



Be a Volunteer!

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The Be a Volunteer! project aims to develop and strengthen the skills of young people (aged 16-30) with disabilities, enhancing their employability and active social participation through volunteering activities.

The project will utilise non-formal educational methods for the training of young individuals, with an emphasis on experiential learning. Throughout the project, skill-building programs will be designed and used to support volunteering coordinators and people with disabilities to participate in inclusive volunteering activities.

This is the third Be a Volunteer! newsletter, through which we want to keep you informed about the progress of the project.



TIHANY TPM MEETING

The second international meeting of the Erasmus+ project "Be a Volunteer" took place from March 31 to April 2, 2025, in Tihany, Hungary, on the shores of Lake Balaton. Organized by the Hungarian project partners, the event brought together representatives from each partner country to prepare for the upcoming large-scale international meeting scheduled for May.



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This coordination meeting was held at the exact location where, in just a few weeks, around 50 young people with disabilities from the partner countries will gather to enhance their skills and knowledge in the field of volunteering. The visit served multiple purposes: to explore the venue, assess its suitability, and finalize the planning of a program that is inclusive, accessible, and tailored to participants' needs.

Tihany impressed the group with its serene beauty and welcoming environment—ideal for hosting such a diverse international gathering. Throughout the visit, attention was given to every logistical and practical detail, including accessibility, accommodation, and the design of a comprehensive program that balances educational sessions, hands-on activities, social interaction, and rest. An experienced facilitator led the coordination sessions, helping partners refine the structure of the five-day event. This same facilitator will also support the main meeting in May, ensuring consistency and a smooth flow of activities.

In addition to the formal planning, the trip allowed the partners to strengthen their collaboration. They shared ideas, aligned expectations, and enjoyed cultural experiences that fostered a positive and united working atmosphere.

The Tihany meeting proved essential in laying the groundwork for what will be a key milestone in the project. Participants returned home with clear plans, strengthened partnerships, and renewed energy to deliver a meaningful and empowering experience for all involved.

COCEMFE SEVILLA WORKSHOPS





Based on COCEMFE Sevilla's experience in the first two workshops, the team recognized that language barriers were limiting interaction among volunteers, often leading them to stay within their native-language groups. This challenge was noted across several partner organizations. However, during the Seville workshop, a positive shift occurred when inclusive interaction was actively encouraged, revealing the importance of strengthening volunteers' digital and socio-emotional skills.

In response, the organization began working early to develop these competences, aiming to help young volunteers engage more confidently and independently in international settings. These skills are seen as essential not only for overcoming language obstacles, but also for navigating cultural differences and disabilities in a practical and respectful way.

To support this, weekly three-hour sessions are held at the federation's premises. These dynamic workshops focus on building basic and transversal competences, with particular emphasis on empathy and group cohesion—core pillars of the training process.

Another key objective has been to guide young people with disabilities through a process of self-discovery, helping them identify their abilities and define realistic goals. This preparation is intended to ensure that each participant can find the most suitable environment or activity for their volunteering period in Hungary.

Participation in the sessions is open, encouraging other young people to join and benefit from the inclusive, motivating atmosphere being cultivated. As part of their development, the volunteers will soon take an active role in a guided tour of the city's historic centre—an opportunity to apply their skills in a real-world context. Further updates on their progress will follow.



BE A VOLUNTEER ON THE MOVE

From 26–30 May 2025, the Be a Volunteer project will host a five-day international training in Tihany, Hungary, focused on inclusive volunteering. Held at Club Tihany resort, the programme will offer young people with disabilities and their support professionals a supportive space for learning, reflection, and self-development.

Participants will explore teamwork, responsibility, and the value of contribution—gaining both practical skills and personal confidence. This initiative is part of a broader European effort to promote inclusive volunteering.