



CARPATHIAN FOUNDATION-HUNGARY

The Carpathian Foundation-Hungary is an independent, non-profit, civic organization improving the quality of life of the communities living in the Carpathian region, preserving and utilizing the social, economic, ethnic, cultural and environmental values of the region.

As a unique cross-border organization the Foundation provides financial and professional assistance to NGOs, local-self-governments and communities for implementing their local development initiatives primarily in the Hungarian part of the Carpathian region (Borsod-Abaúj-Zemplén, Hajdú-Bihar, Heves, Jász-Nagykun-Szolnok and Szabolcs-Szatmár-Bereg Counties) and all over Hungary.

The Carpathian Foundation-Hungary encourages co-operation among NGOs, governmental and profit-oriented organizations in the following main areas:

- Rural community development;
- Human resource development;
- Preservation of cultural and environmental values;
- Development of social integration.

Our goal is to strengthen social consciousness and regional identity by highlighting inherent values of the region.

The Carpathian Foundation-Hungary is the member of the Carpathian Foundation Network (consisting of foundations from Hungary, Poland, Romania, Slovakia and Ukraine) that contributes to the development of the Carpathian region by providing grants and professional assistance to NGOs and local-self-governments operating in the bordering area of Hungary, Poland, Romania, Slovakia and Ukraine.

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THANKS TO OUR MAIN DONORS AND PARTNERS:

Autonómia Foundation, Charles Stewart Mott Foundation, Foundation for Development of Democratic Rights; EEA and Norwegian Financial Mechanism Office; Életfa Environmental Society; Labour Service of Heves County; Local Self Government of Heves County; Human resources Development Operational Program; Hungarian Telekom Otd. INNTEK Non-profit Ltd.; ITD Hungary Non-profit Corp.; Carpathian Foundation International; Ministry of Foreign Affairs of the Republic of Hungary; University of Miskolc; National Civic Fund; Open Society Institute; National Employment Foundation (OFA); Hungarian Environmental Partnership Foundation; Robey Family Foundation; RomNet Media Foundation; Social Renewal Operational Program; Gender Studies and Equal Opportunities Center, University of Miskolc.

Volunteer and Internship Programme



*Providing better chances
to the labour market
access of youth*

**SERVING THE REGION
FOR 15 YEARS**



THE GOAL OF THE PROGRAMME

Unemployment in Eastern Hungary is a growing problem that makes local people, especially the young and qualified, want to relocate mainly in the Central parts of the country and abroad. To respond to the damaging effects of this trend, we launched our Volunteer and Internship Programme.

The Programme helps young university students to gain professional experience in order to

- have better chances to find jobs after finishing their studies in the Carpathian region;
- find it easier to launch their career with mentoring support of experts;
- have a good job reference;
- be socially more conscious and appreciate the concept of volunteer work;
- know more about and be more committed to the civil sector.

ABOUT THE PROGRAMME

To achieve the goals listed above and in compliance with the law regulating volunteer community service we worked out the Volunteer and Internship Programme of the Foundation. We also cooperate with the Szikra Foundation (Miskolc) that co-ordinates the ÖTLET Programme¹ and with the Eszterházy Károly College and the University of Miskolc.

The Programme offers to the Volunteers and the Interns:

- job reference, networking facilities, relevant work experience
- the chance to communicate and work in English (translation, correspondence, etc.)
- experience in proposal writing and project management
- the chance to travel in Hungary and in the countries of the Carpathian region (Hungary, Poland, Romania, Slovakia, and Ukraine)
- the chance to work in a young and dynamic team
- exciting, inspiring and eventful work
- professional supervision of a mentor, development and continuous feedback
- enabling working conditions/supportive working environment

1. ÖTLET is a long term volunteer programme aiming to improve the labour market value of people between 18 and 26 and beyond 45 years by skill development and by providing work experience from volunteer work / www.szikraalapitvany.hu

We treat all our interns and volunteers as full members of our team and give them tasks according to what suits their career and personality the best. They are monitored and continuously supported by a supervisor who is ready to offer them advice to promote their professional and personal improvement.

The supervisors' tasks are:

- motivating them and providing them interesting and useful jobs;
- integrating them into the team according to the expectations of the project co-ordinators, the goals of the Foundation and those of the intern;
- written and oral feedback and evaluation aiming to contribute to the intern's professional development;

After 2-3 months the Carpathian Foundation-Hungary offers its interns and volunteers the chance to go further and become a permanent member of the staff and work in the field of project management. Let's take Roland Kelemen as an example: he joined the Foundation and the Internship Programme in 2007 as a project assistant and became a permanent member of the staff in 2008 as a programme co-ordinator.



I wanted to work for an organization that appreciated volunteers and where I could use my experience to contribute to their efforts and also where I could gain more experience.

(Roland Kelemen, volunteer 2008/2009, programme co-ordinator at Carpathian Foundation -Hungary)

ACHIEVEMENTS

Since 2006 the Carpathian Foundation-Hungary has employed seven volunteers and six interns involving them into the work of the Foundation and over all to the civil sector. Four of the volunteers were hosted through the ÖTLET Programme (supported by the National Employment Foundation) with our Foundation co-operating as an employer of volunteers.

In the academic year 2008/2009 we hosted a student from the College of Eger Department of Political Studies/International Relations and he spent his university programme internship at our Foundation.

FEEDBACKS FROM THE VOLUNTEERS

"As a volunteer at the Carpathian Foundation–Hungary I managed to learn a lot that I will be able to use in the future. The challenges involved in the tasks I had to manage significantly contributed to my professional autonomy; and the colleagues' positive feedbacks to my confidence. The concept of volunteer work used to be unknown to me earlier, now I know it is worth doing it."

(Julieta Lakatos, volunteer, ÖTLET Program 2009)

"I'm grateful to the Volunteer Programme for helping me launch my career when I had no experience and for introducing me to the idea of volunteer work and for getting to know many amazing people. And all this happened at such a very pleasant place as the Carpathian Foundation–Hungary."

(Dávid Tresó, volunteer, ÖTLET Program 2009)



Dávid Tresó and Ms Julieta Lakatos

PLANS FOR THE FUTURE

In the future we improve our Volunteer and Internship Programme by:

- extending our funding capacities with the help of new sponsors
- exchanging volunteers with our twin branches and partner organizations abroad