



**FOSTER
SOCIAL
INCLUSION**

Volunteering for Environmental Purposes

Training module

by SEEDS - SEE beyonD borders

SEEDS
VOLUNTEERING FOR ICELAND

*KA2 Strategic Partnerships for Adult Education – Exchanges of Practices "Foster Social Inclusion: volunteering, social entrepreneurship and art for social inclusion"
Project 2019-1-PL01-KA204-065375*

The training module description

Volunteering for Environmental purposes

International volunteering camp focused on raising intercultural and environmental awareness.

Specific target audience:

International volunteers (16+)

Main goal:

Foster intercultural dialogue whilst contributing for environmental protection.

Detailed objectives:

- to increase environmental awareness;
- to protect the Icelandic nature;
- to fight global climate change and biodiversity loss;
- to boost intercultural exchange;
- to increase intercultural understanding;
- to promote intercultural dialogue.

The *Environmentally Aware & Trash Hunting in Reykjavík* project aims to gather people from all over the world, with different backgrounds and cultures, to unite for the purpose of environmental protection.

The Group: from 5 to 16 participants (max. 2 participants from the same country)

Duration: 9 days

Trainer: The camp is lead by trained ESC¹ long-term volunteers

¹ European Solidarity Corps

THE TRAINING IS TO DEVELOP KEY SKILLS

- Intercultural understanding
- Environmental awareness
- Multilingual competence
- Personal, social and learning competence

METHODOLOGY

- Icebreakers
- Energisers
- Group-work
- Lectures
- Group discussion
- Team-building
- Hands-on

KNOWLEDGE

- Intercultural learning and dialogue: group of people from all over the world exchanging cultures and experiences for 9 days, living together.
- Environmental issues such as plastic pollution, deforestation, consumption habits, fossil fuels, species extinction, others.
- Social impact on the environment: working conditions of high-scale production in developing countries, individual behaviour, fast fashion, others.
- Environmental solutions: clean and passive energy, organic agriculture, local produce, fair-trade, informed consumers, activism, others.
- International cuisine: exchange of home-country gastronomy

- Social interaction: meals, icebreakers, energisers, team-building activities, evaluations & feedback sessions
- Communicate in foreign language

Tips for facilitators

HOW TO COMMUNICATE WITH CAMP PARTICIPANTS: GUIDELINES FOR FACILITATORS

I. BASIC PRINCIPLES

- be ready to adapt and improvise
- be patient and emphatic
- good communication
- positive mindset, open-minded

II. FACILITATORS' TASKS

1. Find common ground with all the participants
2. Sharing knowledge, personal experiences and ideas about environmental aspects and problems
3. Create friendly environment for discussions
4. Building trust and teamspirit
5. Problem solving / preventing
6. Time management (schedules, balance between activities and free time for everybody's wellbeing)
7. Be clear and specific with the tasks and encourage teamwork (create a culture of collaboration)

III EFFECTIVE TRAINING

- The aim of the camp is to increase knowledge about environmental problems and to have intercultural dialogues
- Explain how the recycling system works in Iceland and in our households to have practical experience.
- Give the participants a model of sustainable lifestyle and make them more aware about the food and products they are consuming (DIY workshops).

IV STRENGTHENING SOCIAL SKILLS, HARNESSING GROUP POTENTIAL

- Icebreakers - to make the space more friendly
 - Divide the group in pairs. Give them 15 minutes to talk and introduce to each other. Make a round where each person introduces the pair-colleague.
 - Names game: make 1 round circle, passing an object. The person holding the object has to say their name, the name of the object, the name of the person they got the object from and the name of the person they are passing the object to.
- Mandala Method to understand the individual expectations of each participant and mid-term and final evaluation for feedback.

Ask the participants to identify what they are interested in learning during the activity:

- What do you want to gain? What do you want to take home?
- Why are you interested in the topic of this camp?
- What do you want to learn at this camp?
- What do you expect out of this camp? What do you want to happen to make this camp a success?
- What do you need to make you feel comfortable during the camp?
- International evening including dinner to share the culinary culture from the different home countries and games/music to build team spirit and share cultural traditions.
- Having 3-4 cooking- and cleaning teams to build teamwork.

The training programme

Environmentally Aware & Trash Hunting in Reykjavík

Day 1 - Arrival. Introductions and expectations.

1. Who are we

OBJECTIVE: Introduce the international group to the hosting organisation. Explanation of the organisation's history, scope and purposes.

2. Hosting country

OBJECTIVE: Introduction to the hosting country.

Presentation about Iceland: history, geography, geology, fauna, fun facts, social tips, game-quiz and useful vocabulary in Icelandic.

3. Personal introductions and expectations

OBJECTIVE 1: Get to know each other.

Organise icebreakers for the group to know each other.

OBJECTIVE 2: Understand the individual expectations of each participant.

Mandala method (available in Salto)

Day 2 - Workshop, exploring and discussions

OBJECTIVE 1: Provide basic knowledge about overall environmental problems and aspects

Workshop 1 Intro to Environmental Awareness presentation

OBJECTIVE 2: Explore the city and discover the main points of interest

City game including finding certain locations in the capital area with historical explanations.

OBJECTIVE 3: Focus on certain topic of an environmental issue and share personal experience and ideas about it

Documentary + Group Discussion

Day 3 - Volunteering activity and visiting museum

OBJECTIVE 1: Deal with the concept of minimalism

A brief look at why this way of living could offer a better life for people through low environmental impact.

OBJECTIVE 2: Put the theory in practice

Organized clean-up for either coastal or urban areas to contribute directly to environmental protection.

OBJECTIVE 3: Educating about the lives of whales and human impact on their existence.

Whales of Iceland - museum tour (optional to have audio guide).

OBJECTIVE 4: Experiencing the city's policy of encouraging public sports and healthy lifestyles.

Having a relaxing time in the swimming pools (hot pools).

Day 4 - Being adventurous and building connections with the locals

OBJECTIVE 1: Discovering Icelandic landscape, volcanoes, waterfalls and historic viewpoint.

Golden Circle excursion

OBJECTIVE 2: Mid-term evaluation.

Mandala method (available in Salto)

OBJECTIVE 3: Attending a local event in order to become familiar with the cultural identity of the locals.

Cinema/current local event

Day 5 - Waste management

OBJECTIVE 1: Deepening knowledge about waste management in Iceland through lectures provided by local professionals.

Visiting SORPA - Waste Collection Centre tour

OBJECTIVE 2: Broadening participants awareness about recycling and waste management methods researching a topic in which they are interested.

Research time and workshop 3.

OBJECTIVE 3: Sharing personal opinions and ideas for intercultural exchange.

Local & Global Environmental Issues - Group Discussion

Day 6 - Hands-on experience

OBJECTIVE 1: Learning why Iceland is a pioneer in the use of geothermal energy and how the society managed the transition from coal and oil to renewable resources.

Guided tour in Hellisheiði Geothermal Power Station.

OBJECTIVE 2: Cleaning skiing slopes and the area surrounded by the beautiful icelandic landscapes.

Trash Hunt in the Blue Mountains.

OBJECTIVE 3: Experiencing an unusual opportunity to bath in a warm river in one of Iceland's natural geothermal areas.

Hot River Hike Excursion

Day 7 - DIY - Do it yourself

OBJECTIVE 1: Sharing knowledge about how to make your own hygiene products. Workshop for making deodorant. Necessary tools and ingredients provided by SEEDS.

OBJECTIVE 2: Visual experience combined with trash-hunting. Visiting Recycled House and cleaning the area.

OBJECTIVE 3: Exchanging culture
International dinner to share national foods, games and music.

Day 8 - Exploring

OBJECTIVE 1: One day trip by the shore to show Icelandic landscape and nature. South Shore Excursion.

OBJECTIVE 2: Feedback from the participants and final evaluation.

Mandala method (available in Salto)

Day 9 - Departure.



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e-mail: projects@seeds.is

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Erasmus+

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