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European Solidarity Corps - Volunteering Activities:

Project Description

Sunnahof Tufers



Voluntary Project:	Sunnahof Tufers
Number of volunteers:	4
Project duration:	05.09.2022 – 31.08.2023

Project Topics:

- Agriculture
- Inclusion - equity
- Access for disadvantaged

Contact (where to send the application):

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Hosting organisation:

Sunnahof Lebenshilfe Vorarlberg GmbH, Göfis, Austria

Supporting/Coordinating organisation:

aha – Jugendinformationszentrum Vorarlberg, Dornbirn, Austria



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Project description:

Sunnahof is a limited liability company and an affiliated company from an association founded 1967, called "Lebenshilfe Vorarlberg". Sunnahof is situated in Göfis, near Feldkirch, Austria.

Our general principle is "people need people" no matter if you have any disabilities or not. Our work focuses on the uniqueness of each human being and the belief that the society depends on each individual person and each individual person depends on the society.



Sunnahof is an institution for people with light intellectual disabilities and behaviour problems from the age of 16 until retirement. Our core objective is to prepare this target group for the regular employment market. Therefore, Sunnahof provides four biodynamic working areas with naturalistic working conditions.

Those four working areas are:

- agriculture
- plant nursery
- carpentry
- gastronomy with a farm shop

All together we engage over 60 people with light intellectual disabilities and behaviour problems. Furthermore, Sunnahof offers a housing service for around 20 people with disabilities which include different possibilities of assistance.



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Our staff is educational and subject-specific trained a basic requirement for our concept. It enables us on the one hand to handle an agriculture with 60-hectare arable land and a lot of animals, to produce a variety of wooden products only per order, to receive about 5000 visitors per year in our gastronomy and to grow and sell 500 different species of plants.

And on the other hand, it qualifies us to accompany people with disabilities on their way to the regular employment market.

Tasks of the volunteer:

The volunteer will work five days a week, 34 hours a week including German course. S*he will have two days holidays per month.

In terms learning opportunities, the volunteer will have a varied role and therefore gain invaluable experience and skills for working with people with light intellectual disabilities and behaviour problems. On that course they will learn a lot about their ways of living as well as, disability issues and issues facing the local community.

They will also learn how to work along with people with disabilities and how to increase their skills and promote their independence. Furthermore, they will gain access to the work as a farmer, carpenter, gardener and gastronome.

The role of the volunteer will be to work along with our employees and people with intellectual disabilities and behaviour problems, mainly **in ONE of our four working areas**: agriculture, carpentry, plant nursery or gastronomy+farm shop.

The volunteers will be encouraged and accompanied to support people to tackle a task for themselves, in order for them to realize their potential and abilities. They are also supporting our employees during their daily work. The volunteer's work will be guided by our professional employees.

Also, the volunteer will get the free space to create and





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implement own ideas. We are welcoming new and creative ideas, which we believe adds new perspectives to our organisation.

There are many different things to learn as a volunteer at Sunnahof. Every working area has its own charm, learning possibilities and challenges. Independent from the working area the volunteer will be involved in the work and attendance of people with intellectual disabilities and behaviour problems. That's the core area of the training. Here is a list of possible tasks:

Agriculture:

The work is characterized by mainly outdoor jobs and substantial work. Examples are mucking out the barn, intersperse hay, feeding and caring for the animals, maintaining work, preparing goods for the farm shop.

Plant nursery:

Also the work in our nursery plant is branded with substantial work and outdoor jobs. Examples for possible tasks are repotting, weeding and plant reproduction.

Carpentry:

The carpentry requires accurate work and craftsmanship. Engineering wood boxes, drilling, sanding and mounting are main tasks in our daily affairs.

Gastronomy + farm shop:

Customer contact and friendliness are key qualifications for this working area. Tasks can include preparing meals, baking cookies, washing the dishes, decorating, tidying, accept and deal with deliveries and so on.

Each volunteer will work in one area during the year. We also expect that our volunteers do a small project at Sunnahof. The aim is to get to know each other better and to intensify the contact with people with disabilities a little. This can be small projects or activities like for example: creating a special cooking day with meals from your country or playing games with the team, for example a hide and seek in the surrounding area, to come close to nature by every sense.

Volunteer profile:

We are looking for open minded people who want to collect a lot of experiences in the daily work with people with intellectual disabilities and behaviour problems. We expect that the volunteer brings in a high motivation. Moreover, the volunteer should should have a stabilized personality so that they are able



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to encourage and accompany people with disabilities to realize their potential and abilities.

How to apply:

Please write a mail with your CV (incl. picture of you, date of birth,...) and motivation letter to susanne.sparr@aha.or.at. After the application deadline we will have selection rounds with the staff. During those selection rounds it's possible that you will be contacted for further information through mail, phone calls or zoom!

[Don't forget to add the name of the project when you apply for it!](#)

Practical arrangements:

The volunteer will live in a house next to the host organisation with the other volunteers. S*He will have a room on her*his own and share a bathroom and kitchen with others. The infrastructure with trains and buses is easy and quick and s*he will also have a bicycle at his*her disposal. The volunteer will receive a ticket for free use of any public transport in the whole region of Vorarlberg during the complete time.

Support during the voluntary service:

The volunteer will have regular meetings with her*his tutor in our organisation to talk about the development of the project, task assignments, general wellbeing, problems, wishes, etc.

The Supporting/Coordinating Organisation will hold a monthly evaluation meeting with all volunteers in Vorarlberg. At the end of the project, we will together with the volunteer evaluate the project, what s*he has learned and which competences s*he has gained and as a result fill out the Youthpass. Furthermore, there will be a final personal evaluation meeting with the Supporting/Coordinating Organisation.

Related links:

Website:

<http://www.sunnahof.or.at/>

Project description on the European project database:

https://europa.eu/youth/solidarity/placement/29159_en