

Time Banks

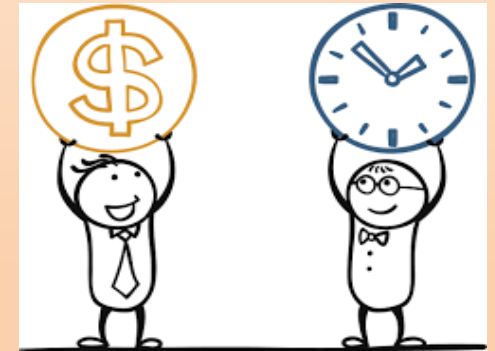
Volunteering and its Surprising Benefits

Erasmus+ 2022-1-EL01-KA121-SCH-000058627

Barcelona, 11-16/03/2024

Jesuïtes Gràcia Col.legi Kostka

A' Arsakeio Tositseio Lykeio Ekalis



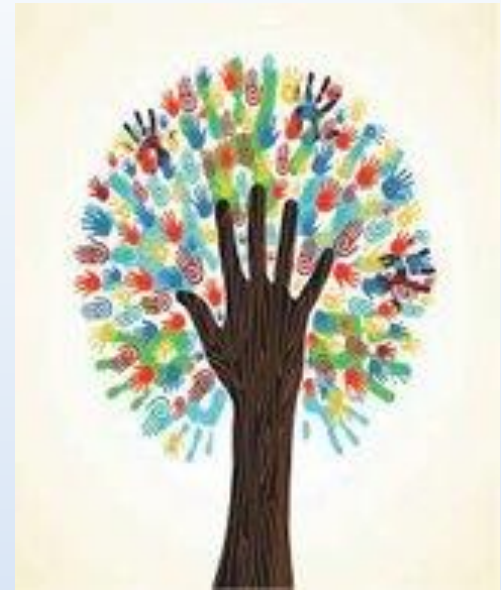
Volunteering

Definition and Forms

Kafentzis Konstantinos
Georgantas Marios

Volunteering

Definition: “The act of contributing free labor to conduct community service or support a nonprofit organization. It is the principle of donating time and energy towards a greater cause with a sense of social responsibility and without receiving financial reward. It is all about helping fellow humans and society wider” .



❖ **Historical data:** December 5th was established as International Volunteer Day in 1985, by decision of the UN General Assembly

❖ **Aim:** to *pay due tribute to the millions of volunteers* who are committed to the service of humanity, often at the risk of their lives

❖ This day is also the springboard for spreading the value of volunteering and the spread of voluntary consciousness to the new generation, to future volunteers, which our society needs now more than any other time





Forms of volunteering

The importance of volunteering today lies in the fact that the situation on the planet is getting worse day by day in combination with the miserable living conditions of a large number of our fellow humans.

A great variety of forms:

- Waste collection
- Tree planting
- Offering food and medicine
- Blood donation



- Free meals and Clothing to the homeless

The Benefits of Volunteering

Varvatsouli Sofia, Tsakoni Marilena

Benefits to society

Volunteering offers numerous benefits to society, fostering a sense of community, addressing social issues and promoting a significant positive change.



Benefits to society

- **Connected Community:** Volunteering brings people together for a shared purpose.
- **Tackling Social Issues:** It helps make positive changes in areas like poverty and homelessness.
- **Non-profits:** Volunteers are crucial for non-profit organizations, helping them to expand their actions.
- **Healthier Communities:** Volunteering promotes a culture of giving back and contributes to making society better.

Volunteering has many good effects on a person, contributing to personal growth and well-being.



Benefits to an individual

- **Personal Growth:** Volunteering helps you learn new things and grow.
- **Enhanced Well-being:** It makes you feel good and satisfied.
- **Skill Acquisition:** Volunteering makes you better at different skills.
- **Networking:** You can make more friends and connections.
- **Increased Self-Esteem:** It makes you feel more confident and better about yourself.
- **Broaden Worldview:** Volunteering helps you see the world in a broader way and understand different cultures.

VOLUNTEERING ACTS OF 2018-2019

Tsakoni Marilena, Mihalopoulou Melina

Actionaid



- Our school since 2010 has been a sponsor of little Noria from the Punjab community of Afghanistan, a program that started through the Actionaid underwriting program.
- On Friday, 2 February 2018, our school organized a charity bazaar that had great outcomes . Part of the proceeds were allocated to Epikentro, Actionaid's new initiative in Greece.
- With the help of our School, ActionAid started Afghanistan programs that support community residents to be able to improve their tragic living conditions and secure meaningful and long-term development for themselves and their children.

Volunteer Bone Marrow Donor Bank

- The *ORAMA ELPIDAS* (i.e. *Vision for Hope*) Association is a non-profit organization that was created in 2012.
- The primary goal of the Association is the operation of a Volunteer Bone Marrow Donor Bank.
- A group of students from our school was moved by the talk of an expert and decided to volunteer by creating an informative stand at our schools 2nd charity run in order to raise awareness among the youth and adults about this crucial matter



Providing food and many goods to the Athens Nursing Home



During Christmas, the students of the 1st Arsakeio - Tositseio Lyceum of Ekali once again showed a touching sensitivity, offering many goods to the Athens Nursing Home.

The social service of the Nursing Home guided us about the needs of the elderly and thus food and personal hygiene items were collected and transported to the institution under the care of the School.

4th Charity Run

With great success and great participation (1,300 participants), the 4th Arsakeia Charity Run took place on Sunday, October 20, 2019, at the Arsakeia-Tositseia Schools of Ekali. The profits that were made were once again donated to the "Orama Elpidas" Association, helping their programmes keep operating



Voluntary Actions 2020-2022

Lagou Christina

Trikatzi Ioanna

General Actions during the Covid-19 pandemic

2020-2022 was the Covid-19 pandemic and lockdown period, so courses were conducted online mostly and it wasn't possible for our school to organise Charity or Voluntary Actions requiring physical presence.

We managed, though, with the help of all students and their families, to raise money through deposits in a Bank account and make donations and support many organisations and institutions that help poor people, abandoned or unaccompanied children etc.



Field worker update and translation/ Aggiornamento sul bambino
Uppdatering eller översättning från fältarbetaren
Zădatul nou născutului meu, scrieți-mi:

Dear my lovely support!!!
salam and greeting from panyab my
DISTRICT I hope you are fine, healthy
and doing well. Now here is the spring
season of year, so I go to school with
other girls and boys, and I am studying
of grade 10 in school. I like my teacher very
much, he is very kind with all the students
and I like to be a teacher in the future.

Action: And distributed vegetable seed
for all of us here in our village, and
my mother got it for us, so we have vegetable
with our foods and I am THANKS you for
your supporting.

scid (Noorja)

Field Worker Name/ Firma dell'incasato/ Fältarbetarens namn/
Υπογραφή του τεχνικού που συλλέγει:
Noorja (CSA)



General Donations

- To "Action Aid Hellas"
- To "Chatzikonsta" Children's Institution
- To "Hamogelo tou paidiou" (The smile of Child)
- To "Lyreio" Institution
- To "SOS Villages" for children



Voluntary Blood Donation

On Tuesday, March 1st, 2022, we were again at school after the end of the lockdown, where an outstanding Health Information Action took place within the framework of the corresponding action plan and the Erasmus+ project: *Young Europeans Speak Up!!*, which aims to raise social awareness. This time our action aimed at promoting voluntary blood donation.



Voluntary Actions 2022-2023

Georgoulia Chrysanthi

Sgourdou Natalia

Adopted a beach !!!

Our school undertook the cleaning of a beach through the WWF program. The process included the distribution and recording of the findings on an online platform with the aim of studying the currents in the Mediterranean Sea.



Food offering... An act of love!

Our school collects long-lasting food for Ukrainian refugees, who are hosted in structures in Greece, but also for those facing survival problems in Ukraine, in collaboration with the NGO "Doctors of the World".



Our Christmas bazaar!

The Arsakeia-Tositseia High Schools of Ekali organized, on Wednesday, December 14, 2022, at the Theater of the Schools, a Christmas bazaar for charity.



Kill the monster in your closet!



An environmental action aimed at adopting ways to reduce the negative footprint of overconsumption of clothing.

1. The clothing industry is the second most polluting, after the liquid fuel industry.
2. Many materials are made from tree pulp, so the clothing industry is also responsible for deforestation.
3. Mistreatment of workers expected to work overtime due to overconsumption needs may lead to accidents in which many lose their lives.



Sports and volunteering!

On 29 of April 2022 our school organized an event to highlight the value of sports and volunteering as social activities with an important moral imprint, through student presentations and discussions.





**VOLUNTARY ACTIONS OF
2023-2024**



HELPING THESSALY



September 14, 2023



our School and all Arsakeia Schools

PLAN OF ACTION

1. Our students families collected pens and pencils, books and notebooks for the students of Thessaly, who faced a disaster.
2. All the stationery was collected in our school and was later delivered to the kids of Thessaly



CLEANING THE BEACHES



November 2, 2023



Lavrio, Kalopigado beach



In collaboration with WWF and students of classes A3 and A4

PLAN OF ACTION

1. collecting the waste from the beach
2. recording it by category
3. posting the recorded waste on the relevant platform of the program.



DONATION OF GOODS TO THE "HAGIA ANNA" CHRISTIAN HOME FOR GIRLS



The "Saint Ann"
foundation



PLAN OF ACTION

The students of our School and their families collected for the "Saint Ann" Christian Home for Girls:

- food
- basic necessities



TOGETHER FOR THE CHILD

VOLUNTEERS FOR THE CHILDREN'S CHRISTMAS PLAN OF ACTION


1. Our students collected a large number of books
2. wrote wishes in them for hospitalized children
3. delivered the books to "Saint Sophia" Children's Hospital in the reception area



BREAKFAST BOXES

PLAN OF ACTION

1. The students bought the essentials
2. Packed the boxes
3. Decorated them



**Volunteers do not
necessarily have the time;
they just have the heart.**

Elizabeth Andrew

EVERYDAYPOWER

Thank you for your attention!

The material of the project reflects only the author's views. The European Commission's support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission or the Hellenic National Agency cannot be held responsible for any use which may be made of the information contained therein.