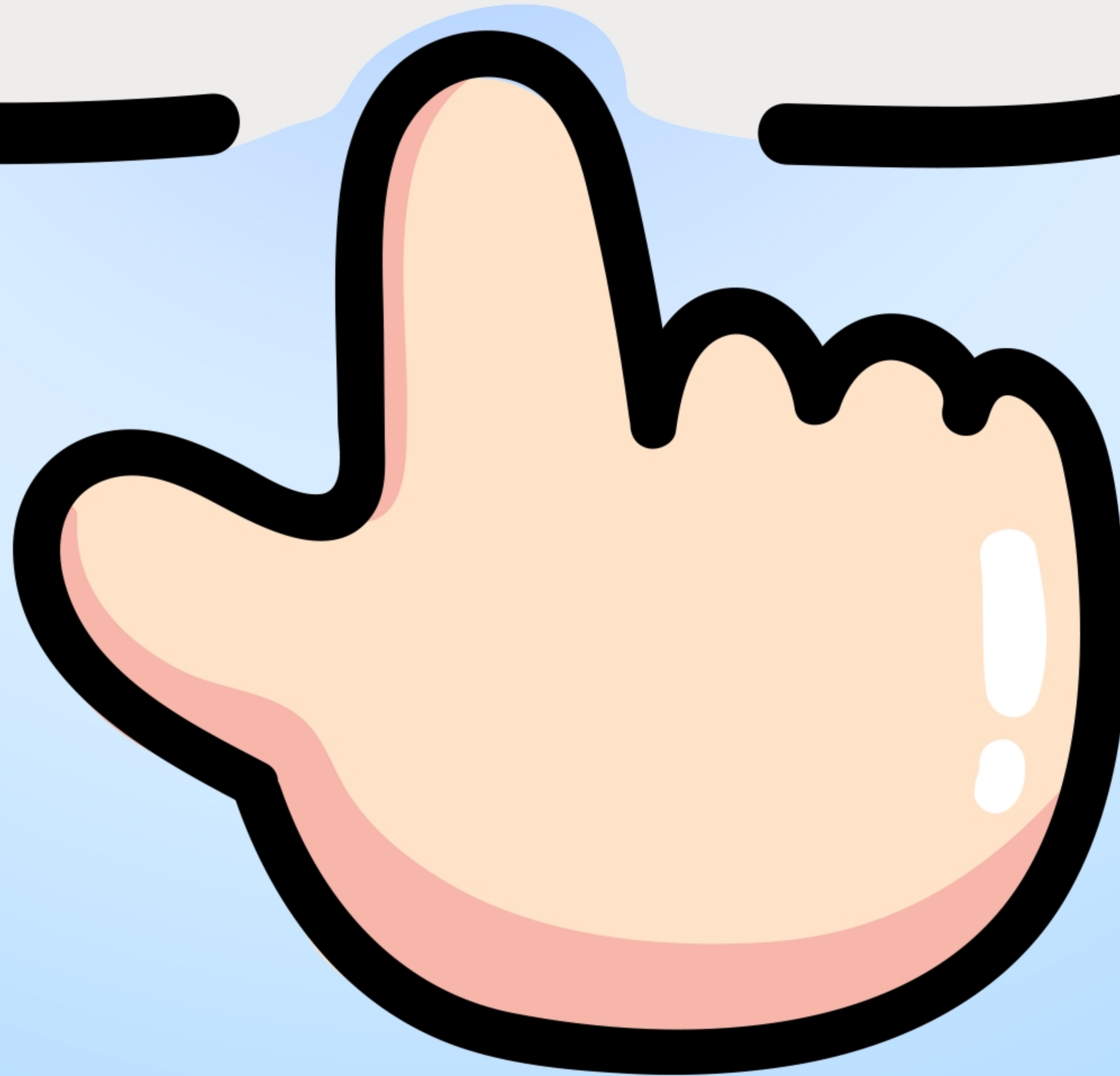




**BRING LOVE
TO
VOLUNTEERING**



**“Those who do not move,
do not notice their chains”**

/ ROSA LUXEMBURG

Dear Volunteer,

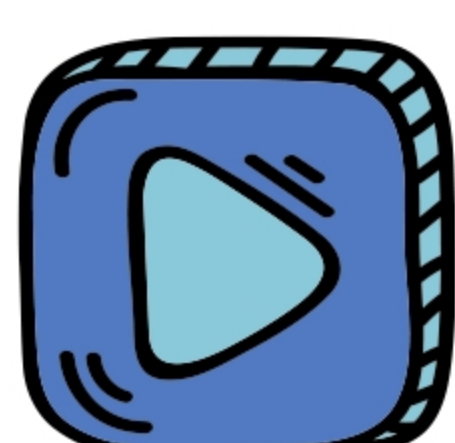
WE CREATED THIS MATERIAL WITH LOVE AND ESPECIALLY FOR YOU! WE HOPE THAT THE TOOL HELPS YOU TO REFLECT WITHIN THE WHOLE VOLUNTEERING PERIOD. FEEL FREE TO USE IT! WE BELIEVE THAT VOLUNTEERING IS MATERIALLY AND NON-MATERIALLY SUPPORTED COMBINATION OF ACTIONS IN WHICH EVERYONE IS INVOLVED IN THE PROCESS OF ENERGY EXCHANGE THAT CONSISTS OF GIVING AND RECEIVING POSITIVE VIBES.

SOME PAGES HAVE GENERAL INFORMATION BUT SOME PAGES ARE DESIGNED SO THAT YOU CAN PRINT THEM AND FILL IN MONTHLY. AFTER THAT YOU CAN STICK THEM ON THE WALL OR KEEP THEM IN SOME PERSONAL FOLDER, GLUE THEM IN YOUR VOLUNTEERING DIARY AND THEN TIME AFTER TIME YOU CAN LOOK BACK AND SEE THE PROGRESS AND/OR CHANGES. THESE PAGES ALSO CAN BE A GREAT TOOL TO DISCUSS WITH YOUR MENTOR/ ORGANIZATION IN YOUR MONTHLY MEETINGS. IN OTHER WORDS - FIND YOUR UNIQUE WAY HOW TO USE THIS MATERIAL AND WHAT IS THE BEST WAY PERSONALLY TO YOU. GOOD LUCK!

This journal belongs to:

MY PASSIONS:

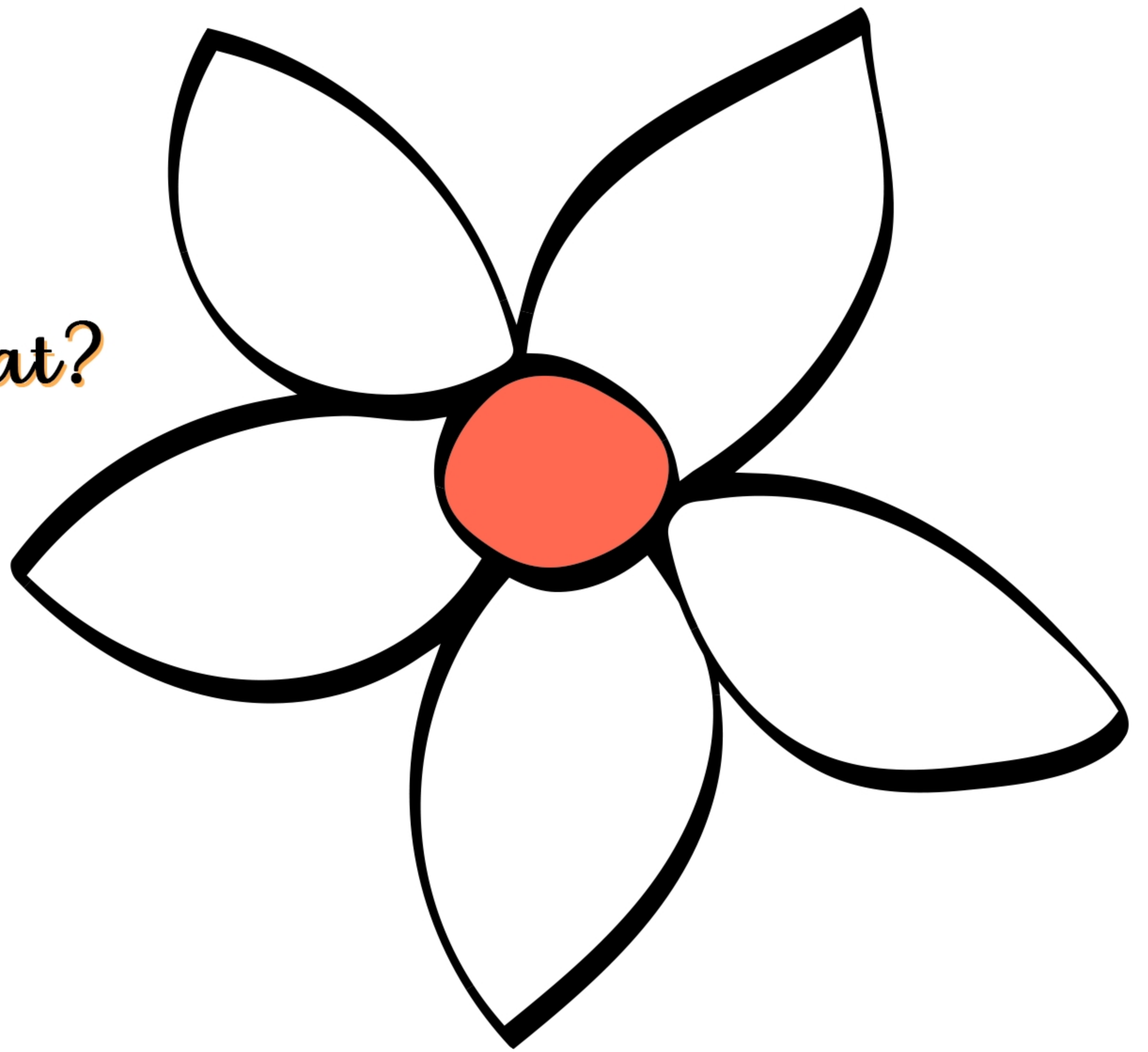
MY SUPER POWERS:



**HERE IS A VIDEO ABOUT VOLUNTEERING:
[HTTPS://YOUTU.BE/WXB6BDX9FDO](https://youtu.be/WXB6BDX9FDO)**



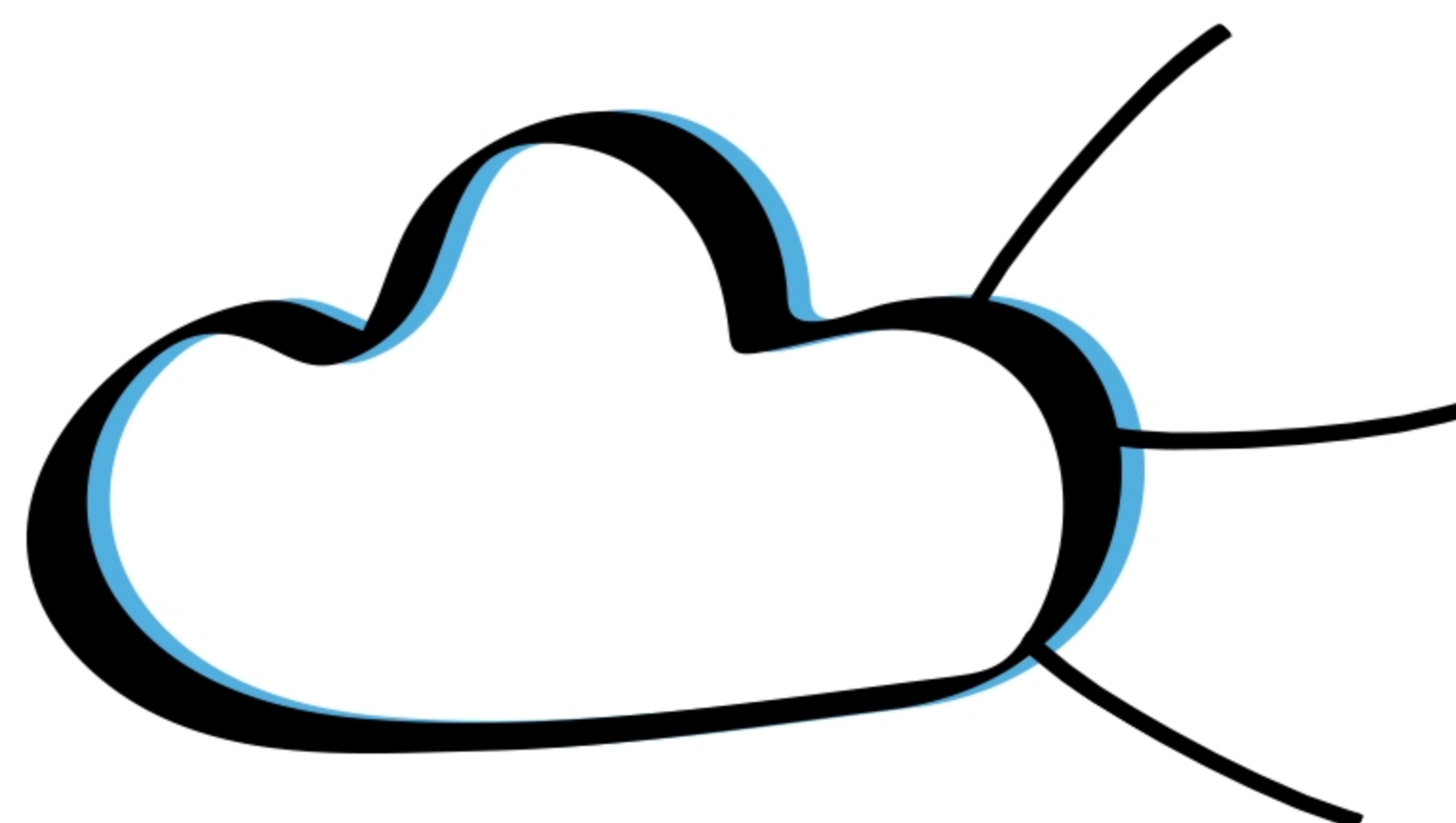
What makes me great?



Why did you decide to be a volunteer?

What do you expect from your volunteering project?

FIND 5 THINGS AND WRITE DOWN 3 COMPONENTS FOR EACH



Motivation

MOTIVATION IS WHAT ENCOURAGES US TO BEHAVE IN CERTAIN WAYS, PUSH OURSELVES TO ACCOMPLISH TARGETS, OR MAKES US ENJOY OUR JOBS.



HERE IS VIDEO THAT EXPLAINS MORE ABOUT MOTIVATION:

[HTTPS://YOUTU.BE/DQZJQZIYCYA](https://youtu.be/dQZJQZIYCYA)



WE ALL FACE SOME DIFFICULTIES IN OUR LIVES, BUT SOMETIMES GREAT OPPORTUNITIES COME IN WHEN WE OVERCOME THESE DIFFICULTIES.

A **B**

WE IMAGINE THAT THINGS WILL HAPPEN LIKE THIS

A **B**

BUT REALITY IS LIKE THIS

WHAT IS YOUR ATTITUDE TOWARDS DIFFICULTIES?

- _____
- _____
- _____
- _____
- _____

WHAT HELPS YOU TO OVERCOME DIFFICULTIES?

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

EACH OF US HAS MET PEOPLE IN OUR LIFE WHO HAVE INSPIRED US TO SEE NEW OPPORTUNITIES AND MOTIVATED US TO ACT. IT CAN BE A FRIEND, FAMILY MEMBER, POPULAR PERSON, COLLEAGUE, ETC.

DO YOU HAVE SUCH A PERSON?

WHO IS THAT PERSON?

WHAT'S THEIR NAME?

WHAT ARE THE QUALITIES THAT THIS PERSON HAS AND YOU WOULD LIKE TO HAVE AS WELL?

NAME _____

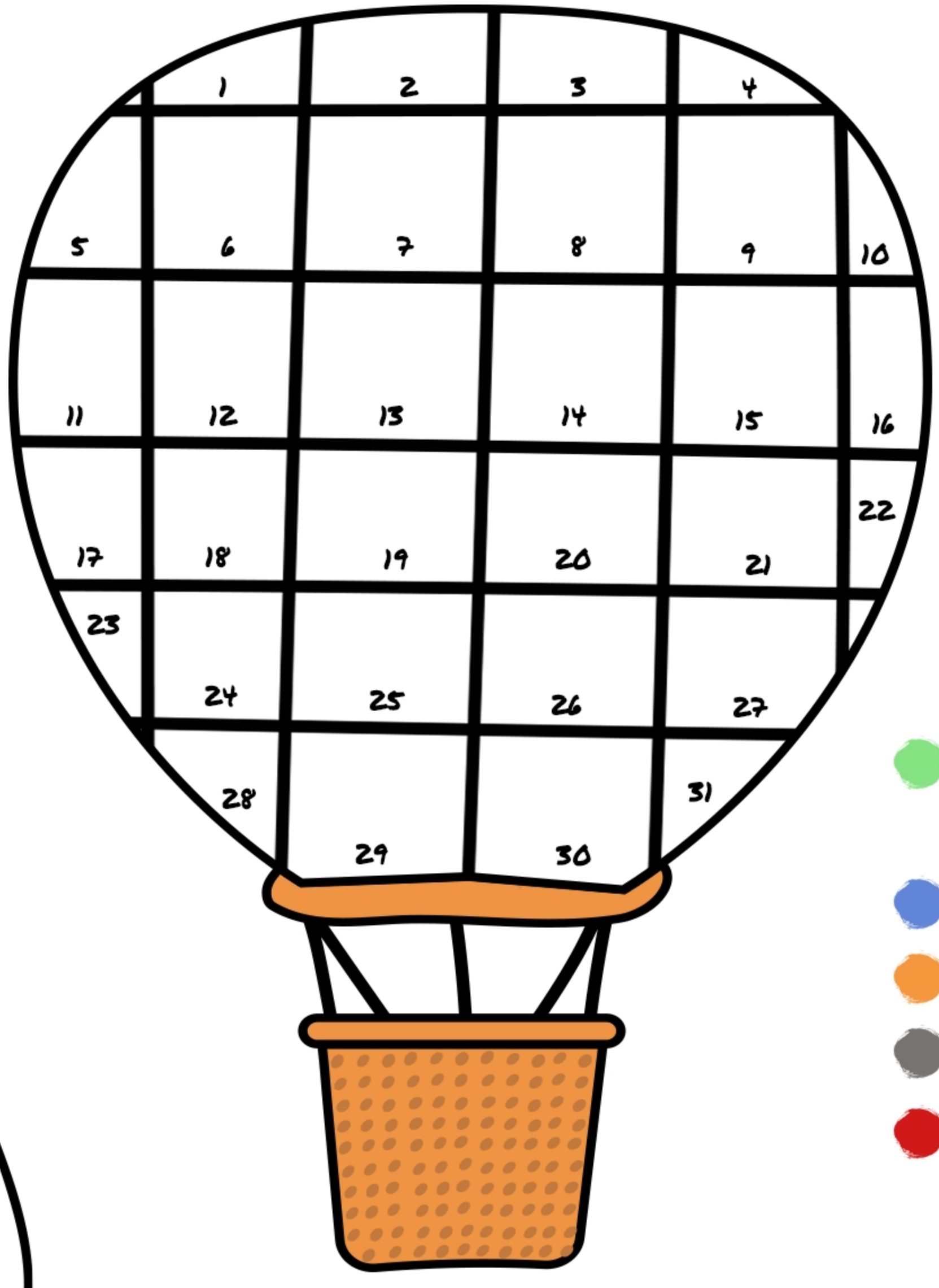
MOTIVATION

"You only fail when you stop trying"

THIS IS YOUR PERSONAL MOTIVATION CHART FOR THIS MONTH. PRINT THESE PAGES AND FILL THEM/ DO THE PROVIDED TASKS DURING THIS MONTH.

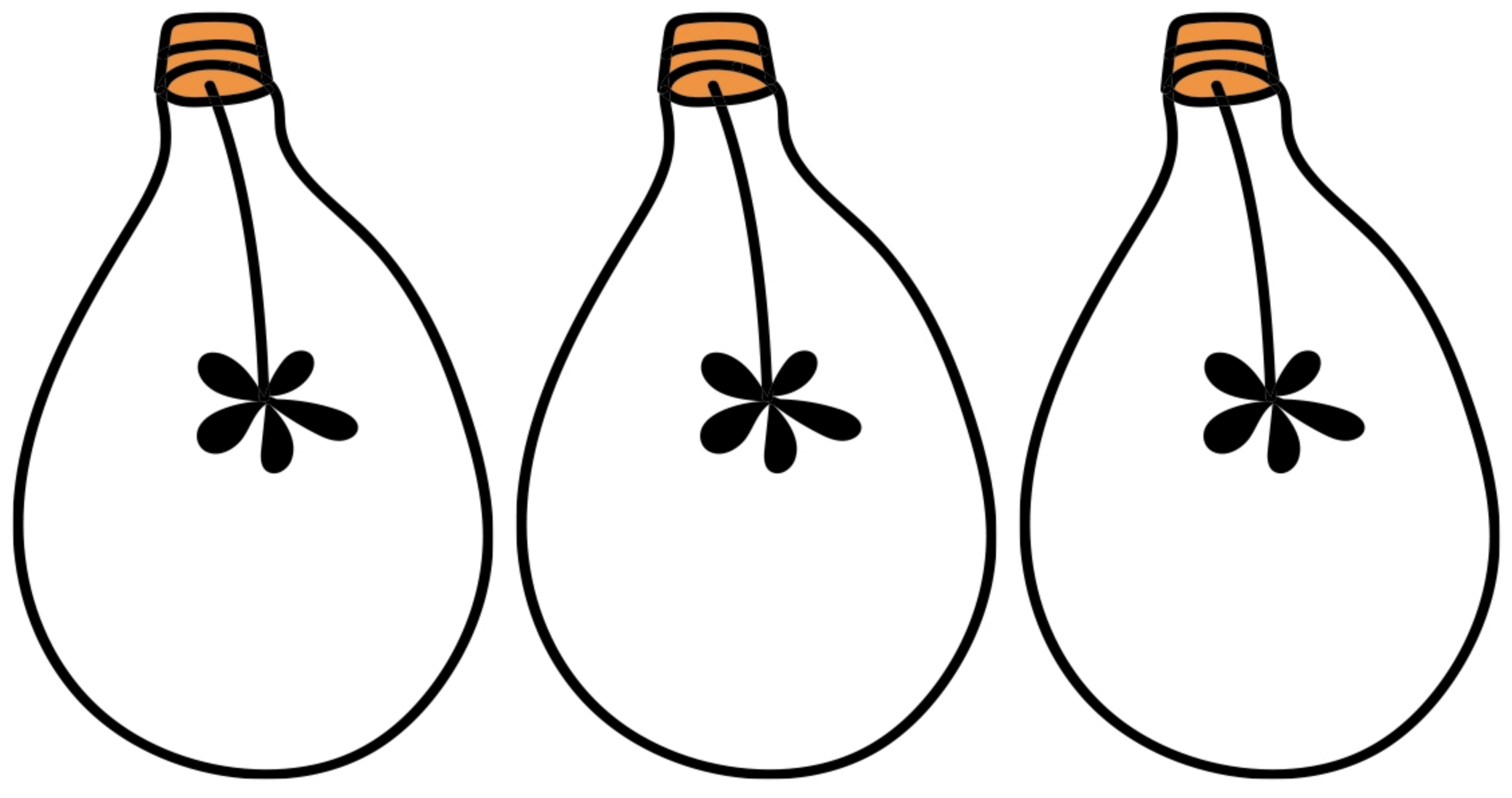
THESE ARE MY GOALS FOR THIS MONTH:

MONTH: _____



MOTIVATION OF THE DAY:

THINGS THAT HELPED ME TO BE MOTIVATED:



- ON TOP OF THE WORLD
- HIGH
- OK
- LOW
- I WANT TO STAY IN BED

SOMETHING I FEEL UNMOTIVATED ABOUT:



NOTES

7 days of MOTIVATION

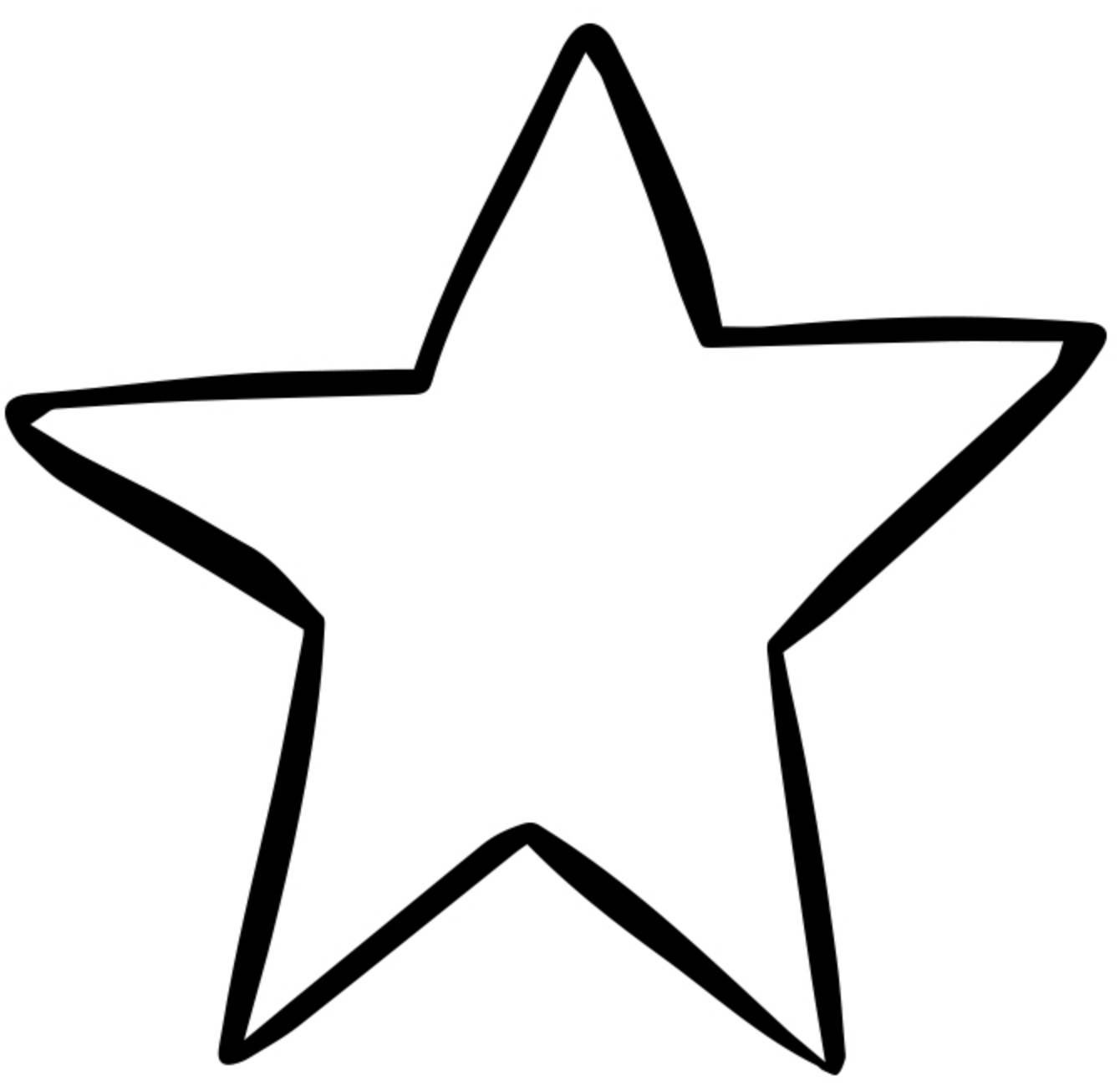
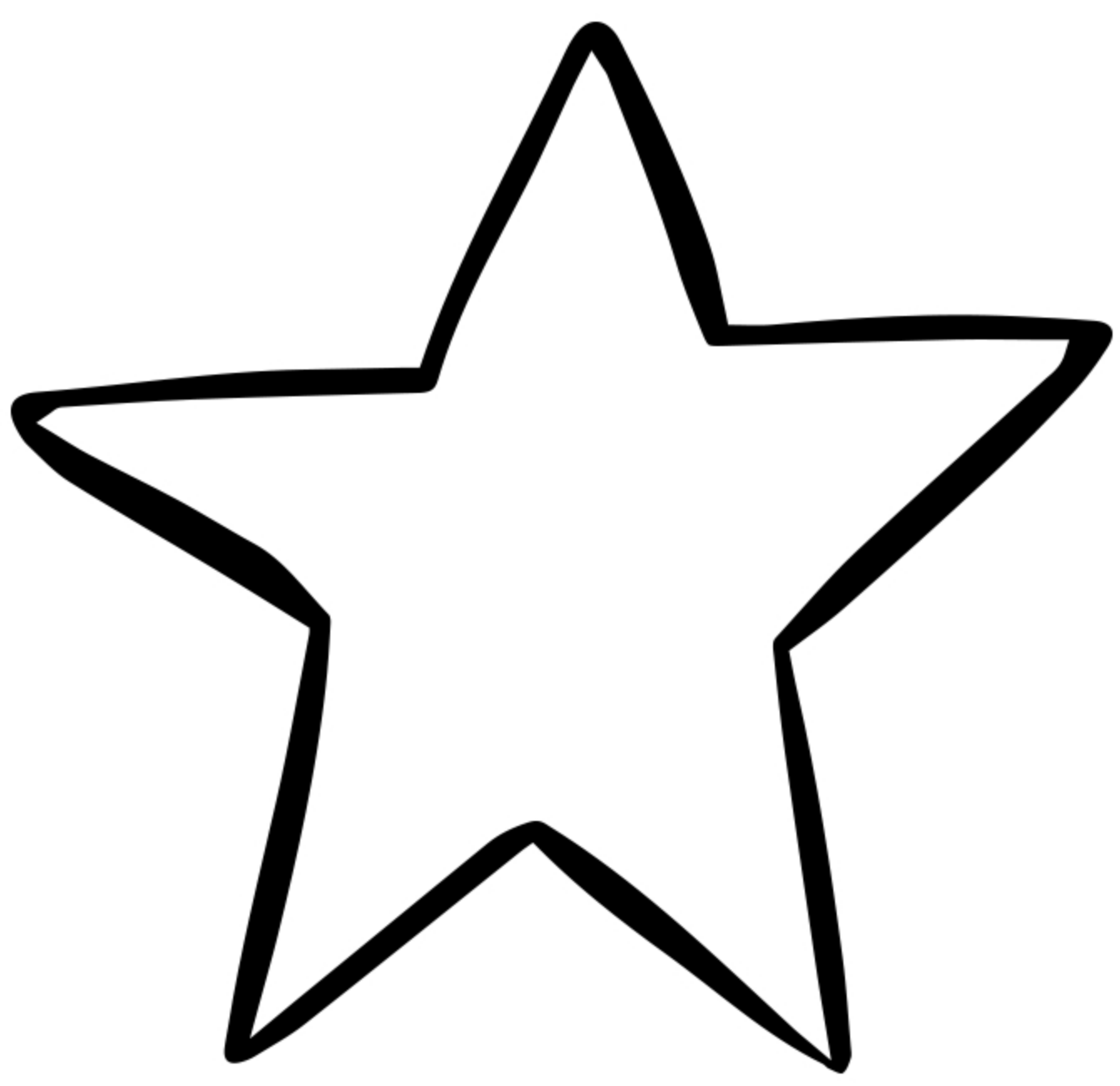
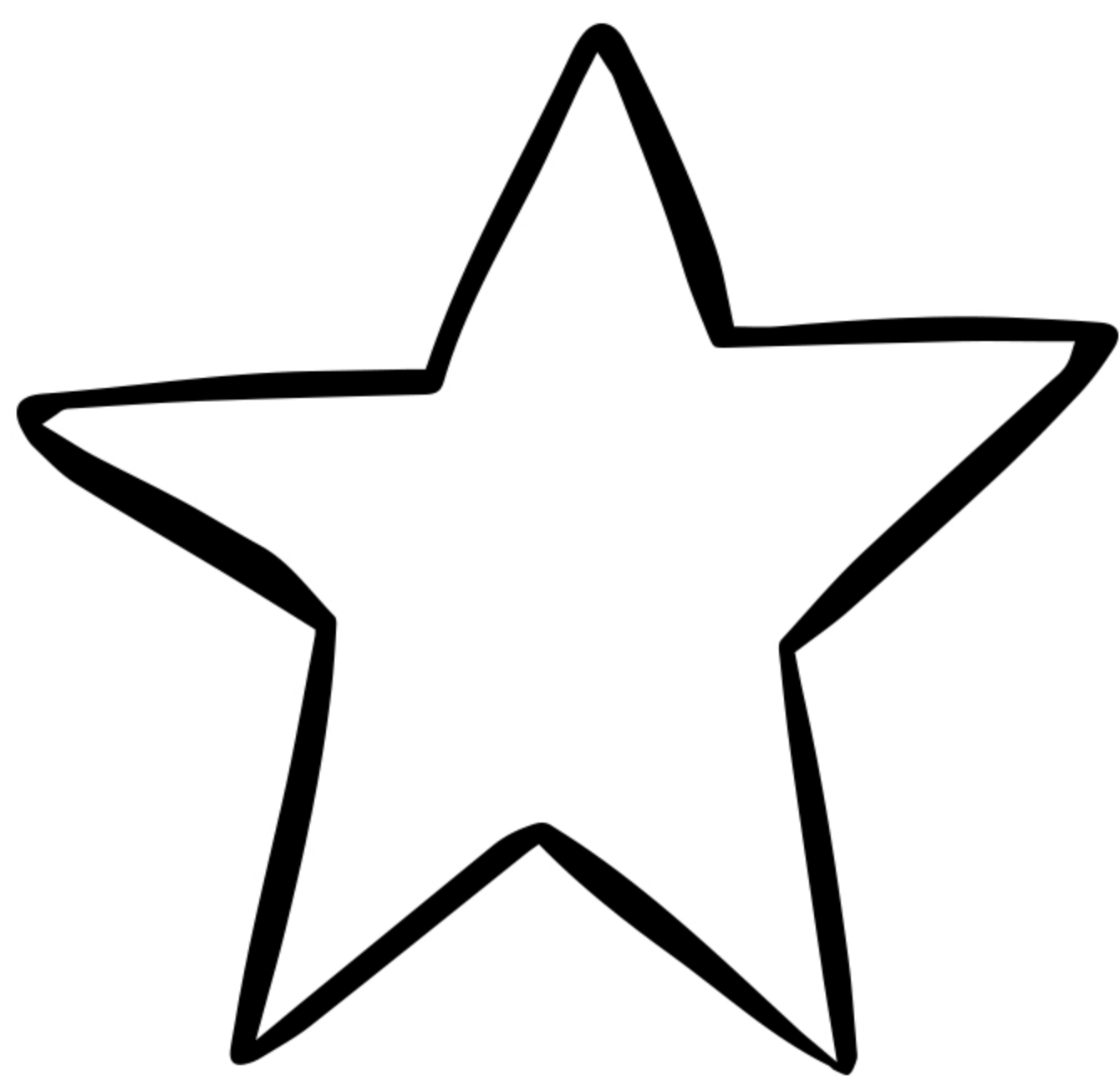
Monday

START FRESH:
WHAT 2 THINGS YOU ARE GOING TO DO TO START FRESH?



Tuesday

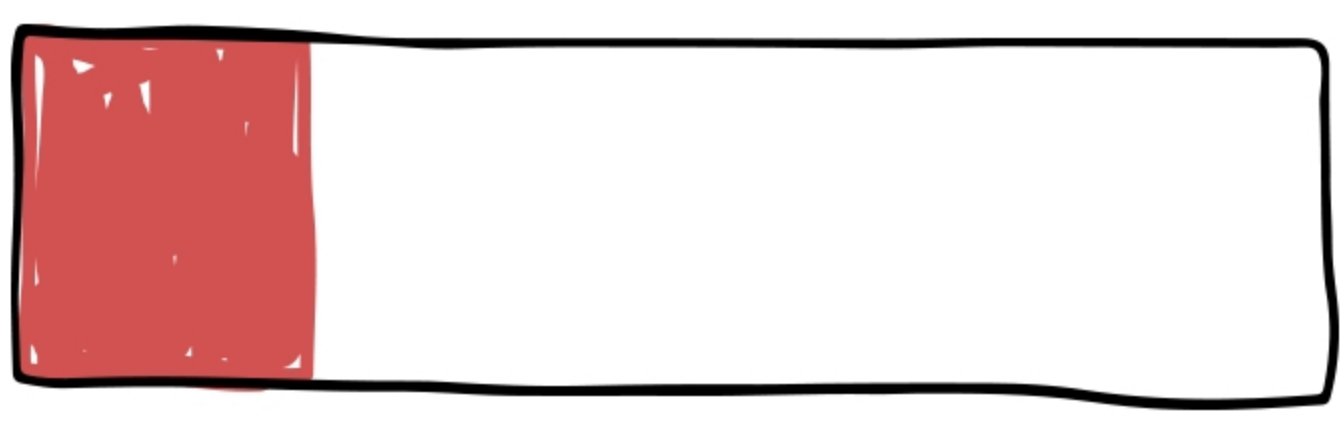
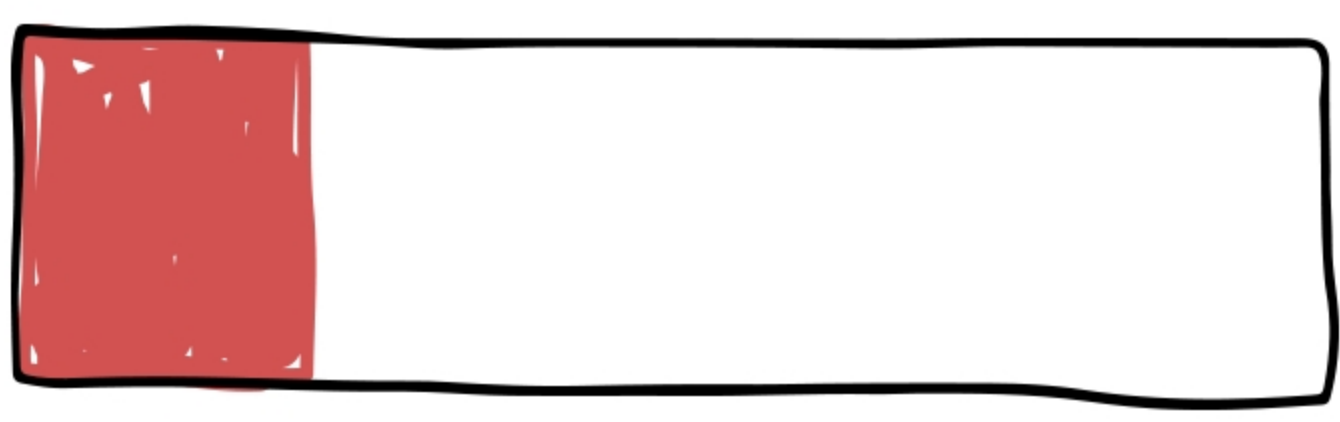
WHY ARE YOU DOING THIS?



Wednesday

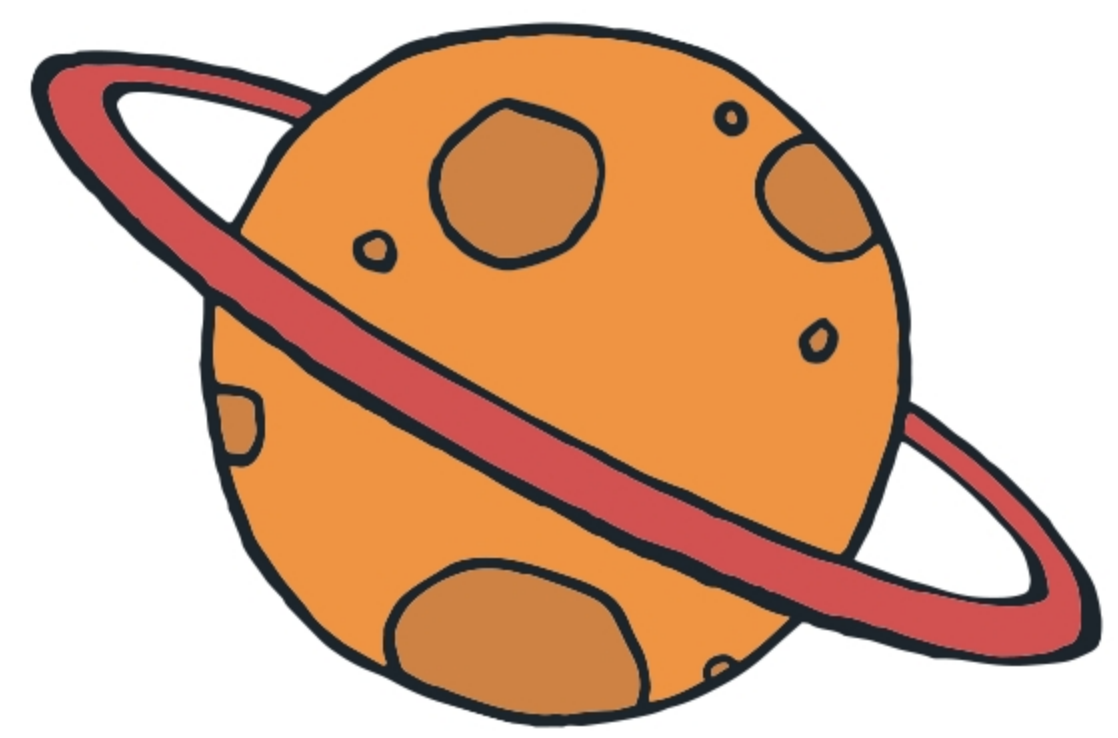
LEARN SOMETHING NEW

THINK OF TWO NEW
THINGS YOU WANT TO
LEARN AND HOW YOU
WILL DO IT

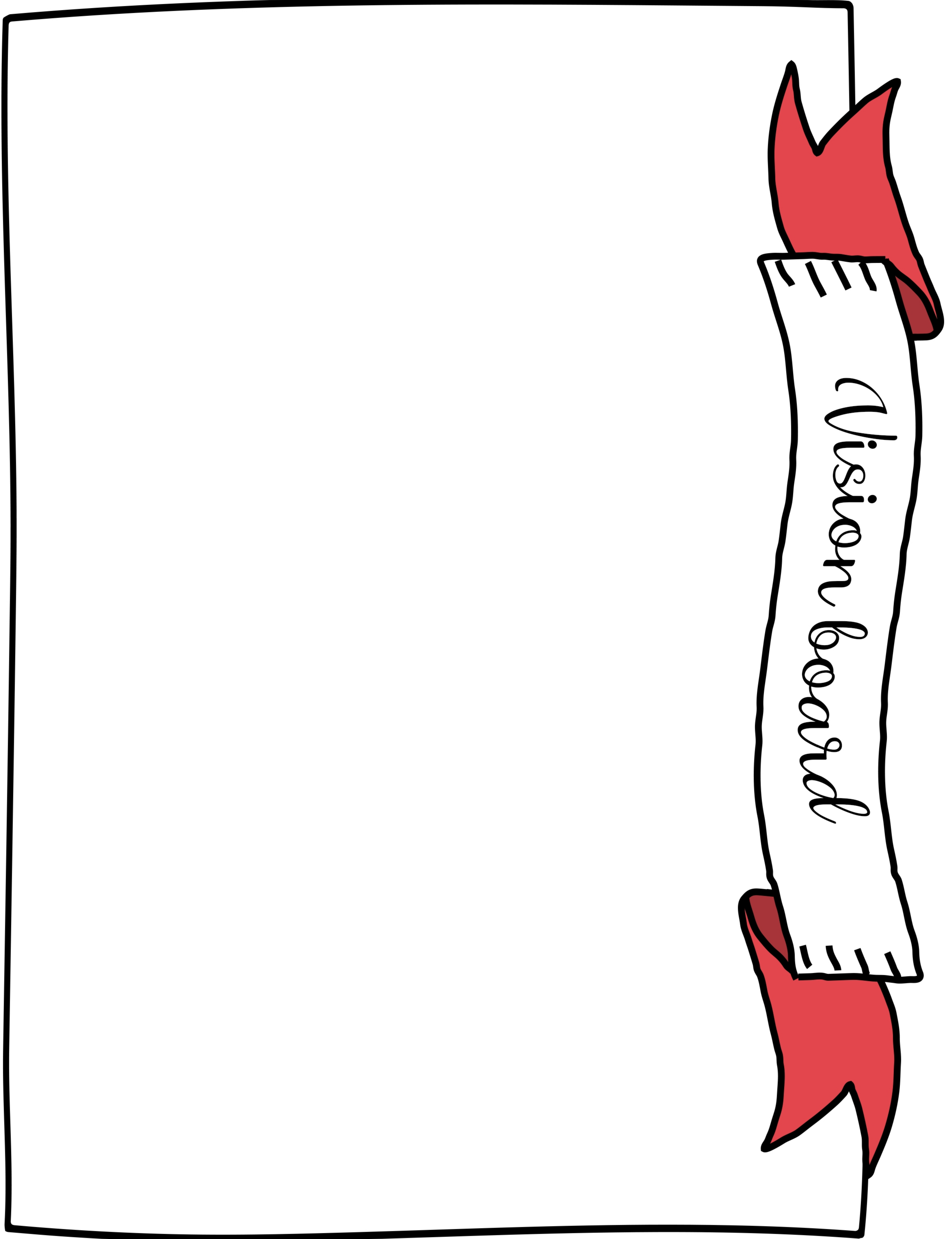


Thursday

GET INSPIRATION: CREATE A VISION BOARD



A VISION BOARD IS SIMPLY A VISUAL COLLAGE OF IMAGES AND WORDS THAT REPRESENT YOUR GOALS AND DREAMS.



Friday

SURROUND YOURSELF WITH POSITIVITY AND MARK WHEN IT'S DONE!
MAYBE IT'S TOO MANY TASKS FOR ONE DAY :) BUT SINCE THIS WEEK IS CALLED "7 DAYS OF MOTIVATION" - TASKS CAN BE DONE THROUGHOUT THE WHOLE WEEK.

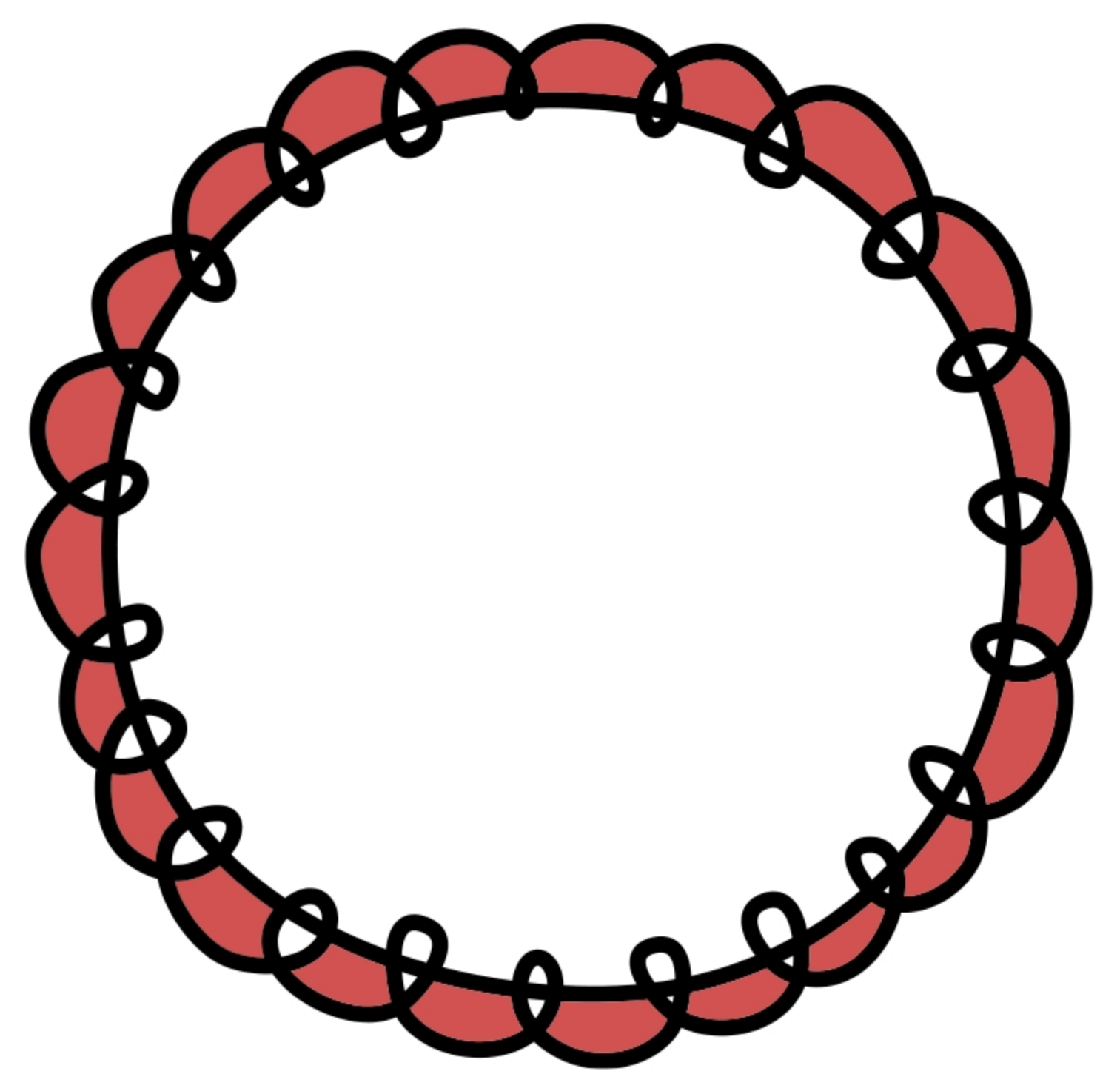
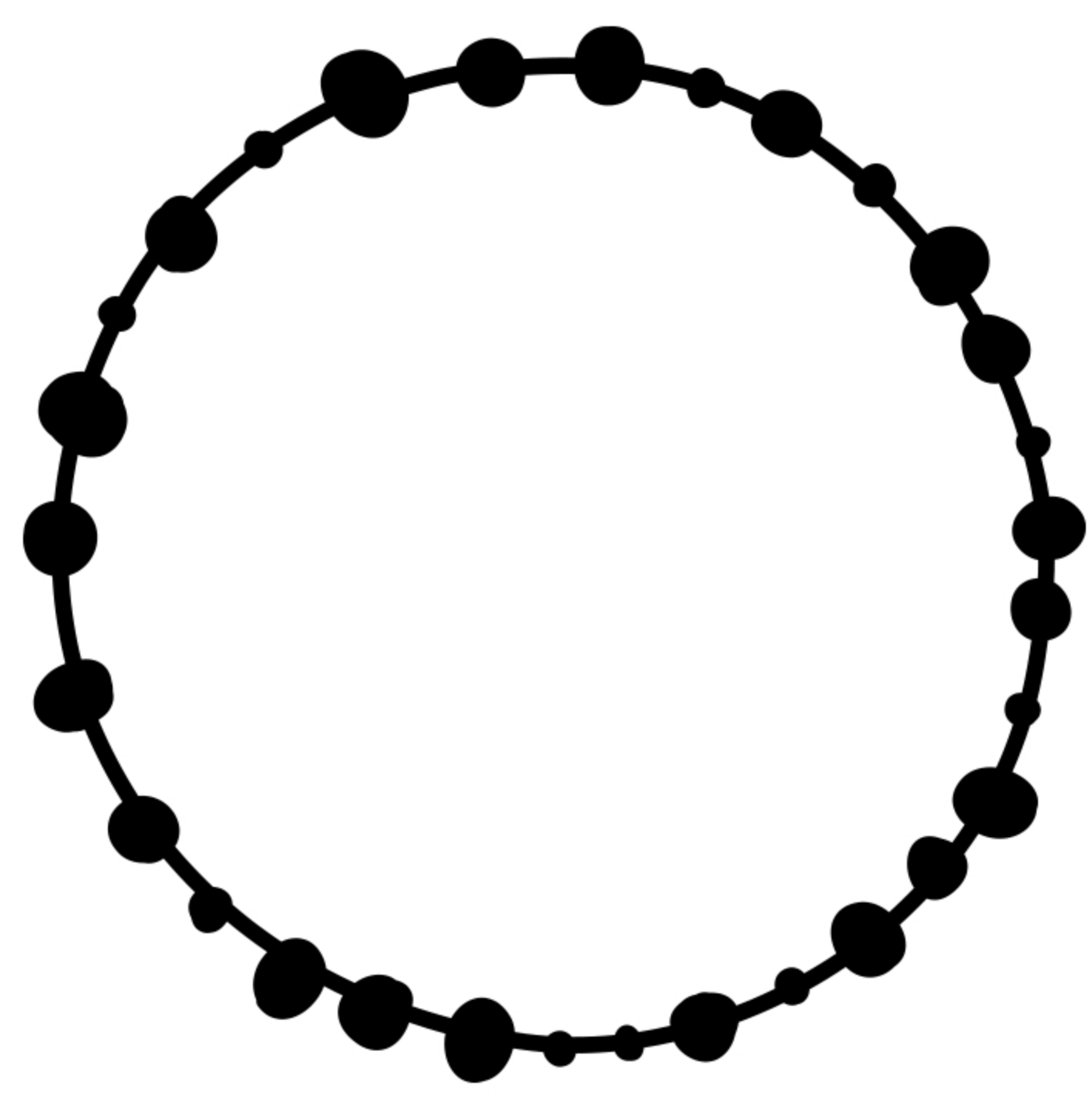
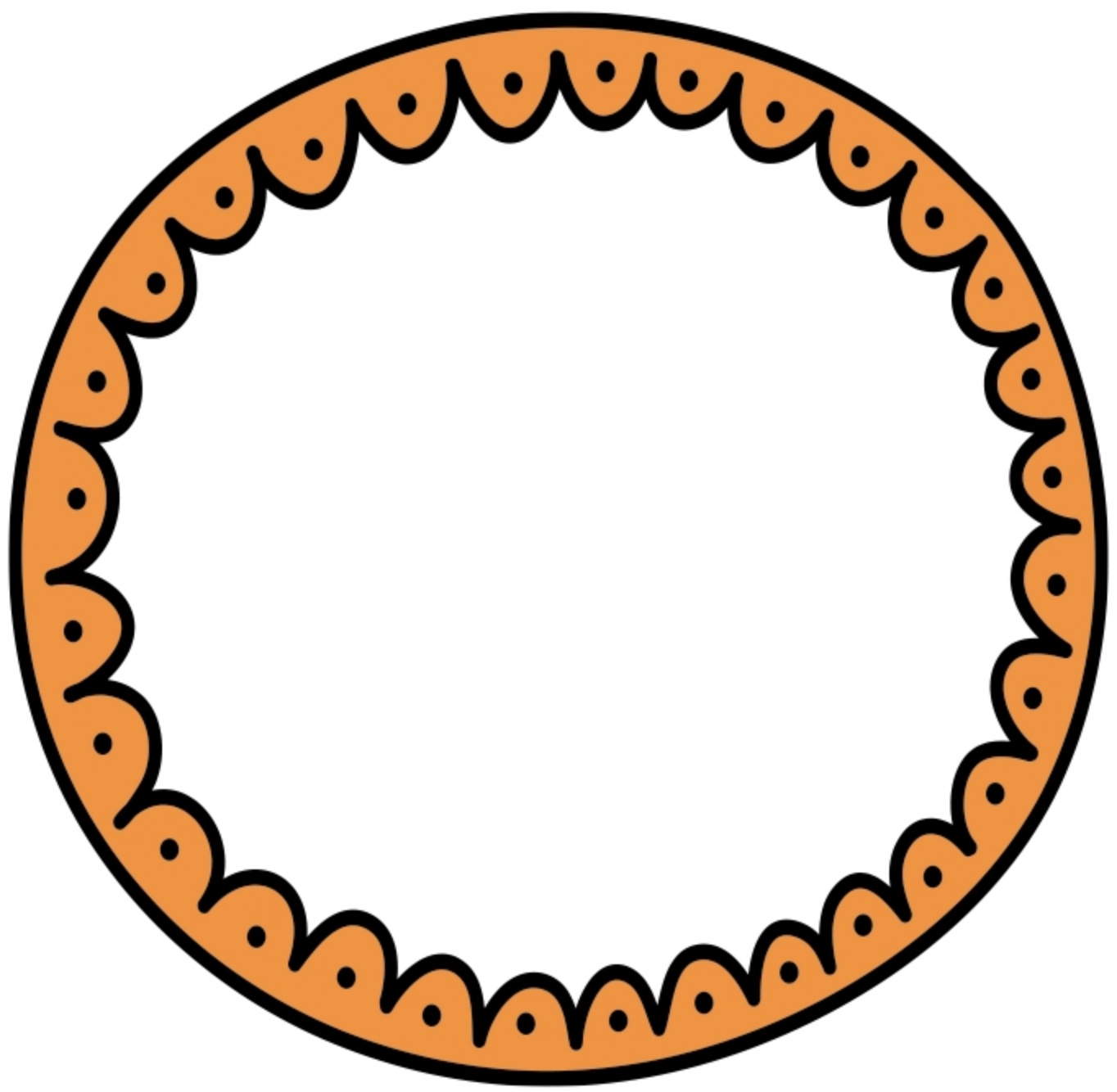


- READ A MOTIVATIONAL STORY
- START A NEW HOBBY
- CALL OR WRITE A LETTER TO A GOOD FRIEND
- FOLLOW AN INSPIRING SOCIAL MEDIA ACCOUNT
- WATCH AN INSPIRING MOVIE

Saturday

HABIT BUILD

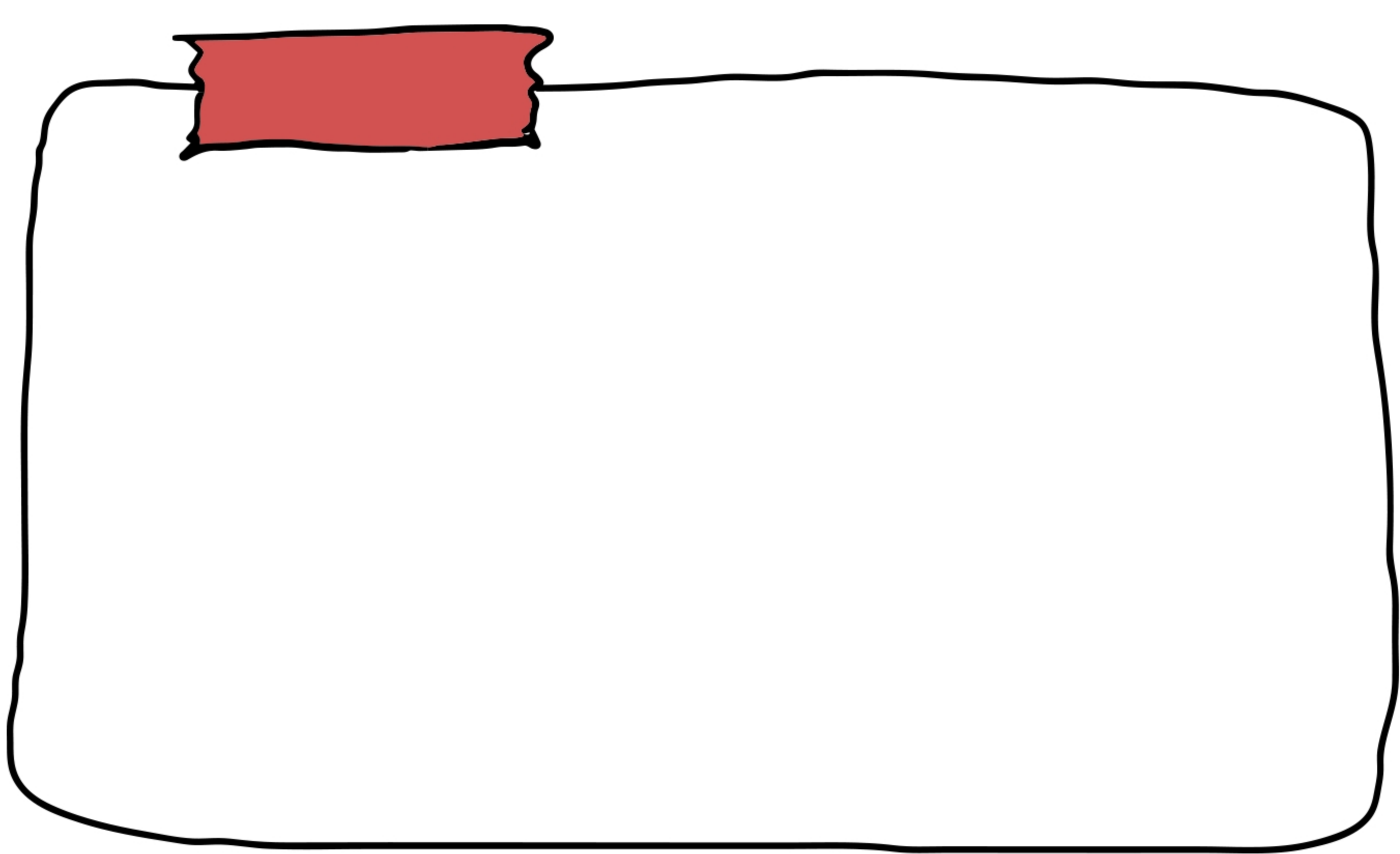
THINK OF 3 HABITS YOU WOULD LIKE TO BUILD.
MAKE A PLAN HOW YOU WILL DO IT.



Sunday

FOCUS

WRITE DOWN THINGS YOU WANT TO FOCUS ON YOUR PROJECT:



Learning

LEARNING IS SOMETHING THAT WE DO ALL THE TIME. IT SEEMS WE KNOW WHAT LEARNING IS AS IT IS SO NATURAL FOR ALL OF US. BUT HOW MUCH DO WE REALLY UNDERSTAND HOW LEARNING IS HAPPENING?

"I am still learning"

MICHELANGELO (AT AGE 87)



HERE IS VIDEO THAT EXPLAINS MORE ABOUT LEARNING:
[HTTPS://YOUTU.BE/SWZMPI-DHIU](https://youtu.be/SWZMPI-DHIU)



PLEASE HAVE A LOOK, TAKE A BIT OF TIME AND ANSWER FOR YOURSELF THE FOLLOWING SELF-REFLECTION QUESTIONS:

▶ WHAT IS LEARNING FOR ME? _____

▶ HOW DO I LEARN THE BEST? _____

▶ WHAT DOES SUPPORT MY LEARNING? _____

▶ WHO ENHANCES AND FACILITATES MY LEARNING? _____

▶ WHAT DO I LOVE TO LEARN? _____

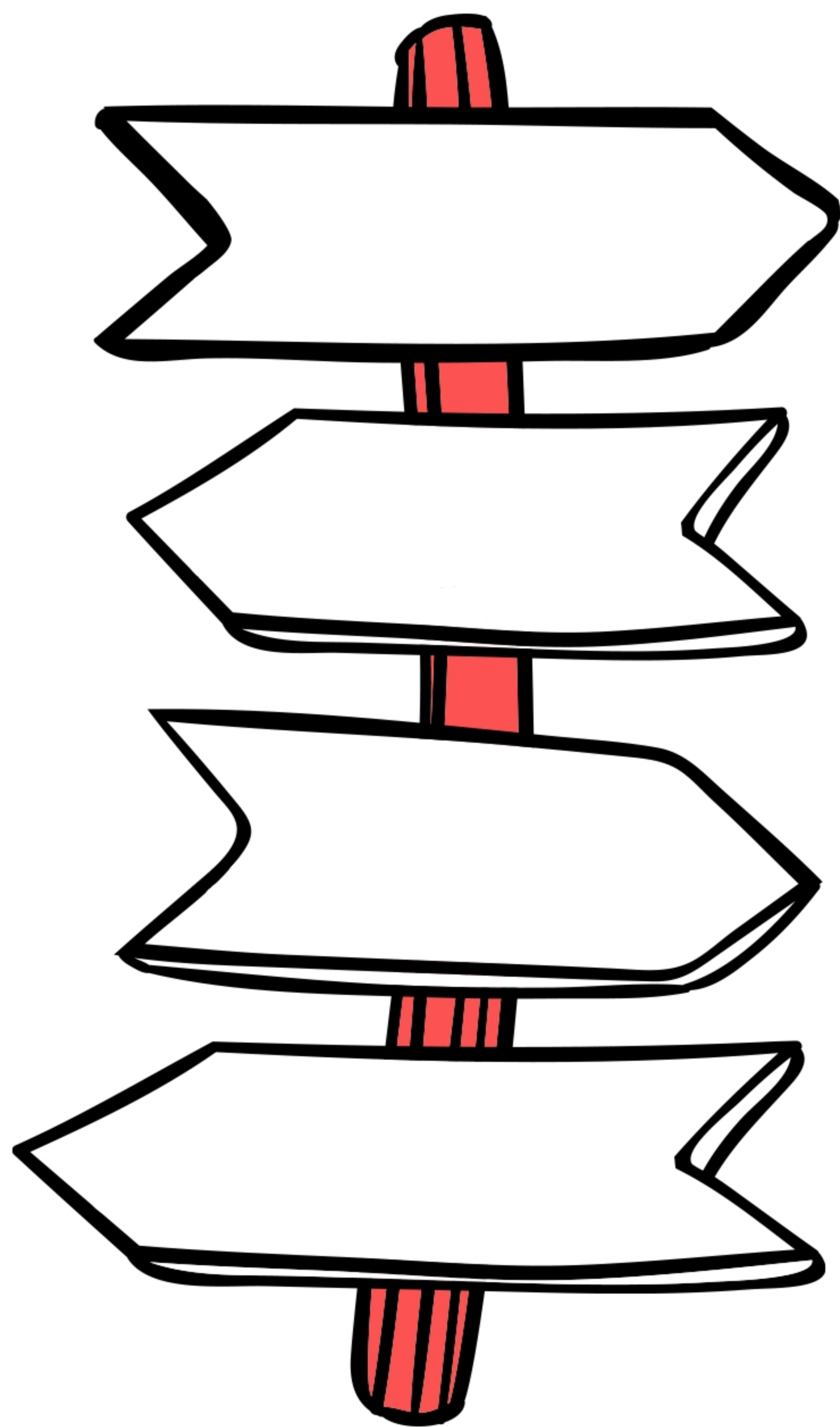
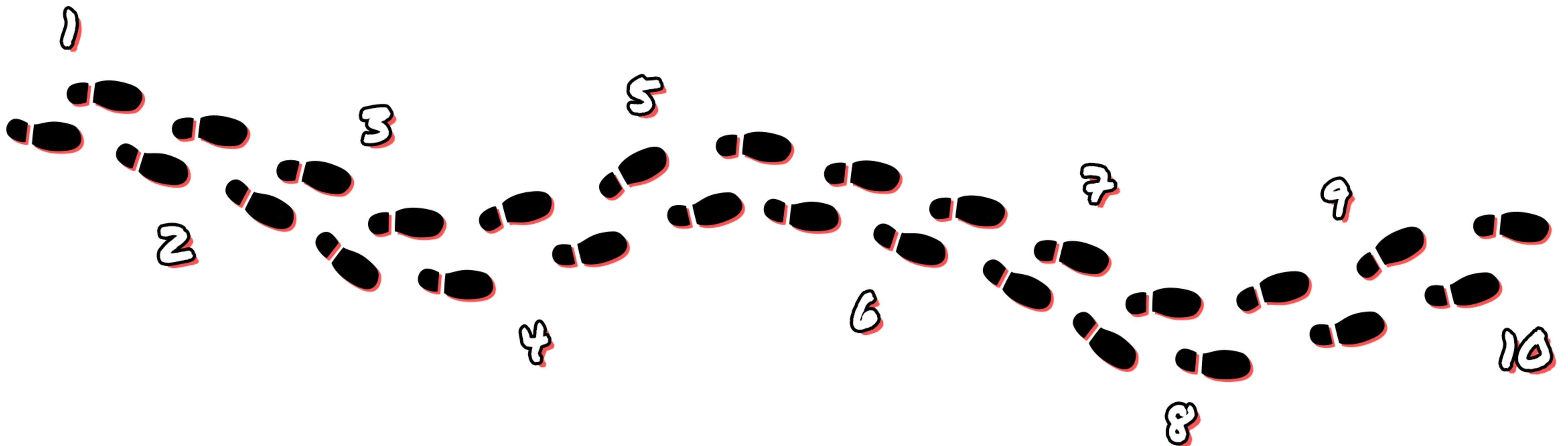
▶ SOMETHING RECENTLY I HAVE LEARNED / ACQUIRED / DEVELOPED ... _____

▶ SOMETHING THAT I HAVE LEARNED AND I AM PROUD OF IS _____

TAKE SOME NOTES FOR YOURSELF, THIS WILL HELP YOUR REFLECTION PROCESS.

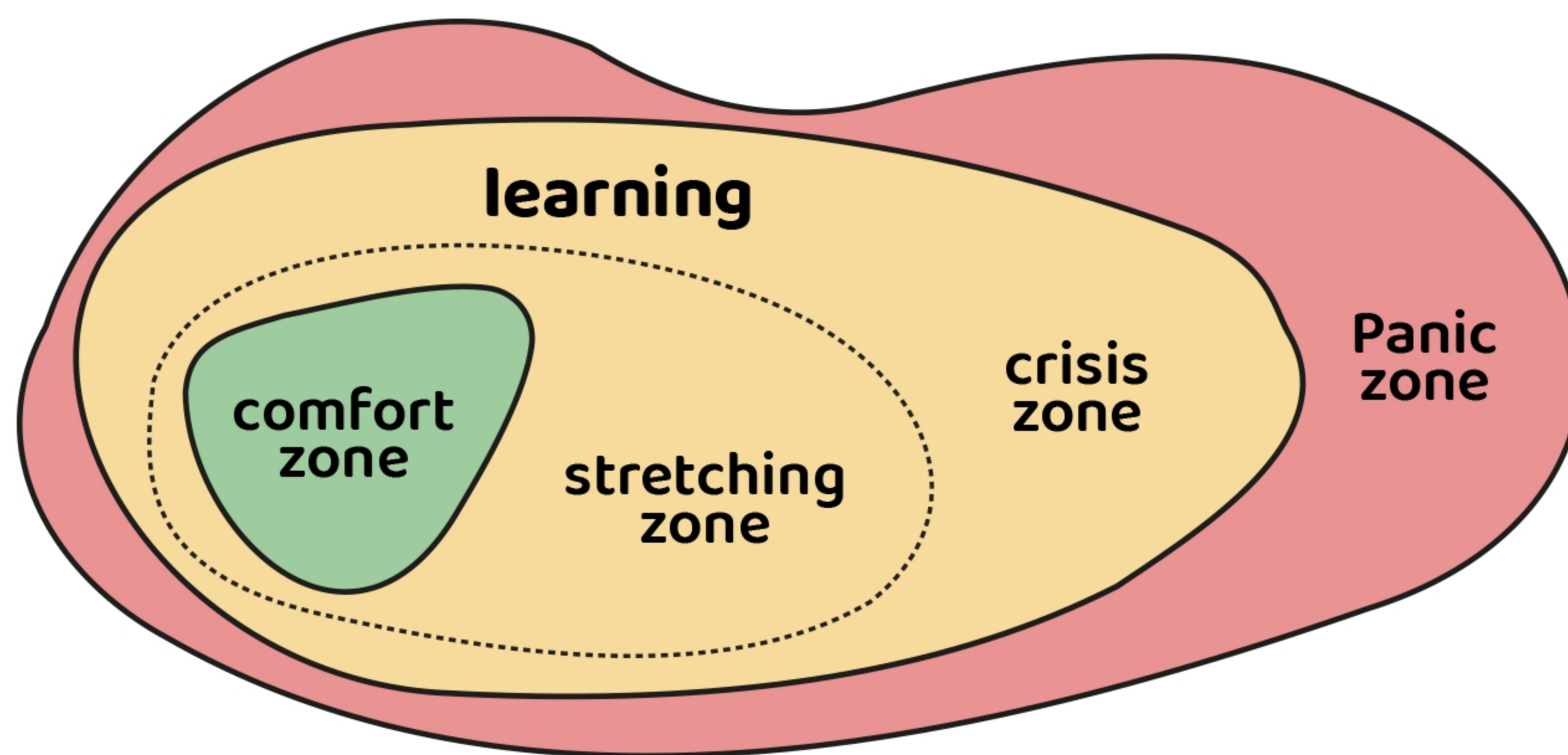
My learning journey through the volunteering

YOU MAY LEARN FROM THE ACTIVITIES THAT YOU CARRY OUT WITHIN THE ORGANISATION BUT ALSO DURING YOUR FREE TIME. WHAT ARE THE THINGS YOU WOULD LIKE TO LEARN DURING YOUR VOLUNTEERING PROJECT? PLEASE TRY TO NAME AT LEAST 10. IT CAN BE EVEN SOMETHING VERY SMALL, FOR EXAMPLE TO LEARN HOW TO COOK TRADITIONAL MEAL.



DRAW A LIST OF ALL THE PERSONS THAT CAN SUPPORT YOU, IN WHICH WAY THEY CAN DO IT, WHEN AND HOW OFTEN YOU ARE GOING TO MEET THEM TO TALK ABOUT THIS PROCESS... IT COULD BE YOUR MENTOR, OTHER COLLEAGUES FROM THE ORGANISATION, FRIENDS, OTHER VOLUNTEERS...

Have you ever heard about Comfort zone?



MAGIC HAPPENS WHEN WE STEP OUT OF OUR COMFORT ZONE, SO DOES LEARNING, ESPECIALLY IF WE WANT NOT ONLY TO GET SOME NEW KNOWLEDGE BUT ALSO TO CHANGE PERSONAL PERCEPTIONS, VALUES AND ATTITUDES.

Think of the tasks you need to do as a volunteer:

Which of them are in the Comfort, Stretching, Crisis and Panic zone?

COMFORT	STRETCHING	CRISIS	PANIC

THINK OF ALL YOUR LEARNING OBJECTIVES AND SELECT 2 OF THEM YOU WILL FOCUS IN THE NEXT MONTH.

OBJECTIVE #1

OBJECTIVE #2

Learning Objectives check-up

MONTH _____



MY LEARNING OBJECTIVES FOR THIS MONTH WERE:

OBJECTIVE #1

OBJECTIVE #2

Learning objective #1

ARE YOU CLOSER TO ACHIEVING YOUR LEARNING OBJECTIVE?



• WHAT HAS MOVED YOU CLOSER? •

• HAVE YOU HAD ANY AHA! MOMENT* DURING YOUR LEARNING JOURNEY TO ACHIEVE THIS LEARNING OBJECTIVE? •

WHAT DO YOU STILL NEED TO DO? WRITE 3 CONCRETE STEPS YOU WILL DO TO BE EVEN CLOSER TO FULFILLING YOUR LEARNING OBJECTIVE:

1 _____

2 _____

3 _____

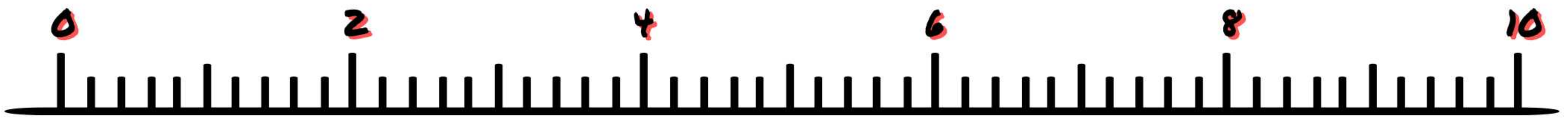
*A MOMENT OF SUDDEN INSIGHT OR DISCOVERY

GOOD LUCK



Learning objective#2

ARE YOU CLOSER TO ACHIEVING YOUR LEARNING OBJECTIVE?



● WHAT HAS MOVED YOU CLOSER?

● HAVE YOU HAD ANY AHA! MOMENT* DURING YOUR LEARNING JOURNEY TO ACHIEVE THIS LEARNING OBJECTIVE?

WHAT DO YOU STILL NEED TO DO? WRITE 3 CONCRETE STEPS YOU WILL DO TO BE EVEN CLOSER TO FULFILLING YOUR LEARNING OBJECTIVE:

- 1
- 2
- 3

*A MOMENT OF SUDDEN INSIGHT OR DISCOVERY

GOOD LUCK 

“Whether you think you can,
or you think you can't - you're right”

/ HENRY FORD

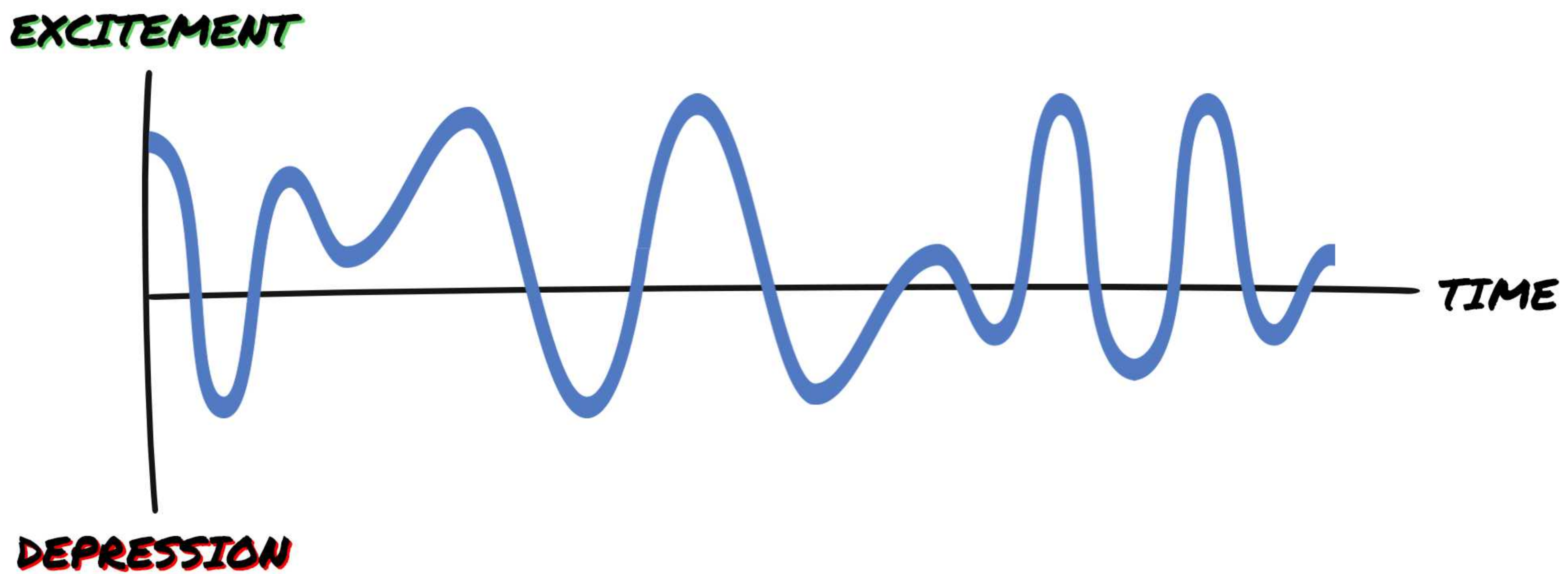
Challenges

WHAT DOES CHALLENGE MEAN IN LIFE?

IT MEANS YOU'VE STEPPED OUTSIDE YOUR COMFORT ZONE AND TAKEN ON A NEW TASK. YOU'VE SET NEW GOALS FOR YOURSELF, AND YOU'RE READY TO WORK HARD TO ACHIEVE THEM. A CHALLENGE IS SOMETHING THAT TEACHES YOU HOW TO GROW AS A PERSON. THEY ENCOURAGE PERSONAL DEVELOPMENT AND ARE A WAY TO WORK ON SELF-IMPROVEMENT.

Adaptation waves

AS A YOUNG VOLUNTEER ABROAD YOU GET THE OPPORTUNITY TO EXPERIENCE AND OBSERVE ANOTHER CULTURE, ANOTHER WAY OF LIFE, REFLECT UPON IT AND, FOR SURE IT ISN'T EASY. THERE ARE UPS AND DOWNS. AND MANY OF THEM.



Challenges Volunteers face - Adaptational Challenges & Volunteering Challenges

ADAPTATIONAL CHALLENGES

- FOOD
- ACCOMMODATION
- LANGUAGE BARRIER
- SURROUNDINGS
- CULTURAL DIFFERENCES
- MENTALITY DIFFERENCES
- MAKING NEW FRIENDS
- MISSING FAMILY
- ISSUES WITH HOST FAMILY
- FLATMATES

VOLUNTEERING CHALLENGES

- OVERWORKING
- PERIODS OF STRESS
- BURNOUT
- NOT HAVING ENOUGH MOTIVATION
- SELF-CONFIDENCE PROBLEMS
- PSYCHOLOGICAL DIFFICULTIES
- MISORGANISATION
- LACK OF NEEDED SKILLS
- ROUTINE AND ISSUES WITH WORK
- DEALING WITH A CERTAIN BUDGET

How do you feel as a volunteer?

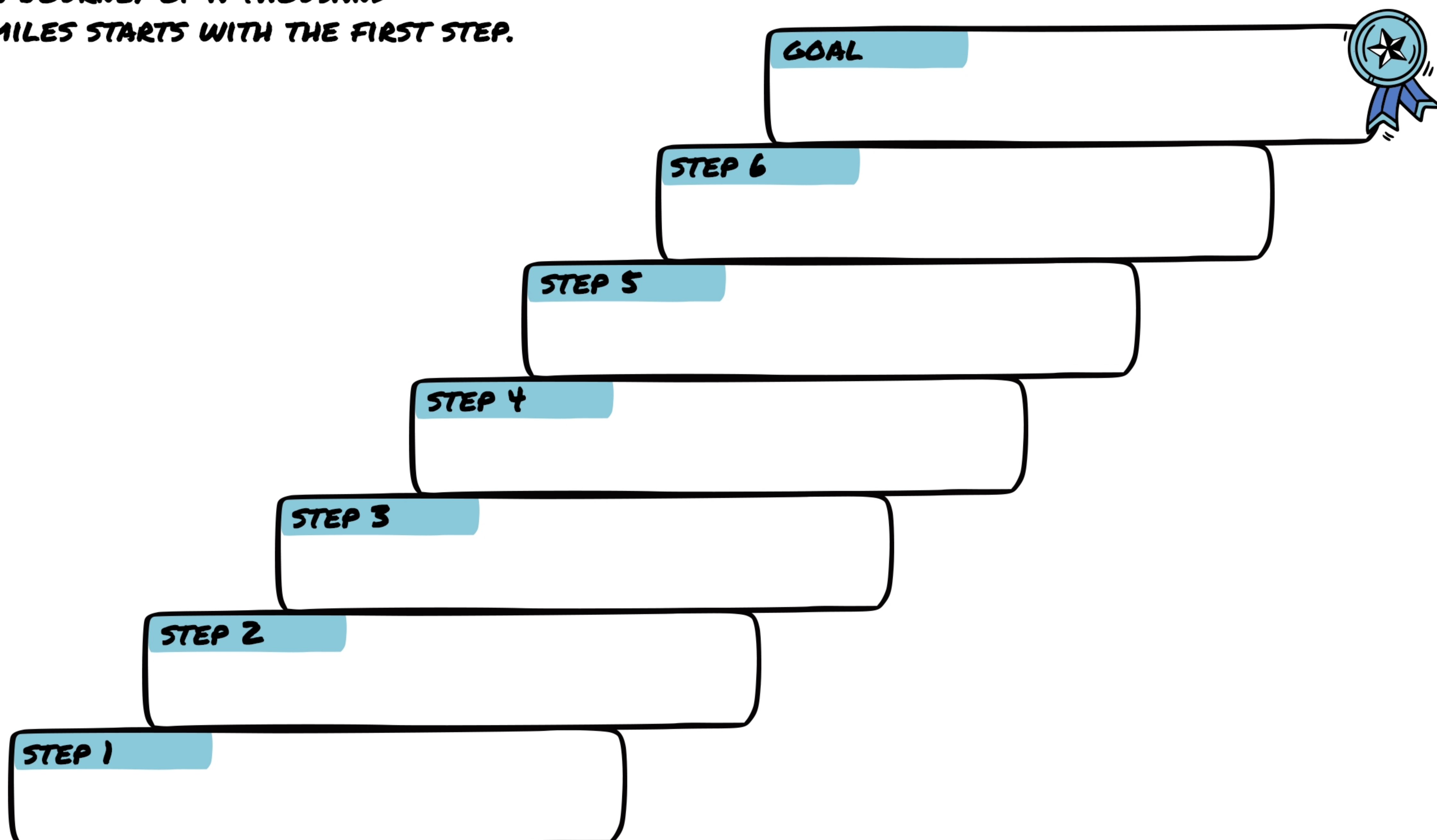
HOW ARE YOU FEELING IN A NEW PLACE? WHAT HAS CHANGED? _____

WHAT CAN YOU DO RIGHT NOW SO THAT TO IMPROVE YOUR WELL-BEING? _____

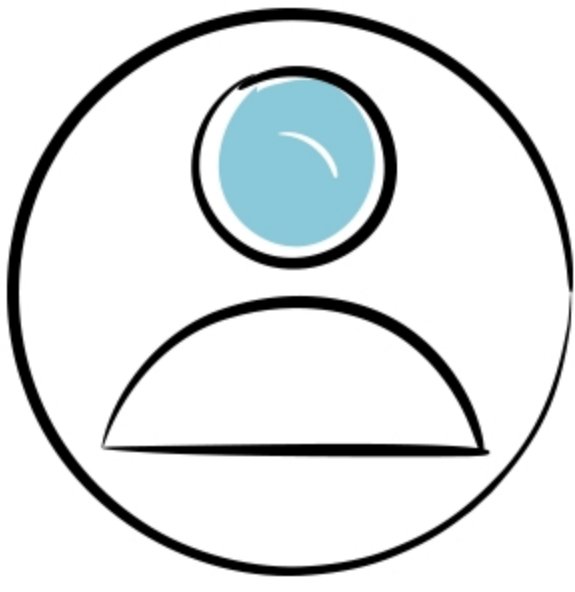
WHAT MAKES YOU HAPPY AND INSPIRES YOU? _____

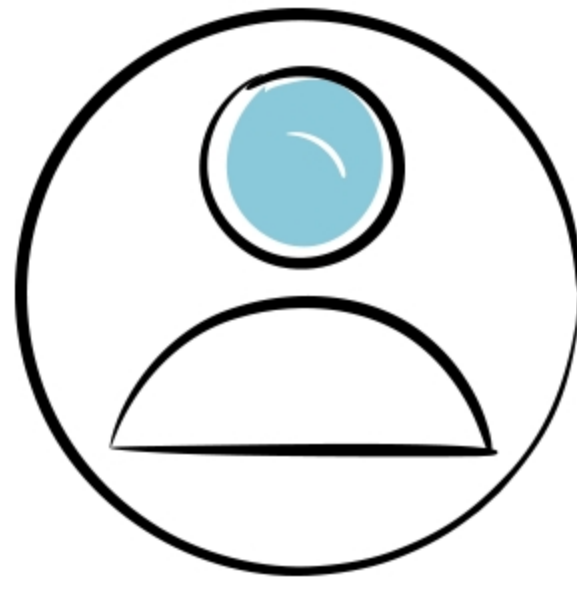
What are your goals?

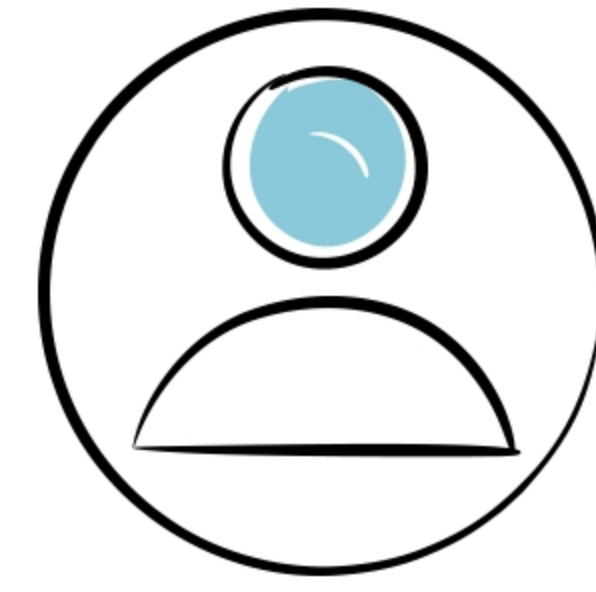
A JOURNEY OF A THOUSAND MILES STARTS WITH THE FIRST STEP.

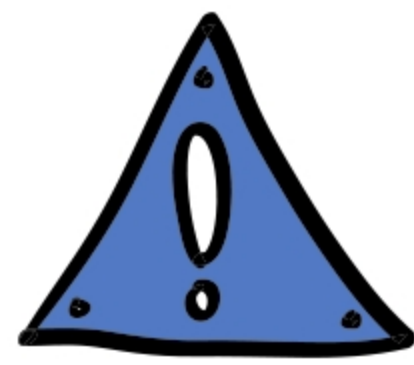


WHO CAN YOU ASK FOR HELP IF YOU FEEL "EMPTY"?





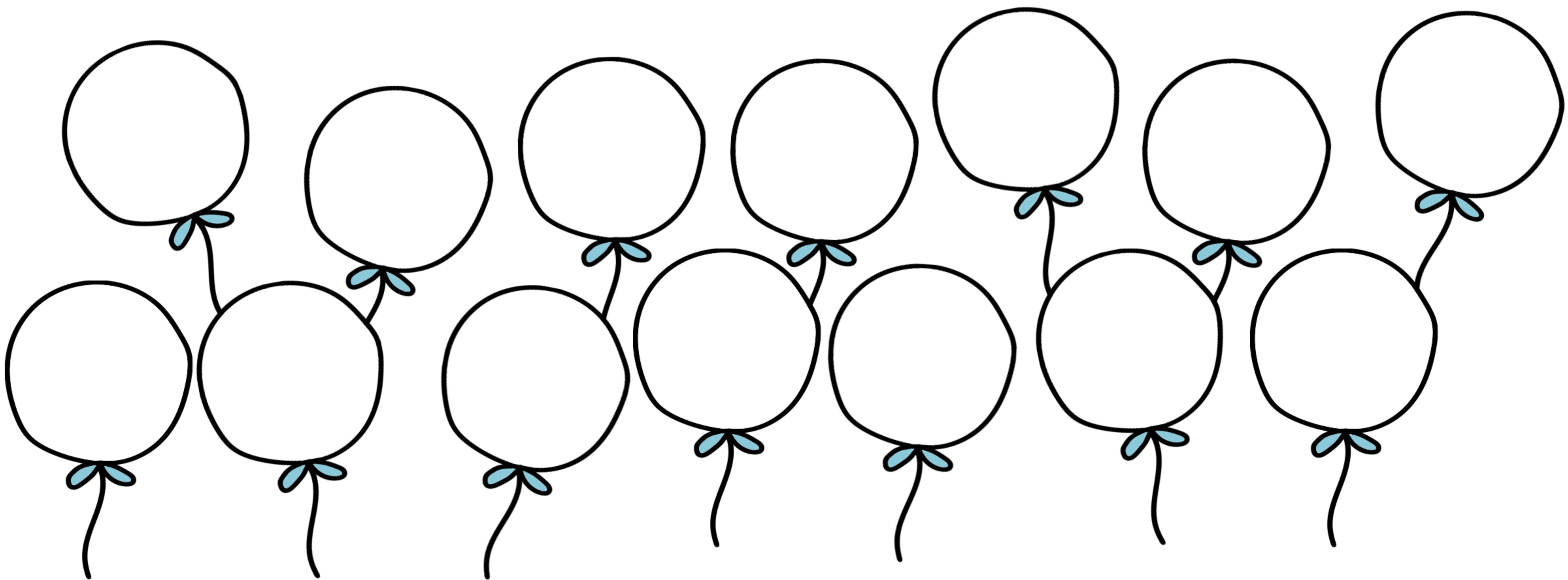




REMINDER

YOU ARE NOT ALONE. WHATEVER PROBLEM YOU HAVE, SOMEONE IN THE WORLD HAS ALREADY OVERCOME IT.

What makes you happy?



GOOD MOOD TIPS. WHAT DOES WORK FOR YOU? MARK AND ADD MORE

- | | | |
|-------------------------|----------------------------|-----------------------------|
| ★ HUGS | ★ SINGING IN THE SHOWER | ★ TEA |
| ★ WALKING IN THE FOREST | ★ PET (DOG/CAT) | ★ SPORT |
| ★ DANCE | ★ KARAOKE | ★ TALK THROUGH YOUR FEELING |
| ★ PAINT + COLOR | ★ MAKE A PLAN FOR TOMORROW | ★ SEED A PLANT |
| ★ KIND MEMES | ★ SELF-MASSAGE | ★ MEDITATION |
| ★ TAKE A BREAK | ★ COOKIES | ★ SELF-CARE EVENING |
| ★ CALM PLAYLIST | ★ YOGA | ★ _____ |
| ★ _____ | ★ _____ | ★ _____ |
| ★ _____ | ★ _____ | ★ _____ |
| ★ _____ | ★ _____ | ★ _____ |
| ★ _____ | ★ _____ | ★ _____ |

Challenging challenges in a challenging month _____

IF YOU WERE A COORDINATOR, WHAT WOULD YOU CHANGE WITHIN THE ORGANISATION?



The job that you are performing:

HOW MUCH MEANINGFUL FOR YOU?

1 2 3 4 5

ENOUGH TO ALLOCATE TIME FOR BREAKS, LUNCH, LEISURE ETC?

1 2 3 4 5

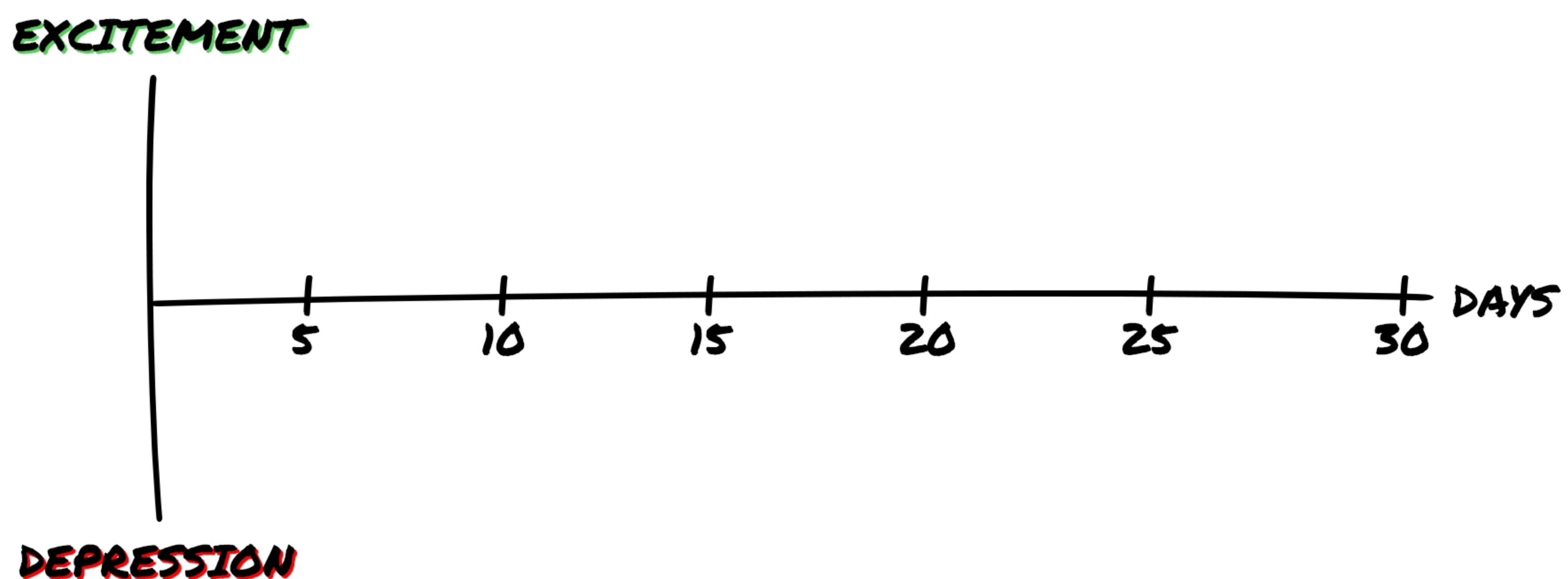
MAKING YOU FEEL THAT YOU ARE PART OF A TEAM?

1 2 3 4 5

KILLING SOME VALUABLE SKILLS THAT YOU HAVE?

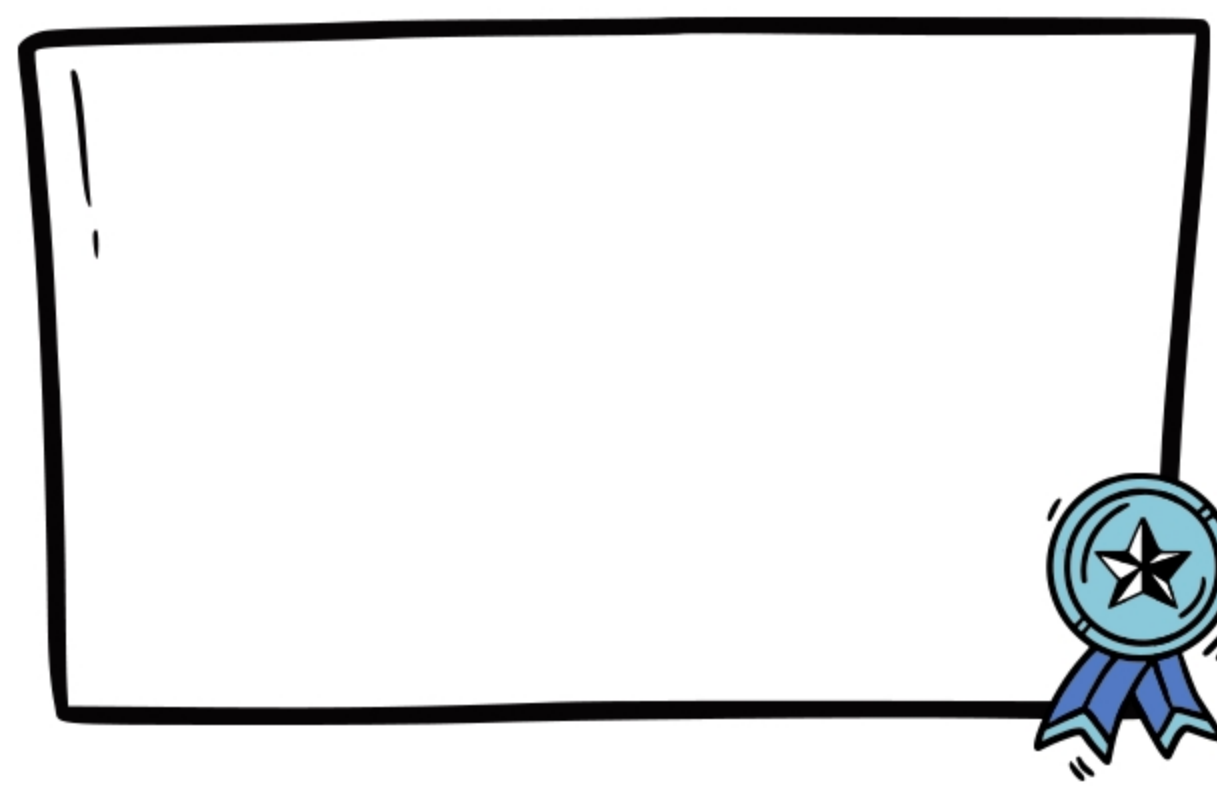
1 2 3 4 5

HOW DOES YOUR "PROJECT CARDIOGRAM" LOOK FOR THIS MONTH? DRAW IT HERE.

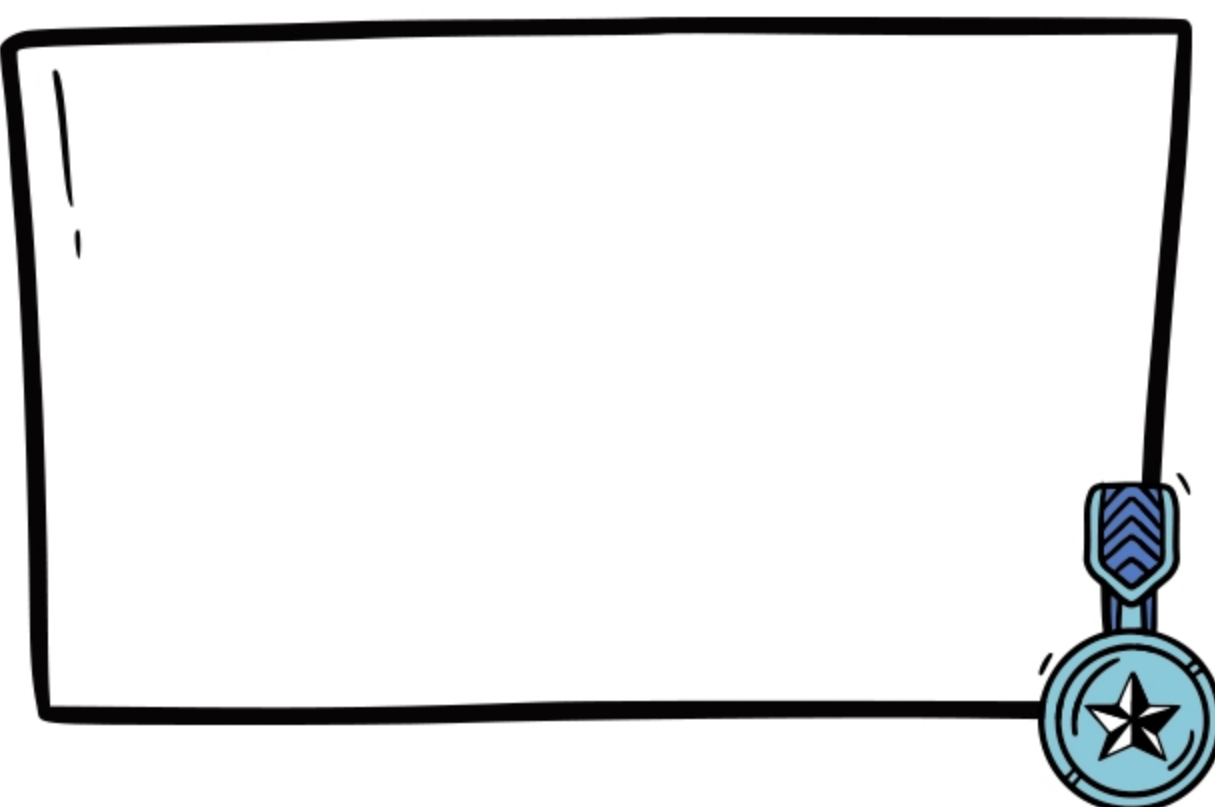


You have 3 awards, give them away

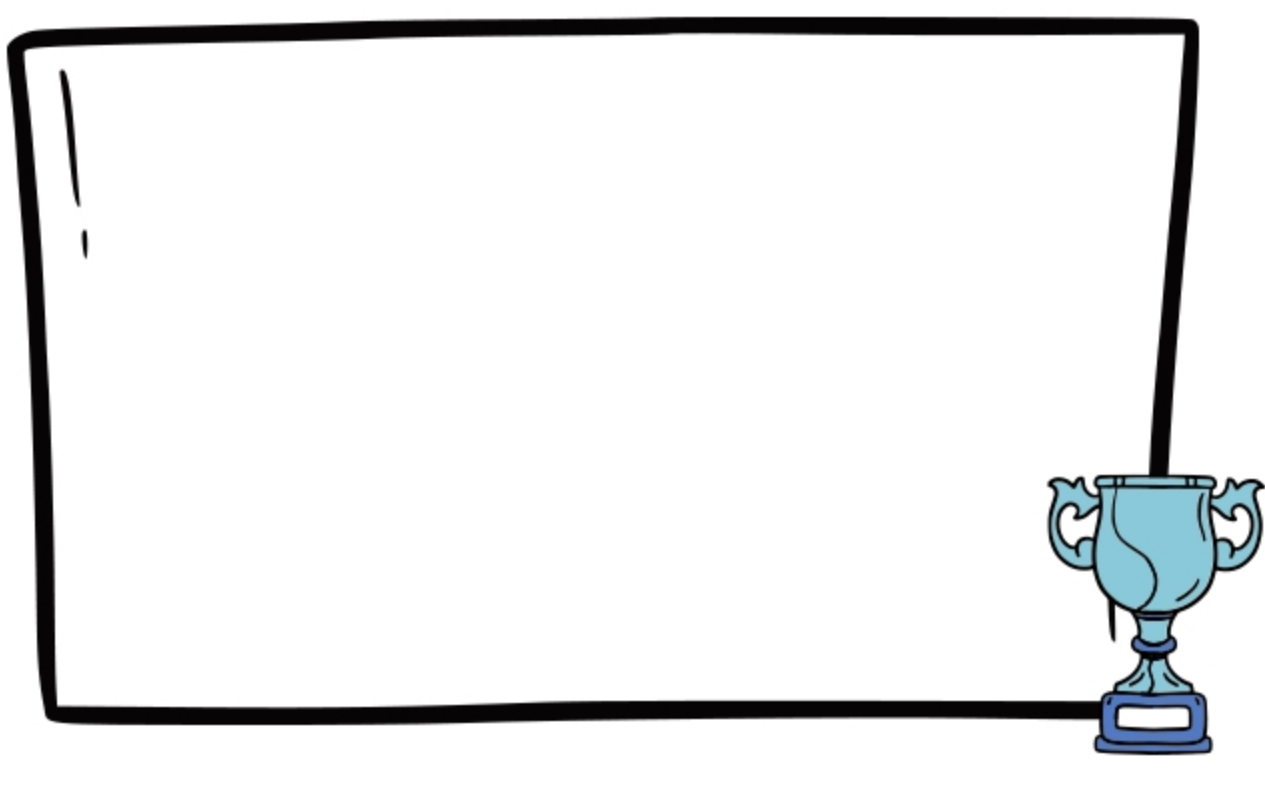
CHALLENGE OF THE MONTH



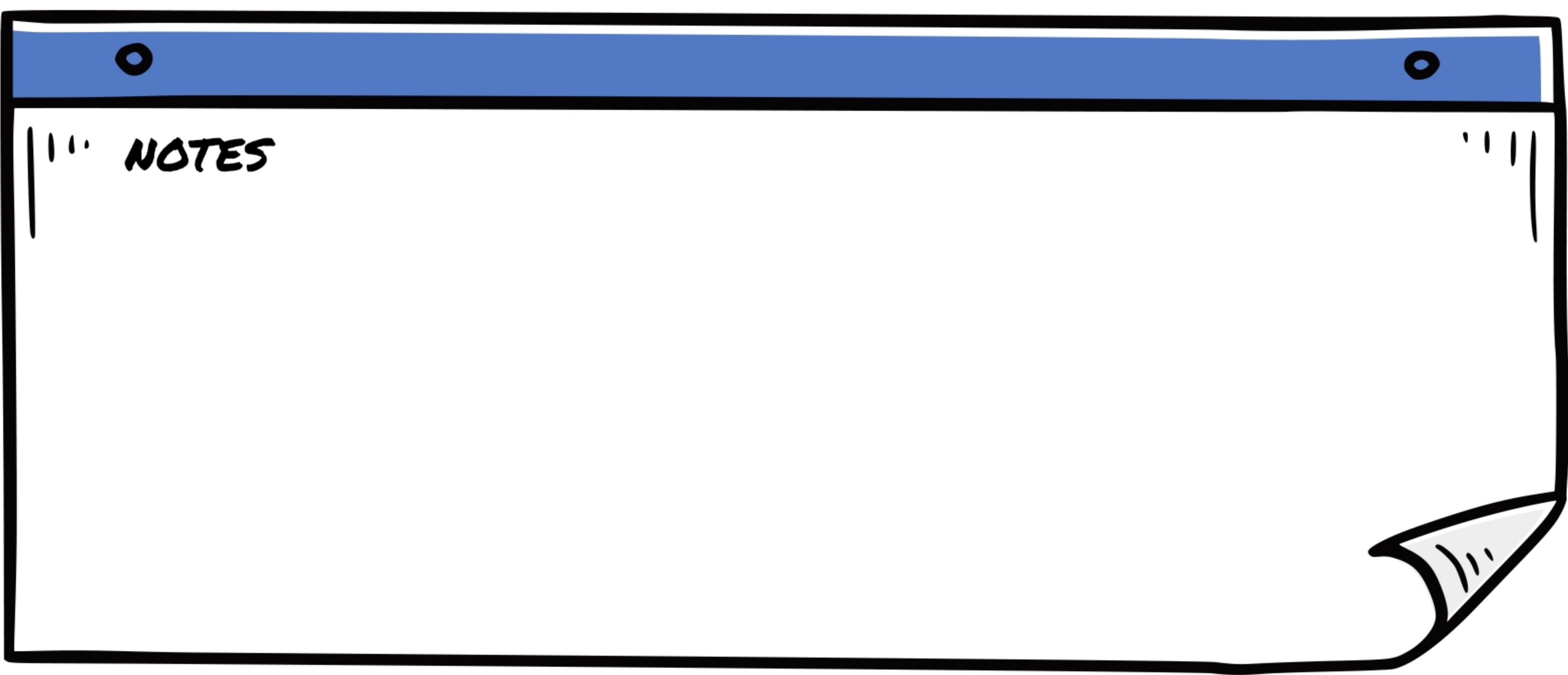
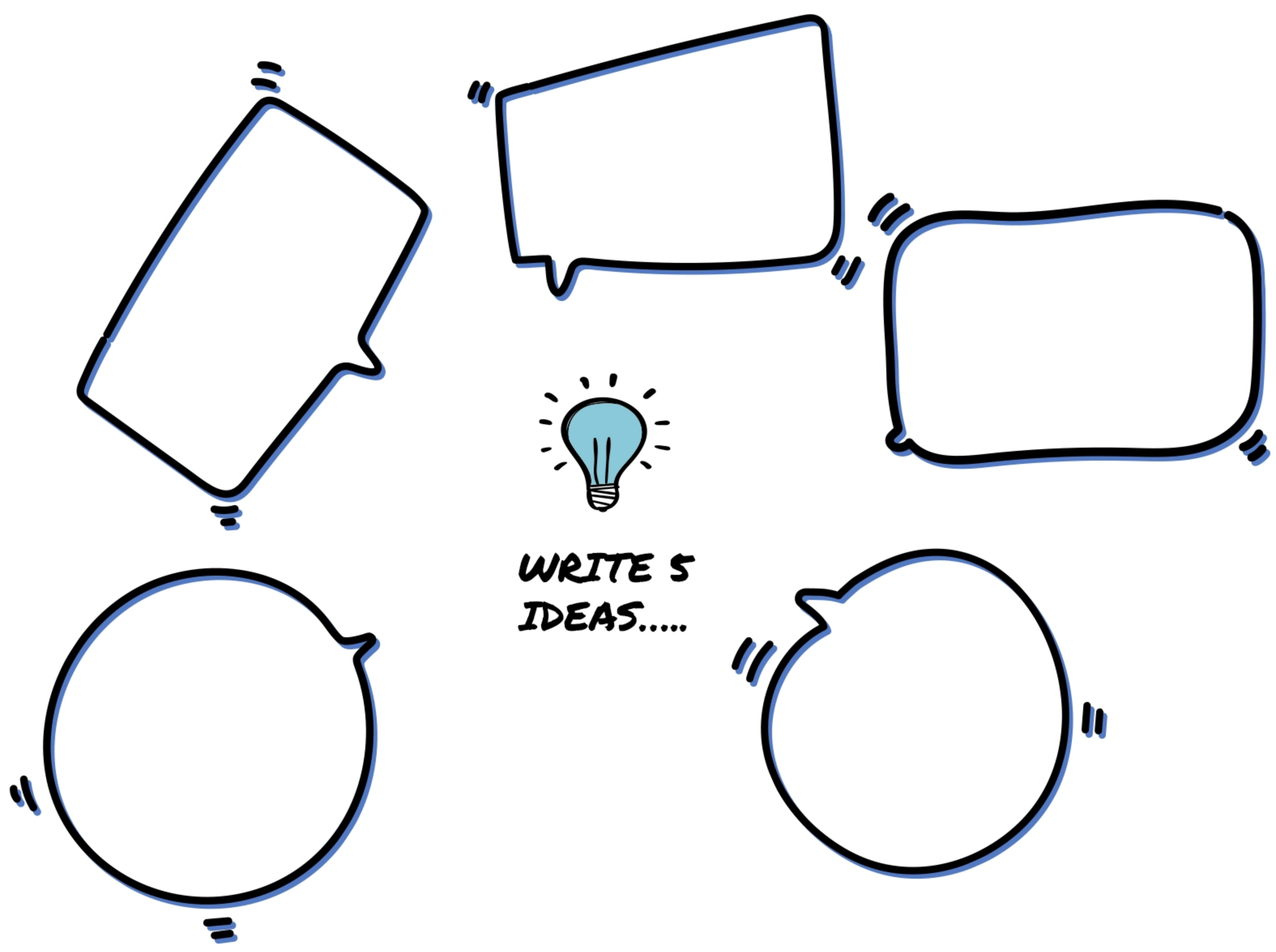
MY FAVORITE MISTAKE



PROUD I HAVE DONE IT



Write 5 ideas that could improve your voluntary experience for the next months?



Evaluation

WITHOUT EVALUATION, WE MIGHT CLOSE OURSELVES IN OUR SMALL REALITY BUBBLE. SO HERE IT IS - THE INVITATION TO OPEN THE BUBBLE AND ASSESS WHAT HAS HAPPENED. TURN YOUR LEARNING OUTCOMES INTO COMPETENCES. IT'S TIME YOU WRITE DOWN THE COMPETENCES YOU HAVE ACQUIRED IN YOUR YOUTHPASS.

What are the competences in the Youthpass?

HERE IS A LIST OF THEM:

1. MULTILINGUAL COMPETENCE
2. PERSONAL, SOCIAL AND LEARNING TO LEARN COMPETENCE
3. CITIZENSHIP COMPETENCE
4. ENTREPRENEURSHIP COMPETENCE
5. CULTURAL AWARENESS AND EXPRESSION COMPETENCE
6. DIGITAL COMPETENCE
7. MATHEMATICAL COMPETENCE AND COMPETENCE IN SCIENCE, TECHNOLOGY AND ENGINEERING
8. LITERACY COMPETENCE



HERE IS A SHORT VIDEO ABOUT THE YOUTHPASS
WWW.YOUTUBE.COM/WATCH?V=RNQWZKSTM7C



THIS IS INVITATION TO CREATE A HABIT FOR MONTHLY SELF-EVALUATION.
A SELF-EVALUATION IS JUST WHAT IT SOUNDS LIKE: AN EVALUATION OF YOURSELF.

IT HELPS YOU FOCUS
ON THE POSITIVE AS
WELL AS THE NEGATIVE.

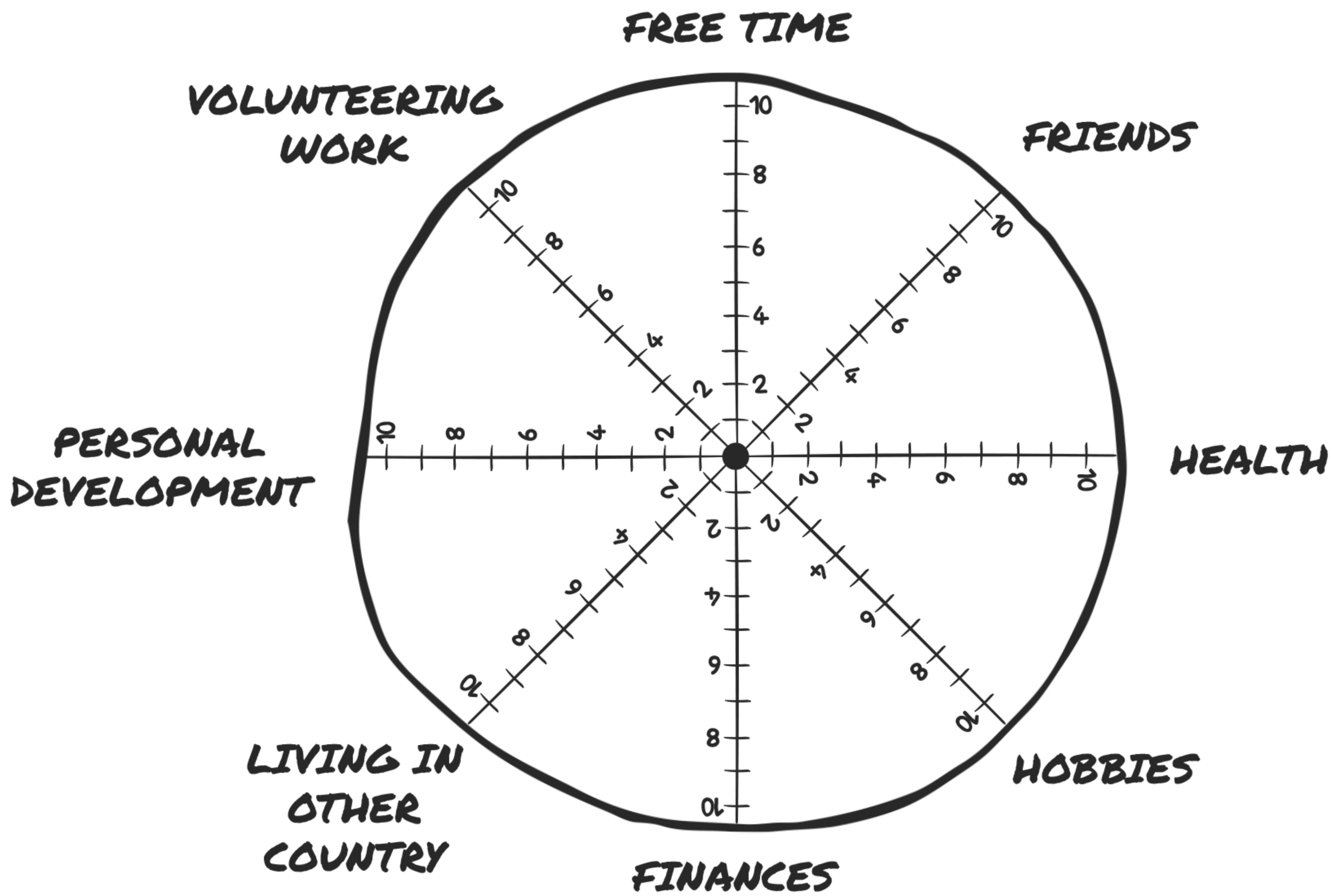
IT HELPS YOU
LEARN FROM
YOUR EXPERIENCES.

IT WILL
HELP YOU
BE HAPPIER.

HERE IS SEVERAL TOOLS AND QUESTIONS THAT WILL HELP YOU IN SELF-EVALUATION PROCESS.

The Wheel of Life

THE WHEEL OF LIFE PROVIDES A SNAPSHOT OF YOUR WELL-BEING AND THE LEVEL OF SATISFACTION IN YOUR CURRENT CIRCUMSTANCES. IT HELPS YOU CONSIDER DIFFERENT AREAS OF YOUR LIFE IN TURN AND ASSESS WHAT'S OFF BALANCE. AS SUCH, IT HELPS YOU TO IDENTIFY AREAS THAT NEED MORE ATTENTION. PLEASE ASSESS EACH AREA OF THE LIFE WHEEL.



HOW TO DO THAT?

1. EVALUATE ALL AREAS - ASSIGN EACH CATEGORY A MARK ON A SCALE OF 0 TO 10, WITH 0 BEING THE LEAST ATTENTION AND 10 BEING THE HIGHEST ATTENTION
2. CONNECT EACH MARK AROUND THE CIRCLE AND COLOR IT. BY CONNECTING THE DOTS, YOU CAN SEE JUST HOW EACH AREA COMPARES AND DECIDE WHETHER YOUR WHEEL APPEARS TO BE BALANCED.

WHAT DO YOU SEE IN YOUR WHEEL?
 WHAT IS THE WEAKEST PART?
 WHAT IS THE STRONGEST? WHY?
 PLEASE FIND A TIME
 AND REFLECT ON IT!

3. TAKE STEPS TO ADDRESS THE AREAS YOU'D LIKE TO IMPROVE. :)

AREA I WILL FOCUS _____

I CAN IMPROVE IT BY 1) _____ 2) _____ 3) _____

WHAT SUPPORT DO I NEED AND WHO CAN SUPPORT ME _____

Turn your learning outcomes into competences

THINK ABOUT THE TASKS AND THINGS YOU WORKED ON THIS MONTH. WHAT HAVE YOU LEARNED BY DOING THESE TASKS? WHAT WERE THE LEARNING OUTCOMES? TO WHICH OF THE 8 LIFELONG COMPETENCES (YOUTHPASS COMPETENCES) LEARNING OUTCOMES COULD BELONG?

LEARNING OUTCOME	LEARNING COMPETENCE

Take a bit of time and think about the following



THE MOST DIFFICULT TASK OF THIS MONTH...



HIGHLIGHT OF THE MONTH...



I AM ESPECIALLY PROUD OF...



I THANK MYSELF FOR...



THE BIGGEST CHALLENGE IN THIS MONTH WAS...

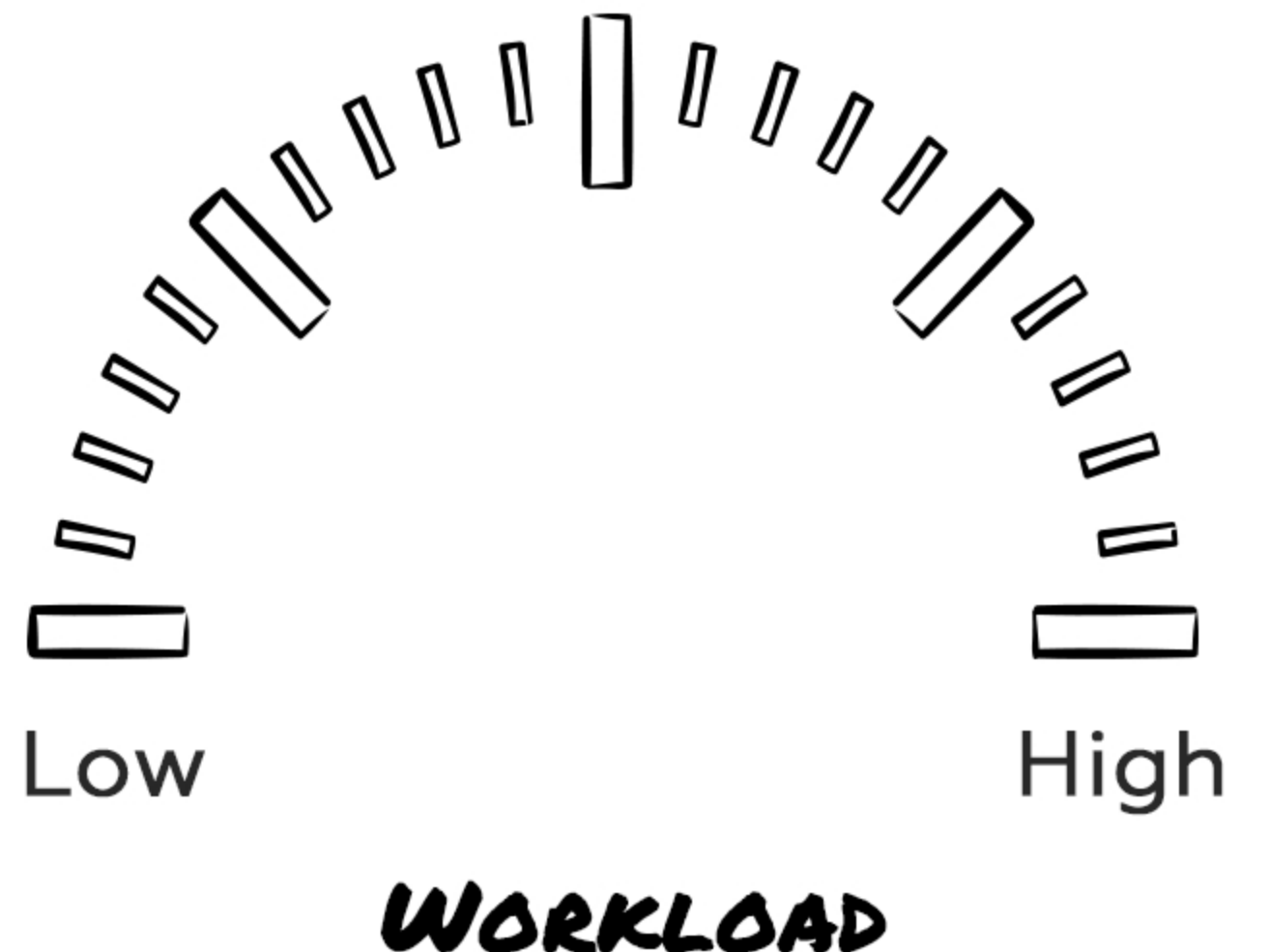
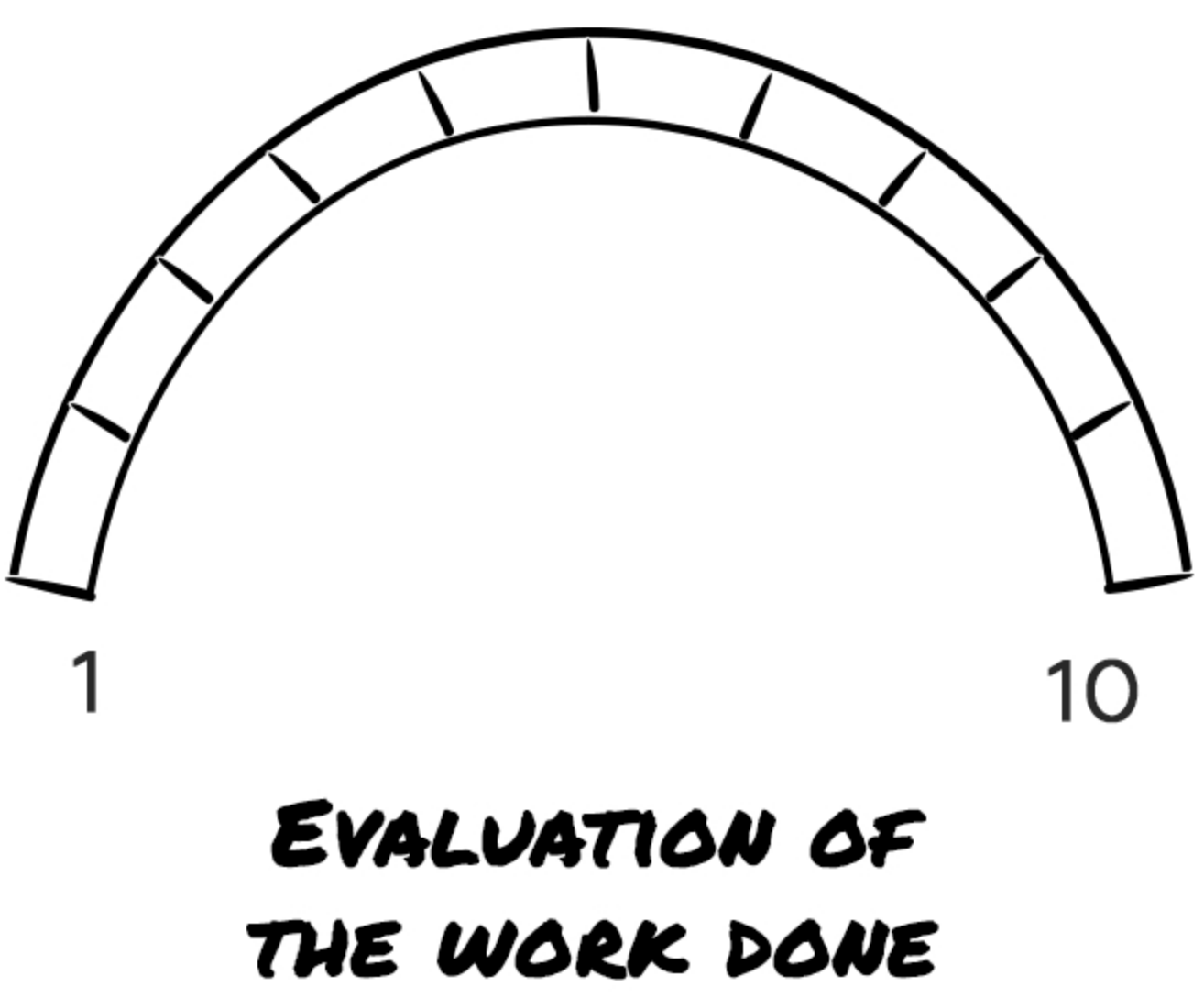
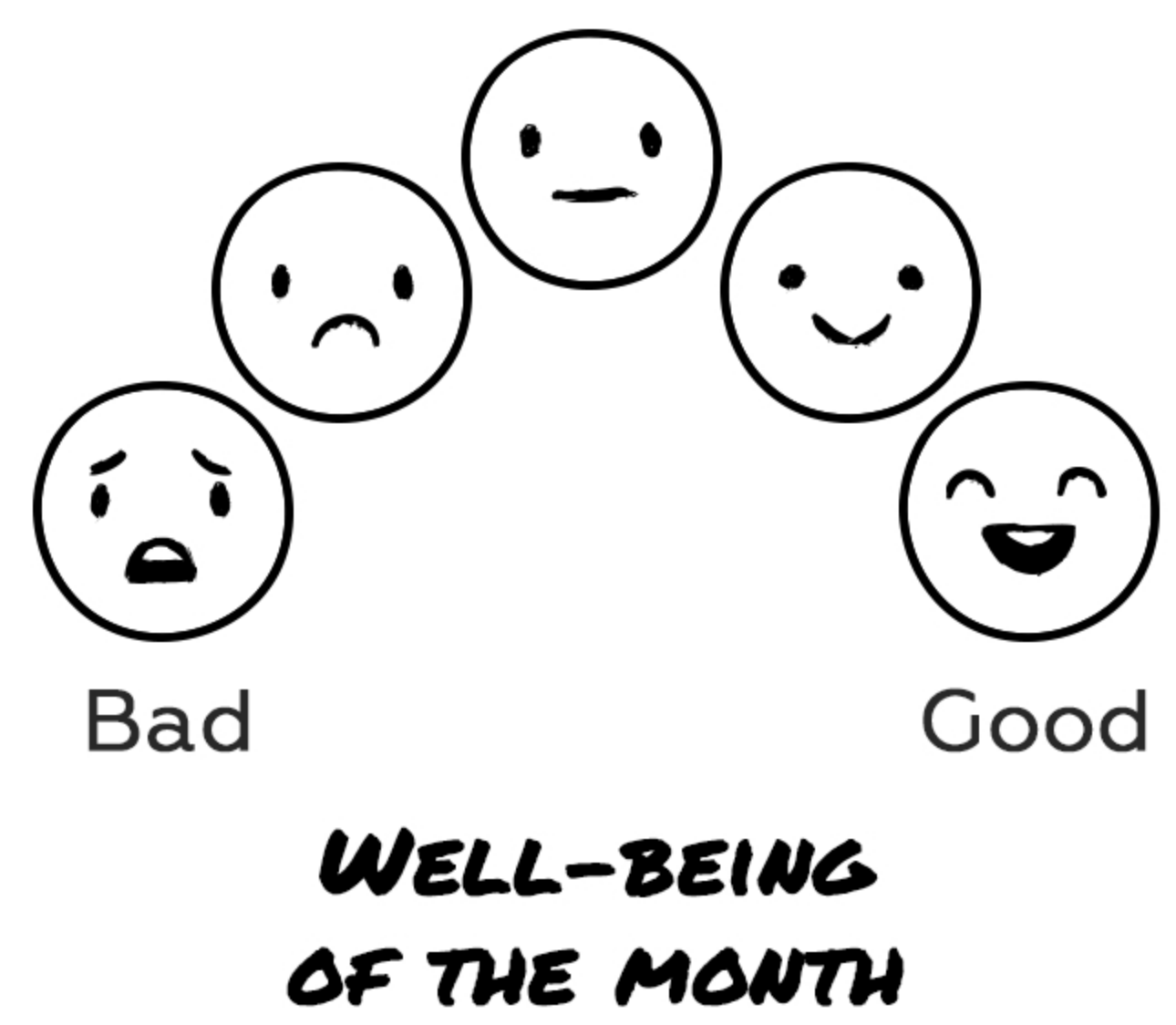
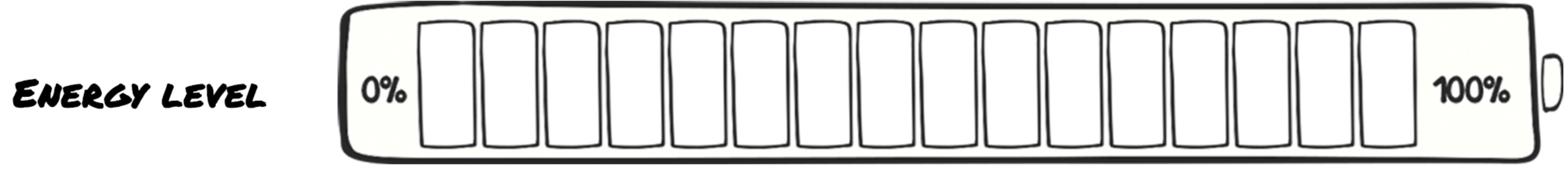
😊 I ENJOYED THE MOST IN THIS MONTH... _____

🔍 THIS MONTH I DISCOVERED ABOUT MYSELF... _____

🕒 ONE THING THAT I COULD DO DIFFERENTLY... _____

📩 ONE THING I WOULD LIKE TO TAKE WITH ME... _____

Color your results



Quote of the month

About project

THIS IS A TRIBUTE TO VOLUNTEERS FROM ALL OVER THE WORLD FROM 30 PARTICIPANTS FROM LATVIA, BULGARIA, ESTONIA, LITHUANIA, GERMANY, PORTUGAL, ITALY, SPAIN AND HUNGARY WHO IN SUMMER 2022 MET IN LATVIA TO DISCUSS, DISCOVER AND SHARE EXPERIENCE ABOUT VOLUNTEERING AND VOLUNTEERING PROJECTS. THIS HAPPENED DURING ERASMUS+: YOUTH IN ACTION YOUTH WORKERS' MOBILITY PROJECT (TC) "BRING THE MAGIC IN VOLUNTEERING".



-  Latvia
Baltijas Reģionālais fonds
-  Estonia
NGO Youth Club Active
-  Lithuania
Vsi "Inovatyvi karta"
-  Bulgaria
CVS-Bulgaria
-  Hungary
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