

Tell me about your commitment Parla'm del teu compromís social Erzähle mir von deiner Freiwilligenarbeit, von deinem Ehrenamt, von deinem Engagement  
Povej mi o svoji predanosti Opowiedz mi o waszym zobowiazaniu  
Raccontami del tuo impegno Hablame de tu compromiso social

#### What you find on this CD-Rom?

A reflection of the experiences and the results of two years (2010-2012)  
in the project 'Tell me about your volunteer work': reports about

experiences of voluntary work

workshops and international meetings

exchange and discussion.

This can be a basis for a comparison of similarities and differences  
in the voluntary work of people involved, from 7 European cities  
and from 6 countries

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### What is the 'Tell me about your commitment' project?

'Tell me about your commitment' is a European funded project which aims to promote and strengthen volunteering and provide a comparison for voluntary work in different countries.

The project will gather

- voluntary workers personal experiences in their field and will communicate their stories to people from other countries through various forms of expression,
- adult learners of foreign languages (such as English, German, Spanish) and adult learners with an interest in painting, theatre or (auto)biographical writing who will translate the contributions of volunteers and experiment on the basis of them. The activities and information will be collected and documented on the Internet and on a CD-ROM.

### What are the aims of the project?

The aim of the project is to promote voluntary work throughout Europe by sharing stories of voluntary work, raising awareness of opportunities within voluntary work and empowering people to become active citizens. The project will also encourage adult learners to further develop their skills and improve their ability to learn through creativity and communication.

### Who did participate in the project?

- Volunteers who are interested in talking about their personal experiences of voluntary work.
- Adult learners who would like to collect and/or translate the experiences of volunteers in a variety of forms such as, text, video or photographs, and to experiment with these forms.
- People who have an interest in meeting and learning from volunteers and from other people from various European countries.

### Was ist der Nutzen aus dem Projekt für die TeilnehmerInnen?

- Sie haben Kontakte mit Freiwilligen in Europa aufgebaut, um Erfahrungen von Freiwilligentätigkeit auszutauschen und mit Gleichgesinnten Bewährtes diskutieren.
- Sie haben ungewöhnliche und spannende Formen ausprobiert, um Fremdsprachen, Malen, Theater-spielen, Kreativ-schreiben zu lernen, mit dem Ziel sowohl besser zu lernen als auch Freiwilligentätigkeiten zu unterstützen.

### How benefit participants from the project?

- They linked with other volunteers across Europe to share experiences of voluntary work and had met with like-minded volunteers to discuss best practice in relation to voluntary work.
- They had developed exciting new skills such as foreign languages, painting, theatre in order to learn more about and promote voluntary work.
- More or less 300 persons took part in the project meetings in Barcelona, Spain (25-28 november 2010), in Vienna, Austria (19-22 May 2011), in Slupsk (Polen) (11-14 October 2011), in Glasgow (England) (21-24 Marce 2012), in Ljubljana, Slovenia (06-09 June 2012).

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### Questions with which we started:

- **Tell me about your voluntary work**  
In which types of voluntary work are you engaged?  
**Why do you need the voluntary work?**  
Describe please what is your voluntary work and why do you need it?  
Please explain it by a personally experience
  - **Personally presentation**  
Please dictate your presentation to a person of another city, she/he will write your presentation  
- 1 sentence about your self  
- 1 sentence about your personally experience of voluntary work in your life  
- 1 sentence about your personally expectations from this project
  - **How did you enter volunteer activities, work?**  
**Activating experience**  
There was a activating experience?  
What experience?
  - **What is most significant moment connected to volunteering you experienced?**  
Tell me about highlights in your experience with voluntary work.  
**Good and bad experiences**  
Did you have a particularly good experience in the voluntary work?  
Or a particularly bad experience?  
Which experience enforced you? Which experience make you weak?
  - **In few sentences how would you describe your personal change due to volunteer activities?**  
What personal changes did voluntary work bring about for you?  
**Voluntary work changing your life**  
What changed voluntary work in your life?  
Please tell it by a experience
- Tell me about your city (or about your country)**  
using your personally experiences of voluntary work  
It means a specific quarter in the city,  
a specific group of people or a social problem,  
a specific aspect of the life in your country
- **Tell me your vishes, vision, about what your voluntary work should be in the future**
  - **We advertise the voluntary work**  
If you had to encourage people to voluntary work which experience of your life would you tell?
  - **Voluntary work, palpable**  
A object, a photo, a picture, a cook recipe mediating your experience of voluntary work.

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**Which creative experiences of learning had taken place?**

- Art workshop with Glasgow volunteers
- Workshop: Poetry Suitcase of voluntary work, in Berlin and in Vienna
- Workshop of creative writing in Berlin and in Wien
- Workshop of handicraft work in Slupsk
- Felt workshop in Vienna
- Theater Workshops in Slupsk and in Berlin
- Use of texts about voluntary work in courses of English language in Vienna
- Experiences of helping and translating each other in the international communication

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**Where can you get more information about other similar projects?**

### **FDC Barcelona**

La Fundacio Privada Desenvolupament Comunitari (FDC) – i.e Community Development Foundation, Barcelona, Spain, is an organization of social economy for innovation, production and management of knowledge in the field of public policy for social development. Its areas of action are public participation, international cooperation, mediation, social and intercultural inclusion, and accessibility. It works with groups (children, young people, newcomers, ...) in social risk.

Website: [www.fdc.cat](http://www.fdc.cat)

Gianni Orsini [gorsini@fdc.cat](mailto:gorsini@fdc.cat)

### **Kadis 2002 Ljubljana**

Kadis 2002 is a non-profit educational centre that deals with education and training programmes for disadvantaged groups of various types (youngsters, unemployed, women, older). It collaborates with various organizations and provides services, such as career guidance, empowerment, self-confidence, counselling and training of skills, necessary for an improved quality of life. Also with the assistance of external trainers and other organizations working in guidance, educational center Kadis 2002 strives for better access to training and improvement of life quality for all adults. Kadis 2002 is sharing and obtaining knowledge and experience by participating in different national and international projects.

Website:????

Peter Činkole [peter.cinkole@kadis.si](mailto:peter.cinkole@kadis.si)

### **sozial.label e.V. Berlin**

sozial.label e.v., Berlin, Germany. sozial.label e.v is a registered non-profit Berlin-based association of public utility founded in Berlin in 2003, aims to give the administrative and financial support of social projects. Beyond that the project management, the organizational planning and execution of projects, sozial.label e.v. offers a varied assistance including, beside the finance assistance, also a conceptual assistance and a project development with administrative services. sozial.label e.v. is part of the network of social NGO's in Berlin cooperating very closely with each other.

Website: [www.soziallabel.de](http://www.soziallabel.de)

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or

AWO Begegnungszentrum

Filiz Müller-Lenhartz, , [Filiz.Mueller-Lenhartz@awoberlin.de](mailto:Filiz.Mueller-Lenhartz@awoberlin.de)

### **SSI Glasgow**

The Senior Studies Institute, Glasgow, Scotland, is a provider of an extensive range of educational opportunities aimed at older adults, with more than 3,000 students participating each year. It was established in 1991 to meet the increasing demand from older people for learning which matched their interests, aptitudes and needs. The classes have a huge social element for many people and many students belong to the 3L's students association which has around 1,000 members. This allows them to join clubs where a variety of activities are organised in relation to class topics. Another learning opportunity available to older people through the Senior Studies Institute is volunteering. This enables older adults to use their learning and life skills in a range of socially valuable contexts In addition the Senior Studies Institute has considerable experience in assisting older people in finding and retaining employment and overcoming discrimination. The 50+ Employability programme works with individuals and employers to create

opportunities for employment and learning to help older people realise their full potential. With over 20 years experience the institute offers a wide range of specifically tailored programmes to assist both individuals and organisations.

Website: [www.strath.ac.uk/cl](http://www.strath.ac.uk/cl)

Lynda Scott [lynda.scott@strath.ac.uk](mailto:lynda.scott@strath.ac.uk)

### **SUTW Slupsk**

SLUPSKI UNIWERSYTET TRZECIEGO WIEKU (SUTW), the Slupsk University of the Third Age, Slupsk, Poland, is a nonprofit, nongovernmental organization which gathers citizens in their "third age" from the city of Slupsk and nearby and willing to be socially active for long time yet. As the name of our organization says, our main aim is to provide continuing learning and various forms of social activity which benefit both, our students as well as the society in which they live.

Web: [www.republika.pl/u3w\\_slupsk](http://www.republika.pl/u3w_slupsk)

Email: President Mrs Urszula Wyrwa [sutw@o2.pl](mailto:sutw@o2.pl)

### **VHS Vienna**

Die Wiener Volkshochschulen GmbH. Vienna, Austria. The colleges are organized into a GmbH in Vienna, but work each district specific. They form the core of the adult education work of public responsibility. Wide range with a focus on education: languages, health and exercise, computer, personality, art and creativity, civic education, civic projects, regional and European projects. Working with people of all ages: from children to seniors. Affordable prices. Political Order: Special offers for people with difficult access to education. Within the program the aim to promote civic participation occupies an enforced space. Working with volunteers can be connected with existing networks and those profitable with language and computer courses.

Website: [www.alsergrund.vhs.at](http://www.alsergrund.vhs.at)

Monika Reif [reif@alsergrund.vhs.at](mailto:reif@alsergrund.vhs.at)

### **Vile e.V. Germany**

The Federal Association "Virtual and face-to-face learning and competence network of older adults" (ViLE e.V.), Germany, was founded at the end of 2002. ViLE is an internet based "learning community" of older adults. Its aim is to bring together older people who are interested in education and who are ready to use face to face settings as well as the Internet for individual learning process, exchange of experiences, cooperation and social participation. ViLE was initiated by educators and seniors in the framework of the national model project 'Learning together over the web' (2000 2005), which was carried out by ZAWiW, University of Ulm. The Association currently has 150 members and 5 "regional groups" in all parts of Germany and ca. 500 network-members. ViLE provides virtual learning courses, supports self-directed learning groups, organizes face to face seminars and travels in the sense of discovery learning. The members of ViLE want to foster active learning and cooperation of older (and also younger) people over the Internet to prevent digital exclusion of older adults and to make their competences available to others. The new technologies are used actively as tools for critical participation in social developments, Internet-based cooperation is combined with face-to-face meetings. Focal points are the aspects of self-organisation and academic-oriented continuing education in subjects of culture, history, society, environment, etc. Furthermore, ViLE's members publish an online magazine called "Lerncafe".

Website: [www.vile-netzwerk.de](http://www.vile-netzwerk.de)

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