

# Tasks for ESC-volunteers in Dale, Norway 2020-21

*Fjaler frivilligsentral's long time project, starts in August - September and go for 12 months. Hereby you find more about the tasks we offer our volunteers . Please cross for what is most relevant for you or like.*

*The project itself is various and basicly introduce the volunteers for the municipality and learn about how we live and work. You will be able to make your timetable and pick work from **regular/general tasks during the week:***

**The office of Frivilligsentralen!** This is not an option, but a must. Here you will be helping with diff tasks, various in the field of coordinating all sorts of local voluntary work and are your "basecamp". We are situated in an old supermarket building (Coop Marked) and are developing a culture house called **Samvirket** for youth, art and performances and different activities and services like where you can rent outdoor equipment for free, **BUA Fjaler**. This is done in cooperation with the culture department and public health coordinator and an organisation called Preform.

- 1.**  **Meeting place for youth in Samvirket** where the volunteers have a task. Making projects, activities and help/ be with the youth
  - 2.**  **The local kindergarden** called *Yksnebjør barnehage* . Assist the children, play with them, pick up Norwegian words, take part in daily kindergarden-life. Learn how a Norwegian kindergarden is organized.
  - 3.**  **The 1- 10 school** called *Fjaler barne – og ungdomsskule*. Assist in classes, can be English, German or Spanish like a language partner, extra help for pupils with with challenges or outdoor activites and creative subjects, acc to the volunteers skills. Learn about the way we run the y school
  - 4.**  **Library** Assist the public library, *Fjaler folkebibliotek* learn the loan programme for taking in and out of books, searching, put books back in the shelves, own ideas from the volunteers, exhibition. Learn about the public library.
  - 5.**  **Cinema work** Assist the local cinema, *Fjaler Kino* from selling tickets and food/ drinks to put the film on and tidning after the movie. Free tickets to all movies shown
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**6. □ Mental challenged** . Assist mentally challenged, in leisure activities like disco (food and dance) swimming and football. It is also possible to help some of them more and where they stay during day, at a shelterd working place and daycentre. Good opportunity to learn about mental challenged people in Norway and the way they live.

**7. □ Activities in voluntary organisations** Assist in activities run by volunteer organisations, like folk dance for children, theatre for youth, sport, hiking and events in sports and culture. Also helping out in the *Jakob Sande*-association, a cultural heritage place with diff 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.

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**8. □ Refugees** Assist in activities with and for refugees, most adults : international café, food table, Norwegian training, sports training, swimming and so on. We have in Fjaler around 50 settled refugees in the introduction programme/ in work or without, mostly from Eritrea, and from Iran, Afghanistan, Syria, Kongo and Sudan . The age is from 0 – 40. The children attend kindergarden and school and other activities.

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**9. □ Driving food** Driving dinner home to a list of elderly and mental challenged people twice a week, like for 1,5 – 2 hours in Dale together with an assistant who knows everything. This is how people who need help can get food.

**10. □ Ad hoc tasks** Helping out for smaller or bigger events and jobs, tiding up, carrying, painting, all sorts of practical tasks together with municipality, schools and locals.

**11. □ Teaterfestivalen i Fjaler** In Fjaler there is a [Theatrefestival](#) in September will take place. The 7th festival is from 10<sup>th</sup> – 13<sup>th</sup> in 2020. Here the volunteers join together with the local volunteers . Tasks can be: serving and selling food, decorating and help in the diff performances acc to the need of the companies like carrying, putting up . The initiative of this festival comes from a young couple in Dale who are theatre producer and instructor.

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**12.**  **Summertime** During summer and in holidays , there are several festivals, like our [Dalsfjordveka](#) and Red Cross Camps nearby in Flekke and music festivals (*Malakoff-festivalen, Førdefestivalen*) in the region where the volunteers can join in and see more of the district. Here you can search for what you like most and see more of the region/ country |

**13.**  **On your own.** Your own project, what can you offer? Put in some ideas her if you have some already!

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