



VOLUNTEERING IN THE SLOVENIAN ASSOCIATION FOR MENTAL HEALTH (ŠENT)

ACTIVITY DESCRIPTION

ŠENT – Slovenian Association for Mental Health-is a non-profit, non-governmental humanitarian organisation established to aid individuals with mental health issues, those in temporary mental distress, as well as their relatives and anyone else interested in mental health.

Their programmes and activities include:

- psychosocial rehabilitation of people with mental health problems,
- improvement of their social situation,
- creating opportunities for independent and quality living.

The volunteer will be active in the local unit – Day centre Koper. The program of the Day centre is carried out in the form of group and individual activities. Its goal is the psychosocial rehabilitation for the quickest possible integration back into the every-day life.

MORE INFO: info@pina.si

APPLICATION PROCEDURE: Please fill in this questionnaire:

https://docs.google.com/forms/d/e/1FAIpQLSefFjw9fCyKsVFSELCvL4EUv5_U5gPukSgSTjzKB3vdjz-7w/viewform?usp=pp_url

ACCOMMODATION, FOOD AND TRANSPORT ARRANGEMENTS

Each volunteer will:

- receive monthly pocket money to the amount of 4 EUR per day and an additional 5,5 EUR per day for food expenses;
- be registered for the ESC insurance scheme CIGNA;
- receive a contribution to the travel costs (the amount will be calculated based on the travel distance of the volunteer);
- receive a task related mentor;
- receive an opportunity to develop a personal project;
- be offered a chance to take an online language course.

The volunteers will live in a flat in the city center of Koper or in a residential area nearby, sharing a room with another volunteer.

PARTICIPANT PROFILE

Highly motivated young people with interest in working with people with mental health problems. Preferibly with priority skills: open communication and empathy, team and group work, humanitarian themes, with different hobbies (sport, handcraft, music, etc.).