

# L'ARCHE AUSTRALIA FELLOWSHIP PROGRAM

Are you  
concerned about  
social justice?



Do you dream  
of making  
the world a  
better place?

Is your  
spirituality  
important  
to you?



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## **Introduction**

L'Arche began in 1964 when Jean Vanier and Father Thomas Philippe, in response to a call from God, invited two men with intellectual disabilities, Raphael Simi and Philippe Seux, to share their life together. From this first community, born in France, many other communities have developed in various cultural and religious traditions. These communities are united by the same vision and the same spirit of welcome, of sharing and simplicity. L'Arche has since grown to be an international community of people with and without intellectual disabilities, and belonging to a Federation. L'Arche Australia is a member of the Federation.

L'Arche Australia is offering a great opportunity of a Fellowship Program based in a L'Arche Community. This is a good opportunity for you to find out more about living a simple life with a commitment to social justice and spirituality and develop meaningful relationships with people with an intellectual disability.

L'Arche is located in a number of different States and Territories in Australia. L'Arche has Communities in Brisbane, Canberra, Hobart, Melbourne and Sydney. People join our Communities as a Live-In Assistants. Live in Assistants - are people who have chosen to join the community and to share their daily life with people with intellectual disability.

## **L'Arche Fellowship Program**

### **Statement of Aim**

L'Arche Australia seeks to attract more Australians to join a programme which will lead to them being well trained and committed to life in L'Arche, to understand the needs of people with disability and to believe in the importance of relationship and mutuality while living together with people with and without disabilities in a faith based environment. The aim of the Fellowship is for you to:

- Experience community life in Australia;
- Make a positive difference to the lives of other people;
- Develop your knowledge and competency to support people with an intellectual disability; and
- Create a life path of value and depth to support future life and work choices.

### **About the L'Arche Fellowship Program**

The Fellowship Program is an opportunity to enter a new world of experience and building of mutual relationships that many people never discover. The Fellowship Program supports a Volunteer Trainee Assistant to undertake living in community that is centred on people with an intellectual disability. This model of community has supported thousands of young people who have spent time as volunteers with L'Arche before continuing with their careers.

L'Arche is an intentional based Community that welcomes people of all faiths, or none, and we expect you to be open to all aspects of other people's spirituality. We also expect you to respect our values and support our prayer traditions through participation. In L'Arche, we live according to the Beatitudes and the Spirit of the Gospels. In this context people with and without a disability strive to follow Spiritual teachings of living a simple life and giving special priority to the poor.

Assistants support L'Arche Members with an intellectual disability in living their lives on a day-to-day basis in a communal way. Each L'Arche Community has a number of Live-In Assistants who create home together and actively participate in local community activities and events across L'Arche Australia. In turn, the Live-In Assistants are provided with some personal time daily so that you can do the things you enjoy or something on your own.

The L'Arche Fellowship Program requires a minimum commitment of 18 months to a L'Arche home. During this time a Fellowship Holder (Volunteer) will train as an assistant, becoming familiar with the routine of a L'Arche community. As a Fellowship Holder, the Volunteer will be supported to undertake formal training in Disability (Certificate 111 in Disabilities) through an training organisation (a Registered Training Provider).

L'Arche will provide meals and lodging as well as a small amount of personal funding in the form of a stipend. This stipend is not a wage and is in no way linked to the amount of work a volunteer does – it just means that a Fellowship Holder will have some funding to support personal expenses.

At the end of 12 months as Volunteer, a Fellowship Holder will be given the opportunity to spend time as an Assistant in another L'Arche community. The Fellowship Program will support the Live-In Assistant to live in another agreed L'Arche Community, as well as providing individual funding to supplement your own personal funds live a simple life, whilst the Fellowship Holder is a member in that community. These visits can be for up to 3 months and could be in an English speaking country such as Canada, England, America, Ireland, New Zealand, Scotland, Wales, or an Asian country such as the Philippines, where a L'Arche community is located and it is feasible to obtain a visa.

After the exchange in another Community the Fellowship holder will be expected to spend another 3 months back in the host Community. This will enable them to share their placement experience with others and give them an opportunity to reflect on all they have learnt during the full period of the Fellowship.

## **What the Fellowship offers**

The greatest gift will be is getting to experience the joys of living in Community, developing relationships and learning how to get along with people from different cultures and of different abilities through different L'Arche Communities and potentially developing life long friendships. Others will include:

- L'Arche training and formation (may include travel to different parts of Australia and meeting with L'Arche community members from other communities)
- Board and lodging while on the Fellowship Program
- A monthly stipend during the Fellowship
- Training expenses covered for the Certificate 111 in Disabilities (up to a maximum of \$3000 including course fees)

## **During the L'Arche Australia Fellowship year you will have the opportunity to:-**

- Travel to another L'Arche Community within the Federation, which is willing to be a partner in our Fellowship Programme to experience another dimension of L'Arche
- This cost will be paid by L'Arche .
- Board and lodging costs will be met by the host community for up to 3 months
- Medical insurance cover for up to 3 months of exchange (to a maximum of \$500)
- A stipend for 3-month period while experiencing the rhythm of life in another L'Arche Community.

## **The Advantages of the L'Arche Australia Fellowship**

In addition the advantages of being a recipient of the L'Arche Australia Fellowship you will:

### **A. Be part of building a Culture of Dignity**

Experience being part of a community who is developing a new dignity to your culture by developing alternative communication skills, gain a different perspective on life and increase your cross-cultural understating.

### **B. Increase your Self-awareness and Life Skills**

Reflect on what life can be about, improved your confidence, adaptability, problem-solving and resourcefulness in respecting diveristy and quality of care, increase your ability to be more flexible and open minded and understand what makes us all fully human.

### **C. Grow in your concern for others**

Increase your ability to work as part of a team, build a more loving space for others in need, contribute to an ethical community, give something back and inspire others through your acts of kindness, increase your competence and confidence to support people of different abilities.

#### D. Build Interpersonal Skills

Make connections, meet new people, develop and improve your communication and conflict management skills. Gain new skills in active listening and welcoming people from all walks of life.

#### E. Create New Experiences

Develop relationships with people in other Communities in L'Arche, refine your planning and organising skills, develop greater decision making skills in a supportive environment, build your self resilience and caring skills in looking out for others as well as looking after yourself.

#### F. Graduate with a Qualification

On successful completion of the L'Arche Australia Fellowship program you will be awarded a Certificate III in Disability Work, which is a recognized.

### **A typical day in the life of an L'Arche Australia Fellowship holder:**

<b>Time</b>	<b>Activity</b>
<b>7am</b>	Wake-Up and the day starts with self - readiness Householders get ready for the day
<b>7.30am</b>	Everyone gathers to prepare breakfast Morning reflection and prayer Morning breakfast
<b>8.30am to 9.00 am</b>	Clearing after breakfast Prepare lunch Householders get ready to leave for day - work, activities, etc
<b>9.30 am</b>	Return to household chores and meetings
<b>Personal Time</b>	
<b>2.30 pm</b>	Householders return
<b>3.30 pm</b>	Afternoon tea and conversation focused on how the day went for everyone.
<b>4.30 pm</b>	Prepare dinner with members Support Members to live their daily rhythm such as tidy their bedroom, exercise (which may include a walk to the coffee shop), sort out money, plan for tomorrow
<b>6pm</b>	Dinner together - the meal begins with grace and thanks to the chefs

**7pm** At the end of the meal everyone tidies together and then gathers for a time of reflection. This may be listening to a reading and saying what it means for you, prayer or silent time. Everyone does this together

**7.30 pm** If there are no meetings or community activities, relaxing activities can be engaged in for example watching a film together, playing games, listening to music or reading a book. Members get ready for bed when ready.

**10 pm** Most people would usually be in their rooms getting ready for bed by now.

## **Weekend activities**

On the weekend the routine may change. In some L'Arche households' members sometimes lie in late, while others still have people getting up early. The houses may agree to meet up for activities in a park or other recreational places. It may be someone's birthday and all may dress up for a party.

Sunday usually involves accompanying people to church or another place of worship, perhaps followed by coffee or lunch and then spend the rest of the day engaging in activities, recreation or sport.

## **Time away from the House**

Two days each week are allocated as personal time for the L'Arche Australia Fellowship Holder (Volunteer). There is also one weekend per month allocated as personal time which means that assistants may arrange to have a total of 4 days for personal time in that week. This is often a good time for visiting family or catching up with old friends who may not live close to the community.

If you want to see what life looks like in our community why not go to our website? You'll find us on **[www.larche.org.au](http://www.larche.org.au)**.

## **Certificate III in Disability**

The disability care industry is one of the fastest growing and most rewarding industries in Australia. Skilled disability care workers can use this nationally recognised Certificate III (CHC30408) to gain a well-respected career in disability care. Using this certificate, you could:

- Carry out activities to maintain personal care and/or other activities of living for people with a disability
- Carry out activities related to core members remembering, celebrating and dreaming plans

The skills required for this industry include exceptional compassion and a genuine want to help others, high energy, enthusiasm and an ability to connect with people and lead from the front. In this fast-growing industry, employers now need to be offering attractive rewards to retain qualified staff.

### **After Graduating**

L'Arche Australia will be interested will discussing with you how you can continue to be part of our Communities and what other opportunities for you. There will be other roles across the disability and human service sector that are relevant to this qualification. These include:

- Disability Support Worker
- Family support worker
- Residential care support worker
- Support worker
- Disability Service Worker
- School support officer (working with children with disabilities)

### **Pathways into this Qualification**

There are no pre-requisites for this Certificate.

## Indicative Units within this Qualification

You will need to complete a total of 14 units; 10 core units and 4 electives to be eligible to graduate. The units are:

### 10 Core Units

- CHCDIS301A Work effectively with people with a disability
- CHCDIS302A Maintain an environment to empower people with disabilities
- CHCDIS322A Support community participation and inclusion
- CHCDIS323A Contribute to skill development and maintenance
- CHCICS301A Provide support to meet personal care needs
- CHCICS302A Participate in the implementation of individualised plans
- CHCICS303A CHCICS305A Support individual health and emotional well being
- Provide behaviour support in the context of individualised

### Elective Units

- HLTHIR403B Work effectively with culturally diverse clients and co-workers
- CHCDIS411A Communicate using augmentative & alternative communication strategies
- CHCAD401D Advocate for clients

# L'ARCHE AUSTRALIA FELLOWSHIP APPLICATION FORM

## Personal Information

Family name:

First name:

Date of Birth:

Sex:  Male  Female

Nationality:

First language:

## Your contact details

Address:

City/Suburb:

Postcode:

State/Country:

Email:

Home Phone:

Work/mobile:

## L'Arche Experience

Do you have previous L'Arche experience?

Yes  No

If Yes, where?

Have you applied to another L'Arche Community?

Yes  No

If Yes, where?

## Education and Training

How good is your understanding and speaking of English? Please tick  as many as are appropriate

- English is my first language and I was educated in English throughout my school life
- I have to use English on a daily basis as part of my work/study
- I understand and speak English fluently and understand technical language and most ordinary medical terms
- I understand and speak English well, but need help with some vocabulary
- I understand a lot but have some difficulty speaking in English
- I cannot understand or speak English well

How good is your written English?

- I have completed this form without any help
- I have had to have a friend/colleague help me with some words in this form
- I have had to have someone else read and explain all of this form to me, but I could answer questions on it in English
- I have had someone else fill in this form for me and I could not answer questions about this form in English

## Formal Education

School/college (from age 14):

Dates of attendance:

Type of course and qualification gained:

Other courses attended (including First Aid, if you have a current certificate)

Name of Training Institution or “In-house Training”:

Dates of attendance:

Type of course and skills/knowledge gained

Skills I would bring with me:  tick all that apply

- |  |  |
|--|--|
| <input type="checkbox"/> I have a medical qualification* | <input type="checkbox"/> I have a qualification in disabilities* |
| <input type="checkbox"/> I play a musical instrument     | <input type="checkbox"/> I have experience of disabilities*      |
| <input type="checkbox"/> I have leadership skills*       | <input type="checkbox"/> I sing well and know many songs         |
| <input type="checkbox"/> I am a good listener            | <input type="checkbox"/> I am good at craft                      |
| <input type="checkbox"/> I am easy to live with          | <input type="checkbox"/> I know sign language                    |
| <input type="checkbox"/> I am a good organiser           | <input type="checkbox"/> I am a spiritual person                 |
| <input type="checkbox"/> I can cook well                 | <input type="checkbox"/> I encourage others                      |
| <input type="checkbox"/> I don't let things get me down  | <input type="checkbox"/> I have a current drivers licence        |

I have practical skills (Examples...)

\*please make sure you have listed how you got these skills either in the Education and Training or Employment section

## **Your Health**

Because of the nature of the work we need to ask some questions about your health. Please refer to any allergies or medication

Describe your current physical health:

Describe your current emotional health:

1. Do you have a special diet?
2. Do you have a history of serious illness?
3. Do you have a history of psychiatric treatment?
4. Do you have a disability?
5. To apply for this role, attend an interview or carry out duties of a Live-with Assistant do you have any special needs?

If yes to any of the above questions, please give details below

Further details: (please begin with the relevant question number, eg Special Diet is 1)

Continue on a separate sheet if necessary

**1**

**2**

**3**

**4**

**5**

## Employment History

Start with your most recent employer and work backwards through your history. You may use a separate sheet if necessary. Do not leave any gaps, please show times of unemployment and reason.

### Current or last Employer:

Name and Address of current or last employer:

Type of business:

Dates of Position held and brief description of your duties:

Reason for leaving:

Immediate supervisor's name and phone number:

Name: (please print)

Phone No:

### Previous Employers (most recent first)

1. Name address and phone number of previous

Type of business

Dates of Position held and brief description of your duties

Reason for leaving

2. Name address and phone number of previous

Type of business

Dates of Position held and brief description of your duties

Reason for leaving

3. Name address and phone number of previous

Type of business

Dates of Position held and brief description of your duties

Reason for leaving

4. Name address and phone number of previous

Type of business

Dates of Position held and brief description of your duties

Reason for leaving

L'Arche may contact your previous employers as part of our selection process. If there is any reason why we should not contact anyone listed please indicate their name(s) company and state reasons why.

Name/s:

Reason/s:

**Please note the following:**

You will need to obtain a First Aid certificate which will be valid for the length of time you will be an assistant in L'Arche. If you already have this please include it with your application.

If you have a full, current driver's licence, please include a photocopy of all sections of the licence with this application.

Tick your most preferred location:

- Brisbane
- Canberra
- Hobart
- Melbourne
- Sydney

**What do you have to offer?**

Sports:

Recreational Activities:

Hobbies:

What do your parents and friends say your best qualities are?

What would you say are your best skills learnt so far in your life, which would be good for living with others?



**Declaration:**

*I declare that the information supplied in this application is accurate and truthful*

Name:

Signature:

Date:

Please note: If you are returning this form by email please type the wording of the declaration above in the space below to show that you have read and understand it and agree to it.

Declaration for email applications:

**When completed please return this form in an envelope marked  
L'Arche Australia Fellowship Application to:**

**The National Leader L'Arche Australia PO Box 613  
ROSNY PARK TAS 7018**

**Or**

**Email it to [region@larche.org.au](mailto:region@larche.org.au)**