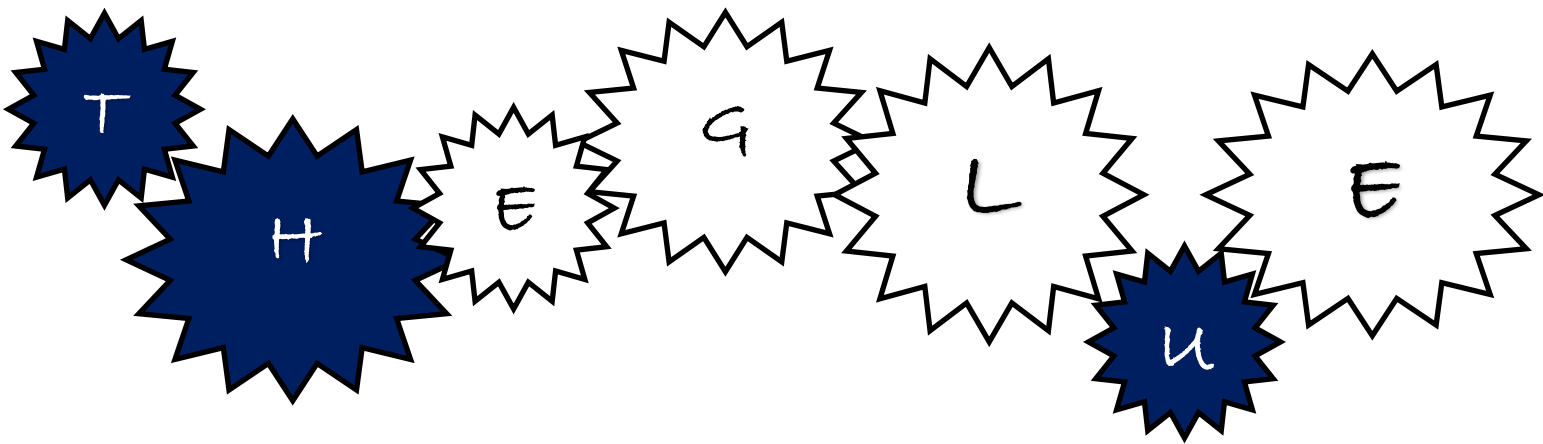


INVEST IN YOUNG PEOPLE

THE GLUE PROJECT





# *—First edition*

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1

# Introduction





There are more than 1.8 billion young people (between 15 and 28 years of age) in the world today and this is the largest number in history. Young people are key agents for social change, and are providing the energy, ideas and determination to drive innovation and reform.

Voluntarism is an important and increasingly popular mechanism for young people to bring positive change in society, foster social inclusion and it is becoming more and more relevant as a mechanism to engage young people in ensuring peace and sustainable human development. Young people increasingly feel that volunteerism complements formal education in teaching the skills that are required for the job market, such as leadership, teamwork, problem-solving, planning, management, creativity, communication. This is especially important given the current unemployment rate and labour market where competition for jobs is increasing.

*Ako se želim osjećati kao doma, ići ću  
volontirati.  
If I wanna feel at home, I'll go volunteer.*

- **Rene Depetre, Croatia**

Researches shows that volunteering is associated with a 27% higher chance of employment, and the effect is especially strong for those with only a high school diploma or who live in rural areas. This is one big reason why every young person should consider doing volunteering. The number of young people involved in volunteering actions is increasing but very slowly. According to European Commission Reports only 5-35% of young generations (depending on the country) have been involved in volunteering action. Not even half of the youth!

Read more about our volunteering work in this newsletter and find your personal motivation to do some volunteering as well!





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# *The Glue project*



In the period 29 September – 08 November, 42 youngsters from Croatia, Macedonia, Romania, Turkey, Portugal and Bulgaria got together in Murter, Croatia with the aim to broaden their knowledge in the field of volunteering and become active volunteers!

The project “Invest in young people – the Glue” allowed these youngsters to practice voluntarism and enrich their knowledge about personal and professional benefits one can gain from volunteering. During the days spent together participants recognized volunteering work, shared best practice and unique volunteering actions undertaken in their own countries, learned how to seek and recognize volunteering opportunities on local, national and international level.

5 local volunteering actions were implemented during the project in the hosting community, Murter. Eco action focusing on cleaning the beach coast; painting and drawing on the wall in the local kindergarten; helping elderly people work with olives and providing them wood for the winter; building drystone walls in the archeological site Colentum and help with cutting bushes and making space for a new pathway to be created were actions that allowed the participants to work for the benefit of the local community. Read about these actions further in this newsletter.







2 useful study trips were study trips were also implemented during the project. Participants visited the association Most in Split where they learned about how one NGO deals and works with volunteers on daily base, what kind of volunteering actions are implemented in Split, what benefits do NGOs, volunteers and the local community have from volunteer work. Participants also visited the Center for Education Juraj Bonaći in Split and had the possibility to interact with kids with disabilities, see how the Center functions, what activities these kids have during their day and simply have some fun time with the kids. Unfortunately due to weather conditions there was no possibility to implement one actions and re-paint the entrance of the Center, however the study visit was useful, emotional and everyone benefited from it. Read about the Study trips visit in the next chapters from this newsletter.

*Um dos maiores presentes que podes dar é o teu tempo. | One of the greatest gifts you can give is your time.*

*Voluntariado é aquele momento em que te esqueces que ajudas a mudar outras vidas, porque estás a mudar a tua... | That moment when you forget you're volunteering to help change lives, because it's changing yours...*

*Voluntários não têm necessariamente o tempo, mas têm o coração! | Volunteers don't necessarily have the time, they just have the heart!*

*Ricardo Cabrita , Portugal*

We believe that the project provided participants' space to develop set of skills such as teambuilding, presentational, organizational, social skills; allowed them space to change some attitudes and become more positive, self-confident and experience some extra life satisfaction.

Also, the project promoted active citizenship and participation in society through volunteering; recognized volunteering as a door to fight unemployment, chance to try new career, gain experience and enrich employability skills; promoted values and norms of a good active citizens in society and promoted social inclusion that can be achieved through volunteering actions.

Volunteer activities are a door that allows personal and professional skills to be acquired and are important resources for enhancement of one's education and employability. Youngsters taking part in volunteering actions gain motivation to become key agents of social reform in their own community, become active citizens, experience natural sense of accomplishment - their role as a volunteer gives them a sense of pride and identity, and the better they feel about themselves, the more likely they have a positive view of their future life and future goals. Therefore, we encourage everyone to take part in this type of projects and do some volunteering work.

*Voluntariatul demonstrează cât de buni sunt oamenii când viața altora depinde de ei.*

*Volunteering proves how good people can be when others's lives depend on them.*

- Paula Cernea, Romania

## THOUGHTS

*Преку волонтирање си отвараш нови врати. Секоја од нив може да води кон нови контакти, нови можности, работна позиција.*

*Волонтерството те учи важни вештини кои сигурно ќе ти бидат од корист во животот.*

*Through volunteering you open new doors. Each of them will lead to new contacts, new opportunities, job position. Volunteering teaches you valuable skills that for sure will be of use in your future life.*

- Sofi Trajkovska,  
Macedonia



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# *Learning the benefits of volunteering*



Living a fast and busy life, hardly allows us time to do some volunteer work. However, while being still in school or being just graduated we believe you can manage some time to dedicate to be involved in some volunteering action. Why? Because the benefits of volunteering are enormous to you, your family, and your community. The right volunteering action can help you make friends and broaden your network of contacts, reach out to the community and help in many ways, learn valuable new skills for your future life, and even advance your career – simply fight your way out of unemployment. Volunteering can also help and protect your mental and physical health. Learn more about the many benefits of volunteering and find tips on getting started as a volunteer from this article.

*Volunteering connects you to people.* We believe that volunteers are the glue that holds one community together. Through doing some volunteering work for your community you connect to your community and you make it a better place. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering work will help you strengthen your ties to the community and will broaden your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.



*Volunteering increases your self-confidence.* Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which often provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.



*Volunteering supports social inclusion.* Volunteer work allows you to be socially included in your community and avoid social isolation. Volunteering keeps you in regular contact with others, allows you build a good network, and in this way protects you against stress when you're going through challenging times.

*Volunteering can be your way out of unemployment.* Through taking part in volunteering you can get experience in your area of interest and meet people in the field. Volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task



management, and organization. When selection your volunteering activity you can choose to volunteer directly at an organization that does the kind of work you're interested in. For example, if you're interested in becoming a graphic designer, you could volunteer at a company or organization that works in this field. In this way you will practice your skills without the pressure of the job, you will be exposed to professional organizations dealing and working in this field and maybe you can even do an internships that could be of benefit to your career.

And always thing positive - just because volunteer work is unpaid does not mean that the skills you learn are basic. Many volunteering opportunities provide great training that teaches you valuable employability skills such as public speaking, communication, organizational skills, presentation and teamskills. What kind of skills you will learn depends on the action you have selected and on the activity you are doing.

*Volunteering helps you stay physically healthy. Volunteering is good for your health at any age, but it's especially beneficial in older adults. Through taking part in various activities your satisfaction in on high level, you are physically active and your stay healthy.*

To conclude - volunteering is a fun and easy way to explore your interests and passions. Doing volunteer is seen as meaningful and interesting way to be in 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. So don't think about so much – if you have the opportunity grab it and do some volunteer work! You will see a positive change for sure!

*Доброволчеството е начин да преоткриеш себе си, помагайки на останалите.*

*Volunteering is a way to refind yourself, by helping others.*

- Veronika Stambolieva, Bulgaria

*Волонтерството ти дава можност да ги откриеш своите скриени таленти. Volunteering gives you the chance to discover your under covered talents.*

- Stefani Cvetkovska, Macedonia

# 4

## *Volunteering actions implemented in our project*



*Help hosting organization and local community of Murter with transforming archaeological site into Archaeological & Recreational Park Colentum.*

Our group of participants was divided into two smaller groups of which one group did bushes cutting around drystone wall that needs to be renewed and rebuild in the future and help the local community company to clean the space from un-useful trees, branches and bushes. The aim was also to make some space for a new small pathway for tourists to be created. Other group had a task to spread some tampon coverage onto the existing pathway that goes over large drystone wall, making it possible for bikers to use it. In this way our participants joined more than 300 volunteers that over the years gave their free time and work for the benefit of maintaining Archaeological site Colentum and transforming this public space into Archaeological & Recreational Park Colentum. The project of Colentum Park was developed by hosting organization in 2010. and each year there's a step further in making the vision of Colentum with the help of volunteers all around the world. Work around dry stone walls in Murter was hard work, fun and leaving a mark in the local community.





### *Eco action focusing on cleaning the beach coast*



One of the actions implemented by our participants was working for the benefit of the environment and cleaning the beach coast in Murter. Coast and beaches are one of the most important natural resources of Murter Island and beach and underwater cleaning actions are common way

of citizen actions in the community. Our participants collected plastics, trash, cigarettes drops, paper, and other garbage left by people. During the action, participants talked about the importance of clean environment, about the footprint we leave on environment with our actions and action leader from hosting team educated participants about huge environmental problem of micro plastic pollution in the sea – which participant could see for themselves noticing the small particles of plastic in the sand. The action motivated participants to think twice about their own impact on environment and to change their behaviors towards nature. Volunteers cleaned more than 1000 meters of coast and collected more than 20 trash bags of waste.

### *Painting the wall in the local kindergarten;*

One of the most interesting actions implemented on local level. Our group of participants spent the day drawing on the wall in the kindergarten and making it sunny and friendly for the kids that go to the kindergarten. Inspired by the positivism of the local kids and their teachers, our participants did their best in making this wall friendly, interesting, storytelling and fun to look at. It was a real challenge to paint such a big wall that is 10 meters long and 2m high! The group was divided into 4 smaller teams that each had to paint one section of the wall. These creative work connected the participants between themselves and with the local community by kids and teachers. Moreover volunteers left a permanent mark for the visibility of the project and awareness of the benefits of volunteering.

The rewards collected – were all the smiles from kids' faces when they saw the wall!





## *Helping elderly people work with olives and providing them wood for the winter*

Another action implemented by our participants was helping elderly people in Murter at the field with the olive trees. Participants worked a bit in the area of agriculture and at the same time worked on providing wood for the winter. The wood was later delivered to the house of auntie Marija, one elderly lady of age 92, leaving alone in Murter. Auntie Marija shared some sweet wine produced by her some years ago when she was still actively working in agriculture, producing vegetable, olive oil and wine. She also shared some interesting stories with our group on the differences between generations and gave some good advice for our participants and their future life. It was very motivating and touching to see how much joy this little deed of volunteering produced both for volunteers and for an elderly person in need.







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# Study trips



Visiting <https://www.most.hr/> was an interesting and educational visit. Association Most is non-governmental, non-political, non-profitable organization, established in 1995, with the objective of improvement of lives of children, youth, poor and homeless persons. Activities of Most are focused on implementation of local, regional, national and international strategies against at-risk behavior, poverty, homelessness and social exclusion. Their vision is to spread positive energy and create community without socially excluded citizens that foster activism, human relations and shows care for those in need. Mission of Association Most is to provide concrete help to those in need based on values of volunteer work, humanity, solidarity, respecting differences and human rights; and raises quality of life of children youth and citizens of all ages.

ASSOCIATION  
Split, 6/10/2017

UDRUGA MOST





During the second study trip our group of volunteers had the task to re-paint the entrance of Center for Care and Education Juraj Bonači we have visited. However, because the weather conditions did not allowed any work to be done outside (it was raining), our group had enjoyable time with the kids from the this institution, had the opportunity to see what the school was doing, how it functions, what kind of activities are undertaken. This visit was very emotional for both our participants and the kids living in the home next to their school rewarding felling and appreciation, allows you to be compassionate and teaches you how important is acceptance of this vulnerable group of youngsters in society. Participants also got the chance to talk with the teachers of how this group of youngsters about what are the possibilities in which volunteers can help for these youngsters to be more socially included in the society.



We encourage everyone to implement study trips in their programs. During a study trip you have the possibility to explore beyond borders, learn through having fun and simply enjoy the learning process.



# *Sharing cultures*



Promoting diversity, sharing cultures and traditions, learning about each other's countries and simply understanding diversity was one of the goals of the project. Young people from 6 countries had the opportunity to live together for 8 days in Murter. Everyone coming with a bag of their own beliefs, feelings, habits – everyone willing to leave their different backgrounds behind them so that respect and tolerance is practiced.

The project allowed the group of participants to work together for one common goal - one topic of their interest, but also to explore differences and similarities that exist among them. Each night one social event was organized. Participants had the chance to organize national nights and present their culture and tradition. The groups arranged interesting tables where some food, snacks and drinks were presented. In addition, some organized some interesting quiz, some thought the others to dance some traditional dance, some singed a traditional song, and some showed some promotional movie from their country.

Tasting some palinka and Romanian chocolate, ajvar and Macedonian gazoz, bajadera and Croatian cedevita, banica and Bulgarian yogurt, Turkish delight and some souvenirs, Portuguese wine and salty snacks was a unique experience for most of the participants present at the project.





With the aim to promote the intercultural dimension of the project and the countries present, we have also organized one EuroVision night. The aim was to see where the next project will be. Just like in the real EuroVision, participants performed one song and dance from their own countries.



Later, each country casted votes and the winner of the EuroVision will have a task to apply as a host with the next Erasmus+ project. Croatia won again! See you next year in Murter again!

Until the next edition and project, we leave you with some quotes from our participants!

*Volontiranje je stil života 😊 Možda kao pojedinac ne možemo napraviti puno, ali zajedno možemo sve !*

*Volunteering is a lifestyle 😊;) Maybe as individual we can't do much, but together we can do everything !*

- Maja Vidić, Croatia

*Gönüllülük benim için kendimi keşfetme anahtarıdır. Volunteering is a key for discover who i am*

- Melike Çölkuşu, Turkey

*Доброволчеството е път към самоусъвършенстване. То ни прави по-добри и ни кара да се чувстваме добре. Volunteering is a path to self-development. It makes us better & makes us feel good.*

- Petya Natcheva, Bulgaria

*Gönüllülükle gönüller bir olur. Volunteering connects hearts to hearts*

- Furkan Doğramacı, Turkey

*Доброволчеството е добра възможност да изграждаш себе си като помагаш на други. Volunteering is a good opportunity to build yourself by helping others.*

- Alex Radeva, Bulgaria

*Thank you!*



AGENCY FOR  
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Erasmus+