



Proposal

You and your company have expressed an interest in helping vulnerable people in the local community. Stichting Present would be glad to help you by facilitating your volunteer projects. The need for additional social support is especially great in the current economic climate as financial problems are forcing many social organisations to cut back on structural activities. Volunteers therefore make an enormous difference.

This proposal outlines a number of projects with the aim of giving you both an idea of the options available with Present Amsterdam and an indication of the costs involved. Our projects are separated into two categories: practical and social. We would be very happy to discuss any ideas of your own you may have after reading this proposal. Present focuses on what you have to offer and on that basis looks for projects that suit your company and people.

Present is a non-profit organisation. The costs that we charge consist of a fixed amount for project matching and a variable element for materials and refreshments. The variable costs depend on the particular project and are calculated when the project is complete. An estimate is included with each of the project descriptions below.

	<i>5-10 people</i>	<i>11-25 people</i>	<i>26-50 people</i>
Fixed costs	EUR 250	EUR 350	EUR 450
Variable costs	Vary according to the project		

The following pages describe some of our projects. This is intended to give you an impression of the options offered by Present Amsterdam. Further project suggestions can be found on our website. We would be very happy to discuss potential projects with you and work with you to find the most suitable. Please do not hesitate to contact us if you have any questions.

Contact

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Practical projects

Gardening project

This project involves tidying up overgrown private gardens, cleaning up garden paths or reviving public areas such as playgrounds etc. The residents (often elderly) either lack the money to do the work themselves, or are prevented from doing it by their limited network or poor state of health. Gardening projects are organised in conjunction with the relevant housing associations and the local neighbourhood administrator (based in the neighbourhood) who is able to indicate where help is needed. In some areas we work with the Tuinenstichting, a gardening foundation which provides advice and instruction to ensure that the work is done properly. Garden tools and refreshments are provided and the removal of garden waste arranged.

Indication of variable costs: Depending on the particular project and the number of people taking part, the cost of the materials will lie between EUR 50 and EUR 500.

Hands-on chores

These projects are a real chance to roll up your sleeves. Your group might be painting, repairing or tidying up a house, children's farm or play area. Requests for help come from a range of sources, including housing associations on behalf of elderly residents, a riding therapy centre in need of maintenance or a volunteer who spots a play area in great need of a lick of paint. We will provide the tools and refreshments and will arrange for the removal of waste.

Indication of variable costs: Depending on the particular project and the number of people taking part, the cost of the materials will lie between EUR 50 and EUR 500.



Social projects

Social projects can take place at facilities for example for elderly residents, people with disabilities or homeless people. Volunteers are expected to have an affinity with the target group and see the activity as an opportunity to come into contact with these people. Being together is the purpose of the project.

Boat trip through the canals of Amsterdam

This is a very sociable event and an opportunity to get to know both Amsterdam and the people you accompany. It is a day to be remembered, especially since those you accompany do not often get the chance to spend time outside. Each boat trip can take a maximum of 15-20 volunteers.

Indication of variable costs: As well as refreshments, these costs cover transport for the target group to the boat. Variable costs for this type of project usually amount to around EUR 200 to EUR 450.

Games

Depending on the target group, this activity can include playing old Dutch games, bingo, table tennis or just a friendly game of Scrabble. The games usually take place at a home for the elderly or another care institution.

Indication of variable costs: Depending on the particular project and the number of people taking part, the costs of refreshments and prizes will come to an amount between EUR 50 and EUR 200.

Day out

This involves accompanying people on a trip to a museum, to the zoo or to another destination. Transport for those taking part will be provided. This project is suitable for groups of up to 15 volunteers.

Indication of variable costs: Depending on the particular project and the number of people taking part, the costs of tickets and refreshments will come to an amount between EUR 100 and EUR 500.

A walk with a picnic and/or coffee

A chance for a breath of fresh air with people who do not often get the opportunity. The walk can be combined with a picnic or coffee and cake. Up to 15 volunteers can take part per walking group.



Indication of variable costs: Depending on the particular project and the number of people taking part, the costs of refreshments will come to an amount between EUR 25 and EUR 200.

Creative or culinary activity

Depending on the target group the opportunities are endless! Examples include painting, baking cakes, a beauty afternoon, a music session.

Indication of variable costs: Depending on the particular project and the number of people taking part, the costs will lie between EUR 25 and EUR 200.

Party

If you and your company are thinking big, consider arranging a party for one of the target groups. We can arrange the music, decorations and refreshments.

Indication of variable costs: Depending on the particular project and the number of people taking part, the costs will lie between EUR 100 and EUR 500.

