

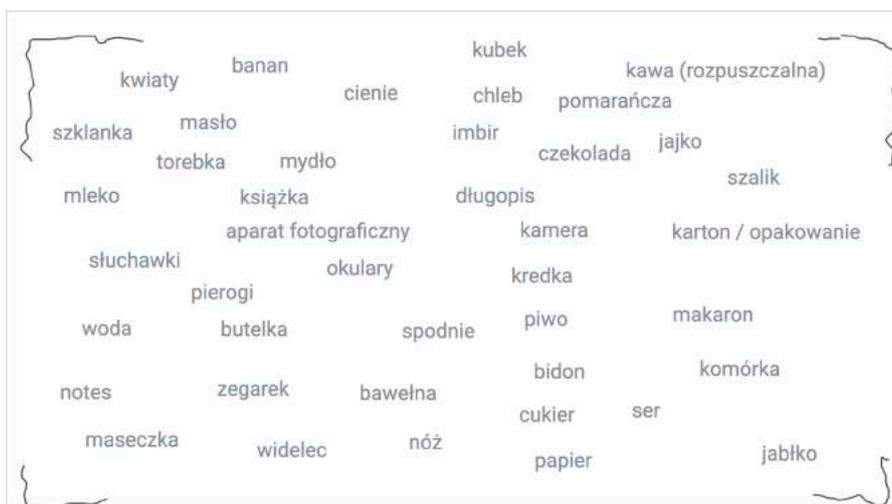
Report Mid-Term-Seminar

When we first talked about our Mid-Term-Seminar we talked about that it will be in real life in the beautiful city Toruń and I was super happy to have a real seminar... This dream was not coming true at all. Two weeks before our seminar started we got the message that it will be online, I was not surprised about that (it's still Corona-Time) but I was a little bit sad about it, because I am tired of all the online lessons and seminars.

On Monday the 12.03.2021 I started with not that much motivation in the seminar. But when I saw the other people and talked little bit with them I was sure the seminar will be cool. This day we used to get to know each other a little bit better. We had a speed dating round to talk in pairs. We had an introduction and got to know each other. We talked about the program and our expectations and we also had a conversation about the „here and now“. Also we got our schedule for the week:

days	Monday	Tuesday	Wednesday	Thursday	Friday
09:30 - 9:45	Starting Check-in: Introduction to the way of working (Zoom live facilitation)	Morning Check-In: Energizer Reflection on results from the previous day (Zoom live facilitation)	Morning Check-In: Energizer Reflection on results from the previous day (Zoom live facilitation)	Morning Check-In: Energizer Reflection on results from the previous day (Zoom live facilitation)	Morning Check-In: Energizer Reflection on results from the previous day (Zoom live facilitation)
9:45 - 11:15	Group integration, getting to know one another building up contact "Volunteer-volunteer" (live facilitation)	Introduction to an online task My European Solidarity Corps Experience: Individual reflections (live facilitation + Google classroom)	Activities useful for our projects (live facilitation + Google classroom)	Future questions (live facilitation + Google classroom)	Learning and Youthpass (live facilitation + Google classroom)
11:15 - 11:30	break				
11:30 - 13:00	Meeting and group building, expectations, rules of the meeting (live facilitation + Google classroom)	My European Solidarity Corps Experience: sharing (live facilitation + Google classroom)	My project - ideas, for now, possible improvements. (live facilitation + Google classroom)	Me and my future (live facilitation + Google classroom)	A virtual tour around Polish culture (live facilitation + Google classroom)
13:00 - 14:00	Lunch				
14:00 - 15:15	Volunteering in uncertain times (emotional check, info update, daily routine) (live facilitation + Google classroom)	Dealing with current challenges: looking for solutions, new strategies. (live facilitation + Google classroom)	Individual learning strategies How do I learn? What did I learn? What else do I want to learn (live facilitation + Google classroom)	Future possibilities (live facilitation + Google classroom)	Evaluation (live facilitation + Google classroom)
15:15 - 15:30	Evaluation of the day (live facilitation)	Evaluation of the day (live facilitation)	Evaluation of the day (live facilitation)	Evaluation of the day (live facilitation)	
15:30 - 16:00	Individual consultations with trainers				

On Tuesday we started with a short polish language energizer and a reminder what we did on Monday. We talked about our ESC experiences until now and about the challenges we had to deal with already.



After the morning session we had time for the evaluation of the project from different perspectives. For this we used a website where we found different stations to reflect our project, for example think about the emotions or make a self portrait. I chose some of the topics/activities on the website to reflect myself and my project. When we finished a tasks we were asked to share our results in a padlet to have an overview about all the results.



After I worked on this on my own we had the next session in the breakout rooms. In these rooms I talked with some other volunteers about my reflection experience and presented my outcomes. We talked about which points were the most interesting, what we had in common and what we realized during these tasks.

After this we talked about our projects in general. We collected ideas for activities we can do with the children, about improvements in our projects, how we can teach something to others and we shared our passions.

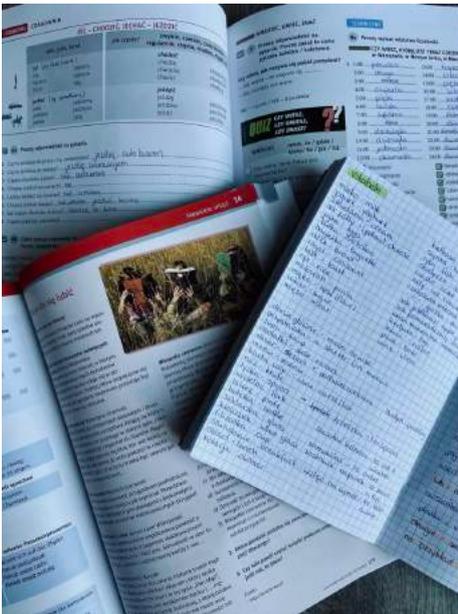
In the afternoon we had a „walk&talk“ session. For this I got a partner and we had to go for a walk and talk on the phone. We talked about our projects, what we want to change, what we like and what we want to improve. Also we gave each other advices for difficult situations and how to solve them. With this activity we finished Tuesday.

Wednesday we had some workshops and conversations about the topics we proposed on Tuesday. We talked about interesting places to see in Poland, how to travel cheap in Poland, we talked about the vegan kitchen and shared recipes and also we reached each other different languages, like Serbian or Georgian.

Georgian:

მატილდა - Mathilde

მიყვარ ხარ - I love you



After this we talked about powerful learning moments during our volunteering. I've had to choose one moment which was a really powerful learning moment for me and answer some questions, for example what I learned, what made this moment powerful, what helped me for learning, etc. We shared our results with each other and after this we talked about things we want to learn during the project, knowledge, skills, etc. To make this task more creative we had to go outside to take 2-3 pictures which visualize what we want to learn. One of my goals is it to learn polish so that I can have small conversations with polish people, so I took a picture of my polish materials. We had to upload our pictures on a padlet to have again an overview about our results.

On Thursday we started with our pictures. The trainers shared the screen and we saw all of the pictures. Then everyone had a little bit time to talk about the thoughts behind the pictures. All in all Thursday was very much dedicated to look into our futures. This day was about discover ourselves and opportunities around. We talket about our strengths and weaknesses, about our passions and what we want to do after the volunteering service.

„We would like to invite you, to explore a bit the topic of passion first. In pairs: share 3 stories, where you have been "in your element" - passionate doing something. It means when you did something, that really absorbed you, made you forget about time and place, when you were thinking “yeah, that’s really me, I enjoy doing this, and I could do it all the time”. It could be something you did during your time here in Poland, but it could be something from your childhood, in school, in your free-time, etc. Please start with one person, sharing 3 stories of passion. The other person tries is to listen carefully. After 5 minutes you change, and the other person shares his/her stories, while your partner is listening.“

VALUE ACTIVITY SHEET		Part 1
<p>1. Work/Education</p> <p>Refers to your workplace & career, education and knowledge, skills development. (This may include volunteering and other forms of unpaid work).</p> <ul style="list-style-type: none"> • How do I want to be towards my clients, customers, colleagues, employees, fellow workers? • What personal qualities do I want to bring to your work? • What skills do I want to develop? 	<p>2. Relationships</p> <p>Refers to intimacy, closeness, friendship and bonding in your life: it includes relationships with your partner, children, parents, relatives, friends, co-workers, and other social contacts.</p> <ul style="list-style-type: none"> • What sort of relationships do I want to build? • How do I want to be in my relationships? • What personal qualities do I want to develop? • What qualities do I admire in other people (in my parents, grandparents, relatives, friends, ...)? • What qualities do I look for in a friend? A partner? A mentor? 	<p>Clarify Your Values</p> <p>Step 1 Watch the video "A goal-oriented vs a value-oriented life"</p> <p>Step 2 Take a blank piece of paper and start thinking about your values and write them down in these 4 areas of life. <i>Write down what you would value if there were nothing in your way, nothing stopping you. What's important? What do you care about? And what you would like to work towards?</i></p> <p>Remember:</p> <ul style="list-style-type: none"> • Not everyone has the same values. • This is not a test, there are no "correct" ones. • Think about values in terms of general life directions. Your values should reflect a way you would like to live your life over time. • Many values might fit into several areas. • Make sure they are your values, not anyone else's. It is your personal values that are important! <p>Step 3 Read through your values and choose 2-3 values from each of the four areas. Mark them with a sign or colour in each area of the dart board, to represent where you stand today.</p> <p><small>Source: "Bull's Eye" values-clarification exercise by Tobias Lundgren, rewritten by Dr. Russ Harris, 2008 www.thehappinesstrap.com</small></p>
<p>3. Personal growth/health</p> <p>Refers to your ongoing development as a human being. This may include include organized religion, personal expressions of spirituality, creativity, developing life skills, meditation, yoga, getting into nature; exercise, nutrition, and addressing health risk factors like smoking.</p> <ul style="list-style-type: none"> • What qualities would I expect to see in the best version of myself? • What gives me a sense of fulfilment and meaning? • What choices have I made in the past that made me proud? • How do I respond in a crisis or other difficult situation? 	<p>4. Leisure</p> <p>Refers to how you play, relax, stimulate, or enjoy yourself; your hobbies or other activities for rest, recreation, fun and creativity.</p> <ul style="list-style-type: none"> • What activities spark creativity in my life? • What activities help me to recharge my batteries? • How do I hold up a balance in life? • How do I take care about myself? 	

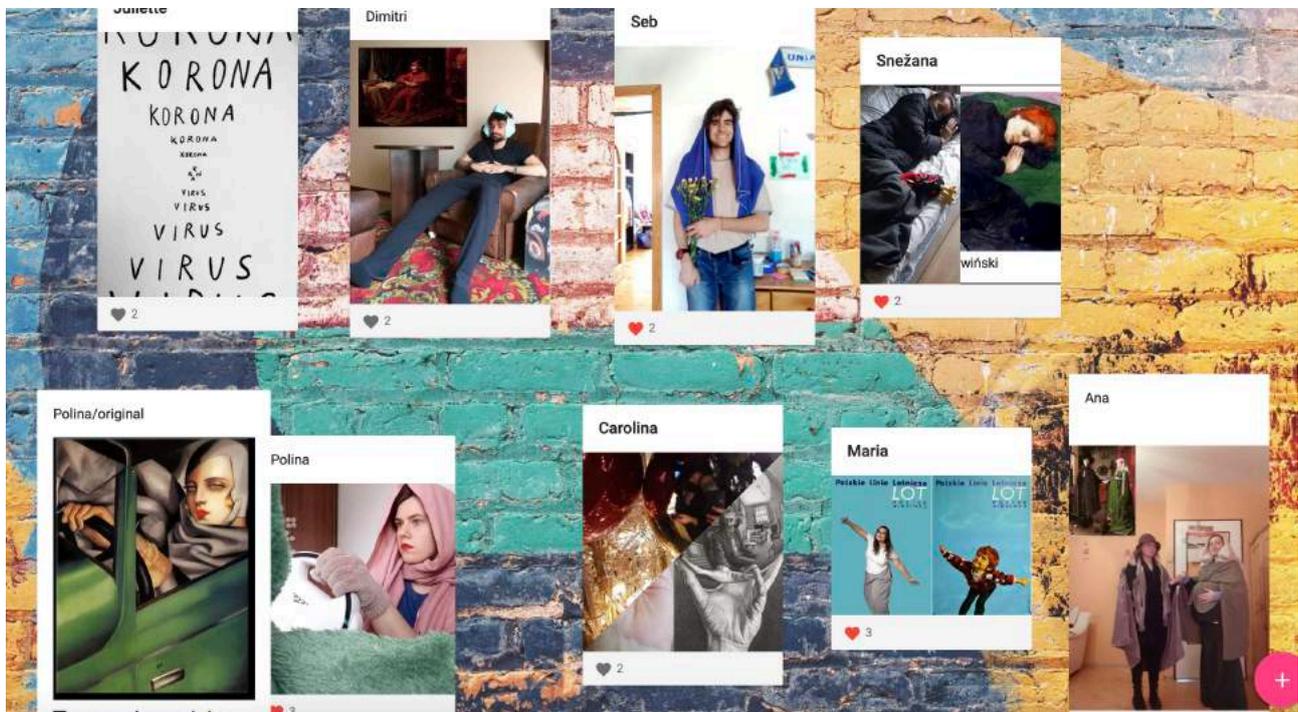
After this we clarify our values. For this everyone made a brainstorming and after this we discuss our results in groups of two.

In the afternoon we talked about the world of opportunities. We discuss different ways we can go after our volunteering service, for example working opportunities, learning opportunities or other volunteering opportunities. Also we checked some digital tools we can use.

The topic of Friday was the Youthpass. In the morning session we got all the informations about the Youthpass and we had time to ask important questions about it. Also we talked in smaller groups about our time in Poland. We talked about what we learned in fields like the work, the everyday life or about ourselves. We also talked about what things we can still learn here in Poland. With the results from our discussion we learned how to write these things into our Youthpass and we got some tips about do's and don'ts in the Youthpass.

The image shows a Youthpass form template. At the top, there is a red rounded rectangle with the word "Youthpass" in white. Below this, the text "VOLUNTEER'S FIRST AND LAST NAME" is centered in blue. Underneath, "born on 07/07/1997" is centered in blue. Then, "volunteered in" is centered in blue, followed by "Title of the Volunteering project" in bold blue. Below that, "in the organisation Name of the organisation" is centered in blue. Then, "in (name of the project's venue) Warsaw, Poland" is centered in blue, followed by "from 19/12/2018 to 18/12/2019" in blue. The form then has three sections: "INFORMATION ABOUT THE PROJECT:" with "obligatory" below it; "THE TASKS OF VOLUNTEER'S FIRST AND LAST NAME IN THE PROJECT:" with "obligatory" below it; and "VOLUNTEER'S FIRST AND LAST NAME TOOK PART IN THE FOLLOWING TRAINING ACTIVITIES:" with "Volunteer's training activities (optional)" below it. The form is set against a background with blue and red geometric shapes at the top.

The second part of these day was a little bit more creative. The trainers showed us some polish art and we had to recreate one of the pictures/paintings and upload our results in a padlet. At the end we talked about all the results, this was a good end of the seminar!



All in all I can say that the seminar was super cool and the trainers did their best to make it interesting. At the beginning I was super sad that we were not able to have it in live and in Torun, because I really wanted to see these people and work with them in real life. But at the end it was so much better than I expected it would be. Also it really helped me to think about what I already reached in my project, what changed, how I changed and also it showed me my goals I want to reach during my time here in Poland. I am happy that the seminar was good and helpful and I am optimistic that we maybe will have the next seminar in real life! Fingers crossed. 🙌