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List of projects for the

Voluntary Service in Germany (Freiwilliges Soziales Jahr / Bundesfreiwilligendienst)

2019/2020

Homes for people with mental or physical disabilities

Christopherus Haus, Witten

Haus St. Josef, Düsseldorf

Integrationsmodell, Essen

Rheinisches Heilpädagogisches Heim, Wohngruppenverband Seelscheid

Rheinisches Heilpädagogisches Heim, Wohngruppenverband Bonn

Christopherus Haus

Adress

Christopherus Haus, Wohn- und Lebensgemeinschaft
 Im Wullen 75
 D - 58453 Witten

Telefon +49 - 2302 - 96020-26
 Fax +49 - 2302 - 96020-32
 Kontaktperson: Frau Gleitz

www.christopherus-haus.de

Description of the project

The Christopherus home is a house for mentally handicapped adults. It is an anthroposophic institution and is led by pedagogical Waldorf principles. "In need of soul-care" is a word which derives from the anthroposophic way of speaking and means "mentally handicapped."

Days, weeks and years are determined by a special anthroposophic rhythm of life. They try to live in harmony with nature (organic farming, vegetarian food, natural building material, Christian way of living). There is great importance given to activities in crafts and music.

What does the work of the volunteers look like?

You are required to accompany the residents in their everyday life. Your work depends on the group-life and your own scope in dealing with the residents.

In addition, you will be asked to help with housework activities (washing up, doing the laundry, cooking) and nursing (i.e. hygiene, dressing). Moreover, you will spend some leisure time with the residents (singing, knitting, doing handicrafts, going for a walk).

You will help to organize the yearly celebrations and cultural activities, which are typical of anthroposophic institutions.

Room and board

You have a furnished room within a living group. Food is provided by the institution.

Lodging address: Im Wullen 75, 58453 Witten.

Other

The Christopherus home is a very nice house situated in a beautiful area. The house lies on the outskirts of Witten and can be reached easily by bus (10 min walk to the bus stop).

How to get there

If you come by plane, you will arrive at Düsseldorf or Köln/ Bonn airport. From there you have a train connection via Essen or Hagen to Witten.



Haus St. Josef

Address

Haus St. Josef
Am Klosterhof 1
D – 40472 Düsseldorf

phone: 0049 / 211 – 4717 – 101
contact person: Frau Meffert

<http://www.behindertenhilfe-einrichtung.de/>

Description of the project

Haus St. Josef is a catholic institution for the care and support of mentally handicapped children, young people, adults and old people. The house has 206 places in 25 living groups altogether.



How does the work of the volunteers look like?

- house working activities such as helping with setting the table, doing the laundry, tidying up the common rooms
- social activities such as spending some leisure time with the residents like going for a walk, playing games or doing handicrafts
- nursing: i.e. help with daily hygiene or dressing. Some of the residents need help with eating

Lodging and catering

You live in a flat-sharing community with other volunteers. You will have a furnished room. Cooking is possible in a kitchen shared with others.

Place of living: Haus St. Josef, Am Klosterhof 1, D – 40472 Düsseldorf

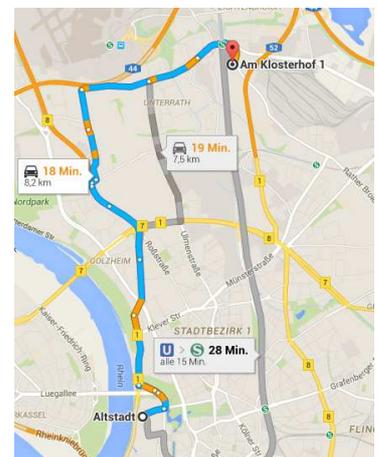
Others

Volunteers have the possibility to take part in trainings and supervisions. There is a swimming pool and a relaxation room in the institution, which can certainly be used by the volunteers, too. There is also possibility to take part in the service and the catholic church life (there is no duty to do so!!)

How to get there

By train to the main station in Düsseldorf or by plane to Düsseldorf airport. From there continue by “S-Bahn” line 1 or 11 and get off at the stop called “Unterrat”.

For further arrangements, please get in touch with Frau Meffert.





Integrationsmodell

Adresse

Integrationsmodell e.V.
Weberplatz 1
D - 45127 Essen

Telefon 0049 201 / 254628
Kontaktperson: Frau Franz
<http://www.im-essen.de/>



Description of the project

The mentally and physically handicapped people live in eight kinds of flat-sharing communities in different parts of Essen. The philosophy of the institution says that the handicapped people should lead their lives as independently as possible. Staff and volunteers support the residents in doing so.

What does the work of the volunteers look like?

- Housework activities such as helping the residents with setting the table, doing the laundry, tidying up the common rooms, cleaning the bedrooms, bathrooms, and the toilets
- Nursing activities such as helping the residents with their daily hygiene, dressing, eating, taking a shower, washing, and using the restroom. You may go shopping with them, to the doctor, or to the physiotherapist
- Social activities are usually not expected

Room and board

You will live in an apartment which is close to one of the communities but not the one you are working in.

Other

The volunteers also have the chance to take part in trainings for the staff.
Good knowledge of German is necessary.

How to get there

Take a train to the main station in Essen.
Or, come by plane to Düsseldorf or Köln / Bonn airport. From there, take a train to the main station in Essen.
Please arrange any further details with Frau Franz.



Rheinisches Heilpädagogisches Heim LVR-HPH Ost – in Bonn

Address:

LVR-HPH Bonn

Stiftsstr.77

D – 53225 Bonn

Contact person: Mrs Dübbers andrea.duebbers@lvr.de



Description of the institution

There are 181 mentally handicapped adults living in the LVR HPH Bonn. These people are from the age of 18 years and with varying degrees of disability and multiple disabilities (Body Mind disabilities, mental illness and behavioural disorders).

How das the voluntary work look like?

Men and women live in group homes or in shared flats with up to 10 people. Disabled people need depending on their skill and the severity of the disability advice, verbal instructions, help, support, or a complete takeover of activities. The FSJler support the pedagogical staff in the individual support of people with disabilities mainly in the following tasks:

- Purchase of personal items such as clothing, toiletries, materials for recreation, items for room design
- Grocery shopping and meal preparation.
- Washing, mending, and sort of personal laundry
- Keep clean, clean up and design of the resident's room and the living room group
- Companionship to assistance services, employment opportunities and job offers
- Help in the ingestion of the Meals
- Personal care (bathing washing, brushing teeth, hair care, skin care) and personal hygiene like (visits to the toilet, diaper)
- Taking clothes on and off
- Design of the free time with things to do in and outside of the group home (Creative activities, walks, participation in events, trips, and vacations)
- Structuring and managing the personal everyday of the residents
- Health maintenance (accompanied to the doctor and hospital) Perform simple medical prescriptions in the home care setting (Baths, rubbing, weight control) No procurement of drugs

Basically FSJler not work alone in the group homes. There is always a responsible professional available. After appropriate training time (at least 4 weeks), and after consultation with the Head of Department it is possible to extend the autonomous work under professional guidance. The work is based on the requirements within the institution set-up times. The work week is 38.5 hours. There are shifts of 7.5 hours (beginning of the morning shift 6:30 clock, the end of the late shift 21:30 clock) and working in a 14-day weekend rhythm.

Housing and Meals

You live together with 3 other volunteers. Everybody have an own room. Kitchen and bathroom are shared. You can walk from the flat to work.

Other

The home has an interesting history. Most of the residents have lived up to the mid-80s in a mental institution. The move to open plan living area, which is maintained by frequent contact with residents from the surrounding suburbs can be described as a successful attempt by the integration of disabled people.

Arrival

By train to central station Bonn. Or by plane to Cologne / Bonn Airport.

Rheinisches Heilpädagogisches home Group home Association Seelscheid

Address:

Rheinisches Heilpädagogisches Heim Bonn
 Wohngruppenverband Seelscheid
 Arndtstr.6
 53819 Neunkirchen-Seelscheid

Contact person: Mrs.Nötges-Fuchs (02247-9211-47)

Description of the institution

There are mostly elderly with mental disabilities living in the special education home.

How das the voluntary work look like?

Men and women live in group homes or in shared flats with up to 10 people. Disabled people need depending on their skill and the severity of the disability advice, verbal instructions, help, support, or a complete takeover of activities. The FSJler support the pedagogical staff in the individual support of people with disabilities mainly in the following tasks:

- Purchase of personal items such as clothing, toiletries, materials for recreation, items for room design
- Grocery shopping and meal preparation.
- Washing, mending, and sort of personal laundry
- Keep clean, clean up and design of the resident's room and the living room group
- Companionship to assistance services, employment opportunities and job offers
- Help in the ingestion of the Meals
- Personal care (bathing washing, brushing teeth, hair care, skin care) and personal hygiene like (visits to the toilet, diaper)
- Taking clothes on and off
- Design of the free time with things to do in and outside of the group home (Creative activities, walks, participation in events, trips, and vacations)
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Especially important for candidates is to endure acoustic unrest well as some residents are often very loud and noisy.

Housing and Meals

You live in a small apartment with probably another person. Everyone has their own room. Kitchen and bathroom are shared.

Other

Seelscheid is ca. 30 km far from Bonn and Cologne. In the village there are some shops and pubs. Cinemas and adult education can be found in Siegburg, ca. 12 km away. During the regular daytime a Bus is going to Siegburg. On evenings and weekends the bus service is limited.





Arrival

By train to central station Cologne. From there, take the bus or tram to Siegburg.





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