

Senior Volunteers 50+

It is never too late to learn new skills!

Volunteering is an opportunity not only to be socially active and to feel part of civil society, but it is also a way to gain skills and competences.

**Do you really know your skills and competences?
Do you really know what you can do?**

ValidVol will help you to find out what you know and what you can do.

It is a great way to **exchange your volunteering experiences** with other volunteers.

Take a close **look at your own competences** and you might be surprised at all the things you can do. It might even show **new opportunities** in volunteering for you!

In a group of 5 or more you will discover more about yourself. A trained Validator will lead you through the process. There are 4 sessions, about 3 hours each:

1. Why volunteering?

Sharing my thoughts and gaining new perspectives



2. What is Lifelong Learning?

Thinking about my own learning experience and my personal reward in learning something new



3. Recording and report

Gaining a certificate „My Skills and Competences“



4. My future plan (optional)

Knowing your skills might open new doors for your volunteering. If you are interested, ValidVol will help you to draw up a plan for your future opportunities in volunteering or even in the labour market.

The process is open to **Seniors Volunteers 50+** with **6 months** in a volunteering organisation with a minimum of 4 hours per month OR 50 hours over 6 months

The **Validators leading are competent and through the ValidVol training:**

- Minimum of 2 years voluntary service in the organisation OR 200 hours
- Willing to report, record and feedback evidence gathered through the process
- Be a good communicator, have organisation skills and the ability to lead a group to success for completion of the process.

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.