

## Report seminar

These last few days, from the 7th of February until the 11th, we had an online seminar with Diakonia. Because of COVID-19, we weren't able to meet in person. The main plan was to go to the mountains, to Istebna, but finally we couldn't make it. Instead, we had the seminar online, and we had a plan for each day.

First of all, on Monday we met using Zoom. It was very nice seeing everyone again after so long. This day was mostly to talk about our life and work. For the first activity we had to create some "movie posters" about how our life is going in Poland and what volunteering means to us. It was very interesting to see how the rest of the volunteers are doing. The presentations were very different: some of us made a poster on Canva, some others made a video, also powerpoint... We have to admit that all of us were very creative.

On Tuesday a block about the learning outcomes and progress that we made took place. We tried to recognize and realize our progress, the things we are happy about or things we were afraid of and which challenged us. So, it was a great opportunity to evaluate all four months that have already passed. On the other hand we did not talk only about the past but about the future as well. Now we know what are our expectations and goals for the next months of our projects, how to recognise and set them and what's more, how to achieve them.

On Wednesday the volunteers all presented the areas they live in with powerpoint presentations or short movies. The three of us therefore did a presentation on the Dolny Śląsk area. Maria and Laura mostly focused on the city area of Wrocław and the different sights, museums and activities to find there and Milan spoke about the small towns and natural spaces and mountains in the area he had visited. The other volunteers presented the areas of Górny Śląsk, Małopolska, Mazowsze, Podlasie and Wielkopolska.

It was very nice and informative to hear about all the different places in Poland that we could visit and what is to be found in nature and in the cities of these areas. In the end, Ewa gave a presentation on different Polish foods and food traditions for certain occasions like Christmas, Fat Thursday or Easter in the different regions of Poland. Some of the dishes we had already tried, for example some Christmas dishes at the Christmas party in English class before the Christmas holidays, others, we had never heard of before.

Tuesday's block turned to Thursday individual meetings with Ewa, our coordinator which went one by one, half an hour by half an hour. Face to face we talked about our experiences, mood, troubles, happiness etc. This part was finished around Friday noon. The last activity that we did together was a cooking session. Eventually there were just three of us but we did a good job. Thanks to Ewa's great mentor and cooking skills all of us prepared tasty pierogi for Friday dinner.