



VOLUNTEER SUPPORT

BY PROMPTUS AD EU

USAGE GUIDE

KA210 - Small Scale Partnership

Project number

2022-3-LT02-KA210-YOU-000101962

Project duration

18 months (2023/10/03 - 2024/09/09)

Partner Organizations:

Association Aut Disce, Aut Mori

Asociación Building Bridges



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Introduction

The Erasmus+ project *Promptus ad EU* has been developed by two associations: Aut Disce, Aut Mori and Asociación Building Bridges. This initiative aims to foster international collaboration and better learning opportunities for young individuals. Aut Disce, Aut Mori and Building Bridges are both dedicated organizations that strive to enhance the educational and personal growth of young people.

Project Goal: "Promptus ad EU" is a collaborative effort designed to equip volunteers and organizations participating in EU Mobility Programs with the tools to manage their emotions effectively during the volunteering journey.

Focus on Emotional Intelligence: We recognize that emotions play a significant role in choosing and navigating volunteer experiences. This project focuses on developing your emotional intelligence (EQ) to ensure informed and fulfilling decisions.

Beyond Volunteering: While the project primarily targets EU Mobility Programs, the resources and skills you'll gain are valuable across all aspects of life.



Benefits for Volunteers:

- Make informed choices about volunteering opportunities.
- Manage pre-departure excitement, anxieties, and cultural adjustments.
- Navigate challenges with greater emotional resilience.
- Enhance self-awareness and interpersonal skills.

Benefits for Organizations:

- Support volunteers throughout the program with evidence-based emotional management techniques.
- Foster a more positive and productive volunteer environment.
- Attract and retain volunteers with a focus on well-being.

The Usage Guide is your one-stop resource for maximizing the "Promptus ad EU" podcast in your training and support of EU Mobility Program participants and young people. This guide equips coordinators, mentors, and youth workers with the tools to leverage our podcasts and resources to support participants before, during, and after their mobility experiences. It outlines how to utilize our emotional management tools for informed decision-making, and even helps establish a standardized mentoring and coaching approach for Erasmus+ and European Solidarity Corps programs.

Who is it for?

Volunteering Coordinators / Supervisor: Whether you're from a supporting, coordinating, or hosting organization, you play a crucial role in managing volunteers during their selection, mobility, and post-mobility phases. We understand that balancing local activities with other programs can be challenging. For a coordinator who could already be stretched for time, this guide will provide a practical, ready-to-use resource to better support their volunteers.

Youth Workers / Mentors: If you work with young people, particularly those involved in EU Mobility Programs, this guide will help you support their emotional management and decision-making processes, ensuring a successful and enriching volunteer experience. As a mentor, you offer invaluable and objective guidance and support to volunteers. This guide will equip you with tools to help volunteers navigate their journey, manage their emotions, and understand what to expect from their experience. In either case, this guide will also help you provide information about EU programmes and ESC volunteering opportunities.

Special Note: While there could be very clearly defined roles for volunteer support, each organization is different in how they operate and the resources they have available. Whether the above-defined roles are separate or combined in your organization, this guide will help to ensure that your volunteer can be fully supported and that you have the means to either create a starting point for future conversations or follow up on existing ones with additional support.

What is it for?

The volunteering journey can be complicated and very tumultuous for both the volunteer and the organizations who host them. As a new element in an otherwise “stable” environment the shock – both cultural and emotional – could potentially impact the organization and its activities. Supporting the volunteers during their integration is, therefore, a crucial aspect of each project, and should be crosscutting to everything and everyone involved.

Our podcast series is a tool designed to help you support your volunteers throughout their volunteering journey. Additionally, the podcast series offers strategies and insights into handling challenging situations and potential conflicts, and helps volunteers manage the associated emotions, make informed decisions, and integrate. This guide will show you how to combine our podcasts with your existing support framework, whether it’s pre-application guidance, post-selection onboarding, or ongoing support during mobility. Furthermore, it provides comprehensive information on EU programs, helping volunteers understand the opportunities available to them and what to expect.

Special Note: While there could be very clearly defined roles for volunteer support, each organization is different in how they operate and the resources they have available. Whether the above-defined roles are separate or combined in your organization, this guide will help to ensure that your volunteer can be fully supported and that you have the means to either create a starting point for future conversations or follow up on existing ones with additional support.

Purpose

Supporting your volunteers effectively is crucial for their success and well-being. Using this tool can help prevent crises that volunteers might face. This podcast series offers practical advice and insights from the experience of former volunteers and experts, helping new volunteers understand and navigate the complexities of their journey. Volunteers who feel supported and understood are more likely to integrate faster, overcome culture shock easier, and, overall, have a more positive experience. By using this guide and the podcast series, you'll be able to impact and enhance your volunteer's overall satisfaction and, potentially, be able to avoid any conflict resulting in abandonment.

From our experience, volunteers who understand what to expect and how to handle challenges are more confident and better prepared to overcome any challenges that may arise during their mobility. The podcast series covers a range of topics, from practical tips to emotional management, helping volunteers feel more confident and capable. By integrating the podcast series into your support framework, you can ensure that all volunteers receive consistent, high-quality support, with minimal effort.

How can I use this Guide?

This usage guide is divided into different steps of the volunteer's journey. Each step is further subdivided and provided in context, addressing the emotions or issues that volunteers might experience.

The guide features two main types of podcast episodes, tailored to suit different needs:

Emotion and Feelings Focused Episodes

- These episodes are recorded by the Asociación Aut Disce, Aut Mori. They delve into the emotional and psychological aspects of volunteering, providing support and insights into handling various feelings and experiences that volunteers may encounter on their journey.

Technical Instructions for Volunteers

- Recorded by Asociación Building Bridges, these episodes focus on practical and technical guidance for volunteers. They offer step-by-step instructions, best practices, and useful tips to help volunteers navigate their roles and responsibilities effectively.

By using this guide, you can choose the type of podcast episode that best suits your current needs, whether you're seeking emotional support or practical advice.

Where to listen to the podcast episodes?

The podcast series is available on multiple platforms, making it easy for you to access the content wherever you feel more comfortable.

Click on the icon of the platform you prefer, it will take you to the Promptus ad EU project *Volunteer Support* podcast channel directly.

Volunteer Support podcast is available on:



To make it even more convenient, we have included QR codes in this guide. Simply scan the QR code next to each podcast episode description, and you will be directed to the episode on Spotify. This allows you to quickly access and listen to the episodes without the need to manually search for them.

How to listen to podcast episodes?

To get the most out of "Promptus ad EU", you can start by exploring our podcasts in Usage Guide order. This allows you to follow a logical progression of topics, from preparing for your journey to returning with a wealth of experiences and insights under your belt.

Alternatively, you can browse our podcasts by categories. Our content is organized into specific categories to make it easier for you to find the information that matters most to you.

On the website, you will be able to find episodes by filtering them according to categories such as *Applying for volunteering, Acceptance & Rejection, Preparation to depart, Arrival & first month, Volunteering & Adaptation, Preparing to go home, The return, and Self-care*. You will also find our contact information in case you want to get in touch for further details.

The categorized system is available when you are navigating our project webpage www.volunteersupport.eu

In the next page you will be able to find each category and what they mean.

Applying for volunteering: This category covers information and resources for finding and applying to volunteer programs.

Acceptance & Rejection: This category deals with managing emotions and logistics after receiving program acceptance or rejection letter.

Preparation to depart: This category focuses on addressing fears and doubts regarding volunteering abroad and setting realistic expectations, as well as, programme rules.

Arrival & First Month: This category offers guidance on navigating cultural adjustments, settling in, and overcoming initial challenges.

Volunteering & Adaptation: This category delves into the volunteer experience itself, including project details, overcoming difficulties, and integrating into the local community.

Preparing to go home: This category addresses emotions around leaving the program, saying goodbye, and reflecting on the experience.

The return: This category focuses on reintegration into your home life, processing the experience, and utilizing the skills gained during volunteering.

Self-care: This category provides tips and strategies for maintaining physical and mental well-being throughout the volunteer journey

Pre-departure

3. European Solidarity Corps: an introduction to the programme

This episode is about the European Solidarity Corps programme, it provides an introduction to the programme and the application process. The main idea is to help future volunteers have an overview of the programme and learn more about applying for a project.

**[Preparation to depart,
Arrival & First month,
Volunteering and adaptation]**

2. Introduction to self-help

In this episode, we discuss the fascinating history of self-help, explore the advantages and disadvantages of different approaches, and officially introduce this category on our podcast! The main idea is to help the volunteer develop a realistic mindset about the self-help industry by managing expectations of what it can and can't do.

**[Applying for
volunteering,
Volunteering &
adaptation, Self-care]**

1. Stopping my life for 1 year. Is this productive?

In this episode, we delve into the question of volunteering abroad and whether it's a truly productive use of your time. We'll challenge traditional notions of productivity and explore what makes a volunteering experience truly valuable. The main idea is to help the volunteer recognize if this specific point in their life aligns well with embarking on a volunteer adventure abroad.

[Applying for volunteering]



4. **The European Solidarity Corps: programme rules**

This episode goes deeper into the rules of the programme, providing useful information about rules and requirements to take part in ESC projects, through the experience of Ana, former ESC volunteer. The main idea is to help future volunteers to be more aware of programme rules and requirements.

[Preparation to depart, Arrival & First month, Volunteering & adaptation]



5. **Why choose a Volunteering project?**

This episode is about motivation, specifically the motivation behind choosing to participate in a volunteering project. Anna, a former volunteer, is talking about her personal experience during her volunteering journey in Italy. The main idea is to provide future volunteers with experiences of former volunteers and motivate them to apply to a programme.

[Applying for volunteering]



6. **Volunteering abroad: Can I do it?**

In this episode we discuss fears and doubts before going abroad, as well as, motivation. We presented a questionnaire for the listeners to self-check if they are ready to go abroad to volunteer. The main idea is to help the volunteer to answer whether he/she is ready to volunteer.

[Applying for volunteering]



7. **Selecting a volunteering project that fits you!**

This episode is about key factors to consider when choosing a volunteering project and how to align future volunteer interests and skills with the right opportunity. The main idea is to provide useful insights when it comes to choosing a project within the European Solidarity Corps.

[Applying for volunteering]



8. **Get ready for your interview!**

This episode is about the selection process and interviews, and how to be prepared when it comes to participating in an interview when applying for a volunteering project. The main idea is to provide useful tips and advice to help young people to prepare their interview and motivation letters.

[Applying for volunteering]



9. **What to expect while you are expecting to leave**

This podcast is about the journey and impact of dedicating a year to volunteer service. The main idea is to explore with a former volunteer what to expect when leaving for a project and how to face doubts and choices when starting a volunteering project.

**[Applying for volunteering,
Preparation to depart,
Arrival & First month,
Acceptance & Rejection]**



10. Navigating your volunteer journey: The key role of the Volunteering Agreement

This episode focuses on the role of the volunteering agreement in the European Solidarity Corps program. It breaks down the key components and benefits of the agreement. The main idea is to provide volunteers with practical tips to ensure they fully understand and utilize their agreements for a successful journey.

[Volunteering & Adaptation, Self-care]



11. Will I be able to enjoy the experience?

In this episode, we delve into the power of a positive attitude and focus. We'll explore how your mindset can dramatically shape your volunteer experience. Our guest will share their personal struggles and how they transformed into courage and competence. The main idea is to help the volunteer develop the right mindset and approach before departure. We'll encourage you to take the leap and equip you with the tools to maximize your volunteer experience.

[Preparation to depart]



12. Will I be able to connect with new people?

In this episode we discuss fear of connecting with new people, how to connect easier and confidence. The main idea is to normalize the fear of connecting with new people, share our experience and some tips, how to make it smoother.

[Arrival & First month]

During The Mobility



13. **Cultivating a growth mindset: How to view challenges as opportunities for learning?**

In this episode we discuss growth mindset and its benefits for volunteers. We explain how it helps them view challenges as learning opportunities. The main idea is to help the volunteer stay calm and focused on learning during difficulties.

[Applying for volunteering, Preparation to depart, Arrival & First month, Volunteering & adaptation, The return, Self-care]



14. **Adaptation and Learning Process: each experience is different and special**

This podcast is about the unique and special nature of each volunteering experience. The main idea is to explore the diverse adaptation and learning processes faced by volunteers, highlighting the challenges and personal growth through the stories of ESC volunteers.

[Applying for volunteering, Preparation to depart, Self-care, Volunteering & Adaptation]



15. **The importance of setting boundaries for your emotional well-being**

In this episode we discuss setting boundaries to improve emotional well-being. We explore different types and communication tips. The main idea is to help the volunteer build stronger relationships, reduce stress, and boost self-esteem.

[Volunteering & adaptation, Self-care]



16. Thriving abroad: managing stress & anxiety as a volunteer

In this episode we discuss all about stress and anxiety: causes, signs and management. The main idea is to help the volunteer to understand stress and anxiety better and provide tips, how to manage them in the difficult time.

[Arrival & First month, Self-care]



17. Support for participants: EU cross-border tools

This podcast is about the cross-border tools and resources available to volunteers in programs like the European Solidarity Corps. The main idea is to provide an overview of essential resources such as health insurance, Volunteer Discount Card, Youthpass, and EU Academy, explaining their benefits in skill recognition, training, and networking. It also offers tips on maximizing these tools for a richer volunteering experience.

[Arrival & First month, Volunteering & Adaptation, Preparation to depart]



18. Harmony within: exploring the connection between physical and psychological health

In this episode we discuss what is health, how physical and psychological health are interconnected, and importance of healthy habits. The main idea is to encourage volunteers to take care of their physical and mental health from the beginning of their volunteering, so their journey of would go smoother.

[Applying for volunteering, Self-care]



19. **When Nobody Understands: Navigating Loneliness and Feeling Unheard**

In this episode, we discuss loneliness, how it can manifest, and how to address it. The main idea is to help the listener understand that loneliness is a normal feeling, but it can also be a sign of a deeper issue. We offer advice on how to connect with others and seek help if needed.

[The return]



20. **Nurturing Growth: The Role of Mentors in the European Solidarity Corps**

This podcast is about the transformative role of mentors in the European Solidarity Corps. The main idea is to explore how mentorship supports volunteers' personal growth, cultural integration, and overall success during their ESC experience.

[Arrival & First month, Volunteering and Adaptation, Self-care]



21. **Coping with homesickness during a long-term exchange program**

The episode is about homesickness, its triggers, and how to cope with it during a long-term exchange program. The main idea is to help volunteers understand that homesickness is normal and provide them with coping strategies such as staying connected with loved ones back home, building a support system in the new environment, embracing the new culture, creating a routine, and seeking help if needed.

[Volunteering & adaptation, Self-care]



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22. Navigating cultural differences and avoiding misunderstandings: how will it be living with someone else?

In this episode we discuss different experiences and challenges related with roomates disagreements. We also discussed challanges connecting and getting along, as well as, providing important topic to discuss with roomates to avoid misunderstandings and conflicts. The main idea is to help the volunteer to avoid unnecessary conflicts with roomates and build a nice relationship with them.

[Arrival & First month, Volunteering & adaptation]



23. Embracing the Journey: Understanding Culture Shock and Adaptation

This podcast is about navigating the stages of cultural adaptation for volunteers abroad. The main idea is to explain the phases of adjusting to a new culture, from the excitement of the honeymoon phase to the challenges of culture shock and the eventual adjustment.

[Volunteering & Adaptation, Self-care, Acceptance & Rejection]



24. Emotional intelligence in the workplace: How to navigate interpersonal relationships?

In this episode we discuss the importance of emotional intelligence (EQ) at work place, volunteering, managing conflict and building relationships. We shared a questionnaire to self-evaluate the level EQ and see where we can improve. The main idea is to encourage the volunteer to develop their EQ, which will help during the volunteering journey and further in life.

[Arrival & First month, Volunteering & adaptation, Self-care]



25. **Building resilience through self-care: bouncing back from life's challenges**

In this episode we discuss building resilience through self-care, bouncing back from life's challenges. The main idea is to help the volunteer understand that resilience is a skill that can be developed, and to provide them with tools and strategies to build their own resilience.

[Volunteering & adaptation, Self-care]



26. **Coping with burnout and avoiding overcommitment in a new environment**

In this episode, we discuss coping with burnout and avoiding overcommitment in a new volunteer environment. We explore the signs and symptoms of burnout, and offer strategies and techniques for listeners to avoid burnout. The main idea is to help volunteers understand burnout, recognize the signs in themselves, and implement strategies to prevent burnout.

[Volunteering & adaptation, Self-care]



27. **Preparing to go home: What happens next?**

This podcast is about the journey of a volunteer as she prepares to return home, and it explores her story, plans, and the challenges of balancing the end of a volunteering experience with the uncertainty of what comes next. The main idea is to explore the emotional and practical aspects of volunteers preparing to return home after completing their ESC projects.

[The return, Acceptance & Rejection, Preparing to go home]



28. **My life after ESC: Erasmus+ opportunities**

This podcast explores Erasmus+ opportunities such as Youth Exchanges and Training Courses. The main idea is to provide useful and practical information about these opportunities, including their requirements and how to participate.

[The return, Preparing to go home]



29. **My life after ESC: Navigating EU Opportunities**

This podcast is about EU opportunities volunteers can consider after completing their European Solidarity Corps experience. The main idea is to provide practical guidance and insights into various post-ESC pathways, including volunteering, professional training, and careers within EU institutions.

[The return, Preparing to go home]

After The Mobility



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Implementation Ideas

While this usage guide provides a ready-made solution to coordinators, supervisors, Youth Workers and mentors, the implementation may need to be tailored to the specific structure of each organization.

In the coming paragraphs, we aim to help the user by providing concrete ideas and use cases. As you already noticed, the podcast list has been divided into three main sections: *Pre-departure*, *During the Mobility*, and *After The Mobility*.

Pre-departure: This section has a series of episodes you can provide to young people when they are applying for a volunteering project to bring them an overview of EU Mobility Programs and volunteer experiences and help them understand what to expect. During the post-application phase, you can share with them podcasts that delve into the selection process, preparation tips, and initial emotional management strategies.

During The Mobility: During the mobility, use podcasts focused on in-depth emotional management, adapting to new environments, and handling challenges. As well as to make them aware of programme rules and conditions that may not have occurred to them during the pre-departure phase but that are relevant to questions and doubts they may have.

After The Mobility: This section includes two podcasts on EU programmes, both of which aim to inform volunteers and participants about other opportunities that may be available for them after their volunteering project or other EU mobility.

There is life after ESC!

How to provide the podcast series?

You can share relevant podcast episodes by including links in email templates or WhatsApp messages, depending on your preferred communication method. Creating email/WhatsApp templates is a great way to provide the podcast to would-be volunteers/participants and active volunteers/participants, explaining the aim of each episode and why they should listen to it.

Podcasts can also be used as a support tool during moments of crisis. After identifying and addressing the underlying reason for the crisis through direct conversation, the podcast can serve as an additional resource to help the volunteer/participant.

Furthermore, you can incorporate the podcasts links into your information packs for various stages: pre-application, post-application, and post-selection/onboarding. Tailor the content depending on your role, whether you are from a sending or hosting organization.

Remember, while podcasts are an excellent supplementary resource, they should not replace hands-on support from a mentor or youth worker. Instead, they should enhance the ongoing support provided to volunteers and prospective volunteers.

Additionally, since the podcasts are in English, they will help listeners improve their English skills by sharpening their ear for the language and vocabulary while gaining valuable insights.

In the following pages, you will find specific use cases for each podcast episode in the series. The main idea is to provide detailed information on when and how you could use each episode, categorized into *Before Volunteering*, *During The Mobility*, and *After The Mobility*.

Pre-departure

1. Stopping my life for 1 year. Is this productive?

- Sending organizations can provide this podcast to people who are considering volunteering or are having some doubts.

2. Introduction to Self-help

- Organizations can use this episode to prep volunteers on self-help, setting expectations and promoting healthy growth.

3. European Solidarity Corps: an introduction to the programme

- Sending organizations can provide this podcast to would-be volunteers, and hosting organizations can include this podcast when promoting their placements. Both can also use this podcast when promoting the ESC as an added resource to their presentations.

4. The European Solidarity Corps: programme rules

- Sending organizations can provide this podcast to would-be volunteers, and hosting organizations can include this podcast when promoting their placements. Both actors can also use this podcast when promoting the Solidarity Corps Program as an added resource to their presentations.

5. Why choose a Volunteering project?

- Sending organizations can provide this podcast to people who are considering volunteering or are having some doubts

6. Volunteering Abroad: Can I Do It?

- Sending organizations can provide this podcast to people considering volunteering or having doubts.

7. Selecting a volunteering project that fits you!

- Sending organizations can provide this podcast to young people interested in applying for a volunteering project to guide them on how to choose the right project.

8. Get ready for your interview!

- Sending organizations or hosting organizations can provide this episode to guide applicants on how to be ready for the selection process.

9. What to expect while you are expecting to leave

- Sending organizations and/or hosting organizations can provide this episode to help volunteers manage their fears and expectations when it comes to starting a volunteering project.

10. Navigating your volunteer journey: The key role of the Volunteering Agreement

- Sending organizations and/or hosting organizations can provide this episode to help volunteers understand the purpose and importance of the Volunteer Agreement.

11. Will I be able to enjoy the experience?

- Sending organizations can provide this podcast to selected volunteers as part of their pre-departure preparation. It addresses common anxieties and empowers volunteers to approach their experience with confidence and a positive outlook, ultimately leading to a more fulfilling adventure.

12. Will I be able to connect with new people?

- Sending organizations can provide this podcast to selected volunteers who feel anxious about forming new relationships or struggle with that. Also, to the ones, that are feeling lonely.

13. Cultivating a growth mindset: How to view challenges as opportunities for learning?

- Sending organizations can share this episode with volunteers to manage expectations for themselves, the organization and volunteering, and support those facing challenges.

During The Mobility

14. Adaptation and Learning Process: each experience is different and special

- Sending organizations and/or hosting organizations can provide this podcast when it comes to helping volunteers manage their fears and expectations and go into the adaptation process.

15. The importance of setting boundaries for your emotional well-being

- This episode is for volunteers who feel overwhelmed, struggle to say no, experience negativity from others, avoid conflict, or need help with difficult situations.

16. Thriving abroad: managing stress & anxiety as a volunteer

- Sending organizations can provide this podcast to selected volunteers who are feeling stressed or anxious.

17. Support for participants: EU cross-border tools

- Hosting organizations and/or sending organizations can provide this podcast to volunteers abroad or future volunteers to inform them about the tools and resources available to participants of ESC projects.

18. Harmony within exploring the connection between physical and psychological health

- Sending organizations can provide this podcast to selected volunteers who are preparing to go abroad or anyone who needs more inner resources and motivation to take care of themselves.

19. When nobody understands: navigating loneliness and feeling unheard

- This podcast could be helpful for people who are feeling lonely or isolated. It could also be helpful for organizations that work with people who are at risk of loneliness.

20. Nurturing Growth: The Role of Mentors in the European Solidarity Corps

- Sending organizations and/or hosting organizations can provide this podcast to provide useful information about the role of mentors in the European Solidarity Corps programme.

21. Coping with homesickness during a long-term exchange program

- Organizations can recommend this episode to volunteers who are reporting symptoms of homesickness such as sadness, loneliness, difficulty sleeping, or feeling isolated.

22. Navigating cultural differences and avoiding misunderstandings: how will it be living with someone else?

- Sending organizations can provide this podcast to selected volunteers who are complaining about their roommates: struggling to agree on tidiness/noise/privacy level or just not getting along.

23. Embracing the Journey: Understanding Culture Shock and Adaptation

- Sending and/or hosting organizations can provide this podcast to help volunteers understand and navigate the stages of cultural adaptation when adjusting to a new environment abroad.

24. Emotional intelligence in the workplace: How to navigate interpersonal relationships?

- Sending organizations can provide this podcast to selected volunteers who are about to start their volunteering or for those who are lacking some EQ.

25. Building resilience through self-care: bouncing back from life's challenges

- This podcast is for volunteers who are facing challenges in their volunteer work or their personal lives. It can also be beneficial for organizations that work with volunteers to help them support their volunteers' well-being.

26. Coping with burnout and avoiding overcommitment in a new environment

- This podcast is relevant for volunteers who are new to an organization and might be at risk of burnout because of their enthusiasm. It is also applicable to any situation where someone might be feeling overwhelmed or burnt out in their work or volunteer activities.

27. Preparing to go home: What happens next?

- Sending organizations/hosting organizations can provide this podcast to volunteers at the end of their project to help them face the fears and expectations coming along with the end of their volunteering.

After The Mobility

28. My life after ESC: Erasmus+ opportunities

- Sending organizations and/or hosting organizations can provide this podcast to inform volunteers and/or former volunteers about Erasmus+ programmes, more specifically, Youth Exchanges and Training courses. Sending organizations can provide this episode when supporting volunteers who are coming back home.

29. My life after ESC: Navigating EU Opportunities

- Sending organizations and/or hosting organizations can provide this podcast to inform about Erasmus+ programmes and opportunities. Sending organizations can provide this episode when supporting volunteers that are coming back home.

Conclusion

Thank you for downloading the *Volunteer Support* by Promptus ad EU guide and listening to our podcast series. We believe deeply in Promptus ad EU project and its potential to make a positive impact on young people and volunteers. We hope you find this guide and the podcasts useful tools to provide support and information to would-be volunteers/participants, active volunteers/participants.

Stay connected with us through our project webpage and social media channels for the latest updates. Your feedback is incredibly important to us, so please don't hesitate to reach out with any questions or suggestions.

To learn more about the project's journey, we recorded two special episodes providing deeper insights into the project's evolution and our reflections. Both are available online:

From Origins to Outset: The Early Days of Our Project



- This episode, recorded in Madrid at the beginning of our journey, shares how we started the project, the initial challenges, and our aspirations.

From Concept to Completion: The Final Chapter of Our Project



- As the last episode, this one is a reflective conversation recorded in Kaunas, where we discuss the project's development, our experiences, and our final impressions

Acknowledgements

The Promptus Ad EU project has been a labour of love and passion by both partners involved. Through the information in this Guide, we aim to provide a streamlined way of going the extra mile for both new and experienced organisations working within the framework of European Mobility programs.

While due to the partner's experience and existing volume, the Guide has been very focused on Erasmus+ and European Solidarity Corps, the intention, as stated in the beginning, is meant to go beyond these, not just in the personal sense for the listeners, but in the practical sense for organisations either supporting or hosting young persons abroad.

The Guide aims to help the learning and cultural adaptability curve, taking the stages outlined in these models as the starting point but ensuring that we infuse them with more context and flexibility to have them resonate with as many volunteers/participants who are experiencing many different versions of the same issues.

While the Guide has strived to ensure a good balance in the types of information dispensed throughout the podcast series, the aim of the tool (and project) as a whole is to ensure that the focus of the efforts that go into these projects and all actions stemming from specific activities offered to volunteers and participants, remain crosscutting to their experiences, the impact it is having on them and the memories and skills they will take with them in the end.



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