



ESC PROJECT 2020

MAKE A DIFFERENCE

LÉA SAVANPHOM



CONTENT

Once upon a time

Administration and promotion

Community work

Volunteering workcamps

Online volunteering workcamps

Workshops

Training

Discovering the surroundings

Meeting people

Last Word

Create your own
EXPERIENCE

"Why should I talk about me if I could talk about you ?"

Once upon a time, you, little someone who has dreams.

Perhaps you ever wondered how it may feel to completely change your daily life. Just curious about it. You might have dreamed about it and, at the same time, have been apprehensive about it.

"How may it be to experience new things ? How may it be to meet new people ? May you feel a little bit lost, alone, far from your loved ones ? May it be even possible to try it ?"

So many questions floating around. Questions without answer. Probably because a unique answer doesn't exist, it matters on your own feelings and emotions. In this fog of thoughts, one of the simple ways is to learn more and observe. There are so many people who talk about achieving dreams, reaching new goals, getting experience,... When you watch pictures, read stories, listen to the adventures of people, if you think about trying by yourself. Well, why not ? Give it the shot.

By mistake, or maybe by chance, you heard about volunteering. It is just a hypothesis because you ended up reading these lines. It says on the internet (reliable source of course), there exists some volunteering projects organized by non-profit organizations all around the world. It says also that these projects are created to give a hand at a local scale. It means that according to the local needs, volunteers could contribute and join a project. Regarding the thousands of projects you can find, you will ask how to choose one. Very good question, I'm glad you asked ! Here again it depends on you. According to your own interests, your curiosity, your goals, and, on the time you give to yourself.

I let you imagine how it could be :

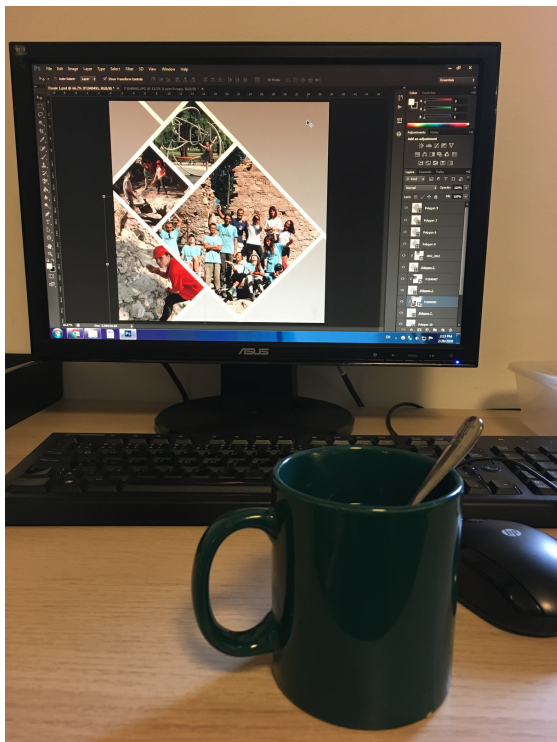
It could be a project related to your previous experiences. In this case it lets the chance to improve yourself in a topic you already enjoy.

It could be a new project that you never find time to experience before. Here, it gives you the opportunity to discover and experiment.

Throughout these pages, I add some examples for you.

ADMINISTRATION AND PROMOTION

Imagine yourself working in a non-profit organization where you share common values with. You can do some administrative and promotion work. You will create some content and promotional materials. You can use all the ways your brain allows you to explore. Online documentation, articles, graphic design, photography, videos,... And then you'll share your ideas through all the tools you think about : website, blog, social media or even in person.



Experiment photoshop to design promotional materials

★ **Graphic design skills improvement**

Create a poster to promote ESC volunteering project

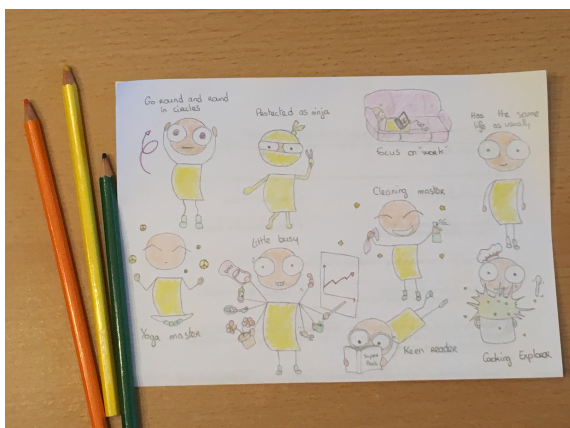
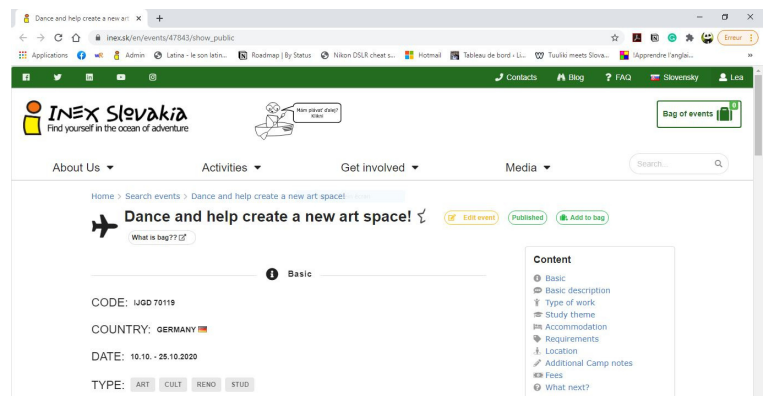
★ **Creativity development**





Upload the volunteering projects
in the webiste

★ **Data base work & website
structure understanding**



Imagine games and educational
contents for the social media

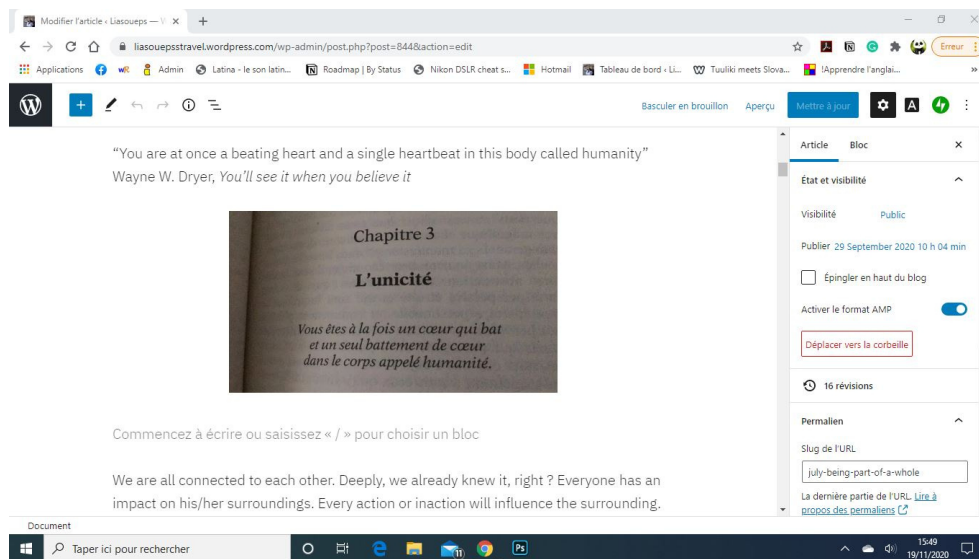
★ **Develop the social media
community**

Create a blog to share stories and adventures

★ **Development of writing skills, tree view creation, HTML experimenting**



<http://liasoueps.travel.blog>

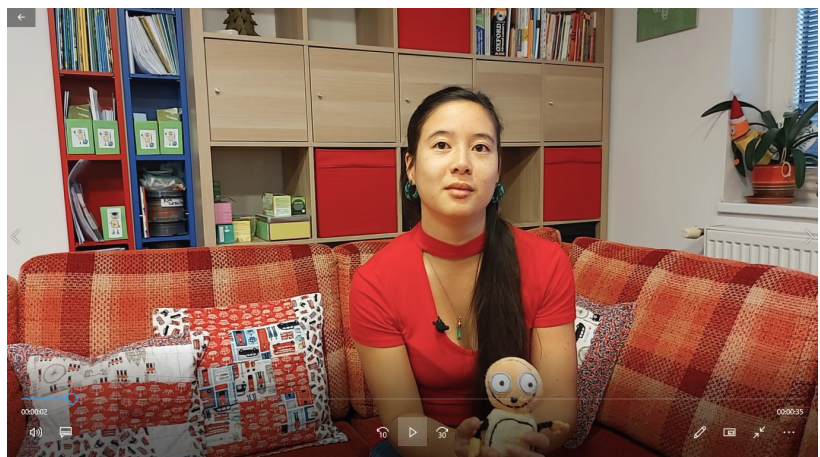


Be interviewed for the creation of a Youtube video

★ **Verbal communication skills
(English)**



www.youtube.com/c/INEXSlovakia



COMMUNITY WORK

You can also be involved in community work. You'll participate, organize or create activities with local/international people.

Events, activities with people with disabilities, games for a group of volunteers or presenting a topic you're passionate about. The possibilities are unlimited.

Sharing and discussing with people is a nice way to pool knowledge and ideas, while discovering cultures and lifestyles. In fact, the more you'll meet different people, the more you'll learn from each other.



Organize an intercultural evening through countries presentations

★ **Train to be a good communicator**



Organize a trash picking event and spreading environmental awareness

★ **Meet people with common values**



Have a karaoke, stick hearts on the wall, celebrate Valentin Day in a center for people with disabilities

★ **Sharing moments & smiles with people**



Be part of the preparation of lunches for homeless people

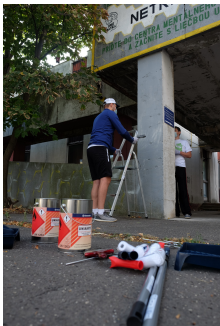
★ **Blending into the surroundings & learning more about the local community**





Make a colorful fence for
the kids school

★ **Being part of a volunteering
city project**



Renovate, clean, do gardening in
the office with other volunteers

★ **Participating at a volunteering day**



VOLUNTEERING WORKCAMPS

There is also the experience in the field you get by leading a project. Such as being a camp leader in an international volunteering workcamp.

The topics of projects are various : from historical building renovation to environmental actions, passing by social work. People from all ages are welcomed to volunteer, it is possible you'll have an intergenerational experience.

If you already had the chance to be part of one of them, you know that it is a wonderful adventure. Those are projects made with heart, by passionate people, and helped by supportive people. Each experience is different due the fact that each person is unique. In other words, even if you join three times the same project, with the same non-profit organization, with the same local partner, you will have three different experiences. As a bonus you will see with your own eyes the progression and the impact of the project.



📍 *Obišovce Castle (Slovakia)*



Participate in a castle renovation project

★ **Meet passionate people
and discover castle history**





Filter sand for renovation purpose

★ **Learning basis about renovation work**

Do nothing

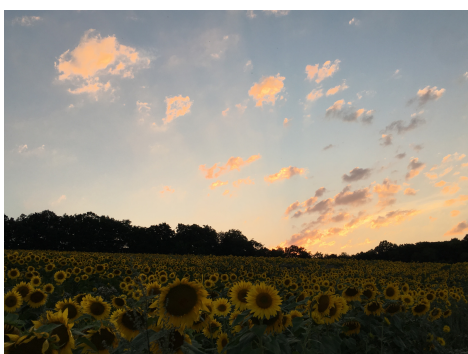
★ **Scheduling self care and well being time**



You can not eat,
it's just pretty

Observe plants and taste food

★ **Culture sharing through local plants awareness and food**



Cross sunflowers field to go to work

★ **Enjoying the surroundings**



Join summer camp organized by a non-profit organization which supports disadvantaged children

★ **Learning more about social work and social inclusion**



Do educational activities and games

★ **Observing different aspects of the learning process (psychomotricity, social, communication)**



📍 Füged (Hungary)



★ **Learning from kids life lessons**

❤ **Living an heart-warming experience**

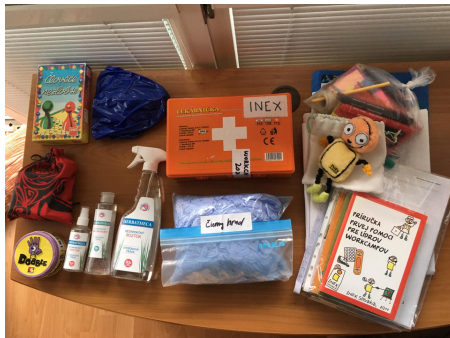


Lead a volunteering workcamp about renovation and archaeological researches on castle ruins

★ **Coordinating an international project**



📍 Black Castle, Velčice (Slovakia)



Meet the local partner, create a schedule, contact the volunteers, prepare materials,...

★ **Project management practising**

Learn archaeological work by brushing, digging, cleaning, creating archeological documentation

★ **Developing new knowledge**





Find pieces of poteries

★ **Imagining the history and understanding better archaeological work**



Live in a cottage in the middle of the nature

★ **Disconnecting from phones/computers/tv for reconnecting with people and the environment**



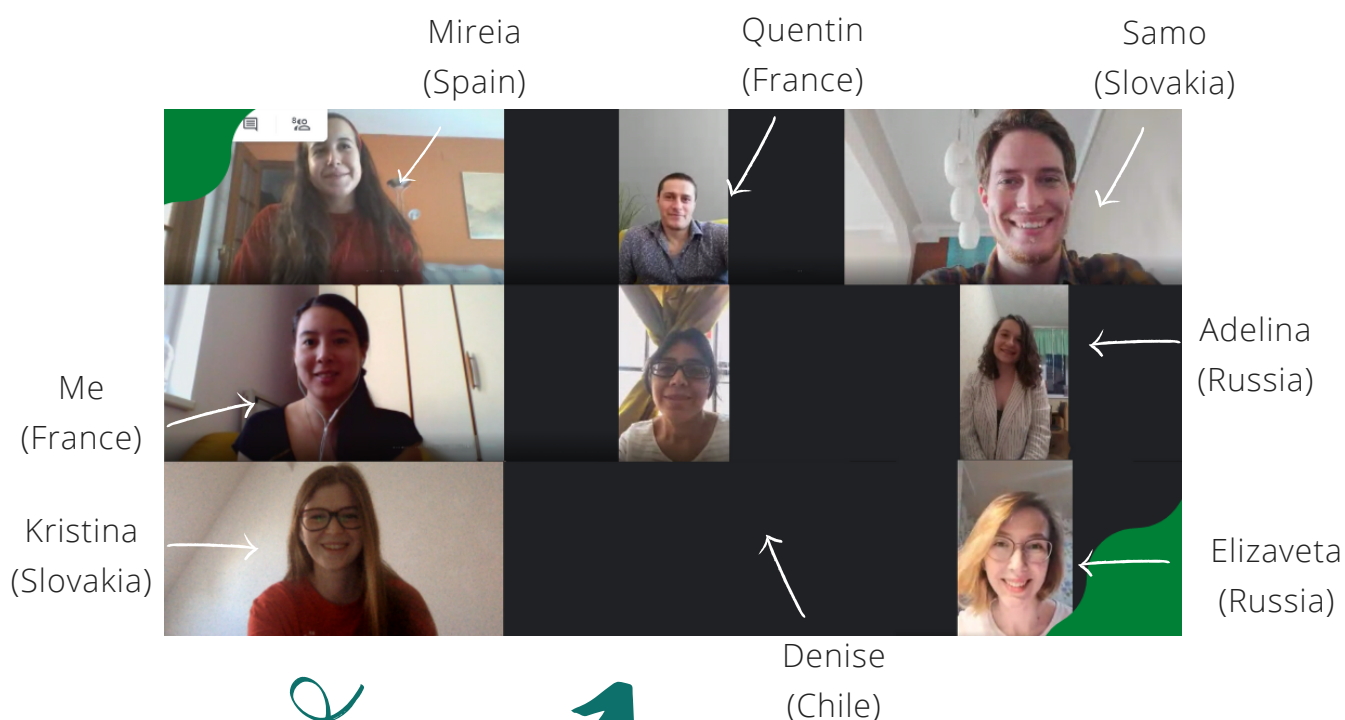
Listen the stories of an old church from a passionate archeologist

★ **Discovering the cultural heritage of a region**

ONLINE VOLUNTEERING WORKCAMPS

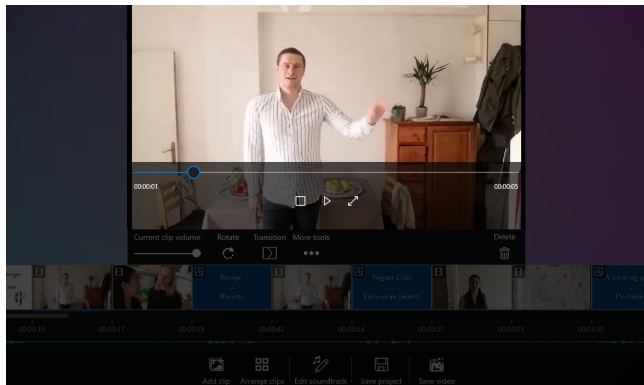
Because the methods and tools are limited by our creativity, you can also participate or lead an online volunteering project. Nowadays, we are quite lucky. Even from the other part of the world we can stay connected with each other. Meeting people from different countries, contributing on a project and spreading ideas are doable thanks to internet.

As a (virtual) leader you become the creator, you are free to build the project from A to Z : the topic, the aim, the objectives, the structure, the tools, the schedule, the promotion, the workshop, the group dynamic, the evaluation,... Everything ! You are the artist !



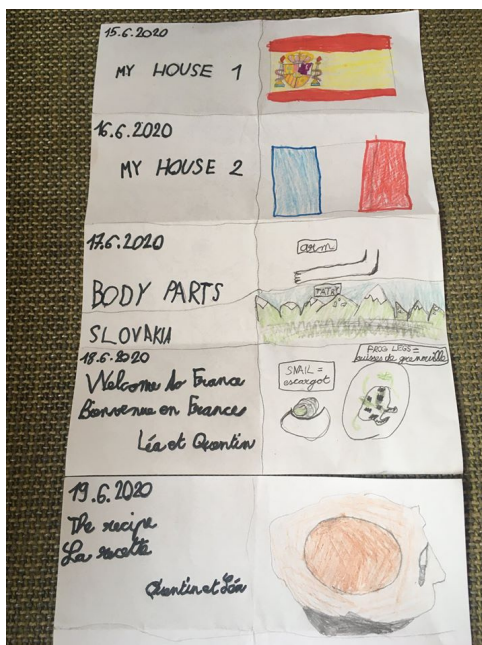
Participate at an online workcamp with the goal of creating educational language videos for kids

★ **Teaching through non formal methods**



Write lines, record videos, make the montage and subtitles

★ Video creation learning



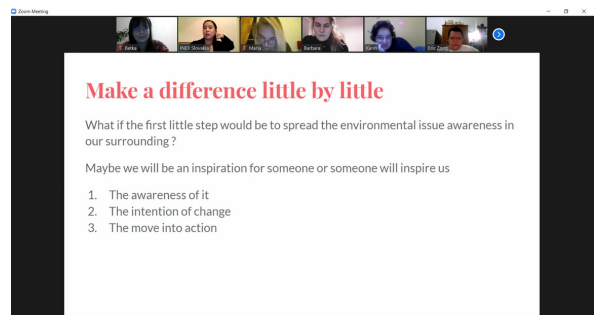
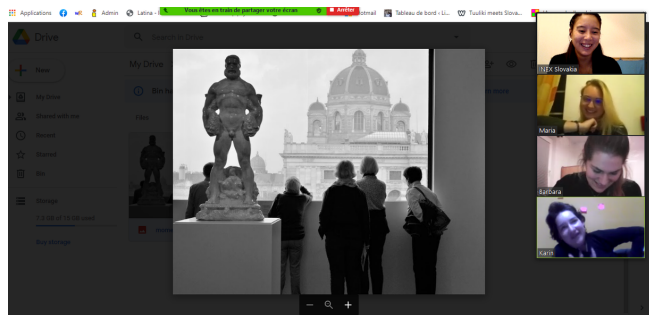
Receive drawings from the kids and send them surprises

★ Connecting to the kids from the real world



Create an online workcamp with the aim of spreading environmental awareness through photography

★ **Project management practising and adaption to digital tools**



Learn from each other, analyse artistic work, develop the will of making a difference

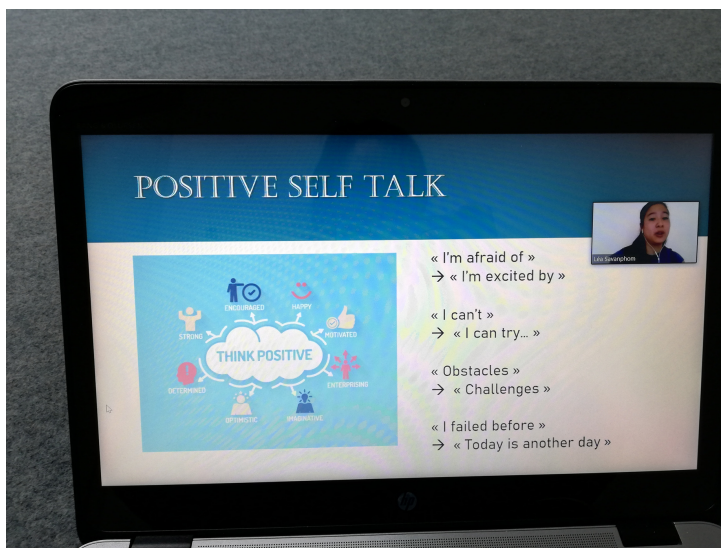
★ **Share knowledge as a group and encourage self-development**

★ **Meet lovely people thanks to internet**



WORKSHOPS

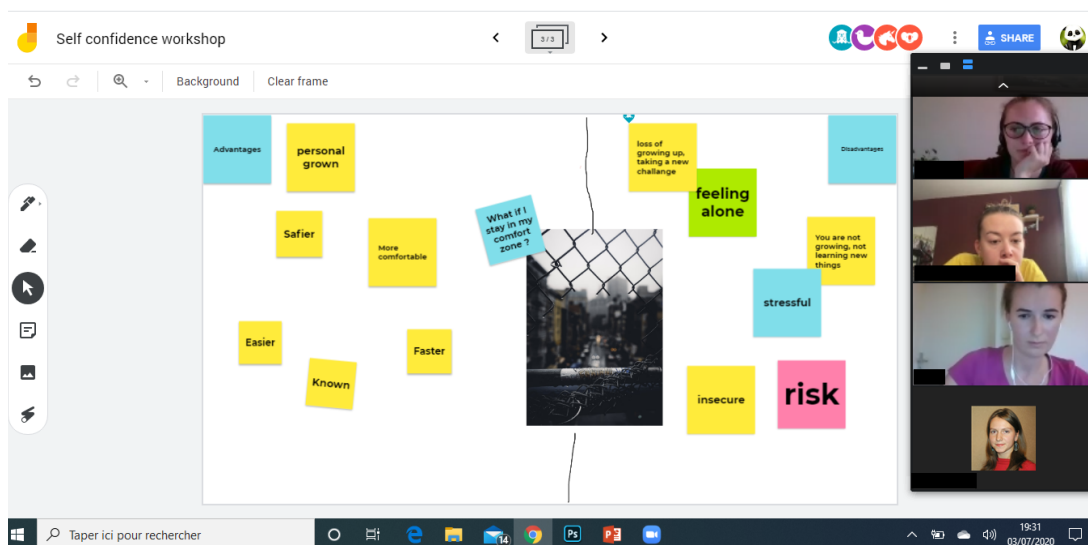
Talking about a workshop mentioned quickly before : What about creating your own ? Yes, why not ? You can also do this. It is all about sharing a topic you really enjoy with other people. It gives you the chance to raise awareness of a cause close to your heart or to talk about a common passion or to introduce a topic you have knowledge about. There are many possibilities to create a workshop and make it interactive thanks to presentations, quizzes, games, open discussion, art, calls to action,...



Create a workshop about self-confidence



Encourage people to reach their dreams



Add brainstorming parts and games
to make an interactive presentation

★ **Encourage people to develop self-motivation,
self-empowerment and self-esteem**



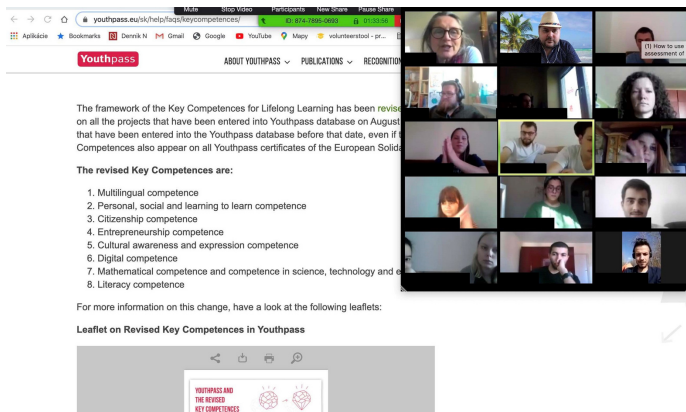
TRAINING

Volunteering also includes a training part. It's sometimes forgotten but, in fact, it exists. It'll be part of your learning process and your self development. Being a little bit curious, you'll find that workshops and training broach a huge variety of topics. Training for volunteers, training to become a camp leader in a volunteering project, first aid training, self development training, conflict management training,... Well, the list is extremely large. It depends on the skills you would like to improve.



Attend to the training for leaders

★ **Be prepared for a
volunteering workcamp**



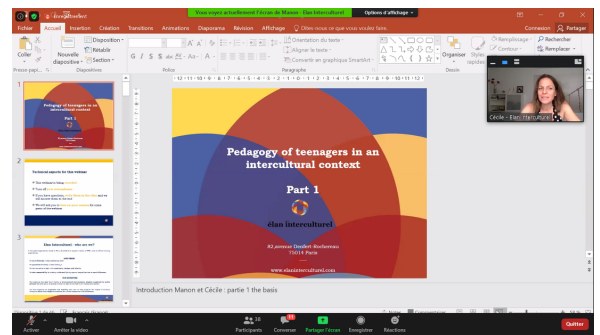
Be part on training for volunteers

★ **Meet other volunteers and learn more about volunteering opportunities**



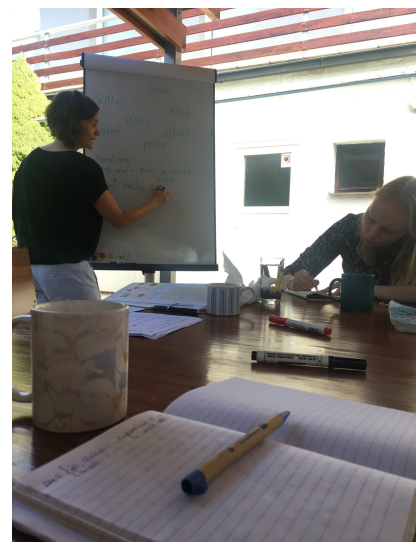
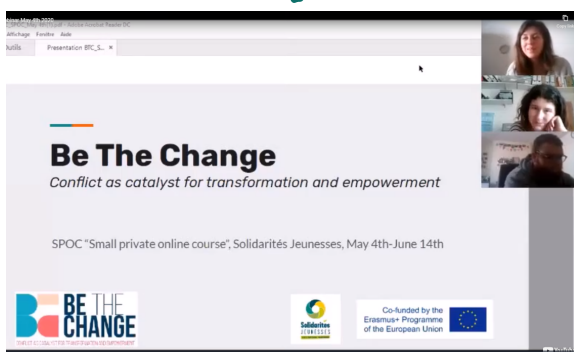
Follow a training about pedagogy of teenagers in an intercultural context

★ **Learn more about non-formal education tools for teenagers**



Attend to a webinar focused on conflict management

★ **Discover tools to improve communication and people understanding**



Having slovak class

★ **Discover some language basis and try to adapt to the surroundings**

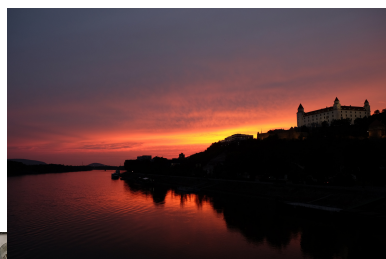
DISCOVERING THE SURROUNDINGS

As you can guess, volunteering projects are not only about working, it is also about discovering the surroundings. You'll have the chance to learn more about cultures and customs by discovering new places. Enjoy your free time to climb a mountain, swim in a lake, take the best selfie in a cute café, have a walk in the forest, learn the story of an old building,... Just enjoy life !

Spend time in a peaceful place



Observe colorful sunset with friends



Taste cake in a lovely café



Eat traditional food



Enjoy outdoor exhibitions



Meet a little pig with a flowers necklace



Read a book during a sunny day





📍 Banská Štiavnica Calvary



📍 Old Town Hall, Brno



📍 Bojnicky zamok



📍 Čičmany



📍 Trenčiansky hrad



📍 Jakabov palác, Košice



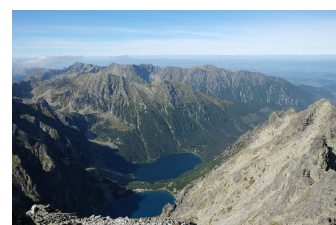
📍 Múzeum, Liptovský Mikuláš



📍 Slovenský raj



📍 Vysoké Tatry



📍 Vysoké Tatry



📍 Vysoké Tatry



📍 Oravský hrad



📍 Kostol Svätý kríž



📍 Hrad Uhrovec



📍 Devínsky hrad

MEETING PEOPLE

This journey will bring you a lot thanks to all the people who will cross your path. You'll meet various people with different backgrounds and, for sure, with many stories. You'll feel so many emotions that you will not be able to describe. You will click with some of the people you'll meet. Some will mark you. Some of them will go straight to your heart.



LAST WORDS

All of this to say that this experience will make you grow. You'll take another look at ideas and take a step back from the things you used to see. You'll perceive your surroundings under a new angle. You'll open doors and build new bridges. You'll create a new version of yourself.

This journey will create a lot of unforgettable moments. Some stories will fade with time, and some would remain etched in your mind forever. Because it is all about emotions and feelings. You are the writer of your own story.

This experience brought me a lot in my personal life and also in professional aspects. To all the people who crossed my path : thank you. To all of you, thanks for sharing your smiles, your culture, your support, your knowledge, your passion, your positive energies, your joy, your kindness.



Redesign
YOURSELF

The European Solidarity Corps Project “Make a difference”,
is supported by the following organizations:

