

## Esc on-arrival training

From November 14<sup>th</sup> to 18<sup>th</sup>, I took part in the on-arrival seminar organized by the Polish National Agency in Warsaw. It occurred from Monday to Friday, but we were allowed to stay at the hostel until Saturday so that we could all go and visit the city together.

It was really cool and I'm very happy because I got the chance to meet more volunteers from many different organizations from all over Poland, and even meet volunteers who live in the same city as me, Wroclaw.

There were people from Germany, France, Italy, Spain, Turkey, Armenia, Ukraine, Georgia and Jordan.

Besides this, I also had the chance to meet two trainers, Wojtek and Kasia, who did an amazing job in organizing the meeting, and a troubleshooter, Ola.

The meeting started after lunch with very motivating activities and games with the purpose of getting us to know each other better; during the whole week we had a lot of teamwork exercises, that made us feel even closer.

Tuesday and Wednesday were devoted to work on Polish culture. On Tuesday we made the groups and chose the topics that each one was going to work on, and I chose the "Polish common gestures and mimics". After searching about the topics, Wednesday morning we went into the streets to interview Polish people and on that afternoon, we presented a video with all the collected information.

We also talked about our project, how it was going so far, our insurance, what we expected from this experience, what kind of impact we may have and we had some basic Polish language lessons.

In addition to this, some volunteers organized some workshops, for instance dancing classes.

We had a lot of interesting and fun activities, but I think the best one was on Thursday, when we were given a challenge that could happen to us during this experience, and we had to figure out a solution and turn it into a play.

The venue was also very nice and as it was very cold but I had the opportunity to see snow for the first time, it was amazing.

It was a great week! I'm very grateful for the whole experience and for the incredible people I met. Hope to meet them again soon.

