



Funded by  
the European Union

# VOLUNTEERING IN A NURSING HOME FOR ELDERLY



Apply for a 7-month project  
in Innsbruck, Austria!

Volunteering starts in January 2022

# Hosting organisation



## Kompetenzzentrum Rum

[www.rum.gv.at/kompetenzzentrum](http://www.rum.gv.at/kompetenzzentrum)

Located in Rum near Innsbruck, Austria



## Some info on the hosting organisation:

The nursing home “Das Soziale Kompetenzzentrum Rum” takes care of seniors and dependent persons on the basis of short- and long-term care. For this purpose, the town of Rum has created a special housing complex that consists of 69 single rooms and 13 barrier-free rooms for the elderly. This modern facility with its excellent infrastructure is a wonderful place that offers its residents peace and quiet.

The guiding principle of our home is “You will be well taken care of”. The residents with their autonomy and individual personalities are the focus of our facility. Our team does their best in order to provide the best conditions for the elderly and at the same time they take into consideration the residents’ individual needs and their life stories. It is very important for us to take care of not only the body but also the spirit and mind of our residents. Mutual respect and responsibility are the basic elements of our philosophy. Other values that are of great importance for us are: understanding, engagement, professionalism, reliability, equity and clarity.

Every resident has at disposal their own room with a bathroom and a balcony or a terrace. In 3 different living areas there are common rooms for the residents, where they can spend time with each other. Furthermore, the residents can have a cup of coffee in the café, take advantage of different therapy rooms, take a walk to a nearby garden or simply enjoy the sun on one of our two terraces. The residents are encouraged to spend their time on many activities that are organised by the nursing team, either inside or outside.

The tasks of the volunteer involve taking care of the elderly during their day-to-day activities but also supporting them in their free time. Our nursing staff provides a lot of interesting activities for the residents like trips, creative workshops, dancing, memory trainings, gaming afternoons, bowling and many more. It is very important for us to provide our residents a lot of stimulating opportunities that take into consideration their individual interests and needs.

# Coordinating organisation & Funding

The lead/coordinating organisation of this project is InfoEck (Verein Generationen und Gesellschaft), an info centre in Innsbruck. InfoEck coordinates six volunteers in the region of Tyrol.

InfoEck has submitted this project to the Austrian National Agency of the European Solidarity Corps program. We will know whether it will be granted and funded in December 2021. We are optimistic, due to good experiences in the past. The EU, InfoEck and Kompetenzzentrum will finance this volunteering project. The only possible financial contribution that the selected volunteer may need to make is to pay a small share of the travel costs.

The responsible coordinator is ready to answer open questions and to prepare the project with Kompetenzzentrum, the selected volunteer and the supporting sending organization. The coordinator's name is Elisabeth Summerauer: [international@infoeck.at](mailto:international@infoeck.at) (send applications to Kompetenzzentrum, not to Elisabeth!).

More info about InfoEck:

[Website www.infoeck.at](http://www.infoeck.at)

[Instagram InfoEck - Jugendinfo Tirol](#)

[Facebook InfoEck - Jugendinfo Tirol](#)

[Youtube InfoEck - Jugendinfo Tirol](#)

## Location, Housing, Money

The volunteer will live in our organization and have a fully equipped room on her/his own on the 3. floor in the housing compartment that contains 13 barrier-free elderly rooms, but he/she will have their privacy. There is a separate entrance to the volunteer's room. Towels, linen, as well as cleaning products will be provided without any extra costs by the house. At scheduled times there is a possibility of using a washing machine inside the facility. The volunteer has to accept the house rules.

Rum is a small town with 9500 residents and is located on the outskirts of Innsbruck. Due to its wonderful placement and good infrastructure, it is really easy to get quickly either into the mountains, or into the city. Every year there are a lot of interesting cultural and sport events.

The volunteer can eat all the meals at the Hosting organization. Additionally, he/she gets 150 Euro pocket money monthly from the InfoEck and a sufficient amount of food money.

The volunteer additionally gets a public transport ticket that allows him/her to discover beautiful Tirol. The nursing home is in the surroundings of the train station and the journey to Innsbruck takes roughly 20 minutes. The current Covid19 regulations need to be considered – nowadays (Nov 2021) any working person needs to present a valid proof of vaccination or testing or recovery. It is mandatory to wear a mask in the presence of the residents.

# Tasks & Activities of the volunteer



The volunteer will be engaged in a variety of tasks and activities, (hours per week, days per week, monthly schedule, supported by...)

The main tasks and activities are:

- being part of our team,
- caring/nursing for the residents in daily life (meal time, leisure time),
- prepare meal tables, serve meals,
- participate in various group activities,
- participate in regular team meetings and meetings with the tutor,
- participate in projects in the local communities,
- create and implement a personal project with professional support,
- Creating and implementing a personal project with professional support,
- Participating in the activities organised by InfoEck.
- The EuSC service is 35 hours per week and this includes German lessons and supporting activities from the lead/coordinating organisation InfoEck.



The volunteer will cooperate closely with the nursing team. The tasks include supporting the elderly during mealtime, setting the tables, serving food and cleaning. The volunteers will also spend time with the residents during their day-to-day habits but also during special activities. Since the volunteer will spend a lot of time in the Austrian society, it is a good opportunity for him/her to get to know better the Tirolean culture.

Furthermore, the volunteers together with the nursing team will take an active part in supporting the elderly during their free time by accompanying them during walks and physical activities. The volunteer will participate in team meetings when he/she can receive advice or help but also, he/she can present his/her own ideas, which is strongly encouraged.



## Project duration



7 Months; Expectedly from 10. January 2022 until 31. August 2022

As the project and funding is still pending for approval by the Austrian National Agency, these dates may change. We ask you to be committed to participate throughout the whole duration of the project as it is important for the project itself, for the hosting organization, for your own learning development and for a strong group process of all volunteers in Tirol.

The application deadline is on 1st December 2021 at 23:59.



# Profile of the volunteer



We would be happy to host a volunteer between 18 and 30 years who:

- would like to work in a completely new but interesting environment,
- would like to meet new people from all over Europe,
- is interested in working with elderly people with multiple disabilities,
- has a stable personality, in order to be able to work with our residents,
- is open-minded, friendly, enthusiastic, creative and communicative,
- wants to work in a team,
- is motivated to learn German (and Tyrolean German dialect),
- wants to gain social, intercultural, communication and nursing skills,
- brings her or his own culture and interests into the project,
- is ready to volunteer for 7 months starting in January.

You can apply for this project if you live in an EU country, Iceland, Liechtenstein, or Norway. Only for people between 18 and 30 years. The volunteer must not have any other occupation on the side while volunteering. (You cannot study, work, be in training etc. at the same time.)

We are open to host volunteers with different backgrounds and especially encourage participants with fewer opportunities to send their application.

## Support during the project

The volunteer will have regular meetings with her or his internal tutor, external mentor and with the hosting organisation to talk about the wellbeing or about the project activities.

In the hosting organisation the volunteer will receive orientation and support for the activities from the main responsible employees (in-house psychologist Astrid Huber and occupational therapist Barbara Ripper) and from the entire nursing team.

The coordinating organisation InfoEck will hold regular group meetings with all volunteers in Tyrol in order to share experiences, give support to one another and to stay connected. Volunteers are involved in common projects and will receive a German course. The volunteer will get to know other volunteers from various countries and will be invited to participate in occasional free-time activities.

At the end of the project we will evaluate it together with the volunteer and look at what he or she has learned and which competences he or she has gained and as a result the volunteer can fill in the Youthpass certificate.



# How to apply

Please send your CV and the enclosed APPLICATION FORM via e-mail directly to the hosting organisation!

## Contact person:

Name: Mag. Astrid Huber, E-mail: [psychosozialerdienst@rum.at](mailto:psychosozialerdienst@rum.at)

The deadline to apply is 1st December 2021 at 23:59!  
Only complete applications via e-mail will be considered.  
Please do NOT apply online via the Solidarity Corps Portal!

The selection phase will start after the deadline and the final decision will be taken about two weeks later by the hosting team. All applicants will be informed about their status.

Embrace the challenge. Be open to leaving your comfort zone several times. Be curious about yourself and others and ready to meet inspiring people.  
Try new things and learn for a lifetime!

We are looking forward to getting to know you!

