

The Organization

The Agape word, comes from the greek *ἀγάπη* and has the meaning of "love" for one's fellow man and deep sharing. It was born in Cagliari (capital of Sardinia) in 2003, from a multidisciplinary team, which shared and shares an ambitious project: "**Create Best Job Opportunities** for Members, designing, building and managing device and support measures to the person and to the services on the whole territory of Sardinia, **in order to obtain Best Economic, Social and professional Conditions**".



AGAPE, it is a Type A social cooperative that, through Social welfare and Psychiatric and Educational Service management (for adults with mental disabilities), is in general interest of the Community, the Umanitarian and Social Integration of citizens (Article 1, Law 381/91).

The Vision

Since our foundation, we are working in the field of mental disability to promote the central role of the individual, to develop his potential, the integration of disadvantaged people, the personalisation of interventions, quality of the services offered and the competitive advantage.

The Mission

Through Residential and Semi-Residential, Household and Educational Services, we offer a support and tools about the rehabilitation for adults with mental disabilities and for health promotion on the territory. Since 2003 we're promoting the Mental Health and physical and psychological individuals wellbeing with a comprehensive approach: from Social inclusion to Social and Occupational integration of the disadvantaged people.



We're accredited for the Quality System in accordance with standard UNI EN ISO 9001:2008 and from 2008 until now, we opened five Family Homes for adults with mental disabilities, that 3 our, and the our first Day Centre, located in the central road Marconi Street, in Cagliari, the biggest city of the Sardinia, our beautiful Island.

With open Family Homes, Agape propose a well-functioning "Live" to individuals needs and to the Life's project of the person suffering of the mental disability: both from assistance and health care aspect, both form fields educationals, relationship, relazionali, rehabilitation and of the social inclusion. All this, in order to ensure autonomy and a good quality of life. Our principles are founded on the central role of the individual, impartiality and equality, the continuity of care, the internal and external partecipazione, the transparency and the accessibility.

Moreover, we offer different important Services for to promote the health on the territory.

We provide Psychological, Social, Household and Training Services and offer to Home Care and Educational Services

In 2011 our Agape Cooperative starting a route of the active involvement in European projects and di exchange of ideas with partners by several Countries (Poland, Greece, Romania, Latvia, Lithuania, Belgium etc.), with which she has the

first projects such as Grundtvig, European Voluntary Service and of Youth Exchange.

Other Activities

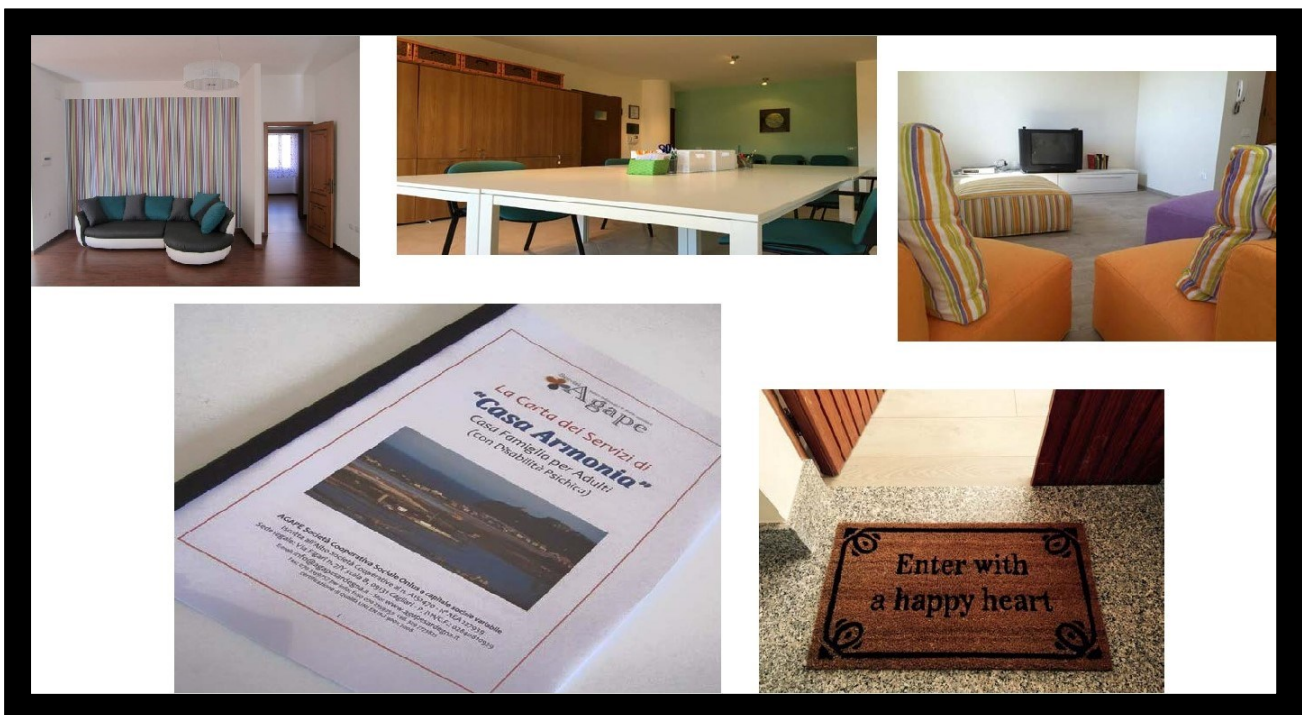
Agape also deals with:



- To project and to provision of the Legal Protection to Fragiles People;
- National Civilian Services;
- Social Tourism;
- Psychoeducational Services for Sardinian minors and their families throughout (Rec Center, Play Grounds, Youth Group, Adolescents spaces, Animation Service at the beach, Creative and artistic workshop, twinning, Courses of parenthood, Cultural mediator Service, workshop activities outside educational establishments);
- Neuropsychologist Service.

Residential and Semi-residential Agape's Homes

The first time that entrusting us manage two Family Homes was in 2008 years old. These Structures called "Homes-accomodation" Therapeutic High Intensity for adults with mental disability (of the Cagliari number 8 Health Board) located one in Quartu Sant'Elena (Leopardi Street) and one in Selargius (Manin Street), two village near to Cagliari.



The result of this management experience, it was our first opening Family Home Authorised for adults with Mental Disability, in Quartu Sant'Elena (Verdi Street, 1th floor), opened in February 2014.

In May 2015 we opening the our second Residential Structure signed Agape. It's an initiative of Cohabitation Group with a Project of sharing live involving for adults with Psychic Disability who have already made a rehabilitation program and are ready to live independently. Also, this Family Home is located in Quartu Sant'Elena (Gramsci Street).

The third Agape's Family Home is a Integrated Community for people that have a food behaviour disorder (anorexia and bulimia, etc.) inaugurated in Luglio 2015 a Quartu Sant'Elena, (Verdi Street, floor 2°). Is a innovative Project for our Sardinian Region, addressed a little demographic female and male population that needs special attention.

In addition to our Residential Homes, also we run a Day Care, called "House of Wellness – Harmony Day Centre" in Cagliari (Marconi avenue). It's qualifies as a suitable place to support the process of growth and of social integration of peoples under wich the services is addressed: the children, teenagers, young adults and elderly, with disability and not; we want to promote, through, education, social, recreational and integrational measures, the physical and mental health of users.



The Agape experience in European Projects

It 'very important for us, that the whole world, could know our approach to mental health, so, through a variety of projects, we are able to dedicated volunteers to



The European Voluntary Service Staff

interact with this reality, to learn our principles and values, our working method and to be able to disclose and to experiment it in their countries of origin. For the implementation of this ambitious objective, an important strategy is that you're building a strong relationship with European partners non-European countries.

So, in 2012, we joined the first project **Grundtvig**, aimed at the European elderly population, making agreements with Poland, Greece, Romania, Lithuania, Latvia and Belgium, through the learning workshop processing.



In 2013 we get accreditation as Sending, Hosting and Coordinating Organisation of young from **European Voluntary Service** within the Erasmus+ Program, creating partnerships with different organizations, with the intent to increase young people the sense of belonging and active citizenship in the Community European.

In 2015 we host and coordinate the Project "Mental Health for All" involving two young volunteers from Spain and Croatia.

In the same year Agape remains involved in two other beautiful youth mobility experiences:

we take part in a **youth exchange** in Greece "*GOOD FOOD GOOD MOOD*"; This project gave us the opportunity to exchange ideas, confront, acquire knowledge of socio-cultural realities.



Agape lived, a Special Experience with Turkey, hosting a project partner in our Sardinia.



With a view to promote and disseminate these good practices, we can replicate this experience with other European organizations that have a project and that are looking for a country where we

can realize it.

Currently we host and coordinate the project "Mental Health for All 2", won in 2015, whose beneficiaries are two young men from Spain and Egypt.



The Evs Project "Alimentazione sana per una mente in salute"

In 2016 Agape Cooperative present and won the new project called "Alimentazione Sana per una Mente in Salute", whose central focus is the strong link between mental health and nutrition. The Project will start at January 2017.



So, the food, it was considered as a strong element of cultural identity that allowed the approach of the volunteers to mental health and at the same time of our patients to the intercultural exchanges.

The project promote initiatives for actions to active participation between the volunteer, the patient end the professionals operators for the affirmation of a multiethnic exchanges culture and inclusive community.

The project is located in the field of adult mental disability and specifically of the Mental Health to promote Central Role of the individual, the development of their individual potential, integration of disadvantaged people, the personalisation of interventions and the quality of services offered on the territory.

The project has a duration of 6 months and will involve 2 volunteers, from Macedonian and Romanian Organisations. The Evs activities will start on January 3th 2017, and will end on June, 30th.

Daily Activities

Volunteers will live their experience into to Residential Homes for adults people with mental disability.

Here, shall take place activities laid down in the project, from the Monday to the Friday from 3.30 p.m. to 8.30 p.m. for 25 hours weekly, that will consist to live the daily grind with Family Home's Users, constantly supported by specialised operators (Educators, Socio-medical Instructors, Socio-educational Instructors, etc.).

On specifically, the Daily activities are divided into internal and external and include:

- recreational workshop: 2 h per week;
- sporting activities: 2 h per week;
- cooking activities: 4 h per week;
- gastronomic workshop: 1 h per week;
- ethnic dinner: 1 time per week;
- mentoring for 1 h weekly.



WHAT IS THE ROLE OF THE VOLUNTEER INSIDE THE FAMILY HOME?

The volunteer should help the Specialised Operator in all tasks that, takes place during the hours of Users support: (to cook, to offer Personal Assistance and to support Users with disability in all moments of daily life). Initially, the methodology used will be of "*Observation*"; subsequently will be used that of "*Learning by doing*".

Sharing moment together more day convivial such as meals, recreational, of recycling workshops, volunteers have the opportunity immersing in the Users life day-to-day, living with their much leisure moments, even Family Home outside.



External activities to the Family Home , organized for Users spare time, are those sports, programmed sorted by season, for example: in the Summer, abitually, we organize beach volleyball tournaments. Other activities are the Walking, Basket in a wheelchair, swimming pool, bowling, but also leasure activities and going shared to the cinema, theatre, stadium, for a pizza. In all these activities, the Volunteer can be more interacts and socializes with Users, and lives a deep and unique experience of sharing. Also in this activities the volunter will have the possibility

to support Specialised Operator.

In addition to indoor and outdoor activities to the Family Homes for adults with mental disability, during the week volunteer follows practical italian language training implied by the Programme Erasmus+ (On-line Linguistic Support) and, for an heure to week meets, in informal places, his mentor, which has the function to support and to favour integration and social skills during the EVS experience.

PRACTICAL INFORMATION

The Agape's Cooperative guarantees:

- Training on arrival (info kit and field training)¹;
- The opportunity to participate in seminars/courses/conferences;
- The coverage of board and lodging costs. Volunteers will live in a rent flat sharing other young people, in double bedroom on the Cagliari City;
- Reimbursement of Return travel expenses until to 90%;
- The monthly bus for movements to the Cagliari's Hinterland;
- Health insurance for the entire period of volunteering abroad;
- Language training in the host country through of the online support²;
- Pocket Money Monthly (€ 115.00);
- The acquisition of the Youthpass Certificate at the end of the project.

¹ Young volunteers will receive an *Initial Training* on EVS principles, on the Hosting Organization, on Agape's Managing Director, of the principles and objectives and all aspects with regard the Project.

² Attention please: We suggest, for a better experience abroad, you have at least a basic knowledge of Italian.

VOLUNTEER PROFILE



- An open-mind and a “*can do*” attitude.
- A great deal of resilience.
- Flexible and non-judgmental approach to the people and work.
- The capacity to learn quickly.
- Interpersonal, communication, research skills.
- Creativity and organizational skills.
- Problem-solving skills.
- A lot of empathy
- The ability to work in groups and respect the working time.
- Motivation and enthusiasm.
- The predisposition to “*learn by doing*”.

City of EVS activities and to live



The project takes place in the town of **Quartu Sant'Elena** which it's 8 km from the center of Cagliari, the capital of Sardinia, city immersed in history, culture and tourism. Quartu Sant'Elena has a population of 71,000 inhabitants among which we find the presence of foreign citizens. It is full of places and beautiful beaches. There is a natural park called "*Molentargius Park*", immersed in the Mediterranean flora and fauna.



The volunteers will live in Cagliari, a big town of 154,460 inhabitants, capital of Sardinia. Center of university, Archbishop and harbor and with a history of thousands of years. During the year the city hosts several events and traditional festivals, known throughout Sardinia.

Occasionally, Agape organizes Extra Activities for the volunteer, such as for example guided tours of historic, artistic and cultural interest, aimed at more detailed to knowledge our Island and its traditions.



Agape will be your Home in the world
for ever!



Do you want to live the experience of EVS? Here's how to do it!

If you are a young wannabe volunteer and you want to run for the European Voluntary Service, you should follow the procedure that develop in different stage:

The candidate must log in Facebook and to click “I like” on the Official Page of the Cooperative “[Agape Sardegna & Armonia](#)” for to be added to our database.

1

2

Send your CV and Motivational Letter to e-mail of your Sending Organisation.

Agape analyzes the CV and motivational letters of the candidates, after a first selection by sending organisation and it can ask further information to the volunteers through the support of video, mail, chat etc.

3

4

In the fourth stage Volunteer schosen for participation in the project, is submitted to an explanatory talk through one of the following ways:

- phone contact;
- conference calls on Skype or similar.

Sending Organization contacts the volunteer chose with the task of preparing him/her to departure, throught a suitable training.

5

Are you an Organization that wants to become our Partner?

Organizations interested in building a partnership, should send us their PIF and InfoPack to the mail address progettosveagape@gmail.com with Object “*Richiesta Partnership*”.

Contact

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We're waiting you!