



presents

Resources on
information/guidance on
volunteering

1 why to volunteer
is important

2 volunteering
for people with
economical
disadvantage

3 volunteering
for NEETS

4 volunteering
for people with
disabilities

5 volunteering
for unemployed
adults

6 volunteering in
rural areas

7 volunteering
for people with
immigrant
background

Project partners

AURiIVE
risorse sociali per lo sviluppo

Right**Challenge**

deses3

Yaşam Boyu
Eğitim Derneği

iiii
DRPDNM
Dinlececeğiniz projelerle tanışın
www.drpdnm.it

**Inter
aktion**

DEVELOPING BY VOLUNTEERING

WHY VOLUNTEERING IS IMPORTANT?



BENEFIT 1: VOLUNTEERING CONNECTS YOU TO OTHERS

Make new friends and contacts: Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community.

Increase your social and relationship skills: Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests.

BENEFIT 2: VOLUNTEERING IS GOOD FOR YOUR MIND AND BODY

Volunteering helps counteract the effects of stress, anger, and anxiety because of the social contact aspect of helping and working with others. **Volunteering combats depression** by keeping you in regular contact with others. **Volunteering makes you happy** because being helpful to others delivers immense pleasure. **Volunteering increases self-confidence** by providing a natural sense of accomplishment. **Volunteering provides a sense of purpose** by providing new meaning and direction in the lives by helping others. **Volunteering helps you stay physically healthy** because it makes you more active physically.



BENEFIT 3: VOLUNTEERING CAN ADVANCE YOUR CAREER



Teaching you valuable job skills: Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training.

Gaining career experience: Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. In some fields, you can volunteer directly at an organization that does the kind of work you're interested in.

BENEFIT 4: VOLUNTEERING BRINGS FUN AND FULFILLMENT TO YOUR LIFE

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.



YES VOLUNTEERING

<https://www.facebook.com/YesVolunteering/>

<https://yesvolunteering.weebly.com/>

Retrieved From: <https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm?pdf=13391>

YOU CAN DO IT! CAN YOU?

People facing economic disadvantage can take great benefit from joining a volunteering program.

Volunteering will increase your employability chances and so will improve your incomes. Find out why & how here!

1



BY VOLUNTEERING YOU EMPOWER YOUR CV WITH SOME RELEVANT SOFT AND HARD SKILLS TO ENTER IN THE JOB MARKET

2



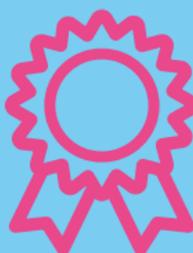
YOU PUT A "SEED" TO WIDEN YOUR LOCAL NETWORK WITH STAKEHOLDERS FROM SOCIAL BUSINESS AND INSTITUTIONS (POTENTIAL EMPLOYERS)

YOU GAIN KEY COMPETENCES IN YOUR LIFELONG LEARNING PATH TOWARD INCREASED CAREER PERSPECTIVES



3

YOU GAIN SKILLS CERTIFICATIONS YOU CAN ADD TO YOUR CV TO MAKE IT MORE ATTRACTIVE



4

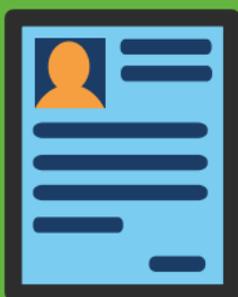
Find out more:

<https://europa.eu/youreurope/>

Are you between 16 and 24 years of age?
Unemployed and not receiving an
education or vocational training?

VOLUNTEERING IS THE ANSWER!

1



RECEIVE
PRACTICAL
WORKING SKILLS
AND IMPROVE
YOUR CV

LEARN FROM PEOPLE,
EXPERIENCED IN THE
FIELD;
LEARN TO WORK WITH
PEOPLE OF DIFFERENT
AGES AND IN A TEAM



3



DEVELOP
EMPLOYMENT
AND SOCIAL
SKILLS,
NEEDED FOR
WORK

IMPROVE YOUR SELF-
ESTEEM, CONFIDENCE
AND FEELING OF
BEING VALUED AND
APPRECIATED



4

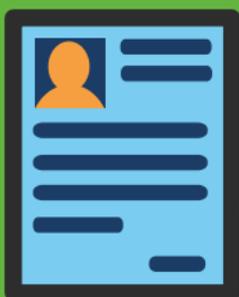
Find out more:

<https://europa.eu/youreurope/>

HOW TO INCREASE THE NUMBER OF VOLUNTEERS WITH DISABILITIES?

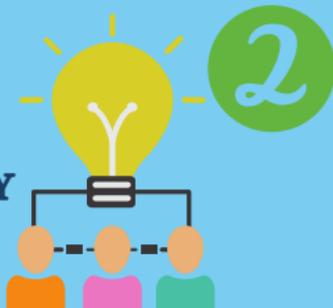
EMPOWERMENT THROUGH VOLUNTEERING

1



REACH OUT TO PEOPLE
WITH DISABILITIES
THROUGH UNIVERSITIES
AND/OR MUNICIPALITIES
AND INFORM THEM ABOUT
YOUR VOLUNTEERING
PROGRAM

CREATE A COMMON
VOLUNTEERING
MANAGEMENT POLICY
WITH SOME DISABILITY
NGOS TO ENSURE
COOPERATION



3



CREATING A
SHARING AND
SUPPORT
NETWORK WITH
ACCESSIBILITY
TOOLS

CREAT A PLATFORM
THAT WILL BRING
TOGETHER
VOLUNTEER
CANDIDATES WITH
DISABILITIES



4

Find out more:

<https://europa.eu/youreurope/>



88,6% of entrepreneurs think positively of job candidates with volunteering experience*

87,8% of entrepreneurs think that volunteering benefits the workers results*

*Results from the research conducted by the Yes Volunteering team surveyed a total of 312 employers/entrepreneurs from 6 European countries

If you are unemployed, volunteering can...

- 1 Give you recent experience to put on your CV
- 2 Show employers that you are proactive and a leader
- 3 Expand your network, which may lead to job opportunities
- 4 Help you develop skills that are in high-demand in the labour market.



Volunteering can help you develop many skills.



To find out more, consult our website at
yesvolunteering.weebly.com

YOU CAN DO IT! CAN YOU?

People living in isolated, rural areas can also take part in volunteering programs.

Here there are some tips to succeed.

1



SUBSCRIBE AS MUCH AS NGO'S NEWSLETTERS AS YOU KNOW TO BE ALWAYS INFORMED ON RECRUITING PROCESS

2



WORK LOCALLY! ALSO RURAL AND GEOGRAPHICALLY ISOLATED AREA IS FULL OF CV'S WORTHY EXPERIENCES

SEARCH FOR VOLUNTEERING PROGRAMS THAT OFFER ACCOMMODATION IN URBAN, VERY WELL CONNECTED AREAS



3

VOLUNTEER ONLINE! WHEN YOU HAVE NO RESOURCES TO MOVE SOMEWHERE ELSE, YOU CAN BE HELPFUL FROM YOUR HOME



4



Moving to a new country brings many challenges and by volunteering you can overcome them faster.

WHEN VOLUNTEERING YOU ARE:

- 1 meeting new people and making new friends
- 2 enhancing your social and human capital
- 3 improving your language skills
- 4 developing your social skills



- 5 acting as a member of your new community
- 6 contributing to the community that has welcomed you
- 7 enhancing your job skills
- 8 an active citizen and making a difference!



WOULD YOU LIKE TO START WITH A VOLUNTARY ACTIVITY?

Contact:

- Local firefighters
- Libraries
- Red Cross
- Caritas
- Art museums
- UNICEF
- Local NGOs
- Retirement homes



Contact your local migrant-support organization or the municipality or look up for volunteer centers in your region if you need assistance in finding a placement.

Find out more:

<https://europa.eu/youreurope/>





Project partners' contacts:

AThe Aurive Social Cooperative - Italy
The Social Cooperative Aurive started in 2007
as an entity to manage the National Civic
www.aurive.it

Yasam Boyu Egitim Dernegi - Turkey
<http://www.yasamboyu.org>

Rightchallenge - Associação - Portugal
www.rightchallenge.org

**Drustvo za razvijanje prostovoljnega dela
Novo mesto - Slovenia**
<http://www.nevlnadnik.info/si/>

**InterAktion - Verein für ein
interkulturelles Zusammenleben - Austria**
www.verein-interaktion.org

Asociación Deses-3 - Spain
<https://www.asociaciondeses3.com/>



Co-funded by the
Erasmus+ Programme
of the European Union

