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IO3. BALERIA SOLIDARITY SUPPORT FOR CHILDREN, PARENTS AND TEACHERS MANUAL & GOOD PRACTICES FROM PARTNER COUNTRIES

Baleria Solidarity Manual



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1. Baleria Solidarity Manual overview

The principle of solidarity is used to help us understand how to relate to each other in community. It reminds us that we are part of our local and national community and at the same time challenges us to look at the full range of our relationships with others. Solidarity requires from us to look out to an extended community and to act with concern for the well-being of those whom we share this Earth.

Solidarity is the process of building a movement that embodies mutual care and concern for equality and justice. Solidarity works best when there is respect for each other's differing needs and life circumstances.

Common life initially rests on the predisposed need of human beings to live together, forming a community. Solidarity gives reasons to improve social moral rules in order to bring them more in line with our group's ideals and shared values. It means to be polite, fair and helpful, supporting each other with reciprocity, fellowship and equality. The desire to help somebody should be mutual and equal, between groups and persons sharing common ideas, goals, aims and opinions.

Solidarity is an important principle which is supposed to form our social life. We have to focus on the values bringing to action. We believe in basic human rights and the need to live with respect and dignity. With the belief that we must protect our planet, air, water, soil and food we embrace Solidarity as the way in which diversity becomes our strength, trying to make the "give" and "take" mutual and equal.

Cultural differences might hamper mutual comprehension, but communication can always be possible when people wish to understand each other. The will to communicate, in spite of the differences, is a way to implement solidarity. We just have to look for what brings us together.

We aim at getting involved with neighbourhoods and community organizations for causes and activities presenting examples that call for us to bring our children along. Libraries, gyms, and other groups hold events and need community members' participation. Events as simple as story time or arts and crafts classes can instil a sense of belonging in children.

We find schools a most promising institutions for initiating projects and programmes for the benefit of our children and the future of our society as a whole.



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Solidarity oriented programmes have been designed to cover several objectives, to improve functioning and organizational ability, to create and develop efficient structures, to organize training courses at various levels and to be responsible for defining the main actions, managing activities, and monitoring their implementation.

The BALERIA project principles are built on solidarity moral and ethical values that help us identify the needs and stimulates implementation of the Baleria Solidarity support.

General Framework

The purpose of this Manual is to assist solidarity and to act as an explanatory guide in the performance of its role and responsibilities. Baleria Solidarity support will encourage, promote and award acts of solidarity.

Thus, the BALERIA Solidarity Manual encompass ideas and practical examples based on the: Solidarity objectives and policies. In this Manual you can find:

- Solidarity code of conduct and Code of Ethical Conduct Policy;
- Relationship Policies and Communication activities (relationships with Civic Authorities and Legal Bodies);
- Model of Recycling activities, recycling and Events of collection.
- Solidarity in Practice (Non-profit organizations (NGOs)
- FUNDRAISING, Humanitarian aid; Reception of refugees; Volunteering
- Good Practices with Solidarity Activities. (Inclusive solidarity)
- Promoting Solidarity through sportive activities and creative Workshops; public gaming and presentation activities
- Partners input, providing various solidarity support solutions (Within each Organization and Nationwide in each partner country).
- through Collecting and Recycling activities such as:
- Seminars and informative meetings for explaining what are the acceptable recyclables, and how they should be prepared for intelligent recycling.
- paper recycling – by contract with firms and Companies
- Plastic bottles and caps (in exchange for modern medical instruments and apparatuses,



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- Second hand clothes and shoes for the ones who are in need
- Clean used toys
- Well preserved books, for enriching the funds of small towns, (lost, or partly destroyed by disasters (fire, floods, or mould) book storage in small towns' villages', or schools') libraries.
- A great number of workshops (resulting in useful products), inspirational sub-projects, and campaign activities for fundraising and gathering donations.



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2. Solidarity objectives and policies

BALERIA Solidarity Manual defines which human needs are to be met and for whom. These policies should have a long-term perspective and should be addressed as part of a long range planning.

OBJECTIVES

Organize assistance to all participants, particularly those with the greatest needs, through programmes prioritising development, training of coaches and administrators, and promoting the European values.

Policies:

- Promotion of the fundamental principles of fair play;
- Improvement of the technical skills level of teachers, parents and coaches in cooperation practices;
- Cooperation with organizations and entities devoted to education and promotion of sports and healthy life style;
- Creation of simple, functional and economy (low cost) sports facilities in cooperation with community, national or international bodies;
- Supporting preparation and participation in competitions at regional, national, and international level;
- Offering educational and capacity building opportunities for citizens, to enhance their dedication and service-orientation as teachers and practitioners.
- Involving the commitment of highly trained people from diverse cultures working together in the community to provide the needed capacity building skills and inherent values throughout a unique voluntary collaboration;
- Creating a strategy built on collaboration, based upon fundamental values:



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recognition of the dignity of each person, within the organization and out of it;

commitment to act out of justice, peace, tolerance and personal integrity;

- Acknowledging vulnerability: placing ourselves at the service of others;
- Appreciating and respecting different national cultures: learning from the values of others which in turn can enrich our way of living;
- Empowering and supporting people as they struggle to rebuild their lives, and social structures: help healing past divisions and building a just, appropriate and lasting relationship that lead to hope and peace.

Aims:

- To define through the above stated policies, which and whose human needs are to be met.
- to provide assistance to the project implementation through identifying qualified personnel for managing and administering the project in the future.
- to provide strategic planning for the training of people; preparing them to work in the areas of education, health and sports, identifying those with the capacity for taking leadership roles in the project involved institutions.
- To create, develop and promote major Solidarity related policies, ensuring realistic and clear operating policy topics, such as:
 - a) Volunteer Policy;
 - b) Code of Ethical Conduct;
 - c) Health and Safety Policy;
 - d) Risk Management Policy;
 - e) Fundraising Policy
 - f) Child Safety Policy;
 - g) Expenses Policy



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- To ensure efficient use of resources: Clearly defined budget lines, timely inflow and a proper accounting for all project money; ensuring a good and clear communication. These following are essential for the healthy running of organizations involved in a project cooperation):
 - a) A clear strategy and operating plan; setting of clear objectives and targets.
 - b) Timely communication of information and reports to members of the staff.
 - c) Clear financial policies.



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3. Defining solidarity

In order to better understand and fully comply with the requirements of the objectives of the above presented policies, BALERIA Solidarity Manual users should be fully aware of the essence of two important concepts, which are in the spirit of BALERIA project defined below:

3.1. Social Exclusion

The concept social exclusion can enrich our understanding of social disadvantage in a number of ways. For example: The concept facilitates an understanding of the past experience of social disadvantage for example, those who are experiencing social disadvantage are likely to experience multiple stresses during everyday life, including barriers to participation and connectedness, that extend beyond financial difficulties. This concept takes into account the role that factors such as discrimination can play in social disadvantage and, emphasise on the idea that social disadvantage is the result of the limitations of those who experience it.

The concept of social exclusion allows an understanding of disadvantage that extends beyond the individual and can affect an entire community. Even if an individual family is not experiencing social exclusion, it can be living in a neighbourhood that is suffering high rates of unemployment, a high proportion of people on low incomes, poor or absent community infrastructure).

3.2. Social Inclusion

In a policy context social inclusion, rather than social exclusion, should be the focus of recent policy agendas. Social inclusion is conceptualized in four important "domains" of opportunity:

- Participating in society through employment and access to services;
- Possibility to be connected with family, friends and the local community;
- Attracting attention to and taking part in solving personal crises (e.g., ill health);

Having a chance for all co-participants to be heard.



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The definition of social exclusion is: "restriction of access to opportunities and limitation of capabilities required for participants to take advantage of such opportunities".

Although the concepts of social inclusion and social exclusion are clearly outlined, it is important to note that whilst social exclusion provides for understanding the nature of disadvantage, social inclusion is more than just a means of understanding - it also provides a goal to work towards. It is a way of raising the bar and get where we aim to be.

3.3. Relevance of the concepts “social exclusion” and “social inclusion” for children and their families according to the initial values promoted by the Baleria project

These two “opposite” concepts are relevant to children and families, involved in the project, because they highlight the way in which families need more than just financial assistance in order to function well. Children and families need to feel connected to and supported by their community, especially when they face obstacles and challenges. They also need to feel a sense of belonging and to feel as if their voice can and will be heard.



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4. Solidarity code of conduct

Each organisation and individual who will come in contact with BALERIA solidarity concept, can implement it in their environment through the below offered solution: code of conduct. Code of conduct has a meaning when being proposed, accepted and implemented only if the organisation and the individuals feel and understand the benefits of it. Thus the code of conduct should arise from the needs and aspirations of organisations and individuals, and the below presented code is one of the possibilities of how to support solidarity in your organisation and in your environment.

Code of Ethical Conduct Policy

An Organization, working for the empowerment of people in a society, is steered for upholding the highest legal, ethical, and moral standards. This can be achieved by careful observance of all applicable laws and regulations, as well as the highest standards of conduct and personal ethics through:

- Promoting a climate of mutual trust, respect, and teamwork,
- Avoiding personal and conflicts of interest.

1. Relationship Policies

Specific Responsibilities for the administration:

1. To promote the vision and ideals of the Organization among members, staff, and other associated organizations.
2. To ensure that the Organization has a long term strategy to achieve its vision and encourage principals in their engagement with Solidarity, education, health, sportive, and cultural projects.
3. To maintain official records/documents and ensure compliance with legal regulations.
4. To develop proposals for projects that could attract new funding.
5. To develop relationships through regular communications and reporting.
6. To promote fundraising events and collaborating with Associates partners as needed.

Specific Tasks:



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1. Promotion of the mission and values of Solidarity
2. Setting attainable targets for fundraising each year
3. Promoting Solidarity fundraising events and attending such profile events as required.
4. Maintaining a responsible overview of the activities.
5. Developing proposals for projects that could attract new funding.
6. Maintaining a transparent relationship with donor and reporting back on the expenditure of money.
7. Recording of all expenses, supported by receipts, incurred in carrying out the work of fundraising and send receipts as needed.

2. Communication activities:

Communication activities need to be aligned with the phases of the project's strategic plan. This policy will give attention both to the internal and external of the organization, so that present and potential supporters may be informed and all information needs to be easily accessible for those who promote awareness of the project to the general public and donor agencies, and assure their support through highlighting its benefits to educators, partners, and administrators.

3. Relationship with Civic Authorities

Recognizing the importance of a good working relationship with Civic Authorities, should ensure having all legal recognition that is required, so we can fulfil our objectives. It is important to gather and communicate any positive feedback so that it can be used in publicity and reporting to donors.

4. Relationship with Legal Bodies

We accept partnership with organizations that uphold the same aims, using a similar approach and do not accept funding from organizations whose purpose is contrary to ours, that harm the environment, or work against community empowerment and human development.



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5. Solidarity as an opportunity

Every day every person has the opportunity to have a solidarity gesture with another; however, there are some instances or situations in which it is more common to see examples of solidarity:

5.1. Non-profit organizations (NGOs)

They are associations with legal personality and that pursue a defined objective, usually related to the search for solutions to social problems that afflict a certain area or population. The main characteristic of these types of organizations is that, in their work, profit is not a goal. On the contrary, they usually operate through donations from third parties and voluntary work. Therefore, they naturally resort to the promotion of solidarity to add their will to their cause and to be able to carry out the projects that are proposed.

5.2. Fundraising

This refers to actions focused on fundraising or money to support a non-profit cause.

5.3. Humanitarian aid

It is a form of solidarity with populations that have suffered a humanitarian crisis that is governed by the principles of impartiality, neutrality, humanity and operational independence.

5.4. Reception of refugees

It refers to the solidarity action of a country, a community or a family, to welcome a person who must flee, for good reasons, from their country of origin. In accordance with international standards, they should enjoy the same rights as any legally resident alien.

5.5. Volunteering

It is a worldwide movement that involves the donation of time and / or talents of the people on a voluntary basis to attend a situation of particular need.

In recent years, it is common for companies to include a volunteer program in which their employees devote part of their time to helping in some social work defined internally or promoted by a third party (NGO, local government, community, etc.).

Simple ways to offer human solidarity, that costs a few, but gives a lot:

1. Help an old man cross the street.
2. Adopt a stray dog.
3. Help persons who crashed on the road.
4. Feed a beggar.
5. Donate medications, toys or clothing in a hospital or hostel.
6. Volunteer in an NGO or community.
7. Defend a fellow victim of the bullying .
8. Donate money to some social cause.
9. Listen to an older adult at home or in a nursing home.
10. Help education of a homeless child.
12. Collaborate with educational, cultural or other activities for children.
13. Help another load a heavy package.
14. Comfort a sad friend.
15. Share your meal with a partner.
16. Pay the bus ticket to one who may need it.

5.6. Events of collection of funds or goods

Although it could be considered equivalent to fundraising, it deserves separate chapter because it refers to specific events (dinners, concerts, fairs, exhibitions etc.), that seek to raise money or materials



for a specific cause (see also Chapter 7 where such activities were implemented within Baleria project). They also appeal to the solidarity and sensitivity of people with the cause in question.

5.7. Crowdfunding

Crowdfunding works as the raising of capital for initiatives of collective interest through the aggregation of multiple sources of funding, usually individuals interested in the initiative and is another financial possibility to fundraise for solidarity cause. The term is often used to specifically describe actions on the Internet to raise money for artists, small and emerging projects, open source initiatives, philanthropy, among others. It's an effective way to fund the start or the feasibility of a project.

5.8. Local/National/European Funding

Search and apply for specific funding programs often promoted by local and / or national authorities, which usually aim for solidarity, social inclusion, urban and rural development, research and innovation and humanitarian aid. The EU itself has several different funding programmes that may be able to apply for, depending on the nature of the project.



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6. Group solidarity in practice

Psychology dictionary¹ describes Group Solidarity as »The sense of fellowship and community displayed by members of a collective who are united by shared purposes, responsibilities and interests. IN SHORT, GROUP SOLIDARITY MEANS 'UNITED FOR A CAUSE'«.

GROUP SOLIDARITY is the bonding of group members, through involving them in activities of common interest, for the benefit of a group, or community. Solidarity, in support of projects for the children in risk of poverty, illiteracy, or health issues.

A strong example of group solidarity - recycling as a form of solidarity combined with sustainability is further described in the next chapter, beautifully pointed out here: »At the initiative of the teachers, children and parents of an elementary school work together throughout the school year to reach a shared objective, that of aiding less fortunate children: funds are raised through the sale of hand-made goods, with the participation of everyone, and the products are donated to solidarity projects. For many years now, we have contributed, through donations, to our projects to support the communities in need.«²

Other examples of group solidarity:

6.1. Staff meetings – within the organization

Giving information to staff members for promoting the objectives, explanation of implementation methods, planned activities and financial aspects of the project. Discussion and exchange of opinions.

¹ Psychology Dictionary, N., Pam M.S., May 11, 2013, Link: <https://psychologydictionary.org/group-solidarity/>

² Two examples of solidarity: the messages of the donors to ATS pro Terra Sancta, June 2011, Link: <https://www.proterrasancta.org/en/two-examples-of-solidarity-the-messages-of-the-donors-to-ats-pro-terra-sancta/>



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6.2. Informative Seminars with teachers and trainers

Goal: to have attendees acquainted with the idea, objectives and planning of the project as well as the methods suggested to put the ideas into practice. Sharing of opinions and pre-prepared material.

Participants: groups of school teachers, sports trainers, university students and mixed groups of children and parents.

6.3. Inclusive solidarity promoting sportive activities (outdoor and indoors)

Goal: Unite children in teamwork, healthy exercise and fair play promotion.

Participants: school children of different ethnic and social background.

Objectives:

- To unite children in teamwork, healthy exercise and fair play promotion.
- To develop sportive skills and discipline.
- To give children the possibility to exercise and enjoy collective games and friendly attitude.
- To give teachers, trainers, guest athletes, and the volunteering University students, the possibility to display for the school staff, parents and the general audience the results of their hard non-for profit work with the children..

Examples:

Training Courses in Inclusive Solidarity in Sports Activities, mainly through improvements and adaptations in curriculum profiles for technicians, directors, employees and parents that can be implemented successfully and with cross-sectional impact, aiming at raising awareness of a more supportive and inclusive sport for all. The training for parents it's actually a good way to promote the solidarity and the pacification in some sports.

Learning visits to institutions (sport university, museum of sports)

Visiting neighbouring schools, playing games and participations.

Meetings, communication and practicing with famous athletes.



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Funds are raised through the sale of hand-made goods, with the participation of everyone, and the products are donated to solidarity projects.

6.4. Promoting Solidarity through creative Workshops

Goal: To promote unity between children through involvement in creative and artistic activities.

Participants: groups of schoolchildren, teachers and parents.

Examples:

- Collective writing and illustrating a book on the »Friendship« theme. Annex PDF
- Drawing together a big picture illustrating children's view on Solidarity.
- Singing and playing music together.
- Participation in Theatre activities and public celebrations.
- Preparation of treats for parties with parents.
- Making presents (toys) for needy children (Together with parents).
- Exhibitions of artwork.
- Photo albums about group work (with the help of teachers)
- Learning visits to Institutions (University and Museum of Sports)
- Meetings and practicing with famous athletes.
- Visiting neighbouring schools, playing games and participating in competitions.
- Collecting and delivering recyclables.

6.5. Taking part in games promoting Solidarity

There shouldn't be an 'I' in a TEAM. Participants in a group need to trust each other and communicate, in order to build effective solutions to the problems facing their communities.

Working on social change is often hard-driven and energy-consuming, thus fun and games can propel social change. Another purpose of games is to get people thinking together, so that everyone in the



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group has an input and shares ideas. Games are a great way to break up the monotony of a long hour's learning, or a hard day's work. They are also a great way to keep small children busy, and big children happy.

The role of the facilitator is very important and must be intentional and good will prompted. A facilitator has to lead the activities, guide the reflection and be enthusiastic. Enthusiasm is contagious! The facilitator sets the tone for the entire group. Thus the main task of the facilitator is to stay positive and have fun with the activity, the session, and the players. The facilitator shall include participants in creating ground rules or guidelines before beginning the games. A very important one is to participate by choice - when the player wants and let him HAVE FUN!

Break down the barriers that may exist between students such as race, sex, background, and social status, build a sense of teamwork and purpose, show that everyone has specific strengths and abilities to offer the group and that no one is better than anyone else. And don't forget to reflect. Thus the activities will challenge players to work together as a team, think critically, and get active in what's going on. In a society where there is so much competition and separation, games can get people engaged in conversations and interactions.

TIPS FOR FACILITATORS

Each activity should be altered to meet your group's needs and situation. When you use games for social change work, the role of the facilitator is very important and must be intentional.

A Facilitator's job has three parts: lead the activities, guide the reflection, and be enthusiastic. Enthusiasm is contagious! Share personal experiences. As an adult ally, you have a wealth of knowledge and experience to draw from. Often, the mood of the instructor will set the tone for the entire group. So above all be positive and have fun with the activity, with the session, and with the players.

Create Guidelines & Goals

Have participants create ground rules or guidelines before you begin the games. There are three essential guidelines:

- Safety first. Never compromise the safety of yourself or others.
- Participate by choice. If someone wants to sit out, that's cool.
- HAVE FUN!

Reflect

One way to highlight the role of games in social change is in the reflection after the activity. An easy way to see the relevance of reflection is to picture games as a circle: you start with an explanation of the activity, framing its purpose and goals to the group. The activity progresses, with the facilitator taking a more hands-on or less guiding approach as needed. Finally, the group reflection helps participants see how they met the goal, and to envision the broader social change implications. Then the group has come full-circle. Be as concrete as you want – during the activities it's important to indulge ourselves in what we're doing, and to have a lot of fun. Finally, we have to come back to reality with the reflection. Reflecting on the activities is vital for bringing the group back to the reason why the games are played.

The following types of questions can be useful in reflecting:

- Open-ended questions – (prevents yes and no answers). "What was the purpose of the game?" "What did you learn about yourself?"
- Feeling questions – requires participants to reflect on how they feel about what they did. "How did it feel when you started to play?"
- Judgment questions – asks participants to make decisions about things: "What was the best part?" "Was it a good idea?"
- Guiding questions – steering toward the purpose of the activity and keep the discussion focused. "What got you all going in the right direction?"
- Closing questions – helps participants draw conclusions and end the discussion. "What did you learn?" "What would you do differently?"

TIP 5: Make Meaning With Players

The following activities can serve as bridges between social change work, learning, and community building, reinforcing communication, co-learning, and collective decision-making.

INITIATIVES

These activities challenge players to work together as a team, think critically, and get active in what's going on. In a society where there is so much competition and separation, games can get people engaged in conversations and interactions.



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7. Types of solidarity support, implemented within the Baleria project

Baleria Solidarity Support encourages, promotes and awards paper recycling and other types of solidarity. Recycling activities are an indispensable way to gather people in cooperative actions, devoted to the ecosystem and community welfare. It is one of the easiest and effective ways to help the environment.

Why is recycling important?³

- Recycling reduces the amount of waste going into a landfill, helping to prolong its useful life.
- Recycling saves energy. It takes 20 times more energy to make aluminum from ore, than using recycled aluminum.
- Recycling creates jobs.
- Recycling saves natural resources.
- Products made from recycled material slow the depletion of resources such as metal ores, oil, and natural gas.

Having learned more, make a try at educating family members, neighbours and people in the community about the do's and don'ts of recycling, which will scale up our individual efforts for maximum impact. Anything you can do to spread the word and motivate others brings us one step closer to a less wasteful way of life and a more sustainable planet for future generations.

For more on the issue, open the Annex file »Recycling details«.

How can YOU act to benefit others

Recycling activities are an indispensable way to gather people in cooperative actions, devoted to the ecosystem and community welfare. It is one of the easiest and effective ways to help the environment.

Suggestions for various recycling activities on practical cases from Baleria countries:

³ Catch the Cycle, A Guide to Recycling in Georgia Schools, Link:

https://static1.squarespace.com/static/50be40d2e4b01225ee7316f6/t/51e80850e4b0fa8b033ce363/1374160976024/Catch_the_Cycle.pdf



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7.1. Paper recycling

In Slovenia all elementary schools and kindergartens were invited to participate in the Baleria Solidarity Support action by organizing a paper collection campaign in their institution. At the same time, all the participants in Baleria Campus Days were encouraged to bring old paper to the event, where collection stations were set up.

We partnered with public utility service, to ensure the pickup and weigh-in of the collected waste paper and the amount of funds raised by recycling the wasted paper.

The funds collected were distributed (and will be in the next year), among young promising students and athletes from deprived communities. The potential students were suggested by participating schools and institutions and are entitled to receiving a monthly bursary (the amount depends on the funds raised and therefore varies each year).

The standard for selecting the students, eligible for bursaries, included the amount of effort they contributed for the achievement of educational success and the social status of the potential candidate (including a certificate of an average income on family member, which is issued by local social workers from schools and other authorities).

7.2. Old toys recycling

In Greece two primary schools were addressed with children aged from 10 to 12 years old. Besides working on the values in the BALERIA project, Baleria team introduced the high societal value of showing their solidarity to another group of people. Throughout the whole timeline of the Greek Baleria Campus the students were asked to collect second handed children's toys and books in good condition. The solidarity action undertaken within the BALERIA campus was addressed towards The Smile of the Child which is a voluntary, non-profit child welfare organization based in Athens, Greece.

At the beginning of the Campus two big fabric wardrobes were assembled during brake time. Immediately the scene captured the attention of the students. All of them wanted to be informed regarding the purpose of the construction. At the end of the day it was announced that the wardrobe



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was a place where solidarity material would be collected. At the same time both schools were competing each other for the prize of the most solidarity showing school. All students who didn't have the chance to contribute to the solidarity action within the schools had a second chance to show their solidarity at the BALERIA "game day" and at BALERIA "family day" where a collection point kiosk was settled.

7.3. Used toys and outgrown clothes and shoes recycling

In Bulgaria jackets, boots, sneakers and sandals were taken special care of, in order to avoid the feeling of "rich give to poor out of pity". Toys and all other used collectibles were gathered in school classrooms, carefully sorted according to their material and after thorough hand washing, or machine cleaning have been packed in transparent bags, tied with beautiful ribbons, and given hand to hand when visiting kindergartens and schools with ethnically mixed classes, mainly in more disadvantaged, low income communities.

A creative workshop was created where school children and parents learned about recycling. Children collected and delivered recyclables with the help of parents. They made presents (toys) together with their parents for children in need. They prepared treats to have a party with parents and carved the food (vegetables, fruits) to look delicious.

7.4. Plastic bottle recycling activity - raising awareness while providing the alternative

In Italy the recycling activity was developed during the 10 days of the Vittoria d'Estate Sports Summer Festival within which the Italian Baleria Campus was held.

The Solidarity activity consisted in the Recycling campaign 'La raccolta è differenziata, la solidarietà no!' / 'Waste collection is differentiated; solidarity is not something you differentiate on!', which aimed to raise awareness on reducing plastic waste as a way of demonstrating solidarity principles (i.e. solidarity with the environment and with endangered natural habitats as well as communities across the world).



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The campaign consisted in the establishing of an Info and Collection Point (i.e. 'L'angolo del riciclo'/'Recycling corner'), in which participants to the events were invited to bring at least 4 plastic bottles, in exchange for which they were awarded with aluminium Reusable water bottles (i.e. bottles were personalised with the Baleria visual identity).

Upon collection and exchange, Baleria project staff interacted with participants so to raise awareness on the importance of reducing plastic waste, as well as to promote Baleria project and its values.

The activity represents an example of incentivising young and adult citizens to adopt environmentally-friendly behaviours, sharing both information and concrete examples of possible alternatives to harmful behaviours (i.e. the re-usable aluminium bottle can be immediately put to work and substitute the plastic bottles, not only on the sports field, but also in daily life).



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8. Good solidarity support practices in 6 EU countries

8.1. A special Info and Collection Point i.e. 'L'angolo del riciclo'/'Recycling corner' (Italy)

Recycling corner was established, in which participants to the events were invited to bring at least 4 plastic bottles, in exchange for which they were awarded with aluminium Reusable water bottles (i.e. bottles were personalised with the Baleria visual identity). Upon collection/exchange, Baleria project staff interacted with participants, raising awareness on the importance of reducing plastic waste, thus promoting the Baleria project and its values.

The activity is an example of incentivising young and adult citizens to adopt environmentally-friendly behaviours, sharing both information and concrete examples of possible alternatives to harmful behaviours (i.e. the re-usable aluminium bottle can be immediately put to work and substitute the plastic bottles, not only on the sports field, but also in daily life).

8.2 Alles rollt: charity sport event (Germany)

The Sage Foundation supports a variety of projects dedicated to inclusion through the charity sport event "ALLES ROLLT". The fundraising of the event is distributed over the following projects: Hilfswerk Niederösterreich (inclusion project), Gabriel Stiftung (Handicapped Sports Equipment), Team ROLIT (Inklusive Transalp des ÖAV). The event is part of the Sage Foundation's \$ 2 Million Challenge worldwide, which raises money for non-profit organizations around the world and is open to all people with and without handicap older than 16 years.

Participants complete a circuit with anything that can roll. These can be bicycles, scooters, wheelchairs, inline-skates, skateboards or longboards, e-bikes and much more. The Sage Foundation into a donation converts the registration fee and each round. With the total sum collected by all participants at the end of the event, "ALLES ROLLT" supports different projects that are dedicated to inclusion.

The main project results are: bringing people with and without handicap together to take part in the charity event; integration of people with handicap at which every participant chooses the own vehicle and the own speed for the circuits.

Read more: <https://www.sage.com/de-de/unternehmen/sage-foundation/alles-rollt/>



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8.3. Campaign: A place for you (Bulgaria)

In 2011, Association FOR YOU started a series of creative activities, which included groups of young people from a disadvantaged background and a few local volunteers. Since then, the art-social workshops are taking place weekly, and over the years the numbers of participants and ideas increase in number. In 2017, this activity received its own space. Today, PLACE FOR YOU welcomes various activities. Besides the creative workshops, the place also hosts meetings, events, training, international evenings, social initiatives, and more.

Read more: <http://foryoubg.org/en/welcome/>

8.4. Campaign equal start (Bulgaria)

A Project for Enhancing the Learning Habits and Cognitive Skills of Children from Ethnic Minorities (Nationwide) is being run by the Centre for Multicultural Dialogue and tolerance AMALIPE. During the school 2018-2019 Center Amalipe, supported the completion of their secondary education (purchased cards for bus transport and textbooks) for 113 young people from all over the country. This is a long term programme, launched in 2011 by the Foundation Trust for social alternative. The students are from poor families, living in villages and small towns, studying in secondary and vocational schools in big cities. To prevent youth and adolescent girls from early school leaving, Centre "Amalipe" is involving them in volunteering activities.

Read more: <http://www.amalipe.com/>

8.5. Campaign »Old appliances for children's laughter" (Slovenia)

In 2018, old appliances were collected for a good purpose - for the Red Nose Society. The Red Noses are professional artists, specially trained to work in a hospital. Their task is to bring vital energy and courage to the hospital every day, through various artistic skills, such as music, singing, charm and improvisation, and thereby positively influence the hospital atmosphere and, consequently, make a child's stay in the hospital a little less difficult.



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In the campaign, small appliances, which are no longer working, have been collected (from batteries and lamps,) in special green corners, in 64 locations all over Slovenia. This way, in 2018 people gathered 769.215,3 kg of old appliances. The organizers of this project, Zeos d.o.o, a Slovenian Company, that is primarily active in the field of waste electrical and electronic equipment, committed to allocating 0,01€ for each kilogram of delivered e-waste and waste batteries. That means that 7.692 EUR was transferred for the future the activity of the Red Nose Society in Slovenia.

Read more: <https://www.rdecinoski.org/vsebine/kdo-smo/>

8.6. Campaign: The hidden talents of Bulgaria (Bulgaria)

Among other national campaigns, the TEDY BEAR Foundation supports personal development, education and realization of children in need. The foundation develops a year-round mentoring program. After numerous visits to social services across the country, the team had met many talented children and young people who do not have the chance to develop their potential and build a better future for themselves., due to lack of support and resources.

“The Hidden Talents of Bulgaria” provides full access to: individual work with a trained mentor; participation in seminars, workshops, contests, competitions, trainings, etc . providing; the necessary materials; psychological support; motivational meetings with famous and successful individuals; preparation for University; applying for an internship or a job.

Read more: <https://plushenomeche.org/bg/>

8.7. Christmas gift campaign (Bulgaria)

Association “Operation Teddy Bear” manages the largest Christmas campaign in Bulgaria for making unprivileged children and youth’s dreams come true. Eleven years ago, it was started as a civic volunteer initiative, giving presents to 40 children from a single foster home. Today it is a public-benefit association that not only brings Christmas back to thousands of beneficiaries.

The 2018 Christmas campaign has ended with 9 612 beneficiaries visited and more than 18 000 Christmas presents distributed. The platform for donating will be open again in November 2019.

Read more: <https://plushenomeche.org/bg/>



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8.8. Cooperation with School of training dogs for blind people (Portugal)

School of training dogs for blind people is a private social solidarity Institution, which aims to promote, in cooperation with public and private entities, the support and social, cultural and professional integration of the visually impaired and its scope of action is national. Created in 2000, it emerged as a consequence of a Community Project (HORIZON) and its main social response is Guide Dog Education for the Blind. It has been Baleria supporter and cooperated in Baleria Campus.

Read more: www.caesguia.org

8.9. Donate books to children in refugee centres (Bulgaria)

Donate books is a nationwide campaign, organized by Association I Read. It is the biggest sponsor and promoter of books in Bulgaria. (paper, audio and online). Together with other cultural NGO it organizes promotional public events: Book Festivals, book Fairs, and other socially engaged Campaigns.

"I read" produces, distributes and donates children's books in several different languages. Their mobile apps, offer an unlimited access to audio books, helping visually impaired people to read.

8.10. Examples of randomised kindness (Slovenia)

Random kindness is a project that association Humanitarcek decided to bring to Slovenia. The idea is to encourage people to make a bit brighter days to those around them with their small actions of kindness.

Why not give a valid parking fee card to someone else, if we do not need it anymore? Why not pay coffee to a mother with two children, at the end of a long line in a coffee? Or to give someone your umbrella on a rainy day, if you know that only a step or two separates you from your car? There is no limit. The only obstacle is your enthusiasm and the willingness to help.

In Maribor, they decided to set up a special point of "kindness", so in the Gallery of the Creative, you can get gratis cards of this project in exchange for a smile or good idea. You do not actually need cards. You can optionally attach them while doing the kind deed so you might launch a butterfly effect and someone else will continue what you started.

Some ideas for randomised kindness:



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- Leave the mailman a chocolate on the mailbox
- Leave a flower behind your co-workers wipers on a car... or put it on a her table
- Surprise your co-worker with coffee
- Pay for a coffee at the coffee machine ... and leave a note for the next comer.
- Write some nice thoughts and stick them on the car's glass
- When snowing, clean the car for a random stranger
- Set a basket of pastry at your neighbour's door; invite a homeless person to lunch
- Hand gloves to a street musician in winter and give him a drink in summer
- Apologize
- Give a hug

Read more: From their website / [http://www.humanitarcek.org/NAKLJUCNA-PRIJAZNOST /](http://www.humanitarcek.org/NAKLJUCNA-PRIJAZNOST/)

8.11. Hop to the castle (Slovenia)

Hop to the Castle is a charity event to help children who are treated at the Pediatric Clinic in Ljubljana. It's a run to the Ljubljana Castle, with various routes – for various types of runners. All the money that is collected with startups and charitable contributions, will be donated to one of the Departments of the Pediatric Clinic in Ljubljana, to purchase a device they need. With the event, healthy and active way of life is also promoted and connects people who want to give back to the community from which they originate.

Conceptual design and organizers of this events are two doctors from the Pediatric Clinic in Ljubljana. And the project is under the auspices UKC Ljubljana and the Pediatric Clinic in Ljubljana.

Read more: <https://hopnagrad.si/>

8.12. KORFBALL the sport modality with equality (Portugal)

Promoting sports that incorporate strong values in sport is one of our current goals and projects. One of the modalities is Korfebol. In this modality we seek to promote gender equality. The teams are necessarily mixed. A sport with growth and worldwide visibility. In Portugal we cooperate with CASPAE association, promoting activities and training athletes and coaches.

Read more: <https://caspae.pt/ADCASPAE/corfebol/>



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8.13. National Recycling Campaign (Bulgaria)

In Bulgaria a creative workshop “Recycling as a creative cooperation of kids and parents” was created where school children and parents learned about recycling. Children collected and delivered recyclables with the help of parents. They made presents (toys) together with their parents for children in need. They prepared treats to have a party with parents and carved the food (vegetables, fruits) to look delicious.

8.14. Plastic bottle recycling activity (Italy)

In Italy the recycling activity was developed during the 10 days of the Vittoria d’Estate Sports Summer Festival within which the Italian Baleria Campus was held.

The Solidarity activity consisted in the Recycling campaign ‘La raccolta è differenziata, la solidarietà no!’ / ‘Waste collection is differentiated; solidarity is not something you differentiate on!’, which aimed to raise awareness on reducing plastic waste as a way of demonstrating solidarity principles (i.e. solidarity with the environment and with endangered natural habitats as well as communities across the world).

8.15. Plastic caps for future (Bulgaria)

(#Капачки за бъдеще)

Collecting of recyclable CAPS from Plastic Bottles and Jars, (fundraising) for buying MODERN BABY INCUBATORS for small hospitals. This National Campaign aims to gather tons of plastic caps, and later give them in exchange for modern medical appliances. Many of the hospitals in smaller cities, lack the highest quality modern medical appliances. As a result of this long term Campaign, with the help of thousands of people, in the 149 collecting centers throughout Bulgaria, the Campaign succeeded in only 6 months to collect 32 tons of plastic bottle caps, and buy two highest quality Baby Incubators for the community hospitals in Chirpan and Panagjurishte.

Read more: <https://www.facebook.com/kapachkizabudeshte/>



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8.16. Progetto CalcioXenia – CalcioXenia Project (Italy)

The project financed by Friuli Venezia Giulia Region provides the establishment of several soccer teams composed by athletes registered with local sport associations and athletes identified among the asylum seekers in Friuli Venezia Giulia Region. These soccer teams formed in the training days, participated in a final local tournament. The project is coordinated by 8 local sport associations and 3 Municipalities. It targets 82 asylum seekers in Friuli Venezia Giulia Region.

It's objectives are to promote social inclusion, integration and solidarity through sport activities and to strengthen the models of social integration and teamwork in order to help and support people who have fewer opportunities of social inclusion.

The activities include: an activity where the asylum seekers can participate in the training session with the local sport associations that have joined the project, and an organisation of a final tournament composed by 12 soccer teams. The project result is strengthening of the social integration of foreign marginalised communities through sport practices. It is an opportunity to discover and exchange new experiences without barriers and prejudice.

Read more: <http://www.lcfc.it/calci xenia/>

8.17. Progetto Carovana dello Sport Integrato/ The Caravan of Integrated Sport Project (Italy)

The project is a journey-experience, starting in March 2019. It crosses through Italy, stopping in every Italian region. The project promotes the social integration of the disabled people and the acceptance of diversity through sport activities. The traveling group is composed by 18 athletes (with and without disabilities), accompanied by sport educators, trainers, referees, volunteers. During the 40 days of activities the caravan will stop in 20 Italian cities. The coordinators are 50 Local Authorities and Institutions together with 20 high schools. The project is targeted to disabled and not disabled athletes and students of high schools.

The project aims to: (1) Provide new ideas and strategies for the social inclusion of the disabled person through sport activities; (2) Promote Integrated Sport activities and social inclusion through sport activities; (3) Elaboration of the "Charter of Integrated Sport Values". The project results are: (1) A welcome event to promote the social integration, the solidarity and the good values of sport; (2) A



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demonstrative event on the Integrated Football; (3) An educational event on the Integrated Football and the “Charter of Integrated Sport Values”; (4) A Final Event (“Bentornata Carovana”) on May 2019 in Rome; (5) The Project will starts on March 2019.

Read more: <http://www.carovanaspportintegrato.it/>

8.18. Progetto F.i.s.ch.i.o/F.i.s.ch.i.o Project (Italy)

The project promotes several initiatives related to physical-motor activity, including games and workshops, aimed at improving the process of school inclusion of pupils and students with disabilities. The project is coordinated by a network of 20 secondary schools and several social promotion associations of 8 Italian Regions. Target groups are students with disabilities of secondary schools.

The project aims to: (1) Strengthen the role of sport in the field of education and inclusion; (2) Encourage the sport practices in an innovative way, promoting well-being, solidarity and social inclusion; (3) Develop a relationship between the school and the extra-school sport activities in order to support a personalized curriculum; (4) Create of a network of teachers, associations, experts in sport and psychology for the purpose of coordination, monitoring and evaluation of the project through the following activities: “Sport-hello” – Establishment of an info-point in every network institute, in which it is possible to share and exchange experiences and solutions to identified joint challenges; Workshops – Development of workshop activities in each school network on a specific topic that include the students with disabilities; Photographic contest - Competition called "Un'azione, uno scatto", addressed to all the students of Italian schools, on the topic of “sport and integration”.

As a result the project has improved the process of social inclusion through sport activities in schools and associations network.

Read more: <https://www.progettodefischio.it/index.php>

8.19. Progetto Sport e Integrazione- Sport and Integration Project (Italy)

The project was promoted by the Ministry of Labour and Social Policies and the Italian National Olympic Committee to foster the social inclusion of the foreign people and to combat the violence and the racial hatred through the sport practices. Project coordinators are sporting organisations and



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schools. Project is targeting children and young people with migration background as well as children and young people who live with economically disadvantaged families.

The project aims to: (1) Promote integration through sport as a two-way process that involves children and young people with a migration background and Italian children; (2) Promote fair-play principles understood as respect of the rules, valorisation of the differences and the oneness and sporting brotherhood; (3) Promote sport as a tool of social cohesion and solidarity; (4) Elaborate a promotion programme to foster the access of the children with migrant background to the sport practice. The main project results are: (1) awareness raising among the world of the sport and the school about social cohesion and integration; (2) Development of a sporting culture characterised by the solidarity, the equality and the mutual respect.

Read more: <http://www.fratellidisport.it/progetto.html>

8.20. Project Healthy Development of Children and Young People through Sport (HDCYPS) (Portugal)

The overall objective of this project is to promote the development of sustainable youth sport network and exchange of best practices by using ball sport (five-a-side football Football, Basket and mini basket, Handball, Volleyball, Beach volley, Rugby, Baseball, softball, Bowling, Golf and mini golf, tennis and ping pong) as a catalyst for transmitting life skills to children and youth in order to reduce violence and other social ills. The children can get off the streets, learn about rules and fair-play and practice conflict resolution without violence

Read more: http://ipcp.eu/useruploads/files/hdcyps_01_newsletter-to_be_translated.pdf

8.21. Project: “No finish line” (Greece)

“NO FINISH LINE”, the greatest Charity Race in the world is held in Athens under the auspices of the NFL International and in collaboration with the Hermes 1877 sports & cultural club and the Stavros Niarchos Foundation Cultural Centre. “NO FINISH LINE” is a Charity Race of 90 consecutive hours, where someone can run and walk for a noble cause. It is a race without time or distance limit, whose kilometres are turned into money, in order to support the work of “Together for Children”, an association of foundations and organisations in the field of child welfare. The race in Athens is part of the “No Finish International” international program and in the 2nd event (2018), 95,295 kilometres



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were covered by 10,178 participants, (increase of 82% in participation, compared to 2017). 94% in kilometres more increased the donations, that reached the impressive amount of 47,647.5 Euros! According to the by covered kilometres.

In the “NO FINISH LINE” race all the participants can either walk or run at any time of the day or the night they wish, for as many times and any days they want for as long as it pleases them, in the circular route of 1000m around the canal at the Stavros Niarchos Foundation Cultural Centre. Everyone without exception is entitled to participate, regardless of their age and physical condition, young and old, from 1-year-old juniors up to 101-year-old seniors!

Read more: <http://nflathens.com>

Read more: <http://www.nofinishlineinternational.com>

8.22. Project: “One stop” (Greece)

“One Stop” is a small celebration of solidarity, with the goal to give some happiness to people that want to continue to live with decency. It’s vision is to provide opportunities to street connected people so as for them to be independent. The goal is to approach street connected people, giving them access to food, counselling, entertainment, first aid, clothing and personal hygiene. In the next step the goal is to provide space in apartments, in order for them to gain privacy. The general goal is to provide them with the opportunity to develop their skills and/or to be trained in order for them to be autonomous. Every Wednesday and Sunday afternoon at synAthina, we create a small corner open to anyone that wants to have access to free services and activities that should be given to everyone. First aid, laundry, showers, haircuts, warm food, music, games with the kids, legal advice, supply of important information about human rights, shape the effort of this initiative to bring people closer.

Read more: <https://steps.org.gr/en/>

Read more: <https://steps.org.gr/en/> their skills and/or to be trained in order for them to be autonomous.

8.23. Project: SNF RUN - Running into the Future (Greece)

The Stavros Niarchos Foundation’s SNF RUN: Running to the Future evening race return for its fifth consecutive year on June 23, also the occasion of Olympic Day. Thousands of runners started at the



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Panathenaic Stadium and cross the finish line at the Summer Nostos Festival (SNFestival), the summer's greatest celebration, which will be taking place at the Stavros Niarchos Foundation Cultural Center (SNFCC). The race included 6K and 10K runs, as well as a 1K run for Special Olympics athletes. The first two races started at the Panathenaic Stadium, at 20:50 and 21:10 respectively, with runners crossing the city center and then, via Leoforos Syngrou, arriving at the finish line at the SNFCC running track. The SNF RUN: Running into the Future is not competitive in nature, but official times will be kept so that runners can know how they perform. €46,770 Raised for Charity through SNF RUN: Running into the Future.

8.24. Project To Be or Not To Be Equal (Portugal)

A development project on gender equality in small villages in Portugal. All activities involve local people from the village, from dance, music, theatre and other events. A wandering company with the goal of delivering positive messages about equality. In addition to the villages, we also work with companies and internal gender equality plans.

Read more: <https://www.youtube.com/watch?v=0HK4PxDOQFA&t=18s>

8.25. Ride a bike to help (Slovenia)

Lions Club Idrija organizes a two-day charity-cycling marathon, where participants collect a symbolic contribution fee for registration. Money they raise is given to Inter-municipal society of blind and visually impaired Nova Gorica for the implementation of the program Helping the blind and visually impaired in overcoming movement and communication barriers.

8.26. RUGBY the sport modality with values (Portugal)

Promoting sports that incorporate strong values, is one of our current goals and projects. One of the modalities is Rugby, where we support a team of young people. Besides participating in national tournaments, also cooperate with charity institutions. Rugby is based on 5 structural values: solidarity, passion, integrity, discipline and respect. Used worldwide for rugby as the basis of sport

Read more: <https://www.facebook.com/beyourugbyspalvapenacova/>

Read more: <https://www.youtube.com/watch?v=ykMIUyzJWO0&t=7s>



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8.27. SHUUZ - Collecting (second hand) shoes to raise money (Germany)

The project promotes raising money by collecting second hand shoes. The returns of the collected shoes are transferred by the organization to a pre-selected school or organisation. The collectors pre-select the target institution or organization. Project coordinator is a non-profit organisation s-coll Service GmbH. Target groups are schools and organisations who would like to raise money for other children.

Why collecting shoes? Every year millions of shoes are thrown away. Often the shoes are still good to wear. They can be worn by people who cannot afford new shoes. The mission fulfils several goals at the same time: (1) raising money for economically deprived children; (2) helping economically deprived people with the collected shoes; (3) making a contribution to the environment, because the shoes continue to be worn and don't end as waste. The project foresees the following activities: (1) Organize boxes for collecting the shoes. Use the Baleria Campus as a central gathering day. Alternatively, a box can be placed in each class or group; (2) Send all collected shoes to Shuuz. It is a non-profit organisation, which takes care of the re-use of the shoes and the financial processing; (3) Shuuz transfers the returns directly to the selected school or institution. The project has improved the process of social inclusion through collecting 2nd hand shoes in schools and give the returns to economically deprived children.

Read more: <https://www.shuuz.de/index.php>

8.28. Spendenlauf: Schüler laufen für Plan (Germany)

The project supports schools in organizing fundraising runs. Useful materials and suggestions for the preparation and follow-up of a fundraising run, a checklist for the organization, as well as templates for parents' letters and press releases in a school action package is provided.

The coordinator is Plan International Deutschland e.V. Target groups are schools and organisation who want to implement a fundraising run.

The project aims to raise money for a class or school sponsorship or for one-off donations. This aim is achieved through the following activities: in advance every child chooses sponsors (for example parents, friends etc.), who reward each lap or every kilometre on the sports field with a fixed amount. A sponsor card records who wants to donate and how much money per lap or defined distance. In



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order for the laps or distances to be counted correctly during the event, the pupils will receive a running card, on which not only the name and the class but also the laps or distances can be entered. After the event, the running cards can be presented to the sponsors and the donations can be collected in the classes. The main project results are: (1) raising money for children in need by doing sport with the whole class or school; (2) making the participants aware of personal circumstances of other children.

Read more: <https://www.plan.de/engagement-von-und-fuer-schulen/aktionen-fuer-schulen/spendenlauf-organisieren.html>

8.29. Talento & Tenacia: la palestra che.../ Talent & Tenacity Gym (Italy)

The project supports the development of a gym for visual impaired people, managed by a start-up in the social fitness sector. The fundraising is finalised to expand the offer and to reach a larger number of end-users. The coordinator is “Audace Savoia – Talento&Tenacia”, non-profit amateur sport club in Rome. The project targets young people with visual disabilities.

The project aims to: (1) Promote social inclusion and vocational training through the development of sport activities; (2) Extension of free activities to a wider audience of young people (i.e. with and without disabilities); (3) Development of simulation activities (‘in the dark’) targeted to non-disabled people, aimed at increasing awareness of visual disabilities through the gym activities, which are completely free, and they are developed by four young athletes-instructors trained on the specific topic of blindness.

The main project results are:

- Integration and inclusion of visual impaired people through free sport activities;
- Development of a start-up in the social fitness sector and inclusion of young athletes with a social disadvantage.

Read more: <https://www.produzionidalbasso.com/project/talento-tenacia-la-palestra-che-unisce-include-diverte-sorprende/>



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8.30. "ZERO WASTE" programme (Greece)

Greece struggling to promote recycling. Around many parts of the country, and especially in the countryside, garbage is still scattered piecemeal in makeshift dumps. Most Greeks just put their trash in plastic supermarket bags, which are freely available at the till. The economic crisis gripping the country since 2010 has helped a little, with people buying less and throwing away less too. Another recent phenomenon—mass immigration—has also found itself linked to waste management.

To make a living, many economic migrants now hunt the streets of Athens and other major cities for metal, paper and plastic, hoping to sell it to scrap yards. Roma groups ply a similar trade, and have in the past been chased down by authorities for burning plastic cables to get at the copper within, polluting the environment in the process.

But even today, Greeks are only encouraged to sort out their household waste on a voluntary basis. No fines are involved. Ms. Mary Krimnanioti runs the EU-funded "Zero Waste" programme in Greece, trying to improve the logic behind the municipal waste collection.

Read more: <https://phys.org/news/2017-04-eu-fines-greece-struggling-recycling.html>



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9. Other significant campaign organisers

9.1. Association Union of Women Refugees in Bulgaria (Bulgaria)

The Council of Refugee Women in Bulgaria supports its beneficiaries with Programs for direct work with refugees and asylum seekers, including areas such as Social Mediation and Humanitarian Assistance.

The CRWB social mediators are representatives both of the Bulgarian and the Middle-Eastern culture. They undergo a mandatory internal training and regular additional trainings on topics such as: humanitarian context in social work with persons coming from countries of armed conflicts; protection of children at risk; difficulties in social adjustment; measures in cases of domestic violence and gender based violence;

Part of the social mediation team is based in the Registration and Reception Centers of the State Agency for Refugees with the Council of Ministers in Sofia city.

This program allows the asylum seekers direct access to social support counselling and coverage of expenses related to health and social emergencies.)

Read more: <http://www.crw-bg.org>

9.2. Bulgarian Donor Forum BFF (Bulgaria)

A membership organization which represents and supports the Bulgarian Fund for Women (BFW) and announces a competitions for project financing, photo competitions on "migration stories with a happy ending, discussions on " Corporate sustainability and responsibility ", the social media competition

Read more: http://www.dfbulgaria.org/za_bdf/predstaviane_bdf/

9.3. ECF (European Social Fund) - PROJECT "Social Pharmacy" (Greece)

Doctors of the World / Médecins du Monde – Greece (MdM-Greece), founded in 1990, is a medical humanitarian non-governmental organization and is a member of Médecins Du Monde International which consists of 16 delegations (Argentina, Belgium, Canada, France, Germany, Greece, Japan,



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Turkey, Luxembourg, the Netherlands, Portugal, Spain, Sweden, Switzerland, United Kingdom and the United States of America).

The program «Social Structures confronting poverty in Athens Municipality» is implemented within the framework of the Operational Program “Human Resources Development», is financed by the European Social Fund and promotes the development and operation of an expanded network of Social Structures confronting Poverty. Within this context, Doctors of the World – Greece is enhancing the operation of a Social Pharmacy.

In order to secure its continuous and free-of-charge supply of pharmaceutical products, the Social Pharmacy has developed activities and collaborations with pharmaceutical companies, pharmaceutical associations and local authorities.

The program is funded by the European Social Fund (ESF).

Read more: <https://mdmgreece.gr/en/contact/>

9.4. Humanium (international)

International Convention on the Rights of the Child (adapted for children 10 and up)

The Convention was adopted by the United Nations (UN) on November 20th, 1989 to protect the rights of children around the world and to better their living conditions.

Read more: <https://www.humanium.org/en/convention/adapted-for-children/>



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10. Conclusion

Solidarity is simply a phenomenon that exists as a simple way of lifestyle. We were either raised to be able to share it or we have acquired it by education, environment or personal experience. It's nice and correct to help and support each other in any field of our lives, sharing common ideas, goals, aims and opinions and vice versa, for the achievement of the same correct principles of social conscience and sense of responsibility.

There are different ideas about it. It can be understood as a way to tolerance, which means patience, empathy, compassion but also determination. The solidarity is more the idea than the concrete definition. It expresses the respect, acceptance and understanding. It means to be yourself without imposing your opinions to others.

It's each of our basic needs, duty and the purpose for the art of right living by understanding the natural state of each soul, with compassion, liberty and solidarity within to protect the dignity of our divine life and living as a means for keeping us united as oneness in nature to balance natural health.

Children in partner countries record songs, create photo albums, draw pictures, invent thematic stories with their own illustrations, present theatre plays and take part in group sports and public competitive games, recorded on video, all with the purpose to share between partners and a broader audience of interested groups and institutions. The groups also collaborate on a global project like the writing of a book about a specific theme to which every child contributes. School children collected recyclables and donations to help facilitate the implementation of similar project in other communities as well.

The above listed examples demonstrate that solidarity is not exclusive to adults. These children who do not hesitate to initiate progress should more often be viewed as role models by the older generation.

Envision a future where children everywhere could "face the future together with more confidence, healthier in mind and body, and feel more secure in their trust of the country they live in and its institutions.

We also believe, that a more broadly informed research will have a strong potential to be used directly by policy makers, commissioners of services and community organizers to better understand the needs of their local communities. This would include a deeper qualitative, quantitative and mixed methods



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research. Social work students and practitioners should also have the opportunity to gain skills in spatial analysis of community needs, the strengths designing and evaluating interventions.

Educators may wish to consider this potential tool for informing future practitioners to work within a spatial dimension.

For sure, each group, class, school, NGO and Public Organization can find their own way to express and implement solidarity in everyday life.

What we tried to do with this MANUAL, is to give some examples tested in practice, to inspire readers and practitioners for new and diverse working ideas in the field of SOLIDARITY.



11. Annexes

11.1. Code of ethical conduct policy

Code of Ethical Conduct Policy

An Organization, working for the empowerment of people in a society, is steered for upholding the highest legal, ethical, and moral standards. This can be achieved by careful observance of all applicable laws and regulations, as well as the highest standards of conduct and personal ethics through:

- Promoting a climate of mutual trust, respect, and teamwork,
- Avoiding personal and conflicts of interest.

5. Relationship Policies

Specific Responsibilities for the administration:

7. To promote the vision and ideals of the Organization among members, staff, and other associated organizations.
8. To ensure that the Organization has a long term strategy to achieve its vision and encourage principals in their engagement with Solidarity, education, health, sportive, and cultural projects.
9. To maintain official records/documents and ensure compliance with legal regulations.
10. To develop proposals for projects that could attract new funding.
11. To develop relationships through regular communications and reporting.
12. To promote fundraising events and collaborating with Associates partners as needed.

Specific Tasks:

8. Promotion of the mission and values of Solidarity
9. Setting attainable targets for fundraising each year
10. Promoting Solidarity fundraising events and attending such profile events as required.
11. Maintaining a responsible overview of the activities.
12. Developing proposals for projects that could attract new funding.
13. Maintaining a transparent relationship with donor and reporting back on the expenditure of money.



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14. Recording of all expenses, supported by receipts, incurred in carrying out the work of fundraising and send receipts as needed.

6. Communication activities:

Communication activities need to be aligned with the phases of the project's strategic plan. This policy will give attention both to the internal and external of the organization, so that present and potential supporters may be informed and all information needs to be easily accessible for those who promote awareness of the project to the general public and donor agencies, and assure their support through highlighting its benefits to educators, partners, and administrators.

7. Relationship with Civic Authorities

Recognizing the importance of a good working relationship with Civic Authorities, should ensure having all legal recognition that is required, so we can fulfil our objectives. It is important to gather and communicate any positive feedback so that it can be used in publicity and reporting to donors.

8. Relationship with Legal Bodies

We accept partnership with organizations that uphold the same aims, using a similar approach and do not accept funding from organizations whose purpose is contrary to ours, that harm the environment, or work against community empowerment and human development.

11.2. The UN's Millenium Declaration

The UN's MILLENIUM DECLARATION

In 2005, the United Nations (UN) General Assembly announced that International Solidarity Day would take place on Dec 20 each year. This annual event is to raise awareness of the importance of global solidarity in working towards eliminating poverty in all nations.

World leaders identified solidarity as one of the universal values that are critical to international relations.

Leaders emphasised, "Global challenges must be managed in a way that distributes the costs and burdens fairly in accordance with basic principles of equity and social justice. Those who suffer or who benefit least deserve help from those who benefit most."

Corporate social responsibility

Companies can help eradicate poverty by engaging directly with their community. Solidarity initiatives and projects can come from within a corporate organisation – in simple terms, corporate social responsibility (CSR).

At times, a CSR programme is a tool not fully utilized, because of varying levels of commitment and consistency. From the standpoint of fulfilling a minimum requirement, a CSR might look like engaging an underprivileged group for a photo opportunity, and to present them with an oversized cheque.

A CSR delivered with heart and commitment can elevate company staff to become inspiring community leaders, and to create a sustainable effect in reducing poverty in areas of their local community.

Corporates are in the best position to carry out sustainable community development because of their instant access to labour resource to carry out a task; with strategic minds and capabilities to deliver projects efficiently.

Last but not least, corporates have an allocation of CSR funding that is provided on a yearly basis – which does not include the money that can be generated from internal fundraising initiatives.

Given the credibility of most organisations, there is opportunity to influence at an industry and governance level.

A great way to connect with and nourish people in our community. Through conversation it's an opportunity to provide friendship, counselling and mentoring support:

Building homes and infrastructure - This immediately provides shelter and facilities to those who have been affected by natural and man-made disasters.

Training - With a focus on immediate and long-term employment

Scholarships - Providing full and partial scholarships for tertiary education including certification, diplomas and degree programmes

Internships - Providing entry level opportunities into a company, which might include mentoring, and career development opportunities.

On International Human Solidarity Day, take a moment to consider the effect an individual can make to eradicate poverty, and the opportunity for like-minded individuals to come together to create a long lasting impact for their community.

Share your initiatives and connect with like-minded groups and companies – chances are there are people around the world with a common project and purpose to eradicate poverty.