

Name of workshop: Orientierungshilfe für freiwillige Mitarbeit  
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#### Objectives:

- Increasing self-confidence among older adults (skills and competences)
- Enhancing active citizenship among older adults
- Increasing social capital among older adults

#### Aims:

- Showing possibilities of volunteering and learning in Vienna
- Valuing skills and making plans for the future

### WORKSHOP: KEY TECHNIQUES

#### Ice Breaker

- “Am I the only one here who...”
- Interviewing one another with a short questionnaire

#### Core Workshop Activities

- Learning fields in my life (memory map)
- My skills: discussion in small groups
- Possible ways of becoming an active volunteer in Vienna
- Round tables with active volunteers
- Action planning

#### Resources and Materials

- Memory map
- Discussion cards
- Questions for volunteers
- Material of volunteering opportunities in Vienna
- (and more)



#### Important Elements of the Workshop

- Communication between trainers and participants
- Sharing experiences among participants
- Using a biographical approach to skills

#### Appendix Key

AP - Goals & Action Plans

IB - Ice Breaker

HW - Homework

MR - Marketing & Recruiting

SP - Skills Profile

VLO - Volunteering & Learning Opportunities

