



YOU PART

Engage. Connect. Empower

VOLUNTEERING WORKSHOP

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VOLUNTEERING WORKSHOP

FACTS

Age of participants: 15-19

Number of participants: 15-25

Duration: 90 minutes

GOALS

In this workshop, participants will have the opportunity to get to know volunteering and its values better. Volunteering is a form of civic engagement. Becoming active together with others strengthens social participation. In particular, participants will recognise how volunteering has a positive impact on personal development, how they acquire social skills and values that are necessary for a better future. As volunteering can also be important for young people's careers, this will also be a focus of the workshop.

MATERIALS

Flipcharts, paper, markers in various colours, chairs

PREPARATIONS

You will need flipcharts, paper and markers in various colours. It is important to arrange the chairs in a semi-circle.

INSTRUCTIONS

STEP 1

Ask the participants to sit in a semi-circle. Start the topic-related part of the workshop with the question: “What is volunteering to you?” Using brainstorming, the young people now have the task of listing everything they associate with volunteering or what they think it means. It is important to emphasise that there are no wrong answers. Write down all the answers as they will serve as a basis for the next step.

STEP 2

Now summarise and elaborate on what the participants have said. Introduce them to different aspects, types, values and benefits of volunteering. Explain the significance for their possible career paths. Introduce NGOs and local initiatives that they can get involved with. You can also introduce (historical) role models and people who were able to make a big difference with their activism and volunteering.

Highlight that our social life depends on meaningful interactions with others. Learning plays a fundamental role in interacting with others. Volunteering helps to informally learn new skills. Volunteers can positively experience agency, self-efficacy – and hopefully so under working conditions that are not shaped by competition but rather by cooperation and solidarity.

You can name at least four good reasons for volunteering:

1. Volunteering opens new horizons; contributing to the local community and improving your participative role within it.
2. Volunteering allows you to acquire new skills and to understand what you are good at: who you are, what you want and what you are capable of. It involves the strengthening of skills which are considered essential such as communication, organisational and team-working skills. You are sure to learn a lot. The skills you will acquire will enrich you and be useful in your life, work, and relationships with others.
3. Volunteering can turn into a great opportunity for work and education. Getting to know other people and becoming part of an active social network creates very strong human connections.
4. Volunteering is being part of a community. When you help others, you're not alone. Empowering others together with like-minded people is also self-empowering.

STEP 3

Split the participants into 4 groups. Give each group a flipchart and coloured markers. The participants can now come up with a volunteering action. They should answer the following questions:

- On which topic would you like to become active (e.g. human rights, environment and climate, art and culture, charitable work at local level, etc.)?
- What is the aim of your action? What do you want to achieve with the action?
- What activities will the action consist of? What will you do?
- How long will the action last? How much time can you dedicate to this?
- How many of you will take part in the action?
- Do you want to organise the action on your own or as part of existing initiatives, together with an NGO?
- What do you need to organise the action?
- Who will inform the public about the action and how?
- How will you recognise that the action was successful?

STEP 4

Following the group work, the groups present their volunteering actions. Explain what next steps need to be taken to implement the actions. It can be particularly helpful if a volunteering expert (youth counsellor) or someone from the relevant initiatives or NGOs has been invited to answer the questions.

At the end of the workshop, it should definitely be clear how and with whom the participants should stay in contact in order to get their volunteering work off to the best possible start.

ADDITIONAL INFORMATION

In the first part of the workshop, it is desirable for the facilitator to sit down with the participants. In this way, equality and acceptance are promoted and the young people feel freer to express their opinions. Respect the answers of each participant.

During the brainstorming session, it may happen that a participant suggests a term that does not fit the concept of volunteering. In this case, you can ask the participant what they actually mean and whether the group agrees to put this term on paper.

During the group work, you can support the participants in finding ideas and presenting their volunteering actions. There is no such thing as a bad idea, only wrong steps in the implementation.

Get an overview of local initiatives and organisations that offer volunteer work and invite them to the workshop as experts. Depending on the topics, they can also support the group work.



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