

HEADS HIGH PROJECT

2025-2026



Ċentru Tbexbix

Triq San Lazzru, 61 BORMLA
(COSPICUA)
MALTA

What this project is about



Heads High is a project of Ċentru Tbexbix, an ongoing socio-education project of Ananda Marga in Malta, aimed at helping participants discover new alternative ways of learning and discovering their true potential, through planned informal learning situations.

Children are encouraged and given tools to discover their potential and increase their self-confidence. Free classes are held in English, creativity, and computer with an integration of drama, music and various arts. Sports and Yoga as well as healthy eating and living are given a big priority. Professional volunteers are contributing in this regard.



CHILDREN'S PROGRAMME

Children and adolescents attend afternoon classes during the scholastic year and morning sessions in summer. The role of ESC volunteers in this programme is to plan and implement different educational and fun activities.

During the scholastic year the project also offers **Yoga Shoots**, a programme for primary and secondary schools, offering yoga for kids, intercultural awareness and creativity. ESC volunteers participate by a cultural presentation about their country, as well as yoga and creativity and games.



ELDERLY PROGRAMME

Recently we have also launched a new project to help vulnerable elderly in the community. Paid helpers visit elderly with mobility problems at their homes, while ESC volunteers accompany participants at weekly educational and fun activities at the project as well as assist at outings and regular social events.



What ESC Volunteers can expect



MONEY ISSUES: Each volunteer receives 334 euros per month (€154 per month for food + €180 per month as pocket money). Additionally, volunteers can opt to take lunch at Ćentru Tbexbix, free of charge, prepared by volunteers, on working days.



ACCOMMODATION: The project is responsible to provide accommodation according to local standards, which includes washing machine, heaters in winter, fans in summer, utilities and internet. Bed clothes are also provided by the project. Personal things like: hair dryer, towels, comb, etc. are the responsibility of volunteers.



HOLIDAYS: Holidays at Ċentru Tbexbix can coincide with school holidays, or as decided by the project director. During summer holidays there is a **Summer Club** lasting two months, and two or three weeks of holidays, in June, August and September. Roughly this means: 2 days in early November, 2 weeks around Christmas, 2 days in February, 1 week around Easter, 1 week in June and 1 week in September. Holidays during these periods usually add up to more than the days ESC volunteers are entitled to, that is 2 days per month. Public Holidays do not count as part of these and are on top of the above-mentioned.



LANGUAGE TUITION: Volunteers are offered a course in Maltese or in English at the beginning of their term. Ongoing study can be done individually with materials available from Ċentru Tbexbix if the volunteer has this interest.



YOGA & OTHER COURSES: Volunteers are to attend a weekly yoga asanas session at Ćentru Tbexbix which is provided during working hours. A trained yoga teacher or a senior volunteer will lead the asanas' session. Yoga helps to understand the philosophical and practical foundation of Neohumanism, on which Ćentru Tbexbix is based.



WORKING SCHEDULE: During the scholastic year (October till June) volunteers only work four days every week, meaning they have an extra four / five days holiday every month. During July / August, which are the months of Summer Club, volunteers work five days a week with a concession of an extra day off for each volunteer in July, and another in August.



YOUTH PASS: At the end of the activity, volunteers will receive a Youthpass, which describes and validates the non-formal learning experience gained during the project.

The right to have a Youthpass depends on the completion of the ESC and submission of the online survey, and if a volunteer leaves the project prematurely without justification, the Youthpass will not be awarded.

ESC volunteers' duties

- Assisting, planning and implementing educational and fun activities for children 5 – 12 years of age.
- Assisting in elderly programmes (social events, crafts / drama / dance classes, outings etc.).
- Preparing and presenting a cultural presentation about their country to children and elderly and other members of the community.
- Lunch preparation.

- Cleaning.
- Simple administrative tasks.
- Helping in fundraising activities.
- Helping with promotion and marketing.



Some simple rules for volunteers

- Be responsible for keeping the premises clean at all times and must work out between them schedules for cleaning duties.
- No smoking / alcohol / drugs are allowed at the accommodation.



Who can apply?

Interested persons between 18 and 30 years of age need to send a CV and motivation letter to tbexbix@gmail.com Preference will be given to volunteers who:

- Have a working level of the English language.
- Have creative skills.
- Are active in some sport.
- Are interested in self development and sustainable ways of living.
- Have a sense of responsibility.
- Are willing to learn.
- Have a clean police conduct certificate.
- Have a keen disposition to work with children and / or elderly.
- Have basic computer literacy.
- Interest in yoga, meditation and vegetarian living can be an asset.

GOOD LUCK!

WE ARE WAITING FOR YOU

More information:



Centru Tbexbix (@TheSunriseCentre)



@centrutbexbix



tbexbix@gmail.com

