



ERASMUS+ small scale partnerships
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GREEN-IN

INCLUSION OF ALL PERSONS FOR A GREENER FUTURE

Summary of workshops

2024.

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I. Introduction and background

The workshops covered in this summary were a part of Activity 3 “Workshops and online learning for young volunteers”. In the original application form, it was foreseen that there would be 2 two-day workshops. According to the application form, one workshop would be held in Cestica, Croatia and the other would be held in Cavriago, IT. The idea was to organize these sessions in-person and include a wide variety of activities (joint activities, quizzes, group work, etc.) such that participants (young volunteers, persons with disabilities and their parents, etc.) gain know-how and competencies that contribute to their work in the community.

Based on the preferences of selected participants, the developed training programme, focus group discussions, etc. the workshops were organized. This document explains how the workshops were implemented (one in Croatia and one in Italy) and the changes made to the original approach.

II. How the workshops were implemented

The training programme/methodology was completed in May 2023, and there were delays concerning the selection of participants in Italy. Therefore, the workshops needed to be organized in the later phases of the project (from November 2023 to January 2024). At the project meetings, it was agreed that in addition to the young volunteers, other stakeholders should be allowed to participate in the activities. Therefore, professionals that work with persons with disabilities were also considered suitable participants for these workshops.

As the post-pandemic period opened up new possibilities for the exchange of knowledge, the partnership considered it to be important to see sites and organizations in-person, such that they have the chance to understanding how professionals and volunteers work daily with persons with disabilities and gain a sense of empathy towards the challenges faced by persons with disabilities. Therefore, the partnership agreed that site visits (where there would be presentations of organizations, hands-on demonstrations, and discussions among participants in order to exchange knowledge between Croatian and Italian participants). By taking this approach, the partnership considered that the following benefits for the participants (young volunteers and others) would be achieved:

- Increased awareness of the daily challenges faced by persons with disabilities
- Enhanced communication skills due to online sessions where all participants take part
- Increased knowledge on how to support persons with disabilities such that it leads to enhancing their self-confidence
- Increased awareness of the challenges faced by parents and families supporting loved ones with a disability.
- Knowledge of specific equipment and techniques used to support persons with disabilities in daily living situations;

In order to avoid any misunderstandings, the partnership also clarified the responsibilities of the hosting partner and visiting partners as follows.



The hosting partners were responsible for:

- Setting the agenda and inviting participants;
- Organizing materials needed for the activities if needed;
- Organizing the space for presentations (including equipment),
- Inviting guest speakers, and organizing catering;
- Informing media;
- Briefing volunteers and participants for the organization of the event of their duties before the event;
- Confirming the attendance of participants;
- Taking record of the participants and gaining participant feedback from them;
- Summarizing the event;

The visiting partner was responsible for:

- Organizing transport and accommodation for their own participants;
- Informing the participants about the workshop and inviting them to join;
- Briefing participants about the event and any role that they would play;
- Participating actively in the event;

Both partners determined the best timeframes for the workshops, and made adjustments based on feedback received during the nature-based actions (i.e. The workshops would be held over 2 days, while the third day would be for travel back to the home countries). The first workshop was held in Cavriago, IT from November 10-11th 2023 and the second workshop was held in Čakovec, Vinica, Ludbreg and Cestica from January 26th – 27th 2024. The following details each workshop:

Workshop in Cavriago, IT

The workshop in Cavriago, IT was organized based on inputs provided by the partnership, feedback received by stakeholders within Cavriago's network of stakeholders, and the availability of participants.

The agenda was as follows:

Erasmus KA210 YOU – Small-scale Partnerships in Youth Project “Green-IN: Including all persons for a greener future”

Agenda – Workshop/study visit in Cavriago

Duration: 10.11.2023 – 11.11.2023

Participating organizations: Udruga “ŽIR” – život i radost (HR), Municipality of Cestica (HR), Comune di Cavriago (IT), All Inclusive Sport (IT)

Total number of participants: 15 participants

Schedule:

10.11.2023.

Location: 'During and after us' flat for people with disabilities, (address: via Becchi 4, Cavriago, IT)



18:30 – 19:30 – arrival of participants and visit to the flat, capable of accommodating up to six disabled persons plus two educators, located in the Pianella area.

Location: La Casa dei Bardi (address: Via Giacomo Brodolini 8, Cavriago, IT)

19:30 – 21:30 – Welcoming dinner/meal at La Casa dei Bardi Restaurant. Participants from Cavriago and Cestica will share experiences and get to know each other and the project “GREEN-IN” progress will be shared with all the participants.

11.10.2023.

Location: 'Casa della carità (address: Via De Gasperi, 1, Cavriago, IT)

09:00 – 10:00 - arrival of participants and visit to Casa Della Carita' / Charity House, with local volunteer Roberta Chierici and nuns in charge of the House.

Location: “L'Olmo Societa' Cooperativa Sociale” (address: Via Fratelli Cervi, 7, 42027 Montecchio Emilia, IT) <https://www.coopolmo.it/>

10:30 – 11:30 - arrival of participants and visit to Cooperativa Sociale L'Olmo laboratories for persons with disabilities, with local coordinator.

Location: Centro Studio e Lavoro "La Cremeria" srl (address: Via Tornara 2/B, Cavriago, IT)

13:00 – 14:00 - Lunch for participants and informal meeting with the Mayor and councilors of the Municipality and members of local volunteering.

15:00 – Departures

The workshop was implemented according to the schedule.

The first segment of the workshop in Cavriago (10.11.2023 in the evening) was the visit to “**La Casa dei Bardi**” apartment, where persons with disabilities are encouraged and supported to live independently. This first part brought together volunteers and professionals working with persons with disabilities. The experts assisting persons with disabilities explained how they teach persons with disabilities (mainly persons with Down’s Syndrome and autism) how to cook, clean dishes, make their beds, use household appliances, etc. At all times, there is at least one person in the facility which supervises and ensures safety; however, it was mentioned by the attending experts that often times the persons residing in the apartments do everything by themselves. By teaching tenants how to do certain tasks and emphasizing to them the benefits of living independently, they have been able to gain self-confidence and more motivation to participate in the community. Via group discussions, participants from Italy and Croatia were able to exchange know-how, learn how to replicate the success of “Casa dei Bardi” and take similar approaches to promoting persons with disabilities to live independently. After the visit, a joint dinner was organized so that Croatian and Italian participants could interact and exchange know-how in an informal environment.



On the second day, the participants visited the Catholic charity “**Casa della carità**,” which has been especially organized by the Church to take care of persons with disabilities that have no one to take care of them. The residents face various disabilities such as autism, MS, Down’s Syndrome, etc. and have been in the facility for years due to not having anyone to care for them (nor friends nor family). Many of the residents are over +60 years, but one resident is 7 years old. Volunteers and caregivers from the facility explained in detail how they address the challenges that persons with disabilities face, and organize community activities that engage their residents, such that they feel included in the community and can live in dignity.

After that, in the afternoon, a tour of the social cooperative “**L’Olmo Societa’ Cooperativa Sociale**” was organized as a means to show how Cavriago is promoting equal employment opportunities in the community. The social cooperative operates printing presses and provides graphic design solutions to its clients on the market. During the tour of the facility, it was explained how the cooperative encourages their employees (persons with disabilities) to live independently and how employment gives persons with disabilities a sense of community ownership and self-confidence. The managers of the cooperative also detailed the impact of the COVID-19 pandemic and how they adapted the strenuous situation. Through this approach, participants gained understanding how persons with disabilities can be supported on the labour market, gain a sense of independence and become socially included in community activities. After the visit, a light lunch was provided to participants which allowed all participants to discuss the findings and impressions of the workshop. By discussing the findings, the partnership was able to gain some important inputs that it could apply to the foreseen workshop in Cestica.

Over the two-day period, 14 participants took part. The following pictures highlight some of the main sessions held during the workshop:



Fig. 1. Pictures taken during the tour of L’Olmo Societa’ Cooperativa Sociale”



Fig. 2. Left to right – in the first photo participants are sharing know-how during the visit at “La Casa dei Bardi” apartment, In the second photo at Casa della Carita, participants are discussing how volunteers are taking care of persons with disabilities that have no family members or guardians to take of them.

Workshop in Croatia

Overall, the workshop in Italy was considered effective and ŽIR (applicant) took a similar approach to organizing the workshop in Croatia. The agenda was drafted based on inputs provided by the partnership, feedback received by stakeholders within ŽIR’s network of stakeholders, and the availability of participants.

The agenda was set as follows:

Erasmus KA210 YOU – Small-scale Partnerships in Youth Project “Green-IN: Including all persons for a greener future” Agenda – Workshop in Cestica

I. Basic information

Duration: 26.1.2024 – 27.1.2024

Participating organizations: Udruga “ŽIR” – život i radost, Comune di Cavriago (IT), All inclusive sport (IT), Socialna zadruga Humana Nova” Čakovec (HR), Udruga Ludbreško sunce, Ludbreg (HR), High School “Arboretum Opeka” Vinica (HR)

Total number of participants: 20 participants



II. Schedule:

26.1.2024.

Location: Socijalna zadruga/Social Cooperative “Humana Nova”, Čakovec (adresa: Ulica žrtava fašizma 3, 40000 Čakovec)

17:00 – 18:30 – Presentation and site visit connected to the work of the cooperative – Environmental, social and economic aspects. Particular focus will be put on their work with persons with disabilities.

Location: Restoran Studentskog centra/Student Centre Restaurant Varaždin (Julija Merlića 9, Varaždin)

19:00 – 20:30 – Dinner with participants and informal discussions

27.1.2024.

Location: Udruga Ludbreško sunce/Association “Ludbreg Sunshine”, Ludbreg (Izvorska 2, Globočec)

09:30 – 11:00 – Presenting the work and main activities of the Association and site visit to the “Blue houses/Plave kuće”. This is where specialized apartments for persons with disabilities are organized.

Location: Srednja škola/High School “Arboretum Opeka”, Vinica (Vinička ulica 53, Vinica)

12:00 – 13:00 – Presenting the activities of the Eco-school which is focused on teaching agronomy, agriculture, hospitality and tourism in an eco-friendly way; Visit to the Park “Aboretum Opeka”, which is considered one of the most important gardens/parks in Croatia.

Location: Restoran/restaurant Žmah, Babinec (Varaždinska ulica 80, Babinec)

13:30 – 14:30 - Lunch for participants

15:00 – Departure

The workshop was implemented according to the schedule above. 24 participants took part in the workshop (young volunteers, professionals and others interested in learning about how to help persons with disabilities)

The workshop started with a tour and lecture at “**Humana Nova**” in **Čakovec, HR on 26.1.2024**, which is a social cooperative in Čakovec that provides persons with disabilities (and other marginalized groups) the opportunity to gain fulfilling employment in the textile sector. Humana Nova collects discarded and unwanted clothing, and converts the materials into new fashion trends. They produce handbags, backpacks, mobile phone holders by recycling textiles. Human Nova described how the cooperative was formed, how it works with persons with disabilities (and other groups), how its approach to employment motivates employees to do their best at work, and the challenges that they faced since it was formed over a decade ago. After the lecture, there was a tour of the facility provided by Human Nova staff. By starting the workshop in this manner, participants learned not only how to



support persons with disabilities to find employment opportunities, but also how sustainability and environmental protection can be incorporated into social inclusion actions. Apart from being a best practice example on how to promote the inclusion of persons with disabilities in the labour market, the cooperative is also considered a best practice example on how to reduce waste connected to the textile sector. After the lecture and tour, the participants had a **networking dinner** held at the Student's Centre in Varazdin, HR where they were able to get to know each other, interact and discuss matters of joint interest.

The first part of the second day of the workshop (27.01.2024) started in Ludbreg, HR at "**Udruga Ludbreško sunce/Association "Ludbreg Sunshine"**", which operates apartments for persons with disabilities (similar to the concept in Casa della Bardi in Cavriago). The visit with a short presentation of the activities of the Association, where the founder and experts at the Association emphasized that donations, personal willingness to help, and volunteers' enthusiasm made the Association's activities possible. In order to show how the Association works with children function, the participants along with children with disabilities and experts from the association all participated in an egg-painting workshop. Young volunteers had the chance to apply the skills and competencies that they gained in the in-situ training during this part of the workshop, and to interact with each other. All of this contributed to volunteers, professionals working with persons with disabilities and others to understanding more deeply how they can support and assist persons with disabilities to be more socially included in community actions. After the first part at the Association, the participants visited the "**Blue Houses**", which are renovated houses, serving as homes for persons with disabilities. At these houses, there are specialized apartment for persons with disabilities. Participants learned how the experts at the Association provide training to persons with disabilities such that they understand how to cook, clean and maintain their homes. The visiting participants also had the chance to interact directly with persons with disabilities such that they gain understanding of how they have overcome daily challenges. Overall, the "Blue Houses" serve as a best practice model on how volunteers can contribute to creating a living environment where persons with disabilities can live in dignity and independently.

The second part of Day 2 was held at "**Srednja Škola/High School "Arboretum Opeka"**", which is an Eco-school focused on teaching agronomy. During the tour and presentations of the school's facilities, it was emphasized how education in sustainability is at the forefront of all of the school's teaching. Furthermore, the school representatives explained how they have adjusted infrastructure and teaching methodologies to the needs of students with disabilities (5 students at the school). To end the session and give the participants insight into the culture and history of Arboretum Opeka, a short tour of the castle was provided. This last portion allowed the participants to interact informally and experience Croatia's history. The workshop ended with a networking lunch held in Cestica where the participants could further interact and get to know each other.



The following pictures highlight the outcomes of the workshop organized by ŽIR.



Fig.1 – Pictures taken at Human Nova (top section) and from the networking dinner (lower part)





Fig 2. Pictures taken during the egg-painting at Udruga Ludbreško sunce/Association "Ludreg Sunshine" and at the „Blue Houses“



Fig 3. Pictures taken at Arboretum Opeka





III. Feedback from Participants

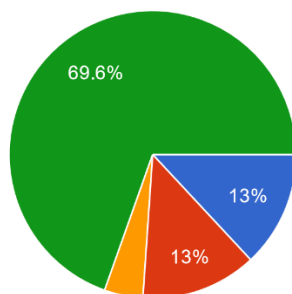
After each workshop, feedback was collected from the participants in order to determine the impact that the contents had on them (in terms of learning, gaining new experiences, etc.) and the efficiency of the activities (i.e. was the schedule appropriate? Were the facilities appropriate? etc.). The following provides a breakdown of the participants' feedback per workshop.

The Workshop in Cavriago in November 2023

Concerning the organization of the workshop, the participants were asked about which contents were the most useful, the schedule, the quality of the activity contents, and the quality of the facilities (space, catering, etc.). They were also asked about the transportation and accommodation arrangements. The vast majority of responses were „4“ or „5“ indicating a high level of satisfaction with the organization of the event. The graphs below provide further details:

What part of the workshop was most useful to you?

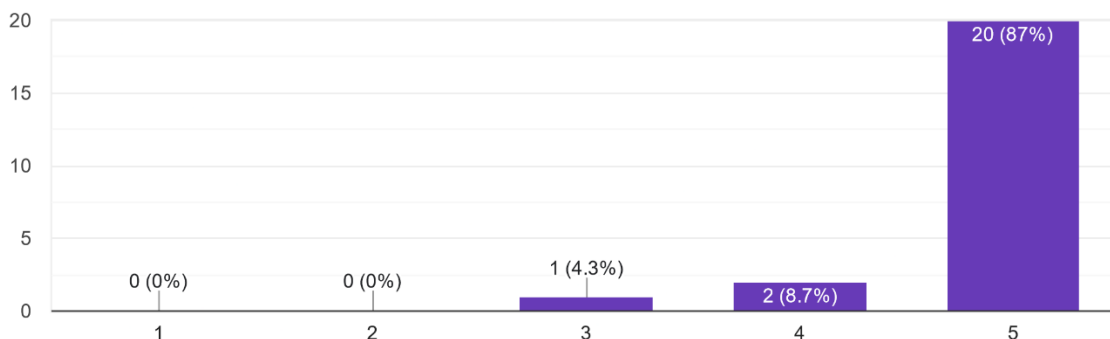
23 responses



- Tour, presentation and discussion regarding the Social Cooperative L'Olmo
- Tour, presentation and discussion about the approach of the apartments "La Cas dei Bardi"
- Tour, presentation and discussion about the Catholic Charity "Casa della Carita"
- all of the above

Was the schedule suitable for you?

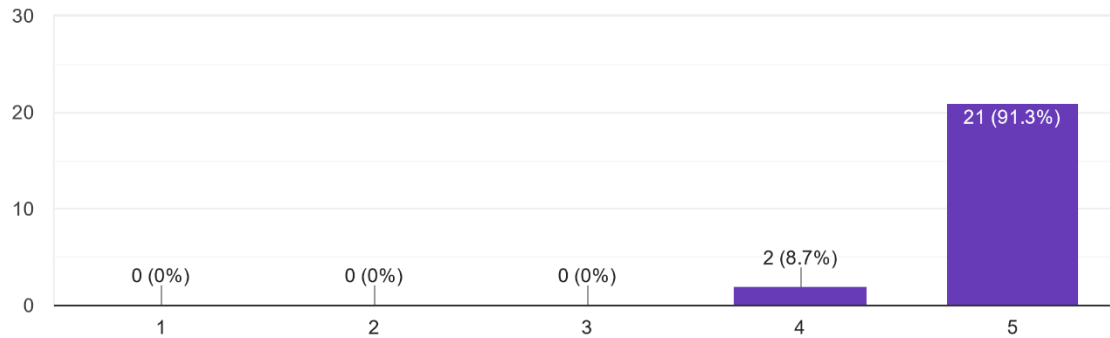
23 responses





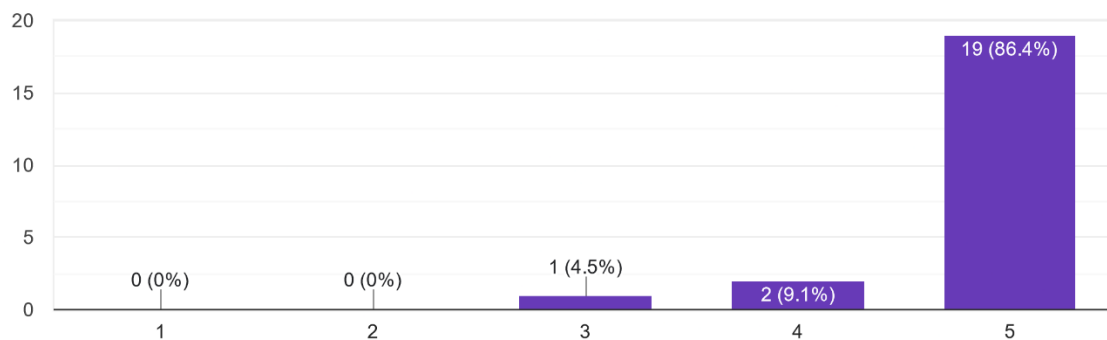
Were the activities interactive, interesting, important and of benefit to you ?

23 responses



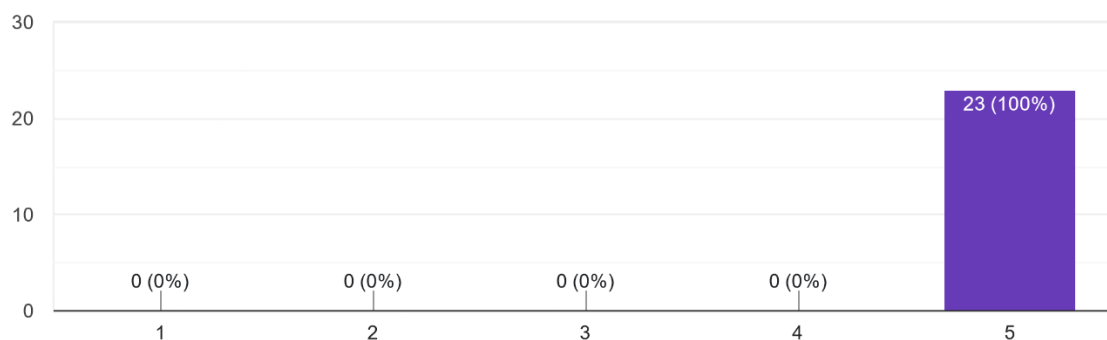
Were the catering arrangements, space and other facilities suitable towards your needs?

22 responses



Were the transportation and accommodation arrangements suitable for you?

23 responses





In order to gain concrete details from participants about what went well and what needs to change, a final question was added to the questionnaire „**Please tell us what you thought of the event. What was good and what could be improved?**“

All of the comments indicate a very high level of satisfaction as seen below:

All of the elements were well organized. The Croatian participants gained a lot of new knowledge and best practices that help persons with disabilities.

I missed project related activities - where were the project volunteers? What about the project activities?

I liked that we saw the associations whose work is related to ours and it gave us ideas how to improve the work of Life and Joy.

I really loved the event and found it very inspiring. I think that these projects take great part in improving lives of people and children with disabilities. It was very interesting to get to know people themselves, caregivers and other professionals working with them. I loved the concept and organization of everything. I'm glad we got to hang out and exchange experiences and thoughts with the organizer himself during both dinner and lunch. We had a great time and did not lack anything at all.

Sve super, zadovoljna.

Ok 👍

è stato bello mostrare la nostra realtà ad altre persone dall'europa

it was a very interesting moment of sharing experiences, lots of things to learn

it was great to meet Patrick, Irena and the girls. I Hope we can begin a cooperation

è stato un grande piacere conoscervi e fare vedere le nostre realtà

good concentration of events in 2 days, a lot to see and to learn

good lab, the boys and girls of ottavo giorno had good time

grazie per la visita!

è stato interessante conoscere i volontari croati e discutere con Ines

The partnership took into account the comments about the nature-based actions and extended the timeframe slightly so the 2-days were more manageable (i.e. more days for travel made available).



Due to this change, it is believed by the partnership that the feedback was better and the participants were more satisfied.

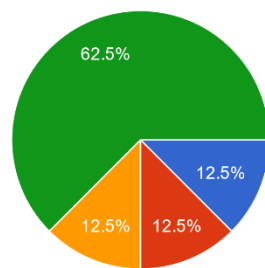
The Workshop in Croatia in January 2024

One small change occurred to the questionnaire format after the workshop in Cavriago. The questionnaire was provided in English, Croatian and Italian in order to gain more in-depth feedback from participants.

Concerning the organization of the workshop, the participants were asked about which contents were the most useful, the schedule, the quality of the activity contents, and the quality of the facilities (space, catering, etc.). They were also asked about the transportation and accommodation arrangements. Like in Cavriago, the vast majority of responses were „4“ or „5“ indicating a high level of satisfaction with the organization of the event. The graphs below provide further details:

What part of the workshop was most useful? / Koji je dio događaja bio najkorisniji? / Quale parte dell'evento è stata più utile?

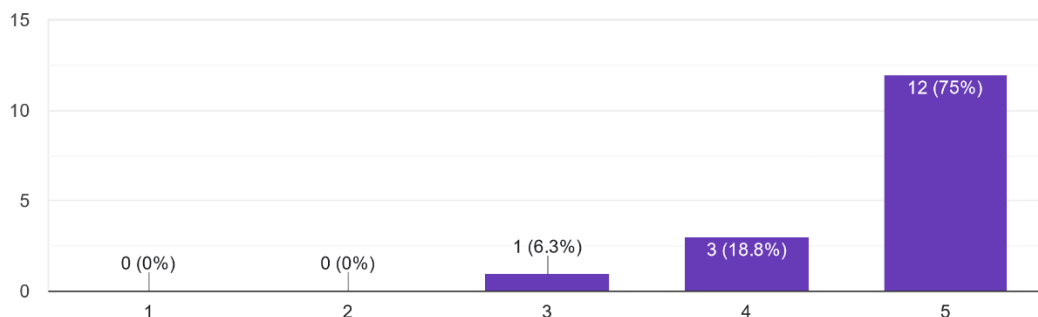
16 responses



- Social Cooperative Humana Nova / Socijalnoj zadruzi Humana Nova / Cooperativa Sociale "Humana Nova"
- Association "Ludbreg Sunshine"/ Udruga "Ludbreško sunce"/ Associazione "Ludbreško sunce"
- High school "ARBORETUM OPEKA" / SREDNJA ŠKOLA "ARBORETUM OP..."
- all of the above / sve od navedenog / tutti i precedenti

Was the schedule suitable for you? / Je li raspored bio odgovarajući? / Il programma era adatto?

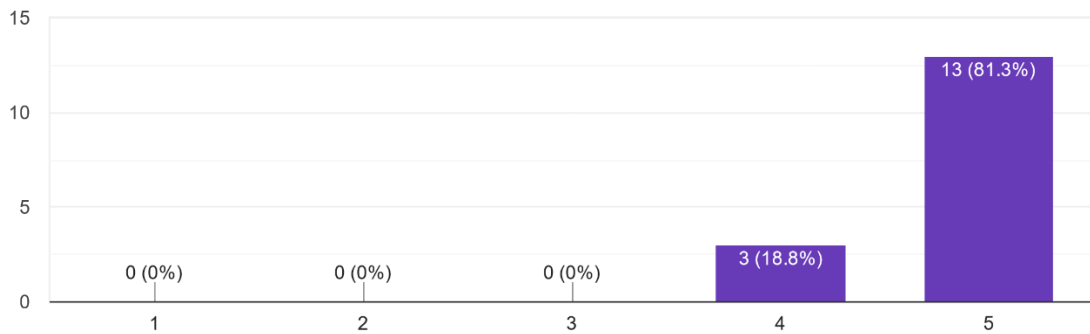
16 responses





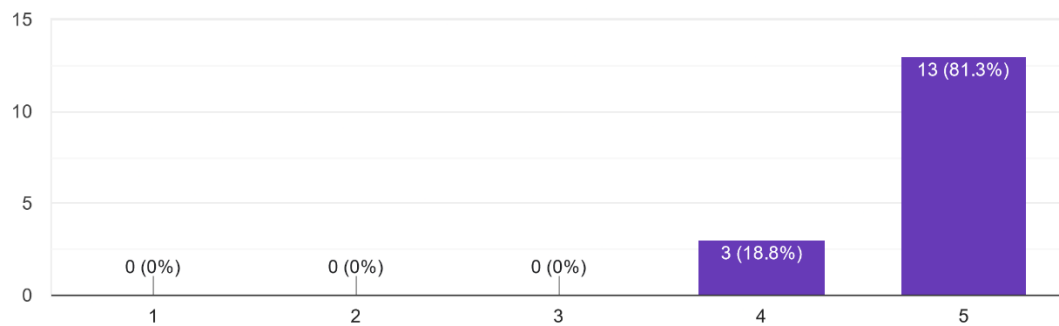
Were the activities interactive, interesting, important and of benefit? / Jesu li aktivnosti bile interaktivne, zanimljive, važne i korisne? Le attività ...e interattive, interessanti, importanti e vantaggiose?

16 responses



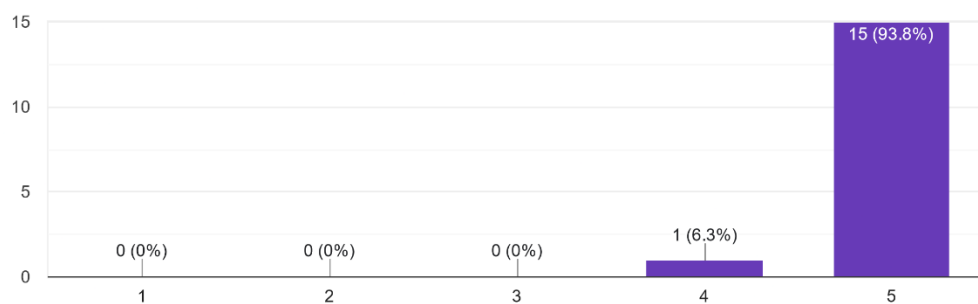
Were the catering arrangements, space and other facilities suitable? / Jesu li catering, prostor i ostali sadržaji bili odgovarajući? Le disposizioni per il catering, lo spazio e le altre strutture erano adeguate?

16 responses



Were the transportation and accommodation suitable? / Jesu li prijevoz i smještaj bili odgovarajući? / Il trasporto e l'alloggio erano adeguati?

16 responses





Like in Cavriago, in order to gain concrete details from participants about what went well and what needs to change, a final question was added to the questionnaire „**Please tell us what you thought of the event. What was good and what could be improved?**“

we really enjoyed the visits and had great time!

The visits were very interesting both for me as a project manager and for the volunteers

Overall, I thought the event showcased what persons if disabilities go through on a daily basis and how young volunteers and different methods help them. It was very informative and rewarding

This was an excellent event. I have learnt a lot.

I was only at Humana Nova. I loved the recycling!

Događak je bio svojevrsni naglasak na povezanost svih segmenata društva o brizi za djecu s teškoćama i osobe s invaliditetom. Od najranije, osnovnoškolske dobi (Ludbreško sunce), preko pripreme za tržište rada (SŠ Arboretum Opeka), pa sve do zapošljavanja osoba s invaliditetom (Humana Nova), koje na taj način dobivaju mogućnost dopirnosu zajednici. Povećanje svijesti o uključivanju OSI u sve segmente društva, više razumijevanja i bolja povezanost i suradnja, zasigurno bi poboljšale percepciju javnosti i položaj istih u društvu.

everything was well organised and interesting. it was very educational. thanks for everything!



Sve je bilo super

The event was well planned and educational, however a bit too long.

Sve je bilo odlicno

IV. Conclusions

As mentioned in the introductory section, changes were made to the initially proposed format of the workshops in order to accommodate the participants (young volunteers, professionals and other participants). By taking an approach that provided participants direct exposure to the people and organizations that work with persons with disabilities, Croatian and Italian participants were able to gain new perspectives and best practices that they can apply to their work in their own countries. Furthermore, the participants could more deeply understand how to provide support and assistance to persons with disabilities and how to address daily challenges in this realm.

Based on the feedback received, the partnership took the right approach to implementing these activities and achieved the project's main indicators. Overall, the partnership recommends that other organizations with similar goals and missions take the same (or similar) approach to training volunteers working with persons with disabilities.