



List of projects for the

# Voluntary Service in Germany (Freiwilliges Soziales Jahr / Bundesfreiwilligendienst)

## 2017/2018

### **Homes for people with mental or physical disabilities**

Christopherus Haus, Witten

Haus St. Josef, Düsseldorf

Integrationsmodell, Essen

Rheinisches Heilpädagogisches Heim, Wohngruppenverband Seelscheid

Rheinisches Heilpädagogisches Heim, Wohngruppenverband Bonn

### **Old people's home**

Kölner Seniorenwerk Christopherus – Seniorenhaus Rosenpark

### **Conference center/hostel**

Jugendhof Vlotho ( just for male volunteers)



# Christopherus Haus

## Address

Christopherus Haus, Wohn- und Lebensgemeinschaft  
Im Wullen 75  
D – 58453 Witten  
Phone: +49 – 2302 – 96020 - 26  
www.christopherus-haus.de  
Point of contact: Frau Gleitz



## Description of the project

The Christopherus home is a house for mentally handicapped adults. It is an anthroposophic institution and is led by pedagogical Waldorf principles. “In need of soul-care” is a word which derives from the anthroposophic way of speaking and means “mentally handicapped.”

Days, weeks and years are determined by a special anthroposophic rhythm of life. They try to live in harmony with nature (organic farming, vegetarian food, natural building material, Christian way of living). There is great importance given to activities in crafts and music.

## What does the work of the volunteers look like?

You are required to accompany the residents in their everyday life. Your work depends on the group-life and your own scope in dealing with the residents.

In addition, you will be asked to help with housework activities (washing up, doing the laundry, cooking) and nursing (i.e. hygiene, dressing). Moreover, you will spend some leisure time with the residents (singing, knitting, doing handicrafts, going for a walk).

You will help to organize the yearly celebrations and cultural activities, which are typical of anthroposophic institutions.

## Room and board

You have a furnished room within a living group. Food is provided by the institution.  
Lodging address: Im Wullen 75, 58453 Witten.

## Other

The Christopherus home is a very nice house situated in a beautiful area. The house lies on the outskirts of Witten and can be reached easily by bus (10 min walk to the bus stop).

## How to get there

If you come by plane, you will arrive at Düsseldorf or Köln/ Bonn airport. From there you have a train connection via Essen or Hagen to Witten.





## Haus St. Josef

### Address

Haus St. Josef  
Am Klosterhof 1  
D – 40472 Düsseldorf

phone: 0049 / 211 – 4717 – 101  
Contact person: Frau Meffert

<http://www.behindertenhilfe-einrichtung.de/>



### Description of the project

Haus St. Josef is a catholic institution for the care and support of mentally handicapped children, young people, adults and old people. The house has 206 places in 25 living groups altogether.

### How does the work of the volunteers look like?

- house working activities such as helping with setting the table, doing the laundry, tidying up the common rooms
- social activities such as spending some leisure time with the residents like going for a walk, playing games or doing handicrafts
- Nursing: i.e. help with daily hygiene or dressing. Some of the residents need help with eating

### Lodging and catering

You live in a flat-sharing community with other volunteers. You will have a furnished room. Cooking is possible in a kitchen shared with others.

Place of living: Haus St. Josef, Am Klosterhof 1, D – 40472 Düsseldorf

### Others

Volunteers have the possibility to take part in trainings and supervisions. There is a swimming pool and a relaxation room in the institution, which can certainly be used by the volunteers, too. There is also possibility to take part in the service and the Catholic Church life (there is no duty to do so!!)

### How to get there

By train to the main station in Düsseldorf or by plane to Düsseldorf airport. From there continue by “S-Bahn” line 1 or 11 and get off at the stop called “Unterrat”.

For further arrangements, please get in touch with Frau Meffert.





# Integrationsmodell

## Address

Integrationsmodell e. V.  
Weberplatz 1  
D – 45127 Essen  
Phone: ++49 / 201 / 254628  
Point of contact: Frau Franz



## Description of the project

The mentally and physically handicapped people live in eight kinds of flat-sharing communities in different parts of Essen. The philosophy of the institution says that the handicapped people should lead their lives as independently as possible. Staff and volunteers support the residents in doing so.

## What does the work of the volunteers look like?

- Housework activities such as helping the residents with setting the table, doing the laundry, tidying up the common rooms, cleaning the bedrooms, bathrooms, and the toilets
- Nursing activities such as helping the residents with their daily hygiene, dressing, eating, taking a shower, washing, and using the restroom. You may go shopping with them, to the doctor, or to the physiotherapist
- Social activities are usually not expected

## Room and board

You live in a flat-sharing community with other volunteers. You will have a furnished room. A monthly lump sum for buying groceries is provided. Cooking is possible in a shared kitchen.  
Lodging address: Mülheimerstraße 68, D- 45145 Essen

## Other

The volunteers also have the chance to take part in trainings for the staff.  
Good knowledge of German is necessary.

## How to get there

Take a train to the main station in Essen.

Or, come by plane to Düsseldorf or Köln / Bonn airport. From there, take a train to the main station in Essen.  
Please arrange any further details with Frau Franz.



# Rheinisches Heilpädagogisches home Group home Association Seelscheid

## Address:

Rheinisches Heilpädagogisches Heim Bonn  
 Wohngruppenverband Seelscheid  
 Arndtstr.6  
 53819 Neunkirchen-Seelscheid

Contact person: Mrs.Nötges-Fuchs (02247-9211-47)



## Description of the institution

There are mostly elderly with mental disabilities living in the special education home.

## How das the voluntary work look like?

Men and women live in group homes or in shared flats with up to 10 people. Disabled people need depending on their skill and the severity of the disability advice, verbal instructions, help, support, or a complete takeover of activities.

The FSJler support the pedagogical staff in the individual support of people with disabilities mainly in the following tasks:

- Purchase of personal items such as clothing, toiletries, materials for recreation, items for room design
- Grocery shopping and meal preparation.
- Washing, mending, and sort of personal laundry
- Keep clean, clean up and design of the resident's room and the living room group
- Companionship to assistance services, employment opportunities and job offers
- Help in the ingestion of the Meals
- Personal care (bathing washing, brushing teeth, hair care, skin care) and personal hygiene like (visits to the toilet, diaper)
- Taking clothes on and off
- Design of the free time with things to do in and outside of the group home (Creative activities, walks, participation in events, trips, and vacations)
- Structuring and managing the personal everyday of the residents
- Health maintenance (accompanied to the doctor and hospital) Perform simple medical prescriptions in the home care setting (Baths, rubbing, weight control) No procurement of drugs

Basically FSJler not work alone in the group homes. There is always a responsible professional available. After appropriate training time (at least 4 weeks), and after consultation with the Head of Department it is possible to extend the autonomous work under professional guidance. The work is based on the requirements within the institution set-up times. The work week is 38.5 hours. There are shifts of 7.5 hours (beginning of the morning shift 6:30 clock, the end of the late shift 21:30 clock) and working in a 14-day weekend rhythm.

**Especially important for candidates is to endure acoustic unrest well as some residents are often very loud and noisy.**

## Housing and Meals

You live in a small apartment with probably another person. Everyone has their own room. Kitchen and bathroom are shared.

## Other

Seelscheid is ca. 30 km far from Bonn and Cologne. In the village there are some shops and pubs. Cinemas and adult education can be found in Siegburg, ca. 12 km away. During the regular daytime a Bus is going to Siegburg. On evenings and weekends the bus service is limited.

## Arrival

By train to central station Cologne. From there, take the bus or tram to Siegburg.





# Rheinisches Heilpädagogisches Heim LVR-HPH Ost – in Bonn

**Address:**  
LVR-HPH Bonn  
Stiftsstr.77  
D – 53225 Bonn

Contact person: Mrs.Vollbach (02173-1014151) Alexandra.Vollbach@lvr.de



## Description of the institution

There are 181 mentally handicapped adults living in the LVR HPH Bonn. These people are from the age of 18 years and with varying degrees of disability and multiple disabilities (Body Mind disabilities, mental illness and behavioural disorders).

## How das the voluntary work look like?

Men and women live in group homes or in shared flats with up to 10 people. Disabled people need depending on their skill and the severity of the disability advice, verbal instructions, help, support, or a complete takeover of activities.

The FSJler support the pedagogical staff in the individual support of people with disabilities mainly in the following tasks:

- Purchase of personal items such as clothing, toiletries, materials for recreation, items for room design
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## Housing and Meals

You live together with 3 other volunteers. Everybody have an own room. Kitchen and bathroom are shared. You can walk from the flat to work.

## Other

The home has an interesting history. Most of the residents have lived up to the mid-80s in a mental institution. The move to open plan living area, which is maintained by frequent contact with residents from the surrounding suburbs can be described as a successful attempt by the integration of disabled people.

## Arrival

By train to central station Bonn. Or by plane to Cologne / Bonn Airport. From there, take the bus or tram. For detailed description ask Ms Vollbach .





# Kölner Seniorenwerk Christopherus – Seniorenhaus

## Rosenpark

### Adresse

Kölner Seniorenwerk Christopherus – Rosenpark  
Bernhard – Feilchenfeld – Str. 3-7  
50969 Cologne

Phone: 0221/ 3672227

Contact person: Frau Behlau



### Description of project

The senior house Rosenpark is a residence, which hosts around 380 seniors in assisted living as well in stationary living. In the stationary residential area are living around 38 seniors, who need a regular, and intensive care, attendance and mentoring. Due to their special need of care the residents are not able to stay in the flats of the house Rosenpark, which they originally inhabited.

### Work of volunteers

You work with the staff of the senior house and look after the seniors. The focus of your work is the care of the seniors, like accompaniment the way to the restrooms, help with body care, washing, dressing cloth, taking meals. As well following activities can be done:

- Errands for residents
- Read something to the residents
- Go for walks with the residents
- Work in household: Help preparing meals, set the table, help washing the dishes
- Accompaniment the residents during excursions

### Room and board

Accommodation will be provided. The board will be paid monthly.

### Other

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### Arrival

By plane you arrive at to the airport Cologne/Bonn. There you can take the shuttle from the airport to Cologne main station (Köln HBF). Further arrival contact Frau Behlau.



# Jugendhof Vlotho

## Address

Oeynhausener Str. 1  
32602 Vlotho  
Tel: 05733/9230  
Contact Person: Frau Rasche



## Description of project

The „Jugendhof Vlotho“ was founded 1946. It is one of the oldest educational centres in Germany. The Jugendhof is organising seminars and workshops for people working with children and young people. Mostly these seminars and workshops last several days. The participants are living in the Jugendhof for this time.

## Work of volunteer

- Working at the reception i.e. being in contact with the guests, helping them with minor problems and guiding them through the house
- co-operation with the lecturers in the educational work
- minor work in housekeeping for example organising something to drink for the participants, bringing the cleaned linen to the wardrobe (but not cleaning the rooms)
- possibility to sit in the seminars and workshops
- help with some seminars in the area of music and art

The volunteer work 5 days per week and have 26 days of holiday in the year. The volunteer work 38,5 hours a week in the time from 9 am to 7 pm. (There are different shifts.)

## Room and board

The placement provides the food. The placement provides a room with a bed, a table, a chair and a wardrobe in the guest house.

If there are no guests it could be that the volunteer is all alone in the house for some days. Because of that the Jugendhof just want male volunteers.

## Other

The volunteer should understand and speak a little German to get the contact to the guests.

The volunteer should like to contact with other persons. It would be very good, if the volunteer has some experiences in the creative field.

Vlotho is a little town in „Ost-Westfalen“ and there are some cities nearby: Bad Oeynhausen (5 Km), Bielefeld (30 Km), Osnabrück (60 Km), Hannover (90 Km).

There is a train station nearby (10 minutes walking).

## Arrival

With the train to Bielefeld central station. For further arrangements get in contact with Mrs Rasche

