



Community

You have chosen to undertake a placement in a shared-living community. This means that togetherness and taking part is really important.

You will be taking part in celebrations outside of work which means lots and lots of birthday parties, festivals and other holidays!

Work

You will be working 5 days a week, which will involve a rotation of morning and evening shifts.

This means that one week you will be working from 8.30 am and the next from 3.30 pm, repeating for the duration of your placement.

Our Values

We strive to support our residents' growth and individualism while upholding their dignity.

You will be an important part in this during your placement.

Independence

This placement and the tasks you will undertake throughout will give you the opportunity to develop, challenge yourself and try new things.

This includes growing your confidence, various skills (including practical ones like cooking and gardening) and your sense of self.

Holidays

If you are completing a 50-52 week placement with us, you will be given 28 days of holiday spread across your stay.

This is generally a week of holiday scheduled for every 3 months of your stay.



Housing

We will provide you with accommodation for the duration of your stay. You will have your own room in either a shared co-worker flat or in one of the main residential houses.

Allowance

As you are undertaking a volunteering placement, you will not be paid wages.

However, to cover any extra expenses you may incur during your stay, you will be paid a monthly allowance of £200.

Equipment Hire

Aberdeenshire has a lot of opportunities to try out sports and adventures you never have before!

Take a look at the following website which shows a collection of all the spots in Aberdeenshire where you can find equipment hire facilities:

www.visitabdn.com/plan-your-trip/equipment-hire/

Healthcare

The NHS surcharge you will have paid gives you access to free public healthcare through the NHS.

We will support you in registering with our local general practitioner (GP).

Necessities

All necessities will be provided by us including things like toiletries and food.

You will have full access to our larders and are also encouraged to join in on the communal meals with everyone.

Ameneties

We try to provide all the equipment you may need for your adventures outside of volunteering.

This includes bicycles perfect for riding along the beach-front, and camping equipment for if you wish to spend a night in the highlands!

Peterculter also has several amenities including a gym and many local food spots.



Training

Your induction will provide you with all the basic knowledge you need to start your placement. Afterwards you will be given short weekly sessions to grow your knowledge of Camphill, our holistic approach to care and other aspects of supporting adults.

You may also be asked to complete a first aid training course during your stay which will make you a certified first aider!

Support

Upon your arrival (and after resting from your journey!) you will be given an induction by one of our senior co-workers.

After shadowing a co-worker you will start working with support until you feel confident enough in your tasks to work unsupervised.

It is important that if you feel you need more support or a refresher in your training at any point during your stay you let us know so we can help!

Travel in UK

If you are under the age of 22 you can apply for a Young Scot Card. This will allow you to travel on buses free of charge, as well as give you discounts for other public transport.

MegaBus coaches which provide links to other cities, can also be taken for free.

You can apply at getyournec.scot free of charge before your placement even starts.

Travel to UK

Travel to and from the UK should be arranged by you.

It will be easiest for you if you fly in directly to Aberdeen airport. However, if you choose a different airport, you can make your way to Aberdeen via train or bus.

We will arrange for a co-worker to pick you up from Aberdeen airport, bus/train station as required so make sure to keep us in the loop on your travel plans!



Banking

You may want to open a UK bank account, to make your stay easier.

Most of our volunteers use Monzo or Wise debit cards. The process of applying is easy to follow and instructions can be found on each bank's website.

You should, of course, research your options to see which may suit you best.

SIM Cards

Getting a UK phone number for your placement is encouraged as it can make your life easier!

GiffGaff is a popular choice that a lot of our previous volunteers have used and the process of applying for a sim card is easy to follow. You are encouraged to read all about their sim cards on their website.

Packing

As we provide you with everything you should require during your placement, there is no need to over-pack.

The beauty of Scotland is that you may need your summer shorts and your winter coat all in one day so, we encourage you to pack clothes for all weather.

Other Prep

Preparing everything for your placement can get quite stressful! So, for some low stress preparations, you might want to look into Makaton.

A few of the people we support are non-verbal and use Makaton to communicate. Try learning how to introduce yourself while waiting for your flight!