



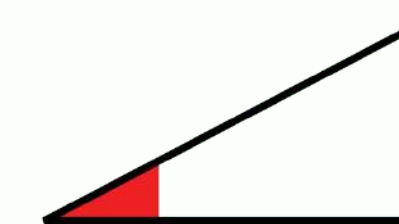
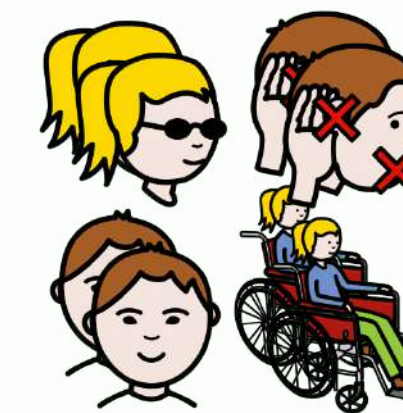
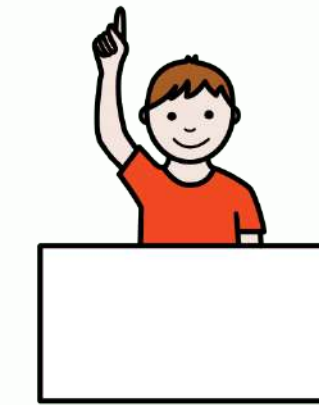
EVERYONE CAN VOLUNTEER!

EVERYONE CAN VOLUNTEER

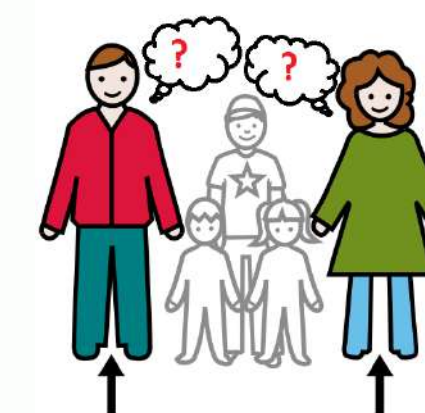
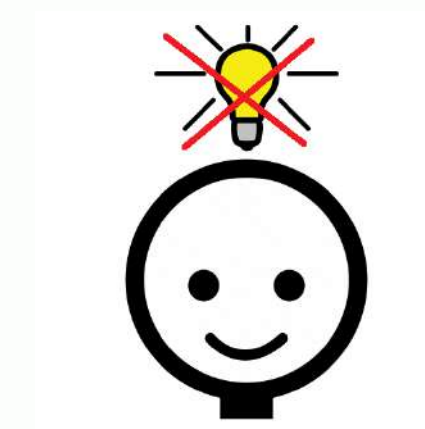
A person with a physical or cognitive disability
or with mental illness is able to be a volunteer.

The people with disability who volunteer are very few.

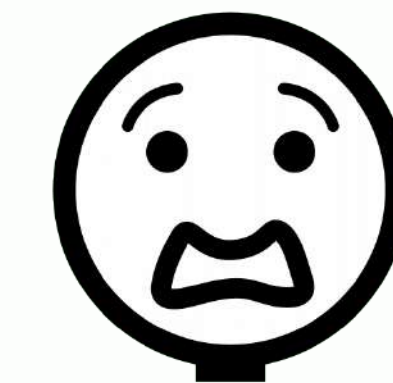
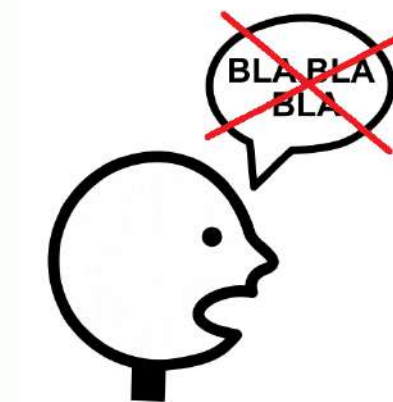
Why?



- Many people with disabilities do not know that they can be volunteers
- Many people with disabilities do not know how to do to be volunteers
- People with disabilities' parents or caregivers are not convinced that their children or client can be a volunteer.



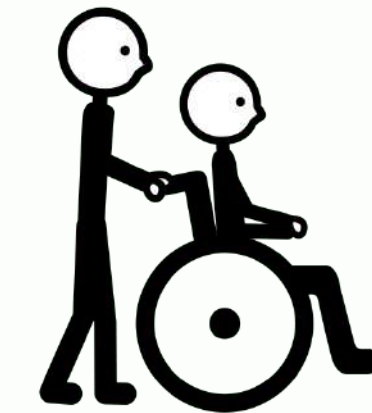
- They do not inform them about volunteering opportunities
- They do not support them to be volunteers
- Many non-profit associations and organizations have fears about welcoming volunteers with disabilities.



- People usually think that people with disabilities can only receive help.

In this book you find photos of volunteers who have a disability or mental illness.

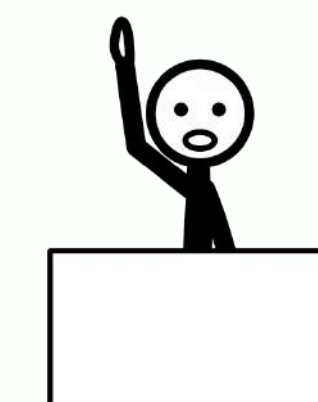
We want to tell you that you can be a volunteer.



We want tell parents, carers, but also in clubs and organizations that people with disabilities can volunteer.

Volunteering by people with disabilities is an enrichment for our organizations, communities and for society.

Everyone can volunteer.



WHO ARE WE?

We are 4 organizations.

We come from 4 different Countries in europe.

We are collaborating in a project called "IMProVE 2.0."

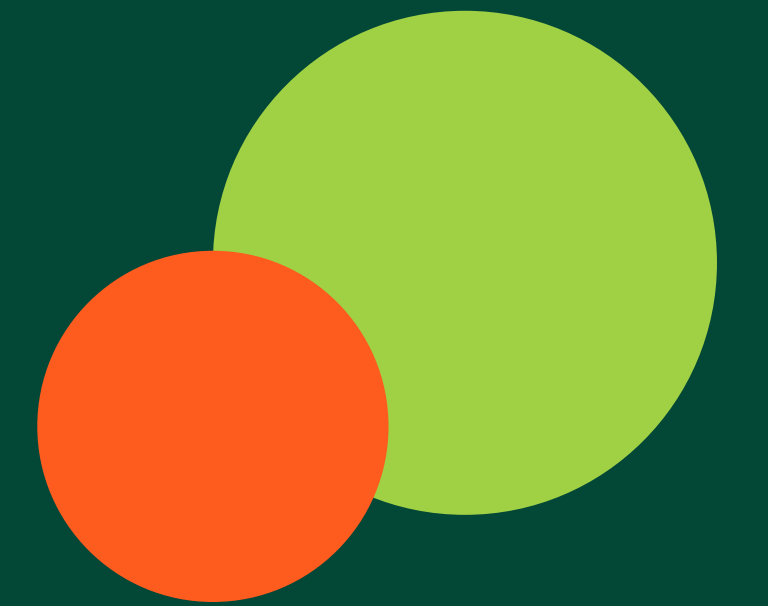
With this project we promote inclusive volunteering.

We created a way to help people with disabilities to become volunteers.

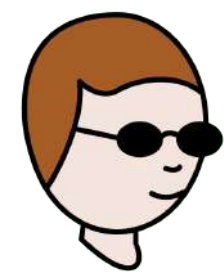




CHRISTIAN MORITZ FROM GERMANY



He says that
by volunteering at GLL he can
contribute to positive changes
in society.



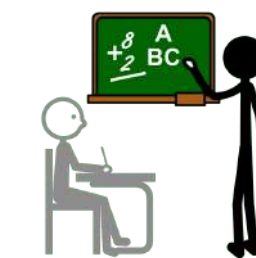
Christian is a blind volunteer at the German organisation Living and Learning together in Europe.



He makes phone calls.



He helps in organizing events.

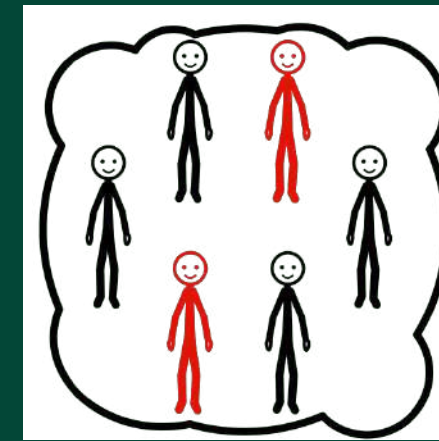


He gives lectures about his
blindness.



If there are any problems, his inclusion buddy Franz is there to help him.

The GLL organization works for the active participation of people who are in a difficult social situation



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



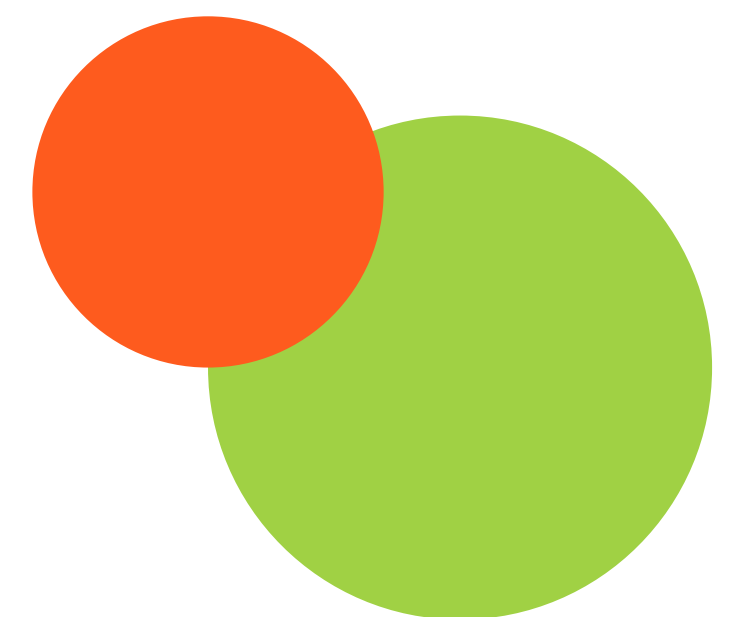
She says that

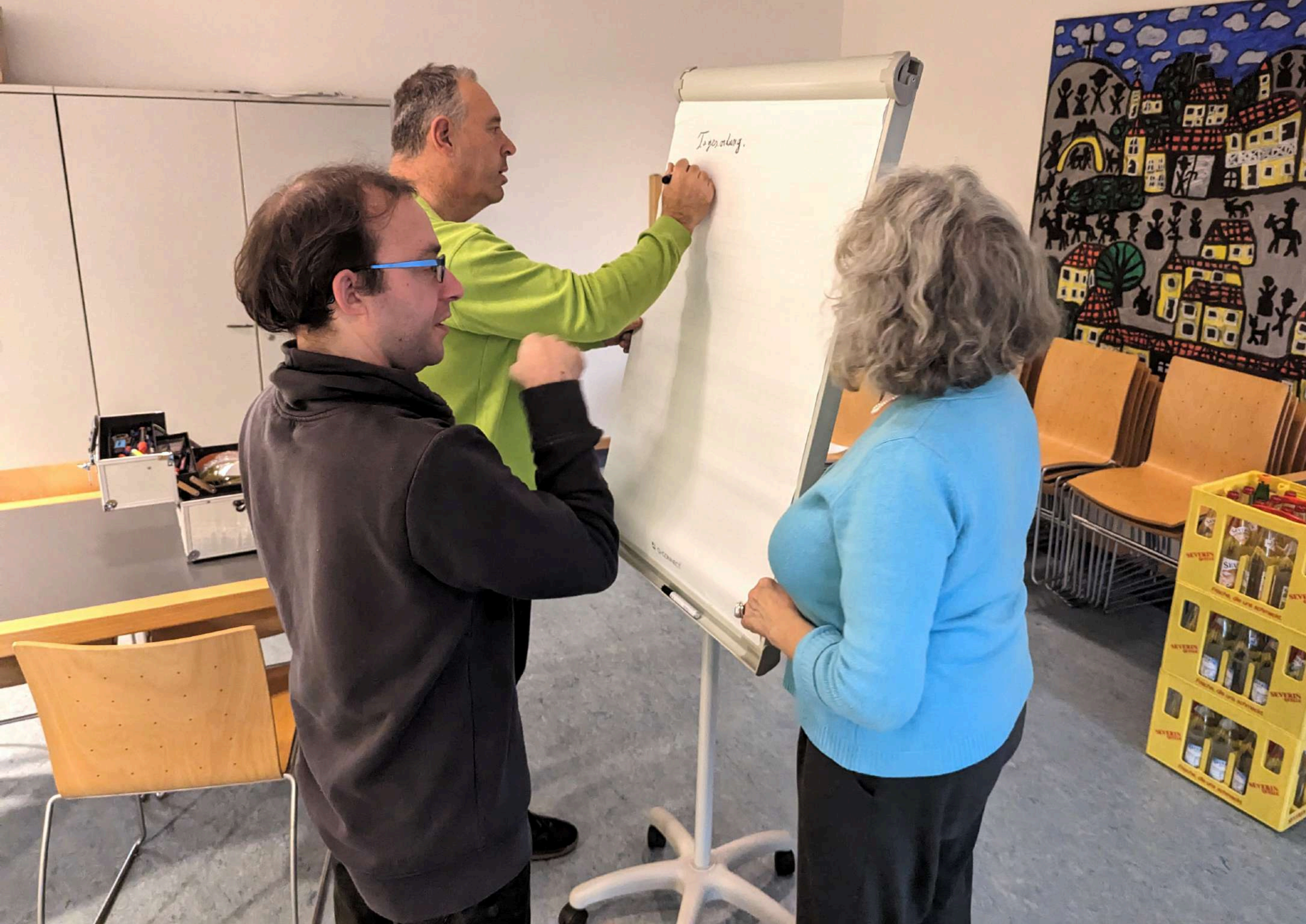
Cristian helps them to overcome challenges.

The staff became more sensitive.

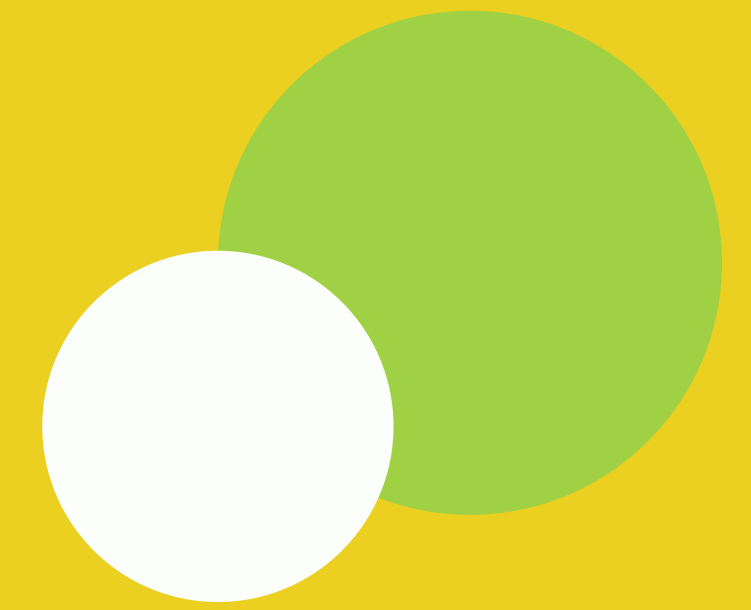
The organization benefits from Cristian's talent to inspire people.

He spends time talking to their external volunteers.

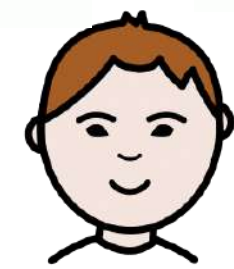




REINHARD SCHÄTZL AND JOSEF FÜRST, FROM GERMANY



Reinhard says that
volunteering is nice and fun.
Josef says that
he likes to help the working
groups.



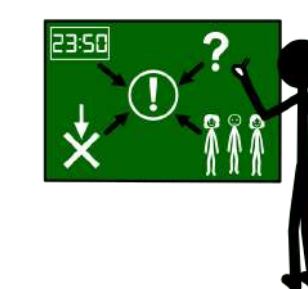
Reinhard Schätzl and Josef Fürst have cognitive impairment.

They are elected members of the Open Work for the Disabled Advisory Board.

It is a link between customers and employees of the Open Work for the Disabled.



They give advice.



They help in organizing
events.

An Open Work for the Disabled advisory board has different tasks:

- it receives improvements and complaints from participants of the Open Work for the Disabled
- it looks for solutions
- it represents the Open Work for the Disabled at public appearances



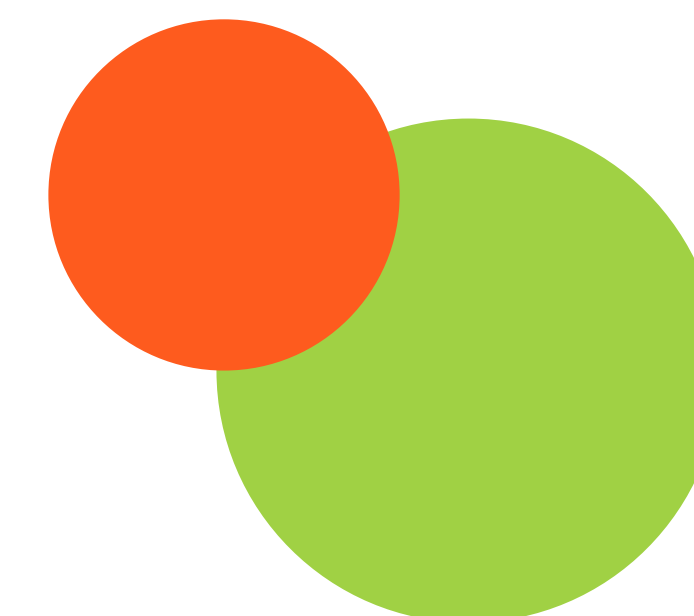
**MICHAELA SPITZENBERGER,
ODW ADVISORY BOARD**



She says that

the volunteers help them with writing the minutes of the meetings.

Minutes are the written record of what was said at a meeting.





SEBASTIAN KOVAC, FROM GERMANY

He says that
by volunteering at GLL,
he met many nice people.
He got to know new games.
He enriched his life.



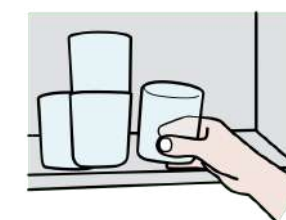
Sebastian is a volunteer with an autism spectrum disorder.



He is a volunteer at the German organisation Living and Learning together in Europe.



He helps out at game
evenings



He assists in keeping the
community room tidy and clean

He has chosen his volunteer tasks according to his own interests.

The GLL organization supports people to volunteer for the society.

They have a community room in Passau.

There, everyone can volunteer and help with events.

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

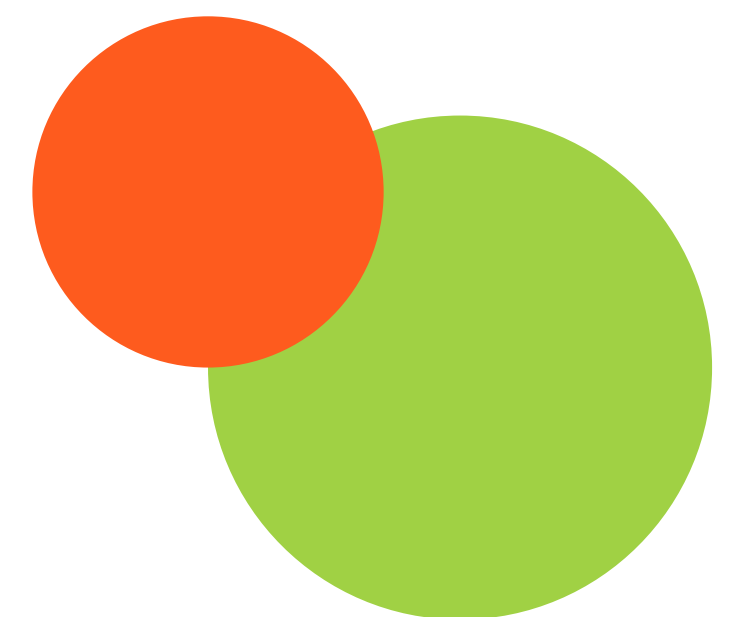


She says that if Sebastian says he's coming, then they can be sure that he will.

He brings his own games.

He can explain them very patiently and simply to their visitors.

At events, he is happy to sell drinks - even for multiple hours.

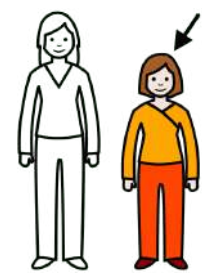




ELISABETH LINDINGER FROM GERMANY



She says that people with disability should make an effort to be included. This is why she wants to engage in politics.



Elisabeth is a person with dwarfism.

She studied social pedagogy.

She is currently a candidate for the district parliament for the Free Voters in Lower Bavaria.

She 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.

She and her twin sister are even listed in the Guinness Book of World Records as the smallest female twins in the world.

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.

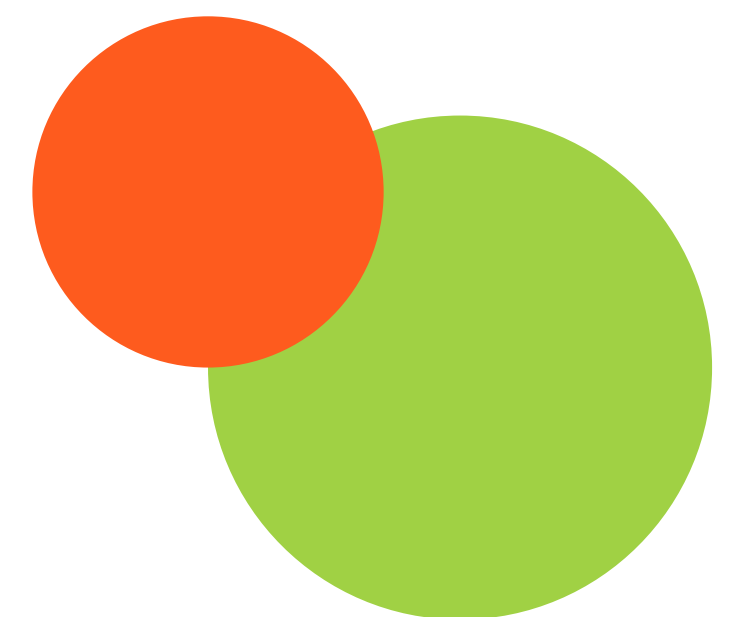
They want a good future for all children in Germany.

They believe everyone wants to live safely, earn enough money, and be happy.

They come from local politics.

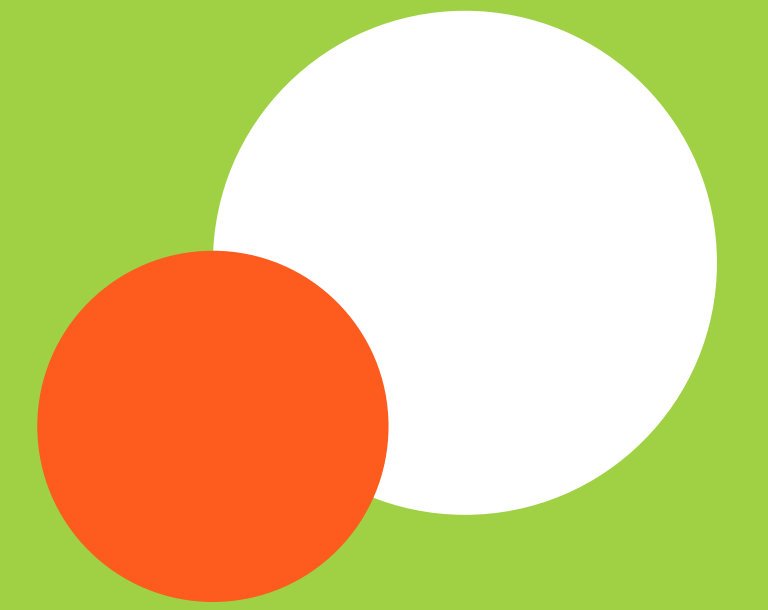
It means that they have worked in cities and villages.

They are also in the Bavarian state parliament and in the European parliament.





ISAAC EMBALO FROM GERMANY



He says that
when he is in the volunteering
place,
he feels at home!
He is happy to be a volunteer!



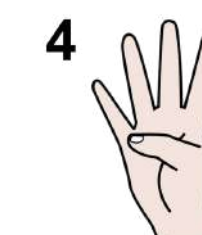
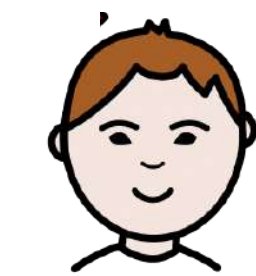
Isaac Embalo has an intellectual disability.

He works at the animal shelter in Freilassing.

He started with volunteering two hours per week.

He was very good so

he now volunteers 4 hours per week.



“Startklar Soziale Arbeit” promotes an open, diverse and inclusive society.

In Isaac's case, they established contacts with the animal shelter Freilassing.

BRITTA SCHÄTZEL ORGANIZATION STARTKLAR SOZIALE ARBEIT



She says that
their clients are migrants.

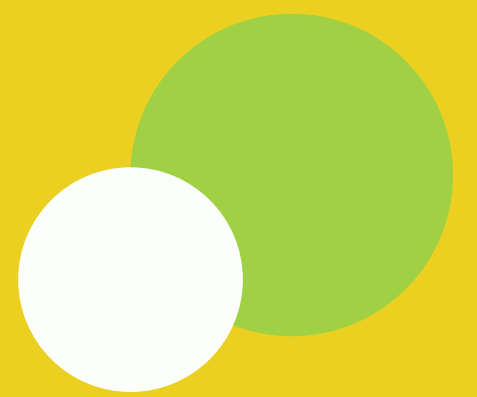
They often have intellectual disabilities, language barriers, dramatic life stories, and no family.

Volunteering gives them the chance to reintegrate into society, overcome language barriers and social limitations.

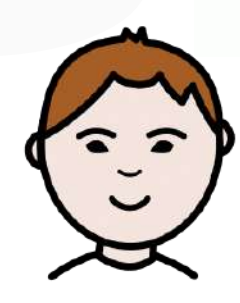




ANDREAS HESSHEIMER, FROM GERMANY



He says that
about volunteering, he likes
the team spirit in the club.
He made new friends.
Simply getting involved is good for you.”



Andreas started to be active in the table tennis club in 2011.

When their treasurer quit, he took his role because he also works in the office.



He collects membership fees once a month



He does all the bookkeeping



He is the tournament director

Being the tournament director means that he decides who plays, he enters the results into the online program and he makes sure everything is fair.

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

GEORG SCHMÖLLER, FIRST CHAIRMAN TABLE TENNIS CLUB TTV VILSHOFEN



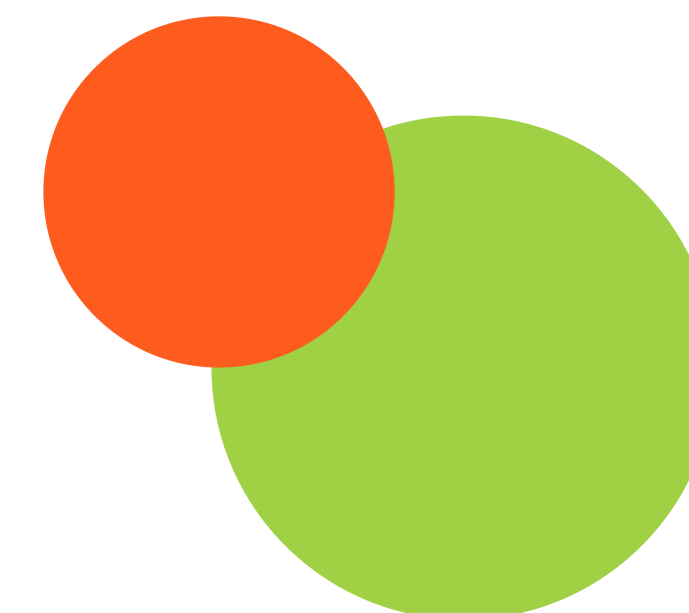
He says that

Andy is doing a great job.

Andy takes care of the smallest details without the need to be asked for.

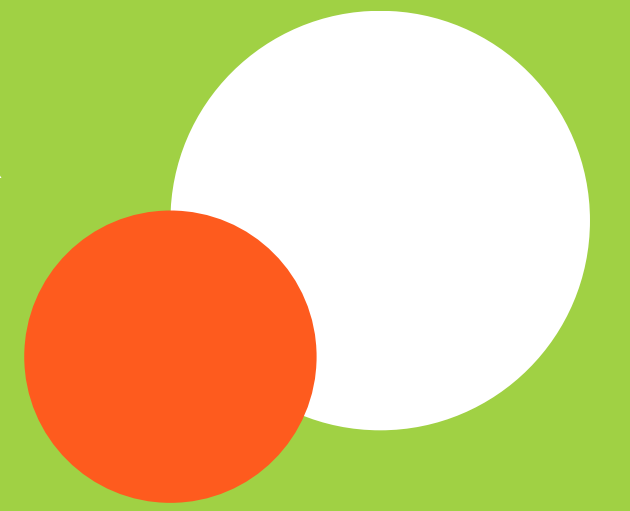
Andy is always there, helping out with everything from morning to night.

He doesn't even notice his size any more, he just forget it because he does everything.





ELISABETH EITZINGER FROM GERMANY



She says that
as an event reporter,
she enjoys touring Munich.
She enjoys meeting new
people



She has a physical disability from birth and epilepsy.

She is an event reporter for the Gute Tate Munich



She takes photos and
writes blog articles



She researches new inclusive
cooperation partners.



She helps carers from
abroad to learn German.

The foundation empowers volunteers to help the community.

They offer support to people with disabilities in volunteer work.

NICOLE KERTÉSZ, GUTE-TAT MÜNCHEN FOUNDATION



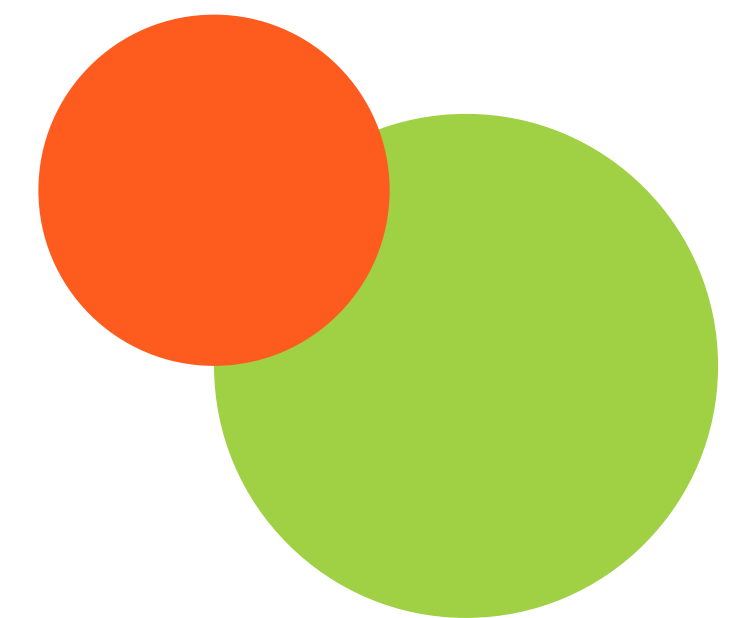
She says that

Elisabeth is is a real team member for the organization.

Sensitisation is increasing.

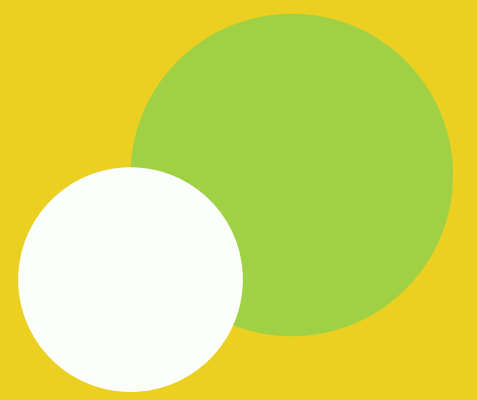
In her blog articles Elisabeth describes events from her point of view.

Her research into inclusive needs at social organisations has brought new collaborations.

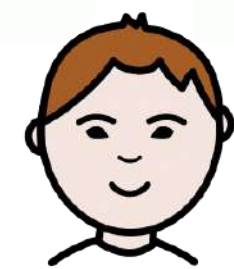




MATYÁŠ STRAŠÍK, FROM CZECH REPUBLIC



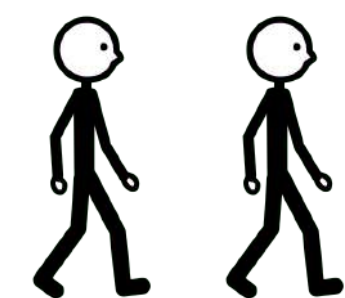
He says that
at the beginning he was
worried but then he was able to create a
relationship with kuba.
Kuba is the boy looked after by Matyáš.
He verified that being there for the other
person is very important.



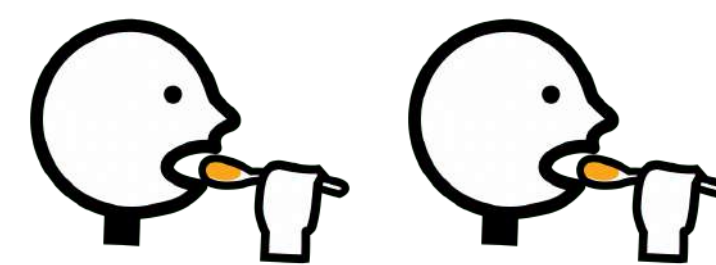
Matyáš is a psychology student.

He meets his younger friend Kuba.

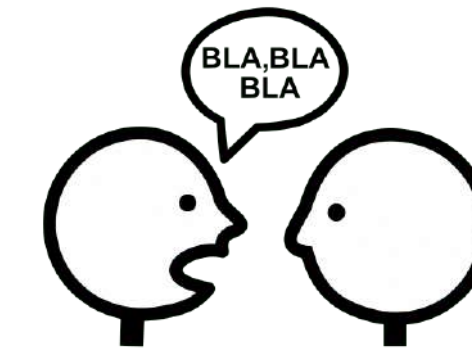
They stay together every week for 2 hours.



They go for short walks

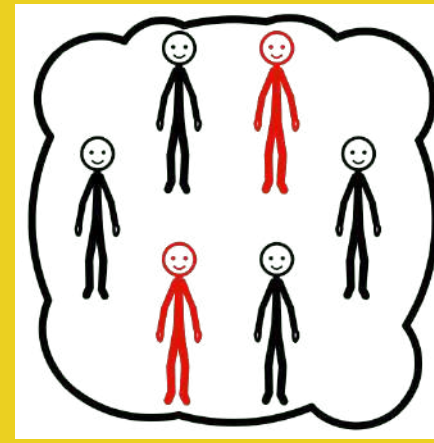


They eat something



They talk about life

The Temperi organization supports people with social problems.



BOHDANA BŘÍZOVÁ, ORGANIZATION TEMPERI

She says that
Kuba has only one friend.



His friend is Matyáš. They have a great friendship.

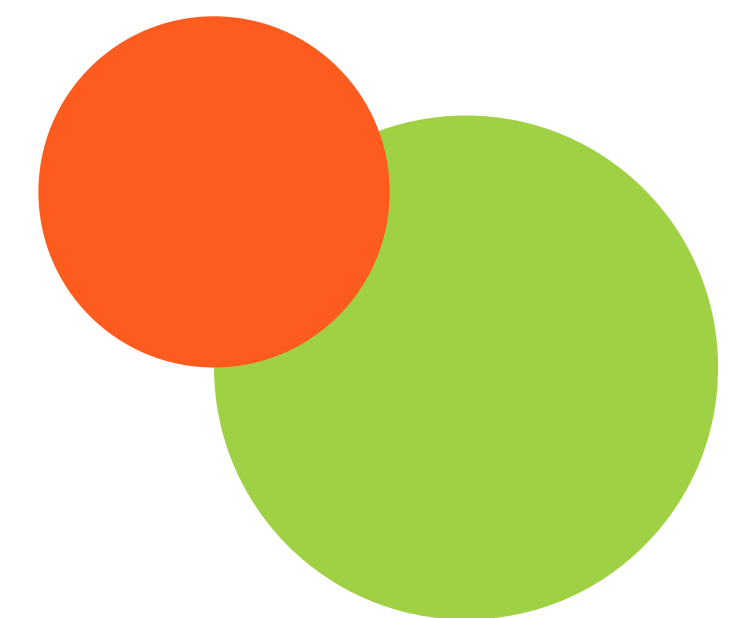
Matyáš was aware of his limitations.

We paired him with a boy who has physical and psychological disabilities.

Matyáš is autonomous. The team supports him only to invent new activities.

We believe that reducing physical barriers and using simple language is very useful in inclusive volunteering.

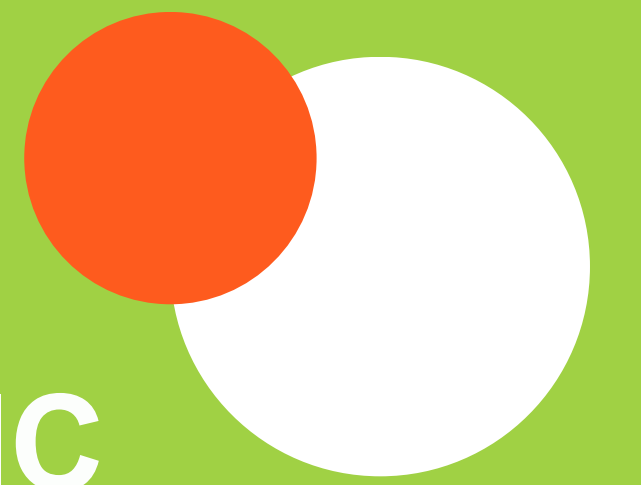
To have an inclusive volunteer in our organization also means offering a good example to society.





VLADIMÍR BENDA

FROM CZECH REPUBLIC



He says that
The best feeling is seeing the
seniors singing and dancing to
the music.

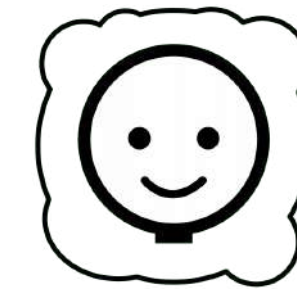


Mr. Vladimír plays for the elderly in retirement and nursing homes.

He has been entertaining seniors with music from 13 years.



he plays and sings
for the elderly



He creates moments of joy
and happiness

The organization Střed, z.ú. has been operating for more than 20 years. They offer social, preventive and therapeutic services.

JANA KARASOVÁ, ORGANIZATION STŘED, Z.Ú.



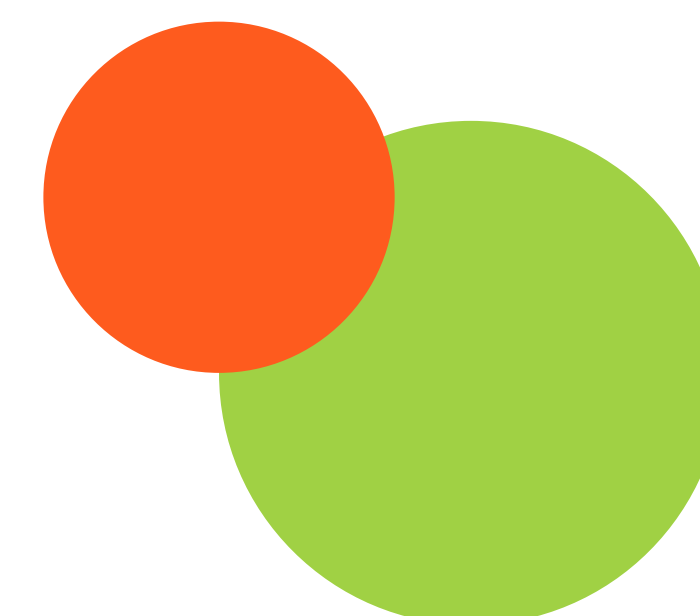
She says that

The volunteer is satisfied and feels useful.

He sees the enthusiasm of others.

He can make someone happy.

He gives joy to the clients who can sing with him.





PAVLA MÍCHALOVÁ

FROM CZECH REPUBLIC



She says that
She is learning how to work
with children.



Pavla is kind and she loves taking care of children.

She has a mild mental disability.

She is a volunteer from 3 years.

She supports children with mental disabilities.

Once a week she attends a sports club for children.

She is able to take care of them and she is happy to help them.



RENATA ŠTAUBROVÁ

DIAKONIE (DEACONS)

ČCE - STŘEDISKO ROLNIČKA

Diakonie Rolnička helps children and adults with disabilities.
The organization helps the clients from childhood to retirement.
It also offers job to people with disabilities
in a sheltered workshop, shops and volunteer centre services.



She says that



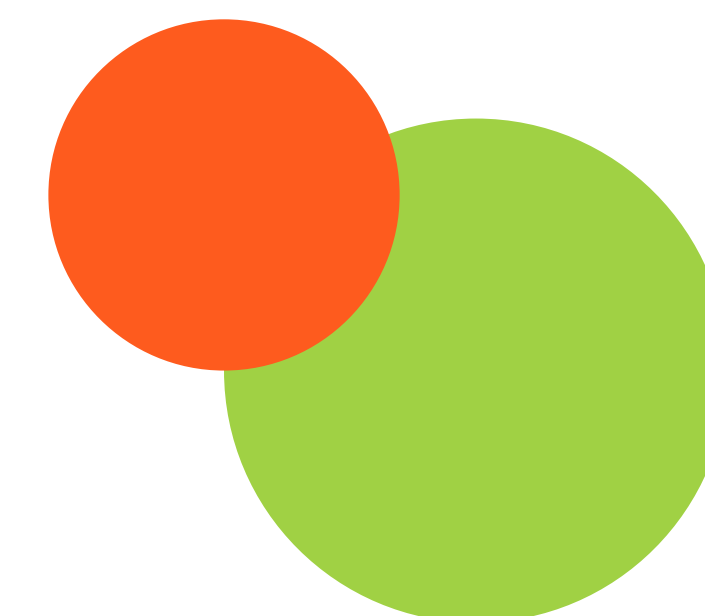
We believe that every person is unique and deserves respect.

We give our clients the opportunity to be volunteers and experience the feeling of being needed.

Pavla helps the children.

She learned a lot and improved herself.

It is a great joy for us to fully involve a person with a disability as a volunteer.





DANIEL HOTTMAR FROM CZECH REPUBLIC

He says that
Helping others is the meaning
of human life.
Helping makes us human.



Daniel is a volunteer and is also a prison chaplain and priest.



He volunteers at hospice.



He talks to primary
school students about
disabilities.



At the Gymnasium he
talks about how to deal
with difficult events.



He is in a wheelchair from birth.

**MONIKA HORNÍKOVÁ,
ORGANIZATION TŘI,
Z.Ú.**

The basic activity of the organization is hospice care within the inpatient hospice and in the clients' home.

The organization offers social and community services.



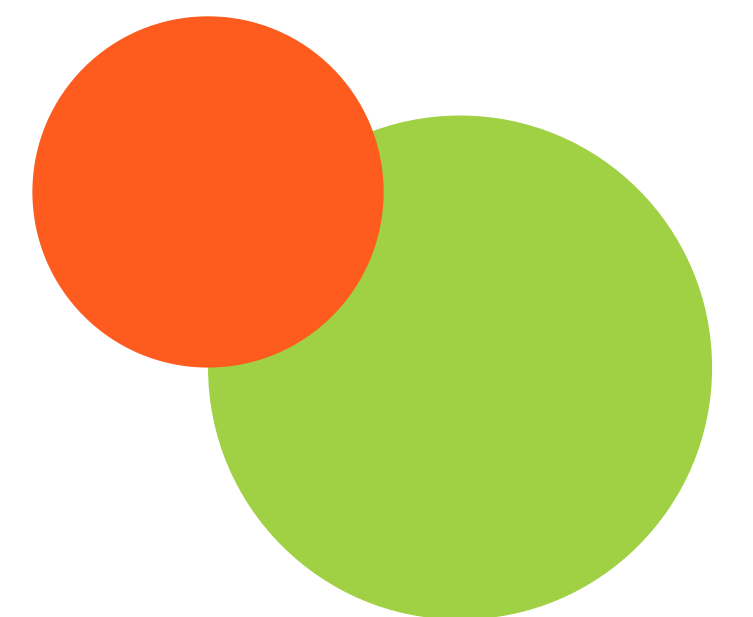
She says that



Daniel makes a great contribution.

He can understand others, his empathy is a care for patients and carers.

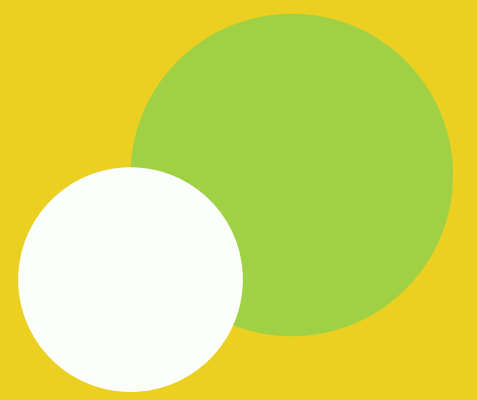
He is a spiritual person and is able to offer comfort and encouragement to bereaved children and parents.





VERONIKA MOKRÁ

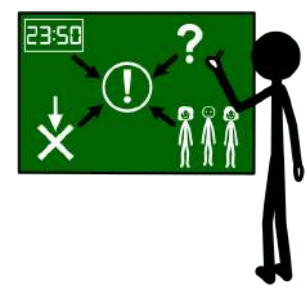
FROM CZECH REPUBLIC



She says that
By volunteering she can help dogs.
She has a lot of time and nothing to do,
so she can see the dogs.
They are defenseless souls.
She also likes going to races.
She helps with what needs to be done.
Sometimes she shows the way,
sometimes she rejoices. She likes it.

Veronika has carried out training activities for
volunteers with disabilities.

Veronika has an intellectual disability.



She helps in the events
of the organization.



She helps at running races.
She shows the way to the runners.



She walks dogs
from the city shelter.

The organization offers housing to people with mental disabilities who live in difficult social situations and need help.

MICHAELA KINDERMANNOVÁ, DOZP VŠEBOŘICE



She says that people with disabilities need to be helped, but they can do a lot.

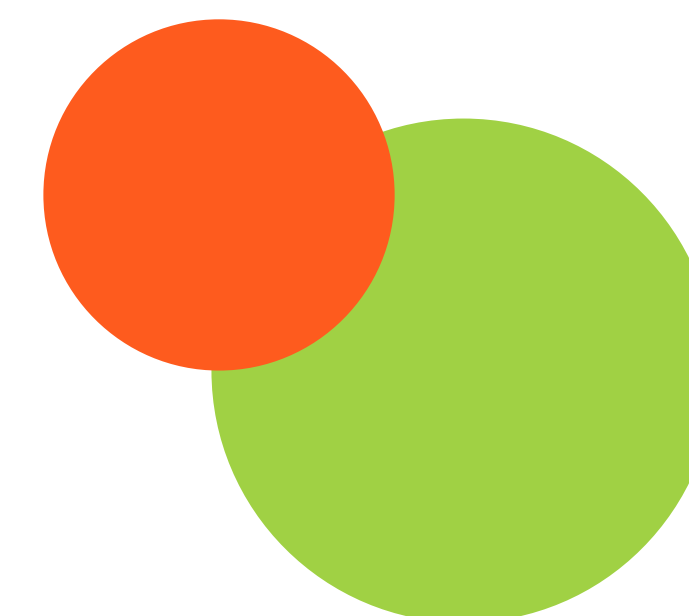
They are very happy to help others.

When they prove to be useful to the population they are more satisfied.

I am happy that some of our clients have become qualified volunteers.

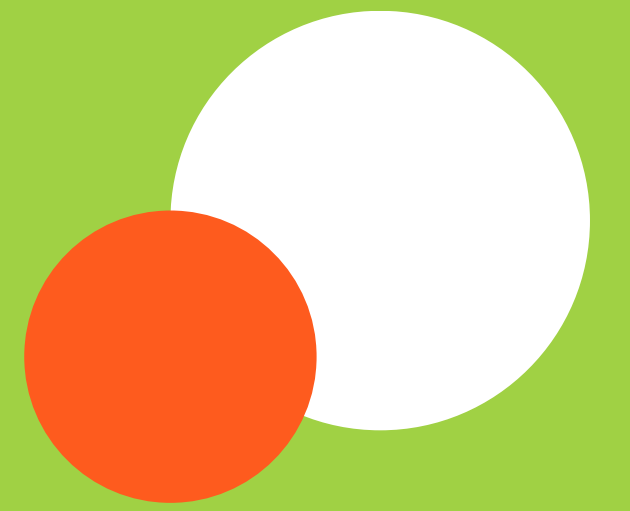
They can help at public events and public sectors.

They show the public that a willing person with a disability can do anything.





RUSLANAS CHIGIROV FROM LITHUANIA

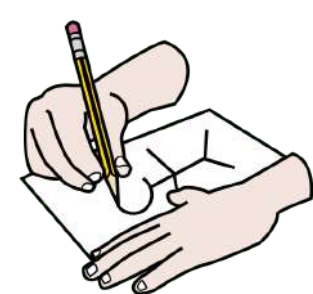


He says that
at first he felt shy,
but it gets easier every time.
He used to avoid children,
but now he really likes them.



Ruslanas volunteers at a kindergarten.

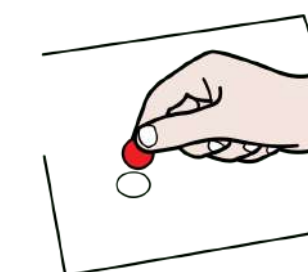
He communicates and plays with children



He draws



He teaches various games



He makes handicrafts
with the children.

The Kindergarten follows the principles of Christian education.

In the kindergarten the child explores and learns.

The child befriends and grows with teachers, children, and parents.



JOVITA LAURINAVIČIENĖ, PANEVĖŽYS KASTYTIS RAMANAUSKAS KINDERGARTEN



She says that

a committed volunteer in the kindergarten helps to develop cooperation and friendliness.

Volunteers often have new ideas and energy.

They help to create a positive atmosphere.

Volunteers give to the children more attention, warmth, and care.

Volunteers stimulate their creativity and emotional skills as believing in themselves.

Volunteering in the kindergarten contributes to the well-being of the children.





ROBERTA BELECKAITĖ FROM LITHUANIA



She says that
She likes to do good things,
especially if it makes others happy.
She is happy to create beauty



Roberta has a lot of experience in volunteering.

She has volunteered at a retirement home, a kindergarten, a food bank, a cafe.

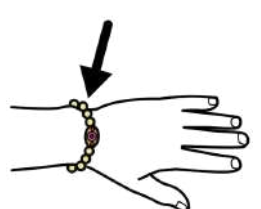
She has woven bracelets in support of Ukraine.

She can be proud of her international volunteering.

Roberta was elected Young European of the Year 2022

because she is interested in new things, and engages in new activities.

She enjoys embroidering and making various handicrafts, especially bracelets.



HOME OF SOCIAL SERVICES OF ALGIMANTAS BANZA SOCIAL WORKER DIANA ČIURĖ

The main activity of the organization is care.

The organization provides special social services for children without parental care, children with disabilities, for mothers with social problems and elderly persons.



She says that



She is happy to work with volunteers with disabilities who spend their time with the elderly.

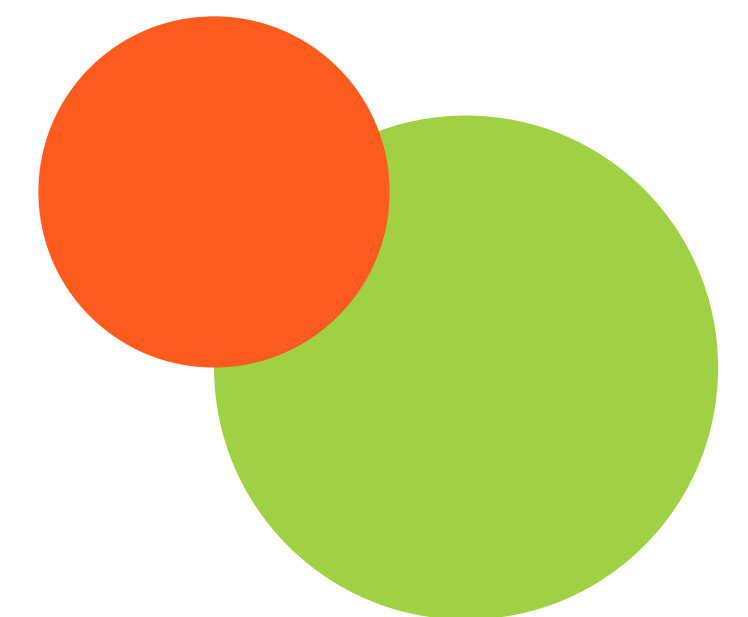
The volunteers participate with sincerity and warmth.

By visiting the elderly, with smiles and kindness, the volunteers bring joy to their daily life.

The volunteers create deep relationships that are very important to older people.

Her organization is happy to be part of this wonderful volunteering activity.

This volunteering activity helps her organization and the community to grow.





ADOLIS RIBOKAS FROM LITHUANIA



He says that

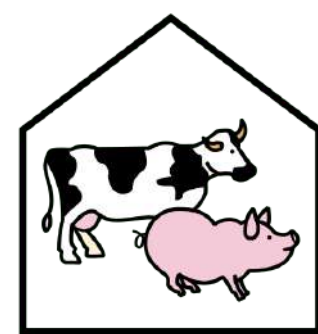
He is strong, and he likes to help because then he feels important and needed.

He loves animals.

He has no animals at home, so he is happy to take care of others.

Adolis has tried several volunteering places.

He prefers where physical help is needed.



He takes care of animals on the farm.



He takes care of animals in the animal shelter.



He carries out daily household chores

Rūta is a dog trainer and caretaker.

For 20 years she has been creating organizations to shelter abandoned and unloved animals.

They also cares for dogs of senior citizens.

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

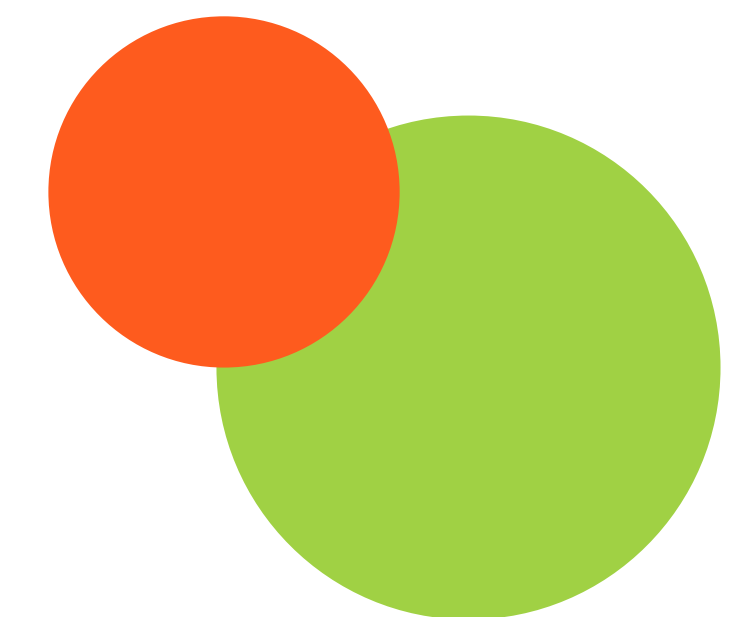


She says that

Volunteering gives the volunteer the opportunity to feel needed.

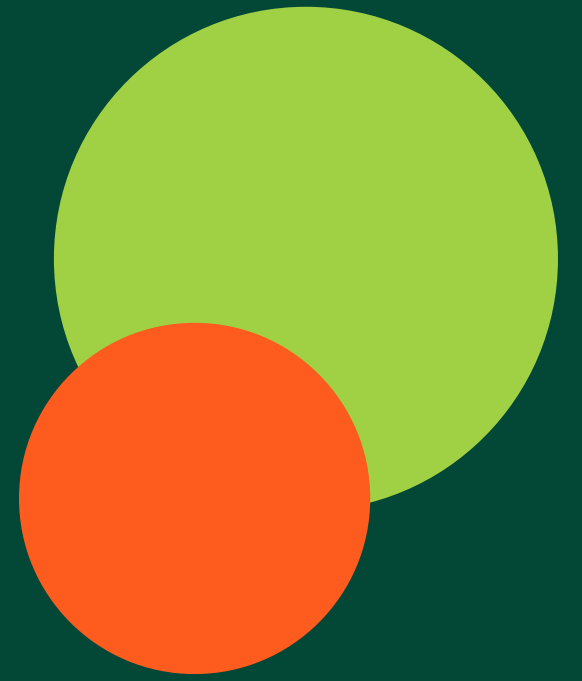
Volunteers are very needed in our organization.

They are often inexperienced, but through practice they gain experience and become essential to the survival of the organization.





ANDRIUS IVANAUSKAS FROM LITHUANIA



He says that

Football is one of his favorite sports.

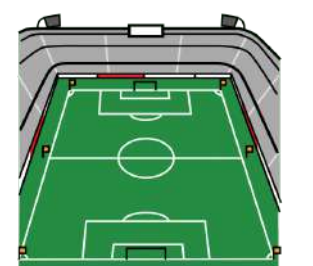
He is happy to help his city's team,
and travel to other cities
to see the matches up close.

Andrius volunteers at the football club.



The name of the football club is Ekranas.

He helps to prepare the stadium for matches and he collects the necessary equipment.



Andrius enjoys working as part of a team.

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

Football Club Panevėžys was founded in 2015.

The club participate in the first League competition.

On 2018 the team became the winner of the First League and qualified for next season's A-League competition.



He says that



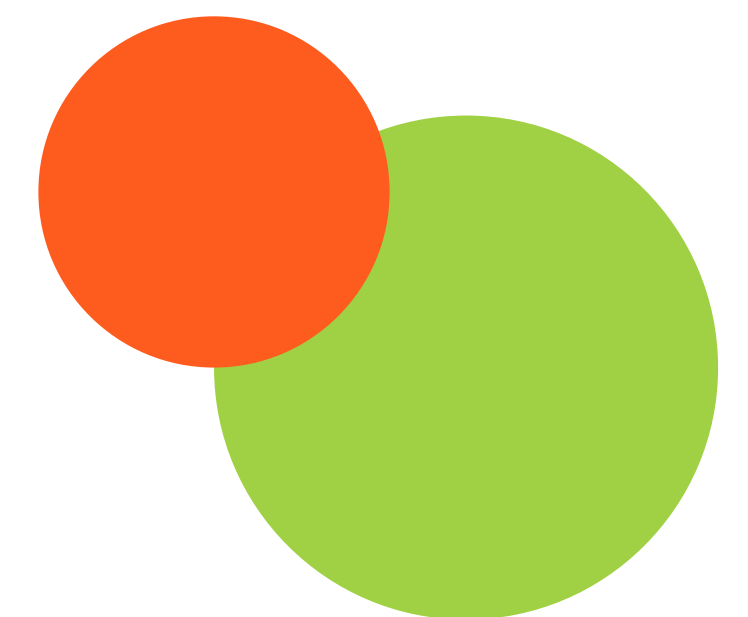
We are grateful to the volunteers who helped the club for the last three years.

Their punctuality and sincere dedication to their tasks show that a volunteer can become an inspiring example for others.

Volunteers contribute to create a warm and friendly atmosphere for all team members.

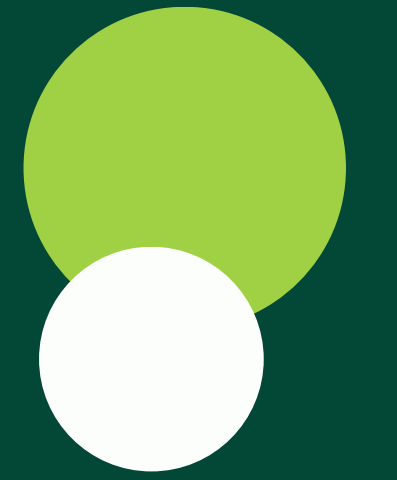
Every day they bring more life, good emotions and diversity to our organization.

We are happy to be part of this wonderful community and to grow together.





SOLVEIGA RASINSKAITĖ FROM LITHUANA



She says that
She likes to talk with people
and help others because
she feels useful and needed.



Solveiga volunteers at the city's public library.



She helps prepare spaces and tools for educational activities.

She helps children participate in activities.



Solveiga enjoys volunteering because the opportunity
to interact with different people is very important.



PUBLIC LIBRARY OF ELENA MEZGINAITĒ SENIOR LIBRARIAN INGA MATELIENĒ

A library close to home to offer the community with information and technology that meets their needs. The library promotes reading and learning.



She says that

Young people who volunteer in libraries are very friendly and helpful.

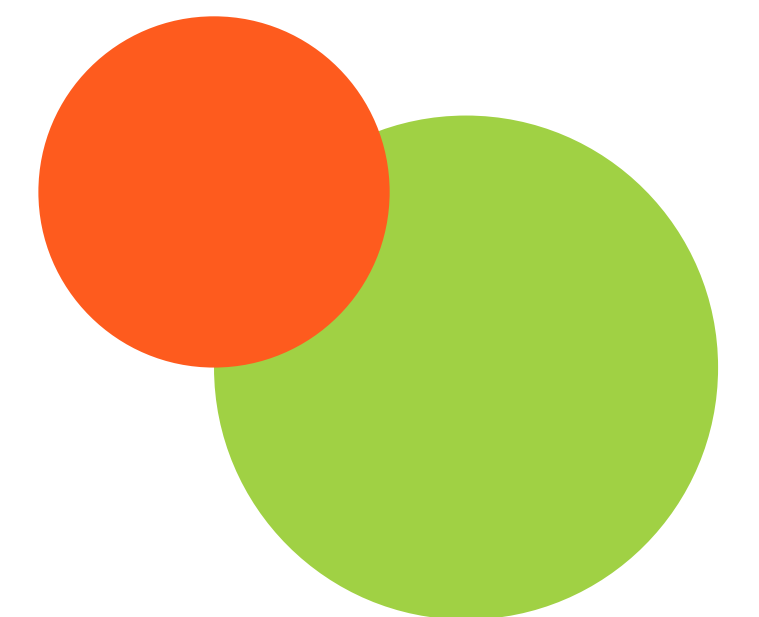
They help library staff, readers and children.

Volunteers show that each person can learn from others,

that we can learn to love the person next to us, that we can learn to be a good friend.

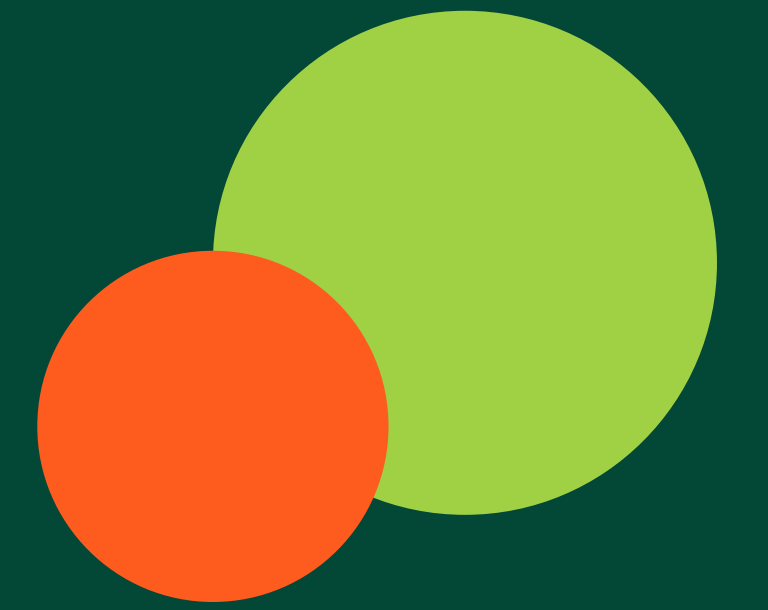
Sometimes, volunteers participate in activities as creating souvenirs.

We enjoy the emotions we feel together, we talk and learn new and interesting things.





IGNAZIO ACQUAVIVA FROM ITALY



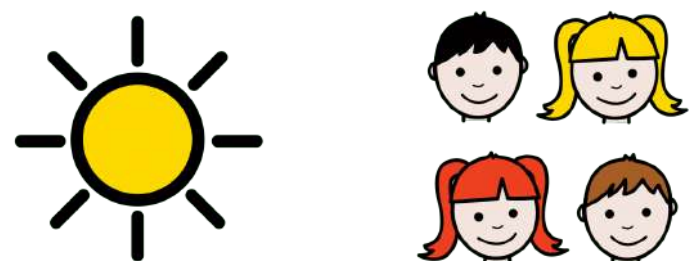
He says that
He likes to stay there,
it makes him think to the activities he was
used to do in the past in the vegetable garden.
He likes to color the salt and put it in the jar.”



Ignazio is a very active volunteer, he does many things to help people and his city.



Ignazio has Down syndrome.



He helps children
in outdoor workshops



He participates to clean up
actions in streets and beaches.



He likes gardening

TERRA FRANCA - HUMAN RIGHTS

YOUTH ORGANIZATION

PROJECT COORDINATOR

MARCO FARINA

The organization has a land that now houses an apiary and a greenhouse.

They cultivate respecting nature.

He says that

Ignazio had an extraordinary experience.

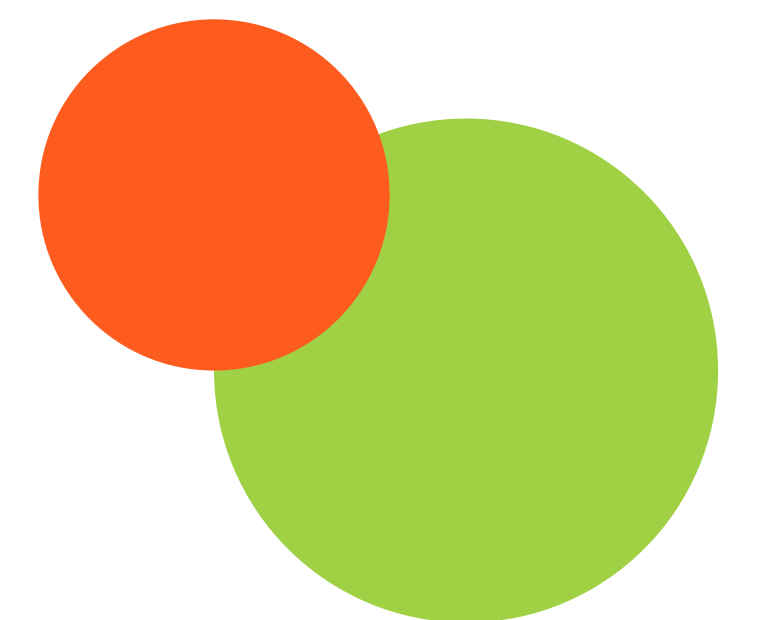


He happily collaborated in volunteer activities with children.

He demonstrated that volunteering allows the growth for all the involved people.

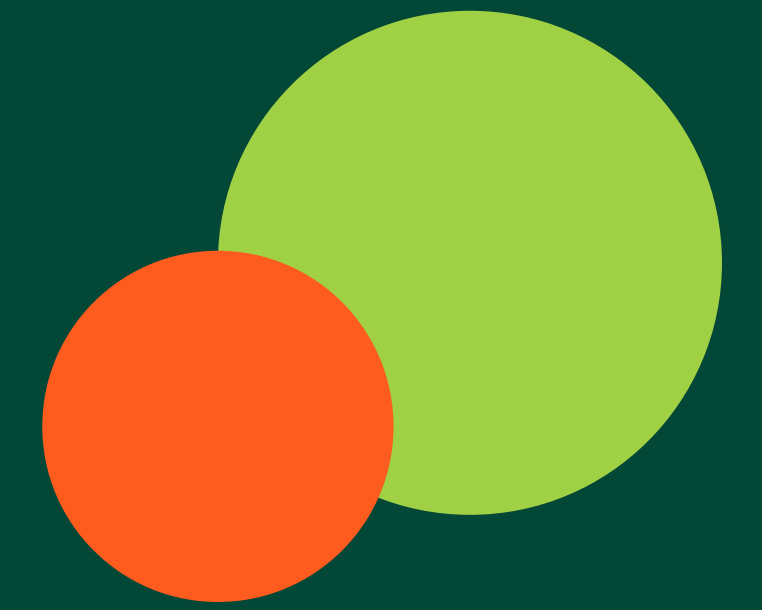
Ignazio was a true example of commitment and solidarity.

All participants will remember about him.





VINCENZO SICOLA FROM ITALY



He says that

He has learned a lot of things.

He has learned how to plant and
clean the streets.

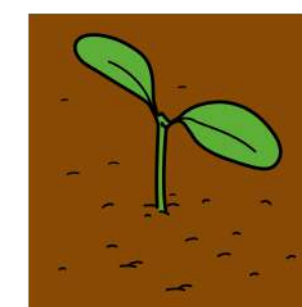
He really loves to be useful.



Once a week Vincenzo volunteers in gardening activities at the primary school.
He has Down syndrome.



He helps in the activities
taking care of the garden



He helps children
to cultivate plants.

DAVIDE MARTINO

EDUCATOR OF UNIAMOCI APS

The organization helps adult people with disability fostering their full inclusion in the society.

It collaborates with local schools and organizations.



He says that

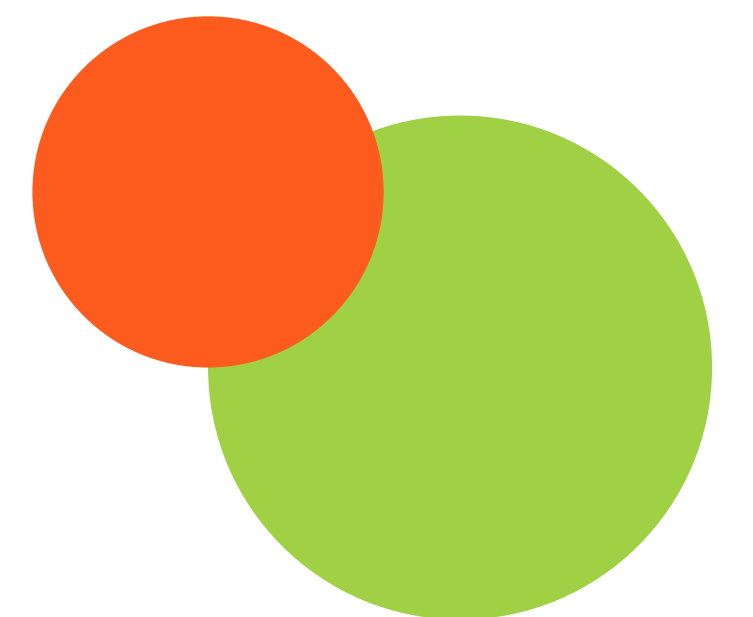


Vincenzo participated in the care of the vegetable garden in the green spaces of a primary school, with other volunteers and the children of the school.

Vincenzo participated with energy and attention.

Vincenzo patiently explained to the children several times how to sow.

He was the practical example to copy to cultivate correctly.





CRISTIAN RICCOBONO FROM ITALY



He says that

He likes music and computers.

He sets up microphones, cameras, chairs and tables.

During the broadcasting he seast silently next to the audio and video technician and he help when necessary.

Cristian loves music.



Every day he asks the educator to download some songs for him.

After the training for aspiring volunteers,

he asked the coordinator to volunteer at the Web Radio.

So he started right away!



The official web radio of the organization is run by 3 people with a physical disability. The help of volunteers is very welcome. It can make the radio staff independent!

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

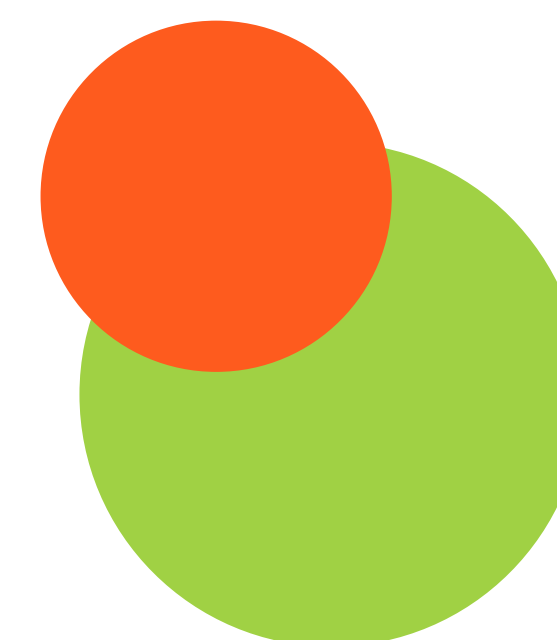


She says that

Cristian proposed himself as a volunteer during the web radio programs and we immediately accepted!

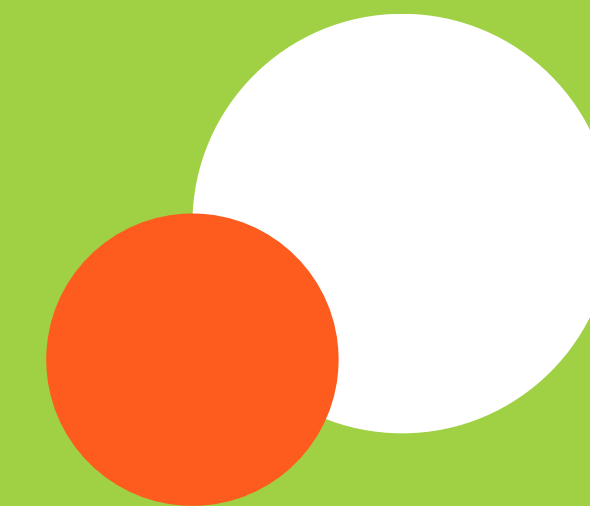
Cristian is volunteering with seriousness and commitment.

Even during the broadcast, when he has to sit quietly next to the technician, he is very attentive in following the technical steps.





VINCENZO SCALAVINO AND MARIA GIULIA SPINOSO FROM ITALY



Vincenzo says that
the volunteering gives him the
possibility to express his opinions.



Maria Giulia says that
It gives her the possibility to talk to
people about important things to know.



Vincenzo and Maria Giulia have physical disabilities.

They prepare a web radio episode once a week.



They are the speakers and they also prepare the contents.

They talk about cultural topics and news.



The organization Uniamoci APS has a web radio.
The organization helps adults with disabilities
to be fully included in society.

DAVIDE DI PASQUALE, PRESIDENT OF UNIAMOCI APS



He says that

They are fantastic!

Together with the technician, they are totally autonomous in running the web radio.

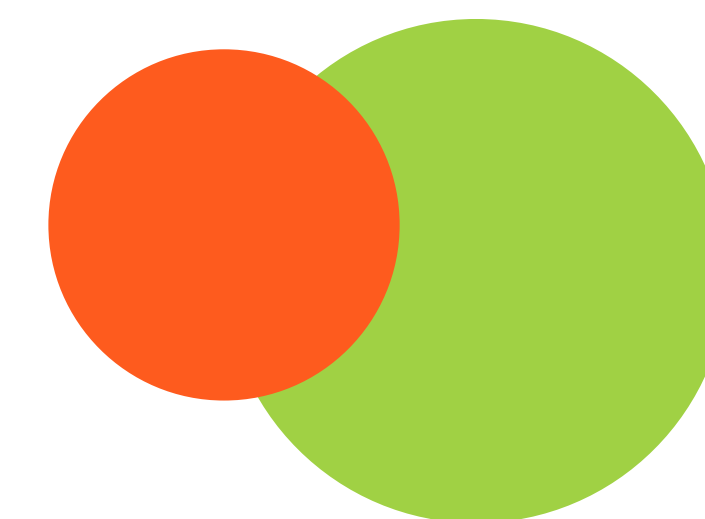
I provide them the broadcasting studio and equipment.

I like their web radio broadcasts.

They need support only to turning on/off lights, plugging in the sockets,
adjusting cameras and microphones.

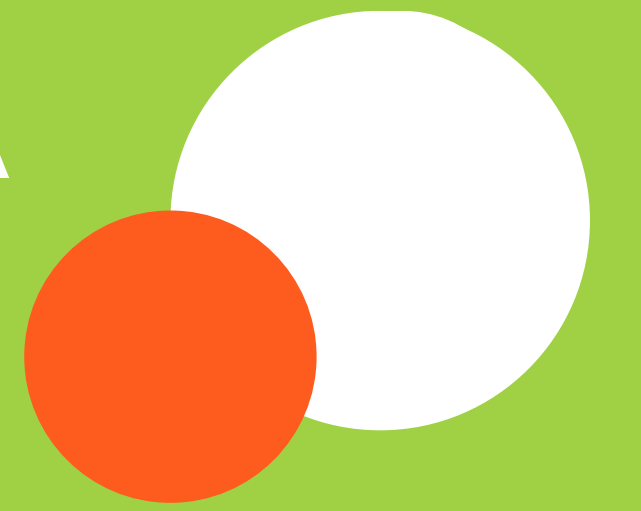
They are the example of how much volunteers are important for the activities of an association.

Volunteers can achieve great freedom in carrying out their volunteer activity.





DAVIDE CIRO SCHIERA FROM ITALY



He says that
It makes he feels included in society.
It makes He feel useful for the little
that he can gives to others,
even just a smile.

Davide is a volunteer with physical disability.



He has a great experience of volunteering, both in Italy and abroad.

He is very creative and he has a lot of useful ideas.



He likes making videos



He likes directing videos.



He once volunteered in
the kitchen of a day center

The organization helps people in need to achieve well-being and social inclusion.

MASSIMILIANO BRACCO, SECRETARY OF FEDERSID



He says that

Davide's volunteering has been important to our organization.

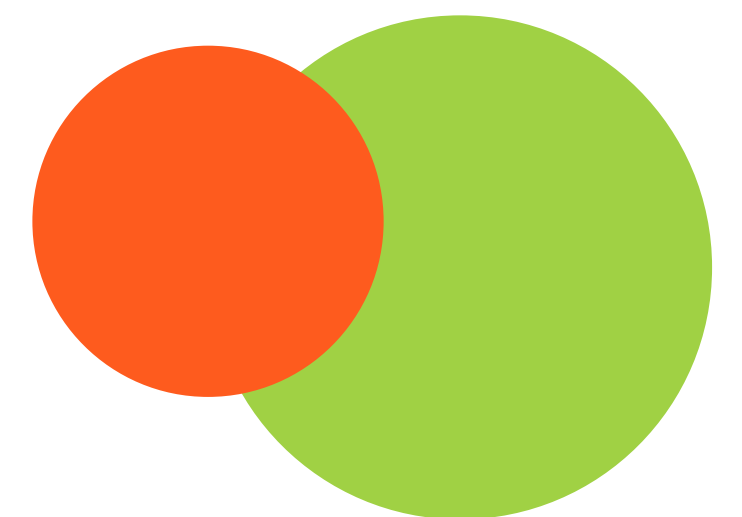
He was also involved in our first project in creating videos.

He is patient and reliable.

This makes him a valuable member of the team.

Davide is able to collaborate and make himself available to others.

Our organization appreciates his support.



This photobook was created during a project called "Improve 2.0." - Inclusive Method in Professional Volunteering in Europe.

The project Improve is co-funded by the European Union.

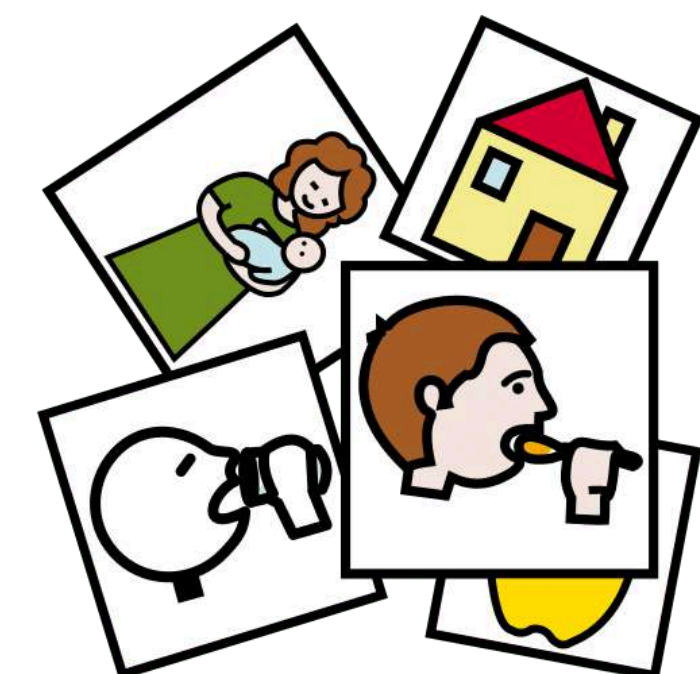
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PROJECT "IMPROVE 2.0." - INCLUSIVE METHOD IN PROFESSIONAL VOLUNTEERING IN EUROPE

WE WANT TO MAKE VOLUNTEERING MORE INCLUSIVE - JOIN US!



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