



KA210-ADU 2024-2-IE01-KA210-ADU-000290735

21- 24

NOVEMBER 2025



GROUP MOBILITY OF ADULT LEARNERS 1

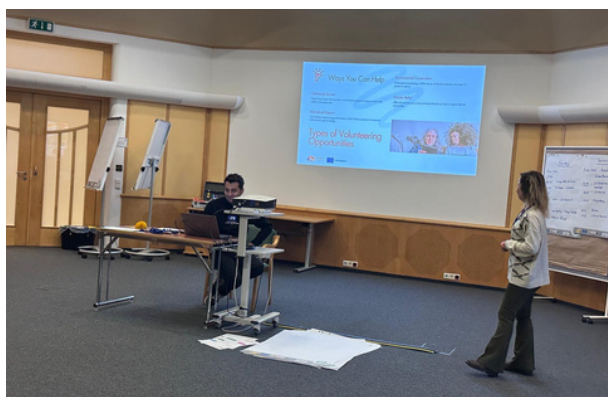
The three-day international meeting brought together adult learners, and facilitators from Ireland, Türkiye and Austria with a shared purpose: to explore volunteering as a powerful tool for social impact, personal growth, and wellbeing.

Through presentations, workshops, storytelling, and reflective activities, participants deepened their understanding of volunteering while designing meaningful plans for their own journeys.



The first day of the meeting began with a **Program Overview**, setting the tone and objectives of the mobility.

Participants were introduced to the concept of volunteering not only as a social responsibility but also as a life-enriching experience.



Türkiye introduced inspiring presentation on **“The Power of Volunteering: Social Benefits”**, highlighting how volunteering strengthens communities, builds solidarity, and fosters inclusion and **“Stories of Impact”** session, where real-life examples demonstrated how small actions can create meaningful change.



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The day also focused strongly on wellbeing. A presentation on the role of volunteering in boosting mental wellbeing highlighted its positive effects on self-esteem, purpose, and emotional balance.

The day ended calmly with **mindfulness exercises and guided meditation**, supporting stress reduction and inner awareness.



The second day focused on the practical dimensions of volunteering. The partners led a presentation on different types of volunteering—**local, international, short-term, and long-term**—as well as various sectors such as health, education, and the environment.



The day continued with a social connections activity, "**Building Bridges**," strengthening bonds among participants and promoting intercultural understanding.

In the afternoon, participants joined **Digital Storytelling Workshop 1**, learning how to transform their volunteering experiences into impactful digital stories.



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The last day began with **a goal-mapping activity** led by the facilitators, helping participants identify volunteering opportunities aligned with their interests and strengths. This was followed by **a workshop on crafting individual 5-month volunteering plans**, where participants worked closely with facilitators to design realistic and meaningful action plans.

On the last day, participants also visited the Austrian partner's assisted living project **in Kleinzell**, where they attended a project presentation, exchanged experiences, and engaged in discussions on community-based living models
(www.wohnenmitservice.at)



The meeting ended on a joyful and celebratory note with **a Multicultural Market and Certificate Ceremony**.

Participants showcased cultural items, traditional foods, music, and dances from their countries, celebrating diversity, friendship, and shared values.

