



**EVERYONE CAN VOLUNTEER!**



# EVERYONE CAN VOLUNTEER!

A PHYSICAL OR COGNITIVE IMPAIRMENT OR MENTAL ILLNESS SHOULD NOT PREVENT ANYONE FROM VOLUNTEERING. NEVERTHELESS, THERE ARE STILL VERY FEW PEOPLE WITH DISABILITIES WHO VOLUNTEER THEMSELVES. THERE ARE SEVERAL REASONS FOR THIS:

1. MANY PEOPLE WITH IMPAIRMENTS DO NOT EVEN KNOW THAT THEY TOO CAN GET INVOLVED OR WHERE AND HOW THEY CAN GET INVOLVED.

2. THEIR PARENTS OR CAREGIVERS ARE OFTEN CONVINCED THAT THIS IS NOT FOR THEIR CHILDREN OR CLIENTS. THEY THEREFORE DO NOT INFORM THEM ABOUT VOLUNTEERING OPPORTUNITIES OR DO NOT SUPPORT THEIR INVOLVEMENT.

3. MANY NON-PROFIT ASSOCIATIONS AND ORGANIZATIONS HAVE RESERVATIONS OR FEARS ABOUT EMPLOYING VOLUNTEERS WITH DISABILITIES AS VOLUNTEERS.

4. IN PUBLIC, PEOPLE WITH DISABILITIES OR MENTAL ILLNESSES ARE OFTEN ONLY PERCEIVED AS RECIPIENTS OF HELP AND NOT AS PEOPLE WHO ALSO HELP OTHERS OR DO SOMETHING GOOD FOR THE COMMUNITY.

IN OUR EXHIBITION "EVERYONE CAN VOLUNTEER!", WE SHOWCASE VOLUNTEERS WHO HAVE A DISABILITY OR MENTAL ILLNESS. WE WANT TO ENCOURAGE PEOPLE WITH DISABILITIES TO GET INVOLVED IN VOLUNTARY WORK THEMSELVES. WE WANT TO BREAK DOWN PREJUDICES AND CONCERNS AMONG PARENTS, CARERS, BUT ALSO IN CLUBS AND ORGANIZATIONS AND SHOW WHAT IS POSSIBLE AND WHAT VOLUNTEERING MEANS AND BRINGS TO THE PEOPLE CONCERNED. VOLUNTEERING BY PEOPLE WITH DISABILITIES IS NOT A "CHARITY ACT" BUT AN ENRICHMENT FOR OUR NGOS, ORGANIZATIONS, COMMUNITIES AND FOR SOCIETY.

WE WANT TO MAKE VOLUNTEERING MORE INCLUSIVE - **JOIN US!**

"WHO ARE WE?"

WE ARE PARTNER ORGANISATIONS FROM 4 DIFFERENT COUNTRIES. IN OUR INTERNATIONAL PROJECT "IMPROVE 2.0." WE PROMOTE INCLUSIVE VOLUNTEERING. WE ARE LOOKING FOR WAYS TO ENABLE PEOPLE WITH DISABILITIES TO BECOME VOLUNTEERS AND FIND THEIR OWN POWER THROUGH VOLUNTEERING.





## CHRISTIAN MORITZ, GERMANY

“For me, volunteering at GLL means commitment to positive social development embedded in a caring team that provides a very pleasant atmosphere.”

Christian, known as "His", is a blind volunteer at the German organisation Living and Learning together in Europe. He supports the association mainly in day-to-day office activities: telephone service, organization and moderation of events. In addition to this, His leads Jam-with-me sessions and gives lectures about his blindness. If there are any problems, his inclusion buddy Franz is there to help him.



**PERDITA WINGERTER,  
ORGANIZATION  
GEMEINSAM LEBEN  
UND LERNEN IN  
EUROPA E.V.**

“For us, it is enriching to see the opportunities that Christian's volunteering creates to overcome challenges. We become more sensitive and see "invisible" barriers. We also benefit from Christian's talent to inspire people. He can take time to talk to our external volunteers and stay in touch, which is very important for them and thus for us. ”

The GLL organization specializes in supporting the active participation of people who find themselves in an unfavorable social situation





Reinhard: "It's nice and fun. I can pass on the opinions of others and I can help to shape the programs."

Josef: "I like to help our working groups. The exchange with other ODWs in Lower Bavaria is nice."

## REINHARD SCHÄTZL AND JOSEF FÜRST, GERMANY

Reinhard Schätzl and Josef Fürst are elected members of the ODW Advisory Board. The board is a link between customers and employees of the Open Work for the Disabled. The elected members are actively involved in the activities and strategic planning of the ODW. They give advice and are involved in the organisation of events. Reinhard and Josef have cognitive impairment.



## MICHAELA SPITZENBERGER, ODW ADVISORY BOARD

“In the ODW Advisory Board, we gather topics that are brought to us by other people with disabilities, for example, in the workshop. We discuss these topics in our meetings and create an agenda together. We go through the agenda point by point. The assistants help us with writing the minutes. It’s important to us that we consider the wishes of others and act as a voice for people with disabilities.”

An ODW advisory board is similar to a self-representative in the workshop council or in the home advisory board, only for the Open Disabled Work. Their tasks are, for example, to represent the ideas and wishes of the participants from the leisure club, to receive improvements and complaints from participants of the ODW and to look for solutions, to represent the ODW at public appearances and to work together with other advisory boards with people with disabilities.







## SEBASTIAN KOVAC, GERMANY

"I have met many nice people and got to know new games here. Volunteering at GLL has enriched my life and hopefully will continue to do so for a long time"

Sebastian, volunteer with an autism spectrum disorder, is a volunteer at the German organisation Living and Learning together in Europe. He has chosen his volunteer tasks according to his own interests. He enjoys playing games, so he helps out at game evenings. Additionally, he assists in keeping the community room, where events take place, tidy and clean.



## PERDITA WINGERTER, ORGANIZATION GEMEINSAM LEBEN UND LERNEN IN EUROPA E.V.

“Sebastian is a very reliable volunteer: If he says he's coming, then we can be sure that he will. And he is now involved in many different ways: not only does he help us to keep our meeting centre clean, every second Wednesday he supports us at our games evening. He brings his own games and can explain them very patiently and simply to our visitors, who can barely speak German. And at events, he is happy to sell drinks - even for multiple hours. And of course we're very happy about that too.”



"In VOLUNTEERING we achieve more together" is the motto of the organization "Gemeinsam leben und lernen in Europa e.V." ("Living and Learning Together in Europe.") They support people in getting involved as volunteers for our society. In their community room in Passau (Eastern Bavaria), everyone can volunteer and help with events. There is something for everyone: game nights, cultural evenings, creative workshops, cooking nights, dancing, or making music together...





## ELISABETH LINDINGER, GERMANY

"I believe that inclusion should not always be viewed unilaterally. As a person with a disability, I cannot simply say, 'Hey, include me.' Instead, I also need to make an effort to be included. We have the principle of 'support and challenge': I demand something, so I must also support it. That is why I want to engage in politics."

Elisabeth studied social pedagogy and is currently a candidate for the district parliament for the Free Voters in Lower Bavaria. Together with her twin sister Katharina, Elisabeth is also involved in the Federal Association of People of Small stature and their Families e.V. and the Association of People of Small stature. Elisabeth and Katharina are even listed in the Guinness Book of World Records as the smallest female twins in the world - and also see this as a clear statement on inclusion.



## ELISABETH'S POLITICAL ACTIVITIES:

Elisabeth is active in a political party. The party is called "Free Voters." They want security and freedom for everyone in Germany. They want a good future for all children in Germany. They believe everyone wants to live safely, earn enough money, and be happy. They come from local politics, which means they have worked in cities and villages. They are also in the Bavarian state parliament and in the European parliament. And they have many plans. They also want to be in the Bundestag. That's where decisions about national politics in Germany are made.







## ISAAC EMBALO, GERMANY

"When I am here, I feel at home! I am happy to be a volunteer!"

Isaac Embalo has an intellectual disability and works at the animal shelter in Freilassing. He started with two hours per week and thanks to his good performance he now volunteers 4 hours per week.



# BRITTA SCHÄTZEL ORGANIZATION STARTKLAR SOZIALE ARBEIT

"In the specific case of our organization, where our clients are migrants, often with intellectual disabilities, language barriers (at the beginning), dramatic life stories, and no family, volunteering opens up a world of possibilities for these people. It gives them the chance to reintegrate into society, overcome language barriers and social limitations, and allows them to be themselves through their talents."

"Startklar Soziale Arbeit" promotes an open, diverse and inclusive society. Isaac is part of their 'Supervised Independent Living' program, where they seek alternatives for proper integration into society. In Isaac's case, they established contacts with the animal shelter Freilassing.







## ANDREAS HESSHEIMER, GERMANY

“What do I like about volunteering? Above all, the community, the team spirit in the club and the fact that I've made new friends as a result. Simply getting involved is good for you.”

He used to be a youth leader in the Vilshofen technical relief organization and stopped when no more young people joined them and they had to put the youth section on ice. A friend then brought him to the table tennis club in 2011, where he has been active ever since. When their treasurer quit, he was asked if he could take over the position because he also works in the office. He did and has now been treasurer for 11 years. He takes care of collecting membership fees once a month and does all the bookkeeping. When the club holds tournaments, he is also the tournament director, which means they decide who plays who, enter the results into the online program and make sure everything is fair.



# GEORG SCHMÖLLER

## 1ST CHAIRMAN TABLE TENNIS CLUB

### TTV VILSHOFEN

TTV Vilshofen is a table tennis club from Vilshofen an der Donau, which was founded in 1989. With almost 250 members, the club is one of the largest independent table tennis clubs in Lower Bavaria.

“Andy is doing a great job, he is part of the central team who are always there when help is needed. You don't need to ask him. He takes care of the smallest detail, organising the bus for the team, fetching something. Then he takes care of all the association's financial matters: preparing the donation receipts, the accounts, the membership fees, the annual financial statements. He doesn't peddle what he does, but he's always there, helping out with everything from morning to night - for him it's a matter of course. For his size, it's incredible what he can do, he has an incredible amount of strength. I don't even notice his size any more, you just forget it because he does everything.







## ELISABETH EITZINGER, GERMANY

“As an event reporter, I enjoy travelling, always somewhere new, in different parts of Munich, meeting new people - I'm very sociable and right in the middle of things. I'm also grateful for that: it's easy for me and varied.”

She is an event reporter for the Gute Tate Munich foundation, takes photos and has her own column on the foundation's blog 'Hier schreibt Elisabeth'. She also independently researches new inclusive cooperation partners and support requirements for the foundation's inclusion project. She also helps carers from abroad to learn German. She has left hemiparesis from birth and epilepsy.



# NICOLE KERTÉSZ, GUTE-TAT MÜNCHEN FOUNDATION

“As head of our inclusive project ‘Miteinander - Mittendrin’, I benefit greatly from Elisabeth's commitment: she and all the project participants with disabilities open up new perspectives on things that are supposedly unchangeable! Sensitisation is increasing and cars that are half parked on the pavement are seen with new (and even more critical) eyes. In her own column ‘Elisabeth writes here’, she describes events from her point of view as an ‘expert in her own cause’. I value Elisabeth's collaboration because she lends a hand, is interested in the foundation's work as a whole (not just in inclusive topics) and is a real team member thanks to her regular participation in the Jour Fixe. Her research into inclusive needs at social organisations has already brought us some new partnerships.’



Since 2007, the non-profit Gute-Tat Foundation has been connecting volunteers in Munich with meaningful opportunities to engage in community service. With the initiative ‘Miteinander -Mittendrin’ they want to create a sound basis for the long-term and continuous support of people with disabilities in voluntary work.





## MATYÁŠ STRAŠÍK, CZECH REPUBLIC

"Entering the project was also a step out of my comfort zone. Initially I was worried that I wouldn't be able to be paired with any child clients due to cerebral palsy, but in the end it was this specific life context that helped me to establish and develop a relationship, as we both drew from similar physical experiences. I gained both more practical experience in working with people and verified that even small things (like the mere fact that I am there for the other person) can have a big effect."

Matyáš is a psychology student and has been meeting with his younger friend Kuba for 2 hours a week for over a year as part of the mentoring program. Every week they go for a short walk together, always stopping for a bite to eat, and talk a lot about life.



# BOHDANA BŘÍZOVÁ, ORGANIZATION TEMPERI

Temperi organization is dedicated to supporting the social functioning of people who find themselves in an unfavourable social situation.

„For Kuba, Matyáš is his only friend, other friends his age don't take him (maybe because his disability). A great friendship has developed between the boys – a friendship where the fact that Matyáš, a volunteer, has a physical disability himself does not play a role at all.

From the beginning, we discussed his physical limitations with the volunteer in a straightforward manner in relation to our target group of child clients (often lively children, those with ADHD, etc.). The volunteer was aware of his limits and we managed to pair him up with a boy who also has some physical and psychological handicaps. Matyáš handles everything on his own, he does not need any support on the physical plane. We support him more in the practical area as inventing new activities for them, transport or adapting some activities. The whole team (coordinator and volunteers) support Matyáš.

We see the adaptive measures associated with the participation of people with disabilities as volunteers (e.g. reducing physical barriers, using simple language) as benefits of inclusive volunteering in the organisation. An inclusive volunteer in our organisation also means a good image for us externally.“







## VLADIMÍR BENDA, CZECH REPUBLIC

“There is no better feeling than seeing seniors humming familiar songs and some of them dancing to the music.”

As a volunteer, Mr. Vladimír devotes his time to the elderly in retirement homes and nursing homes by performing music. He has been doing this for thirteen years. His retirement has created time for him to continue to use music for the enjoyment of seniors in retirement homes and nursing homes.



## JANA KARASOVÁ, ORGANIZATION STŘED, Z.Ú.

The most beneficial thing I see is that the volunteer has a feeling of self-fulfilment, usefulness, sees the enthusiasm of others, that he can make someone happy despite his illness. He gives joy to the clients who can even sing with him.

The organisation Střed, z.ú. has been operating within the Vysočina Region for more than 20 years. They offer social, preventive and therapeutic services and are the operator of the Moravia Community Centre in Třebíč. Organization STŘED, z. ú. operates the STŘED Volunteer Centre.







## PAVLA MÍCHALOVÁ, CZECH REPUBLIC

"I'm learning how to work with children."

Pavla has a kind and good-hearted nature and her great joy is taking care of the children. She herself has a mild mental disability. This is her third year volunteering and supporting children with disabilities. She regularly attends a sports club once a week for children aged 5 to 15. At the club she helps with children with autism spectrum disorder with more severe intellectual disabilities. She is able to take care of them very nicely and caring for them fulfills her.



# RENATA ŠTAUBROVÁ DIAKONIE (DEACONS) ČCE - STŘEDISKO ROLNIČKA

Pavly's volunteerism resonates with the mission of our organization. We are different, but we belong together and each person is unique and deserves respect. We strive to see our clients as individuals and give them opportunities to develop in different areas. One of the opportunities is to be a volunteer and to experience the feeling of being needed and useful. As part of her volunteering, Pavla has the opportunity to help with children in her spare time. Many things she's learned and had to change about herself and that's a big inspiration for us. In general, it is a great joy for us when we manage to involve a person with a disability as a volunteer and the activity suits them.

Diakonie Rolnička is one of the centres of Diakonia CCE and was founded in 1993. Currently it helps 135 children and adults with mental and combined disabilities from all over the Tábor region. Our goal is to provide comprehensive services that can help our clients accompany our clients from childhood to retirement age. In addition to 6 social services, Rolnička offers employment to people with disabilities in a sheltered workshop or Goodwill Shops and volunteer centre services.







## DANIEL HOTTMAR, CZECH REPUBLIC

"I see helping others as the meaning of human life, it's what makes us human."

Daniel volunteers on several fronts, and is also a prison chaplain and parish priest. He has long given his time to the clients of the hospice in Čerčany, and now he is in primary schools talking to students about living with disabilities with humour. He has been a regular visitor to the Benesov Gymnasium for several years, where he gives talks on how to cope with difficult events in life. Daniel has been in a wheelchair since birth.



# MONIKA HORNÍKOVÁ, ORGANIZATION TŘI, Z.Ú.

Daniel's contribution is indescribable. It is all about his own life experiences, different perspectives and extraordinary empathy that is healing for patients, clients, staff and carers. He has an spiritual overlap and is able to tune in to bereaved children and parents in an extraordinarily appropriate way, offering extraordinarily kind comfort and encouragement.

TŘI, z.ú. is the founder and operator of the Hospic Dobrého Pastýře (Hospice of the Good Shepherd) in Čerčany. The basic activity of the organization is hospice and palliative care, both within the inpatient hospice and in the home environment of clients. At present, TŘI, z.ú. offers a wide portfolio of social and community services.





## VERONIKA MOKRÁ, CZECH REPUBLIC

"Volunteering gives me that I can help dogs. I have a lot of time and nothing to do, so at least I get to see the dogs. They're the poor souls who can't help it. I also enjoy going to the races. I help with what needs to be done. Sometimes I show the way, sometimes we cheer. I enjoy it.

Veronika is involved as a volunteer in the events of the organization Dobrovolnické centrum, z.s. (volunteer centre), where she also absolved training for volunteers with disability. She mostly helps as a volunteer at running races, showing the runners the way and cheering them on. Veronika loves dogs and that is why her favourite activity is walking dogs from the city shelter in Ústí nad Labem. Veronika has an intellectual disability.





# MICHAELA KINDERMANNOVÁ, DOZP VŠEBOŘICE

My opinion about our clients being volunteers - We have been instilled from a young age that people with disabilities need to be helped. That they are people who need our help and it is not easy in life. This is of course true, but there is a big "BUT". On behalf of our clients, who are people with intellectual disabilities, I can say that they can do more things than most of the able-bodied population thinks and, on the contrary, they are very happy to help others. We don't have a client in our center that doesn't offer themselves whenever they need help. It's automatic for them as it is for all of us. And if they can show that they can be valuable partners to the healthy population, they are even more satisfied. So I'm really happy that in collaboration with the Dobrovolnické centrum, some of our clients have become trained official volunteers who can offer their help at public events and public sectors, showing the general public that a person can have any disability, but if they have the will and desire, they can do anything.

DOZP Všebořice offers housing to people with mental disabilities who find themselves in an unfavourable social situation and cannot solve it through family or field services.







## **RUSLANAS CHIGIROV, LITHUANIA**

“At the beginning, I felt shy, but every time it gets easier. At first, there is no such connection, but after a while, it appears. I used to avoid children, but now I like them very much.”

Ruslanas volunteers at a kindergarten. He communicates and plays with children, draws common pictures, teaches various games, participates in daily activities, and makes various handicrafts together with the children.



# JOVITA LAURINAVIČIENĖ, PANEVĖŽYS KASTYTIS RAMANAUSKAS KINDERGARTEN

A committed volunteer, who carries out various activities in the kindergarten, helps to develop the social skills of the little ones, and promotes cooperation, friendliness, and respect for others. Volunteers often bring new ideas, creative solutions, and energy, which helps to revitalize daily activities and create a positive atmosphere. For the little ones, volunteering gives them extra attention, warmth, and care, stimulates their creativity and emotional development, and develops their independence and self-confidence through various activities. Volunteering in the nursery contributes not only to the well-being of the children and the promotion of empathy but also to the strengthening of the whole educational community.

The Panevėžys Father Kastytis Ramanauskas Kindergarten was founded in 1961. The kindergarten's activities are based on the principles of Christian pedagogy. The kindergarten is a space of holistic education where the child experiences, explores, learns, strengthens, befriends, and grows with all members of the community: teachers, children, and parents.







## ROBERTA BELECKAITĖ, LITHUANIA

“I like to do good things, especially if they make others happy. I am happy to create beauty.”

Roberta has extensive experience in volunteering. She volunteered at an old people's home, a kindergarten, a food bank, a café, and wove bracelets in support of Ukraine, and can be proud of international volunteering. Roberta was voted Young European of the Year 2022 because she is active, interested in new things, and gets involved in new activities. Most of all, she likes to embroider and make various handicrafts, especially bracelets.



## HOME OF SOCIAL SERVICES OF ALGIMANTAS BANZA SOCIAL WORKER DIANA ČIURĒ

We are happy to work with the Jaunuolių dienos centras and volunteers with disabilities who volunteer and give their time to the elderly. One of the most interesting aspects of inclusive volunteering is the participation of people with disabilities. Their sincerity, warmth and ability to bring joy to the elderly in our community is a special light. By visiting the elderly, they not only brighten up their daily lives, but also create deep, meaningful relationships that are often very important to older people. Their smiles, communication, time spent together and kindness have an invaluable impact on the lives of seniors, enriching their days with warmth and joy. We are happy to be part of this wonderful and inspiring volunteering activity that brings different groups of people together and helps our organization and the community to grow.



Social Services Home of Algimantas Bandza was established 1998. Its main activity is care and welfare institutions. Social Services Home of Algimantas Bandza provides special social services for children without parental care, children with disabilities and social risks, mothers with children at social risk, and elderly persons who are unable to live on their own and require constant professional care.





## ADOLIS RIBOKAS, LITHUANIA

“I am strong, and I like to help because then I feel important and needed. I love animals, I don’t have any at home, so I am happy to take care of others.”

Adolis has tried several volunteering places and he likes the most where physical help is needed. For example, taking care of animals on the farm or performing daily household chores. Also, at the animal shelter and other places where help is needed in caring for animals.



# RŪTA LIBERIENĒ. FOUNDER AND HEAD OF PANEVĒŽYS ANIMAL CARE SOCIETY AND RUTA'S HAVEN

Volunteering is not only about helping the organisation, but it also gives the volunteer the pleasure and opportunity to feel needed. Volunteers are very much needed in our organisation because it is not only about interacting with the animals, but also about real help with the management. Often volunteers are really inexperienced, but through interaction they gain that experience. Without volunteers, it would be really hard for our organisation to survive.

For 20 years she has been creating organisations to shelter strays, a dog trainer, an expert cynologist and the founder of the only Panevėžys Animal Welfare Society. She established a temporary home for abandoned and unloved animals in Kaimiškis, Panevėžys district, where since 2010 the only animal shelter in Panevėžys has been operating. It also cares for dogs of senior citizens.







## ANDRIUS IVANAUSKAS, LITHUANIA

“Football is one of my favorite sports and I’m glad that I have the opportunity not only to help my city’s team but also to travel to other cities and see the matches up close.”

Andrius volunteers at the football club “Ekranas”. He helps to prepare the stadium for matches, collects the necessary equipment, and takes care of all necessary jobs there. Andrius enjoys being active, working as part of a team, and being able to contribute to good causes. Sometimes he also travels with the athletes to other cities and helps them during competitions. Andrius has an intellectual disability.



**FOOTBALL CLUB  
AUKŠTAITIJA  
(FK EKCRANAS)  
DIRECTOR  
TOMAS MALINAUSKAS**

We are very grateful to the members of the Jaunuoliu Dienos Centras who have been volunteering for the club for the last three years. Their diligence, punctuality and sincere dedication to their tasks show that a volunteer can become not only a helper, but also an inspiring example for others. The contribute to our club not only with their work but also with their unique positivity, which helps to create a warm and friendly atmosphere for all team members. Every day they bring more life, good emotions and diversity to our organisation. We are happy to be part of this wonderful community and to grow and develop together.

Football Club Panevėžys was founded 2015. In the same year, the club gained the right to participate in the LFF First League competition. Three years later, the team became the winner of the First League and qualified for next season's A-League competition.







## **SOLVEIGA RASINSKAITĖ, LITHUANA**

“During my volunteering, I like to interact with people and help others because it makes me feel useful and needed”

Solveiga volunteers at the city's public library. Helps prepare educational spaces, and makes the necessary tools. She also interacts with the children and helps them participate in the activities. Solveiga enjoys volunteering because the opportunity to interact with different people is very important.



# PUBLIC LIBRARY OF ELENA MEZGINAITĖ SENIOR LIBRARIAN INGA MATELIENĖ

Panevėžys Public Library of Elena Mezginaitė - a modern, value-creating, user-oriented institution that flexibly adapts to the changing conditions of life in the social community structure. Creating a library close to home: to provide the community with access to information, modern technologies, knowledge, and culture that meets its needs, to promote reading, self-education, and lifelong learning.

Very Friendly, sincere, and helpful young people from the Jaunuoliu Dienos centras volunteer in the Public Library of Elena Mezginaitė, as well as in the Smėlynės, Šaltinėlis libraries and the children's literature section "Žalioji pelėda". Their help and positive emotions not only help the library staff but also the readers and the children, giving them a sense of community, that we are all human beings with our own experiences, how much we can learn from each other, how much we can learn how to love the person next to us, how much we can learn how to be good friends. Sometimes, young people are invited to participate in the activities and create souvenirs for themselves and their friends, especially before the holidays when artists and authors visit the libraries. We enjoy the emotions we experience together, sharing our thoughts and works, and learning about what is new and interesting.







## **IGNAZIO ACQUAVIVA, ITALY**

“I like to stay here, it makes me think to the activities I was used to do in the past in the vegetable garden. I like to color the salt and put it in the jar.”

Ignazio is a very active volunteer. This is just an example of all the activities he does to help the people and his city: he helps the children during outdoor educational workshops at Hryo organization, he participates to clean up actions in streets and beaches. He likes gardening and cultivating in the vegetable garden. Ignazio has a cognitive disability.



Terra Franca is a land confiscated from the mafia located in Palermo and managed by Human Rights Youth Organization. It hosts an holistic apiary and biodiversity greenhouse and promotes natural beekeeping and permaculture through guided visits and workshops for children.

**TERRA FRANCA -  
HUMAN RIGHTS  
YOUTH  
ORGANIZATION  
PROJECT  
COORDINATOR  
MARCO FARINA**

“Ignazio made an extremely enriching experience at Terra Franca, where he collaborated as volunteer making activities with children. His dedication and enthusiasm created a positive and inclusive environment, demonstrating as volunteering can represent a strong tool of mutual growth. Ignazio was a real example of commitment and solidarity, leaving an indelible mark in the hearts of all participants.”







## VINCENZO SICOLA, ITALY

“I have learned a lot of things: to plant, to clean the streets. I really love to be useful.”

Vincenzo is a volunteer with Down syndrome for the project Orto Aperto, in collaboration with an elementary school in Palermo. Once a week, Vincenzo helps in the activities taking care of the garden and helping children to cultivate plants.



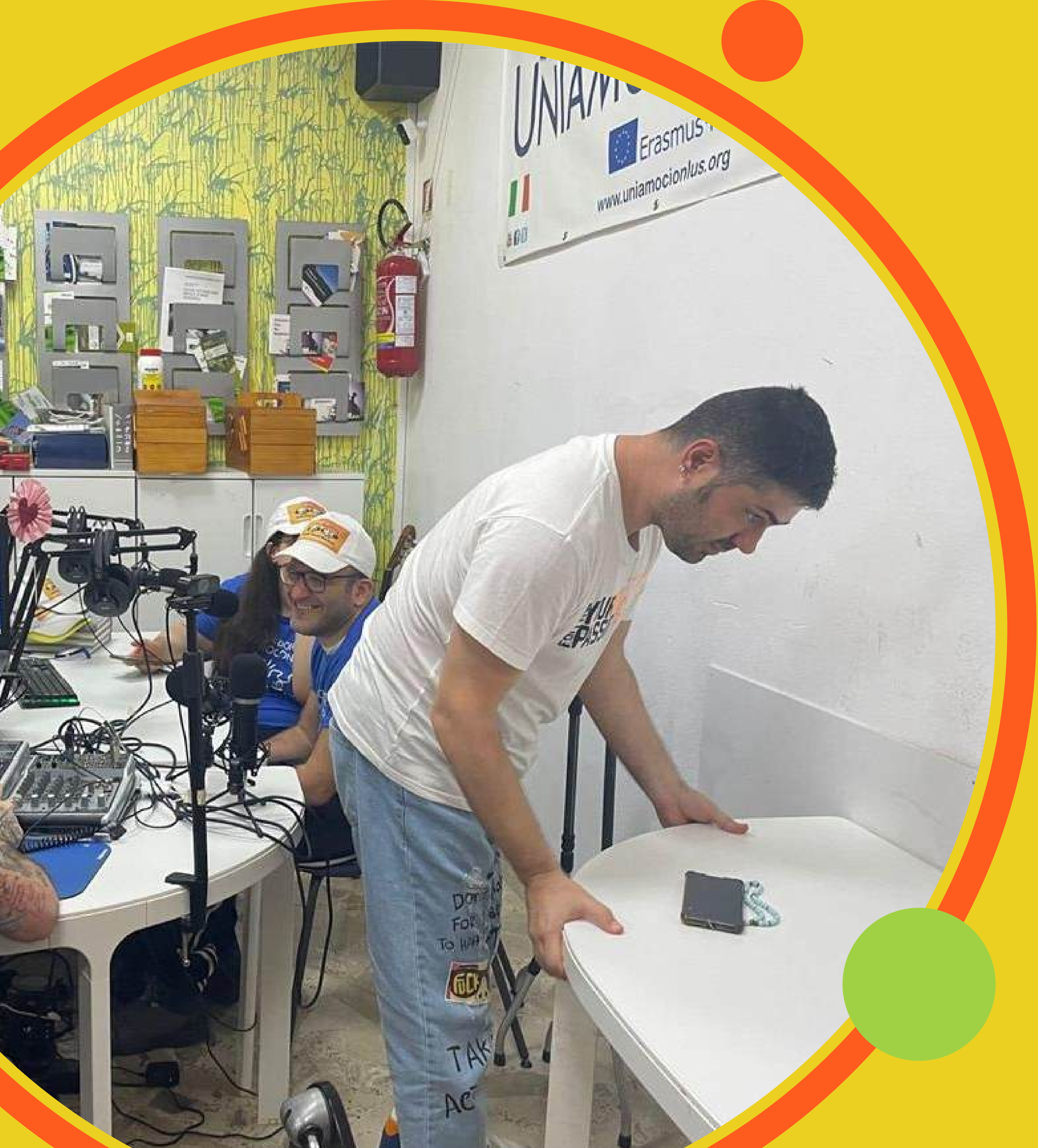
## DAVIDE MARTINO, EDUCATOR OF UNIAMOCI APS

Orto aperto” is a project funded by the Waldensian Church where Uniamoci APS took care of a vegetable garden in the Orestano Primary and pre-primary school. It saw the involvement of volunteers and young students of the school. Tireless examples of dedication and work were needed and one volunteer in particular stood out. As soon as Vincenzo heard about the project he didn't bat an eyelid: he participated with tireless energy and a lot of attention, showing care for the green space. You know it's not always easy to stay focused and active especially when there are so many children asking for attention and explanations. In fact, Vincenzo found himself explaining to the children several times how they had to sow the earth, acting as a good practical example to emulate for the correct execution.



Uniamoci APS is a no profit organization based in Palermo. It works in the field of empowerment of adult people with disability fostering their full inclusion in the society since 2008. It collaborates with local schools and organizations and is very active at European level.





## CRISTIAN RICCOBONO, ITALY

"I like music and computers: I set up microphones, cameras, chairs and tables. During the broadcasting I seat silently next to the audio and video technician and I help when necessary."

Cristian likes music a lot. Everyday he asks to the educator wish to dowload some songs for him, his wishlist of songs is neverending! After the traing for aspiring volunteers he asked to the coordinator to volunteer in Web Radio Senza Barriere: no sooner said than done.



# ELEONORA DI LIBERTO, VICEPRESIDENT OF UNIAMOCI APS, THAT MANAGES WEB RADIO SENZA BARRIERE

When Cristian proposed himself as a volunteer during the web radio programmes, we didn't hesitate for a second! Help was really needed and even from the photos you can see how seriously Cristian is implementing his volunteering tasks, with dedication and commitment. Even during the broadcasting, when he has just to sit quietly next to the technician, he is very attentive in following the technical procedures.

Web Radio Senza Barriere is the official web radio by Uniamoci APS, it is managed by 3 people with a physical disability, so volunteers help is very welcomed: it can make the radio staff independent!





## VINCENZO SCALAVINO AND MARIA GIULIA SPINOSO, ITALY



Maria Giulia: "It gives me the possibility to talk about important topics that can raise people's awareness."



Vincenzo: "It gives me the opportunity to express my opinions freely."

Vincenzo and Maria Giulia are volunteers with physical disabilities: they prepare every week a web-radio episode for Radio Senza Barriere in organization Uniamoci. They are the speakers and they also prepare the contents, invite the guests and manage Public Relations. Usually they speak about cultural and topical issues, sometimes about Erasmus+ projects or local social projects.



## DAVIDE DI PASQUALE, PRESIDENT OF UNIAMOCI APS

“They are simply fantastic! Together with the technician, they are totally autonomous in running the web radio: I just provide them the broadcasting studio and equipment and... I like posts they publish on the web radio social media channels. The only support they need is turning on/off lights, plugging in the sockets, adjusting cameras and microphones, things like these. They are a great example of how much important volunteers can be for the activities of an association and how much freedom they can have in the implementation of volunteering activities when the coordinator can trust his own volunteers.”

Web Radio Senza Barriere is the official web radio by Uniamoci APS. Uniamoci APS is a no profit organization based in Palermo. It works in the field of empowerment of adult people with disability fostering their full inclusion in the society since 2008.







## DAVIDE CIRO SCHIERA, ITALY

“It makes me feel included in society and it makes me feel useful for the little that I can give to others, even just a smile.”

Davide is a volunteer with physical disability. He has a huge volunteering experience, both locally and transnationally. He is very creative and he has always a lot of usefull ideas. He likes videomaking and video directing a lot, so usually he volunteers in this field; but once he volunteered even in the kitchen of a day center for people with disabilities in Romania.



## MASSIMILIANO BRACCO, SECRETARY OF THE BOARD OF FEDERSID

Davide has made a significant positive impact on our organization through his contributions and creativity. He was involved even in our first project, the youth exchange Art Attack, by creating videos for disseminating project results. His qualities—calmness, patience, and reliability—make him a valuable team member, especially in a collaborative environment where adjustments and feedback are often necessary.

Davide embodies the spirit of community service and teamwork, and his support is undoubtedly appreciated within your organization. “La proiezione non è nello schermo ma nella nostra mente”.

FEDERSID - Federazione Sociale Italiana per le Disabilità (Italian Social Federation for Disabilities) promotes, supports and implements interventions aimed at combating social hardship and assisting disadvantaged people promoting well-being, growth and inclusion.





PROJECT "IMPROVE 2.0." - INCLUSIVE METHOD IN PROFESSIONAL VOLUNTEERING IN EUROPE

**WE WANT TO MAKE VOLUNTEERING MORE INCLUSIVE - JOIN US!**



**dobrovolnické  
centrum**

**DOBROVOLNICKÉ CENTRUM, z.s.**

Prokopa Diviše 1605/5, 400 01 Ústí nad Labem  
(CZECH REPUBLIC)

info@dcul.eu - [www.dcul.eu](http://www.dcul.eu)



**Gemeinsam leben und lernen in Europa e.V.**

Leopoldstraße 9 D- 94032 Passau (GERMANY)

info@gemeinsam-in-europa.de -  
[www.gemeinsam-in-europa.de](http://www.gemeinsam-in-europa.de)



**JAUNUOLIŲ DIENOS CENTRAS**

Kranto g. 18, LT-35173, Panevėžys (LITHUANIA)

info@pjdc.lt - <https://pjdc.lt>



**UNIAMOCI APS**

Via Vito Fazio Allmayer 23 - 90135 Palermo (ITALY)

info@uniamoci.eu - [www.uniamoci.eu](http://www.uniamoci.eu)