

HANDBOOK ON VALUES EDUCATION

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Introduction

The role of human values is fundamental to the development of human life, being the connecting threads of our experiences, relationships and decisions. In this way, they also significantly influence the creation of our identity as well as the development of our life.

Human ethical and moral principles represent the ideal standard for the life and existence of any person. Reflection on these values should arise from an analysis and discussion of the growing social challenges affecting humanity. The purpose is to address these problems by constantly improving our values, considering ourselves as beings made up of both material and spiritual elements.

These values have been of great importance since ancient times, but it is true that nowadays many of them have been lost in areas such as families or organizations or even in interpersonal relationships. That is why this manual is so important.

Throughout the manual we have worked together with four organizations from different countries that operate in the social field, focusing on how each of them refer to human values in their respective projects. These institutions are:

- Asociación Creativa, Spain
- Proutist Universal Malta, Malta
- ArteWeda, Poland
- SOPRO - Solidariedade e Promoção, Portugal

First of all, we will learn a little about the context of each one of them, as well as who they address, what are the issues they deal with, what kind of activities they carry out to put these issues into practice and what is the value with which each association is most identified.

Likewise, we will dedicate a section for each value in which we will show how each entity delves into them, thus being able to name the different projects that each one carries out. These values are:

- Inclusion: refers to the acceptance and respect for all people regardless of their origin, religion, gender, race or physical or psychological conditions.
- Creativity: is a value linked to people's ability to develop different points of view, allowing them to approach problems from new perspectives.
- Non-violence: is the rejection of all acts of physical violence in order to bring about change, whether political or social.
- Solidarity: fosters the capacity for mutual collaboration among all members of the community.

Contextualization of each entity

Malta: “Proutist Universal Malta”

1. Background

Proutist Universal Malta is a local non-governmental organization based on the principles of Prout (Progressive Utilization Theory) for the welfare and happiness of all. The general purpose of Proutist Universal Malta is to create socio-economic consciousness based on the principles of Prout propounded by Prabhat Ranjan Sarkar. Proutist Universal Malta has the following objectives:

- ✓ To encourage, promote, research, and educate people about the Progressive Utilization Theory (hereinafter referred to as “Prout”).
- ✓ To apply the insights of Prout and to find solutions to pressing socio-economic, cultural, and ecological challenges facing humanity and the planet including, but not limited to: global inequality, hunger and poverty, environmental degradation and unsustainable activities that deplete the world’s resources.
- ✓ To raise public and political awareness against discrimination, corruption, intolerance and injustice.
- ✓ To promote a world where everyone will be provided the basic necessities of life, everyone is able to fully develop their inherent capacities and the resources of our planet are maximally utilised and distributed in a rational way.
- ✓ To publish articles, papers, magazines, online websites and other information platforms; to conduct seminars and conferences; to open offices and centers in Malta; and do any other activities to promote the objectives of the organization on a national level.
- ✓ To raise public awareness on economic self-sufficiency of the nation through co-operated co-ordination.
- ✓ To raise public awareness to work for the development of one universal society and welfare of all human beings.
- ✓ To promote and present the interests of the Organization’s members to the notice of local administration and local authorities, international organisations and other authorities.
- ✓ To promote and present awareness to serve everyone without any distinctions and help the local government and international organisations in all constructive and welfare activities.
- ✓ To promote ethical values and spiritual awareness through education.
- ✓ To educate and create awareness among people about local language and culture.
- ✓ To raise funds by means of subscription of members or otherwise for all purposes and objectives of the organization in such amounts and in such manner as may be authorized by the Administrative Committee.

- ✓ To form part of any national/international organization/s whose objectives are similar to that of the organization.
- ✓ To do all that which is necessary, ancillary, incidental or conducive to the legal attainment of the above objectives.

2. Who are we targeting?

PU Malta helps people with addiction to become drug-free, alcohol-free and tobacco free. The organization helps those people who would like to change their food habits to become vegetarian and vegan. However, people have their own choice regarding their food habits.

Nevertheless, our target groups are mainly youth, elders and disadvantaged people. Some of these people do not have a place to go to for peace and quiet so this will be a chance for change.

3. What topics do we focus on?

The main aim of the entity is sustainable community development and service activities. The organization focuses to create awareness among people towards ecological, natural resources and sustainable development.

4. What activities do we implement?

PU Malta organizes multicultural activities such as, yoga and meditation classes, vegetarian cooking classes, workshops on sustainability, holistic and community building among different types of people, such as, students, youth and elderly people. The aim of these classes occupy the person's mind to help them understand different mentalities and freedoms through expression of liberation and freeing emotions.

PU Malta also organizes seminars, retreats, workshops, study circles and cultural programs for the youths and elderly people. The organization also presented these activities during ecological festivals, such as Consciousness Festival and Wellness Festival by giving workshops on sustainability and holistic wellness community lifestyles. The organization's goal is to build a peaceful community where people will be living holistically healthy lifestyles. The entity also promotes the preservation of local plants, insects, birds and animals. This is done by learning and giving feedback in both events and on a daily basis to those that ask about our current situation. Moreover, members are approached with rescuing particular species and aid in how to take care of a particular species both while walking or during local events.

5. What values identify us?

Proutist Universal Malta believes in collaboration, cooperation and partnership with the Non Governmental Organisations and other entities who have similar objectives as PU Malta.

Prout theory is based on universal values based on neo-humanism. Neo-humanism believes in extending one's love not only to human beings but also extending love to animals, plants, animate and inanimate objects, such as water, air and earth.

Poland: "ArteWeda"

1. Background

We are a young, grassroots organization from Ładek-Zdrój, a small town (with the population around 5 000 people) situated in the southern-west part of Poland, close to the Czech Republic border. Since 2018 we carry The city is the oldest spa health-resort of Poland. It's well known for its charming historic architecture and beautiful Sudety Mountains atmosphere.

2. Who are we targeting?

Participants and recipients of ArteWeda are mainly the local community members of Lower Silesia District, Kódzko Voivodeship, Ładek-Zdrój Commune. We prepare activities for many age groups (0-6, 7-14, 15-19, 20+, 30-50, 60+, 60++, multigenerational).

On a local level we create our work within local, provincial and national level projects like:

- ✓ "Działaj Lokalnie/Act Locally"
- ✓ "Lokalne Partnerstwa/Local Partnerships of Polish-American Freedom Foundation"

We also participate in Erasmus+ KA2 and KA1 projects such as:

- ✓ "Expressions in dialogue - Living libraries for inclusion" (KA2)
- ✓ "Creative physical activities as a tool of youth work" (KA1)
- ✓ "European Art Days" (KA1)

3. What topics do we focus on?

ArteWeda is an NGO from Lower Silesia, whose main goal is to empower people through human rights education and art. In our work we focus people from different backgrounds,

We work to raise awareness in topics such as:

- ✓ Art and culture
- ✓ Social inclusion and human rights education
- ✓ Rural youth development
- ✓ Social rights
- ✓ Sport and tourism
- ✓ Ecology

4. What activities do we implement?

SDK ArteWeda has been implementing projects that promote sustainable approaches to human rights, art, environment and social life and that apply intercultural dialogue and non-violent communication.

As ArteWeda we create few local long-term projects:

- ✓ Cooperation of local NGOs “KOPPI”,
- ✓ Women empowerment meetings,
- ✓ Youth in Action activities,
- ✓ Social Center led by local NGOs,
- ✓ Social Garten led by citizens and NGOs of Łądek-Zdrój Commune.

Portugal: “SOPRO – Solidariedade e Promoção”

1. Background

SOPRO – Solidariedade e Promoção, was founded in 1996 by a group of young volunteer students from Colégio La Salle, in Barcelinhos, Barcelos, Portugal. These young people had a strong concern with the problems of poverty.

It is also recognized as a Non-Governmental Organization for Development ONGD with the Statute of Public Utility Entity, Non-Profit, by the Camões IP Institute which is under the jurisdiction of the Ministry of Foreign Affairs.

Moreover, it is located in a rural region with several problems, as low qualification and low motivation for formal learning, high youth unemployment and low participation in citizenship activities.

In December 2019 SOPRO received the best Inspiring 2019 Project Award from the Portuguese National Agency, for the Youth Exchange Be Green. A project about cultural heritage, inclusion and climate change.

2. Who are we targeting?

The SOPRO's mission is the youth's education on solidarity and promotion of cooperation projects for human development in the world.

At a local level, at SOPRO we have a group of Portuguese volunteers, who collaborate in activities promoted by SOPRO such as the organization of the School Supply Bank, the promotion of sport activities and fundraising campaigns. In its projects SOPRO always tries to create a compromise between young people and society, particularly those in difficult conditions of life. SOPRO believes that the major proof of entrepreneurship is the personal commitment with a mission.

Young volunteers of SOPRO are committed with the projects in the project 'Love has no age' and project 'Eden'. In the first one, volunteers visit elderly people at their homes and, during one or two hours, they are supporting, helping and assisting them in all their needs, even emotionally and psychologically. In the project 'Eden', volunteers are taking care of the SOPRO garden, planting trees, watering the plants and organizing activities for the children from the schools and scouts.

3. What topics do we focus on?

With short and long term voluntary work projects, SOPRO acts in the educational area (adult literacy, teacher training and educational support to children and young), health and human/civic problems.

Therefore, SOPRO's current practice is the implementation of strategies and non-formal activities to increase youth participation in society, such as study groups, intergenerational workshops and sport activities. The main goal of SOPRO is to empower young people by educating them in solidarity, performing training in literacy, improving social support and entrepreneurial conditions. It's important to note that SOPRO has a solid experience working with youth, promoting social, human and personal competencies.

4. What activities do we implement?

At national level, SOPRO works locally, in the Barcelos area, where it promotes Voluntariado de Proximidade (working voluntarily in close territory), Banco de Material Escolar (School Supply Bank), 'Love has no age' and 'Eden' projects.

Internationally, SOPRO's work is focused in Mozambique, in Beira region, where SOPRO's staff work as volunteers for a short or long period. The intervention's goal in Mozambique is to make possible Universal access to education. The Mozambican children, that otherwise would not have access to education, are supported by two

assisting programs, Um Euro faz Sorrir (One Euro makes smile), Apadrinhamento (Be a Godfather to a Child), and Voluntariado Internacional (International Voluntary Work) and other donations.

5. What values identify us?

SOPRO – Solidarity and Promotion has the Mission: to educate young people for solidarity and to promote cooperation projects for the development of Human Beings in the world.

Due to the context of its foundation, SOPRO is characterized by being a Lasallian association that also supports the fulfillment of the mission of the Brothers of the Christian Schools of La Salle: “to promote the integral development of the person and the transformation of society through human and Christian education, solidarity and participation”.

SOPRO's Vision is “to be recognized as an NGO consistent with its mission and values in the actions it develops. To be a mobilizing agent for the participation of all and, in particular, young people as a witness and channel for living solidarity.”

Our values are:

- ✓ Solidarity: For the full exercise of citizenship, contributing to the improvement of the living conditions of the most vulnerable.
- ✓ Education: Universal law, basis of human development, means of eradicating poverty.
- ✓ Justice: Justice and respect for cultural and social differences.
- ✓ Equality: Our work is guided by respect for ethical rules and good practices.
- ✓ Cooperation: The main tool for the development of human beings in the world.

Spain: “Asociación Creativa”

1. Background

Asociación Creativa is a non-governmental organization located in the Canary Islands, Spain. We work to promote employment, training and social insertion of people at risk of social exclusion and unemployment through personalized and individualized actions, as a basic element to promote the insertion of people with special difficulties. We have different offices on the island of Tenerife and a headquarters on the island of Gran Canaria. At the same time, we have more than 25 employees and around 100 collaborators working locally, regionally, nationally and internationally.

The main objectives of Creativa activity are the following:

- ✓ To eliminate obstacles that prevent or obstruct the full development of people.
- ✓ To improve the socio-economic conditions of people who are in a socio-economic situation of vulnerability.
- ✓ To contribute to social cohesion and inclusion, to eliminate situations of marginalization and social discrimination.
- ✓ To defend the values of equality, transparency, solidarity and social cohesion of society, among others.
- ✓ To advise and counsel people at risk of social exclusion in education and employment.

2. Who are we targeting?

Our main target group is communities in a situation of social exclusion or at risk of suffering from it. The European Commission states that a person is at risk of social exclusion when he/she meets three conditions:

- He/she does not reach 60% of the minimum salary despite receiving financial assistance from the State.
- The majority of members of the same family unit are long-term unemployed.
- People severely deprived of material resources.

According to these data, there are many people susceptible to be in this situation, and trying to cover them all is an utopia so, in Creativa, we have focused on the following groups:

- ✓ Immigrants.
- ✓ Women.
- ✓ People in a situation of dependency.

3. What topics do we focus on?

The topics we focus on are related to the subject matter of our projects, and are as follows:

- ✓ Social inclusion: the 2030 Agenda for Sustainable Development of the United Nations has among its goals, to empower and promote the social inclusion of all people, regardless of age, gender, race, ethnicity, disability, religion, origin or monetary situation. At Creativa, we associate social inclusion with what we are most specialized in: the search for employment considering every human being on equal terms, without prejudice of any kind.

- ✓ **Sustainability:** as we all know, sustainability is about managing resources to satisfy today's needs without jeopardizing the needs of the future generations. At Creativa we understand that only projects that introduce equitable change and address the causes of structural vulnerability in a lasting way will contribute to sustainable livelihood systems and sustainable human development.
- ✓ **Entrepreneurship:** the most widespread meaning of the term is that it is the process of starting and completing a business project on one's own account. However, at Creativa we understand that this concept can be applied to almost anything such as personal projects, sports or scientific activities or even challenges or games. That is why we encourage our users to start and develop a project in which they have confidence, and we provide them with the necessary tools to elaborate their own Business Plan.

4. What activities do we implement?

The main activities we carry out are as follows:

- ✓ *Integrated itineraries of social and labour insertion with people at risk of social exclusion.* Set of actions that improve employability and that have as methodology the personalization, counselling, monitoring and accompaniment in the search for employment, which means a higher expectation of achieving the objectives of labour market insertion.
- ✓ *Promotion of self-employment.* We address those people who have the desire to undertake, we help and advise them throughout the process of generating a business plan, with the ultimate goal of becoming a new self-employed entrepreneur, that is, to have the desired salary and the necessary affiliation to the Social Security through the self-employed insurance.
- ✓ *Development of training programs in communication skills, vocational training and promotion of transversal competencies.* Creativa offers free English language training courses to vulnerable groups in Tenerife and Gran Canaria, as well as different professional contents and key competences for employment.
- ✓ *Commitments and projects with a European dimension.* Creativa is a sending and hosting organization of the Erasmus+ Programme of the European Commission. We have an Internationalization Plan that is implemented in every action we carry out to promote employment and training of people with fewer resources, making accessible free of charge the experience of living, studying and working in different countries of the European Union.

5. What values identify us?

Creativa is governed by a series of unwavering values, which guide our work and development as a non-profit organization. These values are as follows:

- ✓ *People:* at Creativa we are certain that people are the greatest value of society and all the actions we develop are aimed at improving people's quality of life.
- ✓ *Transparency:* the decision-making processes in the implementation and development of the organizational model are adopted under the principles of democracy and representative legitimacy. The information of all the actions carried out by the entity as well as the resources at its disposal will be available to all the interested people.
- ✓ *Equality:* Creativa conceives employment under the principle of equal opportunities and non-discrimination based on gender, ethnicity, condition, origin, etc.
- ✓ *Heterogeneity:* the entity aims to bring together groups of diverse size and projection, which address exclusion with coordinated actions that revert to society.
- ✓ *Solidarity:* the organizational model will activate internal mechanisms of redistribution of resources and responsibilities with the aim of promoting equity and access to common goods.
- ✓ *Non-profit character:* all Creativa's economic, material and human resources are destined to the fulfillment of its social purposes, without any distribution of benefits, if any.
- ✓ *Social and sustainable development:* we work actively in the progress of the different groups with which we work through training and labour reinsertion actions, but contributing to the maintenance of the environment in which we interact.
- ✓ *Social cohesion:* at Creativa we understand that social cohesion is a way of living together, sharing resources, values, and respecting and understanding the differences that exist in a society.

HISTORY OF HUMAN VALUES

According to Lucas Pacheco (2022), "human value is the essential virtue of the spirit that manifests itself through personal behavior and reaction to the phenomena that the world presents to us and to the problems that we create ourselves" (p.76). Human values can be approached from various perspectives: the perspective of the realm of acceptance and that of existence, among others.

The evolution of human values throughout history has been a complex and multifaceted process, influenced by a variety of cultural, social, religious and philosophical factors. From the earliest human societies to the contemporary era, the understanding and appreciation of these values have undergone significant transformations.

In prehistoric and ancient societies, values were closely linked to group survival and cooperation. Cultures such as Egyptian, Mesopotamian, Chinese and Indian developed value systems rooted in religion, tradition and morality, laying the foundation for community ethics. Ancient Greece played a crucial role in the formation of Western values through philosophers such as Socrates, Plato and Aristotle. The virtue ethics proposed by Aristotle, which advocated moral excellence through the practice of virtues, influenced the understanding of moral values for centuries.

Religions, such as Judaism, Christianity and Islam, have played a central role in the formation of ethical values. The Ten Commandments and the principles of the Koran have guided moral conduct in these traditions, providing an ethical framework for millions of people throughout history.

The Renaissance marked a resurgence of interest in reason, science and individual exploration, influencing the Enlightenment. This era championed liberty, equality and human rights, laying the foundation for revolutionary movements and documents such as the Declaration of the Rights of Man and of the Citizen in the French Revolution and the Declaration of Independence in the United States.

In contemporary times, human values have continued to evolve in response to social, technological and cultural changes. Gender equality, diversity, sustainability and human rights have taken on significant importance in modern ethics.

It is crucial to recognize that values are not universal and vary according to culture, time and individual experiences. Global interconnectedness has fostered greater dialogue and awareness of the diversity of values around the world, creating fertile ground for mutual understanding and the building of a global ethical fabric.

Classical philosophy, religious ethics, the Renaissance, revolutions and contemporary developments in technology and sustainability have all contributed to the rich and complex history of human values. Reflecting on this evolution allows us to better understand the changing nature of our ethics and morality, providing us with a solid foundation for addressing the ethical challenges of the present and future.

Within the history of human values we can highlight the contribution of Shalom H. Schwartz, social psychologist and creator of the most influential psychological theory on human values. He developed a study called the "Human Values Scale", designed to determine the existence of universal values. To do so, he applied a questionnaire with 10 types of values (Benevolence, Universalism, Self-Direction, Conformity, Tradition, Security, Power, Achievement, Hedonism and Stimulation) in 63 different countries. It was concluded that the most prominent value was benevolence, followed by self-direction, universalism and universality, and security (all three in different order of priority). Except in Africa, where conformity is the most important value.

We know that there are universal values recognized around the world, although depending on the country of depending on the country where you are born you may have and/or prioritize some values or others. Depending on the importance we give to values, we will live in one way or another.

Human values become significant in the process of educating individuals. Values education seeks to foster and reinforce a culture and way of being based on respect for others, inclusion, democratic principles and solidarity. These values are governed by a series of characteristics:

- Collective identity: promotes respect for diversity, regardless of cultural, religious or other differences.
- Critical thinking: involves recognizing and analyzing the different perspectives associated with problems.
- Developing social skills: involves promoting collaboration and effective communication with diverse people within a teamwork environment.
- Global vision: involves exploring global issues in depth.
- Cooperation: involves advocating for the collective good and working together to achieve common goals.

INCLUSION

A) What is inclusion?

Inclusion is a social and philosophical concept that emphasizes creating environments, organizations, and societies where all individuals, regardless of their background, abilities, or identities, are welcomed, respected, and valued. It goes beyond mere tolerance and aims to actively embrace diversity, recognizing that each individual brings unique perspectives and experiences that enrich the collective community.

Inclusion seeks to break down barriers that may lead to discrimination, exclusion, or marginalization of certain groups. It is about ensuring that every person has equal access to opportunities, resources, and participation, promoting a sense of belonging and unity among all members of society.

Key aspects of inclusion include:



- **Diversity**: Embracing the variety of human differences, such as race, ethnicity, gender, sexual orientation, religion, age, socioeconomic status, and disabilities.
- **Equality**: Ensuring that every individual has equal access to opportunities, rights, and benefits, regardless of their background or characteristics.
- **Respect and Acceptance**: Valuing and appreciating each person for who they are, treating them with dignity and understanding.
- **Empowerment**: Empowering individuals to participate fully in all aspects of society and enabling them to have a voice in decision-making processes.
- **Accessibility**: Removing physical, cultural, and attitudinal barriers that might hinder full participation for individuals with disabilities or unique needs.

B) What is inclusión for?

It also serves several essential purposes in society, all of which revolve around creating a more equitable, harmonious, and progressive environment for individuals and communities. The main goals of inclusion are:

1. **Equality and Social Justice**: Inclusion is a fundamental aspect of promoting equality and social justice. It aims to ensure that all individuals have equal access to opportunities, resources, and rights, regardless of their background, abilities, or identities. By dismantling barriers and challenging discrimination, inclusion strives to create a level playing field where everyone can participate fully and thrive.
2. **Fostering Diversity**: Inclusion celebrates and embraces diversity in all its forms, recognizing that differences in perspectives, experiences, and identities enrich society. It encourages the representation and participation of individuals from various backgrounds, fostering a vibrant and dynamic community that values and respects each person's uniqueness.
3. **Personal Growth and Empowerment**: Inclusive environments empower individuals to express themselves, contribute their ideas, and actively participate in social, economic, and cultural activities. When people feel included and accepted, they are more likely to have increased self-esteem, confidence, and a sense of purpose, which leads to personal growth and fulfillment.
4. **Building Stronger Communities**: Inclusion strengthens social cohesion and community bonds by bridging divides and promoting understanding between different groups. It creates an atmosphere of trust, empathy, and collaboration, enabling communities to work together towards common goals and address shared challenges effectively.
5. **Enhancing Innovation and Creativity**: Inclusive environments, such as diverse workplaces and educational institutions, foster innovation and creativity. When

individuals from varied backgrounds come together, they bring unique perspectives and ideas that can lead to breakthroughs and novel solutions to complex problems.

6. Reducing Discrimination and Prejudice: Inclusion challenges stereotypes, biases, and discrimination by encouraging individuals to recognize and appreciate the humanity and value of others. It helps break down negative attitudes and prejudices, leading to a more accepting and tolerant society.

In essence, inclusion serves the purpose of nurturing a society where every individual is welcomed, supported, and empowered to reach their full potential. By embracing diversity and breaking down barriers, inclusion creates a world that is fairer, more compassionate, and better equipped to address the challenges and opportunities of the future.

C) How do we develop it?

Developing inclusion requires a concerted effort from individuals, organizations, communities, and policymakers. It involves creating an environment where diversity is celebrated, and everyone feels welcomed, respected, and valued. Here are some key steps to foster inclusion:

1. Education and Awareness: Raising awareness about the importance of inclusion and its benefits is crucial. Conduct workshops, training programs, and educational initiatives to sensitize individuals about the value of diversity and the impact of exclusion. Promote understanding and empathy to challenge stereotypes and biases.

2. Embrace Diversity: Actively seek to embrace diversity in all its forms. Encourage the representation and participation of individuals from different backgrounds, cultures, and identities in decision-making processes and activities. Embracing diversity promotes a richer and more inclusive environment.

3. Create Inclusive Policies: Develop and implement inclusive policies and practices in organizations, educational institutions, and public settings. These policies should address discrimination, ensure equal access to opportunities, and support individuals with unique needs or disabilities.

4. Promote Collaboration and Communication: Encourage open and respectful communication among individuals from diverse backgrounds. Fostering a collaborative environment where everyone's opinions are valued promotes inclusivity and helps build stronger relationships.

5. Provide Training and Sensitization: Offer diversity and inclusion training for employees, educators, and community members. Sensitize individuals to recognize unconscious biases and develop skills to create an inclusive atmosphere.

6. Ensure Accessibility: Remove physical, cultural, and attitudinal barriers that may hinder the participation of individuals with disabilities or unique needs. Ensure that physical spaces, information, and technology are accessible to all.

7. Lead by Example: Leaders and influential figures play a vital role in promoting inclusion. Lead by example, demonstrating inclusive behaviors, and holding others accountable for their actions that may perpetuate discrimination or exclusion.

8. Foster Inclusive Language: Promote the use of inclusive language that respects and includes all individuals. Avoid derogatory terms or slurs that may marginalize certain groups and use language that is respectful and welcoming.

Developing inclusion is an ongoing process that requires commitment, empathy, and collective effort. It involves creating a culture that values diversity and actively works to dismantle barriers that impede equal access and participation. By taking these steps, individuals and communities can contribute to building a more inclusive society where everyone can thrive and feel a sense of belonging.

Regarding Creativa's work, inclusion is its main premise. They believe in work as a tool of inclusion, since the organization mainly work with disadvantaged people, because they believe that work can play a significant role in preventing social marginalization by providing opportunities for individuals from marginalized communities to participate fully in society and gain economic independence. In order to meet these objectives, they perform the following actions:

1. Targeted Outreach and Recruitment: Creativa engages in targeted outreach efforts to identify individuals from marginalized communities who face barriers to employment. By actively seeking out candidates from diverse backgrounds, Creativa can ensure a more inclusive pool of applicants.

2. Skill Development and Training: Creativa provides skill development programs, vocational training, and capacity-building workshops to equip individuals with the necessary skills for the job market. This helps enhance their employability and reduces exclusion based on skill gaps. That is why most of our projects provide laboral orientation, whether it's group or individual.

3. Job Placement Services: Creativa acts as intermediaries between employers and potential candidates, assisting with job placement and matching individuals to suitable positions based on their qualifications and interests.

4. Resume Building and Interview Preparation: Many individuals from marginalized communities might lack access to resources that help them create effective resumes and prepare for interviews. NGOs can offer support in crafting resumes and conducting mock interviews to boost candidates' confidence and competitiveness.

5. Advocacy and Awareness: NGOs can advocate for policies and practices that promote

diversity and inclusion in the workforce. It's possible to raise awareness about the benefits of an inclusive workplace and the importance of preventing social exclusion.

6. Workplace Diversity Training: Creativa collaborates with employers to provide diversity training to their staff, fostering a culture of inclusion and sensitivity towards diverse employees.

The way in which Arteweda works the value of inclusion follows a methodology through which they try to involve the groups they work with from the design of their projects to their completion. This is important because, before executing their educational actions, they already know the interests, preferences and opinions of the people they work with.

On the other hand, it should be noted that they work from a network of entities, which are dedicated to different themes, thus favoring inclusion, as they try to cover different interests, such as art, human rights, sports or nature.

More specifically, the location where this organization is located has a significant number of elderly inhabitants, who are not so familiar with technology. This is why Arteweda not only provides information about their initiatives through social networks, but they also use traditional methods to communicate their message to this segment of the population, such as pasting posters on the street and in public places or sharing through word of mouth. While the project ArteWeda volunteers offers the free ride for elderly people or those who live in the villages close by the city because those groups have more difficulties with transportations in rural areas. The info and posters are given in polish and ukrainian language due to reach the whole community.

Proutist Universal Malta has the value of inclusion deeply integrated in its usual practices. It is an organization that works with people from all continents, migrants who, in many cases, feel lonely because they have left their families and friends in their countries of origin. PU Malta tries to give back to this group the sense of belonging they have lost, creating a community with similar conditions.

More specifically, they carry out activities such as English courses, computer training or projects to find a job. In short, actions that allow them to interact with and learn from each other, but also open the doors to the labor market and improve their living conditions.

In addition, they work with the group of young people participating in youth exchanges of Erasmus+ projects, which have as one of their priorities to create international networks of friendship, study and/or work, again promoting the value of inclusion.

SOPRO promotes inclusion through projects carried out in developing countries, such as Mozambique. They send their own volunteers to be in contact with teachers and older students, to whom they pass on their knowledge so that they can then continue training the rest of the students.

In addition, they work to promote integration between young people, the elderly and the homeless. Young people are helped by giving them greater responsibility in the projects, which increases their autonomy and the possibility of contributing to change.

Homeless people are helped on the premise of offering them food and shelter, but the real objective is to help them when they become ill or to provide them with companionship, since they are a group that is practically non-existent in society.

CREATIVITY

1. What is it?

You can't use up creativity. The more you use, the more you have." Maya Angelou

Creativity takes on different forms and serves various purposes in our lives, making it a topic of ongoing fascination and exploration. This aspect also highlights it as a value that provides a great potential of possibilities for education:

- Creativity is a form of problem-solving: It's the ability to come up with innovative solutions to challenges or obstacles, often by thinking outside the box.
- Creativity is a bridge between imagination and reality: It's the process of turning abstract ideas and dreams into tangible, practical creations.
- Creativity is a tool for self-expression: It allows individuals to convey their thoughts, emotions, and experiences through various mediums, such as writing, painting, or music.
- Creativity is a source of innovation: It's the driving force behind technological advancements, new inventions, and groundbreaking discoveries.
- Creativity is a way of storytelling: It enables people to craft narratives and share their perspectives, beliefs, and values with others.
- Creativity is a means of adaptation: It helps individuals and societies adapt to changing circumstances and find new ways to thrive in different environments.
- Creativity is a form of communication: It allows people to communicate complex ideas, feelings, and concepts that might be difficult to express through traditional language.
- Creativity is a reflection of human curiosity: It's the drive to explore, learn, and make sense of the world, often resulting in new perspectives and discoveries.
- Creativity is a form of play: It's the joy of experimenting and trying out new things, sometimes with no specific goal in mind other than having fun and learning.
- Creativity is a way of seeing beauty: It allows individuals to find beauty in the ordinary and appreciate the aesthetics of the world around them.
- Creativity is a source of cultural enrichment: It contributes to the development of art, music, literature, and other forms of culture, enhancing

the human experience.

- Creativity is a catalyst for social change: It empowers individuals and groups to challenge the status quo, advocate for justice, and work towards a better, more equitable world.

Creative Competence in Education

Creativity is like a tool for exploring the world around us. It helps us connect new ideas with old ones, find new solutions, and make things better. When we work together, creative people can adapt to changes and bring new ideas to life. They are good at making connections, finding solutions, and being motivated to help others.

Creativity isn't just about having ideas; it's also about thinking about them and sharing them with others. It's about having the skills to explore new things and put your ideas into action. This is called creative competence.

To help people learn creative competence, we can break it down into three parts:

- **Knowledge:**
 - It is about understanding the facts and information you need.
 - Being aware of relevant references that you can use such as educational materials and courses that provide fundamental knowledge in various subjects.
- **Skills:**
 - It's about using the right methods to be creative.
 - Being able to choose and implement the appropriate methods and techniques to enhance creativity. It might involve problem-solving strategies, brainstorming techniques, and other creative processes.
 - Collaborative skills: The ability to work effectively with others. It involves communication, teamwork, and understanding the dynamics of group work.
- **Attitude:**
 - It's about having the right attitude and motivation to be creative.
 - This involves being open to new ideas, embracing challenges, and staying persistent in the face of obstacles.

2. What is it for?

It is essential to demystify preconceived notions, and debunk the idea that creativity is an elusive gift one either possesses or lacks. Contemporary perspectives¹ now acknowledge creativity as an innate process that can be nurtured through various means, such as group activities and by creating the right conditions through facilitation.

One of the objectives of this handbook goes in line with equipping educators with a comprehensive and practical approach, empowering them to employ well-established concepts, designed tasks, and exercises to create an environment that encourages creativity. This creative space extends not only to physical settings but also to the broader community and society at large.

Main role of creativity is to transform education from a passive acquisition of knowledge into an active, dynamic process. Creativity encourages learners to explore, question, and innovate. It empowers them to approach problems with fresh perspectives, fostering critical thinking and problem-solving skills. In the book "Teaching Creative Thinking: A New Pedagogy for the 21st Century" by E. Paul Torrance, the author underscores that nurturing creativity in education is not just about producing future artists and writers but also about cultivating a generation of individuals who can adapt, innovate, and thrive in an ever-changing world. Education should create a space where learners feel free to express themselves, experiment, and take risks. Such an environment not only enhances academic achievement but also equips individuals with the tools they need to become responsible, creative, and adaptable members of society.

Education, when rooted in creativity, prepares individuals to meet the contemporary challenges with confidence. In "The Global Search for Education" series by CM Rubin recognize that creativity is not just an individual pursuit but also a key element of collective progress. It inspires learners to think beyond traditional boundaries, to embrace diversity and inclusion, and to engage in social change. By enabling students to see the beauty in the ordinary and the potential in the unexplored, creativity in education transforms them into active agents of positive transformation, capable of reshaping their communities and accordingly the world for the better. Ultimately, the role of creativity in education transcends the classroom, encouraging a lifelong passion for learning and empowerment to affect change in society.

How creativity is connected to education:

Creativity is a way our minds work. It helps us put together the information we have and find new solutions to problems. It's like connecting the dots between different things to understand a problem better or come up with a new idea. Often, this means making new connections between things that might seem unrelated. Creativity isn't just about answering questions; it's also about asking new and different questions. It's like building

¹ Contemporary perspective such as mentioned in Ken Robinson's TED Talk, "Do Schools Kill Creativity?" and in E. Paul Torrance's book "Teaching Creative Thinking: A New Pedagogy for the 21st Century" .

on what we already know and what we've experienced. So, creativity is a bit like an exploration. It's about exploring what we know, the world around us, and the problems we come across in new and exciting ways. Sometimes, this means dealing with things that might not make sense at first or facing situations that feel uncertain. Children are often very creative because they're always trying to learn and understand the world. They're curious, which means they want to explore and find out more. This is how all creative thinking begins, with curiosity. Learning about the world and making connections is part of growing up and learning new things. So, you could say that creativity is really important in the process of learning.

People are starting to work in ways that aren't just about a job. They are following their interests and talents. They're not stuck in one job category. Learning doesn't stop after you finish school; it's something you do for life. So, education is changing to help people learn important skills like creativity, being kind to others, and working well with different people.

People who are good at many things are becoming more important. They can think about the big picture but also know a lot about one thing. They explore and learn about different things and are curious. Creativity helps them connect ideas and understand how things work together.

Today, it's not just about having talent; it's about having the right attitude. We can all keep learning and growing. Being a good citizen, a good human being is also important. We're not just supporting those in power; we're actively taking part in making society better.

3. How to develop it?

Creativity involves both conscious and unconscious parts that work together. They are like partners and need each other. It's important to know that we can't control every step of the creative process. For example, we can't predict exactly when a great idea will pop into someone's mind. But we can understand the process and the challenges that come with it.

Back in 1926, a person named Graham Wallas talked about creativity. He said it's like the art of thinking. He also divided the creative process into four stages:

1. Process Design (Setting the Stage):
 - a. Think of this as getting ready for a journey. Before you go on an adventure, you need to plan and prepare.
 - i. Example: Imagine you're organizing a weekend environmental camp for kids. Before the camp, you plan the activities, find a suitable outdoor location, and decide on the themes for the

environmental workshops. This planning is like setting the stage for your camp, creating a framework for the educational experience.

2. Ideation (Gathering Ideas):

- a. Ideation is the fun part where you collect lots of ideas. It's like brainstorming, where you let your imagination run wild.
 - i. Example: During the camp, you gather feedback from the kids about what they find exciting and educational. You have a brainstorming session with them, where they suggest various nature exploration activities and eco-friendly art projects. You write down all their suggestions, even the most imaginative ones, during this ideation phase.

3. Concretization (Turning Ideas into Concepts):

- a. Now, you take all those ideas and turn them into concrete plans. You decide which ideas are practical and can become real projects.
 - i. Example: After collecting the kids' ideas, you decide which activities are practical and can be included in the camp program. You take the kids' suggestions, like a nature scavenger hunt and creating recycled crafts, and turn them into concrete workshop plans. These are the concepts you'll work on during the camp.

4. Experimentation (Trying Things Out):

- a. This step is about taking your concepts and putting them into action. You try things out to see what works and what needs adjustments.
 - Example: This step is about putting your workshop concepts into action during the camp. You organize the nature scavenger hunt and eco-friendly art sessions. As you go along, you realize that the kids are more interested in hands-on activities. So, you adapt by letting them explore and experiment with nature, making your camp even more engaging and educational. go.

These steps are like building blocks for creativity. They help you take a big idea and turn it into something real.

Design Thinking can be also implemented to guide the creative process. It's like a roadmap with steps to help you create something new.

Design Thinking: A Roadmap for Creativity²

1. Empathize (Deeply Understand):

- a. This is where you really try to understand what people need. It's like

² Tschimmel, K. (2012). Design Thinking as an effective Toolkit for Innovation. In R. Howard (Ed.), Design Education: Growing our Future (pp. 127-136). Swinburne University of Technology. This chapter explores the effectiveness of Design Thinking as an innovation toolkit.

putting yourself in their shoes.

- i. Example: If you're designing a new school, you'd talk to students, teachers, and parents to find out what they want in the school. You're trying to feel what they feel.
2. Define the Challenge:
 - a. Once you understand the problem, you clearly define what you want to solve. It's like setting a clear goal.
 - i. Example: If you learned from talking to people that the school needs more space, your challenge is to create more space in the school.
 3. Ideate & Prototype (Come Up with Ideas and Try Them Out):
 - a. This is where you let your creativity flow. You think of lots of ideas to solve the problem and then test them with small models or prototypes.
 - i. Example: You brainstorm ideas to make more space in the school, like building an extra floor or using the outdoor area. Then, you make small models to see which idea works best.
 4. Test & Iterate (Try it Out and Improve):
 - a. Now, you take your best idea and try it in real life. You see what works and what needs to change. If something doesn't work, you go back and improve it.
 - i. Example: You decide to build an extra floor for the school. You test it, and if it doesn't feel safe, you go back and make it better.

Another method is Human-Centered Design, which focuses on understanding people's needs. Human-Centered Design is a fancy term for creating things, like educational programs, based on what people really need and want. It's like making a customized suit that fits perfectly.

- Human-Centered Design: Making Education Fit People's Needs

1. Hear (Deeply Understand):
 - a. In a non-formal education program, you start by listening to the learners. You want to know their interests, what they struggle with, and what they enjoy. It's like having a friendly chat to really get to know them.
 - i. Example: If you're running a youth club, you talk to the young members and find out what topics they're excited to learn about, like art, sports, or science.
2. Create (Designing for Learners):
 - a. Once you understand what the learners want, you create educational activities that match their interests. You design workshops, games, or projects that make learning fun and engaging.
 - i. Example: For your youth club, you design art workshops, sports competitions, and science experiments based on what the

members enjoy. This way, learning is both enjoyable and educational.

3. Deliver (Making It Happen):

- a. You bring your designed activities to life. You organize the art classes, sports events, and science experiments for the young learners.
 - i. Example: In your youth club, you schedule art classes where members can express their creativity, sports events that encourage teamwork, and science experiments that spark curiosity.

4. Improve (Listening and Adapting):

- a. Here's the magic part: you keep listening to the learners. If they tell you they didn't like something or have a better idea, you change it. You're always open to making the learning experience better.
 - i. Example: If some youth club members say they're not enjoying the art classes as much as expected, you might adjust the activities or try something new that better fits their interests.

Human-Centered Design is all about tailoring education to what people love and need. It's like creating a menu of educational options where learners get to pick their favorite dishes, making the learning experience as enjoyable and effective as possible.

So, creativity isn't just a one-time thing. It's a journey that involves different steps and experiences. It's like a puzzle that comes together over time.

How ArteWeda works on and with Creativity

- Community Arts Workshops:
 - ArteWeda hosts regular arts workshops that are open to the entire community, encouraging people of all ages to explore their creativity through activities like painting, sculpture, and music. These workshops focus on using art to promote self-expression, diversity, and collaboration.
- Exploration Walks:
 - ArteWeda organises exploration walks in the nature to raise awareness about the local flora and foster an appreciation for the environment and promoting values like curiosity, and respect for nature.
- Educational Community Gardens:
 - ArteWeda runs workshop on gardening and planting to promote values related to sustainability, responsibility, and the importance of working together. Participants get creative with garden designs and flower planting to appreciate the beauty in its different forms.
- Community Art Walls:
 - As a part of a street art festival ArteWeda sets up large community art walls in public spaces where residents of all ages express their creativity through graffiti, mural painting, and street art. This activity promotes

freedom of art, and incites reflection about the value of shared public spaces.

- Workshops:
 - As a part of a street art festival, ArteWeda provides art workshops where local artists share their skills and teach participants various street art techniques. Collaborative mural projects involve both artists and community members working together, fostering teamwork, unity, and mentorship.

How Creativa works on and with Creativity:

In some of the projects Creativa helps unemployed people to create their own companies or to prepare for the new job interviews. To provide the best opportunities and the better start in their new future, trainers use non-formal education methods encouraging students to build their own creativity in this field. The other “Inspire Creativity” basic, you assign to the specific module how to choose right typography, colours, create modern www, how to reach your target group etc. To go to each of 3 levels - digital technologies from the point of view of creativity. self assessment tool resume to be more on the market professions the finding out the ways to establish the business. erasmus - creative learning they do online training dedicated to increase your abilities and skills in creativity

How Proutist works on and with Creativity:

The Proutist Universal Malta organization, which is inspired by Prout (Progressive Utilization Theory), incorporates creativity in their work in various ways:

- Artistic Expression: Proutist Universal Malta use several art forms to convey messages related to social justice, sustainability, and human rights.
- Awareness Campaigns: Proutist Universal Malta use artistic posters, videos, and social media content to raise awareness about their causes.
- Community Engagement: Proutist Universal Malta organizes creative community events, workshops, and festivals that help the organization engage with the public. These events promote awareness and create spaces for discussions about Prout's principles.

NON VIOLENCE

1. What is it?

The concept of nonviolence, as a way to guide conflict resolution and social transformation, is based on a fundamental ethical and philosophical principle. Its essence lies in the profound belief in the inherent capacity of human beings to resolve differences peacefully, basing this conviction on values such as dialogue, mutual understanding and empathy.

Nonviolence is built on the foundation of profound respect for life, recognizing that each person has fundamental rights that must always be respected. This respect acts as a cornerstone for building societies that appreciate the intrinsic dignity of each person, thus establishing fertile ground for harmonious coexistence. At its core, nonviolence is created as a strong rejection of the use of physical violence or any form of coercion as a means of settling disputes or achieving goals. It acts as a stark reminder that brute force is not the only path to justice and equity, advocating more constructive approaches.

Furthermore, nonviolence advocates peaceful resistance and civil disobedience as powerful tools for combating injustice and fostering social change. These acts, anchored in courage and determination, have left a historical legacy that attests to their ability to inspire meaningful transformations. Promoting dialogue as a cornerstone for resolving conflict and negotiation as a way to reach mutually beneficial agreements, nonviolence seeks to build bridges of understanding and collaboration rather than erect divisive barriers.

Nonviolence aims to generate positive social change through nonviolent methods, advocating for more just and equitable societies. It aims to eradicate discrimination and promote equal opportunities for all individuals. Fostering empathy and compassion for others is an essential pillar of nonviolence. Recognizing shared humanity, it seeks understanding of others' perspectives, thereby strengthening community bonds and fostering harmonious coexistence. It also recognizes the destructive cycle of violence and advocates its interruption. It offers nonviolent approaches that not only halt the escalation of conflict, but also address the underlying causes, contributing to the prevention of future outbreaks of violence.

2. What is it for?

The value of nonviolence plays a crucial role in shaping equitable and peaceful societies, contributing to multiple fundamental purposes in human interaction. Among the various functions and benefits associated with this ethical principle, the following aspects stand out:

Nonviolence provides a framework that fosters the peaceful resolution of conflicts, prioritizing dialogue, negotiation and mediation as essential tools for building consensus and restoring harmony. Advocating nonviolence implies a commitment to social justice and equality. This value acts as a catalyst to eliminate discrimination and oppression in a peaceful manner, promoting equity and universal access to fundamental rights.

Nonviolence is a key element in building peace at various levels, from interpersonal relationships to the global scale. It seeks the creation of peaceful environments where harmonious coexistence is possible, promoting mutual understanding and tolerance as pillars of coexistence. By avoiding the use of violence, it contributes significantly to breaking the destructive cycle that often perpetuates conflicts. Nonviolence stands as an antidote that prevents the escalation of hostilities, opening paths towards more constructive solutions.

On the other hand, nonviolence nurtures the fabric of human relationships, fostering mutual respect, empathy and understanding. This value contributes to building healthier and more sustainable connections between individuals and communities, strengthening social bonds and promoting an environment conducive to human flourishing. Nonviolent movements have proven to be powerful catalysts for social change. Peaceful resistance, by mobilizing society for justice, human rights and equality, is eloquent testimony to the effectiveness of nonviolence as a transformative agent.

In the context of democratic societies, nonviolence emerges as a fundamental element. By fostering dialogue, citizen participation and the peaceful resolution of conflicts, this value contributes to strengthening democratic foundations, promoting collective decision-making based on inclusion and mutual respect. By rejecting violence in all its forms, nonviolence stands as an undeniable defender of the inherent dignity of each individual. This value promotes respect for the life and integrity of people, thus consolidating an ethical basis for the construction of just and respectful societies.

Nonviolence provides a positive and effective model for problem solving. By inspiring others to address conflicts without resorting to violent methods, this approach becomes a beacon that guides toward constructive and lasting solutions. It also fosters a cultural shift toward tolerance, understanding and acceptance of diversity. By contributing to the creation of more inclusive societies, this value challenges outdated paradigms and embraces the richness that comes from harmonious coexistence.

In short, the value of nonviolence transcends its function as an ethical principle, becoming a practical instrument for building just, peaceful and equitable societies. By addressing its multiple dimensions, nonviolence positions itself as a beacon that illuminates the path to a future where compassion, respect and collaboration are the foundations of full human coexistence.

3. How to develop it?

Developing and cultivating the value of nonviolence becomes a way of personal growth and social construction. This continuous process requires reflection, learning and constant practice. Here are some practical suggestions for integrating nonviolence into daily life:

- Education and Awareness: Immerse yourself in the importance of nonviolence. You can research the fundamental principles, explore the history of characteristic advocates of nonviolence such as Mahatma Gandhi and Martin Luther King Jr. or Nelson Mandela. Read books, articles and essays that delve into the philosophy and practical applications of nonviolence to create a knowledge base about this value so you can effectively develop it as a citizen.
- Peaceful conflict resolution: Strengthen your human connections by developing empathy. Work to understand the perspectives and experiences of others. Practice active listening, avoiding quick judgments and stereotypes that may blur your understanding. Make nonviolence your guide in problem solving,

prioritizing dialogue and negotiation over confrontation. Learn conflict resolution techniques and embrace nonviolent communication practices to build bridges in challenging moments. It is important to reflect on your own prejudices and work on overcoming them, thus building a space of mutual respect and understanding.

- Participation in peaceful initiatives: Join movements that advocate nonviolence and peace. Actively participate in events and activities that promote peaceful and just causes, therefore contributing to the construction of a harmonious environment. Get involved in community initiatives that look to build peace and address problems nonviolently by collaborating with others to find constructive solutions to local challenges, promoting unity and understanding.
- Educating Future Generations: It is of great importance to educate future generations about the importance of the value of nonviolence. It teaches young people about the importance of respect and tolerance, promoting peaceful conflict resolution in educational environments, sowing the seeds of a future based on harmony.

Developing the value of nonviolence is a gradual process that involves an ongoing commitment to authenticity and self-improvement. Consistently practicing these principles will contribute not only to your individual growth, but also to the creation of more peaceful and compassionate environments in your community and in the world. Building a society founded on nonviolence is a lasting legacy that each of us can help forge.

How ArteWeda works on and with Non Violence:

In the area of their Commune, Łądek-Zdrój, Arteweda is preparing workshops and other cultural events in the spirit of Non Violence Communication. They provide specific workshops in this field using non-formal education methods in art, human and social rights, sport. ArteWeda with cooperation in Social Center KOPPI provides martial arts trainings to guide the youth energy in a direction of sport competition to improve the self awareness, concentration and opening for fair play rules (on competition and in live).

How Creativa works on and with Non Violence:

Asociación Creativa carries out different types of projects in which a great variety of values are taught, among which non-violence stands out. It is true that non-violence is not a value that is addressed directly in the projects but it is always dealt with in a transversal way in each of them. The projects developed by Creativa are based on social inclusion thanks to which we can develop users adopt social characteristics that promote non-violence through understanding between different people and the peaceful resolution of problems.

Among the different projects that address non-violence we can find the following.

- All Inclusive
- Sembrando Valores

More focused on violence against women we find the GARA project which aims to raise awareness, visibility and sensitization about equal opportunities between men and women, emphasizing the need to eradicate gender violence.

How Proutist Universal works on and with Non Violence:

Proutist Universal, working under the theory of progressive utilization, through its various Erasmus projects in which it is essential that there is a good coexistence, for it emphasizes ethical values as well as spiritual awareness. In addition, one of the objectives pursued by Proutist is to educate and raise awareness among people about languages and local culture, so that individuals can come to empathize with people from other regions or cultures generating a good working environment in which a non-violent and consensual resolution of conflicts through yoga and spirituality projects is a priority.

How SOPRO works on and with Non Violence:

SOPRO has multiple social action projects that are mainly based on the value of solidarity which is closely linked to non-violence, for this it is essential to educate young people in these values for this to develop cooperation projects for the development of people around the world.

If we talk about non-violence we can treat it from several areas both at social and family level, because of this SOPRO developed a program called Aurora Project which reinforces the prevention and intervention in domestic violence or gender violence. This project aims to implement specialized actions of care, monitoring and support in psychological, psychosocial and psychotherapeutic aspects to children and young people who are in shelters.

SOLIDARITY

What is Solidarity?

Solidarity is a feeling of unity that leads us to give without expecting anything in return, making time and resources available, setting aside personal needs, opinions, or prejudices for the well-being of a person or social group in a vulnerable situation.

Solidarity is a human value that best expresses respect for human dignity, fostering altruism, compassion, and generosity from those who offer help and gratitude from those who receive it.

It is a voluntary and selfless act that, through gestures such as empathy, support, and donation, brings essential qualities to human life, allowing us to evolve and coexist in society.

- **Education:** a continuous process of developing the physical and intellectual skills of the human being to integrate into society. This process can be achieved through informal and non-formal educational actions.
- **Volunteerism:** a set of actions of social and community interest, carried out selflessly, freely, and spontaneously, without remuneration, with the aim of helping people, communities, or social causes. It is a way to contribute to society by offering time, skills, and knowledge for the common good.
- **Cooperation:** enables individuals and groups to mobilize and work together to achieve a common goal or act in favor of the interests of someone or a group in a vulnerable situation.
- **Citizenship:** the set of rights and responsibilities exercised by an individual living in society, having the power to intervene and transform society, making it more solidarity-oriented.

What is solidarity for?

- **Promotion of well-being:** solidarity can contribute to the promotion of physical and mental well-being of individuals, reducing stress and anxiety, and improving quality of life.
- **Inclusion:** it is the ability to understand and recognize others who are different in one or several aspects, respecting differences and assisting in their integration.
- **Equality and equity:** equality is based on the principle of universality, meaning having the same rights and responsibilities for all members of a particular group. Equity recognizes that we are not all the same, starting from the premise that different people need adjusted conditions to have the same opportunities.
- **Social cohesion:** it is the degree of consensus among members of a social group and the perception of belonging to a common project.
- **Social justice:** a moral and political construct based on equality, solidarity, and respect for diversity. It emerged as a way to hold the state accountable for correcting inequalities that arose in the spheres of labor/employment and the market/economy, but quickly evolved into addressing other forms of discrimination. In a society with social justice, human rights are ensured, and the most disadvantaged social classes have opportunities for development.
- **Democracy:** solidarity is an essential value for strengthening democracy, encouraging active citizen participation in society.
- **Peacebuilding:** solidarity is an essential value for peace and social justice construction as it promotes dialogue, cooperation, and mutual respect.

How do we develop it?

We can develop solidarity by practicing attitudes of assistance and support to other individuals or groups, nurturing empathy, cooperation, collaboration, and social responsibility, promoting common well-being. These expressions of solidarity can range from simple daily actions to large-scale movements to aid and support people in vulnerable situations, recognizing the importance of solidarity in building a fairer world.

- **Volunteerism:** it can be carried out with people, communities, or social causes, such as animals and the environment, culture and education, sports, and/or remote volunteer work. These actions are undertaken as part of projects, programs, and other forms of intervention, developed on a non-profit basis by public or private entities.
- **Knowledge sharing:** helping those in need of guidance or skills in a particular subject by sharing knowledge and creating conditions for skill development. Learning to deal with differences by respecting cultural, religious, and social diversity in each person and being open to helping and receiving help regardless of these differences. Knowledge can be shared through training activities, workshops, seminars, solidarity actions, meetings, presentations, creative workshops, and informative materials.
- **Cooperation:** assumes the union of organizations with common objectives, in a mutually beneficial relationship and for the community in which they operate. It fosters the establishment of trust and solidarity among individuals/organizations, promotes collaboration, knowledge exchange, and complementarity of skills, resulting in a positive impact. Additionally, cooperation contributes to solving collective problems by mobilizing resources and efforts for the common good. Without cooperation, social relationships would be marked by individualism, unrestrained competition, and a lack of solidarity.

The name SOPRO results from the combination of two words, SOLidarity and PROmotion, with a mission to educate young people for solidarity and promote cooperation projects for human development in the world. SOPRO's vision is to be recognized as a coherent NGO with its mission and values in the actions it carries out. It aims to be a mobilizing agent for the participation of all, especially young people, as witnesses and channels for living in solidarity. The values that define SOPRO's intervention include solidarity, education, justice, equality, and cooperation.

In Portugal, SOPRO works locally in the Barcelos area, where it promotes Proximity Volunteering and conducts awareness campaigns about volunteering, among other activities.

- **Local Support Service:** SOPRO provides assistance and subsequent support to families in need from the Barcelos region, seeking to address some of their most basic needs.
- **Solidarity Space and the School Material Bank:** this is an open space for the public to donate items such as food, textbooks, and school supplies, among other goods donated by public and/or private entities and/or individuals. These items are later directed to families in verified need. It is also a place open to those who want to volunteer, through regular and occasional initiatives. Volunteers can come individually or as a group (schools, associations, companies).
- **Love Has No Age:** this is a project where young volunteers dedicate their time and availability to the elderly in Barcelos, either through home visits or by engaging in intergenerational activities, promoting protected, participative, and healthy aging.

In Europe, SOPRO works with the Erasmus+ program, organizing exchanges, training, and partnerships, as well as the European Solidarity Corps, receiving and sending young people for various volunteer projects.

In Mozambique, SOPRO promotes international volunteering with Portuguese volunteers who embark on missions to work on Education and Development projects. SOPRO is also associated with various support programs in Mozambique, such as sponsorship.

The way the Creativa Association approaches solidarity stands out in its work with people in situations of social exclusion, particularly those facing unemployment. It views employment as a means of social integration and poverty alleviation.

ArteWeda incites solidarity through multigenerational workshops, preparing festivals and actions supporting citizens with fewer opportunities, creating the volunteer and NGO networks. It encourages participants from different backgrounds to work together on projects, like making art in workshops. Through all these activities, ArteWeda works to make the community feel closer and more united.

Solidarity is an integral part of the aims of Proutist Universal Malta, which focuses on developing educational, cultural, and philanthropic activities to meet people's basic needs.

Conclusion

We can conclude by stressing the importance of this manual for organizations working in the social field, which is a guide to strengthen the values within each of them, to be subsequently reflected in the projects they carry out for society. By addressing fundamental values such as solidarity, inclusion, non-violence and creativity, the manual provides a framework for building more understanding, fair and inclusive societies. By embracing these values, associations can improve their interventions and make a more significant contribution to the social well-being and progress of society as a whole.

This handbook is not only an informative resource but seeks to encourage a deeper reflection on the impact, both positive and negative, that organizations can generate by prioritizing or promoting human values in society as a whole through their actions. As a consequence, this opens a path towards a significant change in the way we approach the different social challenges, building a more grounded knowledge.

We must emphasize the importance of cooperation among all partners in the development of this manual, as each of us has been able to contribute our experience, which is quite varied since each entity is dedicated to the social field and presents a diversity of projects, which highlight issues of great relevance to society. Although we are all involved in the same project, each one has a different specialization and experience. That is why the selection of partners was done carefully because, from the beginning, we wanted each one to contribute with different knowledge in order to compile in this manual the work of all of them. This has made us learn a lot from each other.

Finally, we are grateful for the involvement of the partners, highlighting the collaboration and the idea of continuing to work together in the future.