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**PROJECT TITLE:**

**Stop being couch potatoes! Developing social and  
entrepreneurial skills for NEETs**

**PROJECT NUMBER:**

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**OUTPUT 01.A2.  
LOCAL LEADERS**

A list with names of local leaders in sport, culture, voluntary associations that could influence inactive young people on their own group and encourage them to act.

<b>01.A2.I Portraits .....</b>	<b>02</b>
<b>01.A2.II. Contact and availability.....</b>	<b>12</b>



## OUTPUT 01.A2.I PORTRAITS

### VINCENT – FRANCE

Studying in a classroom all day long? It was not really for Vincent. He preferred to learn on the field and make enriching life experiences. Youth exchanges of a few days slowly turn into volunteering missions over several months. Then he got his first jobs as a facilitator, and today he develops and manage his own European projects in a rural organisation & Europe Direct Information Centre in South-East of France.

Vincent creates his own path, and uses all kind of resources around him. He follows trainings to balance his lack of relevant diplomas, but he develops skills as a youth worker and EU project officer. Thanks to public subsidies & trainings dedicated to youngsters like him, he is today a NGO worker in the field of interculturality and citizenship very dedicated to his mission.

He says, *“Being an entrepreneur, it’s the **freedom to choose the kind of work one wants to have, but it also takes sacrifices.** The first few years can be **quite unstable**, but with a little bit of patience and dedication, **obstacles turn into challenges and self-development.** Today he is in a position to forward what he has received by developing the kind of projects who allowed him becoming an accomplished person and make it accessible to the widest number”.*

### MAHADALI – FRANCE

Mahadali finished a fixed-term contract as guide at the MuCEM Mueseum, and decided to produce something by himself, although he still did not clearly know in what field. One day, he met a person doing light painting, and he loved it so much.

He saved money to buy a camera and spent his time testing it and taking different snapshots at home and with friends. One year ago, he was asked to lead a workshop on light painting for a children's animation centre, so he created a microenterprise to animate the workshops. Today, he still does not work full-time in this activity because he doesn't have a big enough network of customers, but he is planning how to expand it.

As main difficulties, Mahadali points out: the need to do DIY for getting material that otherwise would be quite expensive or almost inexistent, **troubles to find a good economic model to make light painting a profitable activity**, and huge efforts to explain his activity to people.

On the other hand, light painting offers him important satisfactions, such an activity where creation is infinite so there is always something new to think of and to invent, **and the pleasure of seeing people appreciate his work.**





## LUANA – FRANCE

Luana is 22 year old, and she always wanted to become an entrepreneur. The idea of creating the company Owly Molly Candle Designer came from a video tutorial on the internet that explained how to make candles using essential oils.



Before starting, she did a market study to find out if the project was viable, and then she created her own business in the candle-manufacturing sector. In 2019 she is working on a new strategy, with new suppliers and new prices.

Next year she will work in collaboration in the Natur'oil store in Pertuis and will make the deposit-sale, all over France. She is also planning to sell in markets, ephemeral shops and concept store, as well as create a non-commercial website and join

the adventure [directproducteur.com](http://directproducteur.com) to increase her visibility and presence on Internet.

Although she found difficulties, such as making the business known or finding a good management strategy (after several failures), she is satisfied because **customers love her products and are loyal**, and the business is getting known: she gets requests from designer shops that want to sell the candles, and market organizers contact her to participate in events.

## FRANÇOIS – FRANCE

At 37 years old, François left the professional world of hotels. In summer 2018, during the consultations on future of Europe, citizens had the opportunity to express their opinions on how society should work, and he decided to materialise his project: build his own organization to promote EU citizenship.

His organization, Rencontres Européennes ([www.facebook.com/rencontreseuropeennes/](https://www.facebook.com/rencontreseuropeennes/)) explains and informs about what EU is and does, organizes citizen coffee meetings, gathers citizens with their political representant, promotes the EU and raises awareness in schools though workshops. François is now involved in many different activities, from communication to logistics and administrative paperwork. It gives him freshness and energy to carry on his project and develop the organization.



François grew interest for Europe at school, during his history and geography classes. He developed his passion over the years through his network among local politics. **Entrepreneurship is about knowing what one's strengths are.** In François' case, his political connexions are clearly an asset. However, **being an entrepreneur also requires acknowledging one's own weaknesses.** Next challenge for François: digital communication!



## FRANKIE & ALICIA – FRANCE

Frankie came from England to France thanks to the Erasmus, and after several years, moved to Marseille to work on European projects in the field of Research. Alicia is employed for 3 years in a large urban planning firm.

They knew each other in Bayonne a few years ago thanks to sports, which both practice assiduously, and they decided to launch "Move Minimalist" together. A calculated choice: the entrepreneurial vision is clearly shared and the project vibrates and reasons at the same frequency between the two collaborators.

Move Minimalist is an association project combining sports and sustainable development. It organizes sports outings punctuated by workshops "Do It Yourself (DIY)". On the program, running and making "energy balls" or natural balms at first, all in a zero waste spirit.

This project allows Frankie not only to make his own ideas live but also to free himself and satisfy his need of constantly challenging himself and pushing his limits. For Alicia, who is also a volunteer worker in an international cooperation association in Lille, the project is a way to to conduct meaningful activities and reconnect with her values of ethics and respect for others and the planet.

Move Minimalist takes a small risk: to start well, you have to be ready to invest time, but also a little money. Nevertheless, Internet allows free digital tools for collaborative distance work, as well as web platforms to manage registrations and payments related to associative activities, and easy and effective ways to become known and promote its activities through Instagram.

This project is **a hobby, a freedom to escape the routine of everyday life**, a catalyst of meaning and an ambition that gives motivation, but it is also inscribed into a long-term project of life: to find **an activity that stimulates and makes things happen**, to show people that it is easy and fun to reconcile a healthy and responsible way of life both for the body and the environment.

## RADKA – CZECH REPUBLIC

Radka is a coach, consultant, trainer and HR specialist who worked both as an employee and as a freelancer. I am a mother of our 3 beloved children and a happy spouse. Currently, I am able to work partially as I still look after the kids.

**Who is your greatest idol and why?** I admire people who are able to fulfill their potential and do what they are here for. They just follow their inner voice even though it is not always the easiest way.

**What would you do if you were Superman?** Try to get people to live more consciously

**What you have learned from life so far?** Everything is good even though I am sometimes not able to see it. But later I am always able to understand it.

**What advice do you have for young people?** It is never too late. Just try. Everything is a challenge. And every failure is the opportunity to grow. And read the book Mindset of Carol Dweck



## TOMÁŠ – CZECH REPUBLIC

Tomáš works in engineering. To become what he is now, he had to overcome many obstacles: he grew up only with his mother, he's a dyslexic so he failed at elementary school twice and teachers didn't like him. Finally, he managed to graduate, he even went to a vocational school, and now he has a job that he likes.

**What are you thankful for in life?** For my best friends, work and family.

**What is your source of motivation?** I don't want anything big, just a normal, happy life.

**What you have learned from life so far?** Patience and understanding for people learning slower.

**What advice do you have for young people?** That no matter what your grades are in school, you can still be happy in life. Don't let the school ruin your self-confidence. There is not only IQ but also EQ.

## HANNA – CZECH REPUBLIC

Hanna is a DJ and a disability activist. She survived bullying and child abuse, and she lives with muscle dystrophy, which means she needs accessible venues and her energy is limited. Spite this, Hanna plays in clubs with other DJs, and has even released her own music.

**What is your greatest dream?** To finish the Bachelor Degree at University, and the implementation of Convention on the Rights of Persons with Disabilities.

**What are you passionate about?** People and nature

**What advice do you have for young people?** Do not learn alone. And reach out if you feel alone, overwhelmed. Talk to someone who you trust, start your own support group,... but reach out please. You are not weak when asking for help.

## TEA – CZECH REPUBLIC

Tea is a sculptor and a mom. She's finishing her Master of Arts at the Faculty of Fine Arts in Brno. She loves travelling, the sea and the sun. Her mission in life is to be happy and pass on as much happiness and love.

**Who is your greatest idol and why?** I have no person as my model. Many people inspire me; one learns something from each person... Most of the least inspiring ones.

**What are you thankful for in life?** I'm grateful for life. For being here and seeing everything around.

**What would you do if you were Superman?** I'm superman. Everyone can be. All you have to do is not watch movies about unreal people, but go out and become one of them.

**What advice do you have for young people?** You can do whatever you want if you try hard enough... but no advice will help anyone. Everyone has to find everything themselves. But if it must be, my advice would be to be themselves: The road to happiness is to find out who you really are.



## JAN – CZECH REPUBLIC

Jan is a social worker. He is optimistic, genuine, honest, and fun-loving. He really loves working with people, listening to them and trying to help them out

**Who is your greatest idol and why?** I don't really have one. I've always aspired to be the best I can be and to be sure I always do everything that can be done before I quit or stop doing it. I admire people who try to achieve the same.

**What is your greatest dream?** To go to the outer space, possibly another planet

**What is your source of strength?** My friends and the different types of flowers that i grow at home

**What you have learned from life so far?** That life can be really hard and unforgiving, so you have to see and enjoy the happy moments and not worry too much about stuff that you can't influence.

**What advice do you have for young people?** You can do whatever you want if you try hard enough. Don't listen to anybody's advice since you're the expert on your life, no one lives it but you, so you know what's best for you.

## PIOTR – POLAND

Piotr describes himself as a man who enjoys life and thinks it is worth spending time with others. He likes sport, music and wild nature; he likes to get to know new people.

**Who is your greatest idol and why?** I don't have idols. I believe that everyone has enough strength to be an idol for themselves. Sometimes ordinary people can be our inspiration and act as idols

**What are you thankful for in life?** For health and energy.

**What is your source of strength?** My family and other good people.

**What is your source of motivation?** Good actions are coming back.

**What advice do you have for young people?** Believe in yourself and move forward; live in your own way, do not hurt others; life is short and not worth wasting; learn from your mistakes, it's the best science

**What you have learned from life so far?** I learn something new every day and I still don't know as much as I would like :)



## ARTUR – POLAND

Artur is a marketing specialist and also deals with PR and communication and professional activation of people with disabilities. He is a disabled person who does not consider it as such at all; he sees himself as an optimist, breaking stereotypes and taboos every day. He teaches people what disability really is, what it involves and that in fact there is nothing impossible to do despite the daily struggles with their own weaknesses.

**Who is your greatest idol and why?** Stephen Hawking, who through his unconventional thinking and approach to disability showed that the only barrier in life is our state of mind, not the level of fitness. I learned strength and determination from him; he showed me that if I want something, I can achieve it.

**What are you thankful for in life?** I am grateful that I live at all, and for friends who surround me.

**What is your source of strength?** My strength comes from my experiences, optimism, way of thinking, and people I meet.

**What advice do you have for young people?** Open up to the world, break their limitations and weaknesses.

**What you have learned from life so far?** People are good by nature, but sometimes they cannot find themselves.

## ANETA – POLAND

Aneta is a sociologist and has been working as social assistant for 19 years. She has chosen her professional path consciously and has never regretted this choice. She likes contact with other people; she has a great sense of humor and spontaneity.

**Who is your greatest idol and why?** John Paul II for the great respect he treated every man, his wisdom and humility. Difficult, painful experiences only strengthened his faith.

**What are you thankful for in life?** For my family.

**What would you do if you were Superman?** I would prevent child abuse.

**What is your source of strength?** My faith.

**What is your source of motivation?** The positive effects of actions undertaken, the willingness to develop.

**What advice do you have for young people?** Fight for your success, and never lose hope.

**What you have learned from life so far?** Difficult experiences strengthen, teach to appreciate what is really important.



## MARCIN – POLAND

Marcin is a former construction worker. People had always been interested in me, so I decided to devote myself to working with people, and I completed the required academic education to be able to achieve this.

Working with people has become not only my work, but also a passion. The ability to deal with different cultures has given me self-confidence and has opened me to new products that involve music, art and cooking.

**Who is your greatest idol and why?** I am fascinated by people who do not act stereotypically, being far from the usual schemes such as: Mahatma Gandhi who fought against the state system in order to recognize Indian rights. He was stubborn, adamant and modest; he respected people regardless of their social status. In addition, I have always been interested in travelers like Tony Halik who knows several languages for which the world is at hand, and openness to other people is enormous.

**What are you thankful for in life?** That I could experience many things before I became who I am and that I can experience new ones to become someone else.

**What is your source of strength?** Patience and perseverance.

**What is your source of motivation?** Willingness to live.

**What advice do you have for young people?** Define your goals and strive to be open, have your own passions, never give up.

**What you have learned from life so far?** The more you experience the more you know

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## MATEUSZ – POLAND

Mateusz is a Polish of Romani origin. I'm interested in sport and the Roma community. For several years I have been running a Romani football team named FC Roma.

**Who is your greatest idol and why?** Robert Lewandowski a soccer player, because he is Polish and good represents Polish society. He got very far through his hard work. I have learned from him that you can reach your destination in small steps.

**What are you thankful for in life?** For family and work.

**What is your source of strength?** From my roots and from my family.

**What is your source of motivation?** Good of my family and the Roma community.

**What advice do you have for young people?** It's not worth taking shortcuts.

**What you have learned from life so far?** It is recommended to have respect.

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## MICHAELA – SLOVAKIA

Michaela is a career counselor and sees her job as a mission. She works with diverse target groups: students, graduates, mothers on maternity leave, working adults, short-term unemployed, young long-term unemployed with disabilities. I devote my time to clients individually or I conduct experiential career consultancy workshops.

**Who is your greatest idol and why?** I have no idol. For me, every person who lives his life and does his job with joy and enthusiasm is inspiring. I am learning from every client who comes to me and is determined to solve his or her situation - to find a job, to change jobs, to do something for him to start with.

**What are you thankful for in life?** Health, family, work

**What is your source of strength?** My family and work

**What is your source of motivation?** When I see the results of my work and know I do things that help and make sense.

**What you have learned from life so far?** That we need to look for ways to do things, not the reasons why we cannot do them.

**What advice do you have for young people?** Find out what you want from life and go for it: be active in meeting your goals and dreams, don't be afraid to overcome obstacles. And when you feel you need help, don't be afraid to ask for it: there are ways and people who can help you.

## DANA – SLOVAKIA

Dana is a woman with two funny kids, which work like social worker. She wants to help many people in different ages and different problems. She studied social pedagogy and social work, and now she is working as a field social worker at local government.

**Who is your greatest idol and why?** I haven't a "greatest idol". There are many people which are inspirative.

**What is your source of strength?** My kids.

**What is your source of motivation?** Willing to help people who need help.

**What you have learned from life so far?** Be patient, be afraid, look for opportunities to help others.

**What advice do you have for young people?** Your future is in your mind. Find what you are interested in, have fun, set a dream to fulfill and go after it.



## MILENA – SLOVAKIA

Milena is the mother of two sons. She is an active social worker, she tries to help people with disabilities, overcome family, social, work, and the like. She specifically is focused on working with the Roma community.

**Who is your greatest idol and why?** My husband. I have learned not to give up what I want to go for.

**What are you thankful for in life?** I'm grateful for my family.

**What is your source of motivation?** belief in a better future for my children

**What you have learned from life so far?** We learn all our life and we need to go after our goal.

**What advice do you have for young people?** Travel a lot around the world and gain experience and insight into the diversity of life. Don't be afraid to ask for help when you need it.



## **OUTPUT 01.A2.II CONTACT AND AVAILABILITY**

Country & name	Work area	Channels to promote					How often are you willing to promote?	Video recording			Agree to use answers in social media?
		Personal social media	Organization's social media	Organization's website	Personal e-mail database	Organization's e-mail database		Day & time?	Time you can spend?	Where?	
CZ: Radka	Education, Coaching	Y		Y	Y		At least once each way	Need more information	Need more information	Need more information	Y
CZ: Tomáš	New technologies	Y					Once	I don't want	I don't want	I don't want	Y(3)
CZ: Hana	Art, disability activism	Y(1)					(2)	Afternoon	50 minutes	At home or at my studio	(4)
CZ: Jan	Social work	Y					Once a month	Weekdays, 9:00-13:00	3 to 4 hours	No clue	Y
CZ: Tea	Art						No	I don't want	I don't want	I don't want	Y
FR: Luana	Craft	Y	Y				As much as I can	Tuesdays and Saturdays	As much as needed	Eurocircle	Y
FR: Mouhamadi	Education, art	Y					Occasionally	I don't want	I don't want	I don't want	N
FR: Vincent	Education, democracy, International projects	Y	Y	Y			I don't know	Sunday or Monday	1 hour	Puget-Théniers or Nice or visio conference	Y
FR: Frankie	Sports		Y				Once a month	Weekend or evening (not Tuesday or Thursday)	1 hour	Marseille, outdoors	Y
FR: François	Social entrepr., democracy,	Y	Y	Y	Y	Y	As often as necessary	Any day and hour	Not matter	Eurocircle Marseille	Y



	tourism										
FR: Marwin	Business, grocery	Y	Y				I can share and forward materials you will produce	Depends on schedule	1 or 2 min max	Internet skype	Depends
PO: Piotr	Sport, education	Y	Y				As often as necessary	I'll adapt to your needs	Not so much	In my city	Y
PO: Artur	Education, Marketing		Y	Y			Twice a month	From Monday to Friday at 10:00 to 14:00	30 minutes	At home	Y
PO: Aneta	Social assistance		Y	Y		Y	Regularly	Spontaneous	Depends on the needs	In your workplace	Y
PO: Mateusz	Sport, education			Y			Depends on the needs	I will adapt to your proposition	I will adapt to your proposition	Zabrze, Poland	Y
PO: Marcin	Social entrepr.			Y			Depends on the needs and my availability	It doesn't matter	Depends on the questioner	In the forest	Y
SK: Michaela	Education, career guidance	Y	Y	Y			As often as necessary	Need more information	Need more information	In my town	Y
SK: Dana	Social work	Y			Y		3 times a week	Don't know	Don't know	Don't know	Y
SK: Milena	Social entrepr.		Y	Y			Once a month	Need more information	Need more information	Banská Bystrica	Y

- (1) Guys I want you promote my project :) You are a NGO, I am a DJ. If you want influencers, we do not work for free. This is not how things work,
- (2) It depends - really we can do an exchange? I promote you, you promote me?
- (3) Yes, but I'd like to see and approve it before publishing.
- (4) You can use my answer in your project. I do not want to write them personally on my own social media.