

# Rückenwind

## Healthy Living VIII und Radlkino

### European Solidarity Corps

02.09.2022 - 30.09.2022  
Mühlviertel, Oberösterreich



### Your mission

You will organise various sustainable and bicycle-powered open-air cinemas along the Danube and be involved in the organisation of the cinema evening, the technology and the catering for the cinema-visitors. Additionally, you will plant trees, produce herbal tea and tend your own vegetable garden! You will be accompanied by Christl Schober, a well-known nutritionist, bee-keeper and mental coach. The harvested products are processed and made available to the social centre. In cooperation with the municipality, they also help to renovate local premises for local associations.

### Short facts

- You will live together in a house with the other volunteers. Attention: You might have to share your room!
- You will be accompanied by two Austrian social workers throughout the project.
- Travel days: 02.09.2022 & 30.09.2022. Please arrange your journey in consultation with us.
- You will get 5€/day pocket money paid out on a weekly rate. Other costs like food, housing, travel expenses (up to a certain amount), insurance etc. are covered!
- You will work 35 hours/week and have two days off every week; two vacation days (taken with the whole group) are included too.

### What to bring

- ✓ Personal hygiene items (toothpaste, toothbrush, shampoo, etc., medication if needed)
- ✓ Towels
- ✓ Small backpack or bag (for day trips)
- ✓ Waterproof clothes that can get dirty
- ✓ Weatherproof walking shoes and rain jacket, work gloves
- ✓ Comfortable trousers and jumpers
- ✓ Something from your home country to share (pictures, snacks, an instrument...



### Contact:

CUBIC: 0043 660 2617311, [projects@cubic-online.eu](mailto:projects@cubic-online.eu)  
Leo: 0043 660 7101837, [leo.kaserer@cubic-online.eu](mailto:leo.kaserer@cubic-online.eu)