

**Repsol International
Volunteering week**

**Activities with
young people**





Repsol International Volunteering Week

In Repsol and in the Foundation we believe in the energy of people to contribute to create a better future. We believe volunteering is, without a doubt, a sample of that energy and an opportunity to construct it.

For many years, we have been motivating different volunteering activities in those countries where the company operates, with the aim of improving people's quality of life.

This year we organize for the second time the **Repsol International Volunteering Week**. With this initiative, we join in with one of the most ambitious and necessary challenges of our generation: The **Sustainable Development Goals** [SDGs].



What are the SDGs?

The 17 SDGs involve the commitment acquired by society (public and private sector and the citizens) to apply real measures and end with the biggest problems of our time: poverty, inequality, injustice and climate change.

These challenges, inherited from the Millennium Goals, claim the implication of all of us to achieve a real and sustained change in time.

This year we will work 3 SDGs through the Repsol International Volunteering Week:

- 02 | Zero hunger.
- 04 | Quality education.
- 13 | Climate action.

How can we spread the word of the Repsol International Volunteering Week?

Join the social energy in social networks with the hashtags of the campaign:

#RepsolVolunteers

#JoinSocialEnergy

So that the message of the SDGs reaches out into the whole world, we rely on the use of social media to work as our ally. We encourage you to take pictures and record videos of the activities you take part in and share them with the hashtags #Repsol-

Volunteers and #JoinSocialEnergy. This initiative is promoted by the @FundacionRepsol, we will therefore be delighted if you tag us in your Facebook, Twitter and Instagram publications.

Advice for making of a good video or taking pictures **with your phone**:

- It is better to do it horizontally rather than vertically, although the vertical format is perfect for *Instagram Stories*.
- Avoid backlighting, placing yourself backwards to light or next to the light.
- Place yourself in places with good light.
- Avoid shadows and *chiaoscuros*.
- Be careful with the zoom, it can influence the quality of the image.
- Don't use the flash, unless it is extremely essential.
- Make sure that the scene is well focused.
- Take short videos (less than 1 minute long) and avoid rough movements.
- The participants are the real main characters: capture their smiles, their feelings...

It's important that you take into account the image rights. We therefore suggest:

- Consult their agreement before publishing any photos or videos and respect their decision.
- Avoid publications with faces of minor children. If so, take their photos from the back.

You can also add a text to your photos and videos that will **enrich the publication**:

- Take the limitation of characters into account. It's better for the text to be short and clear.
- Tell us about your experience and the one of the other participants. Describe the details and special moments that can complement the video or photo.
- As much as possible, mention @Fundacion-Repsol so that we can also share the posts.





Activities with young people

Young people are a determinant factor for social change, economic development and technical progress.

Young people represent the compound of the population comprised between 15-24 years of age, meaning a 18% of the total worldwide population. They are a determinant factor for social change, economic development and technical progress. Their imagination, their ideals, their perspectives and their energy are essential for the development of the societies they live in.

For that reason, it's important to multiply the efforts steered to create and develop policies and programmes that are specifically oriented for young people. The measures implanted to deal with problems of the youth and take advantage as much as possible of their potential will impact in the actual socioeconomical situation, as well as in the well-being of the future generations.

One of the big challenges of the education of the young people is precisely their labour integration. The world youth unemployment rate is of 13%, three times bigger than the adult rate, positioned in 4,3%.

Encouraging job orientation of the young people is without a doubt one of the great keys to confront this challenge.

Key points to work with young people

Overcome stereotypes: NEET, millennials, etc. Try to forget about what the media tells us. We have in front of us very diverse people with different concerns. Let's try to make the most out of them.

Closeness and empathy: Speak closely to them, listen to the participants carefully and try to understand what they think and feel.

Simple language: if you use technical language it's most likely that they won't understand you. Try to explain things with simple and concise language.

Specific orientations

Practical Education, through 15 minute theoretical expositions, including examples and practical references that can help catch their attention.

Varied activities, with a duration of less than 20 minutes.

Encourage them to participate: they carry out tasks and learn while you guide them.

At the beginning they can measure their limits... Maintain yourself firm. If you encounter initial barriers, try to solve them out naturally, showing interest and a desire to help them.

If there is a negative answer or they don't pay attention, don't worry, it isn't a personal issue, it's just due to their state of mind. Ask yourself what could be going on in their life for him/her to have that behaviour pattern and positively reinforce all the interventions or efforts they carry out.

Remember to enjoy the activity so that it becomes an unforgettable experience both for you and the other young people that participate in it!





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If you have any questions, write to us

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