



Activities for volunteers at Fjaler Frivilligsentral, Norway



Volunteers Çagla Karat, Turkey and Maike Rapp, Germany 2022 – 2023.

The little village of Dale, located between the fjord and the mountains in the municipality of Fjaler is a gem on the west coast of Norway!

If you enjoy spectacular nature, being able to get around on your bike (we will provide one for you), appreciate having mountains (where you can ski), a swimming pool or fjord for fishing or canoeing, read on! If you enjoy being part of a multicultural community; would like to be involved in the fantastic, annual theatre festival or regular literature events; sing in the choir; play volleyball... and much more... you might well enjoy an exciting and rich year as a volunteer with us here in Dale!

What's more, for a little place with so much going on, it might be surprising to encounter such laid-back locals.

Projects start in August/September, lasting up to 12 months. After a short introduction, volunteers start Norwegian classes, and together build their weekly schedule depending on needs and interests.

Samvirket

From autumn 2023, our new base will be Samvirket, which is a Cultural Centre (currently under total refurbishment) in the centre of Dale. The volunteers will also live in a newly refurbished apartment in the Centre. There are 2/3 bedrooms, shared kitchen, bathroom and living room, private access.

Samvirket will house Fjaler Frivilligsentralen, BUA Fjaler as well as Teaterfestivalen, Culture School and Preform Theatre Production Company. So, this building will become a hub of cultural activity and a meeting place for people of all ages!



Since my taking over the position as General Manager of Fjaler Frivilligsentral mid-August 2022 the following activities (some weekly, some events) have been available to our volunteers. New opportunities, happenings and projects will come along too!

The local kindergarten

Take part in daily kindergarten-life: assist & play with the children, help during mealtimes and dressing. Learn how a Norwegian kindergarten is organized & practice your Norwegian.

After- school club (SFO)

Assist & play with kids during different activities in and outside - mostly in free-play.

Mentally challenged (Vevang dagcentre)

Assist mentally challenged in leisure activities. Help at a sheltered workplace and Day Centre. Accompany between housing and workplace, assist during mealtimes, go for walks. Good opportunity to learn about mentally challenged people and their way of life here. Vevang Dagcentre is an integral part of Dale and they have their own production business providing goods and services. Volunteers are encouraged to take part in sports activities with mentally challenged such as regular football, swimming, and volleyball evenings.



Think library for outdoor equipment! BUA is a nationwide organization providing free loan of sports and outdoor equipment, primarily to young people but open for all to promote physical activity and sustainability. Our volunteers are responsible for receiving visitors, organizing accounts, loans and returns, helping with equipment, representing BUA in career fairs or school visits etc.

Driving

Our volunteer delivers food from the Health Care Centre (Helsetun) kitchen to people living in different parts of the village and surrounding area. The driving is twice a week for 2hrs. When the volunteer has other responsibilities, a temporary replacement is called in. Sometimes our volunteers help the Integration Service (Integreringstenesta) with driving refugees as required.

Second hand (Gjenbruk)

This is our room with second-hand clothing, shoes, books, toys etc. Currently, this is primarily a service for refugees. The Municipality staff working with refugees visit us regularly to find clothes etc. Many refugees currently attending Norwegian language course, visit regularly. Volunteers are involved in most aspects of this from packing up donated clothes bags and hanging/displaying to helping during visits.



Refugees

Assist in activities with and for refugees, both adults and children: Språkkafé - international language café, Norwegian language training, Juleglede - Christmas evening for children and families comprising of activities, eating Christmas porridge and receiving gifts from Santa. In Fjaler we have around 80 settled refugees in the introduction program/ in work or without, from Eritrea, Ethiopia, Iran, Afghanistan, Syria, Congo, Sudan and Ukraine. The age is from 0 – 50. The children attend kindergarten, school, and other activities.

5-7 club

This started up in January and provides an after-school meeting place for kids between the ages of 11-13. It was a pilot project was so popular that we will continue in the new location. The volunteers are involved in many ways: in different activities with the kids: playing board or computer games, working with clay, painting and drawing, sewing, playing table tennis...

Re-design /e-sport

This also started in January as a meeting place for kids from 12 – 17. It revolves around activities e-sport and re-design and volunteers contribute by helping the young people as well as just being around to keep them company, or maybe sewing a bag!

Primary, middle, upper & secondary school, upper secondary school

Volunteers may have the opportunity to take part in lessons at any of the above local schools depending on their interest, knowledge and competence.

Ad hoc tasks

Helping with smaller or bigger events and jobs, tidying up, carrying, painting, fixing bikes, all sorts of practical tasks together with municipality, schools and locals. Putting up posters for the theatre company.

Library

Assist at the public library, Fjaler folkebibliotek, books back on the shelves, own ideas from the volunteers, exhibition. Learn about the public library.

Events like Teaterfestivalen

The theatre festival in Fjaler takes place annually in September. Tasks can be to prepare, serve and sell food, decorate and help in the different performances according to the needs of the companies. More than 30 different events and performances take place and actors come from all over Norway and abroad. Little Dale transforms to an amazing busy hub during these days and volunteers love it!



Activities in voluntary organizations

Assist in activities run by volunteer organizations, like folk dance for children, theatre for youth, sport and events in sports and culture. Also helping out in the Jakob Sande-association, a cultural heritage place with different buildings, like serving, helping at events, practical tasks and summercafé. Jakob Sande (1906-67) was a poet born and raised in Dale and well known in Norway.

Solund Light Festival

Help with hanging up lighting or other aspects at this event in beautiful location on the west coast.

UKM

This is a meeting place for creative youth, an event where they perform for each other with visual expressions or artistic exhibitions. It can be music, poetry, art, dance, song. Young people can gain experience in creating and hosting an event. This takes place all over Norway and those who are chosen to take part in the national gathering travel to the weekend event. Volunteers will have the opportunity to oversee the kids and accompany them on the final weekend event.

Career Fair (Karrieremesse)

Volunteers help set up the stands for the annual career fair which takes place in the Sports hall in Dale. There are around 60 stands with a large variety of potential employers, study options and other relevant

instances represented. Volunteers are often involved in both the BUA stand as well as the ESC stand where they have particular knowledge and experience to share with prospective volunteers.

Cinema

Volunteers can be active in providing the local cinema shows either in the kiosk or with the film show itself.

Arrival seminar

Our volunteers take part in a week's, Arrival Seminar for volunteers from all over Norway. This is always a highlight of the year allowing volunteers to connect with others around the country. There is a similar event in January, a midterm seminar set over a few days in Oslo which is also very popular. These gatherings are a fabulous way to make friends with other volunteers and can often provide a sofa on trips around Norway! Our volunteers are encouraged to spend time experiencing different parts of Norway so visiting other volunteers is absolutely a possibility. Our workweek is organized around increasing the possibility for volunteers to get away for the weekend.

Norwegian language class

Volunteers are required to attend Norwegian language classes during the first months of their stay. It is sometimes possible to continue throughout the project period depending on the volunteer's interest.

Other On your own

Your own project, what can you offer?



Fjaler Frivilligsentralen is the volunteer service in Dale owned by the municipality of Fjaler on the west coast of Norway. Its main purpose is to coordinate voluntary activities in cooperation with local associations, governmental institutions, schools including United World College Red Cross Nordic and Nordic Artists Centre.

Frivilligsentralen is run by general manager, Rhona Thingnes.

The main aims are to be:

- a connecting link between those that wish to do or to receive various voluntary assistance
- a part of creating meeting places, activities and initiatives with voluntary support
- an addition to public activity and not act as an intermediary for paid services

Activities include:

running BUA Fjaler (free loan of outdoor equipment), leisure activities in Samvirket like international café, activities for mental challenged, refugees, children and youth projects, giving practical help for events, running a second-hand store aimed at supporting refugees and much, much more.

The rural village of Dale with approx 1500 inh. Fjaler municipality has around 2800 inh. The volunteers live in the centre of Dale.

Trade and industry: in Dale includes different businesses, high technology industry and traditional farming. There are several different shops, supermarkets with post office, petrol station, accommodation, cafés, cinema, library, youth house, sports hall, church, police, doctor.

Education: In Dale there are 2 kindergartens, a new primary & junior high school; an upper secondary high school which is regional and a local youth council. For higher education young people must go elsewhere, so this age group (often that of volunteers) is often partly missing. In Flekke, 11 km away, you'll find United World College Red Cross Nordic with 200 pupils from over 90 different countries – a very exciting and interesting environment.

Culture and leisure: The area enjoys a rich cultural life with different sports, dance, and professional theatre company as well as several choirs, a book centre and an active School of Culture. You can take nice walks up to the mountains and have a great view over the village and out to the sea. The Nordic Artists Centre Dale contains workshops, studios and accommodation for 5 artists on scholarships, and Red Cross Haugland Rehabilitation Centre has an indoor swimming pool and climbing wall.

Transport: The nearest town is Førde, 45 km by car or bus, nearest national airport is 30 km, nearest city is Bergen with international airport 150 km, around 3-4 hrs by car bus or boat.



Hello! Maybe you will be one of our next volunteers?

To have the right person in the right place is super important for all of us and we like happy volunteers☺! So, let's go:

your name

gender

age

country

skype name

e-mail

Please consider the following questions and give as honest answers as possible.

- Dale is a small, international place surrounded by beautiful landscape off the west coast of Norway with about 1800 inh – (the whole municipality of Fjaler 2900 inh). It may be different to what you are used to. It can be cold, wet and windy, sometimes really wet! **Will you be OK with that?**
- You will be far away from family and friends for one year. You have to take care of yourself – like making food, cleaning, clearing

snow, doing practical work and doing leisure activities on your own. You must show up the right time for appointments. **What is your attitude to this?**

- You will share an apartment with two or three other volunteers who you do not know. They may be different in mood, age and interests from you. **Describe your expectations. How will you deal with differences of opinion?**
- **Why Dale?** What can **you** bring into the local community, and into the project? **Tell us something we don't already know!.**

Good luck! Frivilligsentralen i Fjaler. Photo: Volunteers Çağla & Maike

