Essence of the European project 'Volunteering into Participation':

- Social integration demands special methods and much broader policies than labour market policies alone.
- Volunteering strengthens individuals and enables them to grow (empowering persons). This has a positive effect on the groups and communities of which they are a part (empowering communities).
- Volunteering means: doing something worthwhile and enjoyable, while strengthening networks and self-confidence. It is an important means of promoting integration and can also lead to participation in regular employment.

In 1999 Community Partnership Consultants (Amsterdam) carried out research into how volunteering contributes to the prevention and combating of social exclusion. Examples are given of 'good practice' in five countries. The survey was commissioned by NOU (the Dutch Volunteer Centre) and funded by the European Commission, DG V.