

REPORT – ESC SEMINAR (07/11-12/11/2022)

This first seminar with ESC was really beautiful and funny. We had the opportunity to meet and get to know other European volunteers from many different countries: Ukraine, Spain, Germany, France, Turkey, etc. and it was very interesting and useful to compare and discover new cultures and our points of view about volunteering.

Thanks to the nice and prepared trainers, we discussed the most relevant information we need to know to stay in Poland: habits, stereotypes, language, cities, people, food, weather, etc. through some games and lessons.

Afterwards, each of us chose a particular topic concerning Poland culture and we tried to deepen it by interviewing people in the centre of Warsaw, then we compared the results with some presentations. Me and another girl went to an art gallery to find out what the Polish art represents for the people in our days and we were able to interview a student of the Art Academy who told us his opinion and concept of art.

Moreover, we also talked about aspects related to volunteering, such as insurance, working hours, pocket money and that kind of information. There was also a moment dedicated to personal and private advice in case of problems connected with our volunteering or our emotions and feelings during this first month of experience.

We also had the occasion to organize some workshops or discussion about our personal countries in order to discover more and more about us.

At the end, we analysed the possible issues that could arise during this year from a psychological point of view, underlining our weakness as human beings and how it's possible to face this kind of problems.

It was an amazing experience and I would like to thank all the people in the seminar...I hope we'll see each other soon!

Some pictures:









