

POWERED BY 

Training Curriculum
Facilitator notes and
support resources

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Powered by V

Training Curriculum

Training Title: Engaging Young Volunteers: Practical Skills for Active Citizenship



Training Overview

Duration: 3 hours
Target Audience: Volunteers and volunteer-involving organisations
Goal: To develop practical skills that empower participants to engage young people in volunteering, fostering empathy, flexibility, and understanding of EU values.

Training Structure

1. Introduction (15 minutes)

- **Welcome, and Icebreaker:**
 - Brief introduction of the trainer(s) and participants.
 - Icebreaker activity (e.g., “Two Truths and a Lie” related to volunteering experiences).
- **Objectives and Agenda Overview:**
 - Present the training objectives and agenda.

2. Understanding Youth Volunteering (30 minutes)

- **Discussion:**
 - Overview of the current state of youth volunteering: challenges and opportunities.

- Facilitated discussion on participants' experiences and perceptions of youth volunteering.
- **Case Study Presentation:**
 - Share a case study highlighting successful youth engagement in volunteering.
 - Discuss key takeaways and strategies used.
- 3. **Interactive Workshop: Engaging Young Volunteers (60 minutes)**
 - **Hands-on Activities:**
 - Split participants into small groups to brainstorm creative strategies for engaging young people.
 - Groups share their ideas with the whole group, fostering discussion and feedback.
 - **Role-Playing Scenarios:**
 - Participants engage in role-playing scenarios to practice conversations with young volunteers.
 - Scenarios can include recruitment, addressing concerns, and inspiring commitment.
- 4. **Break (15 minutes)**
- 5. **Building Empathy and Flexibility (30 minutes)**
 - **Reflection Exercise:**
 - Guided reflection on the importance of empathy and flexibility in volunteering.
 - Participants share personal experiences where these traits made a difference in their engagement with youth.
- 6. **EU Values and Active Citizenship (30 minutes)**
 - **Discussion:**
 - Introduce key EU values related to active citizenship (e.g., solidarity, equality).

- Group discussion on how these values can be integrated into youth volunteering initiatives.
 - **Reflective Exercise:**
 - Participants reflect on how they can incorporate EU values in their practices and initiatives.
7. **Closing and Evaluation (15 minutes)**
- **Summary of Key Learnings:**
 - Review the main takeaways from the session.
 - **Feedback:**
 - Participants complete a quick evaluation (can be verbal or written) on the training's effectiveness and areas for improvement.
 - **Networking Opportunity:**
 - Encourage participants to connect and share contact information for future collaboration.

Resources Needed

- Venue and refreshments
- Laptop and screen for presenting a slide deck
- Flip charts and markers
- Post-it notes
- Situation cards for role-playing
- Handout summarising EU values
- Evaluation forms/link to online evaluation form



Facilitation Tips

- Arrive early and set up the room, making sure the room is bright and clean and is conducive to a positive learning environment.
- Arrange and organise refreshments for participants upon arrival.
- Set up chairs in a semicircular manner so everybody gets to see other participants' faces, not the back of someone's head.
- Welcome all attendees personally as they arrive, this will put them at ease as they get to know you and not see you as a "teacher" and rather as a "facilitator"
- Ensure inclusivity by encouraging participation from all attendees. Learners will have different knowledge of EU values and experiences.
- Use clear, accessible plain language and visual aids/exercises to cater to different learning abilities.
- Do not use acronyms and if you have to explain beforehand what the acronym means, for example, "Today you'll hear me mention the European Union however I might also refer to it as the EU, I'll use the full term as much as I can but if you hear me say EU you'll know what I mean, If anyone is unsure at any stage please ask"
- Don't read the slides off the screen, if you are unsure of the content use the tutor notes or make notes yourself. Learners can read the slides and don't need you to do the same. The slides serve the purpose of visually presenting what you are saying and help those who need to see the information.
- Be adaptable to the group's dynamics and adjust the pace or content as necessary.
- Take a break in the middle and encourage learners to get up and move around and stretch themselves, you should have refreshments here too. Be aware that some quieter members of the group may feel more comfortable asking a question during the break one-on-one rather than during the session
- Always be aware of people's time and start and finish on time, if people are late they are late, it's nobody's fault but it is better to respect those who have come on time and start on time.

This structure balances theoretical knowledge with practical skills, fostering an interactive and engaging environment for participants.

Training Goal: To develop practical skills that empower participants to engage young people in volunteering, fostering empathy, flexibility, and understanding of EU values.

Training Structure

1. Introduction (15 minutes)

- **Welcome and Icebreaker (5 minutes)**
 - **Introduction of Trainer(s):** Briefly introduce yourself and your background in volunteering and youth engagement.
 - **Energiser Activity:** "Two Truths and a Lie" related to volunteering. Each participant shares two true statements and one false one about their volunteering experiences. This builds rapport and sets a friendly tone.
- **Objectives and Agenda Overview (10 minutes)**
 - **Present Objectives:**
 - Understand the current landscape of youth volunteering.
 - Develop practical skills for engaging young volunteers.
 - Reflect on EU values and their relevance to volunteering.
 - **Outline of Agenda:**
 - Quick overview of each session and its importance.

2. Understanding Youth Volunteering (30 minutes)

- **Discussion (15 minutes)**
 - **Introduction:** Present findings from various countries regarding the state of youth volunteering, highlighting common challenges such as lack of awareness, motivation, and access to opportunities.
 - **Facilitated Discussion:**
 - Ask participants about their own experiences and perceptions of youth volunteering.
 - Encourage sharing of both successes and challenges faced.
- **Case Study Presentation (15 minutes)**

- **Introduction:** Share a successful case study from a country that has effectively engaged youth volunteers (e.g., a community project in a specific country).
- **Key Takeaways:** Discuss strategies such as partnership with schools, use of social media, and mentorship programs.
- **Group Discussion:** What elements of this case study could be adapted in their own contexts?

3. Interactive Workshop: Engaging Young Volunteers (60 minutes)

○ Hands-on Activities (30 minutes)

- **Introduction:** Explain that participants will brainstorm ways to engage young people, drawing on their discussions and experiences.
- **Group Activity:**
 - Split participants into small groups (4-5 per group).
 - **Task:** Each group will list creative strategies to engage youth, considering the barriers discussed earlier.
 - **Time:** 15 minutes for brainstorming, then 15 minutes to share with the larger group.

○ Role-Playing Scenarios (30 minutes)

- **Introduction:** Highlight the importance of communication skills in engaging young volunteers.
- **Activity:**
 - Prepare scenario (e.g., a young person hesitant to join due to time commitments, another feeling unsure about the impact of their contribution).
 - Groups role-play the scenario, focusing on positive engagement strategies.
 - **Feedback:** After each role-play, participants provide feedback on the effectiveness of the strategies used.

4. Break (15 minutes)

5. Building Empathy and Flexibility (30 minutes)

○ Reflection Exercise (15 minutes)

- **Introduction:** Explain that empathy and flexibility are crucial in working with young volunteers, as their needs and concerns can differ greatly.
- **Guided Reflection:**
 - Ask participants to reflect individually on a time when empathy changed their interaction with a volunteer.
 - **Sharing:** Invite participants to share their reflections in pairs or small groups.

○ Interactive Exercise (15 minutes)

- **Situation Card Exercise:**
 - Prepare situation cards with various challenges (e.g., a young volunteer facing personal issues, a group dynamic issue).
 - Participants respond to the scenario, focusing on empathetic and flexible solutions.
 - Discuss how different approaches can affect the outcome.

6. EU Values and Active Citizenship (30 minutes)

○ Discussion (15 minutes)

- **Introduction:** Present key EU values such as solidarity, equality, and respect for diversity.
- **Group Discussion:**
 - How do these values relate to youth volunteering?
 - Share examples from different countries where these values were highlighted in volunteer initiatives.

○ Reflective Exercise (15 minutes)

- **Task:** Participants reflect on their own practices and how they can integrate EU values into their volunteer programs.
- **Sharing:** Encourage participants to share their thoughts with the group, fostering a collective learning environment.

7. Closing and Evaluation (15 minutes)

- **Summary of Key Learnings (5 minutes)**
 - Recap the main points covered throughout the training, emphasizing the practical skills developed and the importance of EU values.
- **Feedback (5 minutes)**
 - Distribute evaluation forms or conduct a quick verbal feedback session.
 - Ask participants to share one thing they will take away from the training.
- **Networking Opportunity (5 minutes)**
 - Encourage participants to exchange contact information for future collaboration and support.



Support notes:

Summary of five concepts from the Powered by V project – (5 slides)

These slides will help set the context for the training and emphasize the importance of youth volunteering and active citizenship.

Slide 1: Title Slide

- **Title:** Engaging Young Volunteers: A Guide to Active Citizenship
- **Subtitle:** Summary of Key Findings from the Guidebook
- **Image:** An engaging graphic related to youth volunteering (e.g., diverse young people engaged in volunteer activities)

Slide 2: The Importance of Youth Volunteering

- **Key Points:**
 - Youth volunteering fosters active citizenship and community engagement.
 - It helps develop essential life skills such as leadership, teamwork, and empathy.
 - Engaging young people in volunteering contributes to social cohesion and understanding of diverse perspectives.
- **Visuals:** Infographic showing benefits of youth volunteering.

Slide 3: Current Challenges

- **Key Points:**
 - Limited awareness among young people about volunteering opportunities.
 - Barriers such as time constraints, lack of motivation, and accessibility issues.
 - Need for innovative approaches to engage youth effectively.
- **Visuals:** Graph or chart illustrating challenges faced in different countries.

Slide 4: Best Practices for Engaging Youth

- **Key Points:**
 - Use of social media and digital platforms to reach and motivate young volunteers.
 - Partnerships with schools, community organizations, and local businesses.
 - Providing mentorship and support to enhance the volunteer experience.
- **Visuals:** Icons representing social media, schools, and community partnerships.

Slide 5: EU Values and Volunteering

- **Key Points:**
 - Core EU values: solidarity, equality, and respect for diversity.
 - Importance of embedding these values in volunteer programs.
 - Encouraging young volunteers to become active citizens aligned with EU principles.
- **Visuals:** A map of Europe with keywords representing EU values around it.

Notes for Presentation:

- **Engage the audience** by asking questions or prompting discussions based on the content of the slides.
- **Ensure clarity** in conveying how each point connects to the overarching goals of the training session.



Tutor notes

(these are repeated in the slide deck and available separately as printed notes)

Slide: Title Slide

- **Notes for Tutor:**
 - Introduce the session and its focus on engaging young volunteers as active citizens.
 - Emphasize the importance of volunteering in personal development and community engagement.
 - Briefly mention that the training will draw from insights and findings from various countries to improve youth volunteering initiatives.

Slide: The Importance of Youth Volunteering

- **Notes for Tutor:**
 - **Key Benefits:**
 - Highlight how volunteering provides practical experience, fostering skills such as communication, problem-solving, and leadership.
 - Discuss the role of volunteering in building confidence and resilience among young people.
 - Mention how young volunteers can have a positive impact on their communities by addressing social issues and fostering inclusivity.
 - **Engagement:**
 - Ask participants to share their own experiences with volunteering and how it has benefited them or their communities.

Slide: Current Challenges

- **Notes for Tutor:**
 - **Challenges Overview:**
 - Discuss the findings that reveal a lack of awareness among youth about available volunteering opportunities.
 - Talk about barriers that prevent young people from volunteering, such as financial constraints, time limitations, and accessibility issues for individuals with different abilities.
 - **Contextual Insights:**
 - Use specific examples from the guidebook that illustrate challenges faced in different countries.

- Encourage participants to reflect on challenges in their local context and how they might address them.

Slide: Best Practices for Engaging Youth

- **Notes for Tutor:**

- **Effective Strategies:**

- Share best practices for leveraging social media platforms to connect with young people, highlighting examples from successful campaigns.
- Discuss the importance of creating partnerships with educational institutions, community organizations, and local businesses to promote volunteering.
- Emphasise the value of mentorship programs and peer-led initiatives that empower youth and create supportive environments.

- **Interactive Element:**

- Facilitate a group discussion on potential partnerships or outreach strategies participants can implement in their communities.

Slide: EU Values and Volunteering

- **Notes for Tutor:**

- **Core EU Values:**

- Explain how EU values such as solidarity, equality, and respect for diversity align with the goals of volunteering.
- Discuss the importance of integrating these values into volunteer programs and initiatives to create a more inclusive and equitable environment.

- **Reflection Activity:**

- Encourage participants to reflect on how they can incorporate EU values in their volunteering efforts.
- Conclude with a discussion on the role of young people as active citizens in promoting these values through volunteering.

General Tips for Facilitators

- **Engagement:** Keep the participants engaged by asking open-ended questions and encouraging them to share personal experiences or insights.
- **Adaptability:** Be prepared to adapt the discussion based on the group's prior knowledge and interest in the topics.
- **Inclusivity:** Use inclusive language and examples that resonate with a diverse audience, ensuring everyone feels valued and heard.

Slide Overview and content

- **Content:**
 - Title: Engaging Young Volunteers as Active Citizens
 - Date and Presenter Name
 - **Notes for Tutor:**
 - Welcome participants and introduce the session.
 - Briefly explain the objectives and the importance of engaging young people in volunteering.
 - Mention that the training will be interactive and encourage participation.
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Slide: Training Objectives

- **Content:**
 - Understand the importance of youth volunteering.
 - Identify challenges in engaging youth.
 - Explore best practices for recruiting and retaining young volunteers.
 - Reflect on EU values in the context of volunteering.
 - **Notes for Tutor:**
 - Outline the objectives of the training.
 - Emphasise the interactive nature of the session and encourage participants to share their thoughts.
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Slide: The Importance of Youth Volunteering

- **Content:**
 - Benefits of volunteering for young people.
 - Impact on personal development and community engagement.
 - **Notes for Tutor:**
 - Discuss how volunteering helps develop skills like leadership, communication, and empathy.
 - Engage participants by asking about their personal experiences with volunteering.
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Slide: Current Challenges

- **Content:**
 - Lack of awareness of opportunities.
 - Barriers: financial constraints, time limitations, accessibility.
 - **Notes for Tutor:**
 - Highlight the findings from the guidebook regarding challenges faced by youth.
 - Facilitate a discussion about challenges participants encounter in their own contexts.
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Slide: Best Practices for Engaging Youth

- **Content:**
 - Effective strategies for outreach.
 - Importance of partnerships and mentorship programs.
 - **Notes for Tutor:**
 - Share successful examples of youth engagement from the guidebook.
 - Encourage participants to brainstorm potential partnerships and outreach strategies.
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Slide : EU Values and Volunteering

- **Content:**
 - Core EU values: solidarity, equality, respect for diversity.
 - Integrating these values into volunteer programs.
 - **Notes for Tutor:**
 - Discuss how EU values relate to volunteering and active citizenship.
 - Lead a reflection activity on how participants can embody these values in their work.
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Slide : Activity – Reflective Exercise

- **Content:**
 - Participants reflect on their motivations for volunteering.
 - Share in small groups.
 - **Notes for Tutor:**
 - Provide guiding questions for reflection, such as:
 - Why do you volunteer?
 - What values drive your commitment?
 - Facilitate small group discussions and invite sharing.
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Slide : Activity – Role Play Scenarios

- **Content:**
 - Scenarios for engaging youth in different volunteering contexts.
 - **Notes for Tutor:**
 - Divide participants into small groups.
 - Provide different scenarios for role play related to recruiting young volunteers.
 - After role plays, discuss key takeaways as a group.
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Slide: Activity – Developing a Youth Engagement Plan

- **Content:**
 - Outline of key elements for a youth engagement plan.
 - Group work to create actionable strategies.
 - **Notes for Tutor:**
 - Introduce the elements of a youth engagement plan: goals, target audience, outreach methods, evaluation.
 - Facilitate group discussions where participants create their own plans.
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Slide: Q&A Session

- **Content:**
 - Open the floor for questions and discussions.
 - **Notes for Tutor:**
 - Encourage participants to ask questions or share insights from the training.
 - Summarize key points from the session.
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Slide 11: Closing Remarks

- **Content:**
 - Thank participants for their engagement.
 - Share resources for further learning and support.
 - **Notes for Tutor:**
 - Express gratitude for participation.
 - Provide handouts or links to additional resources related to youth volunteering.
 - Encourage participants to stay connected for future collaborations.
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Training Schedule: Engaging Young Volunteers

Practical Skills for Active Citizenship

Session Overview

- **Duration:** 3 hours
 - **Break:** 15 minutes (after 1.5 hours)
 - **Interactive Elements:** Discussions, activities, group work, and reflections
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Schedule

Time	Activity	Content	Notes for Tutor
00:00 – 00:15	Welcome & Introduction	<ul style="list-style-type: none"> – Welcome participants – Overview of training objectives 	<ul style="list-style-type: none"> – Introduce yourself and explain the session format. Encourage participants to share their backgrounds.
00:15 – 00:30	Importance of Youth Volunteering	<ul style="list-style-type: none"> – Benefits of volunteering for young people – Impact on personal development and community engagement 	<ul style="list-style-type: none"> – Discuss how volunteering fosters skills like leadership and empathy. Engage participants with questions.
00:30 – 00:45	Current Challenges	<ul style="list-style-type: none"> – Identify challenges in engaging youth: – Lack of awareness, financial constraints, time limitations, accessibility 	<ul style="list-style-type: none"> – Use findings from the guidebook. Facilitate a discussion on challenges participants encounter.
00:45 – 01:00	Best Practices for Engaging Youth	<ul style="list-style-type: none"> – Strategies for outreach – Importance of partnerships and mentorship programs 	<ul style="list-style-type: none"> – Share successful examples from the guidebook. Brainstorm potential partnerships.
01:00 – 01:15	EU Values and Volunteering	<ul style="list-style-type: none"> – Core EU values: solidarity, equality, respect for diversity – Integrating these 	<ul style="list-style-type: none"> – Discuss how EU values relate to volunteering. Lead a reflection activity on embodying these values.

Time	Activity	Content	Notes for Tutor
01:15 – 01:30	Activity 1: Reflective Exercise	<p>values into volunteer programs</p> <ul style="list-style-type: none"> - Reflect on personal motivations for volunteering - Share in small groups 	<ul style="list-style-type: none"> - Provide guiding questions. Facilitate small group discussions and invite sharing.

15-Minute Break: 01:30 – 01:45

Time	Activity	Content	Notes for Tutor
01:45 – 02:00	Activity 2: Role Play Scenarios	<ul style="list-style-type: none"> - Engage youth in different volunteering contexts 	<ul style="list-style-type: none"> - Divide participants into small groups. Provide scenarios for role play related to recruiting young volunteers.
02:00 – 02:30	Activity 3: Developing a Youth Engagement Plan	<ul style="list-style-type: none"> - Outline key elements for a youth engagement plan - Group work to create actionable strategies 	<ul style="list-style-type: none"> - Introduce the elements of a youth engagement plan. Facilitate group discussions for participants to create plans.
02:30 – 02:45	Q&A Session	<ul style="list-style-type: none"> - Open the floor for questions and discussions 	<ul style="list-style-type: none"> - Encourage participants to ask questions or share insights from the training. Summarize key points.
02:45 – 03:00	Closing Remarks	<ul style="list-style-type: none"> - Thank participants for their engagement - Share resources for further learning and support 	<ul style="list-style-type: none"> - Express gratitude and provide handouts or links to additional resources. Encourage participants to connect.

Support aids to deliver training

Key Takeaways from Powered by V that you should explore during the training

1. The Value of Youth Volunteering

- **Personal Development:** Volunteering offers young people the opportunity to develop crucial life skills such as leadership, communication, teamwork, and problem-solving. These skills enhance employability and personal growth.
- **Community Impact:** Engaging in volunteer work allows youth to make a meaningful difference in their communities. They contribute to social causes, strengthen community ties, and promote a culture of solidarity and support.

2. Understanding Challenges in Youth Volunteering

- **Lack of Awareness:** Many young people are unaware of the volunteering opportunities available to them. Outreach and marketing efforts must effectively communicate the benefits and possibilities of volunteering.
- **Financial Barriers:** Financial constraints can limit young people's ability to engage in volunteer activities. Providing support, such as travel reimbursements or stipends, can alleviate this barrier.
- **Accessibility Issues:** Volunteering programs must be inclusive and accessible to all young people, including those with disabilities or from marginalized backgrounds. Ensuring facilities and programs accommodate diverse needs is essential.

3. Best Practices for Engaging Young Volunteers

- **Outreach and Recruitment:** Employ creative and diverse methods to engage young people, such as social media campaigns, informational workshops, and collaborations with schools and community organizations.
- **Mentorship and Support:** Establish mentorship programs that pair young volunteers with experienced mentors. This support can enhance confidence and retention in volunteering roles.
- **Flexible Opportunities:** Create flexible volunteer roles that allow young people to contribute according to their availability and interests. Short-term and project-based opportunities can attract more participants.

4. Integrating EU Values into Volunteer Programmes

- **Solidarity:** Emphasise the importance of community support and collective action. Encourage young people to see volunteering as a way to stand in solidarity with those in need.
- **Respect for Diversity:** Promote inclusion by recognising and celebrating the diverse backgrounds and experiences of young volunteers. This respect enhances the volunteering experience and fosters understanding.
- **Empowerment:** Empower young people to take the lead in volunteering initiatives. Encourage them to voice their ideas and take ownership of projects, fostering a sense of agency and responsibility.

5. Action Steps for Participants

- **Reflect on Motivations:** Encourage participants to reflect on their motivations for volunteering and how they can inspire others to get involved.
- **Identify Opportunities:** Challenge participants to identify local volunteering opportunities that align with their passions and interests, as well as those of their peers.
- **Network and Collaborate:** Emphasize the importance of building networks among volunteers, organizations, and community members to create a supportive environment for youth engagement.



Policy Recommendations: Youth Engagement & Volunteering in Strengthening EU Values (Plain language version)

Introduction

The **European Youth Strategy** (2019–2027) aims to engage and empower young people by promoting active citizenship, social inclusion, and solidarity. Volunteering is recognized as an important way for young people to express key EU values such as human dignity, freedom, democracy, and equality. The **European Solidarity Corps** offers various volunteering opportunities, but there is a need for more support to expand these programs and improve the quality of volunteering experiences.

Key Points

1. Sustainable Development Goals:

- The EU has priorities for sustainable development for 2023–2024.
- Volunteering is essential for achieving these goals, but it's not adequately highlighted in current EU plans.

2. Citizenship Education:

- The EU Parliament has identified a need for better citizenship education.
- More research is needed to measure the impact of volunteering.
- Schools should teach EU values and encourage community engagement through both formal and informal learning.

3. Benefits of Volunteering:

- Volunteering can improve voting behaviour, job prospects, educational performance, mental health, and social connections.

4. Solidarity Across Europe:

- Research shows that young people in different EU countries share similar views on solidarity (like empathy and community support).

- There are challenges such as political polarization and negative attitudes towards migrants, but a basic understanding of solidarity is common.

Recommendations for Policymakers

Challenge 1: Update Volunteering Policies

- **Problem:** Current policies don't adapt well to modern volunteering trends like micro-volunteering, episodic volunteering or informal volunteering
- **Solutions:**
 - Revise policies at local, national, and EU levels to support new volunteering forms.
 - Collaborate with stakeholders to create a unified approach to promoting EU values.
 - Establish a common framework for regular research on volunteering.

Challenge 2: Recognise the value of volunteering

- **Problem:** There's a lack of awareness about the role of volunteering in promoting EU values.
- **Solutions:**
 - Incorporate EU values into school curricula and educational programs from an early age.
 - Promote the idea that volunteering is as important as paid jobs in contributing to society.
 - Increase funding for the European Solidarity Corps to enhance its impact.

Challenge 3: Support Volunteer Involving Organisations (VIOs)

- **Problem:** Many volunteer involving organisations lack adequate funding and resources to provide volunteering opportunities.
- **Solutions:**
 - Ensure transparent funding and support for organizations that involve young volunteers.
 - Reduce administrative burdens for these organizations and help them build capacity.
 - Create systems for effective volunteer coordination, especially in crisis situations, with appropriate support and funding.

Additional optional exercise

Game Title: EU Values Quest

Objective:

To enhance understanding of EU values and the role of youth volunteering in promoting these values while fostering teamwork and engagement among participants.

Duration: 30 minutes

Materials Needed:

- **Index cards or slips of paper** (one for each team)
- **Markers** or pens
- **Timer**
- **Whiteboard or flip chart** for debriefing
- **Prizes** (optional, for the winning team)

Preparation:

1. **Create Value Cards:** Prepare cards with descriptions of various EU values (e.g., human dignity, freedom, democracy, equality, rule of law, human rights) along with corresponding volunteer actions that exemplify these values (e.g., organising a community clean-up, mentoring youth, advocating for human rights).
2. **Team Formation:** Divide participants into small teams (4–6 members each).

Game Instructions:

Part 1: Value Match-Up (15–20 minutes)

1. **Distribute Value Cards:** Hand out the value cards randomly among the teams.
2. **Team Discussion:** Instruct each team to discuss and match their value cards with appropriate volunteer actions they believe exemplify those values. Each team should come up with at least one action for each value they have.
3. **Presentation:** After 10 minutes of discussion, each team presents their matched values and volunteer actions to the whole group.

Part 2: Value Scenarios (15–20 minutes)

1. **Create Scenarios:** After the presentations, give each team a different scenario that a young volunteer might face (e.g., organizing a community event, helping refugees, engaging in environmental activism).
2. **Team Brainstorming:** Teams will brainstorm how they would respond to the scenario while applying the relevant EU values and proposing specific volunteering actions.
3. **Share Responses:** Each team shares their scenario and proposed response with the group.

Debriefing (10 minutes):

- Discuss the importance of each value and how volunteering can enhance the understanding and practice of these values.
- Encourage participants to reflect on how they can integrate these values into their own volunteering experiences and share their thoughts on how volunteering can promote solidarity and community engagement.

Optional: Prize Distribution

If you choose to add a competitive element, you could award a small prize to the team that presents the most creative or impactful action plan.

Learning Outcomes:

- Participants will gain a deeper understanding of EU values.
- Teams will practice collaboration and creative thinking.
- The game will encourage participants to consider practical applications of volunteering in promoting EU values.

Interactive workshop 4 EU Values Exercise

Below are the Core EU Values:

1. **Human Dignity** Respecting the intrinsic worth of all individuals.
2. **Freedom** Ensuring personal liberty and autonomy, including the freedom of speech and thought.
3. **Democracy** Promoting active participation in decision-making processes and governance.
4. **Equality** Ensuring that all people are treated equally under the law and have access to the same opportunities.
5. **Rule of Law** Ensuring that laws apply equally to all citizens and that governance is based on laws rather than arbitrary decisions.
6. **Human Rights** Protecting and promoting the fundamental rights and freedoms of all individuals.
7. **Solidarity** Encouraging mutual support, unity, and cooperation among EU citizens and across the world, especially in times of crisis.

Below are Additional Values Related to Youth Engagement and Volunteering:

1. **Empathy** Understanding and sharing the feelings and experiences of others, especially marginalized groups.
2. **Social Inclusion** Ensuring that everyone, regardless of background, has the opportunity to participate fully in society.
3. **Civic Responsibility** Encouraging individuals to contribute positively to their communities and society at large.
4. **Diversity** Celebrating and respecting differences in culture, belief, and experience.
5. **Environmental Responsibility** Promoting sustainability and stewardship of the environment.
6. **Active Citizenship** Encouraging proactive involvement in civic, community, and political life.
7. **Justice** Advocating for fairness and ensuring equitable treatment for all individuals.
8. **Voluntary Service** Valuing the selfless contribution of time and effort for the betterment of society without expectation of reward.
9. **Collaboration** Fostering teamwork, partnership, and collective action toward shared goals.
10. **Transparency** Promoting openness, accountability, and honesty in decision-making processes

Suggested text to advert course to potential learners

Engaging Young Volunteers: Practical Skills for Active Citizenship

This 3-hour interactive training session is designed to equip volunteers and volunteer-involving organisations with the skills and knowledge needed to engage young people in volunteering, while promoting EU values such as human dignity, democracy, and solidarity. Participants will explore practical strategies, case studies, and hands-on activities, all aimed at fostering active citizenship among youth. By the end of the course, participants will be better prepared to create inclusive, impactful volunteer opportunities that resonate with younger generations.

Learning Objectives

By the end of this training, participants will be able to:

1. **Understand** the importance of youth volunteering in promoting EU values such as democracy, equality, and solidarity.
2. **Identify** key challenges and opportunities in engaging young people in volunteering across different European contexts.
3. **Apply** practical strategies to create inclusive and flexible volunteer opportunities that appeal to young people.
4. **Foster** empathy and flexibility when working with diverse youth, incorporating the principles of social inclusion and active citizenship.
5. **Utilise** the European Solidarity Corps and other youth volunteering frameworks to strengthen engagement with young volunteers.

At the end of this course, participants will:

- Have a clear understanding of how to incorporate EU values into youth volunteer programmes.
- Be able to engage young people effectively in volunteering, particularly in ways that support active citizenship and social inclusion.
- Be equipped with practical tools and case study examples to enhance the quality of volunteer opportunities they offer.
- Feel confident in fostering a culture of solidarity and inclusion through youth engagement, enhancing both personal and community well-being.