

The owner of this certificate has participated in a project supported by the European Solidarity Corps. This European Union programme enables young people to help build a more inclusive society and respond to societal and humanitarian challenges. It offers opportunities to develop valuable competences abroad or in the individuals' home country. The European Solidarity Corps also enables capacity-building for organisations involved in the programme.



**EUROPEAN  
SOLIDARITY  
CORPS**

# DOMINGOS MANUEL MACHADO COSTA

born on 06/04/1995 in Portugal

volunteered in the project

## COMBATING LONELINESS & ISOLATION WITH VOLUNTEERS IN EUROPE (CLIVE)

in Malta

from 23/05/2023 to 07/06/2023

### About the project

Combating Loneliness & Isolation with Volunteers in Europe (CLIVE) is a project funded by the European Solidarity Corps Programme that aims to combat the increasing loneliness that has emerged as a result of Covid lockdowns. Through combatting this loneliness, CLIVE aims to reverse the negative effects that prolonged isolation has had on social cohesion and people's mental health. The project specifically aims to reverse this trend among groups who have been most affected by lockdown loneliness.

### The tasks of Domingos Manuel Machado Costa

Workshops revolving around IT sessions were given to older adults. During the actual workshops with the older adults, the volunteers took it in turns to present the material of the course and gave individual attention to older adults who may have needed it. The basics on how to use a mobile phone or tablet were covered.

This certificate has been issued by Malta Council for the Voluntary Sector.



Malta Council for the  
**VOLUNTARY** SECTOR

Mr Mauro Pace Parascandalo  
Chief Executive Officer of the Malta Council for the  
Voluntary Sector

Malta Council for the Voluntary Sector, 06/09/2023

Youthpass is a Europe-wide validation system for non-formal and informal learning within the European Union youth programmes.

The ID of this certificate is HN8K-RPQV-V67E-P766.  
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## LEARNING CONTEXT

**A European Solidarity Corps Volunteering Project offers an informal and non-formal learning context for volunteers to engage in a community or help overcome societal challenges. The tasks and responsibilities volunteers assume within the project, along with a new cultural context, help them develop new and strengthen existing competences. This process is supported by mentoring provided by the hosting organisation as well as a cycle of training and evaluation activities.**

## COMPETENCES DEVELOPED BY DOMINGOS MANUEL MACHADO COSTA

**The following summary is the result of a reflection and self-assessment process which took place during and after the project.**

### Multilingual competence

My English proficiency improved significantly as I had to communicate with colleagues from diverse backgrounds as well as the elderly participants. Additionally, I honed the skill of seamlessly switching between languages, as some of my colleagues were Italian, and we would converse in Italian when it was just us together. This experience not only enhanced my language abilities but also fostered a greater appreciation for the power of effective communication in a multicultural setting.

### Personal, social and learning to learn competence

Through my time in Malta, I gained a deep appreciation for the meaningful influence of small acts of kindness, emphasizing the significance of empathy and compassion in our daily lives. My ability to navigate everyday challenges and conflicts with individuals from various backgrounds and age groups enhanced my decision-making and conflict resolution skills. Moreover, living beyond my comfort zone cultivated resilience, enabling me to thrive in diverse contexts and broaden my perspective. Consequently, my empathy expanded, enabling me to connect more deeply with different circumstances and recognizing the profound interplay between personal development and positive social engagement within our educational journey.

### Citizenship competence

I felt that, even in a brief period, I contributed to the elderly community by assisting them with IT queries and offering companionship in a time when many faced isolation. This experience not only allowed me to actively participate in civic and social life but also broadened my understanding of different generations by listening to their stories from the past and present. This interaction enabled me to appreciate the importance of bridging generational gaps and gaining insight into social, economic, and personal aspects, contributing to my growth as a responsible citizen.

The competence description in Youthpass is based on the European Union framework for Key Competences for Lifelong Learning:  
<https://education.ec.europa.eu/focus-topics/improving-quality-equity/key-competences-lifelong-learning>



## REFERENCES

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