

Plan Be: Active Senior Volunteers
2015-1-PT01-KA204-012930

CURRICULUM



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This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

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WHAT IS VOLUNTEERING

Volunteering is generally considered an altruistic activity, where an individual or group, provides services for no financial gain "to benefit another person, group or organization".

Volunteering is also renowned for skill development and is often intended to promote goodness or to improve human quality of life. Volunteering has positive benefits, for the volunteer, as well as for the person or community served.

SENIOR VOLUNTEERS

The following table shows the "Plan Be" Programme topics, comprehending also the transversal modules, and the expected results in terms of knowledge, skills and attitudes.

Topic	Knowledge	Skills	Attitudes
Social Inclusion	<ul style="list-style-type: none"> - Enhanced understanding of the values and principles at the basis of volunteering; - Improved awareness of own role as European active citizen; - Social inclusion (Intercultural learning, understanding diversity, understanding and being aware of how stereotypes, prejudice, discrimination and violence can occur); 	<ul style="list-style-type: none"> - Self-awareness (ability to recognize own capacities, values, motivation, manage expectations); - Learning to learn (setting own aim and learning objectives through volunteering); - Social competences (building trust, respect, tolerance, increasing self-confidence, working with different social groups); - Civic competences (being active as a citizen at the local level – trying to solve some local problems, answer some needs of people living around); - Interpersonal skills (teamwork and cooperation, conflict management, decision making, leadership, accepting responsibility); - Organisational skills (planning, time management, team communication and cooperation, problem-solving); - Communication skills (expressing ideas, active listening, questioning, providing constructive feedback); - Digital Competences (using digital tools for information and communication); 	<ul style="list-style-type: none"> - Sense of Initiative; - Enthusiasm; - Cooperation/solidarity; - Tolerance; - Responsibility; - Optimism; - Open mind-set; - Motivation; - Empathy; - Friendliness; - Self-esteem; - Patience; - Determination; - Perseverance; - Resilience; - Self-confidence; - Acceptation of others' points of view; - Non-judgmental; - Respect.
Gender Equality	<ul style="list-style-type: none"> - Gender Equality (raise awareness of the relevance of gender equality in the field of the Senior volunteering); 		
Culture and Arts	<ul style="list-style-type: none"> - Culture and Arts (raise awareness and understanding how to use arts and culture in voluntary work with different target groups); 		
Nature and Environment	<ul style="list-style-type: none"> - Nature and Environment (understanding wellbeing effects offered by nature and become aware of the possibilities offered by nature in voluntary work); - Food and Health (understanding how healthy eating can have a profound influence on people lifestyle and well-being). 		
Food and Health			