**3 WEEKS OF SENIOR VOLUNTEERING IN LATVIA**

**What is the Senior Volunteering**

The senior volunteer projects are aimed at people over 50 years. It is born at the European level to enhance the skills and the activities of volunteers and, in particular, the senior volunteers, encouraging their mobility and opportunities for growth in Europe. The senior volunteering, regardless of the specific service in which the volunteer will be involved, is essentially an exchange between people, a mutual cultural discovery, is a project of learning and rediscovery of themselves. Senior Volunteer is to be open to new, diversity and others, valuing his own luggage experiential and motivation to contribute to the development of local activities. The brevity of the experience is directly proportional to the adulthood of those who participate, for which an opportunity his built, bounded in time, to exercise their skills and experience in a different context. The intercultural dimension of international mobility is proposed as an activator (and throttle) of new learning, offering new challenges to the participant, at least different than his own normality. The Senior Volunteering is therefore proposed to enhance all dimensions of learning:

the KNOW HOW TO ACT - union of the three classical components KNOW, KNOW-HOW, KNOW HOW TO BE

the ABLE TO ACT - determined also by the context, in this case multicultural but also organizational, into which the experience occurs

the WANT TO ACT - dependent on the motivation of the individual to achieve certain level of learning

**Actors involved**

* The volunteer
* The sending organization
* The receiving organization
* The local community, that is, all the people with whom the volunteer will be in contact and who will benefit from his presence; seniors involved in the SENIOR PASS path in Latvia
* The SENIOR PASS project consortium, which the Senior volunteering is part of.

**The activities in Latvia**

The host partner is the City of Gulbene, where the volunteering activities will take place. The volunteer will be involved in:

* Tasks related to nature protection, care and maintenance of green areas
* Cooking Workshops aimed at different target groups (the elderly, children, adults, disabled...)
* Activities of familiarization and promotion of Italian language and culture to the local community
* Manual activities and socio-cultural animation aimed at children