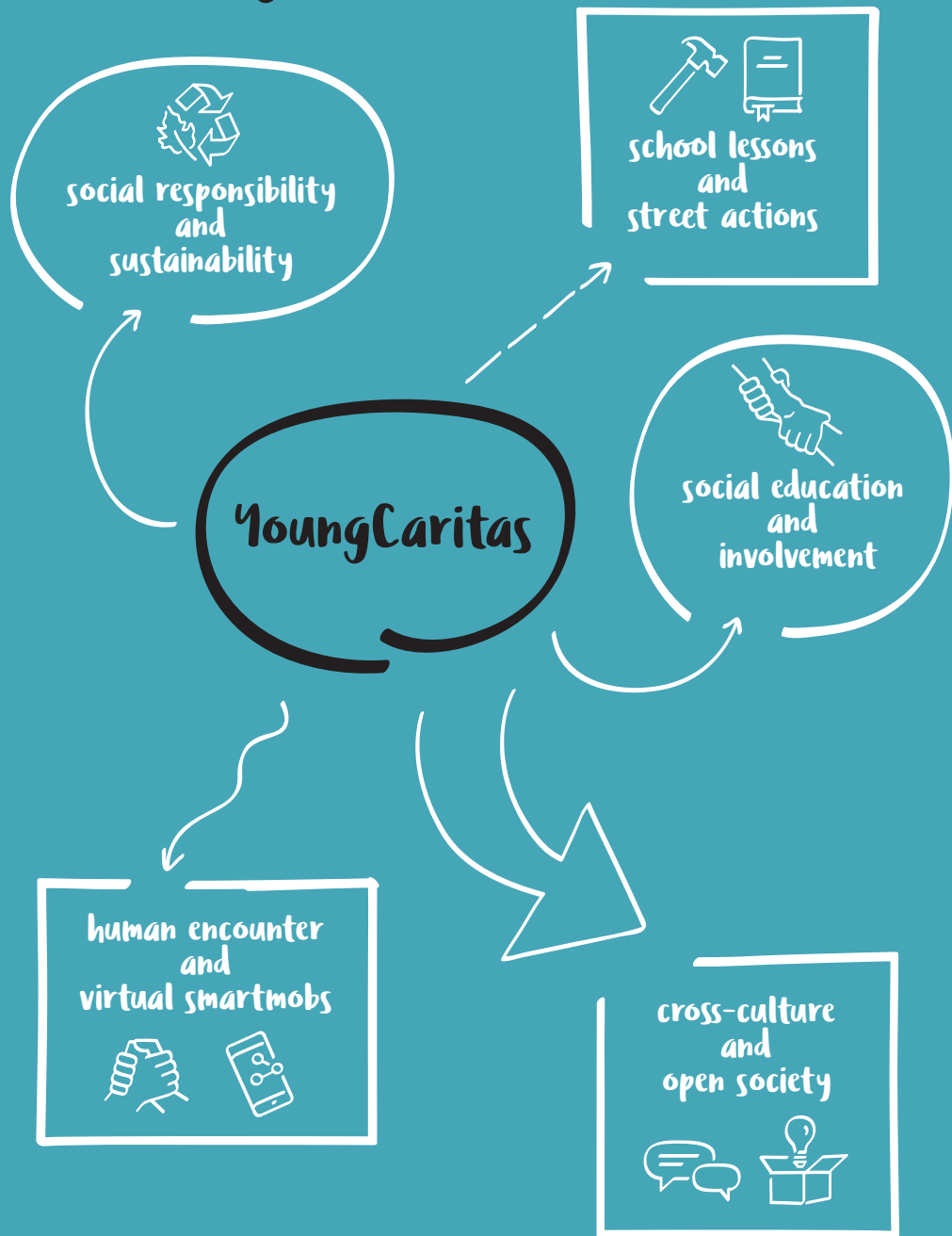




# YOUNGCARITAS TOOLKIT

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# Be part of it. Better together!



## LIVING LIBRARY



### What do you do?

In a *Living Library* people serve as books. All people like disabled persons, refugees or elderly persons can share their life stories with an audience face to face. After talking to a living book for a while the people of the audience change to the next living book and life story. That way the *Living Library* provides direct contact between people of different environments.

### What do you need?

- people serving as living books
- different rooms
- short information sheet about the people serving as living books
- 2-3 hours

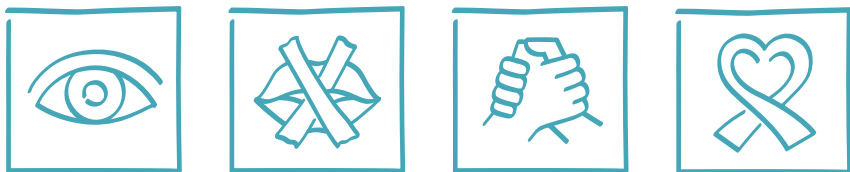
### Contact:

YC Luxembourg  
Paul Galles  
info@youngcaritas.lu

YC South Tyrol (Italy)  
info@youngcaritas.bz.it



# EYE CONTACT EXPERIMENT



## What do you do?

In the *Eye Contact Experiment* people of all ages and backgrounds maintain eye contact with another person in absolute silence and for about one minute. With this non-verbal communication people may overcome their fear of the unknown and question a socially established indifference towards our fellow human beings. The action works perfect as a smartmob.

## What do you need?

- a public place
- people passing by joining the action
- volunteers recruiting passers-by
- signs with slogans (humanity wanted, share your eye contact, eye contact for solidarity...)
- blankets to sit on the ground
- 1 hour

## Contact:

YC South Tyrol (Italy)  
info@youngcaritas.bz.it



# WARM HEARTS



## What do you do?

Together young volunteers and young homeless people cook a soup and prepare Christmas cookies for other homeless people who are in the street during the Christmas days. The young homeless are previously identified by some streetworker. The group meets twice to cook and to prepare the action and then delivers the hot soup in caddies throughout the city, profiting from the experience of the young homeless where to find and meet their peers.

## What do you need?

- 12–15 young volunteers
- 2–3 young homeless people
- 2–3 streetworker
- 1–2 caddies
- a kitchen, cooking pots etc. for preparing and cooking
- 8–10 hours
- 150 €

## Contact:

YC Luxembourg  
Paul Galles  
info@youngcaritas.lu



# TASTY WASTE



## What do you do?

The first step of *Tasty Waste* is a workshop which introduces the problem of food waste to young people / school classes. With self-designed role plays the young people question their own handling of food. Step two is a cooking action with leftover food.

## What do you need?

- 1–2 moderators
- computer, beamer, presentation, movie, cards with quotes and facts, cards with situations for the role play
- 100 minutes for the workshop
- leftover food (for example donated by a supermarket)
- a kitchen
- 2–3 hours for cooking

## Contact:

YC South Tyrol (Italy)  
info@youngcaritas.bz.it



# A PLACE FOR TOLERANCE



## What do you do?

You want to build bridges between people? Let them build their own bridges! Let them create and design a wooden bench which invites people to come together and talk to each other. Invite strangers to get to know each other on your *Place for Tolerance*, take pictures or let them make selfies and post them on social media. Make a statement for solidarity and diversity with #aplacefortolerance.

## What do you need?

- manual, boards, saw, screws, cordless screwdriver, pen, paint, paintbrush, templates, impregnating varnish, black edding, pins
- 2–4 volunteers (construction)
- up to 10 persons (design)
- 3–4 hours
- 60–70 €

## Contact:

YC Oberberg (Germany)  
Aaron Krings  
aaron-krings@outlook.de



# BOOKENEERS



## What do you do?

Literature meets social action. The *Bookeneers* are young refugee women joining an alternative book club. Word by word, sentence by sentence the women read together, learn the language of their new homeland and talk about cultural differences and similarities. While explaining words with tooth and nail or putting one's foot in it when it comes to cultural misunderstandings the learnings are quite often framed by the women rolling on the floor laughing. Casually friendships develop and the *Bookeneers* take more courage in sailing through the unknown waters of a new environment.

## What do you need?

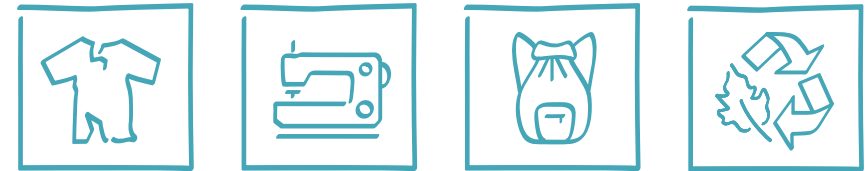
- 5–10 refugee women
- 1–3 volunteers
- one book each (possible as donation from a bookshop, topic of the book could be a tough girl)
- a room for hosting the book club (chilled atmosphere, sofas ...)
- 1–2 hours on a weekly basis
- tea, cookies

## Contact:

YC Dortmund (Germany)  
Kristina Sobiech  
kristina.sobiech@caritas-dortmund.de



# JACKPACK



## What do you do?

From an old JACKET to a stylish backPACK – how is that possible? With upcycling you transform so called waste into unique items! You want to oppose fast fashion trends in our throwaway society, you want to prevent waste, save resources and have fun while sewing a product you can sell and thus turn into donations for social projects? Start your upcycling project and combine sustainable behavior with social action.

## What do you need?

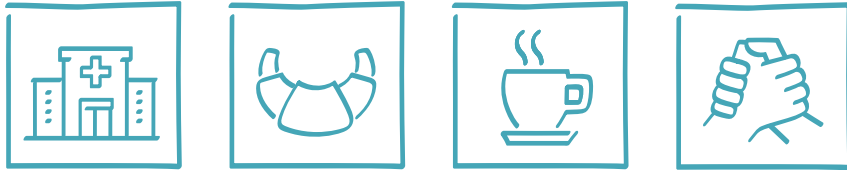
- Old jacket or other old clothes (clothing donations)
- old belt loops, a cord, thread, templates
- scissors, a sewing machine, tailor chalk, pins, flat iron
- 2-3 hours

## Contact:

YC Berlin (Germany)  
Julia Finkenzeller  
J.Finkenzeller@caritas-berlin.de



# BRUNCH TIME



## What do you do?

Once a month a group of six to eight young volunteers prepares a brunch at the unit of palliative care in a hospital. Invited are those patients who are able to join the table, their families and the staff. To look who is able to join the brunch the patients are first visited by staff members / the adult volunteers so the young volunteers do not have to enter the rooms of the patients.

## What do you need?

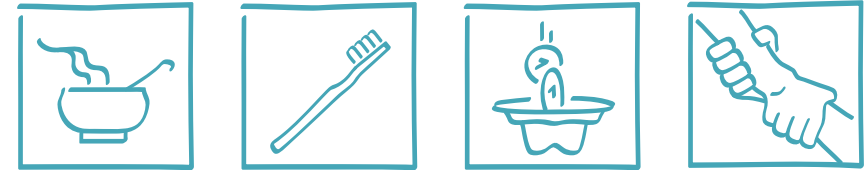
- 6–8 young volunteers
- staff member
- 2 adult volunteers
- brunch stuff (pancakes, coffee, croissants, bread, jam, ham and cheese...)
- 4 hours
- 100€ (possible as donation from the hospital)

## Contact:

YC Luxembourg  
Paul Galles  
info@youngcaritas.lu



# KILO AGAINST POVERTY



## What do you do?

Contact a social facility nearby (soup kitchen, facility for homeless people...) and ask which longlife and non-refrigerated goods or sanitary products are needed. Contact the manager of a supermarket and ask if you are allowed to collect these goods in his/her market. In the supermarket you address people with your concern (what and for whom you collect goods) and if they want to support you by donating any of your needed goods. Finally you can donate everything to the social facility (don't forget to make an appointment).

## What do you need?

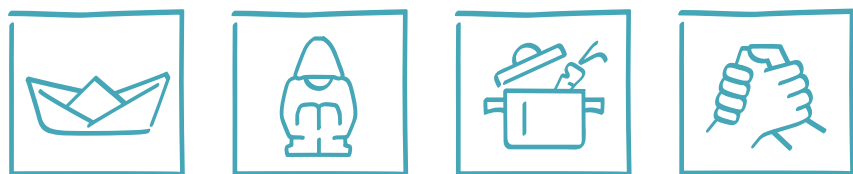
- contact to a person in a social facility and a supermarket
- infos about the social facility and a list of products in need
- a vehicle (car, cargo bike...) for delivering your funds

## Contact:

YC Wien (Austria)  
youngcaritas@caritas-wien.at



# COOKING – BAKING – BBQ



## What do you do?

Nothing connects people better than cooking together and joining the same table – like some of the ingredients of your meal the differences between people will melt away whether you make a BBQ with refugees and locals, an intergenerational coffee party or stew with homeless people and students. Everything you need is a kitchen, a recipe, ingredients and people preparing the common meal. You could combine your cooking action with other actions as *Kilo against Poverty* or a game action for children.

## What do you need?

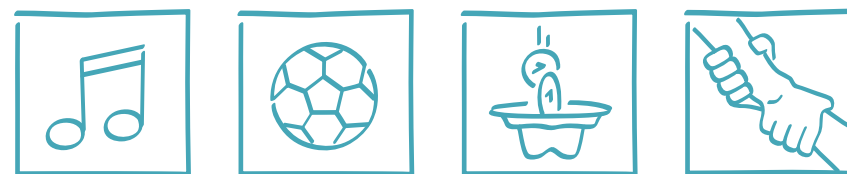
- contact to a person in a social facility or project
- a kitchen
- a recipe for bigger portions matching roughly the amount of people you expect
- ingredients
- 3–4 hours

## Contact:

YC Wien (Austria)  
youngcaritas@caritas-wien.at



# CHARITY ACTION



## What do you do?

According to your interests, skills and resources you may organize a concert, a soccer tournament or a flea market. You may also ask for cooperation with already existing events where you could raise funds at an infodesk with little games/actions, products and infos about the project you support. With the donations from your *Charity Action* you may support social facilities or directly people in need.

## What do you need?

- contact to a person in a social facility or project
- infos and material (flyer, poster...) explaining the project you want to support
- 2–3 fund-raiser

## Contact:

YC Wien (Austria)  
youngcaritas@caritas-wien.at



# LUUTSTARCH



## What do you do?

Young people discuss the relation of consumption, money and exclusion. *L uutstarch* is a multiform project with workshops about rap music, photography and poetry slam realized by artists from these different art forms. The diverse material and actions also work on their own.

## What do you need?

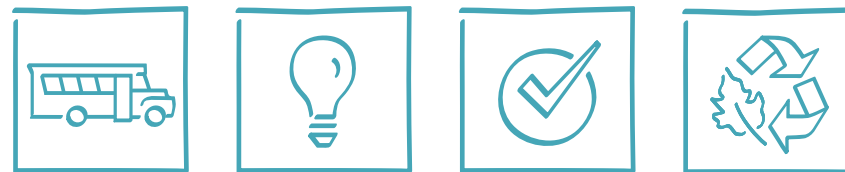
- artists
- funds and time depending on the scale of your action(s)
- creativity
- background material

## Contact:

YC Zürich (Switzerland)  
Jessica Lang  
j.lang@caritas-zuerich.ch



# SUSTAINABILITY



## What do you do?

Whether you have a school-class or a youth group planning a trip or a game, sports or theater action you can use the guidelines to empower young people to make their action more sustainable. The guidelines help to connect theoretical knowledge about *Sustainability* with concrete actions. In five steps (journey, provisions, waste, participation in social life and documentation) young people learn how to realize a sustainable behavior and the difference it makes and how to implement these kinds of manners.

## What do you need?

- a youth group or school-class planning an action
- guidelines
- basics and first ideas about how to make an action more sustainable
- linklist

## Contact:

YC Switzerland  
Andreas Lustenberger  
alustenberger@caritas.ch





2014 seven partners from France, Germany, Austria, Luxembourg, Switzerland, South Tyrol and Vienna established **YoungCaritas in Europe** to develop and spread the idea of YoungCaritas. With the support by Erasmus+ and Movetia the network YoungCaritas in Europe vouches and acts for a global solidarity. We are providing opportunities for young people all over Europe to participate in social actions, cross borders and empower themselves.

For materials, templates, manuals and additional informations about the actions of the YoungCaritas toolkit visit us on **[youngcaritas.eu/toolkit](http://youngcaritas.eu/toolkit)**



## Imprint

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