



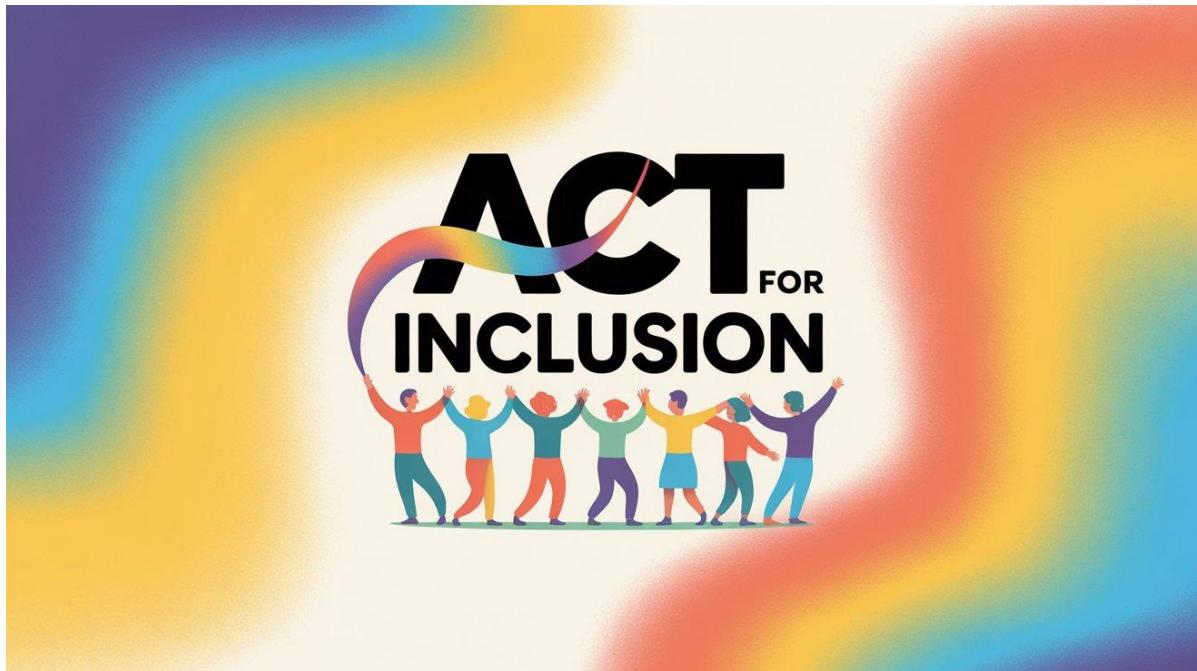
ACT FOR INCLUSION

A Guide to Inclusion

Intergenerational Volunteering and Social Cohesion in Youth Work

22 - 27 November 2025

Wuppertal, Germany



Supported by the Erasmus+ Programme

Project Overview

Short Description

"Act for Inclusion" is a 6-day training course bringing together 30 youth workers from 5 European countries (Germany, Turkey, Italy, Austria, and Malta) to develop competences in intergenerational volunteering and inclusive youth work practices. The project addresses the growing need for social cohesion in diverse European communities by equipping participants with practical tools, methodologies, and cross-cultural perspectives to engage marginalised groups, bridge generational gaps, and foster active citizenship.

Aim(s)

The main aims of the project are:

- To enhance the capacity of youth workers in designing and implementing inclusive programmes that address the needs of disadvantaged young people and isolated elderly populations
- To promote intergenerational solidarity and volunteering as effective tools for social inclusion and community building
- To foster intercultural dialogue and exchange of best practices among youth organisations across Europe
- To strengthen participants' key competences in non-formal education, digital skills, and active citizenship within an inclusion-focused framework
- To establish a sustainable network of inclusive youth workers committed to continuing collaboration beyond the project's duration

Description

In an increasingly fragmented Europe facing challenges of migration, economic inequality, and generational disconnect, youth workers play a crucial role in building inclusive communities. "Act for Inclusion" responds to these challenges through a comprehensive training programme held in Wuppertal, Germany from 22-27 November 2025.

The training employs non-formal education methodologies including World Café discussions, simulation exercises, storytelling workshops, and field visits to local communities. Participants explore the concept of inclusion through multiple lenses: theoretical frameworks, practical case studies, and hands-on project design sessions.

A distinctive feature of the project is its focus on intergenerational approaches. Participants learn to design programmes that connect young people with elderly community members through digital tools such as podcasts, video documentation, and QR-coded memory walls. These innovative methods bridge the technological gap while preserving invaluable life experiences.

The project brings together five partner organisations, each contributing unique expertise: My Voice e.V. (Germany) in migrant integration, Happy Unity Group (Turkey) in youth engagement, Traguardo

Europa (Italy) in arts-based inclusion, Love Unity (Austria) in humanitarian work, and MINISTRY FOR GOZO AND PLANNING (Malta) in rural community development. This diverse partnership ensures a rich exchange of perspectives and the development of transferable best practices applicable across different European contexts.

Why Are We Here?

Europe today is more diverse than ever, yet equally fragmented. Refugee crises, economic inequalities, and the widening gap between generations compel us to rethink youth work.

'Act for Inclusion' is not just a training course; it is an endeavour to build bridges for every individual who feels excluded.

Statistical Highlight: The rate of NEET (Not in Education, Employment, or Training) youth in Europe continues to rise, while the isolation of the elderly population has become a serious social concern.

Every word you will find in this booklet has been shaped by the experiences of participants who worked tirelessly in Germany between 22-27 November.

Strong Partnership, Strong Impact

The project was shaped by the synergy of organisations from 5 different countries. Each partner brought their local "inclusion" challenges to the table:

DE Germany - My Voice e.V.

As the host organisation, they offered their expertise in migrant integration and access to social rights.

Happy Unity Group TR Türkiye

They brought the dynamism of youth and the skill to use cultural diversity as an advantage.

Traguardo Europa IT Italy

They emphasised the power of art and law in fostering inclusion.

FOMENKI NSHITA NWOTIZE AT Austria

They shared their deep experience in humanitarian aid and working with refugee families.

MINISTRY FOR GOZO AND PLANNING MT Malta

They presented intergenerational models to break isolation in rural areas.

"What Does Inclusion Mean to Us?"

IT Italian Team:

"Inclusion is not just opening the door, but offering a seat to those who enter."

AT Austrian Team:

"It is accepting differences not with tolerance, but by celebrating them."

TR Turkish Team:

"It is bringing the energy of youth and the experience of the elderly together at the same table."

Strategic Note: This partnership has laid the foundation for the "Inclusive Youth Workers Network" that will continue beyond the project's completion.

Our Learning Journey: Beyond the Classroom

Non-Formal Education (NFE) principles applied throughout the project:

Holistic Approach

Methods that ensured not only cognitive but also emotional and physical participation were applied. Participants engaged in the learning process with all their senses.

Voluntariness

Participants were enabled to engage in the learning process at their own pace and with their own motivation.

Self-Assessment

Reflection sessions were held at every stage of learning to answer the question "What have I gained?"

Non-Formal Education Cycle

EXPERIENCE → REFLECTION → CONCEPTUALISATION → APPLICATION

A Week in Wuppertal

DAY 1

Introduction and Icebreakers

Speed Networking activities and mapping expectations

DAY 2

The Concept of Inclusion

Deep dive into the concept and World Café sessions

DAY 3

Intergenerational Volunteering

Sharing best practices and examining models

DAY 4

Field Experience

Simulations of interaction with local communities and visits

DAY 5

Project Design and Storytelling

Storytelling workshops and project development

DAY 6

Closing and Certificate Ceremony

Youthpass certificate ceremony and finalising future plans

"For Me, Act for Inclusion..."

Personal Transformation Stories

Emelda - Germany DE

"Coming from the health sector, I saw that social inclusion is not just an 'act of kindness' but a 'prescription' for the overall well-being of society. I witnessed how different cultures can heal at the same table."

Chiara - Italy IT

"The concept of 'equality' in law books transformed into 'equity' in the simulations here. Now I see a young person with disabilities participating in the city not just as a right, but as a design necessity."

Gul - Turkiye TR

"The workshop on intergenerational volunteering showed me how I can revitalise communication between the elderly and youth in my own country using digital tools (podcasts, videos)."

Development in 8 Key Competences

The Youthpass Journey - Values the training course added to participants' professional profiles:

 Multilingualism	Reinforcing project terminology through English and discovering non-formal education languages
 Digital Competence	Integration of Trello, Canva and digital storytelling tools into youth work
 Learning to Learn	Managing one's own learning process and conflict resolution skills within groups
 Citizenship	Reinterpreting EU values and active citizenship awareness with an inclusion focus

Toolkit for Youth Workers

Step-by-Step Workshop Designs

Workshop 1: Digital Memory Chest

Theme: Intergenerational Volunteering

Objective: To immortalise the experiences of the elderly with the digital skills of youth.

Implementation: Young people interview the elderly and transform these into a "digital memory wall" via QR codes.

Workshop 2: Empathy Labyrinth

Theme: Inclusion

Objective: To make invisible barriers visible.

Implementation: Participants take on different disadvantaged roles (a refugee who doesn't speak the language, a visually impaired person, etc.) and try to complete everyday tasks.

Not an Ending, But a New Beginning

Act for Inclusion Manifesto

1. Break the hierarchy, share the experience.
2. Accessibility is not a favour, it is a right.
3. Fill the gap between generations with technology and art.

"The fire we lit in Wuppertal will now continue to burn in 5 different countries. Every method you see in this booklet is a step towards a more inclusive Europe."

Contact and Network Information

Partner Organisations: My Voice e.V. (DE) | Happy Unity Group (TR) | Traguardo Europa (IT) | Love Unity (AT) | MINISTRY FOR GOZO AND PLANNING (MT)

This project is supported by the European Union Erasmus+ Programme.

The content of this publication represents the views of the authors only and does not reflect the views of the European Commission.



Erasmus+