

# ADAPA FOUNDATION

ADAPA Foundation works for the benefit of people with autism and other developmental disorders. We conduct vocational and social rehabilitation, therapeutic groups, interest clubs, offers consultations of specialists, therapeutic assistance and diagnosis. Mostly we are focused on the Occupational Therapy Workshop, where the process of social and vocational rehabilitation of people with intellectual and developmental disabilities takes place.

There are 35 adult participants, working in 5 workshops:

- Applied Arts - creating beautiful jewellery,
- Miscellaneous Crafts - decorations for all occasions, later sold at various fairs,
- Computer and Information Technology - basic functions of computer programmes and their operation,
- Printing - creating badges, stickers, binding, laminating, and other similar works,
- Everyday Life Workshop - learning to cope with all the challenges of the so-called 'everyday life'.

In addition to learn practical activities, our participants can develop their passions in the interest clubs that we run: Yoga, Drummers, Drama, Basketball, City Explorers and the TUS Club (social skills training for high-functioning people with ASD). Through our actions and promotional activities, the Foundation influences public opinion and awareness. Our purpose is to fully integrate people with disabilities in every aspect of life in society.



## Coordinating organization

Centre for Youth Cooperation and Mobility, [evs@cwm.org.pl](mailto:evs@cwm.org.pl)

## Host Organization

ADAPA Foundation

## Location

Gdynia, Poland

More information on the English version of:

 [www.cwm.org.pl](http://www.cwm.org.pl)

If you are interested in joining our team and taking part in Voluntary Service fill in this online application.

 [application link](#)

# WHAT DOES VOLUNTEERING IN ADAPA FOUNDATION MEANS?

Volunteers in ADAPA foundation are part of our team so they always have important roles. Their task is to assist the therapists who run the workshops - whether in the studios or during communal activities or on outdoor activities (socialising outings, excursions). The work in each workshop consists of assisting the therapists during the classes and supporting the participants while they work. After gaining some experience volunteer can conduct the classes themselves.






Classes in Occupational Therapy Workshop are divided into three one and a half hour panels, the volunteer agrees with the therapist how much time they want to lead the workshop. He/she can organise a class for one panel, or if they feel confident enough in a particular studio, they can lead a class for up to three panels. In the beginning when a volunteer arrives, he or she first observes how more experienced volunteer do their work, and then - conduct workshops on his/her own. The volunteer has complete autonomy in choosing the activity and can of course consult his/her choice with therapists or more experienced volunteers.

# WHAT ARE WE LOOKING FOR?

To enter into our world is enough to be open minded, have positive attitude and empathy. Also, we would like to host a person with his/her own ideas to support work in Occupational therapy. Being creative, energetic and patient in our work is crucial. We welcome people who want to contribute to our life. Candidate should like to work with other volunteers, but also be able to work independently. Motivated, ready to learn and grow person is very welcome to join us in ADAPA foundation. Our place is like a good film - it teaches, entertains and sometimes moves, join our team!



# WHAT CAN YOU LEARN FROM VOLUNTEERING IN EXPERYMENT?



**Working at ADAPA foundation is an opportunity to gain invaluable experience - both in the professional field: the volunteer gets to know the principles of functioning of an institution dealing with people with intellectual and developmental disabilities. Furthermore, acquires skills related to the profile of individual workshops, is able to gain competencies in providing art, ergo and social therapy sessions. Also, he or she can feel the impact on our group and feel satisfaction from the solidarity actions.**

**In the private field - meet new people and build new relationships, develops social competences. The time spent in ADAPA is an excellent opportunity for self-development and getting to know yourself. Thanks to the warm approach, help of the foundation's staff and the smiles of the mentees, the "entry" into the functioning of the centre is smooth. The greatest benefit of volunteering at the Adapa Foundation is the opportunity to meet exceptional people.**

# WHO CAN APPLY ?

**We search for a volunteer who is empathetic, ready to act and tolerant for our participants. We would like to host a person with his/her own ideas to support work in Occupational therapy. Being creative, open-minded and patient in our work is crucial. The candidate should be well organized, like to work with other volunteers, but also be able to work independently. Motivated, ready to learn and grow person is very welcome to join us in your foundation.**



**Centrum Współpracy Młodzieży**



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