



DIGI-WOODS in Eastern Finland (9 months) European Solidarity Corps

Lead partner Metsäkartano youth centre, Rautavaara Finland. 11.3.-10.12.2019 (dates flexible)

Hosting partner Hyvärilä youth centre, Nurmes Finland.

www.metsakartano.com / www.hyvarila.com

Hello!

From this letter you'll find all the needed information that you'd need during your stay in Finland. If something is missing, don't hesitate to ask the coordinators, they are there for you. ☺

In this letter you'll find detailed information about both centers involved in the project. All volunteers will make the official contract with Metsäkartano since they are the applicant organisation. Two volunteers are placed in Metsäkartano and two to Hyvärilä youth center with the possibility to change during the project.

General info

ESC- project brings four volunteers to Metsäkartano Youth Centre and Hyvärilä Youth Center for 9 months. The aim and tasks of the volunteers is to support Metsäkartano's and Hyvärilä's youth team in setting up, planning, implementing and evaluation their activities and projects. Volunteers tasks also includes promotion through social media. They will create videos and marketing material and promote youth centers and international youth work. The volunteers will also have an important role in the working community as well as in local region. The objective of the long-term volunteering is to increase and develop the "internationalization" of our youth centres, through adding intercultural value to our everyday activities and events hosted directly in Metsäkartano and Hyvärilä, as well as carried out by our regional partners.

Two of the volunteers will be placed in Metsäkartano Youth center and two in Hyvärilä Youth center. They will cooperate and create events and tasks together.

In concrete, the volunteers will work in planning, implementing and evaluating our different youth work forms (social and international youth work, camp schools, social family work and more) as well as take role in marketing and promotion of the events and activities through social media. Volunteers will help in maintenance etc. tasks when agreed. (Heating up sauna for example)

Besides this, the volunteers will work i.e. in school and youth house visits in the region to promote young people's opportunities to go international, and act as volunteers. The weekly hour is 30 and it will change according to weeks.

Project is suitable for volunteers who like to live away from cities, in the middle of the nature.

In Metsäkartano youth centre volunteers will share an apartment together with private rooms and shared kitchen. There's no public transport in the region and nearest village (Rautavaara) is 25 km away so driver's licence is needed. Volunteers can use the house car if they need. Volunteers should be able to work independently, they should enjoy living in nature and also capable of being by themselves. English skills are needed, as well as flexibility towards various work tasks, such as helping in the kitchen, manual work etc.

In Hyvärilä youth centre volunteers will stay in an apartment with separate rooms and a kitchen. There is no public transport and the centre is located 3,2 km away from Nurmes city centre. Volunteers can use bicycles or company car to get to places. Volunteers are welcome to participate in other project activities and trainings, arranged in Hyvärilä.

Practical issues:

Travel fund: 275-360e/person (Please consult coordinators about your travel)

You should arrive to Finland beginning of March.

In case you want, Metsäkartano can help you to book your flights both ways.

Health:

Please order yourself European Health Insurance card. It is free and covers medical care when travelling abroad.

You are also entitled to insurance through CIGNA which is meant for volunteers.

Travelling to Finland:

You (or Metsäkartano) should buy flights to **KUOPIO** airport (or Joensuu or Helsinki and continue with the train / bus).

Bus journey from Kuopio to Metsäkartano takes 1,5 hours, from Joensuu 2,5 hours.

Those going to Hyvärilä youth centre should take a flight to **JOENSUU** airport and continue from there by bus or train to **NURMES**. The ride takes 2 hours in either case. We will help you with the travel.

More info about the trains in Finland:

www.vr.fi

Cheap Buses:

<http://www.onnibus.com/en>

www.matkahuolto.fi

Information about Finland:

SEASONAL DIFFERENCES IN FINLAND

It is also good to know that the wintertime in North Karelia is quiet, also because of the darkness that lies over the nature. On the contrary in summer, the sun might not set at all but in the winter the light time of the day can limit to only a few hours. The snow is there to lighten up the place but the cold might also make transport a bit more difficult for you and going to places by foot might not be pleasant. The winter provides you with exciting possibilities such as winter sports and new landscapes, walking on the icy lake etc. but keep in mind to pack for cold weathers!

If you would like to know a little bit more about this part of Finland before your arrival:

Read more about Finland <http://www.visitfinland.com>

<http://virtual.finland.fi>

Town of Rautavaara <http://www.rautavaara.fi>

Finnish Youth Centres Association <http://www.snk.fi/in-english.html>

Hyvärilä's Facebook: <https://www.facebook.com/hyvarilanuorisokeskus>

Hyvärilä's website: <http://www.hyvarila.com/>.
Town of Nurmes: http://www.nurmes.fi/en/web/nurmes_en
Karelia area: <https://www.visitkarelia.fi/en/Frontpage>

INFORMATION ABOUT YOUTH CENTERS

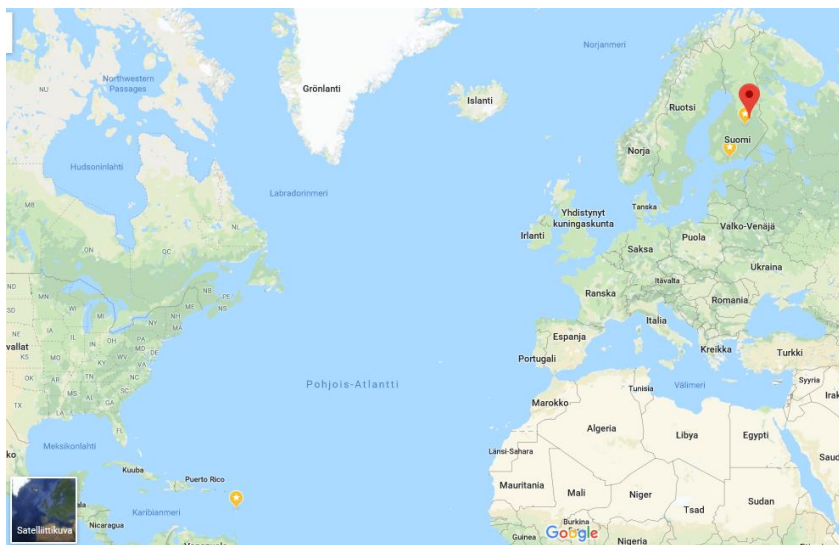
METSÄKARTANO AND RAUTAVAARA:

Metsäkartano youth centre is part of a network of 9 national youth centres of Finland, supervised and subsidized by the Finnish Ministry of Education and Culture. One of the Metsäkartano's function is to develop the methods used in the field of youth work, to act as centre for furthering the skills of the youth, and enable young people's travelling domestically and internationally. Metsäkartano focuses on international youth work, outdoor education and social youth work.

Metsäkartano is in Rautavaara, small village of 1900 inhabitants. Youth centre is 25km away from Rautavaara's centre and there's no public transport in the area. Nearest shop/bank/atm and other services are located 25km away from Metsäkartano. Youth centre is by the lake, in the middle of the beautiful nature 😊

Venue

Metsäkartano Youth Centre is located in Rautavaara municipality (125km away from Kuopio, 515km away from Helsinki) in Northern Savonia area.



Metsäkartano's venue from air view



Metsäkartano main building



Accommodation building

ACCOMODATION:

You will live together in two room apartment. There is a small kitchen with all appliances, an electric sauna, toilet and shower. You have your own rooms. The distance to the main building is 100m. You don't need to bring your own bed linen or towels.

FOOD:

Project funding provides you three meals per day. All the meals are served in Metsäkartano's restaurant. In case the kitchen is closed, you can get the ingredients from Metsäkartano and cook in your own kitchen.

LOCATION:

Kuopio and Joensuu (bigger University towns are located 130 km away. A small town of Nurmes, where other youth centre (Hyvärilä) and its EVS volunteers are, is located 40 km away.

For more information on Metsäkartano, please see: <http://www.metsakartano.com>

Rautavaara on Google Maps: <https://maps.google.fi/maps?hl=fi&q=rautavaara&ie=UTF-8>

Special to the volunteering projects is that volunteers will build it according to their interests and motivation with the support of the coordinator. We have some plans, but we completely support and are open towards the suggestions and plans from the volunteers. These topics and other ideas will be discussed more detailed upon arrival and getting to know the place.

Indoor sports hall is at your use with equipment's for several sports activities including climbing wall.

Outdoor spots in the area: turf cabin, lean-to's, outdoor sauna, ability to kayak and biking, Pumpulikirkko (Giant's kettle).

For detailed information about the facilities, buildings and Metsäkartano area you will get upon arrival through practical approach.

HYVÄRILÄ AND NURMES:

Hyvärilä is located in a beautiful location on the shores of Lake Pielinen in Nurmes. It offers a pleasant environment for holidays, youth camps, meetings, seminars, conferences and celebrations.

Hyvärilä Youth Centre works on local, regional, national and international level. For example, on local level we implement the everyday youth work (youth house / club, youth workshops) in the city of Nurmes. On regional level we work with other NGO's, schools etc. trying to support their agendas and link them stronger to the youth policy through offering training, opportunities and networking as a "hub". Through our status as a National Youth Centre, and as a part of a network of 9 centers in Finland in total, we also play a role in the society level discussions about children, young people, youth work and education. We also implement the Finnish state youth law strategy, in example through various projects funded directly i.e. through the Ministry of education and culture. Through our international coordination, we have also networked and implemented many international projects over the past 10-15 years, with focus now on European and Russian cooperation.

MAIN BUILDINGS



KARTANOHOTELLI – THE MAIN BUILDING

The heart of Hyvärilä is the main building where you find the reception, restaurant, hotel rooms, saunas, meeting rooms and offices.

NAVETTA – COURSE CENTER NAVETTA

In the old days this building used to be a cowshed ("navetta" in Finnish) but nowadays it functions mainly as a course center. You will work here during international projects, workshops, youth camps and other events!



PIELISAREENA



PielisAreena Sports Hall is the best alternative for events, be it sport, training course, culture, exhibition, or business. You can find various equipment in PielisAreena: archery, wall climbing and bouldering, gym and ball games. You can use all the equipment when there is no other reservations.

SURROUNDINGS

Standing in the middle of Hyvärilä yard, you can turn a full 360 degrees, and still see only buildings and places for activities that belong to Hyvärilä. There is everything from fireplaces, basketball courts to canoeing warehouse.

Here you can have a virtual tour generated by Panotour:

<https://360panorama.fi/360Hyvarila/360Hyvarila.html>

Of course, you will get to know all the facilities as you get to know the place.

AREA DESCRIPTION

Nurmes is located in the province of Eastern Finland and is part of the North Karelia region. The municipality has a population of 8,000 and covers an area of 1,855.14 km² (the same as London) of which 249.77 km² is water. The population density is 5.8 inhabitants per km².

The municipality is unilingual Finnish, but you can communicate easily in English. Few Finns do not speak any English. However, it could be a nice opportunity to test your Finnish level or learn it.

People can also be quite shy and un-talkative so prepare yourself for not finding your best friends in a few seconds. Definitely, through the work in the youth field you will have more possibilities to catch someone, but be patient, sometimes it requires more time than expected. Also, please bring some brochures, postcards, maps, anything from your home country so that you will be able to introduce your culture to the people of Nurmes.

Nurmes has two bigger parts: Keskusta (center) and Porokylä. In Keskusta you find a place called Nurmes-Talo (Nurmes House). There you find the cinema

<http://www.kinohannikainen.net/>), library, Kötsi Museum and Gallery Tyko. There are also a few grocery shops and marketplace.



In Porokylä, there are some sport and clothing shops and the post office inside the grocery store S-Market. You can also find some restaurants, coffeehouses, second hand shops and bakeries in Nurmes.



TRANSPORTATION AND LEISURETIME ACTIVITIES

From Hyvärilä to the end of Porokylä is about 6 km. You can use Hyvärilä's bicycles for moving. There is no public transport from Nurmes town to Hyvärilä.

Here are some possible free-time activities in Nurmes:

TanssiStudio SunShow / dance studio

Nurmeksen Sepot / local sports organization which arranges skiing, ice hockey (very popular), dance (contemporary, ballet, jazz and show), volleyball, Finnish baseball (mainly in summertime), orienteering and athletics <http://www.nurmeksensepot.fi/>

Riding

Martial art

Judo

Nurmes Women Gymnastics / aerobics, zumba etc.

Tennis

Sports driving

Sports diving

Musical studies

Golf, Hyvärilä <http://golfpiste.com/pielisgolf/seura/?p=english&lang=fi>

Folk High School / arranges various different kind of courses from cooking to yoga and from languages to handicraft workshops

In addition, there are many hiking trails (for example, Ellu) and you can do beach volleyball, disc golf, geocaching etc. Many of them are located at Hyvärilä, the place where you work and live.



Buses and trains from Nurmes go to the nearest cities almost daily. The two bigger cities (about 130km from Nurmes) are Kuopio and Joensuu. They are popular places for shopping in this area, since our town's selection on things can be very limited. They offer more variety on activities as well. The websites of both cities in English:

<https://www.kuopio.fi/en/web/english> and
<http://www.joensuu.fi/en/web/english>



are

EXAMPLES OF VOLUNTEERS' ACTIVITIES

Camp Schools



The high season for camp schools is in September and May, occasionally they will also take place during winter time. Volunteers, with our program managers and other guides of different kinds of sports and activities, will have a chance to instruct international workshops and other activities for the children (mainly 12 year olds) and give them an understanding of other cultures. At the same time, you will learn of the Finnish culture, too.

Social Youth Work "Nuotta"

"Nuotta"-coaching" camps take place around the year, bringing groups of young people (13-29 years) from different backgrounds for some intensive "coaching" and activities in Hyvärilä. Some come only for two days, some come for the whole week. Volunteers will have the opportunity to work with our Nuotta-coordinator planning and implementing activities with these groups.

Also, perhaps one or two of the groups is interested about your home countries, or maybe even planning a trip or an exchange with some other countries, where we think you might have a lot to offer to the conversation!

Youth Workshop and Youth House

A biketrip away from Hyvärilä, in the center of Nurmes we also have the Youth Workshop Apaja, where some young people work with handicrafts, daily topics, and school assignments. During your volunteering, you will also have the chance to go and interact with these young people, and help them out fixing some bikes, cooking together,



learning English and so on. The Youth House Nuokkari is located in the same building and there you will work, too.

Maintenance and kitchen

Running a Youth Centre like Hyvärilä is much more than simply working with young people. Food needs to be served every day, buildings repaired, rooms cleaned, snow shawled from the paths, post delivered, customers, and young people helped every day of the year! You will also get the opportunity to meet, get to know and work with the maintenance crew and kitchen staff, and if you are willing bring “spices and ideas” from your own culture to the equation.



Projects in Hyvärilä



Huge part of Hyvärilä’s activities are based on different smaller project running at all times. There are international events, youth exchanges, local initiatives, school visits, voluntary actions, and much much more that you will be invited to contribute to! Also, if you feel like it, you are able to set up your own projects as you work here, based on your own interest. Cooperation with local schools, events, projects and more is a day-to-day reality, also for you.

Personal project and interest

We are more than glad to have new suggestions, ideas and tasks for the volunteer, depending on your own interest and skills. If you have a great idea for future project related to your hobbies and interests, share it with the international team. The quality of your volunteering project depends a lot of yourself, as well. It is also important to take into consideration that there will be seasonal changes in tasks; sometimes you might have more things to do and sometimes less or barely nothing at all. This gives you a chance to develop your own ideas and skills.

LIVING CONDITIONS

Hyvärilä Youth Center will provide for accommodation, food, some leisure time activities and language training. You will either have your own room in Unhola house or a small studio apartment in the youth hostel Rantatupa. It depends on the volunteers we are hosting at the moment. Depending on reservations and seasonal changes during the high seasons, you might have to move to another room in the neighborhood for some weeks. This might



not

be very pleasant but it is better to know about it in advance.

RANTATUPA

Rooms and practicalities

Youth Hostel Rantatupa is located next to the lake, and right near the main building and Navetta. On the second floor, you will have small studio apartment with furniture, tiny kitchen, toilet and the shower. To make yourself more at home and more comfortable, you can bring some things with you. Bed sheets and towels are provided by Hyvärilä but you have to change and wash them on your own. There is a laundry room in Rantatupa. Downstairs of the main building you will have a possibility to have a sauna any day you like (sauna is one of the elements of Finnish culture).

UNHOLA HOUSE





kitchen



kitchen



room



room



hall upstairs



hall upstairs

Rooms and practicalities

Unhola is located almost next to the main building. In Unhola volunteer has own room. In your room you have a bed, a table and a wardrobe. The kitchen and toilet are shared with others. During camp school seasons in spring and autumn, there will be instructors accommodating in the same house. Towels and bed linen are provided by Hyvärilä but you have to wash them on your own in laundry room, located in Rantatupa next to the lake. Please note, that unfortunately there is no shower in Unhola. You can use the sauna and shower located downstairs in the main building.

SUPPORT AND GUIDANCE

During the whole project, international coordinator with her team will guide you. In regular meetings, you can share your feelings and experiences, also supporting your integration to the new surroundings. Hyvärilä has years of experience in hosting volunteers, and through this experience we've developed a warm and open work-atmosphere which should make it easy for the volunteers to feel at home. There may also be "friend-families" which will help and support the volunteers during their stay. This will provide a great opportunity to get acquainted with our culture, customs, and of course, more people!

During the first weeks / months of the project, you will have the time to adjust to the working surroundings and will receive additional support and instruction to matters concerning independent living, transport, work tasks, surroundings, expectations and customs etc. Regular meetings will be created to support your wellbeing, learning process and daily tasks. Beside this, the support system/network will be on going and present throughout the project. This support network consists of:

International coordinator will act as a "support person and coordinator" supporting especially the administration, launch, mid-evaluation and finishing the project. The coordinator will be available also to support any conflict situations and dilemmas to be handled within the project. The role of the coordinator will also be to support the hosting organisation, as the project develops. If you have any concerns, problems, things you are willing to discuss, the international coordinator and the team will help you with it!

Mentor

The volunteer will be assigned with an individual mentor (a person out of the organisation) to take interest in the volunteers daily life and wellbeing. The mentor will have regular meetings with the volunteer on monthly basis, to also support the learning of the volunteer and to revise the activities based on the needs and wishes of the volunteer as the project develops.

Job guidance & supervision at the work places

Each working surrounding (offering activities that you take part in) will have at least one responsible person for you to support and instruct the daily tasks. These persons will also have regular meetings and contact with the hosting organization coordinator to discuss and feedback about the project development and your performance.

POCKET MONEY: You will get 150e/person/month

WORKING HOURS: 6 hours per day, 5 days at week. Working times will be flexible and planned with volunteer.

WHAT TO BRING WITH YOU:

- Warm clothes (WE HAVE LOTS OF SNOW AND PROPER WINTER WHEN YOU ARRIVE!)
- Waterproof shoes (rubber boots/ hiking boots/ winter shoes)
- Gloves, hat, warm socks, scarf
- Rain coat
- Outdoor clothes,

- Sport clothes
- Swimming suit
- Personal things: hygiene, medication, or other thing you need for your own well-being
- Brochures material from your organization and your country
- Head lamp/torch, if possible

Contact

If you need help, have questions or need further information please contact:

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