



i-participate

Let's  
all  
partici  
pate!



**ERASMUS +  
HANDBOOK  
SOCIAL  
ENTREPREN  
EURSHIP**

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# INTRODUCTION



This Handbook is an outcome of group work among young people who participated in the Erasmus+ funded Youth Exchange 'Be Social' in Greece!

Its purpose is to present examples of social enterprises that are active in the participants' countries and their work is promising and worth mentioning.

The group work required to create this Handbook helped participants to get a deep insight into the topic of social entrepreneurship that was discussed throughout the project with non-formal activities, discussions, initiatives, group exercises, and other ways of learning.

Adding to this, participants acquired useful soft and hard skills while preparing this Handbook and delegating the tasks for its creation. We hope the reader will find it useful and interesting! ☺

## Some information about the Project

Be Social! is a youth exchange aimed to create awareness about social enterprises and support young people in order to appreciate the role of social entrepreneurship. It created a learning space for the personal development of the participants, focusing on improving their skills and competencies needed to get a job or establish their own social enterprise or business. This project also aimed on empowering young people in turning their innovative ideas into action.

The Youth Exchange took place in Granitsa, Evrytania, in Greece from 2-9 May 2022.

The project brought together 32 participants (young people, youth leaders, and youth workers/facilitators) from 5 EU countries: Greece, Italy, Spain, Portugal, and Croatia.

The youth exchange was based on the following concept:

Youth unemployment in the EU (15-24 years old) has been in general on the rise since 2008. Based on Eurostat 2019, Greece is still the country with the highest youth unemployment rate, 40,4%. Spain, Italy, and Croatia are the EU countries with the second (31,7%), third (30,5%), and fourth (20,6%) highest youth unemployment rates. Portugal has the 6th highest youth unemployment rate in the EU (18,7%). Based on the same statistics, only 6 EU countries (out of 28) have a youth unemployment rate of less than 10%. It is undeniable that the EU should focus and work on the reduction of these high unemployment rates.

In 2018, European Commission recognized youth as a priority for the future of Europe by announcing its commitment to a stronger youth focus. The EU Youth Strategy for the years 2019-2027, recognizes that young people have a specific role in society and face specific challenges. The need for the development of the soft skills, communication, and collaboration skills and competencies, the stimulation of an entrepreneurial spirit among young people is more urgent than ever, as it can lead to the creation of more enterprises, either social or classic ones, and therefore to more job opportunities. The empowerment of youth employment and youth entrepreneurship is a defining factor in improving the living conditions of the youth in Europe.





## Objectives:

- To raise awareness about the unemployment of young people within the EU, specify its causes and try to find possible solutions
- To provide participants with mentoring and support regarding their individual project ideas and to equip participants with tools to evaluate and develop ideas into successful projects, focusing on social entrepreneurship
- To develop young participants' personal skills (soft skills, entrepreneurial skills) and give them confidence and motivation to turn their ideas into action
- To gain an understanding on how social entrepreneurship can be relevant to the needs of young unemployed and the NEETs
- To equip young participants with the relevant skills of how they can form a high-quality resume, motivation letter, and social enterprise business plan
- To inform participants about the Erasmus+ Youth Programme, giving special focus on European Solidarity Corps

## What is Erasmus+?

Erasmus+ is the EU Programme in the fields of education, training, youth, and sport for the period 2021-2027. Education, training, youth, and sport are key areas that support citizens in their personal and professional development. High quality, inclusive education, and training, as well as informal and non-formal learning, ultimately equip young people and participants of all ages with the qualifications and skills needed for their meaningful participation in a democratic society, intercultural understanding, and successful transition in the labor market.

Building on the success of the program in the period 2014-2020, Erasmus+ strengthens its efforts to increase the opportunities offered to more participants and to a wider range of organizations, focusing on its qualitative impact and contributing to more inclusive and cohesive, greener, and digitally fit societies.

European citizens need to be better equipped with the knowledge, skills, and competencies needed in a dynamically changing society that is increasingly mobile, multicultural, and digital. Spending time in another country to study, learn and work should become the standard, and the opportunity to learn two other languages in addition to one's mother tongue should be offered to everyone. The Programme is a key component supporting the objectives of the European Education Area, the Digital Education Action Plan 2021-2027, the European Union Youth Strategy, and the European Union Work Plan for Sport (2021-24).

As the COVID-19 pandemic has shown, access to education is proving, more than ever, to be essential to ensuring a swift recovery, while promoting equal opportunities for all. As part of this recovery process, the Erasmus+ program takes its inclusive dimension to a new horizon by supporting opportunities for personal, socio-educational, and professional development of people in Europe and beyond, with the aim of leaving no one behind.

To increase the qualitative impact of its actions and ensure equal opportunities, the Programme will reach out more and better to people of different ages and from diverse cultural, social, and economic backgrounds. It is at the heart of the Programme to come closer to those with fewer opportunities, including people with disabilities and migrants, as well as European Union citizens living in remote areas or facing socio-economic difficulties. In doing so, the Programme will also encourage its participants, in particular, young people to engage and learn to participate in civic society, raising awareness about European Union common values. The Programme will continue to empower young people and encourage their participation in democratic life, particularly through supporting activities linked to the European Year of Youth 2022, which was announced in the State of the Union address in September 2021.





Another challenge relates to the Europe-wide trends of limited participation in democratic life and low levels of knowledge and awareness about European matters and their impact on the lives of all European citizens. Many people are reluctant or face difficulties, in actively engaging and participating in their communities or in the European Union's political and social life. Strengthening European identity and the participation of young people in democratic processes is of paramount importance for the European Union's future. This issue can also be targeted through non-formal learning activities, which aim at enhancing the skills and competencies of young people as well as their active citizenship.

In line with the European Union's priorities in making sustainable its economy, projects should be designed in an eco-friendly manner and should incorporate green practices in all facets. Organizations and participants involved should have an environmentally-friendly approach when designing their projects, which will encourage them to discuss and learn about environmental issues, make them think about what can be done at their level, and help them come up with alternative greener ways of implementing their activities. Supporting and facilitating the transnational and international cooperation between organizations in the fields of education, training, youth, and sport is essential to empowering people with more key competencies, reducing early school leaving, and recognizing competencies acquired through formal, informal, and non-formal learning. It facilitates the circulation of ideas and the transmission of best practices and expertise and the development of digital capabilities thus contributing to a high-quality education while strengthening social cohesion. The Erasmus+ Programme is one of the European Union's most visible success stories. It builds on the achievements of more than 30 years of European programs in the fields of education, training, youth, and sport, covering both an intra-European as well as an international partnerships dimension.

### Opportunities offered

Erasmus+ offers mobility and cooperation opportunities in:

- higher education
- vocational education and training
- school education (including early childhood education and care)
- adult education
- youth and
- sport

This Handbook and the authors would also like to make specific reference to the European Solidarity Corps programme, on which we all strongly believe in its importance and the various beneficial effects it can have on its participants.







### European Solidarity Corps

The European Solidarity Corps is a funding program of the European Union that creates opportunities for young people to volunteer and run their own solidarity projects that benefit communities around Europe with the costs paid. Projects can be of community interest, in the social, environmental, or cultural fields.

It was announced by the President of the European Commission, Jean-Claude Juncker, during his annual State of the European Union speech in September 2016, and officially launched in December 2016. After completing a simple registration process, participants could be selected to join a wide range of projects. These projects will be run by organizations that have been checked and authorized to run European Solidarity Corps projects.

The European Solidarity Corps is the pool of young people who register their interest to take part in solidarity-related projects, and who agree with and will uphold the Mission and Principles of the European Solidarity Corps.

When you register, your details will be held in the European Solidarity Corps system, and organizations will be able to search the database for people for their projects. Organizations will then ask selected participants to join these projects.

Organizations can apply for funding for their projects and after their projects are approved, these organizations will be able to access the pool of participants to select young people that could be best suited to join the project. The organizations will then contact the potential recruits and make a final choice.

All organizations will undergo checks before they are authorized to run projects for the European Solidarity Corps and before they are allowed to search for and recruit participants for their projects.



# GREEN ISTRIA

## ABOUT

01.

Green Istria is located in the region of Istria and it is a non-profit citizen association which is committed to the protection of the environment and natural resources, and works to build a society that upholds principles of social justice. For 25 years Green Istria has actively participated in the building of a society that is sustainable in terms of democracy, solidarity, and the environment. Some of our key objectives are sustainable development and environmental democracy

# ZELENA ISTRA



## TARGET GROUP

02.

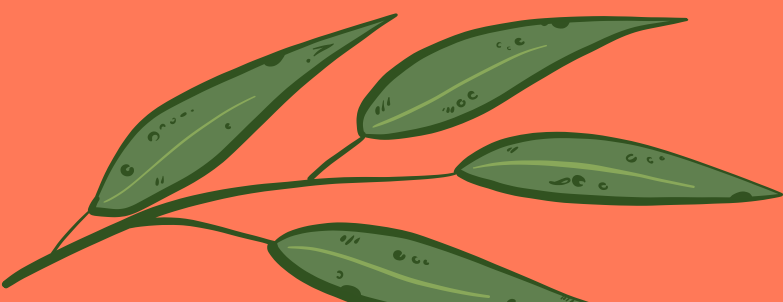
They focus their advocacy activities on state, regional and city government bodies and build partnerships, coalitions and networks of civil society organizations around these topics to maximize impact.

The target group benefits from different programs and workshops organized in local communities.

## ECONOMIC AND SOCIAL IMPACT

03.

Possible wider economic and social benefits in society include creating a barrier to unsustainable overexploitation policies and privatization of public goods and makes efforts to combat corruption in public administration and to support democratization processes.





# OCEAN ZNANJA

## ABOUT

### 01.

Ocean of knowledge is a non-profit and non-governmental organization, located in Zagreb, that functions as a platform for young people. The aim of the platform is to help young people reach their full potential, learn and grow, develop their personal and professional skills and be active participants in creating the society in which they want to live. They want to encourage young people to become active participants in society through education and local activism.



## TARGET GROUP

### 02.

They offer them the space and the opportunity to perfect their skills outside the education system and spend their free time in a useful and creative atmosphere.

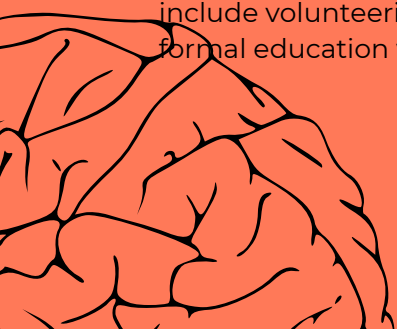
The target groups are young people between the ages of 16 and 25, youth educators, teachers, mentors, professors. They benefit from various activities that include volunteering, mobility and non-formal education workshops.

## ECONOMIC AND SOCIAL IMPACT

### 03.

The possible wider economic and social benefits of this organization are creating a space where young people can find inspiration and make a positive change in society.

This is a good practice because their vision is to build and maintain a community that is empowered and inspired by the exchange of ideas and helps one to reach its full potential.





# AMAZONAS ASSOCIATION



## ABOUT

### 01.

Amazonas Association activities are based on the implementation of programs and projects aimed at educating, empowering and increasing the quality of life of children, youth and adults in the local community. Through three areas of work – social support, active and mobile youth and movement and sports. It is located in Zagreb.



## ACTIVITIES

### 02.

They organize activities for active leisure, promote volunteering and involvement in the local community, organize workshops, education and trainings.

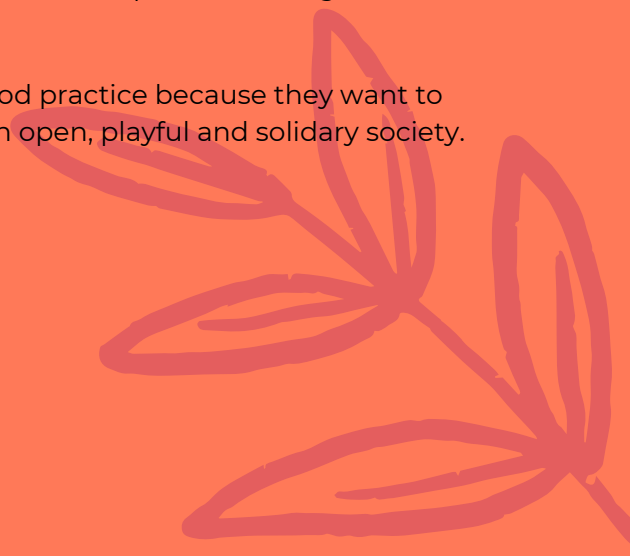
Possible wider benefits are to encourage positive change through innovation, movement and learning, promotion of cultural and other diversity, tolerance and understanding, encouragement of healthy lifestyle, physical activity and recreational sports.

## SOCIAL IMPACT

### 03.

Encouragement of social solidarity, prevention of unacceptable behavior of children and young people, promotion of non-violence and peace-building.

It is a good practice because they want to create an open, playful and solidary society.





# OAZA

## ABOUT

### 01.

Help Center for Children and Humanitarian Association OAZA is a church activity and non-profit organization that helps to care for children in need. Their primary goal is to help the children to grow up in a good family environment rather than in institutions or their own very troubled families. Their main activities are to support foster families and foster children, and to promote and encourage the foster care of children in Istria and Croatia. It is located in Rovinj.



## TARGET GROUP

### 02.

Their target group is children without adequate parental care.

They are helping them through the collection and distribution of humanitarian aid, cooperation with state and local authorities and institutions, and through the organization of meetings and support for foster families.

## SOCIAL AND ECONOMIC IMPACT

### 03.

Possible wider benefits are changing legal provisions, with the goal to improve the foster care.

It is a good practice because they are helping and supporting children in need.



# NGO DRONE

## JOB DUTIES

01.

DrOne is an NGO based in Karlovac, Croatia. Their main goals are promotion of human rights and feminism, working with local and international youth, organizing projects both on a local and international scale, and providing a space for young people to express themselves, do activities, and improve their skills, employability, and compassion. They are partners of many local and international organizations, and work to promote youth work and improve the quality of it through various projects and workshops



## TARGET GROUP

02.

Their target group is young people, and people interested in socio economic issues, as well as people who want to improve their soft skills through non formal education.

DrOne works on inclusivity of a wide array of disadvantaged people, people with a lower economic status, and people with disabilities, and through doing that they actively provide a safe space where everyone can flourish the best they can.

## SOCIAL IMPACT

03.

Through European, local, and national funding DrOne continues to provide quality programs for youth, and recently they have employed 2 people, and are planning to expand to provide even more quality content



# SHEDIA

## ABOUT

### 01.

Shedia is a greek Street newspaper created of a non-profit Social Enterprise named "Diogenis", which is based in Athens. It was created in 2017 and the main purpose is Sustainable Development and the provision of social services of general interest.

Shedia, as all street magazines in the world, is not sold in the usual press outlets, such as kiosks, but only on the city streets by accredited sellers. The sellers come from socially vulnerable populations: the homeless, the unemployed and generally people who are proven to live below the poverty line.



## TARGET GROUP

### 02.

The Enterprise is addressed to people experiencing poverty and social exclusion (homeless, long-term unemployed e.tc.).

It provides training workshops, where people are training in the upcycling (recycling) and transformation of unsold copies of "shedia" street paper, as well as other recyclable materials, into utility products/ goods, which, in turn, will be available for retail sale and/ or wholesale.

## ECONOMIC AND SOCIAL IMPACT

### 03.

In March 2016, the internationally renowned consulting firm "Deloitte" undertook the task of investigating the social and economic impact of the traffic on the "raft" periodical. Shortly before Christmas of the same year, the final report entitled "Social and Economic Impact of the Periodic Road Traffic" raft "was delivered, which - among many others - includes a" field survey "of readers and the readability of the" raft " ", As well as a survey among the sellers of" raft ".





# ILIAKTIDA AMKE

## ABOUT

### 01.

Iliaktida is Civil Non-Profit Company that was created through the needs of the local community in Lesvos Island to combat social exclusion through employment and personalized counseling of People with Disabilities and vulnerable population groups.



## TARGET GROUP

### 02.

It provides accommodation and protection for vulnerable asylum seekers. As of 2016, Iliaktida provides refugees and applicants of asylum with more than 600 accommodation places in Lesvos, originally as a partner of the United Nations High Commissioner for Refugees and, consequently, of the Ministry of Migration and Asylum.

Also, during the winter of 2016, it responded to emergencies by creating an additional 600 temporary accommodation in hotels to protect the beneficiaries of the weather.

## ECONOMIC AND SOCIAL IMPACT

### 03.

In collaboration with the United Nations High Commissioner for Refugees and UNICEF, created 9 accommodation facilities for unaccompanied-asylum-seeking minors (8 for boys, 1 for girls).

From January 2018 until today, safe accommodation is provided to 80 unaccompanied minors, refugees and asylum seekers, in "Safe Area" (special accommodation areas), located within the Reception and Identification Center of Lesvos.

# BIO.ME S.A.



## ABOUT

### 01.

BIO.ME S.A. is a self-governing company/organization that is based in Thessaloniki. It's a factory that produces cleaning products and detergents. Their products are made from completely natural ingredients and they could be and they could be from hand soaps to laundry detergents. By making their products from natural ingredients, the workers try to support people who believe that in order to be clean and keep our house clean.



## TARGET GROUPS

### 02.

They work with the Social Solidarity Clinic of Thessaloniki, making a clinic that everyone can go to.

Since March of 2020 (the start of the pandemic) they have been giving soaps for immigrants and also for prisoners who need them.



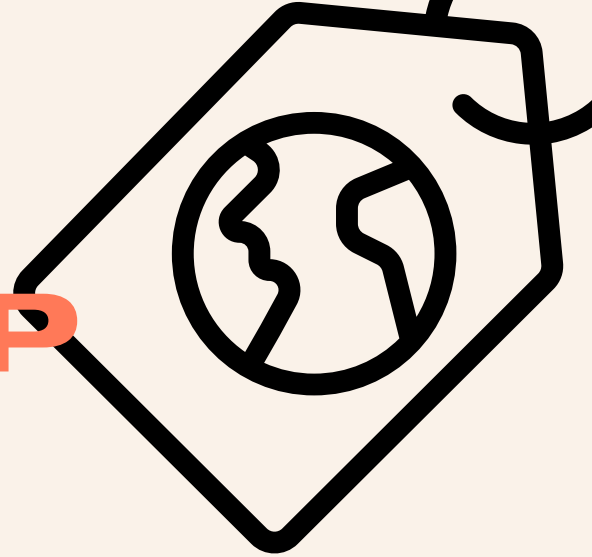
## ECONOMIC AND SOCIAL IMPACT

### 03.

Making eco-friendly products is one of the many societal benefits that the workers of BIO.ME offer.

They also try to create social change by hosting at their factory live concerts from different cultures, cultural events, bazaars and also they keep essential products for refugees and immigrants.

# BIOS COOP



## ABOUT

01.

BIOS COOP is a cooperative mini market that sells different and many products, from food and drinks, to cleaning and sanitary products. Their products are produced locally, by small partners and not big companies. That results in good quality products with very little ecological footprint, meaning they are eco-friendly and biologically made. They are also cheaper because they have no need for a middle man.



## TARGET GROUP

02.

BIOS COOP's main concern is peoples' needs and their purpose is to change consumer's way of thinking, through partnerships.

## ECONOMIC AND SOCIAL IMPACT

03.

Their social impact is that they create jobs for everyone and also they allow internships for college graduates. The most important thing is that anyone can be a partner there.

Other social benefits of BIOS COOP are: concerts to make social change, like an antiwar concert, social events, for example speeches for domestic violence and they also collect products for people affected by wars.

Furthemore, they did a lot of good for the environment by creating recycling for frying oils in partnership with another organization.



# DOT2DOT

## ABOUT

### 01.

Dot2dot was founded in 2013 in Thessaloniki. Its goal is to plan and organize thematic trips in the city, art activities, educational programs, workshops for children and adults and art activities. Their goal is to highlight a multidimensional city such as Thessaloniki, to communicate with its residents and visitors and to promote the creativity of the city.



dot2dot

## TARGET GROUP

### 02.

At dot2dot, they firmly believe that art and culture are for everyone, without discrimination and exclusion.

So, there is the opportunity to plan and adapt the routes and activities to the needs of special groups (people with special educational and other needs, as well as vulnerable social groups).

## ECONOMIC AND SOCIAL IMPACT

### 03.

In practice, this means, for example, that it is possible to make trips with the help of an interpreter in the Greek sign language, for people with hearing problems or to carry out special actions addressed to the disabled, even in consultation and cooperation with the competent bodies.

Last but not least, Dot2dot received the "Business Excellence Award" with criteria of innovation, service delivery process and product production



# LA FENICE

## ABOUT

### 01.

LA FENICE is an association based in Tortona, Italy, that encourages the interest of the teenagers for the culture; supporting actions for the culture development, innovations and creativity like vital elements of citizenry participation. It aims to involve the teenagers with decisional process to contribute for the development of a sustainable policy based on their opinion and decision; favour the dialogue with the help of the 2.0 technologies; intensify the participation through the schools; incentivize the voluntarism and the social inclusion.



## BENEFITS

### 02.

The action of LA FENICE is not limited to its town, but it also reaches other European countries through the cultural exchanges it organizes thanks to the Erasmus+ projects. They propose new, funny, educational and non-formal activities that can teach you new skills. These projects let you visit Europe without spending much money, so that everyone can have access to the same opportunities and they are a great way to improve languages skills. Beside all of that, these projects favor the dialogue between different countries and the comparison of opinions on important themes such as poverty, environment, sustainable development and much more. During these travels, people create lasting bonds and friendship that last a lifetime.

## COMMUNITY INVOLVEMENT

### 03.

LA FENICE is also an association that wants to act as a bridge between other associations, institutions and organizations that put effort into the society on a local, national and European level. Thanks to the previous experiences and activities, the association has contacts with 19 cooperatives and associations in Italy and 5 European partners, with a total of 350 European projects already operating and more of 1000 potential contacts in Europe.

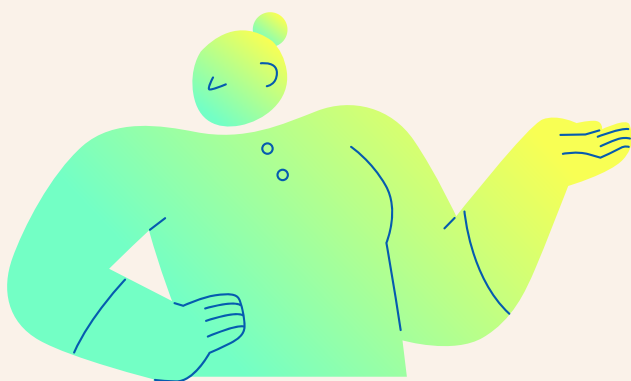
All the information about LA FENICE can be found on their website <http://www.lafenicetortona.org/site/it/> or on their Instagram page <https://instagram.com/apslafenice?igshid=YmMyMTA2M2Y=>.

# DUSTY

## ABOUT

01.

DUSTY has been working since 1982 in Sicily to improve the quality of life, safeguarding the territory and spreading greater awareness about the protection of the environment. It aims to build a cleaner future and start doing more to save our planet.



# DUSTY®

Al servizio dell'Ambiente

## BENEFITS

02.

DUSTY has numerous projects with which it tries to spread awareness about the environment. One of the most important programs is Dusty Educational, an environmental education program focused on the management of municipal solid waste, for the construction of a better territory, through a series of meetings with students and teachers of various schools. The didactic paths proposed by the Dusty Educational program provide information, didactic contents and hints of knowledge, thanks to the use of interactive methods and activities such as cooperative games and small experiments, thus allowing each student to update the skills acquired and the experiences made, inserting them in their daily lives.

## COMMUNITY INVOLVEMENT

03.

Dusty Educational intends to promote environmental education as a way of life, for example with the project Environmental Sentinels, in which the students of the participating schools try their hand at becoming "sentinels" of the territory for a day, monitoring how wastes are disposed of and how ecological islands work, in order to understand how recycling works. Another project is The Differentiated Race, a competition between classes of the same school. By playing, kids are able to discover new ways of managing and dividing waste.

DUSTY's targets are not only the children in school, but also the older generations. They organize projects in which more mature generations confront younger people, so they can share their experiences and understand how the world is changing.

# PLASTIC FREE

## ABOUT

### 01.

Plastic Free is a NPO volunteer organization born in July 2019 in Italy with the aim of informing and sensitize as many people as possible about the dangers of the plastic, in particular single-use plastics that pollute.

The association born like a digital reality, in the first years has reached more than 150 thousand of utents and now, with more than 1000 referents in different parts of Italy, they are the most concrete and important association in this thematic.



PLASTICFREE

## BENEFITS

### 02.

The association is also involved in the field, through various projects, with the aid of municipalities.

For instance, the most important activities are the clean up events in cities, beaches, parks and rivers indicated by the Municipality itself. The aim of this activity is to sensitize people and free nature from plastic and rubbish.

Another important project is the awareness of children into schools to prevent further environmental disasters and transform schools into plastic free places. Through seminars customized by age groups, they explain to young students the importance of loving our planet, not polluting and using alternatives to plastic. Thanks to the support of companies and liberal donations, they are committed to purchasing and donating water purifiers so as to allow each student to fill their bottle for free, avoiding the purchase of plastic bottles.

## COMMUNITY INVOLVEMENT

### 03.

The association with his and participants' effort can help to avoid the municipality to pay for extraordinary cleaning and lighten the burden of waste taxes on citizens.

You can find all the information you need on their website

<https://www.plasticfreeonlus.it/>, on facebook

<https://www.facebook.com/plasticfreeit/>, and on instagram

<https://www.instagram.com/plasticfreeit/>

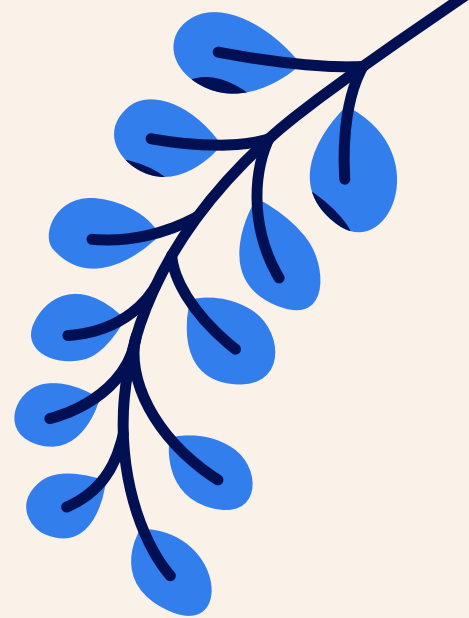
# ELIOS

## ABOUT

### 01.

Elios is a youth organization based in Acireale (ITALY) and was founded in 2007 by some friends who decided to formalize their passions and their commitment in the field of sport, volunteering, social promotion and university life.

Since 2007 ELIOS has been organizing one of the most important sporting events in the province of Catania, it is called SUN & SPORT and every summer involves about 400 young people who participate in sports tournaments.



## BENEFITS

### 02.

Through the activities that are carried out, Elios aims to favor social interactions between different generations and nationalities and sports aggregation. Helios has many projects that take place not only in Sicily, but throughout the whole Europe, and thanks to them has obtained funding for various projects focused on youth participation, active citizenship, youth unemployment, safe use of new technologies and the Internet for young people, the protection of women and human rights education. Because of their constant effort on a European level, Elios has been a member of the General Assembly of the National Youth Council (CNG), an advisory body which is entrusted with the representation of young people in dialogue with the institutions for any discussion on the policies concerning the world of youth.

## COMMUNITY INVOLVEMENT

### 03.

The association, in order to achieve its goals, intends to promote various activities such as conferences, lectures, debates, training courses for children and young people from the age of three and for young students and university students. It also organizes university orientation activities and theoretical and practical refresher courses for educators, teachers, social workers, professionals, public and private employees.

You can find all the important information about Elios on their website  
<https://www.eliosacireale.com/>



# GIOCA MONDO

## ABOUT

### 01.

GIOCAMONDO is an Italian organization born in 2004 which, thanks to the help of the National Institute of Social Welfare (INPS) which makes it financially possible, deals with national and international travels and, thanks to the possibility for the joiners to share their personal opinions, offers different activities and destinations aiming at realizing an excellent service for the community.



## TARGET GROUP

### 02.

LaMiaEstate.it: which organizes thematic stays for children from 6 to 14 years old in Italy, giving them the possibility to make new friends from other parts of the country and practicing unusual activities together like mountain biking, equitation and windsurfing.

GiocaMondo Study: which organizes different types of trips with the same purposes such as learning languages and cultures of the other countries from the participants' direct experience; this is achieved in three different ways; two weeks studying vacations, high school programs, and internships abroad for 14 to 21 aged people.

## ECONOMIC AND SOCIAL IMPACT

### 03.

Anni D'Argento: is a program that organizes stays in Italy and abroad for older generations in order to allow them to make new experiences, new friends or just relax thanks to activities such as trips at the SPAs or hiking.

GiocaMondo's aim is to open Italians' minds of every age and bring different kinds of cultures together.



# AGEING LAB FOUNDATION

## ABOUT

01.

Ageing Lab is a foundation that researches innovative methods for helping old seniors in lonely situations. Its main goal is to create technological items that integrate old seniors into the community.

Ageing labs promote multigenerationality, putting in touch kindergartens users with seniors who loved in a nursing home.

They offer solutions to the challenge of aging, through the creation and transfer of knowledge



## TARGET GROUP

02.

Old seniors

How target group benefits:

Seniors might benefit from the gadget that offers them a way of feeling belonging to the community and decrease the risks of being alone. Also, they can use specific social media adapted to their needs.

## ECONOMIC AND SOCIAL IMPACT

03.

Thanks to its research, ageingLab has caught the public's attention and has put the eye on this huge problem that is on the rise, and does not seem to be stopped, due to the ageing of the European population.

COVID has also contributed to increasing the amount of people who suffer from this issue.

Loneliness is one the most common causes of death in the of the occidental world.

Now, there are more companies launching specific products for seniors and for their needs. For example, food for seniors who suffer from dysphagia which is a disease that affects our throat and makes swallowing painful.

# MZC

## ABOUT

### 01.

Mujeres en Zona de Conflicto is a Spanish non-governmental development organization (NGO) that reports the situation of women in armed conflict.

It was created in 1994, after a trip to Kosovo by its president Mila Ramos Jurado.

They have been working in different countries such as Bosnia, Colombia, Perú, Palestina or Marruecos, but also they are acting in Spain as a help corp for refugees and immigrants.



**Mujeres en Zona de Conflicto**

## TARGET GROUP

### 02.

Women in danger of suffering any type of sexual violence and discrimination because of a war conflict.

How target group benefits?

This project helps to improve the situation of women in armed conflicts and to prevent them from suffering from war crimes and social isolation because of their conditions.

They also contribute with immigrants woman by helping them, for example, in the bureaucracy process or laboral life.

## ECONOMIC AND SOCIAL IMPACT

### 03.

These types of programs help mostly to the local economy, by contributing in the business of local people, adding labour skills for the city.

Also it is important to mention that this organisation does a big job, because they help the immigrants communities to involve in the social life by helping them to make their lives in a new place.

this project has been very important in Spain, especially in the area of Almeria, located in the south.

In this place, this organization has managed to help numerous refugee women, who have arrived in this area from southern Africa and who are at risk of social exclusion.

Spanish projects

# BICIS PARA ALMERIA

## ABOUT

### 01.

Bicis para Almeria is a Solidarity Environmental Project which donates used and restored bicycles to help migrants who are working in greenhouses of Almeria and Huelva, trying to improve their living conditions, often under exploitation by local terra lieutenants who abuse their labor and need to work to have at least one meal per day.

**13 DE FEBRERO**  
presentación del proyecto

**BICIS**  
*para Almería*



**Biclosfera**

**19:30 ESPACIO VECINAL ARGANZUELA**

ANTIGUO MERCADO DE FRUTAS Y VERDURAS, PLAZA DE LEGAZPI 7

EN BICI ARGANZUELA / EV ARGANZUELA

[WWW.EVARGANZUELA.ORG](http://WWW.EVARGANZUELA.ORG)



@EVARGANZUELA

**eva**

## TARGET GROUP

### 02.

The Benefits of this project are not only involving its target group, indeed the whole community can see a simple concrete way of improving migrants living conditions and it can be a great way to sensibilize about the topic, locally and more wisely.

## ECONOMIC AND SOCIAL IMPACT

### 03.

The aim of this project is to create a link between the person who donates and the one who receives, so they make a photo of the bike with each of them. You will always know who received it.

Your bike will be the channel to send your message of solidarity.

The Organisation has its headquarter in Madrid and practical seats in Almeria and Huelva.





# MECHONES SOLIDARIOS



## ABOUT

### 01.

Mechones Solidarios is a project from the International Art and Image Hairdressing Association which main aim of this project is to face the aesthetic consequences of chemotherapy and to restore support relationships and help these affected. They provide to the affected natural hair wigs and also getting better their esteem. The thing is that this wigs have a high price, but with the hair donation the price drops by 70%.



## TARGET GROUP

### 02.

The target group of this action is people with cancer.

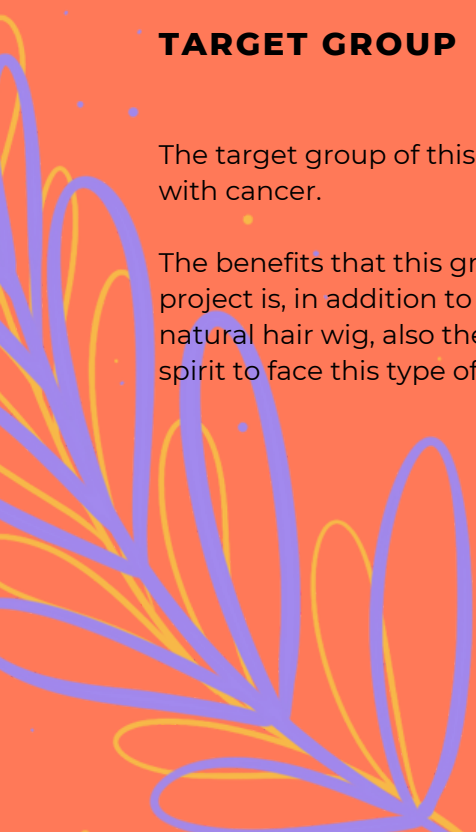
The benefits that this group gets from this project is, in addition to a custom-made natural hair wig, also the strength and the spirit to face this type of disease.

## ECONOMIC AND SOCIAL IMPACT

### 03.

Also this project has social benefits in society, like for example make people with cancer improve their self-esteem and not feel excluded from society because of their physical appearance, as well as breaking this stereotype.

This is a good practice due to the things that have been said before, it helps people to feel comfortable with themselves and also with an act as simple as donating hair.



# MARACENA YOUTH CENTER



## ABOUT

### 01.

Maracena Youth center is an association based on helping teenagers participating in different activities and workshops. The aim of this association is to promote volunteering and encourage teenagers to be active and discover new experiences. They develop some activities, for instance, summer camps called “colonias” in which teenagers have the opportunity to be facilitators and help children



## TARGET GROUP

### 02.

All these actions help teenagers (who are the main target group) different values.

The main one is to create communication and connection between all the teenagers giving them the opportunity to take part in an association and organize by themselves activities. In addition, they carry out different ways of teaching through free time activities and enjoyment.

## ECONOMIC AND SOCIAL IMPACT

### 03.

However, the main value which Maracena youth center has is creating a feeling of integration into a social group and promoting youth development.

For example, most of the facilitators that participate in summer camps have been children in the same camps during so many years and this is a wonderful act. This organization take place in Maracena (Granada)

# REFOOD MOVEMENT



## ABOUT

### 01.

REFOOD Movement works by inviting all members of the local community to participate in its circular and solidarity economy. They defend both the environment and those in need, as each meal rescued is an act of waste prevention and each meal delivered is an act of reuse and solidarity.

REFOOD challenges and empowers citizens around the world to transform their communities by activating existing local resources to implement the REFOOD mission.



**REFOOD**  
**PORTUGAL**

## TARGET

### 02.

Refood aims for practical effects such as good food not being wasted, people not going hungry. Citizens can donate a small part of their time to change the world in their neighborhood, local companies can activate their duty of social and environmental responsibility and everyone can actively participate in a circular economy that produces a social good in their own local community.

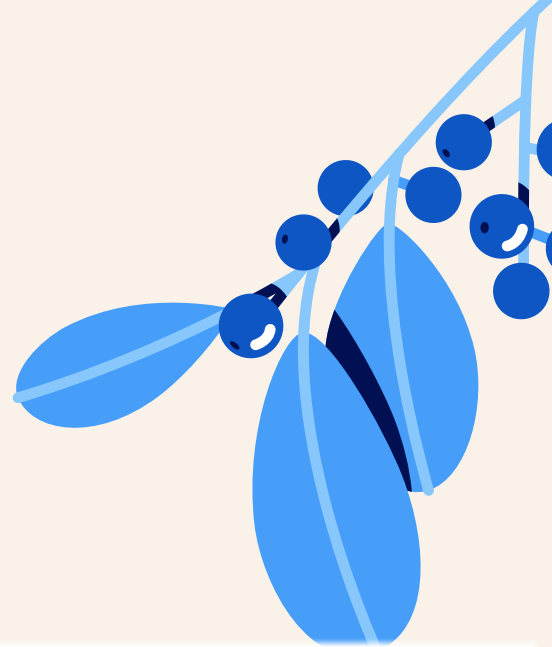
## COMMUNITY INVOLVEMENT

### 03.

The quantitative and qualitative results produced are visible in the ever-growing numbers and in the lives of the people involved. Together, they weave a network of benefits that unites a diversity of community members – young and old, rich and poor, long-term residents and newcomers, people in need and people who feel the need for help. Refood's impact is to mobilize, unite and transform the community.

In Portugal, more than 60 local centers operate working to serve their communities, but also the project expended to Spain and Italy.

# VENCER AUTISMO



## ABOUT

### 01.

“Vencer autismo” is a social enterprise located on Porto and Lisbon that aims to reduce the negative social stigma around autism, providing knowledge and tools that help to understand and accept autism, as well as promoting a bigger inclusion of the people that suffer from this disorder, changing whatever is necessary to create a more inclusive and understanding world with less discrimination towards these which main target are parents, professors and health professionals but also anyone that is interested in this topic and want to learn more about it.



VENCER AUTISMO

## STORY

### 02.

It was born out of a love story between Susana and Joe. Their daughter (Joe's stepdaughter), Cui, was 8 years old by the time and had a diagnosis of autism that made her unable to attend school and which originated doubts in most people about her future development. Susana and Joe then decided to dedicate most of their time to learning and understanding Cui's autism and discovering tools that would help them help her. After a few years of coordinating and participating in more than 30 hours a week working with Cui, the changes were appearing drop by drop, but they were there. The techniques they discovered and adopted had such surprising results that they felt the urge to share them with everyone and Vencer Autismo was born.

## COMMUNITY INVOLVEMENT

### 03.

They provide this information throughout free workshops, free seminars and webinars, as well as paid masterclasses and mentoring sessions, having hosted more than 258 events that reached more than 45.703 participants as well as given more than 500 mentoring sessions that has helped about 80 caretakers.

They provide all the information needed to access these resources and services in their website which is <https://vencerautismo.org/parceiros/>

# GOPARITY

## ABOUT

### 01.

GoParity is an impact investing platform that brings together companies who are looking for funding and citizens and companies who are looking to invest in a sustainable way. It was created in Porto at 2017 and has grown a lot ever since, at the present it has expanded out of Portugal borders and is now financing projects in several countries around the world with the help of a growing community of investors from all over the world.



## BENEFITS

### 02.

GoParity main goals focus mainly on eradicating poverty and hunger, improving health quality as well as education quality, implementing renewable and more accessible energies, trying to reduce social and gender disqualification, promoting economic growth and worthy work conditions, and having an active role in climate changes. One example of a project available on the platform at this date is "Energy Communities III" which aims to finance the installation of renewable energy in a community located in Portugal on the municipality of Catanhede with the objective of reducing the dependence on external energy sources.

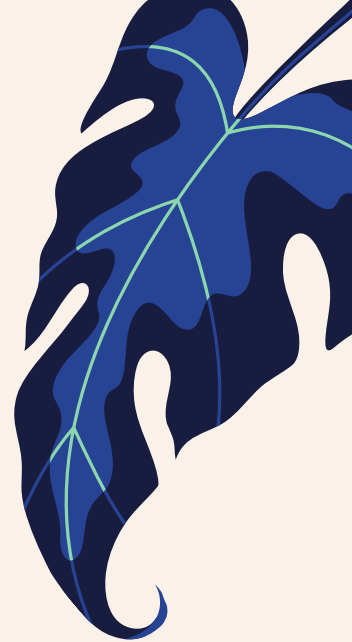
## COMMUNITY INVOLVEMENT

### 03.

The citizens and companies who are looking to invest in sustainable projects can visit GoParity's website which is <https://goparity.com/pt-pt>, in there they will be able to find a lot of different projects with different objectives, which can go from projects aiming for the energetic transaction to projects aiming for green use of land and social economy, once the investors find a project they identify themselves with, they can easily invest in it any amount of capital they want and in exchange, they will receive returns which will vary from project to project.



# U.DREAM



## ABOUT

### 01.

U.DREAM was created in 2013 and is a project and a plan to change the world that sees in each person's potential, the right path to transform communities. It creates solutions that help people and companies to understand and intervene in the problems of their cities and provides tools for them to discover and use their potential to transform their communities and improve their personal relations with friends and family. It aims to guide society towards the common good, through the potential of each one!



## TARGET GROUP

### 02.

In practice, U.DREAM works with young people who are at university providing social leadership programs (U.ACADEMY) that last for 2 years in which these students can participate and learn about topics like social entrepreneurship, emotional intelligence as well as have an active role in social problems, engaging with their local communities and promoting events and campaigns that aim to create a positive impact in them. It also offers impactful solutions to companies that are interested in transforming their communities through the potential of their employees (U.PURPOSE) in which it provides tools to help companies to develop policies that can create a positive impact on the local communities where they are located. Lastly, it also has a unit focused on creating impactful solutions to emerging problems in the community (U.COMMUNITY).

## COMMUNITY INVOLVEMENT

### 03.

At the end of the day, U.DREAM is a social project which aims to develop young people into becoming social leaders who can create an impact in their communities, make informed decisions in their lives, and have the tools to be able to address social problems that their communities experience while trying to find innovative solutions to solve them.

Website:

<https://www.udream.pt/index.html>

# SPEAK

## ABOUT

01.

SPEAK is a social enterprise that is contributing to building a society that integrates, values, and promotes cultural diversity. It makes use of technology to gather people in real life through language and culture exchange groups, where you can either learn a new language or teach any language that you are fluent in. The community is built of people from all backgrounds. Locals, migrants, and refugees work together to solve the problem of social exclusion and to contribute to the integration of others in the cities they live in.



## TARGET

02.

The goal is to bring together newcomers and locals living in the same city through community-led language groups and cultural exchange events. Through these experiences participants learn from each other, explore common interests and make new friends, breaking down barriers and tackling prejudice in their cities along the way.

Speak's mission is to accept, value, and empower cultural diversity, and promote equality and social integration. We believe that language is the essential key to unlocking a sense of belonging and helping newcomers overcome some of the difficulties they face.

## COMMUNITY INVOLVEMENT

03.

The organization has more than fifty-four thousand speakers, representing over two hundred different countries, in total sixty languages are spoken in the twenty-four locations where you can experience SPEAK. Eleven of these are in Portugal.

For more information visit <https://www.speak.social/en/>.

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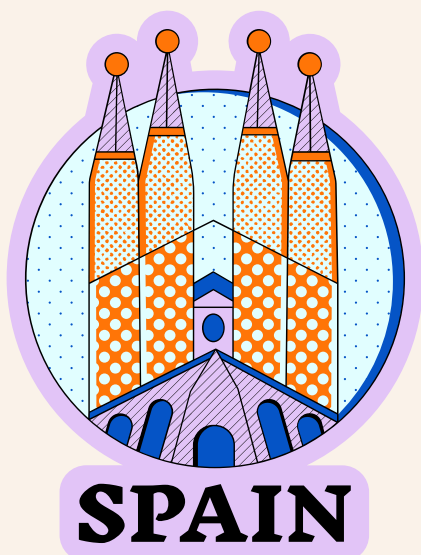


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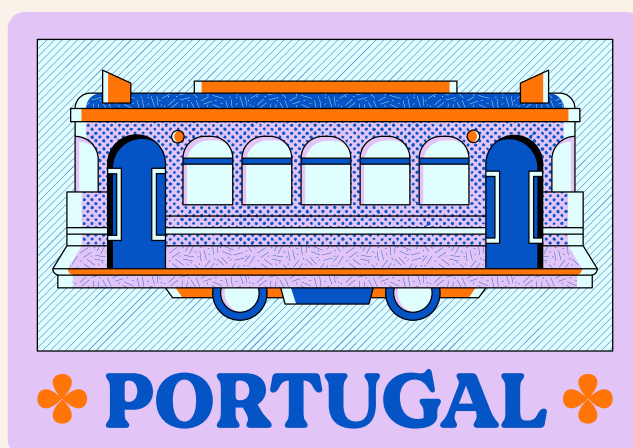
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# PARTNERS



Let's  
all  
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pate!



OCLAN ZNANJA



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