



GRUNDTVIG

SENIOR VOLUNTEERING PROJECTS

COMPENDIUM 2009

INTRODUCTION.....	3
Active ageing.....	4
Social inclusion	9
Environment.....	15
Art, culture, heritage.....	17
Sport	21

If you have any questions regarding the Grundtvig programme in general or Senior Volunteering Projects in particular, please consult our website:

http://ec.europa.eu/education/lifelong-learning-programme/doc86_en.htm

Alternatively, you can contact us at the following address:

European Commission
Directorate General Education and Culture
Unit Adult education / Grundtvig
MADO 13/28
B-1049 Brussels
e-mail: eac-unite-b4@ec.europa.eu

INTRODUCTION

The Lifelong Learning Programme (LLP) supports education and training cooperation in Europe. Part of this programme, known as Grundtvig, specifically supports adult learning, through grants provided to staff working in the sector of adult learning, e.g. for in-service training, as well as providing support to European projects involving various organisations that are active in this field.

In 2009, a new type of activity - namely the Grundtvig Senior Volunteering Projects - was developed to offer new educational opportunities to citizens aged 50 and over. Volunteering in Europe has been an enduring success story for young people, and pioneer experiences for European, transnational senior volunteering, via Grundtvig or other European programmes which have proved that senior volunteering can also be a rewarding experience.

Grundtvig Senior Volunteering Projects are bilateral projects, arranged between two organisations from two different countries, usually involved with local volunteering. Their aim is to build lasting cooperation in a particular field (e.g. the environment), or around a specific target group (e.g. working with homeless people or with sick children). Projects last two years, thereby enabling good cooperation to be developed between the two organisations; during these two years, senior volunteers can volunteer for projects in the partner institution for periods ranging from 3 to 8 weeks.

Volunteering is increasingly recognised as a very valuable informal learning experience, for people of all ages. In particular, it has been recognised as a way of providing senior citizens in Europe with new learning opportunities, promoting the process of active ageing and emphasising the contribution of seniors to our societies. Indeed, senior citizens are a rich source of wisdom and experience from which society should derive far greater benefit than has tended to be the case in the past. This Action offers a new form of mobility to European senior citizens and allows them to learn, and to share knowledge and experience in a European country other than their own.

Grundtvig Senior Volunteering Projects therefore pursue the following interlinked, equally important, objectives:

- ▶ *To enable senior citizens to volunteer in another European country for any kind of non-profit activity, as an informal (and mutual) learning activity (learning / sharing knowledge)*
- ▶ *To create lasting cooperation between the host organisation and the sending organisation around a specific topic or target group, through the exchange of volunteers*
- ▶ *To enable the local communities involved in the exchange of volunteers to draw on the potential of senior citizens as a source of knowledge, competence and experience.*

This brochure presents the first projects which have been supported in 2009 by the Grundtvig programme. We hope you will enjoy reading about them and will feel inspired to develop new projects!

Active ageing

2009-1-CZ1-GRU14-02403

We are not gonna take it!

Česká sekce DCI - Sdružení zastánců dětských práv České republiky – CZ – www.dci.cz.org
Voluntary Service International – IE – www.vsi.ie

The project focuses on the sending and accepting of 50 + volunteers as part of a pilot scheme, which responds to current changes in society and is directly linked to the objectives of the Grundtvig program - Volunteer projects and the National Program of the Government of the Czech Republic. The applicant from the Czech Republic, "Defence for Children International" and the partner from Ireland, "Voluntary Service International" are involved in this project. The specific aims of the projects are: accepting four volunteers from Ireland and sending four volunteers from the Czech Republic; creation of a methodology on "How to work with volunteers aged 50+"; preparation of the Partnership project; creation of the international partnership and sharing experience (Ireland and the Czech Republic) and an information campaign at the beginning and at the end of the project (2x), which will serve to spread the idea of a Lifelong Learning Programme.

2009-1-ES1-GRU14-10823

Active Volunteers - International Exchange (European Senior Volunteer Programme)

Diputación Provincial de A Coruña – ES – www.dicoruna.es
CSV/RSVP Scotland – UK – www.csv-rsvpscotland.org

Volunteering is increasingly recognised as a very valuable informal learning experience, for people of all ages. It has been recognised in particular as a way of offering new learning opportunities to senior citizens in Europe, promoting the process of active ageing and emphasising the contribution of seniors to our societies.

The ACTIVEX project, promoted by the County Council of A Coruña (Spain) and CSV/RSVP Scotland (United Kingdom), will provide the volunteers with an opportunity to get to know the culture, history, traditions and daily life of these countries. By working together they will forge a closer relationship than would otherwise be possible. Volunteers will have a unique opportunity to benefit from a culture that is different from their own. As part of the project, different activities will be organized in fields as diverse as health care and quality of life, intergenerational activities, environment, heritage, etc. Consequently, ACTIVEX will allow the volunteers to develop their personal, social and intercultural skills, thus enabling them to contribute to the community as active citizens and take part in a European experience.

2009-1-IT2-GRU14-07150

Gimme50!

Associazione Culturale Link – IT – www.linkyouth.org
Associacion Cultural en construccion – ES – www.en-costruccion.org

The aim of the project is to start an intergenerational and intercultural learning exchange between two situations which, even though they are geographically quite close, still have much to learn from each other. The two organisations have worked for years in the area of youth and non formal learning for young people. From this starting point, the participating organisations decided to embrace senior volunteering as an opportunity to broaden their activities, at both local and international level, and give all those adults who still want to play an active role in society an opportunity to enrich themselves.

2009-1-CY1-GRU14-00520

Get to Know and Love the Elderly (Γνωρίστε και Αγαπήστε την Τρίτη Ηλικία)

*Eparhiako Sintonistiko Simvoulío Ethelontismou Lefkosias – CY - www.volunteerism-cc.org.cy
Omilos Ethelonton – GR – www.omilosethelonton.gr*

The proposed Plan concerns the collaboration between the District Coordinating Council for Volunteerism, Nicosia and the Group of Volunteers, which are non profit organizations from Cyprus and Greece.

Benefitting from their long experience the two entities have developed a philosophy of the growth and distribution of volunteerism through educational seminars and good practices. Their participation in the European programme will give them an opportunity to extend their horizons and to derive benefit at the same time.

The team of volunteers will deal with a team of senior citizens, called “Know and love the Third Age”.

The aim of the programme is to enable volunteers to take part in specific voluntary activities that will serve to widen their knowledge and experience.

The exchange will also help to create future inter-country collaboration between the two institutions around the subject of social provision (frail teams, environment, culture etc).

The volunteers who take part will act as a source of knowledge, skills and experience based on past activities. Once the programme is completed, the volunteers are expected to cultivate their personal, social and cross-cultural skills and faculties. They are also expected to contribute to the growth and practical introduction of voluntary activities and to work as active citizens in the community. Finally, the exchange seeks to achieve the growth and transmission of knowledge and experience.

The two institutions are expected to continue their inter-country collaboration, to exchange experience and good practices related to the thematic unit and volunteerism. The above institutions will be responsible for preparing and drawing up a timetable and for devising a training programme for the co-ordination and implementation of the voluntary work.

2009-1-SK1-GRU14-00976

Learning through Volunteering in Senior Age

*C.A.R.D.O. – SK – www.cardo-eu.net, www.dobrovolnictvo.sk
OKA-Onkéntes Kozpont Alapítvány – HU – www.onkentes.hu*

The general opinion in Hungary and Slovakia is that seniors in Eastern Europe are extremely reluctant to become involved in volunteering. However, the experience of both of the organizations involved through implementation of exchanges of senior-volunteers has shown that they are enthusiastic and eager to participate. The project's main goal is to enhance life-long learning and inter-generation dialogue through two reciprocal exchanges of six Hungarian and six Slovak volunteers. These exchanges will be organised as group mobility. Six volunteers will be placed at 3-4 hosting places where they will have the opportunity to share their experience. The project will also include preparatory training for volunteers and meetings between the coordinating and partner organisations. Project partners will also organise an event to inform the public about the project and to disseminating its outcomes. The fact that the project will support exchanges between Slovakia and Hungary is very special, as there are xenophobic tendencies among some nationalist groups in both countries. These tensions are not generally felt by the broader public. This project serves as a tool to demonstrate that there are no inherent tensions between these two nations and that they can accomplish a great deal if they cooperate with each other.

2009-1-SI1-GRU14-01019

Volunteering: Say yes!

*Zavod za novodobno izobraževanje – SI – www.zni.si
Gesellschaft für Europabildung e.V. – DE – www.europabildung.org*

Through the proposed project we would like to contribute to the integrity of a society where people live in harmony. Elderly people are becoming a very important group which often faces isolation, loneliness and inactivity. To integrate and activate all these potentials, volunteer work offers good possibilities for everyone. Positive effects are even greater when volunteering includes an intergenerational and an intercultural dimension. If we want to achieve changes that go beyond individuals, organisations and community, we need to establish quality cooperation among the partners in the project. Partnership will not be about just the exchange of senior volunteers; it will also include other common topics in the field of mobility and volunteer work. During the project we will conduct evaluations at three different levels: among volunteers, at the partnership level and at community level. We should stress that we have prepared a long-term project which makes use of senior volunteer work as offering a new opportunity for active citizenship and active ageing. The project encourages major changes in human values and creates new forms of co-existence for all in society.

2009-1-RO1-GRU14-03242

The Voice of European Seniors

*ORIZONT CULTURAL T – RO – <http://orizontculturalt.blogspot.com>
Associação VIDA – Valorização Intergeracional e Desenvolvimento Activo – PT – <http://projectotio.wordpress.com>*

The project will focus on strengthening the solidarity between senior volunteers, boosting their enthusiasm and motivation, improving the quality of life of the less fortunate, and ploughing back their resources into society.

The volunteers will learn from each other about how they can contribute by using their experience and knowledge to make an important contribution as active European citizens: this includes GIVING back, GETTING pride, STAYING ACTIVE, discovering new innovative resources and common interests, improving conditions that allow seniors to play a more active part in society, BUILDING TEAMS, ENGAGING SENIORS in non profit actions, and FINDING OUT about how they can maintain their independence in all countries of the European Union. We aim to raise seniors' awareness of social shortcomings, to motivate them to seek solutions, to convey the broad range of European possibilities – particularly with a view to its enlargement – for remaining active and doing volunteer work up to an advanced old age, strengthening the solidarity between young and old through best practices in our countries and elsewhere. In order to achieve all this, the Senior Volunteers will organize learning events (e.g. workshops, cultural shows, presentations etc) with target groups from economic/socially disadvantaged areas – medical centres, homeless children, imprisoned minors, cultural venues, libraries, rural educational centres, etc..

2009-1-IT2-GRU14-07163

Active Ageing - Active Ageing Policy: acknowledging and enhancing the contribution of over 55s to the local Community

*Centro Servizi Volontariato Toscana – IT – www.cesvot.it
Centre for General Scientific Continuing Education of Ulm University (ZAWiN) – DE – www.zawiw.de*

Volunteering is a vehicle for active ageing. 12 senior people. Three weeks volunteering together, during which time they play the roles of learners, teachers, interpreters, ambassadors of their own culture and grandparents through CESVOT & ZAWiN.

2009-1-PL1-GRU14-05458

Committed to community 50+ (Poland / Lithuania)

Stowarzyszenie Nowa Rodzina – PL – www.wolontariat.wroclaw.pl

Vsi "Sveikata i namus" – LT – www.ilcnet.lt

This senior volunteering project is aimed at senior volunteers (50+), in order to improve their language, social, cultural skills and knowledge, and to realize their potential in an international environment.

Under the Grundtvig project, two organizations - Sveikata i namus and New Family Association - will each exchange five volunteers for a period of four weeks. The project will last two years from 01/08/2009 to 31/07/2011. Priority for participating in this program will be given to those seniors who have the most to offer to the partner (valuable skills and ideas, openness to others and to change) i.e. those who will want to continue with voluntary work after the project's completion. Volunteers will be people who have a fairly low economic status and who would be unable to participate in international exchange without this programme.

The volunteer would work in the hosting organization together with local staff and volunteers and prepare/implement activities for the target groups of the organization.

After the project, volunteers in their home organizations will share their international experience by supporting other senior volunteers, training them and putting new working methods into practice.

For both organizations the project will be the beginning of an international activity.

2009-1-AT1-GRU14-01893

Nachbarschaft Wien-Berlin

Wiener Hilfswerk – AT – <http://wien.hilfswerk.at/>

Nachbarschafts- und Selbsthilfezentrum in der ufafabrik e.V. – DE – www.nusz.de

Freiwillige kennen aufgrund ihres ehrenamtlichen Engagements ihr eigenes Einsatzfeld in der Nachbarschaftshilfe meist sehr gut. Mit dem Austauschprojekt soll eine Erweiterung des Erfahrungshorizonts (auch im Hinblick auf Handlungsspielräume) und der Feldkompetenz durch Kennen lernen anderer professioneller Zugänge und Hilfsstrukturen stattfinden. Im Mittelpunkt des Projekts steht die Anregung von Lernprozessen (u.a. interkulturelles Lernen) und sozialer Inklusion durch eine dreiwöchige, gemeinsame Gruppenreise von vier älteren Freiwilligen nach Berlin bzw. Wien, durch deren freiwillige Mitarbeit beim Nachbarschafts- und Selbsthilfezentrum nusz bzw. in Nachbarschaftszentren des Wiener Hilfswerks, durch Recherche von Projekten, die von Nachbarschaftseinrichtungen in Berlin zu Nachbarschaftszentren des Wiener Hilfswerks in Wien und umgekehrt transferiert werden könnten, durch deren Implementierung in Berlin bzw. Wien sowie durch die Begleitung und das Mentoring für die vier ausländischen Freiwilligen während ihres dreiwöchigen Engagements in Berlin bzw. Wien. Die von den Freiwilligen durchgeführten Tätigkeiten umfassen u.a. Mithilfe bei Kinderprogrammen, in der Lernhilfe, bei (der Vorbereitung von) Veranstaltungen und Gemeinwesenprojekten. Die beteiligten Nachbarschaftseinrichtungen in Berlin und Wien profitieren längerfristig einerseits vom Engagement der durch die Erfahrungen des Austausches motivierteren, sozial offeneren und kompetenteren Freiwilligen, und andererseits von Projekten, Ideen und Initiativen, die sie vom Einsatz im Ausland in ihre Herkunftsorganisation mitbringen.

2009-1-FR1-GRU14-07519

Charte de Bénévolat pour les Universités inter-âges

Cannes Université 2 – FR – www.cannes-universite.fr

Université des Aînés – BE – www.universitedesaines.be

Exchange of senior volunteering practices between Third Age universities and drawing up of a charter for volunteers in Third Age universities.

2009-1-DE2-GRU14-02568

Freiwilligenarbeit in Europa: Lebenslanges Lernen durch interkulturelle, intergenerationelle und Internet-gestützte Zusammenarbeit

*Virtuelles und reales Lern- und Kompetenz-Netzwerk älterer Erwachsener (ViLE) e. V. – DE – www.vile-netzwerk.de
Lodzki Uniwersytet Trzeciego Wieku im.Heleny – PL – www.3wiek.uni.lodz.pl*

Über das Projekt FELIZ der beiden Partnerorganisationen Universität des 3. Lebensalters in Lodz/Polen und ViLE e. V. in Ulm/Deutschland soll es gelingen, die Freiwilligenarbeit von Menschen im Alter 50+ aufzuwerten und eine Stärkung der europäischen Identität dieser Zielgruppe durch die Europäische Dimension des Projektes zu erreichen. Zusätzlich soll eine Unterstützung der europäischen Mobilität älterer Menschen, sowie Schaffung und Vertiefung europäischer Kontakte zu einer Organisation mit ähnlichen Arbeitsschwerpunkten, einhergehend mit Wissensaustausch und Wissenserweiterung (Austausch von good practice) erreicht werden und der Arbeitsschwerpunkt "Lebenslanges Lernen" beider Organisationen bereichert werden. Die Freiwilligen werden in diesem Projekt die Gelegenheit haben, sich intensiv mit der Kultur und den Arbeitsschwerpunkten der Partnerorganisation zu beschäftigen. Die Aufgaben der Freiwilligen in der jeweiligen Partnerorganisation liegen in den Bereichen "Lebenslanges Lernen", "Intergenerationelles Lernen" und "Informations- und Kommunikationstechnologie (IKT)".

2009-1-GB2-GRU14-01788

Active Ageing through Volunteering by Older People: an Anglo-Italian Peer Learning Programme

*Retired and Senior Volunteer Programme at Community Service Volunteers – UK – www.csv-rsvp.org.uk
Centro Savonese di Servizi per il Volontariato – IT – www.cesavo.it*

This project will link a UK national volunteering organisation with a local Italian volunteering organisation, which will involve 6 volunteers from each organisation carrying out reciprocal exchange visits lasting 3 weeks. The volunteers and organisations will learn from each other and share good practice in encouraging active ageing, by creating opportunities for older people to volunteer in their local communities. The aims of the project are to:

- Understand how each organisation creates opportunities for lifelong learning and active community involvement by older people through volunteering in three areas – disability; environment projects; and using new technologies for befriending
- Share current good practice in the recruitment, training and support of older people as volunteers who gain skills and competences through their volunteering
- Understand the developmental context of each organisation and how this context, and the geographical scope, influence their senior volunteering activities
- Explore the innovative volunteering opportunities that have been developed by each partner and consider how they could be replicated by the other partner
- Share the learning from the exchanges so that each organisation can create new practical projects for older people to engage in learning through volunteering.

2009-1-IT2-GRU14-07158

Pavie-Paris: sur la route de l'Europe solidaire

*Centro Servizi Volontariato di Pavia e Provincia – IT – www.csvpavia.it
France Benevolat Paris – FR – www.francebenevolat.org*

This project is presented by two associations which both promote volunteering and support to associations. Their aim is to give a European dimension to their activities and raise awareness amongst their members about the value and benefits of European cooperation.

Social inclusion

2009-1-AT1-GRU14-01892

Senior Volunteering in Social Services/Sis- Partnership

Österreichisches Rotes Kreuz Landesverband Steiermark – AT – www.st.rotekreuz.at
Bulgarian Red Cross – BG – www.redcross.bg

The general objective of the project “Senior volunteers in social services” (SiS-partnership) is to enable staff and older volunteers of the Austrian Red Cross and the Bulgarian Red Cross to learn from each other by exchanging older volunteers who are active in providing services to people from vulnerable groups. Specific objectives include creating learning opportunities for older volunteers and organisations with respect to new areas of social support by volunteers, new ideas and methods of valuing (older) volunteers and age awareness/advocacy. Specifically, four volunteers who are active within the social services of the Bulgarian Red Cross will volunteer in Austria for three weeks in May 2010. They will have the opportunity to participate in a range of services, such as visiting services for older people, assistance for migrant families or assisting with blood donation activities, as well as being able to present their activities to other Austrian volunteers and staff members. In September 2010, four volunteers from Styria will be placed in Plovdiv. For example, they will be helping people with disabilities in the local railway station, supporting the staff of a soup kitchen and participating in visits as well as presenting their activities to other Bulgarian volunteers and staff members.

2009-1-CY1-GRU14-00523

Volunteers for People with Special Needs (Εθελοντές για Άτομα με Ειδικές Ανάγκες)

PROSVASI – CY – www.prosvasi.org
Institute for Community Rehabilitation – GR – www.iea.gr

The aim of the programme is to train volunteers aged around 50 to acquire new skills involving the management of people with special needs. Six individuals from Greece and Cyprus, who work or want to work as volunteers for people with special needs, will have the opportunity to be educated through this action, taking part in the activities of the two partner organisations as volunteers for three weeks. More specifically, the volunteers will be trained in both organisations/institutions through the daily programmes that are implemented by specialized staff and concern young adults with special needs. Other educational visits may also take place. The aim is for these volunteers to acquire skills that concern communication, empowerment, respect, handling, craftsmanship, the common action of autonomous living, basic skills, theatre, sports and the arts for people with special needs. Through this informal education, the volunteers will acquire the motivation to voluntarily offer their services as volunteers, they will function as active citizens, they will shed the stereotypes of age and will be ready to offer their services not only to people with special needs but also to other vulnerable groups. The volunteers will receive a certificate of attendance that will be issued by the hosting institution at the end of their contribution.

2009-1-ES1-GRU14-10904

MARCHA 50

*Ayuntamiento de Lleida- Concejalía de Servicios Sociales y Salud Pública – ES – <http://serveispersonals.paeria.es/>
Centro de Servicios para el Voluntariado- FERRARA – IT – www.csvferrara.it*

The main aims of the MARCHA 50 project are to organise exchanges of Senior Volunteers and to provide support for the most vulnerable groups and those facing the greatest risk of social exclusion.

This project is based on a partnership between the Service Centre for Volunteers (CSV) of Ferrara and the Personal Services Area (Concejalía de Servicios Personales) of Lleida City Council. These municipal authorities have been twinned since 1996 and have already established a sound working relationship.

The project seeks to incorporate Senior Volunteers into innovative and educational social activities and to thereby encourage senior citizens to become more active and to associate old age with collaboration and education rather than with the need to receive help.

A total of 6 volunteers from each organisation, each with local experience in voluntary work, will provide help in another community. This volunteer work will involve: caring for the mentally disabled; helping to integrate immigrants; looking after and educating young people; and sharing experiences with young people and promoting positive social values such as solidarity, tolerance and social commitment. Our aim is to gradually extend this project and to share its results with other communities in our network.

2009-1-FI1-GRU14-01696

New Cultural Frameworks

*Ushanga ry – FI – www.ushanga.fi
Paritätischer Wohlfahrtsverband Bayern e.V. SPZ, Clubhaus Schwalbennest – DE – www.clubhaus.org*

The New Cultural Frameworks project involves the exchange of four senior volunteers from each of the participating organisations. Pairs of volunteers will participate in the project to receive peer support from each other during the exchange. The volunteers will be hosted in a Clubhouse and the volunteers leaving will also be members of these Clubhouses. A Clubhouse is a community of people with mental illness and staff who help members to get through life without hospital treatment and try to promote their economic, social and professional position in society. For the members, acting as a volunteer in a Clubhouse is a means of rehabilitation and of having meaningful work and taking part. This project will enable members to learn about a new culture and to act as volunteers in another country in a safe environment.

2009-1-IT2-GRU14-06608

Porta nuova

*CESIE - Centro Studi ed Iniziative Europeo – IT – www.cesie.it
Point Europa – UK – www.pointeuropa.org*

Porta Nuova is a project between established community-based organisations in which six senior volunteers are hosted. Both partners have substantial experience with international youth volunteering through the EU's Youth in Action Programme. The work programme will focus on two main aspects: childcare and migrants. The volunteers will work alongside paid staff and local volunteers to enrich the work, add an intercultural dimension, provide comparisons with their own country, and learn about operations in the host centres.

2009-1-PL1-GRU14-05462

Committed to community 50+ (Poland / France)

*Stowarzyszenie Nowa Rodzina – PL – www.wolontariat.wroclaw.pl
Solidarites Jeunesses – FR – www.solidaritesjeunesses.org*

Two organizations - Solidarités Jeunesses and New Family Association - will exchange 5 volunteers each for the period of four weeks per volunteer as part of the Grundtvig project. The project will last two years from 01/08/2009 until 31/07/2011. The volunteers must be over 50 years of age. They will work for the benefit of disadvantaged youngsters. Volunteers will be sent in two rounds. The exchanges will not take place in parallel: first one organization sends its volunteers, and then the second one. In this way senior volunteers can have a longer international contact, get to know each other and integrate more effectively.

Volunteers will be people who have a fairly low economic status and mobility, and who without the Grundtvig programme would not be able to participate in an international exchange.

When the volunteers return they will be involved in the sending organisation in order to promote senior volunteering and openness to other cultures.

2009-1-PL1-GRU14-05460

Committed to community 50+ (Poland / Turkey)

*Stowarzyszenie Nowa Rodzina – PL – www.wolontariat.wroclaw.pl
Kaşif Gençlik ve Spor Kulübü Derneği – TR – www.kasifiz.com*

As part of the Grundtvig project, two organizations - the Kasif Youth and Sport Club Association and the New Family Association - will exchange 5 volunteers each for a period of four weeks per volunteer. The project will last two years from 01/08/2009 until 31/07/2011. The age of the volunteers will range from 50 to 60 years. They will work for the benefit of children from disadvantaged backgrounds. Volunteers will be sent in two waves. The exchange will not be in parallel: first one organization sends its volunteers, and then the second one. In this way senior volunteers can have longer international contact, and get to know each other and integrate better.

Volunteers will be people who are qualified and who would not be able to participate in an international exchange without this programme. So while the volunteers improve their skills during the project, they will also teach the others what they know. After the volunteers return they will work in the sending organization to promote senior volunteering and openness to other cultures.

For the New Association Family, the project will be the beginning of international activity and for Kasif it will be an alternative way of social influence in terms of creating a positive approach to the EU when applying for EU membership.

2009-1-PL1-GRU14-05451

Love, peace and... voluntary service

*Stowarzyszenie APERTO – PL – www.aperto.org.pl
CERSEO, Centro Europeo di Ricerca e Sviluppo per l'Este e per l'Ovest – IT – www.cerseo.org*

The project will be implemented in the social sphere. Volunteers will be involved in working with orphans, old people, people with disability, emigrants and socially excluded people. We would like to build up more international relationships in two small towns (Karlino and Vercelli) to show seniors an alternative (non-formal) path to personal development and social integration. In exchanging senior volunteers we see a chance to become acquainted with the European reality as well as letting Europeans know about other cultures and societies. This corresponds to the aims written into the statute of Stowarzyszenie, APERTO.

2009-1-IT2-GRU14-07167

Solidarisch mit Menschen jenseits und diesseits Alpen

*Caritas Diocesi di Bolzano-Bressanone – IT – www.caritas.bz.it
Deutscher Caritasverband Landesverband Bayern e. V. – DE – www.lvbayern.caritas.de*

Die Zukunftsfähigkeit der Europäischen Gesellschaft hängt entscheidend vom solidarisches potential der Europäischen Bevölkerung ab. Wichtiger Gradmesser für das solidarische potential ist die Bereitschaft der Bürgerinnen und Bürger sich als Freiwillige ehrenamtlich für andere Menschen einzusetzen. Nordlich und südlich der Alpen gibt es zahlreiche Menschen im fortgeschrittenen Alter, die bereit sind, einen Teil ihrer Freizeit in sozialer Freiwilligenarbeit einzubringen,

2009-1-IT2-GRU14-07162

Fraternité et solidarité européennes (FESE)

*Fratellanza Popolare di Grassano – IT
Secours Populaire français de l'Hérault – FR – www.spf34.org*

This project involves an exchange of six French volunteers and six Italian volunteers between the Fratellanza Popolare di Grassano, near Florence, and the Secours populaire français in the Hérault region. The aim of the project is to create sustainable cooperation between these two associations, in order for each partner to get to know the objectives, activities and work methods of the other. This cooperation will enable volunteers from both structures to implement an exchange of good practices on common topics (e.g. support for the elderly, access to culture, and support to socially excluded families), but also to improve the ways in which each association works, or even to widen their field of action.

2009-1-HU1-GRU14-02009

"Pótnagyszülőket keresünk" - szociálisan rászoruló és fogyatékkal élő gyermekek számára szervezett nyári programok időskorú önkéntesek bevonásával - "NAGYI"

*Katolikus Karitás – HU – www.caritas.org.hu
Caritas Asistentă Socială, Filială Organizatiei Caritas Alba Iulia/ Organizatia Caritas Alba Iulia Filiala Targu-Mures – RO – www.caritas-ab.ro*

Die Caritas Ungarn und die Organizatia Caritas Alba Iulia Filiala Targu-Mures organisieren regelmäßig kostenlose Sommerprogramme für sozial benachteiligte und behinderte Kindern im Alter 6-17. Bei diesen Projekten arbeiten mit den Kindern mehrheitlich freiwillige / ehrenamtliche Mitarbeiter der Caritas. Unsere Wochen- und Tagesprogramme enthalten vielfältige Tätigkeiten (Lernen, Nachholen, Sport, Basteln, usw.). In dieser freiwilligen Arbeit würden die geschickten / aufgenommenen Grundtvig 50+ Volontere mithelfen. Nach dem beenden des Grundtvig Projektes möchten wir zwischen der Caritas Ungarn and der Caritas Alba Iulia langfristige Zusammenarbeit schaffen, um weitere Freiwilligenaustauschen zu fördern und die zustande gekommenen Kontakte zwischen in dem Programme teilgenommene Kindern und Ehrenamtlichen zu bewahren.

2009-1-GB2-GRU14-01798

Silver Spanglish

Cumbria CREDITS Limited – UK

Association de Vecinos "Virgen de los Remedios" – ES – <http://www.virgendelosremedios.net>

The Silver Spanglish Project will bring together retired teachers from Salamanca, Spain and retired teachers, care workers and volunteers from Cumbria, UK.

The aim of Silver Spanglish is to develop confidence, self-esteem and a sense of purpose in seniors:

- To help seniors to improve their knowledge and competences by volunteering with charitable organisations in each other's countries;
- To increase understanding of each others' culture and language and develop interpersonal skills;
- To exchange good practice in volunteering between the countries, and sample volunteer work in organisations with a European context;
- To learn about the use of new technology and media in promoting charitable organisations and volunteering opportunities.

The organisations in which the volunteers will gain experience include: British Legion, Age Concern, the Red Cross, Caritas Salamanca, Association Virgen de los Remedios, Upperby Community Development Centre, Parents Association Piedra Franca, Parents Association Río Tormes.

The activities in which seniors will participate include:

- Retail and customer service in charity shops;
- Teaching assistant support working with older learners, unemployed adults and young people on vocational training programmes;
- Fundraising and engaging new volunteers to ensure sustainability of charitable organisations;
- Summer and bi-lingual camps for teenagers and parents;
- Care support in local care homes and retirement homes.

2009-1-GB2-GRU14-01791

International Senior Volunteering

Point Europa – UK – www.pointeuropa.org

Pistes-Solidaires – FR – www.pistes-solidaires.fr

INSEV is a project to send/host 6 senior volunteers between two established community-based organisations. Point Europa in Cornwall, UK, and Pistes-Solidaires in Marseille, France, are active in the creation and delivery of training and learning opportunities (local, regional and international) for a wide range of people. We believe that Senior Volunteering offers a really good new component to our work. Both partners have substantial experience with international youth volunteering, through the EU's "Youth In Action" programme. This means that we have most of the skills needed to support older volunteers. The work programme will focus on two main elements: young people and migrants. The volunteers will work with paid staff and local volunteers to enrich the work, provide comparisons with their own country, and learn about operations in the host centres. We expect that most of the participants will be active in their communities as volunteers. We will also welcome new participants with no previous volunteering experience. We want to use this first project to develop the programme in our areas. We will therefore invest a lot of time and energy on evaluation, dissemination of results and planning for future projects. The volunteers will be fully involved in this process.

Improving the knowledge and skills of seniors through the exchange of good practices and experience within the AFS organisation

AFS Interkultur – DK – www.afs.dk

AFS Interkulturelle Begegnungen e. V. – DE – www.afs.de

Through this project, AFS Interkultur and its partner AFS Interkulturelle Begegnungen in Germany wish to exchange senior volunteers within our organisation with a view to improving their knowledge and skills in the provision of education to young people and adults within the area of intercultural learning.

Most of the educational work within the AFS organisation is being done in the local chapters/member committees and is performed by ASF volunteers. A large proportion of those volunteers are mature persons. The opportunity to further develop their competencies and introduce new practices and methods in their activities by means of an extended period spent with their counterparts in the partner country will help them stay mentally fit and also help them maintain their employability as they grow older. Moreover, AFS educational exchange programs traditionally target young people. However, in view of the aging population, more and more people over the age of 50 will be interested in and will benefit from our intercultural learning activities. This project will be part of the ongoing process of making AFS intercultural learning accessible to people of all ages. Other examples of such efforts within the AFS organisation include the introduction of a community service program for people between the ages of 30 and 75 and a teacher exchange program open to fully trained teachers of all ages.

Volunteer Seniors in Schools

Association Denmark-Latvia – DK – www.danmark-letland.dk

Rite Tautskola – LV – www.ritetautskola.org

Seniors from Latvia will work together with seniors in Denmark and vice versa. They will work according to the principle of SIS: "Seniors in Schools". The idea of SIS is to let seniors work voluntarily in schools as mentors, role models and guides, together with the teachers and supporting them, but not substituting for them. Both the seniors and the schoolchildren will benefit. Both groups will get a better quality of life. They both experience the other generation and enrich their views of one another. SIS works well in Sweden and this project should help to spread it in Denmark and Latvia. The Grundtvig project, "Volunteer Seniors in Schools" (VSIS), will add the dimension of different countries with separate cultures. The project should describe the various versions of the idea implemented in these countries. Letting seniors from the two countries work together in each other's social environment should help to put some of the different ideas and perspectives into context and promote discussion. This exchange will enrich the idea with new views on educational processes and methods. It will serve as an example of informal learning as exemplified in the "Volkshochschule" model. After the project is finished, the resulting personal contacts will be supported by cooperative activities through Rite Tautskola and Association Denmark/Latvia.

Environment

2009-1-GR1-GRU14-01979

Protect, Vitalize, Devote

*Hellenic Society for the Protection of Nature – GR – www.eepf.gr
ADEAC-FEE – ES – www.adeac.es*

The aim of the project is to support the managers of the beaches that have received the “BLUE FLAG” award - the eco-symbol of quality - for having successfully met the relevant criterion of the international “BLUE FLAGS” Programme on ENVIRONMENTAL EDUCATION. Volunteers from both countries, who work voluntarily as national “Blue Flag Beach Controllers”, will visit the BLUE FLAG beaches of both countries to check whether the beaches that have received the award comply fully with all the criteria of the Programme, since observation and checks in both countries have so far shown that beach managers need help in implementing the environmental activities required in the Programme. Thanks to the close cooperation between the volunteers of both NGOs (Greek and Spanish) a support kit, which is a tool with ideas for environmental activities to be run by the Blue Flag managers, will be created and offered to them for consultation, whenever they feel they need ideas to put in practice, in their effort to raise public awareness about the crucial need to protect the environment.

2009-1-GB2-GRU14-01794

Learning Through Ecological Living

*Reconnects CIC – UK
Col·lectiu Eco-Actiu – ES*

Learning Through Ecological Living will enable senior volunteers from the two organisations, Reconnects CIC and Col·lectiu Eco-Actiu, to carry out exchange visits. Volunteers will gain practical skills related to sustainable living and an education in the ecological principles which enable us to live in balance and harmony with each other and the natural world. The volunteers from the UK will stay at a residential ecological teaching centre in the Catalan mountains. They will engage in activities such as helping with the development of the permaculture garden, a sustainable building project, and community based education and development work. Those from Spain will contribute to a food based growing and education project in Oxfordshire and to the setting up and running of a land based ecological gathering in South West England. The volunteers will acquire new practical skills and experience, and contribute their own knowledge to the organisation they are visiting. They will discover how their respective organisations approach ecological learning in different cultural settings, and will be able to feed this back into their own organisation – thereby deepening the connections between the partner organisations and augmenting their current practice. In turn this will inform the development of Europe-wide practice and collaboration in this area.

2009-1-IT2-GRU14-07155

Ecosenior

*LUNARIA - Associazione di promozione sociale ed impresa sociale – IT – www.lunaria.org
Etudes et Chantiers espace central – FR – www.unarec.org*

The volunteers will be mainly involved in a short-term voluntary service project centered on the theme of sustainable development, protection of the environment and the landscape. They will carry out practical work such as cleaning paths, clearing wood, cutting down trees, gardening and preparing information materials. They will also be involved in activities to disseminate their environmental work and the experience gained from senior exchanges in the cities of Rome and Clermont-Ferrand to spread this kind of activities.

2009-1-GB2-GRU14-01792

Senior Volunteering in Environment and Nature

*BTCV – UK – www.btcv.org.uk
Umhverfisstofnun (UST) - The Environment Agency of Iceland – IS – <http://www.umhverfisstofnun.is>*

The project will involve 30 volunteers over the age of 50 from the UK and Iceland in practical conservation projects. Volunteers will be recruited from the volunteers who are currently working with the two organisations as a progression in their volunteering activity, and opportunities will be targeted at those who do not normally have the chance to travel. The aim of the project will be to provide a creative opportunity to learn about a different culture, look at different approaches to volunteering and conservation management techniques, whilst contributing time and energy to a partner's project. The project will invigorate and enthuse the volunteers when they return home, where they will share their experience with others both young and old. Volunteers will learn new skills and techniques and try to master a different language. The project will help a group of people understand the wider context in which they volunteer and will contribute to a wider understanding of Europe and the role of active citizens in different countries.

Art, culture, heritage

2009-1-CY1-GRU14-00522

Exchanging National Cultural Heritage

55+ Horis Synora – Kypros – CY
LUSTER MTU – EE – www.noorusemaja.ee

The Grundtvig Senior Volunteering Project «Exchanging National Cultural Heritage», ENCH, is a partnership between “55+ without frontiers - Cyprus” and Association Luster of Estonia. Both organisations will send and host volunteers, and practise and create a long-lasting relationship with shared interests in the topic of Heritage. The cultural heritage of a country lies in the country's folk art, passed on from generation to generation, and also creates new works of art. The main aim of the Project is to establish a European collaboration even after this process is completed. The main objectives of the project are:

- To enable senior citizens to volunteer in another European country and exchange good practice, knowledge and experience
- To create fruitful cooperation and lasting bonds between the two organisations around Cultural Heritage
- To exchange and exhibit each other's national cultural heritage in embroidery, pottery, hand carving, mosaic, hand-made silver and gold artwork, painting, icons and sculpture, hand looming and metalwork.
- The project activities that will be carried out in Nicosia (Cyprus) and Pärnu (Estonia) will be:
 - The organisation and presentation of an exhibition of works of art in Nicosia and in Pärnu
 - The organisation and exhibition of photos of people working with art
 - The presentation of a cultural event (with traditional dancing and music, if possible) as part of the cultural heritage.

2009-1-RO1-GRU14-03241

Seniors' Culture and History – Open, Living and Recounted

Fundația Centrală Educațională Soros – RO – www.sec.ro
CEIPES - Centro Internazionale per la Promozione dell'Educazione e lo Sviluppo – IT – www.ceipes.org

While seniors have always had an undoubtedly important role in all societies, it seems that their contribution to building a common European identity has been less intensively promoted. The younger generations travel across Europe, work and study in different European countries, and thus they feel like true European citizens. Seniors have less opportunity to share their values and beliefs with their fellow European citizens. In such circumstances they feel they derive little benefit from being citizens of the EU, and they think that they have little to contribute to building a common European culture. However, once such issues have been addressed, these senior citizens are happy to share their life experience, their personal history and culture, and they are open to intercultural and inter-generation dialogue. Therefore the project's general aim is to facilitate a better understanding of common European values and common European history, by helping senior volunteers to share their genuine personal life experience with seniors and young people of another EU country. Four senior volunteers will participate in this project and will prepare an interactive and illustrated historical and cultural presentation of the regions they come from. They will perform their presentations for the target groups of the host organisation and its associate partners.

2009-1-PT1-GRU14-03300

Pontes Ibéricas

Junta de Freguesia de Gondomar (S. Cosme) - Universidade Sénior de Gondomar – PT – www.jf-gondomar.pt

Ayuntamiento de Tudela de Duero – ES – <http://www.aytotudela.es/>

This project aims to develop the existing protocol between Gondomar (S. Cosme) and Ayuntamiento de Tudela de Duero. It also aims to foster an exchange of cultures and development of Portuguese and Spanish, through this opportunity for learning.

The senior volunteers of Gondomar will impart knowledge in the area of music and drama, as developed at the University of Senior Gondomar during their visit to Spain.

The senior volunteers in Tudela de Duero will foster the learning of a musical instrument, "La Dulzaina", and a traditional dance which is typical of the region "La Jota Castellana".

This project will be a great opportunity for senior volunteers to establish a linguistic exchange of knowledge, culture and experiences of life that enriches not only the volunteers of both institutions, but also the other actors involved.

2009-1-PL1-GRU14-05444

Knowing each other by learning from biographies

Fundacja Kobięca eFKa – PL – www.efka.org.pl

TARGED Association of Supporting Social Research and Development – TR – www.targed.org

The general aim of the project is to use and develop biographical learning with adults, teachers and adult educators, integrating socially marginalized persons or groups, especially women, into society. The idea of the project is to practise and develop learning about the national and cultural diversities by learning from biographies.

Senior volunteers will be active collaborators and participants in educational projects involving a biographical approach. Applying biographical approaches in settings of adult education allows learners to reflect their own (and other people's) life experiences and personal life phases, in this case in relation to different population groups or cultures. The senior volunteers will be both "living examples" during educational activities and participants in the conceptual work of the partner organisations.

Volunteers will prepare their activity outside the country by working in a volunteer group, learning about the country, region, city and about the situation of women there. They will also learn basic Turkish / Polish. Together with the partner organisations volunteers will prepare a common web site.

2009-1-IT2-GRU14-07164

Islands meeting in Europe

Legambiente Onlus – IT – www.legambiente.eu

MTU Noortevahetuse Arengu Uhing ESTYES – EE – www.estyes.ee

The aim of this project is to link the Baltic and the Mediterranean Sea, North and South Europe, with a particular aim: namely to exchange experiences between communities who live in islands. The small island of Hiiuma in Estonia will come together with the large island of Sardinia in Italy. Seniors participating in this project will have the chance to contribute to the mutual discovery of such realities as part of a voluntary service programme for local communities. In Sardinia, six Estonian seniors will be hosted in the former miners' village of Montevecchio and involved in a project for the conservation of a long walking path leading to the sea. On Hiiuma, six Italian seniors will take part in this experience in the community of Kassari.

2009-1-LT1-GRU14-01591

Seniors say - NON STOP

International Labour Contact Net – LT

Fundația social-culturală pentru democrație “identitate, unitate, generozitate, acțiune” – RO – www.fundatia-iuga.ro

For many years, we were separated by an iron curtain and we knew almost nothing about each other. Now we are free and are living in the united Europe, but old age and lack of self-confidence make seniors feel isolated and unwanted. While young people travel actively, the elderly remain shackled and do not have a positive urge to move. Knowledge of a new world starts from knowing its history, cultural heritage and traditions. This project is intended to help seniors to understand that common values and common mores connect all people: it is only some traditions that are different. The seniors will help to protect the heritage in telling their grandchildren and neighbours what they have seen, how the cultural heritage is protected and treasured and that we need to acknowledge and preserve our identity, because the nation is like a tree which would wither without roots. The aim of the project is to encourage older people, involving them in the public activities, so as to promote and pass on the related traditions, mores and heritage. Project tasks: the aim of the project is easy to achieve through handicrafts, close cooperation and exchanges between ageing craftsmen, in organizing communal activities: textiles, picking of herbs and using them to colour textiles, traditional food preparation, respect for the environment and clearing.

2009-1-HU1-GRU14-02010

Senior Volunteers as Cultural Ambassadors

Budapesti Művelődési Központ – HU – www.bmknet.hu

Department of Continuing Education, Lancaster University – UK – www.lancaster.ac.uk/depts/conted

Senior volunteers from Hungary and the UK will be part of an exchange during which they will educate mainly senior volunteers in the host country about the social and cultural history of the sending country. The focus of the volunteer-led learning will be on food, social history and popular culture. A range of interactive learning methods, including the use of Virtual Learning Environments and audio-visual material, will ensure that the training is engaging and informative and that the senior volunteers' cultural awareness and expression is developed using content that is both relevant and appealing. The volunteers will receive significant training using material developed from previous Grundtvig funded senior exchange projects beforehand and these materials will play a significant role in the development and evaluation of the project, primarily by keeping a diary of their trip and through a continuous process of evaluation. The Budapest Cultural Centre and the Department of Continuing Education at Lancaster University, UK, will each host and send four volunteers for a three-week period.

2009-1-HU1-GRU14-02007

Involving extreme age groups as museum volunteers

Szépművészeti Múzeum – HU – www.szepmuveszeti.hu

The Manchester Museum – UK – www.museum.manchester.ac.uk

The main aim of the project is to bolster the international exchange of museum volunteer experiences, focusing in particular on the inclusion of age groups at the two extremes (i.e. those under 25 – for which the Budapest programme is unique - and those over 55, for which the Manchester programme is unique) in both countries. All the participants will gain an insight into the partner institution's volunteer programme from the induction training, through the follow-up of the volunteer activities, to the termination of the volunteer contract. The participants will also receive some mentoring help and the chance to volunteer actively in the host institution in the areas of visitor services, guiding, office administration, handling objects, etc. The participants' detailed summaries (on specific issues such as selection process, training process and sessions, volunteer fields, community outreach and the embedding of volunteers in the institution's hierarchy) would help later on with the implementation of new practices in the sending institution. The project's planned timing would be as follows: preparatory period of the visits from August 2009 to January 2010. Both partner institutions plan to send and receive 6 volunteers (50+) for a period of three weeks from January 2010 - January 2011- evaluation of the visits January 2011 – May 2011.

2009-1-GB2-GRU14-01797

Exchanging Arts, Cultures and Traditions

African Women, Arts, Culture & Development – UK – www.awad.org.uk

Asociația PRO-XPERT Râmnicu Vâlcea – RO – www.proxpert.org

The E-ACT project aims to give disadvantaged African people in the 50+ age group an opportunity to re-create themselves as confident active citizens of this country. The E-ACT project provides practice based methods which will enable the volunteers to have hands-on experience. Volunteers will be mentored and supported in the planning and development of their cultural dialogue and cultural skills. During the project there will be a cultural exchange visit to Romania for them to experience the arts, crafts and traditions which they share with their Romanian counterparts. The exchange workshops will be practice-based to enable the volunteers explore each other's methods of practice, designs, meanings and significance of the designs including costumes, pottery, basketry, food, dances and singing crafts. During the exchange visit, AWAD and Romanian volunteers will jointly organise a fashion show event in each partner country to celebrate their culture for the host country. All activities will be captured on video and in photographic formats, and collated into an exhibition panel, DVD training resource and website publications. All of these activities will culminate in a dissemination event for the general public and mainstream bodies where volunteers will profile their achievement, receive their certificate, and meet potential clients or purchasers of their cultural expertise or help develop their new ideas.

Sport

2009-1-GB2-GRU14-01796

Skills for Life: International Events Volunteer Exchange

Birmingham City Council – UK – www.birmingham.gov.uk

SISU Idrottsutbildarna Vastergotland – SE – <http://www.sisuidrottsutbildarna.se/vastergotland>

The volunteer exchange is based around continuing participation in SPORT and valuing the contributions of more senior, and experienced, volunteers by providing them with an enriching international experience. On 11 October 2009, Birmingham hosted the IAAF World Half Marathon Championships. International events put on in the city are only possible with the cooperation of dedicated volunteers. For the UK placement, Grundtvig volunteers would be based in Birmingham City Council's Sport and Events department, working on preparations in the run up to the event. Being placed for three weeks would allow the volunteers to occupy more senior roles as this would allow time for training, knowledge building and awareness. Towards the end of their placement they will also be able to further develop their leadership skills by coordinating groups of short term volunteers working on the event. It is proposed that the team of UK volunteers who will volunteer in Sweden should partner the Swedish volunteers in Birmingham and work as a team. This will create an effective team collaboration which will provide a valuable opportunity that will benefit both the volunteers and organisations involved. The placement in Sweden will be of a similar format, volunteering for the Ulva Cup, Skovde, which is a huge football tournament for young teams. This year the Ulva Cup has 280 teams, so it requires many volunteers. The Ulva-Cup is organised by the local club Ulvakers IF, based in the town of Skovde.