

Emma Poignard

Report mid-term seminar EKS:

Time has gone so fast. While half of this volunteering journey is already behind me, half of it is still ahead of me. Getting close to the end of this adventure implies getting prepared for my return in France.

From the 8th to the 12th April I had an online mid-term training for ESC volunteers, which was hosted by the EKS (Europejski Korpus Solidarności).

These meetings were held from 9am to 4pm on Zoom and we were using other materials like Google Classroom and Padlet.

The aims of this meetings were :

1. Meeting other volunteers, getting to know, inspire each other and learn from the experience of other people.
2. Being here and now: focusing on needs and ideas.
3. Evaluating of the current course of the project and its activities, including cooperation with the host organisation.
4. Planning activities for the rest of the project as well as possible changes/improvements to the project when necessary.
5. The opportunity to analyse your own learning process, in particular in the context of key competences under the Youthpass certificate.
6. Obtaining information on educational and professional opportunities that can be used after the end of the project.

### **Monday :**

On Monday we started with introduction of ourselves, getting to know each other by having conversations in pairs. We had polish language animation – using kahoot quiz.

Then we shared about our work in our projects so far – before, during restrictions and now. It was great to hear about other volunteers' story, about their work and how they feel about that. A lot of the volunteers in this seminar were working with children so we had similar experiences and feelings.

### **Tuesday :**

On Tuesday we had a time for evaluating our project from different perspectives :



We also did a bucket list of 27 things we want to do while we are still in Poland. There were also lot of similarities between our wishes, especially a lot were about traveling.

This picture I think illustrate my bucket list.

On this day we also had Polish music and movies discoveries.



### **Wednesday :**

We decided which workshops we wanted to lead and participate in for the day. We had exchange about food and recipe, music, films, activities to make with kindergarten kids, how to write a project, how to make a scarf, cool things we can do in our cities, yoga.

This day we were also invited to re-create polish art in our own version at home. It was fun.

### **Thursday :**

We started with an “intro to the inside world and the outside world”.

Exploring the future means exploring both realities, the outside and the inside. In this seminar, the trainers defined the starting point as Knowing yourself. It is essential, if you want to go out and grab an opportunity.

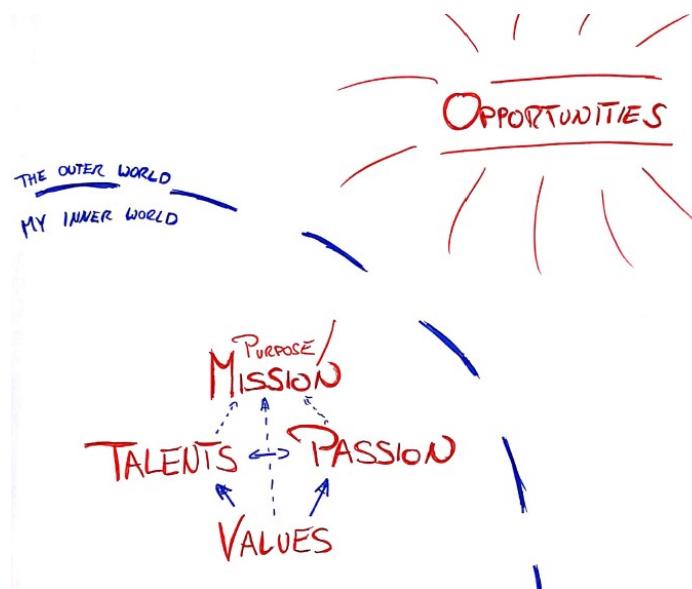
With the inner world, there are four important areas to explore:

Talents... What am I good at? What are my strengths? ...

Passion... What am I passionate about? What fulfills me? What drives me? ...

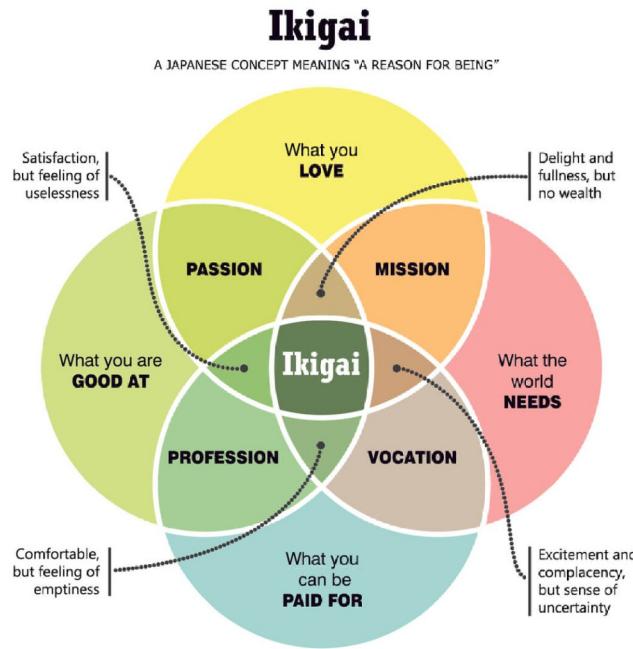
Values... What is important for me? In my life? In my Work? In my relation to others? In my relation to my surroundings, social and natural environment? What is important spiritually? ...

Purpose/mission... What is my call? Where is my place in life? What change would I like to see in the world? What would I like to fulfill, to accomplish? ...



We shared with the other volunteers about our passions and strengths, the trainers gave us resources that can be used to help find our passion. I learned about Ikigai which is a Japanese concept meaning “a reason for being”. It’s about having a direction or purpose in life which makes one's life worthwhile, and towards which an individual takes spontaneous and willing actions giving them

satisfaction and a sense of meaning to life. Here is a link for a video if you want to learn more details about it : <https://youtu.be/Zxj3P0enJNQ>



We had conversations about values that matters to us and which we want to be present in our personal and professional life.

This day was about future opportunities. To dive into this topic, we were invited to an individual reflection. With the help of pictures and images, we had to think about our ideal reality and current reality and how to bridge them. We were directed to a website called Points Of You – The digital experience.

These activities were all about the inner world, at the end of the day we had a materials about the “outside world” like resources and keys about the opportunities we have : work opportunities, working in Poland opportunities, learning opportunities, volunteering opportunities and something else.

It was very interesting, the trainers gave us a lot of materials.

### *Friday :*

In the morning we were talking in small groups about our learning outcomes in work, everyday life, our own and other cultures, people and relations, ourselves, challenges and ways to overcome them. We had dome time when we learned how to translate these learnings in correct terms for the Youthpass certificate. This was also a time to get more into details concerning the Youthpass. We ended up by evaluating our week.

### *Conclusion*

This seminar allowed me to go into deeper reflection about my future and what I want to do with my life when I will leave Poland. It was super great for me to meet these volunteers who are sharing a similar experience as me. I learned about the opportunities I have.

I am glad to have had this seminar because it boosted my motivation.

Schedule of the week :

<b>Days:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
09.30-9.45	Starting Check-in:	Morning Check-In:	Morning Check-In:	Morning Check-In:	Morning Check-In:
9:45-11:15	Introduction to the way of working  Getting to know one another	My European Solidarity Corps Experience: individual reflections	Activities useful for our projects	Future questions	A virtual tour around Poland
11:15-11:30			break		
11:30-13:00	Group building Expectations	My European Solidarity Corps Experience: sharing	Activities useful for our projects	Me and my future	Learning and Youthpass
13:00-14:30			Lunch		
14:30-15:45	Volunteering in uncertain times	Dealing with current challenges: looking for solutions, new strategies.	Individual learning strategies What else do I want to learn	Future possibilities	Evaluation
15:45-16:00	Evaluation of the day	Evaluation of the day	Evaluation of the day	Evaluation of the day	Closing the training
16:00-16:30	Individual consultations with trainers	Individual consultations with trainers	Individual consultations with trainers	Individual consultations with trainers	Individual consultations with trainers