**VOLUNTEER'S JOTTING**

**In the situation of interaction**

**"VOLUNTEER – VOLUNTEER"**

1. Determine the limit of your participation and take a responsibility for it.
2. Gauge your strength: if you set to work on something-see it through to the end, otherwise ask for help or substitute if it is necessary.
3. As a partner, respect your volunteer colleagues, taking into account their interests, time and resources.
4. Tell the coordinator Karina how you can help at the next club meeting. If you cannot attend meeting then call, to let people know who or what they can rely on. Send your ideas about next club meeting, if you cannot participate in the team gathering.
5. If your plans and possibilities of participation in our programme have changed, let your team know about it.
6. Take your colleagues’ advices because sometimes others could regard the case better in a detached spirit.
7. Each mistake opens an opportunity for creative search. Allow yourself and others to make mistakes and gain new experience.
8. If you have doubts - be brave to ask aloud or in a whisper and all the hesitation will disappear.
9. Share your opinion publicly and sincerely at team's meeting if you are happy or not happy about something. Together we can think through what we can change, improve or make a note of it.
10. Be attentive to what is going on, take an active part if necessary and be supportive.
11. If you would like to change an agreement, do inform everyone directly.
12. Stand on your own legs: find out what you have missed when you were absent.
13. Keep in mind your team’s idea and its main point while you are in a process of creative thinking on your task.
14. Be a good interlocutor: listen and comprehend, inquire ambiguities, accept suggestions of the others and express the ones you have.
15. If you work with “Vigor” participants independently, tell your team about your routine and what is going on in your life every six months.
16. When you want to share something personal in public- be modest and express yourself laconically.
17. If you see that one of your colleagues is raptured in something but other “Vigor” participants need some help, point it out to him/her.

**VOLUNTEER'S JOTTING**

**In situation of interaction**

**"VOLUNTEER – VIGOR PARTICIPANT"**

1. Take into account the limited abilities of the “Vigor” participants:

- talk slowly and clearly, make eye contact address to the person using his/hers name,

- repeat yourself if necessary,

- encourage him/her to reply (using extra question, joke, your version of answer, or **modify the task** –simplify or complicate it.

1. When choosing a task, if you are in doubt, check in advance, whether the “Vigor” participant will be able to do it.
2. If you see the “Vigor” participant being deep in his/hers thoughts, sit next to him/her and show your interest about his cogitations.
3. Help the “Vigor” participant to fulfil the task him/herself: empathize if necessary, but let him/her do it independently.
4. Performing the exercise, explain its benefits and importance for post stroke rehabilitation.
5. If you see new face - potential “Vigor” participant, go up to him/her and ask how he/she feels about the club.
6. Pay attention, which is looking for assistance, except your close neighbours, and help them.
7. Address to everyone using their name, when speaking to participants. If you have forgotten the name, make an acquaintance again.