

Plan Be: Active Senior Volunteers
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PROGRAMME PRESENTATION



Erasmus+

Plan Be
Active Senior Volunteers

PLAN BE CONSORTIUM

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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.

Plan Be Training Programme was developed in all its phases as an experience that can provide insights and learning opportunities to its participants, not just putting them in the role of learners but offering insights from the perspective of citizens.

More than just transmit knowledge, with this programme we aim to empower people.

You, as Senior Volunteer, will have the chance **to learn and contribute** to the development and implementation of **volunteering projects** by identifying and solving **specific problems in your local community**.

Volunteering can support you to help your community, while filling your leisure time with rewarding experiences.

Participating in a senior-specific programme like "Plan Be" can be enjoyable because it is geared toward likeminded individuals at similar stages in their lives.

"Plan Be" Programme doesn't have restrictions. There are a variety of opportunities and time commitments available to all participants. You should be able to enjoy a balance of helping others and leaving time for yourself.

Whether you are interested in distributing food or tutoring children, in environmental protection or in health promotion, there are many different experiences waiting for willing volunteers.

Do you think you haven't the needed knowledge and skills to have an active role in your local community?

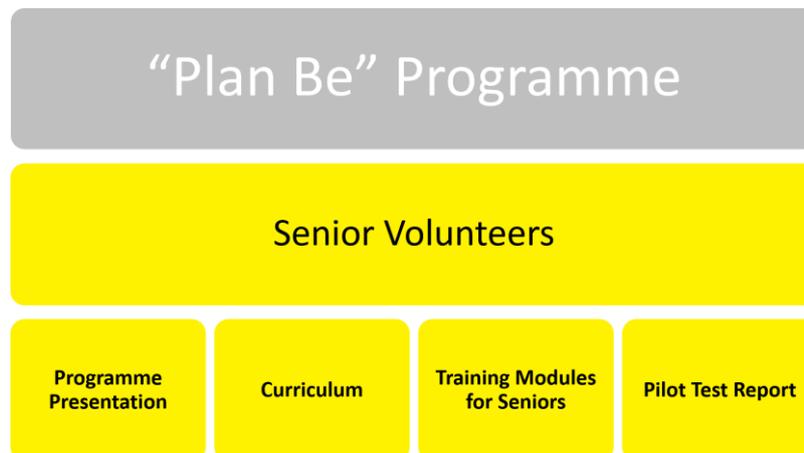
Here you can find simple training materials that will help you to develop some knowledge, skills and attitudes, and feeling more confident to be a senior volunteer... and also some ideas about how to develop your own volunteering project.

This volunteer programme helps not only others, but volunteers as well.

TIPS to be a successful volunteer

- Remember that you play an **important role** and **you must act responsibly**.
- You need to be very **patient**. Some people are not used to spend time with seniors.
- Don't be afraid of showing that you do not know something: if you have a doubt ask your facilitator, another member of your team or any other person. **Learning together is better!**
- **You play an important role and your opinion is important!**
- Remember **to listen to the others**: maybe your difficulties or challenges are the same. Share with them your ideas.
- **Help** your peers, if necessary. **In a way, everybody is trainer and learner at the same time!**
- Be part of a team and always be yourself: **You are not alone!**
- Enjoy yourself: **fun is the key to successful learning!**

WHAT CAN YOU FIND HERE?



HOW TO USE "PLAN BE" PROGRAMME DOCUMENTS?

1. The **Programme Presentation** presents a brief introduction to the topic and to "Plan Be" Programme;
2. The **Curriculum** summarizes the main aspects referring to the knowledge, skills and attitudes that a senior volunteer can develop during "Plan Be" Programme.
3. The **Training Modules for Senior Volunteers** are a starting point to develop knowledge, skills and attitudes, and to guide the process of design and implementation of Senior Volunteering Projects.

The Training Modules comprises documents targeting 2 main areas:



4. The **Pilot Test Report** is an example of how this training programme was implemented within a group of senior volunteers (available in English).