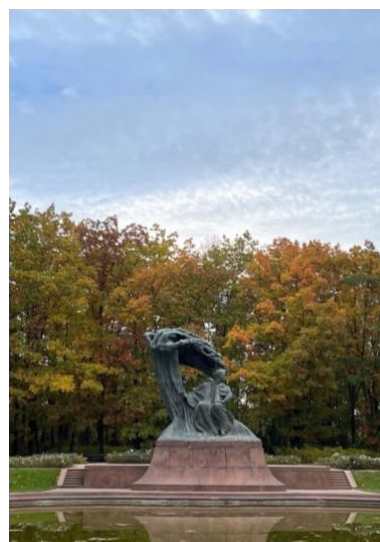


The seminar

The seminar in Warsaw began on Monday, October 21st. We started with lunch, which was a great way to meet and connect with each other. In total, there were 21 volunteers from various countries, including France, Greece, Turkey, Luxembourg, Spain, and many others. The first day focused on getting to know the other volunteers and discussing random topics in small groups. For example, we talked about the meaning of our names, our projects, why we came to Poland, and much more. For this activity, we took a walk and saw many different statues and landmarks. We also established a few rules regarding breakfast, lunch, dinner, breaks, and the training schedule. Additionally, we discussed what we hoped to achieve during the training and what we wanted to learn about Poland, and we wrote

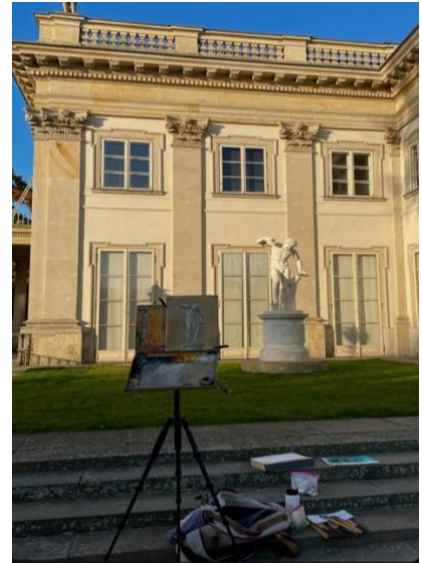


all of these ideas down.

On Tuesday, October 22nd, we officially started the program, which included daily Polish lessons where we learned basic phrases to help us in our daily lives and projects. We also took another walk and played some group games. Back in the conference room, we discussed our countries in small groups and shared our experiences. During the break before the seminar, we played volleyball with some Polish people, and it was so much fun. Later, we split into small groups for a new task on Wednesday. Each group chose a topic and prepared questions to ask Polish people about it. Our topic was the attitude of Polish people towards foreigners. After dinner, some of us spent time together outside; we played basketball and volleyball. Later, we played cards, and it was a really relaxing and fun night.



On Wednesday, October 23rd, all the groups set off to begin their tasks. It was a really nice experience. My group visited the university library, the riverside, and the nearby sidewalks. We asked people various questions about our topic. The experience was very positive, and the Polish people were open, welcoming, and friendly. We met a diverse range of individuals of all ages. It was an amazing day, and later that evening, we went out and had a blast.



On Thursday, October 24th, the day was very relaxing because we played a few games and discussed the target groups we are working with. We split into groups to exchange ideas for activities. Later, we went for another walk and talked about our goals in those groups. After dinner, some of us went to the conference room and watched a movie together.



On Friday, October 25th, the seminar concluded after lunch. Before that, we participated in our final Polish language session and played one last game. This game made everyone laugh and provided a nice ending to the seminar. We also completed an evaluation of the training, during which we chose a card that expressed how we felt. Then, everyone explained their choice before we went to lunch.