

Report from the EKS Seminar (19/10 – 23/10)

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This year the seminar had to be online. We used different tools like :

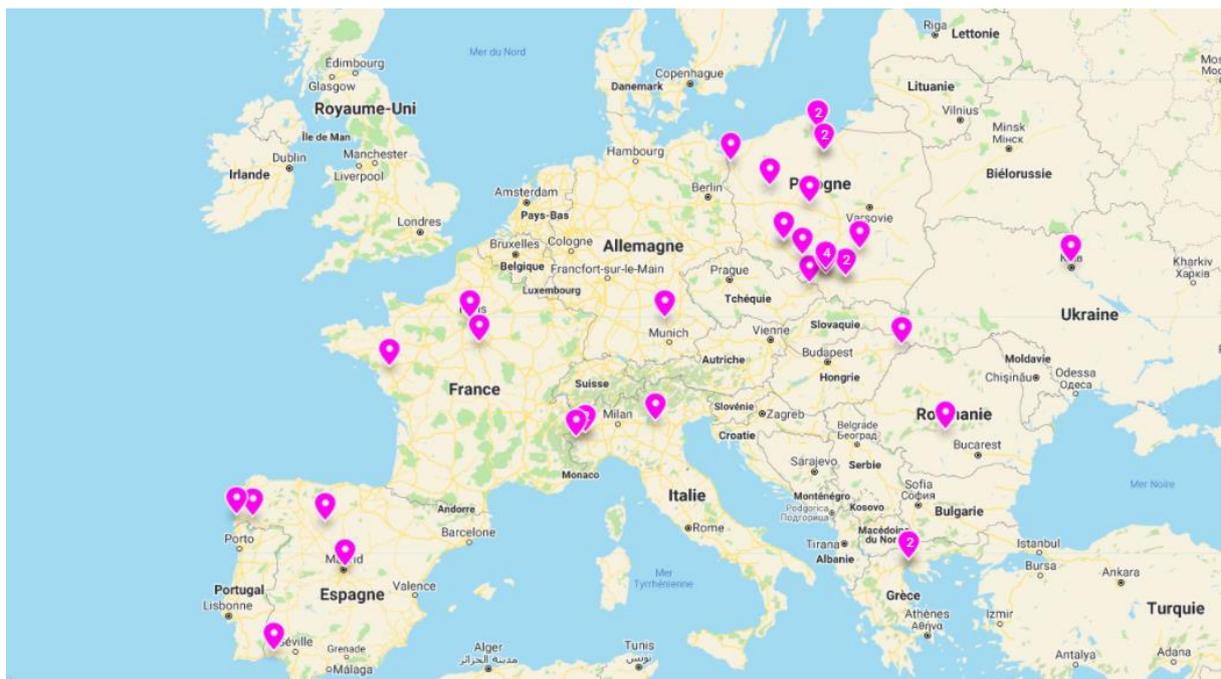
- ➔ **Zoom meetings** which allowed us to have a video conference with all the other volunteers ;
- ➔ **Google Classroom** where we could follow the works we did everyday.

The seminar lasted one week, our meetings started at 9 :30 and ended at 16 :30.

The first day was an **introduction day**, we shared some basic informations about us (age, name, place we come from, where we live now). On a padlet from Google Classroom we have been able to show where we all come from and where we live now in Poland. You can see it in the picture below.

Map of our group - the world & Poland

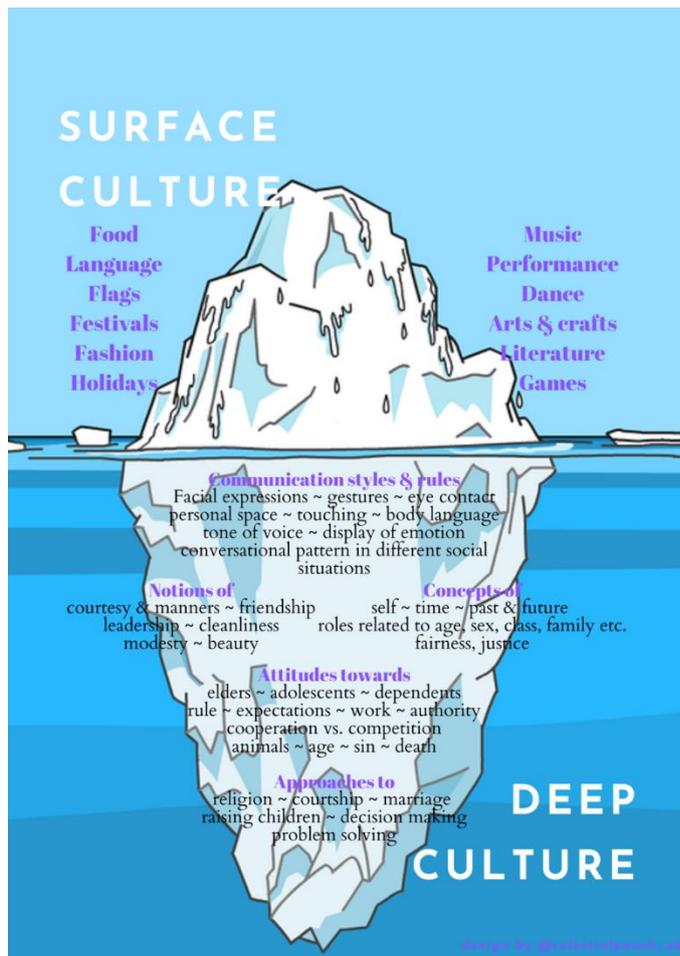
Made with love to the world :)



We exchanged information about our names, their origin, about our project in Poland (activities, local community, changes that occurred because of covid-19).

We had to think about our **potential** and how we can use it during the project, what the **needs** of people we work with and local community are, what we want to **learn** during this volunteering and which **changes** we are expecting for ourselves and for the local community.

Then the next day we had the opportunity to learn some basic sentences in Polish, we also talked about cultural diversity, we compared our countries and culture and we had some Polish culture discovery.



Culture as an Iceberg

In groups we also worked on getting the Polish perspective on some topics (like religion, ecology, politics, public service media, humour...). The point was to make us understand that culture can be seen as an iceberg : the differences are much more than what we see at the first time.

During the seminar we talked a lot about encountering a new culture, ways to deal with culture shock.

We also discovered some Polish music, movies and cuisine.

We talked about some formal issues : important rules and regulations. We also shared tips to deal with challenges during this pandemic time. On the last day we were given the opportunity to share our passions and skills with the other volunteers so we did several workshops like cooking, mediation/ relaxation, music, drawing, talking about movies and it was really great !

The seminar was interesting, it made us think about some important topics like the reason we are here. It was great to meet all the other volunteers in Poland but it's also really sad that we couldn't meet in real.