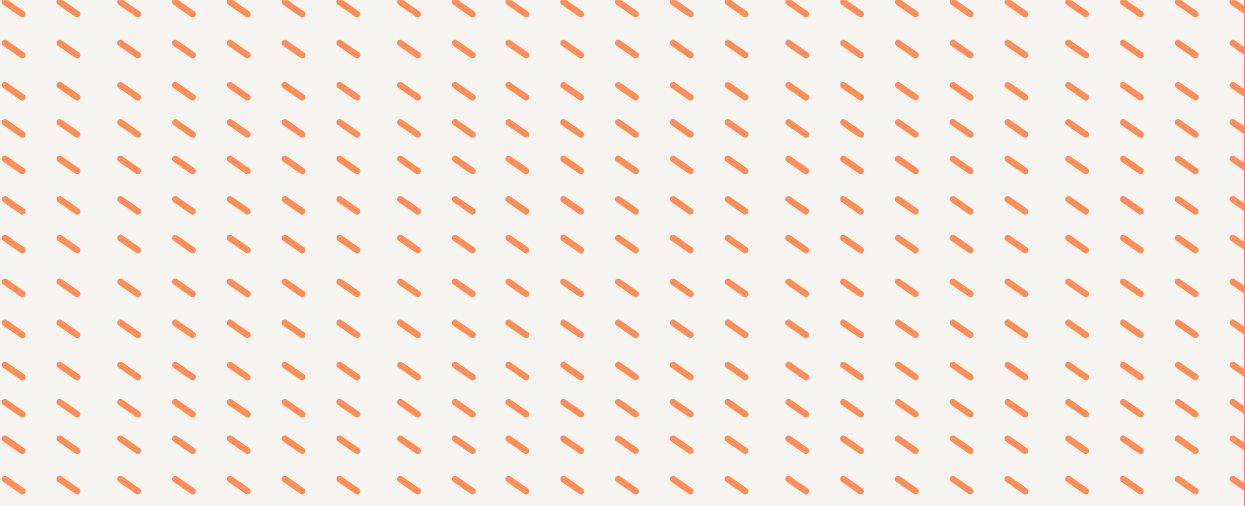




HANDBOOK ON VALUES EDUCATION

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01.Introduction

This manual will be a reflection of the importance of human values.

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.

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.



02 “Proutist Universal Malta”

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.

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. Their 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.



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.



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. It also organizes seminars, retreats, workshops, study circles and cultural programs for the youths and elderly people.



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.





03

“ArteWeda”

They 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.

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

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.

They 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





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.





04 “SOPRO – Solidariedade e Promoção”

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.

SOPRO's mission is to educate young people in solidarity and promote cooperation projects for human development in the world. At the local level, volunteers collaborate in various activities, such as the School Supply Bank and fundraising campaigns. Young people are also involved in projects that support the elderly and care for the SOPRO garden.

SOPRO carries out short- and long-term volunteer projects in areas such as education, health and civic issues. Its current focus includes non-formal strategies, such as study groups and sports activities, to increase youth participation in society. SOPRO's main objective is to empower young people through solidarity education, literacy and improving social and entrepreneurial conditions. The organisation has a solid experience in working with young people, promoting social, human and personal competences.



SOPRO 
PEQUENOS GESTOS
MUDAM O MUNDO

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.



SOPRO's core values include solidarity, improving the living conditions of the most vulnerable and promoting full exercise of citizenship; education, which is a fundamental right and the basis for human development and poverty eradication; justice, respecting cultural and social differences; equality, guiding work based on ethical standards and good practices; and cooperation, which is the primary tool for human development worldwide.





05

“Asociación Creativa”



Asociación Creativa is a non-governmental organisation dedicated to promoting employment, training and social integration of people at risk of social exclusion and unemployment in the Canary Islands, Spain. Their approach is based on personalised and individualised actions to favour the insertion of people with special difficulties.

Creativa focuses mainly on communities in a situation of social exclusion or at risk of social exclusion, following the conditions established by the European Commission. Priority is given to groups such as immigrants, women and people in situations of dependency, considering them as key groups. The organisation recognises the difficulties and limitations in addressing all situations of social exclusion and has therefore directed its efforts towards these specific groups.

Creativa focuses on issues such as social inclusion, sustainability and entrepreneurship, seeking to promote equal opportunities in the search for employment, the sustainable management of resources and the development of personal projects.



The Creativa organisation is dedicated to various activities in the field of job placement and the promotion of self-employment. Its integrated itineraries offer advice, follow-up and accompaniment to people at risk of social exclusion, thus improving their employability and increasing their chances of finding a job. In addition, it also supports those who wish to become entrepreneurs, providing help and advice in the creation of a business plan to become self-employed entrepreneurs.



In terms of training, Creativa offers free courses in English and other professional content to vulnerable groups in Tenerife and Gran Canaria, thus promoting communication skills and key competences for employment. Finally, Creativa participates in European projects through the Erasmus+ Programme, providing opportunities for people with fewer resources to live, study and work in different European Union countries.

Creativa is a non-profit organisation that is guided by values such as equality, solidarity and sustainable social development, seeking to improve people's quality of life and promote social cohesion. All its resources are earmarked for social purposes.





06

History of human values

This handbook addresses the evolution of human values throughout history, influenced by cultural, social, religious and philosophical factors. From prehistoric societies to contemporary times, it highlights key moments such as ancient Greece, religions, the Renaissance and revolutionary movements. In the modern era, ethics has focused on gender equality, diversity, sustainability and human rights.



It emphasises that values are relative to culture, time and individual experiences. Globalisation has promoted dialogue and awareness of the diversity of values, creating fertile ground for mutual understanding and the building of a global ethical fabric.

It highlights the contribution of Shalom H. Schwartz and his "Scale of Human Values", which identifies universal values, although their importance varies according to the region of the world. Values education, based on respect, inclusion, democratic principles and solidarity, is presented as crucial. These values promote collective identity, critical thinking, the development of social skills, global vision and cooperation to achieve common goals. Understanding the evolution of human values provides a solid basis for addressing present and future ethical challenges.



07 INCLUSION



It highlights the contribution of Shalom H. Schwartz and his "Scale of Human Values", which identifies universal values, although their importance varies according to the region of the world. Values education, based on respect, inclusion, democratic principles and solidarity, is presented as crucial. These values promote collective identity, critical thinking, the development of social skills, global vision and cooperation to achieve common goals. Understanding the evolution of human values provides a solid basis for addressing present and future ethical challenges.

Inclusion aims to create an equitable and progressive society, with key objectives including promoting equality and social justice, celebrating diversity, empowering people for personal growth, building strong communities, enhancing innovation, and reducing discrimination and prejudice. By embracing diversity and breaking down barriers, inclusion contributes to a more just and compassionate world, ready to meet the challenges and seize the opportunities of the future.

Developing inclusion involves joint efforts by individuals, organisations and communities. Celebrating diversity and creating a welcoming environment are fundamental. Key steps include raising awareness of the importance of inclusion, actively embracing diversity, implementing inclusive policies, fostering collaboration and communication, providing diversity training, ensuring accessibility, being examples of inclusion as leaders, and promoting the use of respectful and welcoming language.

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.

How organisations develop inclusion?

Creativa prioritizes inclusion in its work, recognizing employment as a key tool for social inclusion. They focus on marginalized communities, believing that work can prevent social marginalization. To achieve this, Creativa engages in targeted outreach, skill development, and training programs. They act as intermediaries for job placement, provide resume building and interview preparation, and advocate for inclusive policies. Additionally, Creativa collaborates with employers to offer workplace diversity training, fostering an inclusive culture.



Arteweda prioritizes the value of inclusion by involving the groups they work with in every stage of their projects, from design to completion. This proactive approach ensures that they understand the interests, preferences, and opinions of the people they serve before implementing educational actions. The organization operates within a network of entities dedicated to various themes such as art, human rights, sports, and nature, promoting a broad spectrum of inclusion.

Proutist Universal Malta actively embraces the value of inclusion by working closely with migrants from diverse backgrounds. Through initiatives like English courses, computer training, and job search projects, the organization fosters a sense of community and facilitates interaction among migrants. Additionally, they engage with young people in Erasmus+ projects, prioritizing the establishment of international networks for friendship, study, and work, further promoting inclusion.



SOPRO promotes inclusion through projects in developing countries like Mozambique. They deploy volunteers to engage with teachers and older students, transferring knowledge for continued training. The organization also focuses on integrating young people, the elderly, and the homeless. Empowering youth with more responsibilities increases their autonomy, fostering positive change. For the homeless, SOPRO provides food and shelter, with a deeper objective of offering support during illnesses and providing companionship to a group often overlooked in society.





08 CREATIVITY

Creativity is a versatile concept in education, serving as a tool for problem-solving, self-expression, innovation, storytelling, adaptation, communication, and more. It encompasses a broad range of human experiences, from play and exploration to cultural enrichment and driving social change.

In education, the focus is on creative competence, which involves knowledge, skills, and attitude:

1. **Knowledge:** Understanding relevant information through educational resources.
2. **Skills:** Using appropriate methods and techniques for creativity, including collaborative skills.
3. **Attitude:** Embracing new ideas, persisting in the face of challenges, and maintaining a positive and open mindset.



The handbook aims to dispel myths about creativity, emphasizing that it's a nurturable process rather than an elusive gift. It equips educators with practical approaches to foster creativity, creating an environment for exploration and innovation. Creativity transforms education into an active, dynamic process, encouraging critical thinking and adaptability. It goes beyond individual pursuits, contributing to collective progress, embracing diversity, and inspiring social change. Connected to education, creativity is portrayed as the mind's way of connecting information, finding new solutions, and asking innovative questions. It is essential for lifelong learning, adapting to changing work dynamics, and contributing to societal improvement by being actively engaged citizens. The focus is on cultivating curiosity, exploring diverse interests, and fostering a positive attitude towards continuous learning and growth.

How organisations develop creativity?

Creativa supports unemployed individuals by assisting them in creating their own companies or preparing for job interviews. Trainers utilize non-formal education methods to foster creativity in business development. The "Inspire Creativity" module focuses on selecting the right typology, colors, creating a modern website, reaching the target audience, and exploring digital technologies from a creative perspective. Additionally, they offer a self-assessment tool and Erasmus online training dedicated to enhancing creativity skills for market professions and establishing businesses.



ArteWeda engages the community through diverse creative initiatives like Arts Workshops, Exploration Walks, Educational Community Gardens, and Community Art Walls, fostering self-expression, environmental awareness, and artistic freedom.

Proutist Universal Malta incorporates creativity in activities inspired by Prout, using diverse artistic forms to promote messages on social justice, sustainability, and human rights. They leverage creative awareness campaigns, including posters and social media, and engage the community through events and workshops to foster awareness and discussions about Prout's principles.





09 NON VIOLENCE

Nonviolence, rooted in a deep belief in human capacity for peaceful conflict resolution, centers on values like dialogue, mutual understanding, and empathy. Grounded in respect for life and fundamental rights, it builds societies valuing each individual's intrinsic dignity, rejecting physical violence and coercion for dispute resolution. Advocating peaceful resistance and civil disobedience, nonviolence underscores courage and determination in combating injustice. It promotes dialogue and negotiation, aiming for mutually beneficial agreements, emphasizing collaboration over division. Nonviolence seeks positive social change, eradicating discrimination, promoting equal opportunities, fostering empathy, and disrupting the destructive cycle of violence through nonviolent approaches.



Nonviolence is a vital value fostering peace, equality, and social justice. It promotes peaceful conflict resolution, breaks destructive cycles, and strengthens human relationships. As a catalyst for social change, nonviolence defends dignity, contributes to democratic foundations, and inspires problem-solving without resorting to violence. It challenges outdated paradigms, embracing diversity for a future built on compassion and collaboration.

How organisations develop non violence?

Creativa, through various projects, emphasizes the value of non-violence, although it's not directly addressed. Non-violence is incorporated transversally in projects, with a focus on social inclusion promoting characteristics that discourage violence through understanding and peaceful conflict resolution.



ArteWeda, in collaboration with the Social Center KOPPI, organizes Non-Violence Communication workshops and cultural events in their community, Łądek-Zdrój. Using non-formal education methods in art, human and social rights, and sports, they specifically provide martial arts training to channel youth energy towards sports competition. These activities aim to enhance self-awareness, concentration, and foster a commitment to fair play rules, both in competition and in life.

Proutist Universal emphasizes ethical values and spiritual awareness in Erasmus projects, aiming for good coexistence. The organization focuses on educating and raising awareness about languages and local cultures to foster empathy among individuals from different regions or cultures. The priority is to create a positive working environment where conflicts are resolved non-violently and consensually through yoga and spirituality projects.



SOPRO, with a strong focus on solidarity, conducts various social action projects linked to non-violence. Through initiatives like the Aurora Project, the organization educates and engages young people in promoting cooperation for global development. The Aurora Project specifically addresses domestic and gender violence, providing specialized care, monitoring, and support to children and young people in shelters, emphasizing psychological, psychosocial, and psychotherapeutic aspects.



10 SOLIDARITY

Solidarity is a value that drives people to contribute selflessly to help others. Education is a continuous process that seeks the development of people's capabilities and their integration into society. Volunteering is an activity in which people commit to helping others without financial reward, using their time and skills for the common good. Cooperation is a collaborative effort to achieve a common goal or support those who are vulnerable. Citizenship implies the rights and responsibilities of individuals in society, and empowers them to intervene and positively transform society, promoting a more caring community. These values and actions seek to create a society in which people support each other and work together for the well-being of all.



Solidarity is crucial for promoting well-being, both physical and mental, reducing stress and anxiety and improving quality of life. Inclusion involves understanding and respecting the differences of individuals, helping them to integrate into society. Equality is based on universality and equity recognises diversity, ensuring equal opportunities for all members of a group. Social cohesion refers to a group's sense of belonging and consensus. Social justice is based on equality, solidarity and respect for diversity to address and redress inequalities in various spheres. Solidarity strengthens democracy by encouraging the active participation of citizens. In peace building, solidarity promotes dialogue, cooperation and mutual respect, contributing to a peaceful and just society.

How organisations develop solidarity?

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.



SOPRO aims to educate young people for solidarity and promote cooperation projects globally. In Portugal, SOPRO engages in local support services, proximity volunteering, and initiatives like the Solidarity Space, School Material Bank, and "Love Has No Age" project. Internationally, SOPRO collaborates with the Erasmus+ program and the European Solidarity Corps in Europe. In Mozambique, SOPRO focuses on international volunteering and various support programs.

11. Conclusion

This manual is a vital resource for social organizations, guiding them to strengthen core values like solidarity and inclusion in their projects. It promotes the creation of fair, understanding, and inclusive societies. By emphasizing cooperation among diverse partners, the manual reflects a wealth of experiences, contributing to a comprehensive understanding of social challenges. The collaborative effort not only produces an informative resource but also encourages reflection on the positive and negative impacts organizations can have by prioritizing human values. Gratitude is expressed for partners' involvement, fostering ongoing collaboration and future work together.

