



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

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



VOLUNTEERING IN ACTION

As the Be a Volunteer! project comes to an end, we look back on a journey that has highlighted the power of inclusive volunteering across Europe. Throughout the project, young people with disabilities have actively engaged in their communities, demonstrating that volunteering is a meaningful pathway to participation, inclusion, and personal growth.

This final newsletter brings together the experiences, achievements, and impact of the project across all partner countries, celebrating the commitment of participants and the strong cooperation built at local and European level.



Co-funded by
the European Union

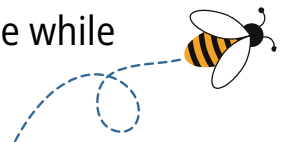


Within the framework of the Be a Volunteer! project, young people took part in hands-on volunteering experiences, actively engaging with organisations, institutions, and community-based initiatives in diverse settings.

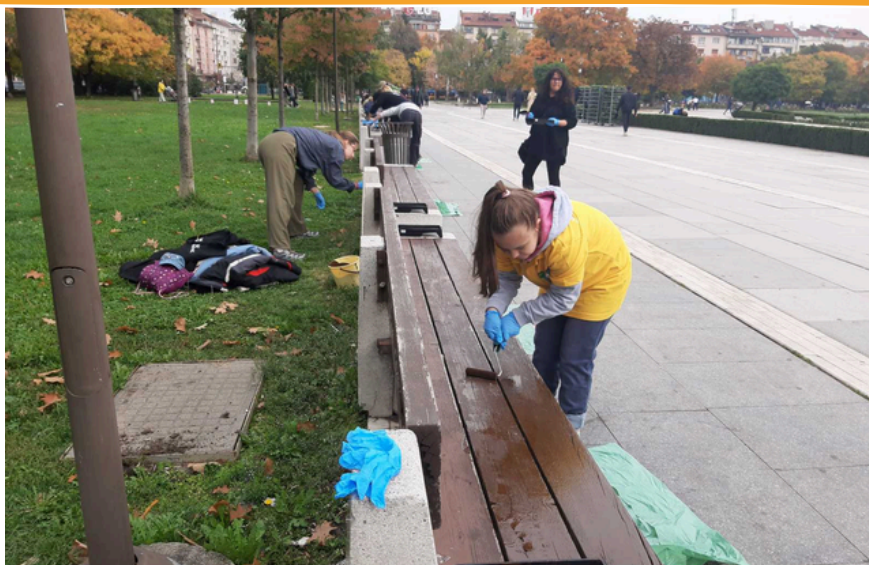
In Italy, partner organisation Diversamente OdV involved ten young people in a wide range of volunteering activities. Participants contributed to the cleaning and maintenance of public spaces, supporting urban regeneration and promoting respect for shared environments. They also supported solidarity booths, helping to organise fundraising and awareness-raising activities aimed at the local community. Volunteers further assisted in cultural and musical events, such as concerts and public initiatives, providing logistical support and welcoming audiences. In addition, they took part in animal care and welfare activities, working alongside staff and volunteers in daily tasks dedicated to animal well-being.

Through these experiences, participants strengthened key transversal skills, including responsibility, teamwork, respect for rules, and adaptability. The activities also fostered personal growth and raised awareness of volunteering as a tool for active participation, social inclusion, and responsible citizenship. The experience proved positive both for the young people involved and for the host organisations, laying the groundwork for future collaborations.

In Hungary, volunteering activities were widely disseminated through the “Inclusive Volunteering” Facebook group, which documented everyday actions and personal stories. Volunteers supported animal shelters, community camps, and local initiatives, demonstrating commitment, teamwork, and inclusion in practice while ensuring strong visibility and outreach.



VOLUNTEERING ACTIVITIES





In Bulgaria, the VVI Foundation supported several impactful volunteering initiatives. In Sofia, volunteers worked together to renovate and paint public benches, contributing to the improvement of shared urban spaces and strengthening community spirit. One volunteer received official recognition from the Mayor of Sofia for her civic engagement. Other activities included volunteering in a dog shelter, creating Christmas cards for elderly people, participating in a charity marathon, and engaging in non-discrimination campaigns. These actions promoted inclusion, raised awareness about (dis)abilities, and encouraged more accessible and barrier-free urban environments.

In North Macedonia, ten volunteers from Valandovo, Strumica, and Gevgelija were actively involved in socially responsible companies, public institutions, health centres, cultural organisations, and media outlets. At the Valandovo Health Center, volunteers worked with over 200 patients during massage and support sessions, receiving extremely positive feedback. The volunteers also took part in public events, concerts, and media appearances, gaining strong recognition within the local community. Their work was continuously supported by mentors, reinforcing responsibility, dedication, and professional growth.

In Spain, COCEMFE Sevilla implemented a wide range of inclusive volunteering actions in collaboration with local organisations. Volunteers with disabilities participated in accompaniment activities with people with reduced mobility, accessible cultural experiences, environmental actions, sports initiatives such as sitting volleyball, and community-based support activities. These experiences marked a significant shift, with volunteers moving beyond the role of service users to become active contributors, supporting logistics, organisation, and mentoring. Multiplier events and networking initiatives further strengthened cooperation within the Third Sector and promoted the long-term sustainability of inclusive volunteering practices.



THE FINAL EVENT IN HUNGARY !

The project concludes with a final international event in Budapest, Hungary, bringing together participants, partners, mentors, and stakeholders from across Europe. The event provides an opportunity to present project results, reflect on shared experiences, and strengthen cooperation between young people, organisations, and institutions.

Thank you to all participants, partners, and communities who made this journey possible.