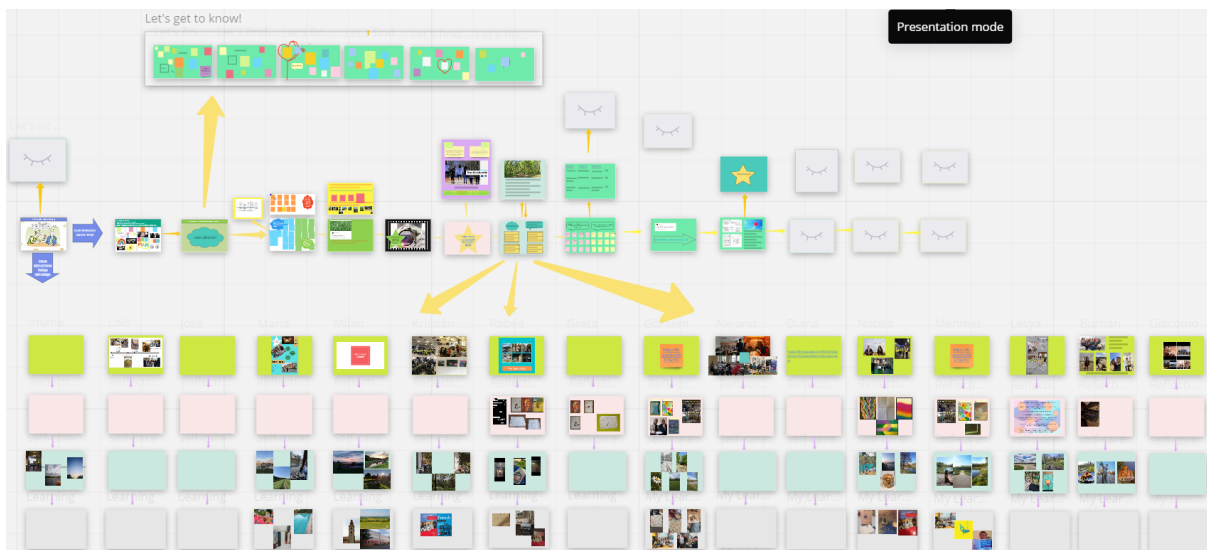


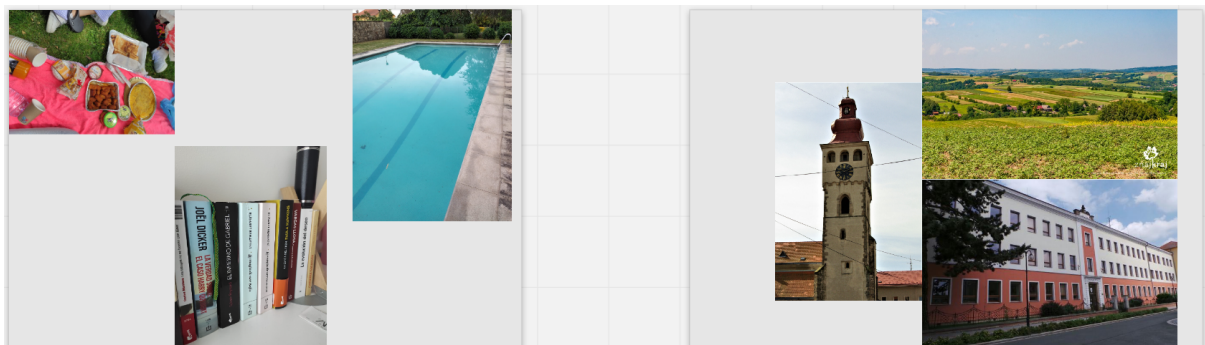
Mid-term ESC seminar

On Monday 9th of May and until the 13th, we had the chance to do the mid-term seminar from the European Solidarity Corps. The fact that it was online, it made us go back to our countries and do it from there. It was amazing to go back to our houses and see our families again, even though we had to work!

We connected every day at 9:30, with some nice music and sometimes even dancing a little bit! The seminar ran through the ZOOM software. We did a different individual and group activity. Our week schedule was put in the MIRO software, which is an app for sharing pictures, information or work online. Thanks to MIRO we could have seen activities that were going to take part. Our week plan looked like a tree.



On Monday the welcoming activities took place. We got to know each other as well as our week plan. Looking back on our entire time in Poland was the main goal of Tuesday work. We tried to describe our experience, feeling, skills we gained etc. through opening and solving different tasks. There were miscellaneous tasks for instance drawing the project's timeline, scoring our project, expressing our feelings about the project with melody or looking for the most challenging moment. On Wednesday we learnt a bit about Polish culture, language etc. In the afternoon we were supposed to solve an individual task about what we developed and learnt in the following fields: work, everyday life, Poland and Polish people, people and relations. Since we had finished this work we were supposed to take three pictures in our surroundings that refer to what we still wanted to develop the most.



We shared the results of Wednesday's individual work in the small groups on Thursday. On penultimate day we move our interest to the future. Both of us really appreciated learning about the difference between following our goals and following our values. This knowledge can help us to set up the right values and be more satisfied about what we are doing. Another important part was sharing our future steps. We found out that we had such broad wishes about the future that every one of us got excited about the future steps of other volunteers. Sharing other volunteering, studying or working opportunities as possible post-project ways could have helped us to orient ourselves in the future steps. Last day we focused on the topic of Youthpass, evaluating the whole week and other administration stuff.

Sum it up, we met people from different countries: Turkey, Morocco, France, Italy, and Spain in this seminar. We learnt about useful information that can help us to develop ourselves easier, to set up proper values, evaluate our project and find the best about it. The activities we present above are just the gist of the seminar and can guide you through the seminar focus.

María and Milan