

# 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 BREAKDOWN 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.





# REINHARD SCHÄTZL AND JOSEF FÜRST, GERMANY

“Doing things with the others is nice. I can pass on other people's opinions and I can help out with working groups. The exchange with other OBAs in Lower Bavaria is nice.”







# 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.”





# 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"





## ELISABETH LINDINGER, GERMANY

“As a person with a disability, I can now say ‘Hey, include me’. I myself also have to look at being included. And that’s why I want to get involved in politics.”





# ISAAC EMBALO, GERMANY

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





# MATYÁŠ STRAŠÍK, CZECH REPUBLIC

“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.”





# VLADIMÍR BENDA, CZECH REPUBLIC

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





# PAVLA MÍCHALOVÁ, CZECH REPUBLIC

“I'm learning how to  
work with children.”





# DANIEL HOTTMAR, CZECH REPUBLIC

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





# 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.







# 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.”





## ROBERTA BELECKAITĖ, LITHUANIA

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





# 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.”





# 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.”





# SOLVEIGA RASINSKAITĖ, LITHUANA

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





# 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.”







# VINCENZO SICOLA, ITALY

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





# 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 iand I help when necessary.”



# 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.”





# 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.”





Project Title  
IMProVE 2:0 – Inclusive Method in Professional Volunteering in Europe

Lead partner organisation  
Dobrovolnické centrum, z.s.  
Czech Republic



Partners  
Jaunuolių dienos centras (JDC)  
Lithuania  
ASSOCIAZIONE UNIAMOCI ONLUS  
Italy  
Gemeinsam leben und lernen in  
Europa e.V.  
Germany



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