



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



## TIHANY YOUTH TRAINING

What does it mean when we say that volunteering is good? For some, it's about finding their place in the world. For others, it's about making friends, contributing their skills, and feeling truly useful. At the heart of it all is a simple belief: everyone has value and something unique to give to their community.



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The international training in Tihany marked the official start of the Be a Volunteer! project's summer activities. For one week, nearly 50 young people with disabilities from Italy, Spain, North Macedonia, Bulgaria, and Hungary came together with partners and facilitators to prepare for their volunteering journey. Altogether, more than 75 participants formed a truly international and diverse community.

The programme was designed to equip participants with the skills and confidence needed to complete 120 hours of volunteering in their own communities over the next nine months. Sessions combined group discussions, games, role plays, and personal reflection, focusing on themes such as teamwork, identifying individual strengths, exploring volunteering opportunities, and clarifying areas where support may be needed.

The setting of Tihany offered not only a welcoming and inclusive environment but also the ideal backdrop for building friendships and a sense of belonging. The mix of structured activities and informal exchanges created space for participants to connect, share experiences, and discover common ground across cultures and abilities.

An experienced facilitation team guided the training, ensuring that activities were engaging, accessible, and adapted to the needs of the diverse group. By the end of the week, participants had not only gained practical skills but also built confidence and a shared vision of what inclusive volunteering can look like.

The Tihany training was a milestone for the project: it demonstrated the power of international cooperation and showed that when young people with different abilities come together, they can inspire each other and lay the foundation for a more inclusive volunteering movement across Europe.



## VOLUNTEERING IN ACTION





Following the international training in Tihany, the summer marked the beginning of the volunteer period for participants of the Be a Volunteer! project. From July onwards, young people with disabilities across the partner countries started putting their skills and enthusiasm into practice, contributing to their local communities in diverse and meaningful ways for a total of 120 hours over the next nine months. Updates from all partners can be followed in the [“Inclusive Volunteering” Facebook group](#).

In Spain, volunteers have already joined several initiatives. At the summer camps of “Sitting Volley Sevilla” and “ANIMASOC”, four volunteers are assisting to educators and trainer with children from 6 to 14 years old. Their tasks include organising sports activities, education on green issues activities, organising games and supporting on welcoming visitors, and supporting raise awareness on disability actions. This placement not only benefits the camp and host organisation but also allows the volunteers to build responsibility, empathy, and teamwork skills in a supportive environment.

Our volunteers—Javi, Carmen, Andrés and David—played an active role in making the period a success. They supported team games, crafts, and cultural programmes. They encouraged participation in adapted sports games, and ensured that every child could take part safely and with joy. Their energy and dedication enriched the camp experience and left a lasting impression on both staff and participants.

The beginning of the volunteer period clearly shows how young people can contribute in different settings—whether caring for animals, leading cultural activities, or supporting children in their learning and play. These early experiences highlight the value of inclusive volunteering and the many ways it can strengthen communities while empowering individuals.



## LOOKING AHEAD!

After the week-long training in Tihany, each partner country of the consortium has now launched its own volunteering activities. Over the coming months, young people will be active in their local communities, putting into practice what they have learned and contributing their time and talents in meaningful ways.

We look forward to sharing their progress and stories with you in our next newsletter.