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Associação
Sementes de Esperança

PROJECT ERASMUS+
**“SOLIDARITY COMP: PROMOTING YOUTH SOCIAL PARTICIPATION THROUGH SOLIDARITY
AND VOLUNTEERING”(Project 2023-3-PT02-K152-YOU-000173651)**
E-BOOKLET
(GUIDE SUMMARISING THE PROJECT)



Brief description of the Erasmus+ Programme and Key Action 1

Erasmus+ is the EU programme for education, training, youth and sport for the period 2021-2027. Education, training, youth and sport are key areas that support citizens in their personal and professional development. Ultimately, when education and training, as well as informal and non-formal learning, are inclusive and of high quality, provide young people and participants of all ages with the necessary qualifications and skills to participate significantly in democratic society, intercultural understanding and a successful transition to the labour market.

It is structured in several lines of financing, including individual mobility for learning purposes, from the key action 1, in which this project is integrated.

Non-formal and informal learning allows young people to acquire essential skills that contribute to their personal and socio-pedagogical development and promote their active participation in society, thereby increasing their job prospects.

Learning activities in the field of youth are intended to have a significant positive impact on young people and the organisations involved, on the communities where these activities take place, on youth itself and on the European economy and society in general.

In addition to the above action in Key Action 1, the following actions are also supported:

- Mobility projects for youth technicians
- Youth participation activities
- DiscoverEU inclusion action

So before the concrete approach to the project, it is important to understand the interconnection of the project with the priorities of the Erasmus+ Programme and also with the priorities for youth laid down at European level.

With the Erasmus+ Program

**** Inclusion and diversity***

- It is structured to promote equal opportunities and access, inclusion, diversity and equity in all its actions;
- Its activities follow an approach which aims to address issues of inclusion and diversity, where young participants with fewer opportunities (at least three out of five per organization) are integrated. These fewer opportunities are rooted in obstacles which may hinder the accessibility and approachability of these people and which these projects aim to overcome.

*** *Digital transformation***

- Use of electronic and digital platforms for communication/ sharing of materials and information among all participants, virtual cooperation, virtual learning emails and Whatsapp group (calls, video calls and messages).
- In the meetings (preparatory visit and youth meeting), the use of IT supports to introduce the activities to be developed and to carry out group activities;
- Design of materials and documents exclusively in digital support, as well as the dissemination of the project and its results that will be done exclusively by digital means (email, social networks, etc.)

*** *Environment and combating climate change***

Promotion of responsible behaviours, which contribute to the preservation of the environment and its sustainability, namely

- Commitment to placing for recycling packaging and other materials already used;
- Organising walks through the cork oak forest (highlighting its importance and the need to preserve it) and others;
- Encouraging the presentation of proposals by young people for intervention in rural areas, which minimise environmental impacts and are sustainable.

*** *Participation in democratic life, common values and civic participation***

- Promotion of active citizenship and ethics in lifelong learning;
- Development of social and intercultural skills, critical thinking and media literacy.

With the priorities for European cooperation in the youth field (European Union Youth Strategy, 2019-2027)

- Promotes the development of citizenship skills to help young people prepare for participation and the exploration of alternative forms of democratic participation;
- Recognises that young people have diverse needs, lives and opportunities and for this to be necessary, strategies will be developed accordingly;
- Considers a global dimension (international, European, national, regional and local) of the strategy, not only its local context and its applicability;
- Validates skills acquired through non-formal learning, via Youthpass.
- Etc.

Project Erasmus+ Solidarity Comp: Promoting Youth Social Participation Through Solidarity and Volunteering Competences

Description of the project

Problem to which it aims to respond

Whereas the social inclusion of young people and their active participation in society are two major European priorities, it is urgent to prioritize actions that empower young people, empower them and raise awareness of the importance of actively acting in society (for a sustainable future). However, and knowing, for example, that the adherence of young people to traditional forms of participation, such as elections, is low (25%), so to promote their participation it is essential to break with the traditionalist approaches of social and democratic participation, by promoting alternative participation opportunities, such as volunteering. According to data available from FLASH EUROBAROMETER 408 "European Youth" (2015), on the involvement of young people in voluntary activities, in the European context, the data available generally show relatively low values, with a great incidence in the countries of southern and eastern Europe, such as those of this consortium), thus going to the increasingly notorious general disinterest on the part of young people in solidarity/volunteering actions.

And if we consider volunteering outside the community/country itself and transnational cooperation with other young people, the average numbers go down even further to 6% and 7% respectively.

Then, it quickly becomes apparent that a problem exists and predominates in various European contexts - the demotivation and poor adherence of young people to volunteering, which, being one of the most enriching forms of participation from the point of view of the volunteer and society, is inextricably linked to the widespread disengagement of young people from participation in democratic life. Based on this social problem, it became evident the need to bet on a project that promotes solidarity and volunteering among young Europeans, to respond their needs for:

- Greater understanding of the individual and collective benefits of volunteering, including developing professionally useful skills and reducing social exclusion to increase their motivation;
- Development of core values and skills for volunteering, in order to provide confidence in involvement in volunteer activities;
- Use of non-formal approaches to explore the specific ambitions of each young person, combining them with the local needs of each territory, so that the volunteering of each is useful for both parties;
- More knowledge about the opportunities available in the field of volunteering, at local, national and international level, to facilitate access to them.

Objectives of the project

The project aims to bring together young people from different countries and contexts, focusing on rural youth, offering them an opportunity for non-formal learning where they can develop their skills, in favor of a more active participation in society, at the level of volunteering.

Thus and concretely, the project's objectives are:

a) General objective

- Motivate young Europeans to volunteer as a motor of inclusion and participation.

b) Specific objectives

- Provide young people with a transnational opportunity for non-formal learning and active participation;
- To raise awareness among young people about the advantages of volunteering;
- Explore volunteer opportunities at local, national and transnational levels with young people; and
- Develop a set of transversal and essential skills throughout the life of young people, promoting their ability to engage in volunteer actions.

Thus, the Associação Sementes de Esperança and the rest of the consortium had the ambition to implement this project: bringing together young people from different geographical contexts, focusing on rural youth, offering them an opportunity to train in the area of volunteering and performing

it in the local community of YE, informing them and motivating them for a more active participation in society, with a strong emphasis on volunteering in their communities as a driver of inclusion and integration.

Partner entities of the project

The Associação Sementes de Esperança was the entity promoting the project and the partner entities were ATICA (Asociația Tinerilor Cu Inițiativa Civică) from Romania, EKO (Entrepreneurship and Social Economy Group), from Greece, Euro Sud from Italy, Vallis Colapis (Lokalna Akcijska Grupa Vallis Colapis) from Croatia and Just Do It from Poland.

Activities developed

Preparatory Visit

First transnational mobility activity for face-to-face contact of the consortium and preparation of the youth exchange.

- Location: Alqueva (Portel), Portugal
- Dates: 1st and 2nd June 2024;
- Working methods: ENF;
- Countries involved: 5 of the 6 countries, as explained below);
- Number of participants and their profile: 10, compared to the expected 12 (two people per entity, except for those of the Italian entity, who cannot be present for duly justified personal reasons, having submitted a statement justifying such), being a leader of the group, at least 18 years old and observing the characteristics indicated in the infopack; for another person the young participant aged between 18 and 30 years

old and with few opportunities);



Youth Exchange

Youth exchange for youth training and skills development.

- Location: Alqueva (Portel), Portugal;
- Dates: between 28th August and 1st September 2024;
- Working methods: ENF;
- Countries involved: all countries participating in the project (6);
- Number of participants and their profile: 36, compared to the 38 expected (seven persons of the promoter: one group leader, at least 18 years old, with the required characteristics, five young people, between 16 and 30 years old, three of them with less opportunities and two facilitators over 18 years old and with the characteristics indicated in the application; for the remaining five partner entities: 6 people each - one group leader with the same characteristics as those mentioned for the promoter and five young people, aged between 18 and 30, three of whom had fewer opportunities; It should be noted that only four young people were present from the Croatian organization, since the partner entity could not find a fifth young person; and from the promoter entity there were only four young people, whereas the fifth had given up on the event for personal reasons

The objective of the event was to make these young people benefit from training in the area of volunteering, not only being properly informed about all aspects that involve volunteering and at the same time be motivated to do volunteer work in their local communities. As a factor of integration and social inclusion and a reflection of more active participation in the territories where they live. The young people, formed by groups of 6 different nationalities from the promoters and partners of the project, reflected exchanged ideas and worked with each other to know what is necessary to volunteer in their communities, demystifying concepts, Identifying the individual and collective benefits of volunteering, the skills required for this, identifying the most priority areas for such, indicated the rights and duties of the volunteer. And even some digital volunteering (as below will be explained better

All activities were based on non-formal work methodology, having been dosed with ice-breakers, energizers and other group dynamics.

The activities carried out were in particular the following:

- Dynamics on Erasmus+, with the application of issues related to the horizontal priorities of the programme;

Review of the project;

- Information and knowledge about the non-formal learning methodology used in the event (YE);

- Viewing videos with testimonies of young people who volunteer, complemented by the testimony of a young Portuguese participant about her experience of volunteering at Amnesty International (Portugal);

- Brainstorming and group work on the concepts of volunteering and volunteer and individual and collective benefits of doing volunteering;

- Identification in national groups of the social challenges and problems of communities of origin, where volunteering can make a difference;

- Training session on volunteering at the Fundação Eugénio de Almeida(Évora);

- Preparation for the performance of volunteering in the YE, in Alqueva;

- Digital volunteering, at the level of conversion of supporting documents for tourists in Alqueva (guide to the permanent exhibition in the cultural space of Alqueva and on the cultural space of Alqueva and the Church of Santo António de Alqueva, as well as a short video of Alqueva) and also a powerpoint of information and awareness of young people for the performance of volunteering; all the work was presented and delivered to the executive of the Union of Parishes of Amieira and Alqueva, for its dissemination and use. It was also informally known of such to some people living in Alqueva;

- Dynamics of exploitation of the basic skills necessary for volunteering;

- Building in groups, a code of conduct and ethics for the practice of volunteering (with online research in the first phase on such), with an answer to the question "What do I need to know to volunteer in my community?" ;

- Identification of the ethical issues associated with the practice of volunteering, using the Slido and subsequent investigation of the group's perspective on them (for example on gratuity, confidentiality, motivation, etc.), with these results being discussed in groups;

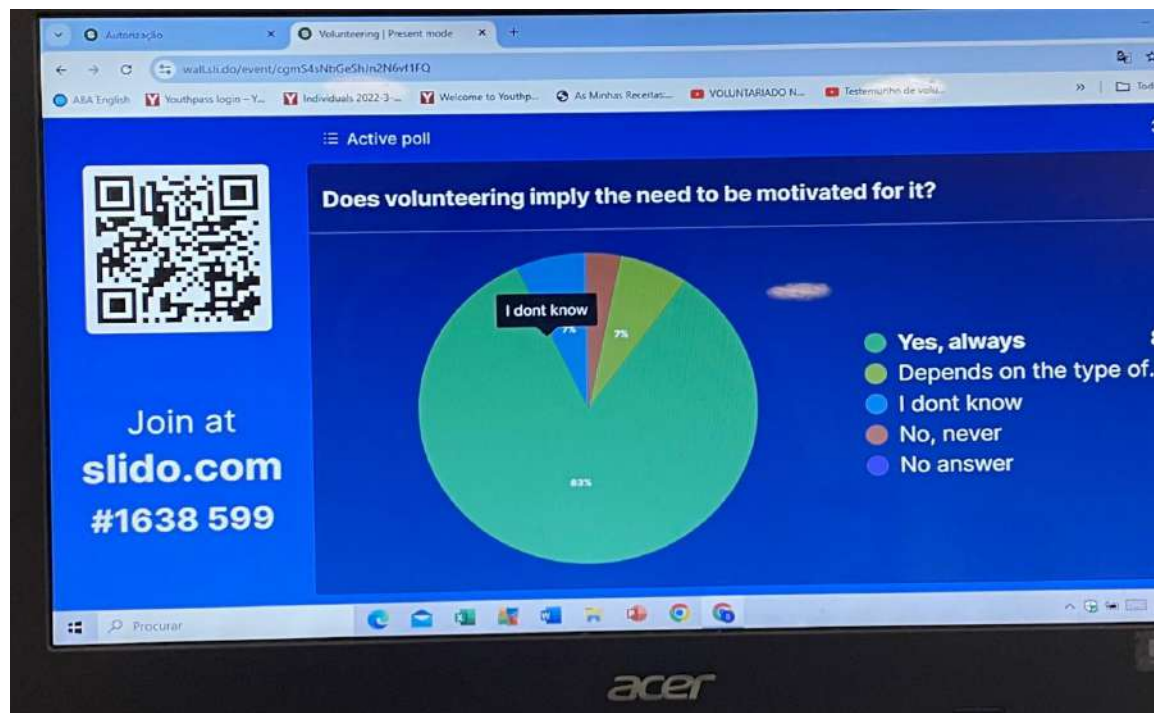
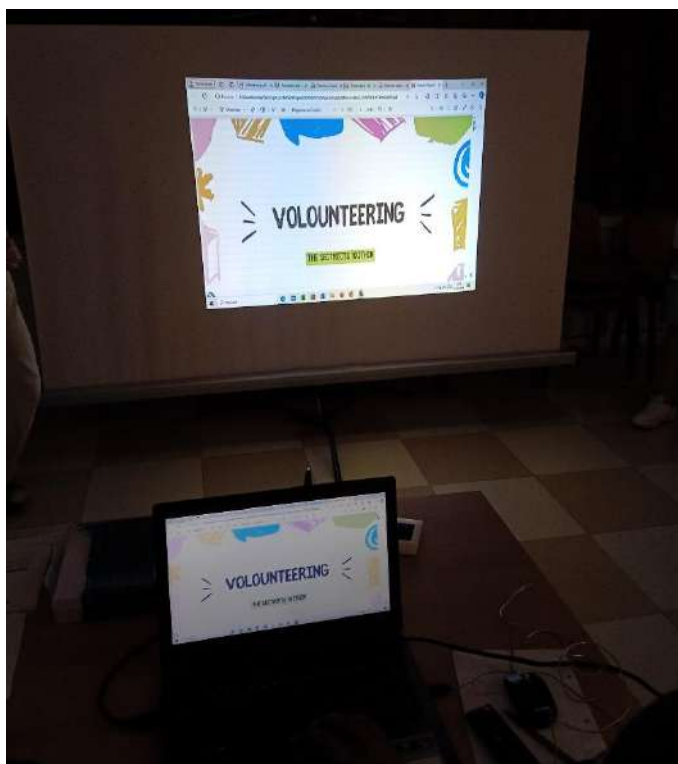
- Indication of the type of volunteering that most motivates, difficulties in carrying it out, etc. (in group work);

- Every day there was a group and individual reflection on the work done that day (about what was learned, difficulties encountered and how to overcome them, etc.) and individual and group reflection on the entire event on the last day.









In addition to all these activities, intercultural nights were also held by each participating entity (to promote the knowledge of the cultures of each country and the conviviality among all participants), visits to the church and chapel of Alqueva, a few trips to the river beach of Alqueva (after daily activities) and a free afternoon in Évora, on the day of the trip to the city (visit to monuments, university, cultural spaces, etc.).



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The young participants were able to develop and/or reinforce skills, such as a spirit of initiative, creativity, teamwork, practicing different languages, reflection and critical thinking, among others. They also acquired new knowledge.

Expected results and impacts

The results are of 2 types:

- INTANGIBLES:

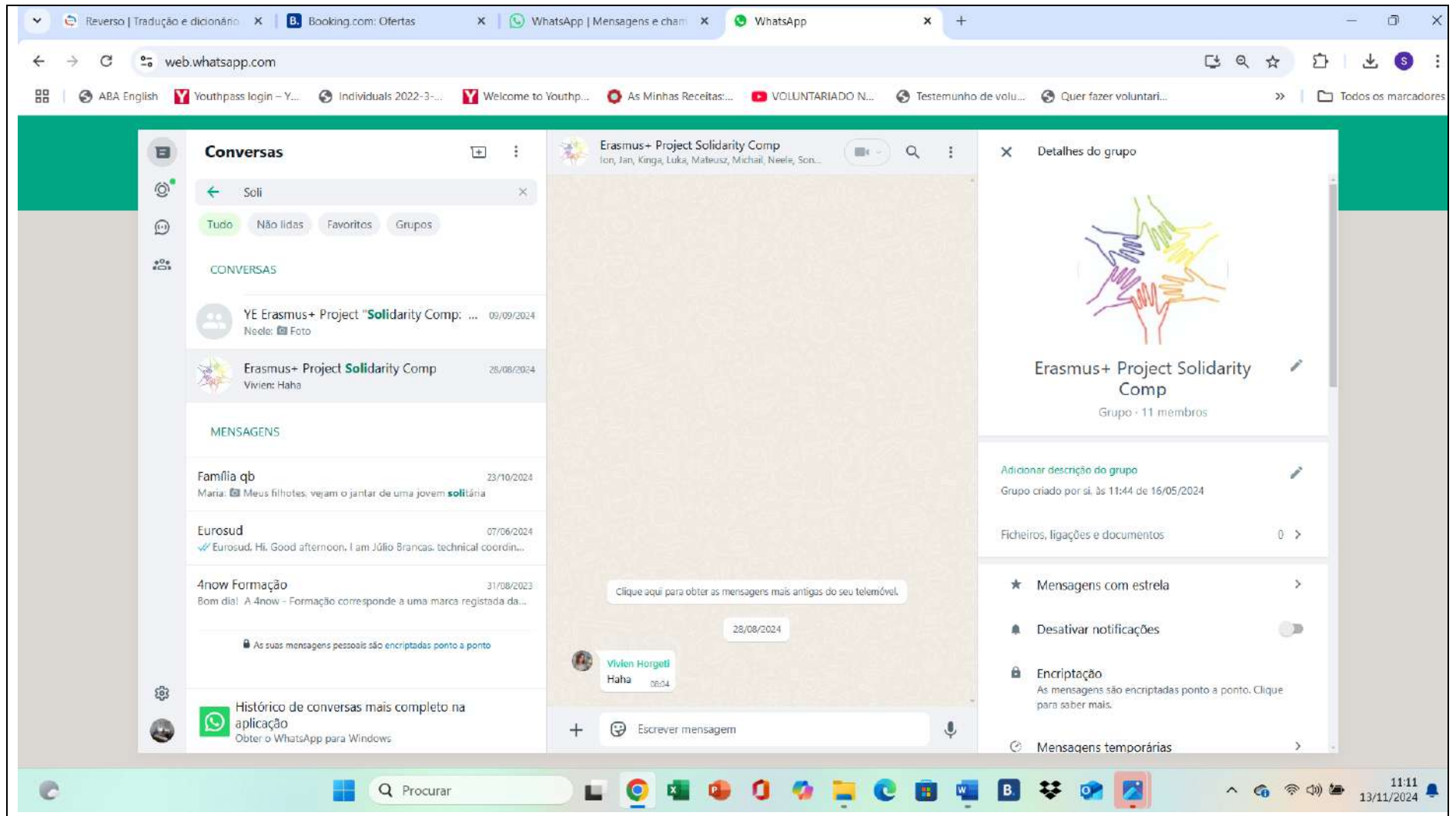
Development of learning and skills at the level of: mother tongue communication, communication in foreign languages, mathematical competence and basic skills in science and technology, digital competence, learning to learn, social and civic skills, entrepreneurial skills and cultural sensitivity and creativity.

- TANGIBLES:

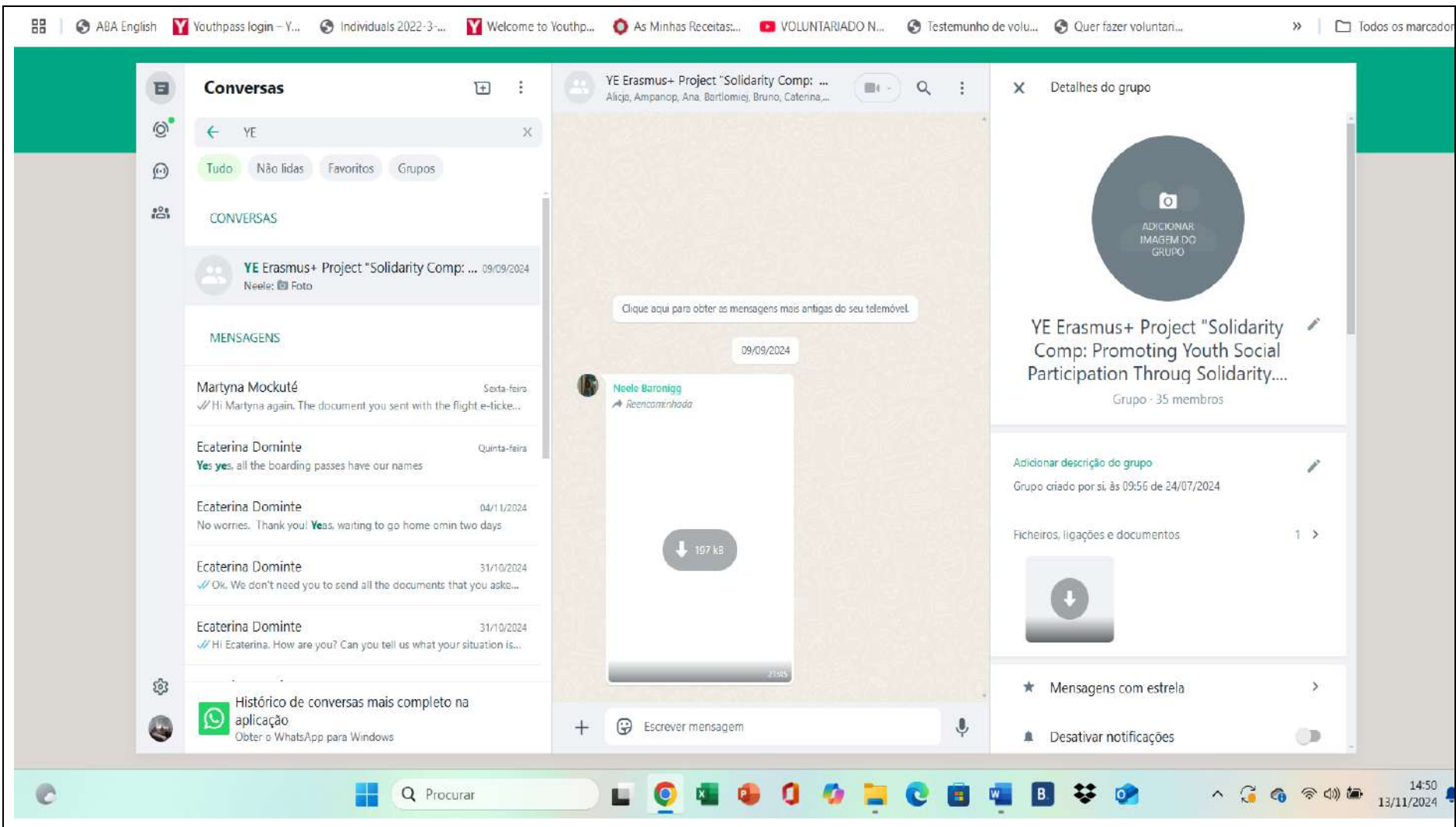
Production of the following documents:

- a) E-book “SOLIDARITY COMP: O que preciso de saber para fazer voluntariado na minha comunidade (por parte dos jovens)?” in the link Post Facebook nº 8, which is indicated on one of the following pages;
- b) E-booklet “SOLIDARITY COMP: O projeto”, uma vez que serão aqueles que poderão ser facilmente explorados por partes externas; conteúdos e materiais co-criados.
- c) Infopacks on the Preparatory Visit and Youth Exchange, as well as other documents produced for the events, in attached documents;
- d) The creation of a groups WhatsApp project for communication between partner entities and their participants, whose print screen is attached in the next page (one for the VP and another for the YE).

Whatsapp Group from VP



Whatsapp Group from YE



e) Publications of activities and materials produced within the scope of the project (the materials produced are in files attached to this document), including testimonials (these statements are almost entirely included in the satisfaction surveys, to which participants responded and are in a file attached to this document), on social networks/websites, whose access links are as follows:

Preparatory Visit and Youth Exchange

<https://www.facebook.com/semntes.esperanca.7/posts/pfbid0q1LNojq9Fqeo92gFvP63jHorp3fKjpU5awAVRSGmZFKTHynPS3ntqhtV8QSDebHcl>

<https://www.facebook.com/semntes.esperanca.7/posts/pfbid028CKARteiM32Wg1iy8z7CKB4Use9YwUjqX3gcATzvBfhS2tJVrFhfgYDGMMrywPsxl>

<https://www.facebook.com/share/p/YM4Eb9ommk6WR3rj/>

<https://shorturl.at/93HAB>

<https://shorturl.at/4LlqD>

<https://shorturl.at/USUuf>

<https://shorturl.at/uavIZ>

<https://shorturl.at/HoLma>

<https://www.facebook.com/lag.valliscolapis/posts/pfbid0eTBx7zdG3k9iUZjS4k4qFmJJ5jRurjrBvmbB86hQs2vZxi8eFMCN1nqhnEnsVp3l>

<https://www.facebook.com/lag.valliscolapis/posts/pfbid037h2EJZirQq6jafuKEUjwAxNwxXTpQEoUY919ruwGuVgGS91KfzhKVkquJMX6Va7ql>

https://www.instagram.com/p/C amKvelqgy/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

<https://www.facebook.com/AsociatiaTinerilorculInitiativaCivica/posts/pfbid0YB1qfudeNdY293BYcLPK5taBy>

<https://www.facebook.com/AsociatiaTinerilorculInitiativaCivica/posts/pfbid0DB9HnCzT9Gah1r7NZLeEZ8poeHMygKEKS36SXnCA2bzAxy6pQYyzK7SUHcR8F9pnl>

<https://ekogreece.com/solidarity-comp-promoting-youth-social-participation-through-solidarity-and-volunteering-competences-2/>

<https://ekogreece.com/solidarity-comp-promoting-youth-social-participation-through-solidarity-and-volunteering-competences/>

<https://www.facebook.com/EKOgreececom/posts/pfbid07LWDTpQ8TAGFPdJPMf22mSw2xu5kWearsHHQKHQRZH7Eu9LNATe q3V5ExfZqdHtwl>

<https://www.facebook.com/EKOgreececom/posts/pfbid02bYqujjL1dtfLGHj9CSPTjPMxDGC15LqTUojMZmH21j3xmHrV6HHjcun A6eFh2LSl>

<https://www.facebook.com/EKOgreececom/posts/pfbid02SfetRwyBpaq8PXow5WnsoCKRY1vqLQHR8T1Qg535kYUFDdHmz8xh AAavJwFRieNVI>

<https://www.facebook.com/EKOgreececom/posts/pfbid028AzWXLxoNdd3j8RRpAEK7RLq5YxBFG63FdSNYbAfLzcDDoY19EBc p8g8hLtdSCDuI>

https://www.instagram.com/eko.greece/p/DBG_CI3sai-/?img_index=1

E-book “SOLIDARITY COMP: What do I need to know to volunteer in my community?”

<https://www.facebook.com/semntes.esperanca.7/posts/pfbid0UmmBkdeuAHwwDmNGbDZQkTeetbmhVhZzi8SEPA8R3fZuUguKsUDf ANCrAvXTbqQwl>

The expected impacts are, among others, the following (predominantly for young people):

- More information about E+ (or other) opportunities and their relation with the construction of the future and the European future;
- Motivation of young people to participate in future NFE activities that increase the acquisition of skills, experimentation and personal, social, environmental and/or organizational development;
- Greater awareness of diversity and the importance of social inclusion and active participation of young people, through the promotion of alternative opportunities for participation, such as volunteering;
- Greater awareness and understanding of the individual and collective advantages of volunteering, and its role in reducing social exclusion;
- Development of basic values and skills for volunteering;
- Better knowledge about the opportunities of volunteering, at local, national and international levels, to access them more easily.
- Greater openness to networking, paying attention to the added value of mobility and focusing on young people; - Increased awareness of the potential of European programmes to respond to common challenges;
- Greater sharing of knowledge and practices, allowing to make the place global, and encouraging joint action;
- Exploitation of the results of projects, through new actions and activities.
- In a more modern and interconnected environment to the European project, with access to high quality practices, methods and tools, adjusted to the youth and transitions of today's society.