

EVENT DESCRIPTION SHEET

PROJECT	
Project name and acronym:	InclusEU: Volunteer Action as a social response for an inclusive Europe.
Participant:	Rzeszow Regional Development Agency (Poland)
PIC number:	999767361

EVENT DESCRIPTION	
Event number:	6
Event name:	WP6. European Values, the Main Base of Volunteerism
Type:	Conference, debate and workshop
In situ/online:	<i>In situ - online</i>
Location:	Rzeszów, Poland
Date(s):	13/12/2023 - 16/12/2023
Website(s) (if any):	https://includeseu.es/
Participants	
Female:	32
Male:	20
Non-binary:	0

From country 1 [Spain]:	2		
From country 2 [Italy]:	0		
From country 3 [The Netherlands]:	4		
From country 4 [Romania]	2		
From country 5 [Poland]	35		
From country 6 [Ireland]	2		
From country 7 [Portugal]	2		
From country 8 [Hungary]	3		
Total number of participants:	52	From total number of countries:	8

Description
Provide a short description of the event and its activities.

Official Minutes of the Event: WP6. European Values, the Main Base of Volunteerism

Event Number: 6
Event Name: WP6. European Values, the Main Base of Volunteerism Location: Rzeszów, Poland
Date(s): 13/12/2023 - 16/12/2023

PARTNER ORGANIZATIONS ATTENDING THE MEETING:

1. Rafelbunyol 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)

Objectives:

- To promote European values and rights through the Charter of Fundamental Rights
- To make awareness of the importance of volunteering within bases of tolerance and integration.
- To enhance the participation of youth through the opportunities that offers the Europe Commission regarding solidarity

INTRODUCTION:

The sixth event of the InclusEU project, titled "WP6. European Values, the Main Base of Volunteerism," was held in Rzeszów, Poland, from December 13th to December 16th, 2023. This event gathered partner organizations from various European countries to focus on the critical role of volunteerism in overcoming the challenges posed by the COVID-19 pandemic. The meeting aimed to share best practices, enhance collaborative efforts, and explore the diverse opportunities provided by the European Commission to support volunteerism and community resilience.

Hosted by the Rzeszowska Agencja Rozwoju Regionalnego Spolka Akcyjna, the event featured a comprehensive agenda that included seminars, panel discussions, cultural activities, and site visits. Participants engaged in in-depth discussions on various topics related to volunteerism, including the support for hospitals during the pandemic, the engagement of adults in volunteer actions, and the promotion of healthy lifestyles. The event also provided a platform for evaluating and planning future project activities, ensuring the alignment of all partners with the overarching goals of the InclusEU project.

This document provides a detailed account of the activities conducted, discussions held, and decisions made during the event, serving as a formal record for presentation to the European Commission.

Implementation of Gender Perspective:

The promotion and empowering underrepresented groups, particularly women and gender minorities have been accomplished during this event . By including diverse voices in decision-making processes, we ensured that the interventions were inclusive and responsive to the varied experiences of all participants. This was accomplished by the number of the event, specially in the diversification of speakers and audience regarding: gender, age or background. It's also remarkable that almost all the organizations that presented their project were coordinated by women, either in Public institutions or NGO's. Besides, the representation of Women Ukrainian Refugees as entrepreneurs in their new homes in Poland supported by a EU programme wanted to express the importance of Gender Equality in the project.

Implementing gender-sensitive data collection methods, ensuring that the perspectives of both men and women were equally represented in the project's findings. This allowed us to track and assess the impacts of the actions from a

gendered lens, and adjust strategies when necessary to avoid reinforcing existing inequalities. Around 61,53% of the participants were women and 38,46% men. There was a high representation of women in power positions, leading organizations and movements during conferences, workshops and talks. The outcome of these efforts resulted in a more equitable distribution of resources, opportunities, and support for all gender groups involved in the project.

All the presentations, and speakers have to have a gender balance, this helps us allow more public space for actions and projects led by women.

Ethical Considerations in Implementation:

For the event it established a robust framework for ethical decision-making, ensuring that all actions taken aligned with the highest standards of integrity, respect, and transparency. We provided clear communication about the project's goals to all the participants, methods, and expected outcomes to foster trust and promote informed consent at all stages. The Youth groups involved were free to enter and leave the project, although were informed of their rights and duties.

In addition, we took proactive measures to ensure that the project did not inadvertently perpetuate discrimination or harm any of the stakeholders, particularly those from vulnerable or groups that suffer more discrimination. We conducted regular ethical reviews and risk assessments to identify potential areas of concern, which allowed us to adjust our approach when necessary. Furthermore, safeguarding mechanisms were put in place to protect participants' privacy and confidentiality, and all data was handled responsibly in accordance with ethical standards.

As previously described, rather than revictimizing, the approach taken considered the city's situation on the border with Ukraine and the impact of the crisis on Rzeszów. The volunteerism projects presented were designed with a focus on inclusion and ethics from a constructive perspective, viewing refugees not just as beneficiaries but as active agents of change who can contribute to and support their host communities.

Methodology: Participatory, cooperative methodologies were used, including question-and-answer sessions and reflective discussions.

DESCRIPTION OF THE ACTIVITIES TAKEN PLACE

13/12/2023

Arrival Day

- 07:00 AM - End of the Day: Participants' Arrival in Rzeszów: Participants from the partner organizations arrived throughout the day in Rzeszów, Poland. The logistical arrangements ensured smooth arrivals and transfers from the airport to the hotel.
- 07:00 PM - Pick-up at the Hotel: A designated meeting point was set up at the hotel lobby where participants were gathered for the evening activities.
- 07:30 PM - Welcoming Dinner at "KONFITURA" Restaurant:
 - The day concluded with a welcoming dinner at the renowned "KONFITURA" restaurant located at Juliusza Słowackiego 8,

Rzeszów. This dinner provided an informal setting for participants to meet and network.

- The welcoming dinner featured traditional Polish cuisine, offering participants a taste of local culinary delights. It was an excellent opportunity for attendees to socialize and build rapport ahead of the formal sessions.
- The evening fostered an atmosphere of camaraderie and collaboration, setting a positive tone for the days to follow. Participants shared initial thoughts and expectations for the event, laying the groundwork for productive discussions and meaningful exchanges in the coming days.

DESCRIPTION OF THE ACTIVITIES



14/12/2023

Day 1.

Location: UrbanLab Rzeszów, 3 Maja 13, Rzeszów

- 07:00 AM - Breakfast at the Hotel:
 - Participants started their day with breakfast at the hotel, providing an opportunity for informal conversations and last-minute preparations.
- 09:00 AM - Pick-up at the Hotel and Walk to the Meeting Place:
 - Participants were picked up from the hotel and walked together to the UrbanLab Rzeszów, fostering a sense of community and engagement.
- 09:30 AM - Registration and Welcoming Coffee:
 - Upon arrival, participants registered for the event and enjoyed a welcoming coffee, setting a relaxed and friendly atmosphere for the day's activities.
- 10:00 AM - Welcome Speech by Marek Duda, Rzeszow Regional Development Agency:
 - Marek Duda officially opened the event with a welcome speech, highlighting the importance of volunteerism in overcoming the challenges posed by the COVID-19 pandemic and setting the stage

for the day's discussions.

Activity: T6.2 Workshop and conferences.

Description: Over the course of the two-day event, various organizations participated in presenting best practices in volunteering, as well as workshops on different topics. Specifically, there were volunteer initiatives in hospitals, NGOs working with homeless people, individuals with illnesses, and people with disabilities. We also learned about cultural volunteering initiatives supported by the local government, fundraising festivals, and other social entities.

Methodology: Participatory, cooperative methodologies were used, including question-and-answer sessions and reflective discussions.

Speakers/entities:

- 10:15 AM - Presentation: "Foundations Helping Hospitals during the COVID-19 Pandemic" by Ga-Mon Foundation:
 - The presentation focused on the initiatives and support provided by the Ga-Mon Foundation to hospitals during the pandemic, showcasing their efforts in crisis response and healthcare support.
- 10:30 AM - Presentation: "Szlachetna Paczka: A Nationwide Campaign for Citizens in Difficult Situations" by Joanny Sadzik, Wiosna Association:
 - Joanny Sadzik discussed the Szlachetna Paczka campaign, detailing how it mobilized resources and volunteers to assist citizens facing hardships during the pandemic.
- 10:50 AM - Presentation: "Volunteer Support of the Healthy Lifestyle in the Region" by Tomasz Friedlander, Street Autonomy Foundation:
 - Tomasz Friedlander highlighted the role of volunteerism in promoting healthy lifestyles, discussing initiatives that encouraged physical activity and well-being in the region.
- 11:10 AM - Presentation: "Engagement of Adults in Volunteer Actions" by Małgorzata Cisek-Kozieł, Rzeszowskie Volunteerism Center 50+:
 - Małgorzata Cisek-Kozieł shared insights on how the Rzeszowskie Volunteerism Center engages adults in volunteer activities, emphasizing the benefits of lifelong volunteerism.



- 11:35 AM - Presentation: "Volunteers Helping Make Dreams Come True" by

Aneta Róg, "Mam Marzenia" Foundation:

- Aneta Róg presented the work of the "Mam Marzenia" Foundation, which focuses on fulfilling the dreams of critically ill children through volunteer efforts.
- 11:55 AM - Presentation: "Challenges for Hospitals during the COVID-19 Pandemic":
 - This session delved into the specific challenges hospitals faced during the pandemic and how volunteer organizations helped to address these issues.
- 12:20 PM - Presentation: "Support for the Poor and Disabled" by Caritas Diecezji Rzeszowskiej and St. Abert Association:
 - Representatives from Caritas Diecezji Rzeszowskiej and St. Abert Association discussed their initiatives to support vulnerable populations during the pandemic.
- 01:30 PM - Lunch Break:
 - Participants enjoyed lunch, providing a break for informal networking and discussion.
- 02:30 PM - Study Visit and Presentation:
 - Volunteers Tell the Story of Rzeszów:
 - A presentation and study visit to the Lubomirski Family Castle and the Chamber of National Remembrance, Podkarpackie Branch, where participants learned about the historical and cultural significance of Rzeszów, guided by local volunteers.

Other Non formal cultural activities

- 04:30 PM - Pick-up at the RRDA HQs:
 - Participants were picked up from the Rzeszow Regional Development Agency headquarters.
- 05:00 PM - Traditions of the Region at Local Culture Center "Wspólnota" of Zgłobień, HQ in Nosówka:
 - The evening program included cultural presentations at the Local Culture Centre in Nosówka, highlighting regional traditions and heritage.
- 06:00 PM - Performance by WESOŁE KUMOSZKI:
 - Participants enjoyed a performance by WESOŁE KUMOSZKI, showcasing traditional music and dance.
- 07:00 PM - Traditional Dance Show by RZESZOWIANKA and KARPATY Dance Teams:
 - The event featured a vibrant traditional dance show by the RZESZOWIANKA and KARPATY dance teams, celebrating local culture.
- 08:00 PM - Return to Rzeszów:
 - Participants were transported back to



Rzeszów after the cultural activities.

- 08:30 PM - Dinner at the KONFITURA Restaurant:
 - The day concluded with dinner at the KONFITURA restaurant, providing an opportunity to reflect on the day's activities and continue networking in a relaxed setting.



15/12/2023

Day 2



Location: RRDA Headquarters, Szopena 51, Rzeszów

- 07:00 AM - Breakfast at the Hotel:
 - Participants began their day with breakfast at the hotel, facilitating informal networking and setting a positive tone for the day's sessions.
- 08:30 AM - Pick-up at the Hotel and Walk to the Meeting Place:
 - Participants were picked up from the hotel and walked to the RRDA headquarters, promoting a sense of community and engagement.
- 09:00 AM - Partnership Meeting:
 - The day started with a partnership meeting, where representatives from each partner organization discussed ongoing projects, shared updates, and planned future activities. This meeting was crucial for ensuring alignment and collaboration across all partners.

Activity: (T.6.2) 10:00 AM - Discussion Panel: "Volunteer Support for Ukraine/Refugees":

- This panel focused on the various ways volunteers have supported Ukrainian refugees, sharing experiences, strategies, and lessons learned. The discussion highlighted the critical role of volunteerism in humanitarian crises.
- During this session each partner also exposed their volunteerism initiatives regarding the inclusion of Ukrainian Refugees
- In the session young Ukrainian entrepreneur exposed how they are developing businesses in Poland and focalized in how the receiving country could be enriched also by the benefits of new arrivals, besides the image of Refugees and mostly women was pointed out from a empowerments gender approach

**Activity: T6.1 Seminar about the Charter of Fundamental Rights**

- 11:30 AM - Presentation: "The History of the European Chapter of Fundamental Rights" by Elżbeta Dynia, University of Rzeszów:
 - Elżbeta Dynia provided an insightful presentation on the history and significance of the European Chapter of Fundamental Rights,

emphasizing its relevance to volunteerism and social justice.



- 11:50 AM - Presentation: "ROWES Beneficiaries Support Volunteer Actions":
 - This presentation showcased how ROWES beneficiaries have engaged in volunteer actions, demonstrating the positive impact of volunteerism on both volunteers and beneficiaries.
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Activity: T6.1(part 2) Seminar about the Charter of Fundamental Rights.

- 02:00 PM - Presentation: "The Assumption of the European Chapter of Fundamental Rights" by Alireza Hoghoughi, "The Globe-Intercultural Research Club":
 - Alireza Hoghoughi discussed the assumptions and implications of the European Chapter of Fundamental Rights, linking it to the broader context of volunteerism and civic engagement.
- 02:20 PM - Lunch Break:
 - Participants took a break for lunch, offering an opportunity to relax, network, and reflect on the morning sessions.
- 03:00 PM - Presentation: "Volunteer Support of Cultural Activities in Rzeszów" by Katarzyna Madera, Rzeszów Culture Incubator:
 - Katarzyna Madera highlighted how volunteers support cultural activities in Rzeszów, emphasizing the role of volunteerism in enriching community life and preserving cultural heritage.
- 03:20 PM - Panel Discussion: "Young People Support Great Orchestra of Christmas Charity":
 - This panel focused on the involvement of young people in supporting the Great Orchestra of Christmas Charity, discussing the impact of youth volunteerism on community initiatives and fundraising efforts.
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Activity: T6.3 Creative Lab

- 03:40 PM - Creative Lab:

- Participants engaged in a Creative Lab session, where they brainstormed and developed innovative ideas for new volunteer projects. This interactive session encouraged collaboration and creative thinking.



- 05:00 PM - Guided Tour: "In the Heart of Galicia":
 - A guided tour provided participants with a historical and cultural overview of Galicia, deepening their understanding of the region's heritage and volunteer efforts.
- 07:00 PM - Visit to the Christmas Market in Rzeszów:
 - Participants visited the festive Christmas Market in Rzeszów, enjoying the local holiday atmosphere and traditional crafts.
- 08:00 PM - Dinner:
 - The day concluded with a dinner, allowing participants to unwind and continue their discussions in a relaxed setting.



DISSEMINATION & SUPPORT

The project has been communicated and disseminated through various local and

international channels and media. It also has a dedicated section in the stories section, as do all events, and is published on the official project website. Some of the publications are as follows:

<https://incluseu.es/highlighting-european-values-and-volunteerism-through-the-transnational-meeting-in-rzeszow-poland/>

Publisher	Platform, Media, Type	Subject of the post	Link / Offline reference	Target Group
AJD	Facebook	post - fourth meeting (Poland)	https://www.facebook.com/assocjuvenildeao/posts/pfbid02JvLateXua4d87LEXaHuEypfyAUXbzZfP3YRuAqg61sV6EYG3ijeizSEbBRUedYDEI	1800 Followers
AJD	Instagram	post - fourth meeting (Poland)	https://www.instagram.com/p/C04rgi9oljd/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==	713 Followers
InCo Facebook page	Facebook	TM Poland	https://www.facebook.com/AssociazioneInCoMolietta/posts/pfbid0cBmUXaVeu98oSguLipJpvybY3Cp5GPFNjYCJZAvqjEY3L39XJBk2bYYmdfsEg4Acl	2600 followers
InCo Instagram page	Instagram	TM Poland	https://www.instagram.com/p/C1HMQx5tAZj/?img_index=1	2000 followers
SVF Instagram page	Instagram	Event promo for the Polish PM	https://www.instagram.com/p/CzD7Kf5tZF7/?fbclid=IwAR3lx4qL6X2rGt6V082Grjmu8Ct2tkOeIDU9xpFsNy2j2mX1n7_edJxA79o&img_index=1	130 followers
	Webpage	experience report of Polish project meeting	https://szubjektiv.org/az-ev-utolso-incluseu-talalkozoja-rzeszowban/	Readers of the SVF's webpage
Rafelbunyo council	Instagram	post of Poland	https://www.instagram.com/	4582 followers

		project event concludes	p/C1HXPjylf7V/?igsh=NnozbdVmNjF2N3Ay	
Inlcuseu Instagram page	Instagram	First day in Poland	https://www.instagram.com/p/C01CG_dNLNo/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==	310 followers
Inlcuseu Instagram page	Instagram	Summary of the experience in Poland	https://www.instagram.com/p/C1HYzRht8FC/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==	310 followers
Inlcuseu Instagram page	Instagram	Summary of the experience in Poland	https://www.instagram.com/reel/C1Cpd9DLLRf/?utm_source=ig_web_copy_link	310 followers
Rafelbunyo council	Facebook	post of Poland project event concludes	https://www.facebook.com/ajuntamentrafelbunyo/posts/pfbid02FeJnAbhGhSineurVrarQN4458BRpfidAkxDSG4uwAPm2tgif1quVN7YxvJACPnBQI?locale=es_ES	6164 followers

We would also like to express our gratitude for the tremendous support from both public and private institutions in the region. Attached are some of the letters of support.

EVALUATION

Regarding the evaluation, we have been able to reflect on and assess the progress of the project and the event through our coordination meeting and also via a Google Form survey.

Some of the comments reflect the quality of the volunteer initiatives shared, although it was a quite packed programme for two days, and we had the participation of young people, maybe from the Spanish and Italian group, it was more difficult for the Polish Agency to engage in that schedule the participation of young groups, apart from the Ukrainian young girls involved in the presentation. Some comments about the event were:

“The presentation working with people with disabilities...an excellent initiative

“More youngsters participating in the program”

“Difficult to choose...the Rzeszow cultural hub in the afternoon and Polifonia”

16/12/2023

Departure Day

- **Departure Arrangements:**
 - Throughout the day, participants prepared for their departure from Rzeszów, Poland. The event organizers ensured that all logistical arrangements for transportation to the airport were efficiently managed to facilitate smooth departures for all participants.
- **Reflections and Farewells:**
 - Participants took the opportunity to reflect on the activities, discussions, and experiences shared over the past few days. Many expressed their gratitude for the insightful presentations, meaningful discussions, and the warm hospitality extended by the hosts.
 - Informal gatherings and conversations were held as participants shared their key takeaways from the event, discussed potential collaborations, and exchanged contact information to stay connected for future initiatives.
- **Final Coordination and Follow-up:**
 - Event coordinators held a brief meeting to review the event's outcomes, ensuring that all objectives were met and discussing any follow-up actions required. This included finalizing plans for the next meetings, confirming dates, and outlining the steps for ongoing communication and collaboration among partners.
- **Expressions of Gratitude:**
 - The Rzeszowska Agencja Rozwoju Regionalnego Spolka Akcyjna team, along with other local organizers, expressed their heartfelt thanks to all participants for their active engagement and contributions throughout the event. Participants reciprocated with appreciation for the well-organized and enriching experience.
- **Departure:**
 - Participants departed from Rzeszów with a renewed sense of commitment to volunteerism and the collective goal of overcoming the challenges posed by the COVID-19 pandemic. The event left a lasting impact, reinforcing the importance of solidarity and collaboration in driving positive change across Europe.



HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	01.04.2022	Initial version (new MFF).
2.0	05. 11.2024	Amendment