

IT IS YOUR TURN!



TAKE CHANCE TO ADVANCE YOUR CAREER



Erasmus+

Nowadays, every young person has almost infinite possibilities of expanding his/her knowledge, practical skills and personal or social competences. There is a variety of projects and institutions expanding occupational mobility, giving a chance to study abroad, take part in internships and traineeships available for young people. There are many institutions and programmes which provide a real opportunity for young people to expand their interests and develop their culture and social life, make possible to take part in local or trans international activities. Gaining knowledge and skills is possible after graduating your school or university, not only during your basic or academic educational process. The main point can be summed up just by one phrase: the world is yours.

It is very important to find your way in a thicket of possibilities and proposals, choose what is the best for you, find what you want and would like and to do. It is essential to know how to manage your life in order to take part in valuable projects, meetings and initiatives which push forward your private and professional life. In today's world the key matter is not only vast knowledge and a number of courses or internships listed in your CV. It is necessary to be resourceful and able to express your own opinions, be able to think critically, make urgent decisions, plan and organise your work and guide your team, be able to give a feedback. These are only a few skills which are worthy to develop before your job interview.

Is it possible to acquire all of them? Sure it is. How and where? You will learn that from this book.

I wish you a pleasant reading.

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FREE PUBLICATION

Develop your competences for the labour market

The labour market is constantly evolving, and the skills, competences and qualifications that people need, change over time. Hence, to deal with these changes, people need to be equipped with a variety of capabilities.

Soft skills as the key to success

Soft skills are the skills concerning the relational behavior of people, These are related to the level of held emotional intelligence, leadership capabilities, teamwork capacity and the ability to cooperate, as well as held problem-solving ability, conflict management potential and decision-making competence. The aforementioned pack of skills is needed to work with other people.

Soft skills contrast with hard skills, as, generally, hard skills are easily quantifiable and measurable. For instance, they concern mathematical skills competences and demonstrated linguistic or digital skills.

Do you really think it is sufficient to only have hard skills to achieve success at work? Is there work that is without any sort of relationship with other workers or clients? Is it possible to be a manager just because you know economics?

As a part of the “Young people in the labour market” project, we conducted research among students and entrepreneurs - asking them about the competences they see as being of utmost importance in the labour market. Our research has shown that having highly developed hard skills is not that important! In confirmation of this bold statement, we have included a description of the different soft skills which were indicated to be of relevance by employers in Poland, Malta, Italy and Slovakia, and which were considered as being most wanted on the labour market. Check out how many of these you hold!

Why is it important to train these skills

Life in one way or another teaches us these skills, but with varying degrees of success. The good news is that it is possible to improve these skills due to formal or informal experiences. Indeed, you can develop these skills by participating in extra-curricular activities (like volunteering, working in student organizations, or by being involved in neighborhood activities). It is important to improve these skills, because doing so will help you to successfully deal with the daily challenges you will meet with in your professional life. Moreover, when you are looking for a job, including a confirmation of owning such skills will make your cv profile more interesting and will expand your opportunities within the labour market.



The soft skills in details

- ✓ **Teamwork:** Cooperative or coordinated effort in a group of people acting together as a team so as to bring about a common good; it is the ability to positively contribute and work inside a group in order to reach **certain** common goals. Employers indicate this as one of the most important skills utilized during daily work **within** their businesses.
- ✓ **Leadership:** The activity of leading a group of people or an organization towards a goal. It is connected with the ability to provide a clear vision and to share that vision with others so that they will follow willingly, to provide them with the information, knowledge and methods to realize that vision, and to coordinate and balance the conflicting interests of all members and stakeholders. A true leader rises to a challenge at a time of crisis and is able to think and act creatively in difficult situations.
- ✓ **Problem solving:** The process of working through the details of a problem to come up with a workable solution – doing so in a creative and conclusive way.
- ✓ **Creativity:** Defined as an ability to generate or recognize ideas, alternatives or possibilities that may be useful in solving problems, as well as the ability to communicate with others and to entertain both ourselves and others.
- ✓ **Communication skills:** The ability to effectively and efficiently convey information to other people. People with good verbal, non-verbal and written communication skills facilitate the sharing of information between people within a company so as to enable such people to reach their goals more efficiently.
- ✓ **Conflict management:** The practice of recognizing and dealing with disputes – and in doing so in a rational, balanced and effective way.
- ✓ **Entrepreneurship:** Entrepreneurial spirit is characterized by displaying Innovation and the ability to take a risk; it is an essential part of one's chance to achieve success in all life activities.

PROVING your skills
=
ACHIEVING success at work!

Have a look at this brochure and learn what things you should do in order to improve your skills!

Volunteering - the key to your career success!

Volunteering – what does it mean?


Volunteering is about giving your time to a cause that you believe in. It is further described as being an unpaid activity wherein you donate your time to help an organization or to help an individual whom you are not related to. And the best part is that anyone can be a volunteer! Whatever your age, background or work experience, you definitely have some skills and knowledge that someone needs!

What can you do as a volunteer?

Everything! Volunteering ideas are endless. Here's just a few examples:

If you enjoy reading, you can read stories to children at a community shelter or you can set up a story hour at your local library or children's hospital.

If you're a budding journalist or have a passion for a particular subject or issue, heaps of community and volunteer organizations would value your help as a writer or proofreader for their brochures, website, annual reports and other publications.



During my studies I worked as a volunteer in the local newspaper. I wrote a few articles about cultural events. I also made contact with the local kids club. It was such fun that I decided to work there.

Marco, Italy.



Six things to think over before starting voluntary work

Before you get involved in any volunteering activity, think carefully about:

1. What you want to get out of it. Your motivation is something that will help you to stay involved and be satisfied with what you do.
2. What kind of activities you are interested in. When you do what you are interested in and what helps you to develop the skills and competences you want, it more likely that you will enjoy what you do.
3. What type of cause or organization you would like to cooperate with. Just to avoid disappointment and waste of time, choose wisely.
4. What skills you have and what you are willing to share. This will help you to find tasks that you are good at and that will give you satisfaction.
5. How much time are you able to dedicate to voluntary work. This will help you to decide what activities you can involve yourself within, and to avoid frustration if something turns out to be more time-consuming than you planned.
6. What is the territorial scope of activities in which you want to get involved. Do you want to be involved in the activities of a local, national or international organization? Understand that you have choice, and you can set some other goals that you can achieve by way of being a volunteer at a level of your choice

Why it is worthwhile being a volunteer:

1. Volunteering connects you to others.

- ✓ Volunteering allows you to connect to your community and to make it a better place. Working with people helps you to make new friends, to expand your social network, and to boost your social skills.
- ✓ What is more, being a volunteer may help you to strengthen your ties to your community and to broaden your support network by way of exposing you to people with common interests, to unknown neighborhood resources, and to fun and fulfilling activities that heretofore you did not know about.

2. Volunteering increases your social and relationship skills. As volunteering requires working with other people, it gives you the opportunity to practice and develop your social skills.

- ✓ Volunteering sometimes required entering a new environment, and this is, as well, good opportunity to train your social skills.

3. Volunteering helps you to gain new skills and experience.

- ✓ Being a volunteer gives you the opportunity to practice the important skills used in the workplace. Among these are team-working, communicating, problem solving, project planning, task managing and organizing.
- ✓ Volunteering can also help you to build upon skills you already have, as well as to use them to benefit the community, and, hence, yourself.

4. Volunteering can advance your career

- ✓ You will feel more comfortable starting your first work once you've first trained your skills by way of a volunteer position.
- ✓ You can gain new skills and competences in a quite safe environment while being supervised by professionals.
- ✓ There are some fields in which you can directly volunteer for at organizations that do the kind of work you're interested in. For example, if you're interested in nursing, you could volunteer at a hospital or a nursing home.
- ✓ During your volunteer work, you may also cooperate with the staff of companies in which you may later be a paid employee.
- ✓ It provides good opportunities for acquiring free training. For example, you could become an experienced crisis counselor through volunteering for a women's shelter or you can become a knowledgeable art historian while donating your time as a museum docent.

When we moved into a new house, I was little confused. I didn't have any friends in the new neighborhood. One day I saw an announcement that the local nursing home was looking for volunteers. I went there, and since then (it has been nearly 5 years), I have work with these people. They've accepted me and taught me a lot. Now it is my second home!

Katerina, Slovakia

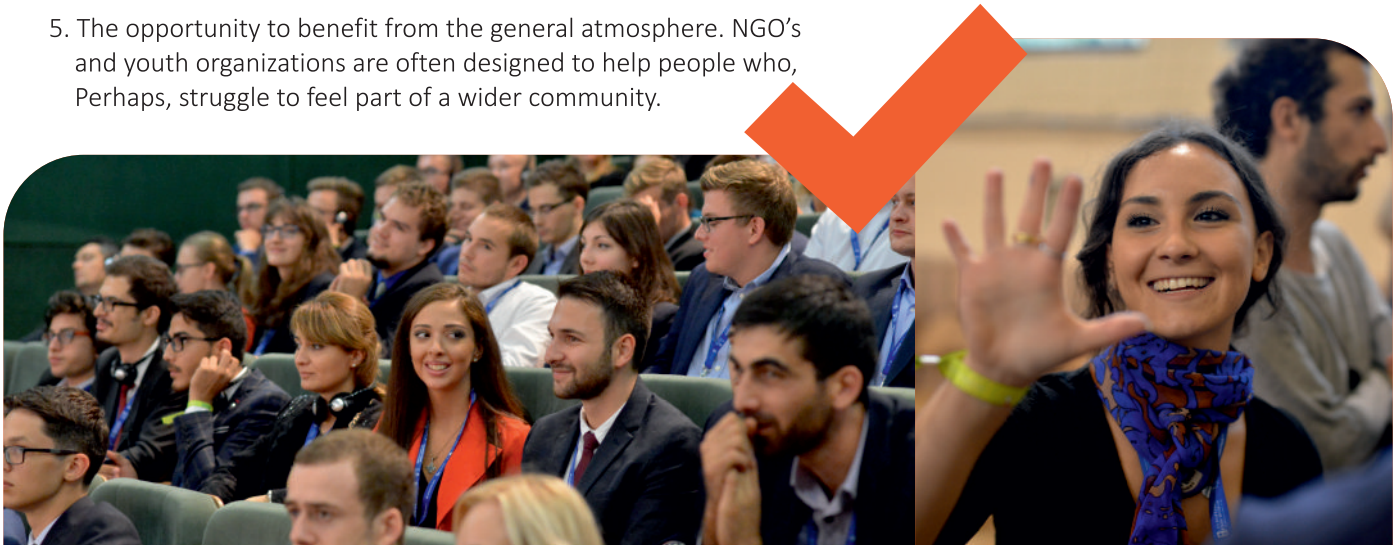
During my studies, many of my colleagues worked as volunteers for one of the local NGOs. I decided to give this a try too - and it was the best decision I ever made! By volunteering, I have participated in many interesting projects, later, I was even allowed to run my own. This experience helped me a lot when I started to work for other NGOs.

Agnieszka, Poland

NGO's and youth organizations - networking that makes sense!

Five reasons for joining NGO's and youth organizations:

1. The offered opportunity to meet new people who can later become your friends, colleagues or project partners.
2. The possibility of opportunity to gain new experiences, as well as increased self-discipline and time management skills, due to the different activities, projects, programs that are frequently run.
3. The ability to work in a team. Such an experience stands you in good stead for future life and career - whether that is in education, sport, business or, indeed, in any situation.
4. The chance to train and develop leadership skills through participating in, or managing different types of activities. By way of taking responsibility for completing a part of a bigger project, you can train your skills without the potential of serious consequences - as you'll have support and guidance from experienced staff.
5. The opportunity to benefit from the general atmosphere. NGO's and youth organizations are often designed to help people who, Perhaps, struggle to feel part of a wider community.



- ✓ **Students' union** – a student organization that is present in high schools, colleges and universities. Depending on the organization's makeup, you can get involved in the union by becoming active in a committee, by attending council or general meetings, or by becoming an elected officer.
- ✓ **Youth movements serving community and promoting social change** – Such volunteers work on specified projects dedicated to certain issues, among these being education, equality and the introduction of new technologies. You can also become involved in the participatory activities of such movements within your community (participatory budgeting or community gardening). Indeed, you just need to take a moment to look for people involved in such movements and just ask them if they want help.
- ✓ **NGOs.** A non-governmental organization (NGO) is a citizen-based association that operates independently of government, usually to deliver resources or serve some social or political purpose. NGOs operate in many different areas and give young people the possibility to gain knowledge and experience by way of working within different projects, and through cooperation with experienced professionals.



"Be the change you want to see in the world"

When you want to start to cooperate with some organization, you have a nearly endless choice of organizations that you can make contact with. Here are a few examples - three that large and well-known:

AIESEC is an international non-governmental not-for-profit organization that provides young people with leadership development, cross-cultural global internship and world-wide volunteer exchange experiences. It is focused towards empowering young people so they can make a positive impact on society. The AIESEC network includes over 100,000 members in 133 countries and territories, and it is the largest youth-run organization in the world! Membership application forms are available on the national and local pages of AIESEC.

Erasmus Student Network is a Europe-wide student organisation operating within 13,500 Higher Education Institutions (including universities, polytechnics and colleges), in over 500 local sections, in 39 countries. Its goal is to support and develop student exchange on local, national and International levels.

The European Youth Parliament (EYP) is a unique educational programme which brings together young people from all over Europe so as to discuss current topics in a parliamentary setting. As a network of independent associations, EYP is present in 39 countries and runs almost 500 events every year. The EYP network organises almost 1000 days of activity every year, involving close to 28000 participants. Through EYP, thousands of young Europeans are active as volunteers, making EYP a programme truly for young people, run by young people. You can contact the EYP branch in your country via this address: <<http://eyp.org/join/contact-eyp-in-your-country/>>.

Quotes about youth organizations

"The common experience of a personal meeting is important in times when people enter into their individual world, and many people feel loneliness inside."

Maroš Čaučík, eRko youth organization, Slovakia

"I want to inspire other young people to improve youth policy in our town and to give young people a free hand in implementing their dream projects."

Martin Ruďčanský, Founder of the Youth Parliament in Humenné, Slovakia

Active citizenship – Your chance to gain professional experience

What is Active Citizenship?


Active citizenship means people getting involved in their local communities and in democracy at all levels: from street to village, from village to city, from city to nation, from nation to world.

Active citizenship can be:

- ✓ as small as a campaign to clean up your street, or
- ✓ as big as educating young people about democratic values, skills and participation.

Active Citizenship is about...

- ✓ Taking an interest in your community:
- ✓ Having your say as a resident,
- ✓ Taking part in decisions that affect you,
- ✓ Above all, it's about ordinary people making things happen!



You can: Keep it small and local as a good neighbour or community group member, Take direct action as a community activist to campaign and lobby your local council or other government agencies to change or improve services, Advise and influence the system as a participating citizen - through consultations and questionnaires, Give your time as a managed volunteer to support a local charity or public service, Take a lead in your community as a citizen governor so as to get involved in making decisions.

Why is it such a good idea?

You can choose the amount of time you spend as an active citizen, from filling in the occasional questionnaire about public services, to meeting as part of a community group once a week, even to working part-time as a lay magistrate. You can decide, and this is the best part!

Why is it worth-while being active?

Voluntary involvement in different activities will help you gain both experience and skills in many areas that will be useful in your future work. By way of engaging in various campaigns and projects, you can acquire certain expertise without fear of serious consequences (such as dismissal in case of failure). In addition, voluntary participation in different projects, programs and activities is always appreciated by employers. It testifies to the fact that you are interested in more than just extrinsic benefits such as better marks or more money, and it demonstrates that you are an active, involved citizen and can independently pursue goals that better yourself and your society.

If you want to be active and have influence on what is happening in your neighborhood – try to find out if there is Youth City Council functioning in your city. **Youth councils** are a form of youth voice engaged in community decision-making. Youth councils exist on local, state, provincial, regional, national, and international levels among governments, non-governmental organizations (NGO), schools and other entities.



Be professionally active while studying!

What does this mean?

Even when studying full time, you can take advantage of many opportunities to be professionally active and to gain the knowledge and experience that will be of use after graduation, in your working life.

Gaining professional experience does not necessarily mean working while studying. There are many different ways of obtaining work experience. Indeed, if you study this brochure carefully, you may notice that all the activities mentioned here will allow you to be professionally knowledgeable and to gain experience.

Anything that helps you to improve your skills, gain new knowledge and learn new things can be used by you as opportunity to build your professional experience. It does not matter if you are involved in reading books to children or preparing columns for newspapers – anything you do can be of value in your professional future. You just need to remember to choose wisely that which you want to be involved in.

How to combine studies with professional activity?

It is hard to combine regular work with formal learning. That is why any activity that is are connected with being a volunteer, whether being active in local initiatives or cooperating with NGOs or youth organizations, are worth-while. Such practices will enable you to combine the gaining of professional experience with completing your full time studies.

You just have to decide how much time and effort you can dedicate to such activity, so you can adjust your extracurricular practices to your studying schedule.



Why is it important?

Being involved in different projects, programs and activities will give you many benefits. During such work, you can enhance your self-esteem and self-knowledge, as well as your interpersonal and communication skills.

You will also gain the opportunity to work with experienced professionals – something that gives you the chance to learn things not written down in a text-book. In addition, you will have great occasion to practice your skills, perfect your abilities and learn from the mistakes you undoubtedly will make.



Participating in a team when bringing about positive change, generates both joy and pleasure. Moreover, participating in local initiatives is also a strategy that trains young people to engage in collective action to improve the institutions in their communities that have direct affect upon them. Such active involvement is good preparation for living in the adult world.



International networking of young people

Why is it important?

Every country has certain cultural, social and economic uniqueness. Young people who are without international connection miss out on the enriching of their cultural and social knowledge, as well as the enhancing of their economic opportunities. Young people who manage to have friends from all over the world soon discover much more than that found within their own homelands: the uniqueness and similarity of cultural life, notions and ideas they were unaware of, and different ways to solve the myriad of problems encountered in work and life. Such international awareness will eventually help you in aiding your future employers' growth through innovation. It should be noted that certain occupations are not practiced everywhere. You won't find a fisherman in a country without sea or lakes, and you won't find a Ski instructor in places where snow is unheard of. Still, some aspects of their work experiences are common no matter the profession - and nothing learnt is truly wasted.



Is it a make or break component in employment?

But of course it is! Imagine yourself as being a Chef who, for the sake of this example, only knows how to cook your nation's signature dish. Now imagine a friend who after learning to cook your country's pride and joy, travelled to Italy and learnt how to do true Spaghetti Bolognese. He then moved on to Poland and learnt how to cook Pierogi in a way only a true native-born knows. Later, he decided to go to Slovakia and learn how to cook Bryndzové pirohy as mom would make, to Slovenia and to learn how to cook Ajdovi žganci and to Malta to learn how to cook fried rabbit in the way that only the best restaurants do. Now, imagine that a competition was issued for the best chef in the country. Who do you think would win? You - who knows only that considered your national dish? Or your friend who knows five national dishes from five different countries? Obviously your friend would stand out and would win the competition.

The same would happen in obtaining work – If someone has more knowledge and skill than someone else, He or she has a leg up!

How do I network?

Networking is easy and fun! Each year, a number of institutions in the EU conduct different youth networking activities in its member countries. For example, every year in Poland, the **Economic Forum of Young Leaders** is organized by European Meeting Centre – the Nowy Staw Foundation. This forum gathers together young people from all over the world, as well as politicians, businessmen and activists who are drawn from different sectors. During the Forum, all participants have opportunity to meet, to discuss various issues (which range from political to economic), and to establish many valuable contacts.

Other diverse institutions conduct other types of networking - and these can be informal. Of note: the EU, every year, budgets a substantial amount of money for networking among young people so that they may meet, talk, discuss and learn from each other.

You can also participate in Erasmus+ mobility projects, and during the proffered youth exchanges, make contacts which may eventually bring unforeseen benefits later in life.

Tips during networking. Speak to the experts!

In every networking session, there are opportunities to be had to interact with genuine experts. Do speak with them, yet do think like a journalist and think the question out before asking. They truly do gain pleasure in helping to solve the invariable issues that will crop up in project or work.

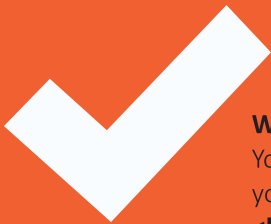
To make sure you stand out, you should recognize that at most functions, people typically go to ask such experts immediately after they speak, yet a better tactic is to generally speak with that expert perhaps weeks later, through first contacting him or her, then telling them how excited you were with their speech and subsequently asking if they might help in you overcoming the issue that is at hand.

Get away from your comfort zone

It is natural for anyone to be more knowing about one subject than another. Try not to talk simply about your forte, but rather engage in different subject – this will make you an all-rounder – a generalist that can fit in any place and anywhere.

Set goals

It is important that you set goals prior to the networking sessions. Such goals can include, say, making three new connections or learning something new. Certainly, even just enjoying the event will make you better prepared for the session.



Where to get information?

Your national agency should be publishing all the EU Youth Networking Sessions. Moreover, you can also try visiting the SALTO-YOUTH Resource Centre by way of this website: [<https://www.salto-youth.net/>](https://www.salto-youth.net/).

This website contains ALL the EU funded projects which EU youths can apply to and take part in. It will surely contain information about the different networking sessions.

1. How get involved in extracurricular activities?

The first step is to determine if you actually have zero extracurricular activities. Most people actually have a few, but they just don't see this reality. Extracurricular activities can be almost anything done outside of the classroom that does not count for school credit. If you have anything on the go like that, you just need to think of how you can use these activities to develop the skills which you may need in your future professional life. If you don't have anything on your "after school activities" list, you should start to think about what you are interested in and what options you truly have. First, think of what you would like to do. Next, try to gather as much information as possible about local, national, international projects, programs or initiatives which are in alignment with your interests. The Internet is the best source of information, but you can also ask your friends, see your guidance counselor, ask your teacher or lecturer, or meet with local authorities, the NGOs which you know, etc. Then, just ask if and how you can be a participant in the activity of choice.

2. Is it possible to do extracurricular activities from my home?

Yes. There are many things that you can do without leaving your own home. For example: you can write texts, prepare presentations, contact different institutions, administer databases and websites, translate documents, etc.

3. Do I need to have specific knowledge, experience and skills to involve in any additional activities?

Not always. Some organizations want to cooperate with people having specific skills (such as graphic designers), but most just want to work with people who are enthusiastic, active and interested in gaining new skills and experiences.

4. How to proceed with project activity in the area that I consider is of importance in enhancing my community?

Again, your school or university or chosen volunteer organization can be of assistance. One EU program which is widely used by EU member education establishments is the Erasmus+ program. Herein, attention has been directed towards environmental concerns, special needs groups, cultural heritage, etc. The advantage of these projects is that the participating students themselves are deeply involved, and they can learn a lot from the sharing of different ideas and perspectives. More info can be found by seeing the website:

<[Http://ec.europa.eu/programmes/erasmus-plus/library/school-leaders-guide_en](http://ec.europa.eu/programmes/erasmus-plus/library/school-leaders-guide_en)>.

5. How to find good organization to cooperate with?

There is many ways to find an organization that you can cooperate with. When you realize what you want to do, start by asking your friends if they know of such an institution, or seek the help of your teachers, lecturers, guidance counsellors, contact local authorities, local newspapers, etc. Such information n will facilitate the process of making a decision, and may give a hint about the actual state of being of any establishment of interest.

Definitely the most valuable source of information is the Internet. Therein, you may look for databases of NGOs or youth organizations that exist within your neighbourhood, inside your country or ever operate internationally. You just need to remember that such a database gives you only information about the profile of organization, and not about its activities. Inside the Internet, you can also find websites dedicated to matching volunteers and organizations. On such websites, you can type in the searching criteria, and the system will find an organization matching this. Following this, you can go to the website of the given organization so as to obtain more information. Two examples of such websites are:

<<https://www.volunteermatch.org/>>; <<http://www.allforgood.org/>>.

6. What to be aware of when intending to work with any establishment

Before you start to work with any institution (especially those which operate internationally), you should first obtain as much information about it as possible. Among such information, note particularly: its authorities, the profile of its activities, the implemented projects, their experience in working with volunteers, the opinions of former volunteers, and the held accreditations and certificates. The possession of such information is essential if you want to go abroad as a volunteer, but knowing the aforementioned will also ensure that you are not wasting your time and energy through working with a not solid organization.

7. Can young people who are not students participate in youth organizations?

Yes of course, unless it is a student only organization. What is important is the age requirement. Most youth organizations are open to young people up to 18, 24, 29 or even 55 years of age.



You may also contact your local authorities or NGOs and find out whether these have any resources (finances, experts) which may be of help to you in implementing your idea.

Useful links

If you are looking for opportunities to involve yourself internationally, visit below links:

- **The European Youth Forum** - <http://www.youthforum.org/>
- **European Commission for Youth** - <http://ec.europa.eu/youth/>
- **Become an Erasmus student network volunteer** - <http://esn.org/become-volunteer>
- **ERASMUS+ programme** - https://ec.europa.eu/programmes/erasmus-plus/node_en
- **AIESEC Opportunities portal** - <https://opportunities.aiesec.org/programmes>
- **Contact EYP in your Country** - <http://eyp.org/join/contact-eyp-in-your-country/>
- **The European Students' Union** - <http://www.esu-online.org/>
- **SALTO-YOUTH Resource Centre**: <https://www.salto-youth.net/> Taking it Global (network of young people)
- **<http://www.tigweb.org/> Young Professionals Network** - <http://www.wfuna.org/youngprofessionals>
- **Junior Chamber International** <http://www.jcileeds.org.uk/>
- **World Youth Organization** <http://www.worldyo.org/>
- **European Meeting Centre** - Nowy Staw Foundation
- **Centrum pre interkultúrny dialóg** - <http://www.cidsk.eu/en/about-us/>
- **Union Haddiema Maghqudin** <http://uhm.org.mt/about-uhm-2/>
- **Nezávislé kresťanské odbory Slovenska** -<http://www.nkos.sk/>

If you are looking for international voluntary opportunities, visit following websites:

- [Http://www.allforgood.org/](http://www.allforgood.org/);
- [Https://www.volunteermatch.org/](https://www.volunteermatch.org/);
- [Http://www.networkforgood.org/volunteer/](http://www.networkforgood.org/volunteer/)
- https://www.volunteerforever.com/article_post/2016-best-volunteer-abroad-programs-organizations-projects
- <http://www.worldvolunteerweb.org/>
- <http://www.forumnazionalegiovani.it>
- www.youthforum.org
- <http://www.salto-youth.net>
- <http://www.coe.int/t/dg4/youth/>

If you are looking for more practical tips, go here:

- <http://blog.prepscholar.com/no-extracurricular-activities-what-you-should-do>;
- <https://targetjobs.co.uk/internships/413986-why-extracurricular-activities-will-help-you-get-hired>;
- <http://www.usnews.com/education/blogs/college-admissions-experts/2011/07/06/how-can-i-find-the-right-extracurricular-activities-for-me>

EDS-FNS – Monika Drag
 NKOS - Ľubica Černá, Daniel Markovič
 CID - Alena Štefániková
 Giosef Enna - Laura Birtolo
 UHM - Gian Paul Gauci

Project partners:



European Meeting Centre – Nowy Staw Foundation. Established in 1993, the foundation has the aim of promoting and strengthening entrepreneurship and innovation, especially among young people. It supports democratic change in Eastern and Central Europe, and fosters conscious membership in the EU. Over the past few years, Nowy Staw Foundation has become one of the more active non-governmental organizations in the region. Its employees and the volunteers cooperating with the foundation run many youth projects. These include training sessions, seminars and student exchanges. Fundacja Nowy Staw creates opportunities for young people from our region by supporting their ideas and initiatives.



The Independent Christian Trade Unions of Slovakia (NKOS). Its aim is to represent trade union members nationally within Slovakia, to protect employee social and economic interests, as well as employee rights, and to represent its members in their relationship with their employers. It also strengthens partnership and social dialogue, supports the education and professional development of its members, and participates in national and EU projects and activities that are of benefit to its members.



Centre for Intercultural Dialogue (CID). CID is a non-profit organization founded in 2004. Its goal is to support and build awareness about the peaceful coexistence of nations and cultures in the Slovak Republic, the European Union and the world, as well as to promote diversity, mutual recognition and understanding. CID realizes its goals through education and the exchange of information, as well as through cultural activities that strengthens co-operation on national and international levels.



Giosef Enna. This is a non-profit organization established in 2008. Its aim is to encourage and develop the active participation of young people on regional, national, and international levels. It also provides information about European citizenship and enhances the development of social and civic competences among young people. Moreover, the organization advances youth mobility and mobility in education and professional development. It supports cultural initiatives and promotes the work of young artists. Furthermore, Giosef Enna undertakes scientific research in various sectors of society, and furthers local development in cooperation with other organizations that are active locally and internationally.



Union Haddiema Maghqudin (UHM). Established in 1966, UHM is a trade union that is one of the most important social partners in Malta, as it represents employees that come from a variety of backgrounds. It is active in various areas, including employment, health, the IT sector, senior citizen assistance, in logistics and tourism.

It undertakes the advancement of issues important to young people and provides them with assistance within the labour market. What is more, it participates in numerous networks and forums, as well as in debates on issues concerning the labour market.



