



# Community Engagement Program



📍 India - Goa



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By lending your time and effort you will help in improving the quality of life of the local communities in Goa.

Participate in our endeavour to empower the local women through education and life skills, assist in help at a disability care home, and provide social support to elderly people at home for the aged. Join us in this program to inspire the less privileged and help the community to build on their own.



# Program Description

## ELDERLY CARE

### Who the Project serves:

With modernization, people are at a race for achievements which puts the concept of the nuclear family in focus. When the grown children in the family are pursuing their dream jobs and leave their family behind, there is no one to look after their parents. Therefore, they are placed in an Elders care home.

In this program, you would visit an old age home and spend time with its residents as they need someone to listen or talk to and it is all that they need sometimes. Your visits would make them feel happier and less lonely. You will spend time as a companion to the residents where you can talk to them, play games, do reading, colouring and various other exercises with them.

### Working Hours: Monday to Friday 09.30 to 1200

### Your role:

To engage the residents at the Old Age Home in different activities

- Play games and entertain them
- Talk to them and listen to what they have to say
- Read to them
- Organize recreational and entertainment evenings for the elderly
- Arrange sharing and discussion sessions on interesting topics
- Teach the residents skills such as how to use their mobile phones better to store numbers, send text messages, take pictures, etc
- Take the residents to museums and other places of interest
- Celebrate festivals and birthdays with the elderly

## SPECIAL NEEDS EDUCATION AND CARE

### Who the Project serves:

It is a home for adults with different levels of abilities. This Home was born out of a need to create an inclusive place where adults with intellectual disabilities feel welcome. With your help, we hope to create a healthier society for these differently-abled individuals.

## **Working Hours: Monday to Friday 09.00 to 1200**

### **Your role:**

- Assist the members to learn and improve their skills as per their abilities and interests
- Share moments of happiness and love with the young and old in the free time
- Assist them physically with basic tasks like walking them to the garden, having lunch or helping out at the work table
- Give them a sense of value in their lives and the attention they seek
- Teach them simple singalong songs
- Assist the residents with physical exercises

## **WOMEN EMPOWERMENT PROGRAM**

### **Who the Project serves:**

We have recently started the "Women Empowerment Program". The objective of this program is to make the women self-reliant and to make them able to support their families. This program aims to empower women in various ways such as financially (in the beginning), mentally as well as physically. The target group of the program are women from less privileged backgrounds residing in various villages Goa.

Most of them are illiterate and work as housemaids and other unskilled jobs. In the mornings, some of them work as maids, cooks or engage in other small jobs where they are able to earn a living. And in the afternoon, they join our program to learn new skills and improve their lives better for a brighter future. In this program, through a step-by-step process, our main task is to give them English education (communicative and written English), awareness on health and hygiene, vocational training so that they can be financially stable in the future with their own businesses.

This project has started with teaching basic communicative and written English so that the women can read signboards, news papers, magazines and also help their children in their homework.

The project is conducted on a one-to-one basis where each participant takes part to teach women at the project.

## **Working hours: Monday to Friday 14.30 to 17.00**

### **Your role**

- Help improve the quality of life of the women and their families
- Provide vocational training and training material for women
- Inspire them to start their own business

Throughout the year there are various courses being conducted in this program such as baking, honey harvesting, tailoring and computer skills.

## **Program Duration & Availability**

**Min duration (weeks):** 2

## **Aims & Objectives**

The objective of the project is to inspire, care and help those who are in need in ways you can.

## **Schedule**

### **Monday**

On your first day of the program, you will have an orientation in order to better understand your new environment and the program. Our coordinators will take you to an enchanting spice plantation, the local market, and a few supermarkets located close to our center. You can also utilize this time of the day to exchange your currency or purchase any of the essential items you might need during your stay.

### **Tuesday**

On the second day of your first week, an introduction to the local projects and programs will be given through an observation time at the project site. During this project introduction, you can also choose to assist the existing participants on the project. Our coordinator will also theoretically describe and train you on the activities of the project onsite so that it is easy for you to understand the project in a step-by-step manner. Your time on the project will commence on Wednesday.

## **Wednesday to Friday**

### **Morning**

In the morning, you can choose to join either the Elderly Care program or Special Needs Education and Care program.

09:00 - Departure to Elderly Care program /Special Needs Education and Care program

13:00 - Lunch

### **Afternoon**

In the afternoon, you can choose to join the Women Empowerment program or continue at the Special Needs Education and Care program.

14:00 - Departure to Women Empowerment program

14:30 - Engage in tasks and activities at the project

17:00 - Return to your accommodation

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.**

**Please also note, you will be placed on each of these projects based availability of the program after your arrival into the country. We will try to our best to keep you placed on a project that suits your preference.**

## **Starting Dates**

### **During 2019**

This program starts every week.

### **During 2020**

This program starts every week.

## Participant Criteria & Requirements

<b>Minimum age:</b>	-
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	On Signup
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

### Additional Requirements

- Participants below the age of 18 should have parental consent.
- Participants above the age of 65 should have medical clearance.

## Additional Equipment

### Dress Code

- Cover up as much as possible in the spirit of the local culture to avoid embarrassment.
- Your clothes must not be too short, too tight or too revealing. Kindly make sure your shoulders and legs are covered.
- Dress professionally since you will be working in a professional environment while teaching the children.
- It is completely fine to wear western clothes as long as they fit the local standards
- Be thoughtful of the graphics, symbols or text printed on your clothing and avoid wearing clothing styles that might be inappropriate
- Be thoughtful to poor communities by not displaying expensive items and clothes
- Wearing local clothes could help you build a good working relationship with the community