

# KA1 MOBILITY OF YOUTH WORKERS SEMINAR

## VOLUNTEERING FOR PEACE



VILANOVA I LA GELTRÚ, CATALONIA, SPAIN  
01/04/2019 - 07/07/2019

# AIM OF THE SEMINAR



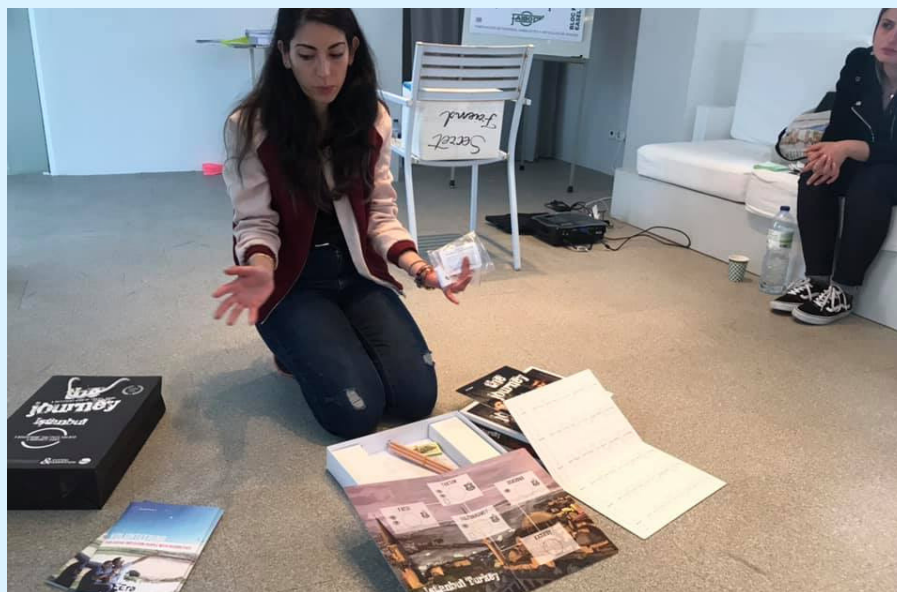
The aim of this seminar was to perceive volunteering as a driving force to promote and build peace. During the seminar the organizing entity Fundació Catalunya Voluntària and the participating NGOs shared with each other tools, ideas, practices and inspiration to support young volunteers to be part of initiatives with a positive social impact and to be more proactive against different types of discrimination, violence and hate speech, while encouraging the volunteers to carry out new activities, like awareness and advocacy campaigns, focused on building more peaceful, inclusive and sustainable societies.

The 5 key competences we focused on during the seminar were: active listening; non-violent communication; giving and receiving feedback; critical thinking and conflict management. We also learned from each other about volunteer management, how to launch campaigns and how to advocate for change.

The seminar brought together 17 youth workers from 9 different countries who are NGO leaders, project coordinators, volunteer managers, supervisors, trainers and volunteers actively involved in each promoter organization. Together the participants of the seminar created articles describing the daily activities carried out during the seminar.

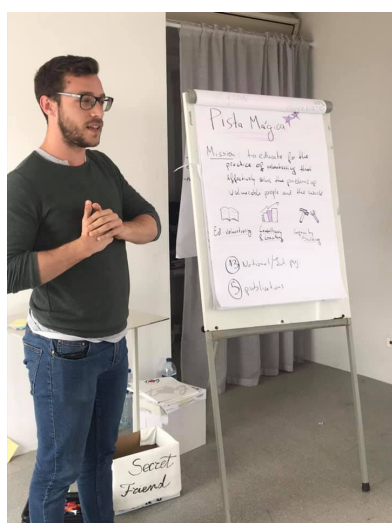


# “THINKING ON THINKING WHILE YOU ARE THINKING IN ORDER TO THINK BETTER”



As youth workers we believe that energizers are a very important part of a project and that's how we started the day, with a wake-up activity outside. Then, in the morning session, we officially started to talk about the topics of the seminars – the first one was **Non violent communication**, followed by **Active Listening** and **Critical Thinking**. Overall the session was interesting and useful, because we learnt new concepts and approaches.

After lunch it was time to get back to work with a very important part of the whole project: **NGO presentations**, which was a chance for everyone to get to know each other's work and what they are doing in their country. Moreover, we complemented this presentation with a tool fair, where the participants had the opportunity to share some tools that they have been using in their organizations, as well as some special projects they are developing and which are related to the seminar topics. Finally, we ended the day with the usual feedback and evaluation by using the five finger feedback method.

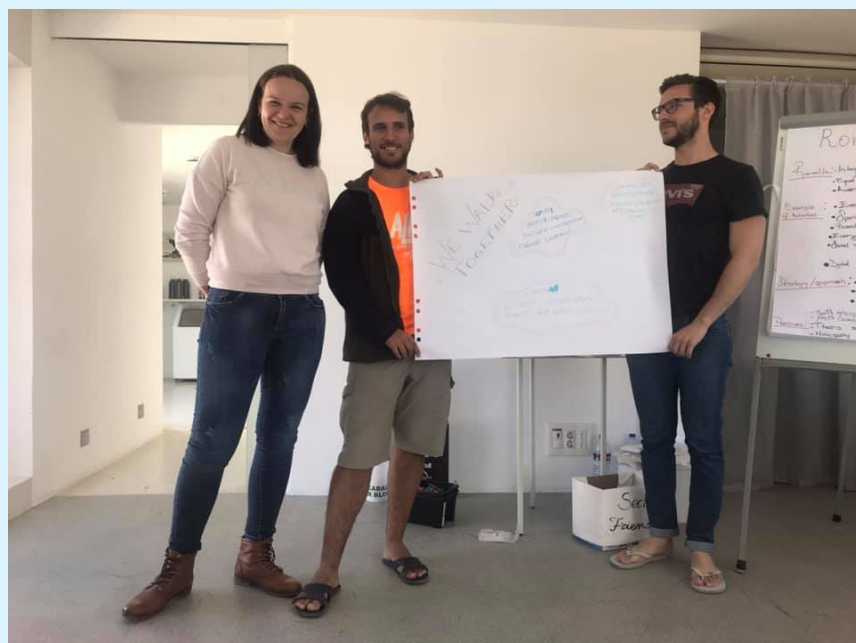


# REFLECTING ON DISCRIMINATION AND CONFLICT MANAGEMENT

One of the days of the seminar was dedicated to the topic of **discrimination**. So, right after our dancing energizer we were separated into groups. Each group had the chance to complete 4 tasks: answer a quiz, in which we gave the definitions of racism, hate speech, hate crime, prejudice, discrimination and stereotypes, share one example of discrimination that we had observed in our countries, choose one of them that affects a number of young people in Europe and make a plan on how to tackle the issue and finally present the plan to the whole group.

In the second part of the morning session we had a "world café". It was a brainstorming exercise during which each of the three groups had to work on different topics. Each of us explained how they see and define "**participatory support system**", how we "**measure impact**" and what "**Inclusive recruitment**" is.

After lunch we enjoyed our time walking and discovering Vilanova with our guide Lluç Martí. We learned about the history of this beautiful city and we came back to the hotel full of energy and ready to start our evening session, where we organized a role play on **conflict management**, in which every participant created his/her own role and tried to put himself/herself in the place of a discriminated person.

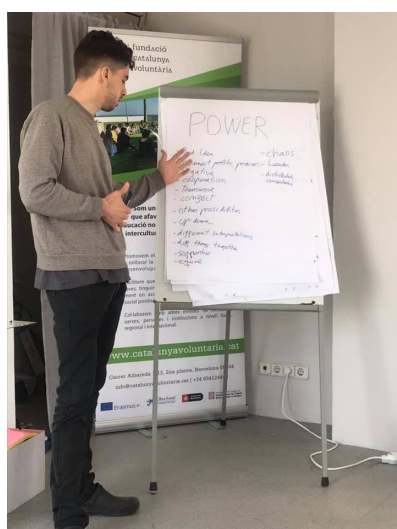


# “Training to be a trainer: to give and to receive impressions and tips. This way we are helping to improve each other”



As youth workers we believe that it is important for a trainer to be open to share and give ideas as a teacher, as well as to learn and take input as a student.

Our Friday morning began with the contribution of 4 of the participants by **sharing activities and tools** on the key-topics of the seminar ‘Volunteering for Peace’.



There was space for everyone to discuss and to share their feelings and emotions, as well as to give constructive feedback after every activity.

After lunch, we received the great news that there was an open call by the European Council with the opportunity to apply for a **campaign** on the topic of **peace and fighting against discrimination**. As a group, we decided to take on this challenge and face it as a team, as working together as a team is a more efficient way to accomplish all of the tasks. This helped us realize that teamwork is essential for the development of an idea, as long as it is done in an organized way.

In the end, this day gave us many provocations and obstacles to overcome, forcing us to step up and get involved. **Learning by learning** and improving ourselves.



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