

EVENT DESCRIPTION SHEET

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PROJECT	
Project name and acronym:	InclusEU: Volunteer Action as a social response for an inclusive Europe.
Participant:	Heerlen City Council /Gemeente Heerlen
PIC number:	887366283

EVENT DESCRIPTION	
Event number:	8 (Final event)
Event name:	A new chapter of Solidarity lead by Youth – Project Final Event and Last Conference
Type:	Conference, debate and workshop
In situ/online:	<i>In situ</i>
Location:	Heerlen (The Netherlands)
Date(s):	18-20 September 2024
Website(s) (if any):	https://inluseu.es/ InclusEU: Jongeren bouwen aan een veerkrachtig Europa Samen in de buurt - gemeente Heerlen
Participants	
Female:	42
Male:	26
Non-binary:	1
From country 1 [Spain]:	26 (10 male/16 female)

From country 2 [Italy]:	3 (male)		
From country 3 [The Netherlands]:	21 (male 4 /female 16/ 1 no binary)		
From country 4 [Romania]	6 (2 male/ 4 female)		
From country 5 [Poland]	3 (1 female/ 2 male)		
From country 6 [Ireland]	5 (3 male /2 female)		
From country 7 [Portugal]	3 (2 female/1 female)		
From country 8 [Hungary]	2 (1 male/female)		
Total number of participants:	69	From total number of countries:	8

Description

Provide a short description of the event and its activities.

Event **Number:** 8
Event Name: Work Package 8: A new chapter of Solidarity lead by Youth – Project Final Event and
Last Conference **Location:** Heerlen, **The Netherlands**
Date(s): 18/09/2024 - 20/09/2024

PARTNER ORGANIZATIONS ATTENDING THE MEETING:

1. Rafelbunyo City Council (Spain)
2. Szubjektív Értékek Alapítvány (SVF) - Subjective Values Foundation (Hungary)
3. Fingal City Council (Ireland)
4. Associação Juvenil de Deão – AJD (Portugal)
5. Asociația Centrul de Educație Formare Profesională și Sindicală (USLIP) (Romania)
6. Rzeszowska Agencja Rozwoju Regionalnego Spółka Akcyjna (Poland)
7. Associazione Inco (Italy)
8. Heerlen City Council (Netherlands)

INTRODUCTION:

Throughout the InlusEU project, we have seen that what unites us beyond our national borders is the resilience of our youth in the aftermath of the pandemic.

In post-pandemic Europe, we have explored best practices in volunteerism and solidarity. At this final event, reflected on the lessons learned and put them into practice in innovative ways, generating new solutions inspired by the ideas and experiences of Europe's youth.

In this description sheet we will develop the main activities taking place. Attached to this document a completed infopack, programme and outline result will be attached. As well, the signature sheet and image

consent sheet.

DESCRIPTION

Activity 1: We hear you! Turning post-COVID youth mental health research into action.

Methodology: Presentation and panel discussion

Speakers: *Gwenda Engels, GGD Zuid-Limburg, Dutch Public Health Service, Debora Op 't Eijnde, @ease, local mental health organisation for youth*

Researchers from the local department of the Dutch Public Health Service have conducted a study on the well-being of young people. How do these findings resonate with the experiences of local mental health organisations?

Are the voices of young people truly heard in these studies, and how can organisations like @ease use this data to better support youth in their daily struggles? A GGD researcher and a representative from @ease explored how research insights align with the real-world mental health challenges faced by young people and how these insights can shape better support systems in practice.

Research has shown that mental health is impacted differently when analyzed through the lenses of gender, age, and sociocultural context. These factors significantly influence the prevalence, expression, and treatment of mental health conditions, as well as access to care and the effectiveness of interventions.



Voluntary action as a social response for an inclusive Europe. Dissemination of the results of InlusEU:

Speakers: Alba Luz Donaire, European Funds Manager from the Rafelbunyol Council, and Etiënne Colson, Municipality of Heerlen, neighbourhood manager

Methodology: Expository method and visual (canva; infographics, open questions)

After launching in Rafelbunyol, Spain, in March 2023, we have reached the eighth and final event of the InlusEU project. Our goal has been to foster solidarity and greater inclusion in a post-pandemic Europe through volunteerism, with a focus on local youth. This session highlighted key findings, best practices, and the impact of our collective efforts on youth engagement and social inclusion across Europe, sharing the achievements and insights gained from the InlusEU journey from each participating organisation.

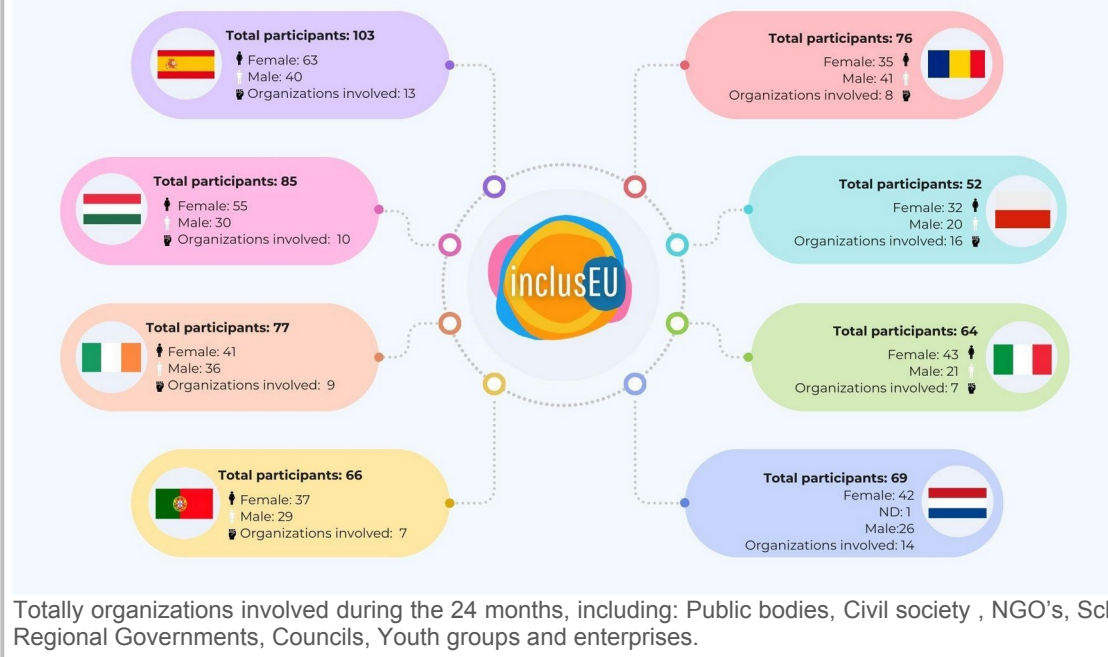
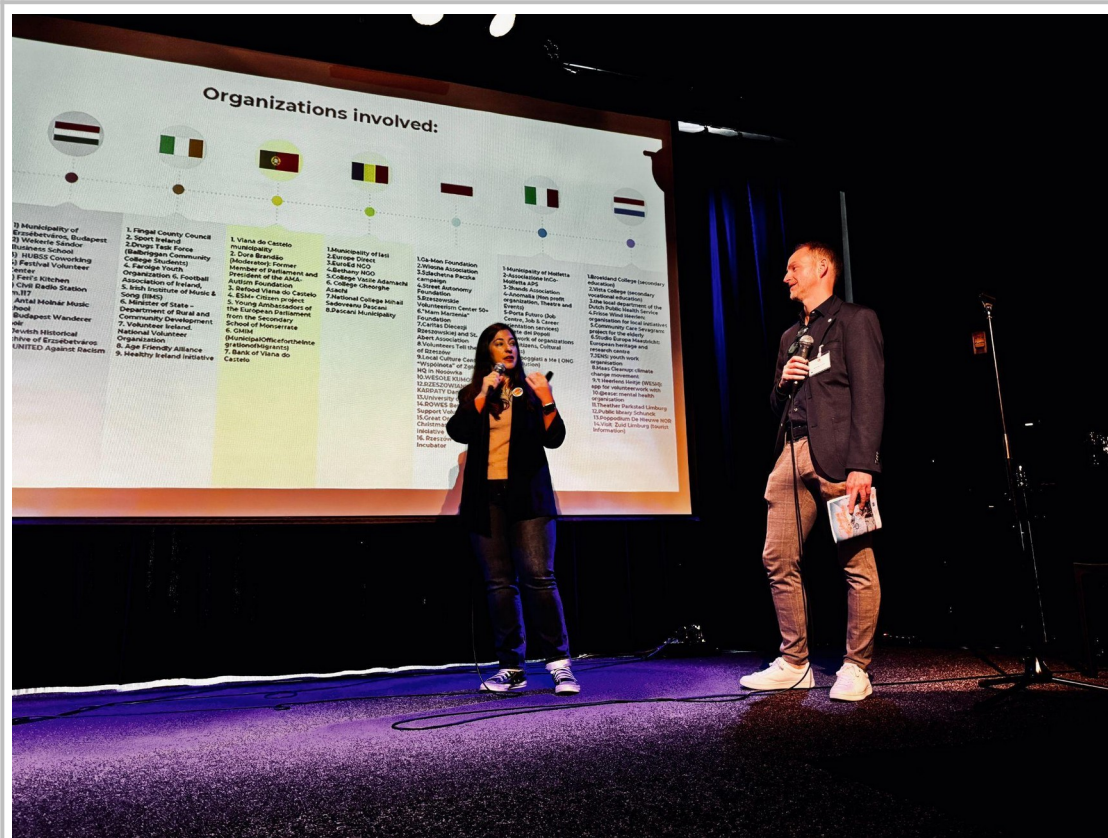
Below are some of the results of the project presented:

During the 24 months 592 participants have been engaged in the Europeans events in Spain, Ireland, Hungary, Poland, Portugal, Romania, Italy and the final events in The Netherlands.

More women have attended the events, concretely **58,78%** were women and **41** men, and 1 non defined gender.









Finally, the key results and extraordinary impacts of the project have been summarized and prioritized in the following statements:

Activity 3: Neighbourhoods of the future: youth-led or (re)tired? LEGO® SERIOUS PLAY®

Facilitator: Sjra Puts, from Creative Brainworks Heerlen.

Methodology: Gamification, Time-base challenges, interactive and expository



The methodology integrated an approach to neighborhood management. With this integrated approach in mind, we collaboratively answered the question: "How can we engage young people in co-directing the ideal neighborhood of the future and defining their role in it?" What does the ideal neighborhood look like through the eyes of these young people?

Is this a vision that civil servants and professionals working for volunteer organisations can work with? How will they do so? Will young people agree on a unified vision, or will the LEGO pieces be scattered across the board? Together we built one united neighborhood, combining all these perspectives into a coherent vision.

The facilitator divided into groups to develop each one its ideal city. We work on also rethinking what ideal means and which items we should take into account when we want to live with well being. In the room we had people from 9 different countries and a range of diverse ages and backgrounds, which allowed us to see that not everyone had the same needs or wants to prioritize the same services and infrastructures in the

city.

The participants had to end up with a mix of all the cities with the difficulty to create a common city that everyone agreed with.

In the following image we could see one of the young girls from the Rafelbunyol Council, Maria explains, based on the ideas worked on, why the city created by her team is the most suitable in terms of being a sustainable city, climatically appropriate for the environment, with adaptations for different age groups, and infrastructures ideal for each age sector.



Activity 4: Key figures share their stories about Heerlen City tour Speakers: pillars of the local community

Music: local indie rock band

Methodology: Q&E, interactive, walking by learning.

What is it like to live inside the biggest mural in Europe? Resident of the Aurora apartment buildings, Hessel, shared how this once detested building blossomed into a vibrant community hub through residential pizza nights and a massive artistic project. We discovered how the whole city transforms into a live theatre stage at the end of each summer, and explored the creative endeavours of young artists in a former department store built in an architectural style that reshaped the city. Where did all those murals

come from? This question and more were answered by key figures from Heerlen's local community. During our walk we could listen while walking and deep explanation by using individual headphones, the history of how a city with difficulties caused by an economic depression and later social crisis, thanks to innovation and art improve the life of the city transforming spaces using art and open more participatory spaces for the common people.





Activity: Trading places: a creative exchange between students from Secondary schools of Rafelbunyol (Spain) and Heerlen

In 2024, one of the most important extraordinary impacts in the project was a educational and cultural visit from the Secondary school Broeckland College of Heerlen to the Rafelbunyol town with the students and the Council in Spain. (Programmes is attached)

Speakers: exchange students from the Broeckland College in Heerlen and the High School of Rafelbunyol

One outcome of Heerlen municipality's participation in InlusEU is an exchange between Broeckland College and Rafelbunyol High School. Students from Heerlen, along with their tutors, visited Rafelbunyol's high school, where they exchanged experiences, including voluntary work by the young people. Additionally, the Dutch students were introduced to Spanish culture and visited Valencia, among other places. A short impression of the exchange

has been created and was explained during the event. The students made a co-production with a video about the exchange.

One of the main activities in the exchange was to rethink with storytelling how to improve our Mental health through reflection and changing small habits.

Due to that exchange explained during the event in Heerlen, the students from the Secondary school of Rafelbunyol, painted a wall about the project Inklus EU in cooperation with the council and a local artist called De tripas aerosol. <https://detripasaerosol.com/>







Activity 5: Youth volunteerism and social inclusion: lessons learned and future directions Interactive round table discussion

Speakers: representatives of each association organisation

Methodology: Round table, participatory dialogue

During this dialogue we have discussed different topics that we have been working on during the project. Due to the diversity of the consortium we could approach the topics from various fields: institutional, civil society and Youth work. We had the opportunity to be accompanied and conducted by the Social service councillor of Heerlen City.

During the Round table that was located in the Heerlen assembly, students from different schools from Heerlen visited us.







Activity 6: Local innovation hubs: fostering new proposals

Breakout sessions

Facilitators: local youth volunteers

Methodology: Participatory labs, design thinking method

Let's translate the knowledge gained during the project into concrete actions at the local level. In these breakout sessions, all event participants were assigned to one of eight local issue holders. Each issue holder presents a problem closely aligned with the key themes of InklusEU. In each hub, collaborated with a group of randomly assigned participants to brainstorm innovative and creative proposals to address these issues. The finals were showcased in an exhibit during the final dinner.

During these sessions the consortium and all the young people involved in this event could take part in these

labs. First, the Heerlen volunteers (belonging to social services, Heerlen Council or local NGO's) explained different social problems that they were facing, and later together we compared with what each country was doing, and at the end positive and innovative proposals came out.





DISSEMINATION

All the events are published in the official website of the project as well in the official instagram. Apart from local media and every partner has disseminated in the project in their official networks:

<https://incluseu.es/>

<https://www.instagram.com/incluseu/>

In the instagram stories every event has saved all the shared stories:

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includEU

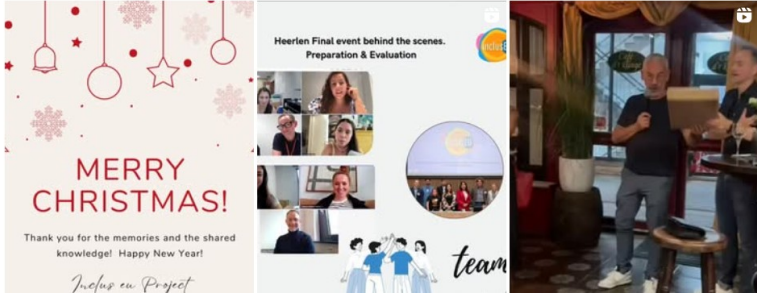
Seguir Enviar mensaje ...

56 publicaciones 310 seguidores 290 seguidos

IncludEU
 This is the Official account of the CERV EU project Includ EU. 8 EU countries.
 Our motivation? Solidarity... más

Youth events Heerlen Viana do Cast... MOLFETTA (IT) Iasi (Romania) Rzeszow Pola... Balbriggan (IE)

PUBLICACIONES REELS ETIQUETADAS



<https://samenindebuurt.heerlen.nl/includeu-jongeren-bouwen-aan-een-veerkrachtig-europa>

CONCLUSION AND EVALUATION

As a conclusion the Heerlen Council considered that this event gave the following important results:

- Valuable contacts with several organizations about youth participation and inclusion that were not there before the start of the project.
- More attention to the subject of youth participation in our organization and the council.
- The involvement of a group of youngsters who not only participated in the project but also helped to reach other youngsters in the contact met the local government. They are also a kind of a sounding board group for our municipality with regard to youth issues.
- Precious contacts with European partners (IncludEU Family)
- Exchange between Broekland College and the Highschool of Rafelbunyol
- Our participation in the project and the things we learned can be seen as a valuable input and an incentive to work structurally to further promote youth participation in our city. The voice of young people must be given more power, more insight into what concerns our young people and how we can get them more involved. This will link to the vision of Neighborhood Work adopted by the City Council and the participation of our citizens and especially our youth.

• **Number of participants / Number of organizations involved and name from the Heerlen Council:**

- Broekland College (secondary education)
- Vista College (secondary vocational education)
- the local department of the Dutch Public Health Service
- Frisse Wind Heerlen: organisation for local initiatives
- Community Care Sevagram: project for the elderly
- Studio Europa Maastricht: European heritage and research centre
- Black Lives Matter Parkstad: social justice initiative
- JENS: youth work organisation
- Maas Cleanup: climate change movement
- 't Heerlens Heitje (WESH): app for volunteerwork with
- @ease: mental health organisation
- Theater Parkstad Limburg
- Public library Schunck
- Poppodium De Nieuwe NOR
- Visit Zuid Limburg (tourist Information)

Other participants:

- A group of 15-20 youngsters (for and by young people)
- colleagues from the department of Social Security & Neighborhoodmanagement
- Policy advisors Youth and inclusiveness

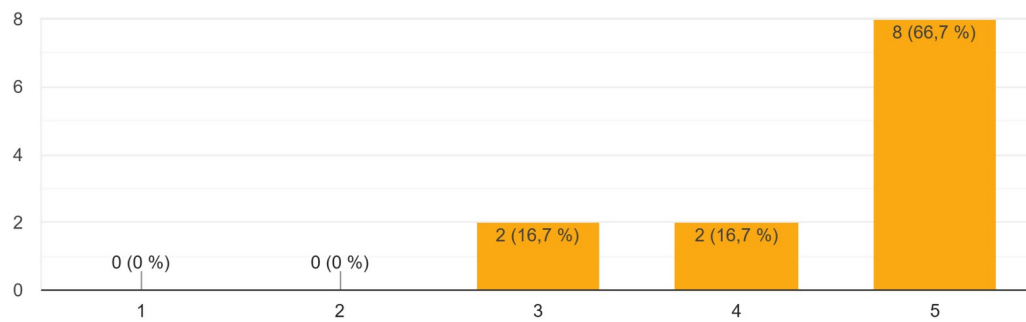
the Mayor and Alderman Councillor for Youth from Heerlen and the Rafelbunyol Mayor.

It's also very relevant to declare the involvement of political authorities during the 24 month of the project and that it's been noticed also in this final event.

After the evaluation was realized by the consortium, some of the answers identified a good balance and positive impressions of it, taking into account that we have put a lot of effort in making this event a big European CERV festival.

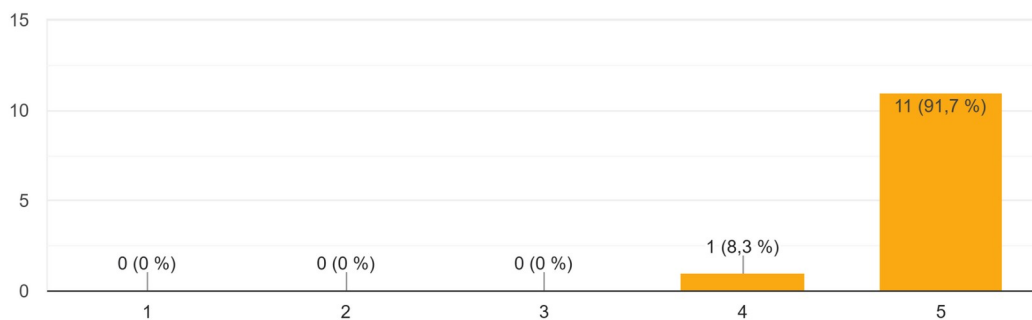
There was a good balance between debates and leisure activities.

12 respuestas



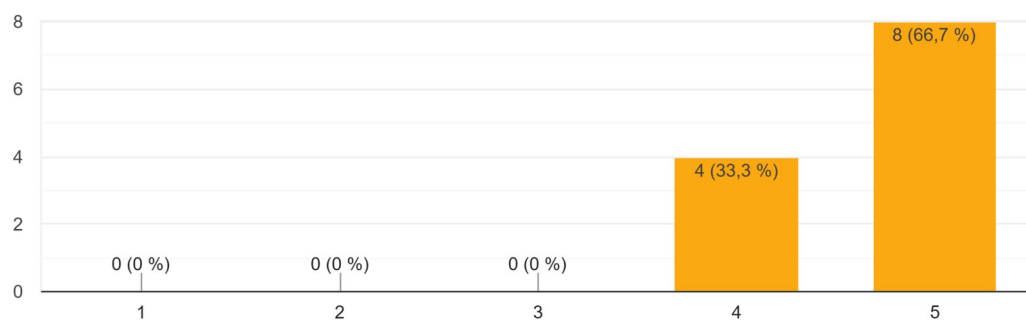
The conference rooms were suitable for the activities that we were having.

12 respuestas



The activities were relevant and related to the topic we were covering (voluntarism, solidarity actions since the Covid 19, Youth participation, etc).

12 respuestas



It's also remarkable some of the comments and feedback that we have selected from the evaluation survey some about the event itself, and other for the sustainability of the project and the future impacts and actions together:

Some comments about what you like the most:

"I really learned and enjoyed all activities during mobility sessions, mostly the creative lab with lego's and messages from youngsters, very insightful! Congratulations, many thanks and best regards!"

"This event was a clear good example of how a Cerv in town final event should be. One of my favourite activities was the lego game, I have never learned by using lego, and it was really interesting to develop urban ideas using that tool".

The lego and the castle.

"Really enjoyed first day of presentations from town and groups, along with the key groups coming together with problems to solve as all countries different, itinerary was packed so maybe less time on activities and more time to delve into problem solving if that's what you wish"

"Great event! Awesome host team!"

"Meeting the institution in the city all was a great activity to foster democratic participation"

"Evaluation main activities"

Is there anything you would like to let us know? (A suggestion, a constructive critique, any comment you want to contribute with...) We appreciate your honesty and contributions.

It was perfect, but due to the weather, we couldn't visit any of the cities which looked beautiful and charming. I wish the same project could be carried out with one more day to get to know the place.

It was an excellent opportunity for our students to get to know the Erasmus projects and European experiences

Great event! Awesome host team! Amazing inclusEU's family!

Congratulations!

I think everything was perfect and hope to cooperate with you more. Thank you

Everything great

No, thank you very much for hosting and making it an event that I will never forget.

Cooperation in the future

Do you see opportunities to keep in touch in the future to continue to share experiences/learn from each other? If so, in what ways and let us know.

I would like to develop a new partnership with a highschool from Heerlen, exchange of students, teachers concerning how to motivate students in learning life skills and competences for future jobs.

For example if we share some ideas, we can plan initiatives together, or connect us with other partners and also sharing information

Yes, keeping in touch with the project leaders.

Yes, we'd like to initiate an exchange of young students







HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	5/11/2024	Initial version (new MFF).