

On - arrival on - line training course Report

Hi, we are **Milan, María and Laura** and here we will share with you what we did on our training course with the **European Solidarity Corps from the 22nd until the 25th of November**.

This week we weren't able to go to school, so we stayed at home and we started our online course.

We were very happy because we finally met more volunteers like us from different nationalities but all of us in the same country, Poland . We have to say that it was weird at the beginning, because we felt that meeting these people online it's not the same as meeting them face to face. But the Covid-19 restrictions did not allow us to do it in person. Anyways, Wojtek and Dagna, the two people that organized the seminar, did so many activities that we really felt we were closer.

The main goal of our seminar was quite wide. We would say that there were more goals. We focused on self-development, our projects, Polish culture and Polish language. On Monday we talked about ourselves. So we answered questions like "Where are we coming from?", "What does our project look like and where does it take place?" or "What is the origin of our names?" Most of the work was held on Zoom, Google Classroom or Padlet during the whole week.

On Tuesday we opened the task about culture. So we asked each other: "What does Polish culture look like?", "How can Polish culture affect us?" and "How can we influence Polish culture by our acting?" First, we talked about the real roots of culture. Also Tuesday was the day of our first Polish language minicourse. But the main task was culture. In the end of our common meeting on Zoom we got a task which we were supposed to solve in small groups. These tasks were solved during the afternoon and here are examples of topics: The Polish and foreigners, Rules Society, Religion and Polish character and so on.

Wednesday morning we spent presenting our results of work on our tasks. It was interesting to see how the groups had solved their task. In the afternoon we had a block of self-development and our learning way. We thought over our strong points and expectations about the projects. After that, we were encouraged to think about our own learning process and how we learn the best, then add our answers to a shared padlet. We also discussed with the other volunteers and the instructors what cultural shock meant for us, and what kinds of personal change come with it. At the end of the seminar day, there was the option to have an individual consultation with an ESC trouble shooter named Olga, to talk about our new lives as volunteers, our workplace and how well we're adjusting.

Thursday started with a presentation and Kahoot quiz for the volunteers, centered around the formal aspects of the ESC voluntary service. Then, we moved on to something

less dry, and discussed in smaller breakout rooms with about 3 volunteers each how we could overcome challenges and problems we can face during our voluntary service when we are diving into another culture, with home far away. It was very interesting to hear about the other volunteers' opinions and experiences. The last activity of the seminar day before more trouble shooter consultations at the very end was the continuation of the mini Polish course. However, Laura couldn't attend it as she was sick with a bad stomach ache.

On Friday, the last day, Dagna and Wojtek reminded us about our health insurance, and explained to us how exactly it works and what will be covered in which situation, as well as who to ask for help in case something happens. The most interesting thing however, was what followed after. Some participants of the seminar decided to share their knowledge and skills, so everyone could learn something new. There were language classes in Czech, Spanish or Turkish/Azerbaijan's language, an arts and crafts workshop and a music workshop and more , all organized by the volunteers. One could join whatever breakout room with the topic they found most interesting. But after a few hours, it was time to say goodbye to everyone and we made plans to meet each other again soon.

