activities of the Erasmus+ Programme and thanks to that EVS provides food and accommodation, pocket money (according to European Commission flat rate) and the health insurance. Travel costs to the project are also covered by the Programme. There is age limit, volunteers need to be from 18 to 30 years old. *Camilla from Denmark worked with young deaf people using music&dance as a method to motivate them to use their own potential.*



The long term project is the opportunity to stay and work as a volunteer abroad from 1 to 12 months (mostly). Check our projects on [http://europa.eu/youth/evs\\_database](http://europa.eu/youth/evs_database).



*Laëtitia (on the right) after her EVS decided to stay in Poland for longer. She got a great support from Polish friends. She worked in our office on antidiscrimination projects, she did workshops at schools and kindergardens.*

**Long Term Volunteering (LTV)** programme is considered as an essential activity in SCI which is complimentary to short term voluntary projects or "workcamps". Long Term Volunteers can choose from a variety of projects and activities, from working with disabled people, disadvantaged youth or ethnic minorities, to working in an office or running daily activities in an eco-village. All LTV are provided with food and accommodation, some pocket money and a basic SCI health insurance. Travel costs to the project are generally covered by the volunteer him/herself.

*Alessandro from Italy spent in Poznan 1,5 year working and sharing live with volunteers community. He made a huge impact on our way of being environmental friendly.*

