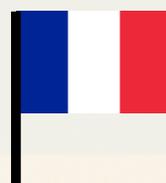




EVS OUTCOME

"TAKE A CHANCE BE A CHANGE"

IVAN TALVAS



February 2019 - December 2019



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WHO I AM?

Hi, my name is Ivan I'm 25 years old and I'm from France. I decided after I finished my studies in sociology to get involved in associations in my country. I did a 6 month of Civic Service in my city. I really enjoyed it and after talking with people around me, we had discussed about volunteering project in Europe and then I decided to take part in a long term project in another country. That's how I appeared in Slovakia.



WHAT DID I DO IN SLOVAKIA?

I did an European Voluntary Service (EVS) project for 11 months in Slovakia. EVS is a project founded by European Commission, which gives you the opportunity to do an International volunteering service in an European country. My hosting organisation in Slovakia was INEX Slovakia for International EXchanges. The main mission of this organisation is to host and to send volunteers in different international voluntary camps.

ACTIVITIES I DID

DURING ALMOST ONE YEAR I DID A LOT OF ACTIVITIES WITH INEX: IN THE OFFICE, DURING PROMO EVENTS, DURING THE SUMMER...

MY TASKS AS EVS VOLUNTEER

OFFICE WORK

The first task I worked on, and I realized later that it would be the activity for the whole year, was to work with the INEX database. This task consisted on updating free places for volunteers on the international voluntary camps organised by our partners from all over the world.

How is this working? I received emails everyday, from organisations, which are also organizing workcamps during the year and they host volunteers on their camps. INEX is sending volunteers to these camps.

So everyday I checked emails and updated the database.





TEA-MEETING

Other activity, that I and my EVS colleagues were responsible for, was to organise an event called "Tea-meeting". It's an event where everyone is welcome, it's free and every Tea-meeting has a different topic.



For example it can be a presentation of a country by someone who wants to share some advice or funny stories. It can also be a Quiz, me and my colleagues organized 2 Quizzes and it was very nice to prepare it and to see people enjoying it.



PROMOTION

EVS volunteers at Inex were also responsible for social media, for example, every week, we created a quiz on Instagram. After events organized by Inex, I chose pictures and posted them on Facebook and also on Instagram.

Few times, I had opportunity to go on some promo events in order to promote Inex Slovakia by giving informations about the organisation and also about future events and activities planned.



INTEGRA

Now, let's talk about the rest of the activities I did with INEX during my year in Slovakia.

It started with the Valentine's Day at Integra DSS. Integra is a place I went several times during the year.

It's a center for people with disabilities and were going there to do some activities with clients.

We went there again on April for the April fool's day. For this event we created a theater role play and we participated on some activities with them.

INEX TRAININGS

As I said, INEX is organising workcamps where they host volunteers from all around the world, and as an EVS volunteer I had the chance to be a leader on two International voluntary camps organised by Inex.

In order to be a good leader and to know what it means to be leader, INEX organized two training.

First one was in March, this one was more a theoretical part of leading a camp and the second one which was in May was more practical.

WORKSHOP

During the year and for the camps, I also had to create a workshop on a topic that was interesting for me. My workshop was about teamwork and my objective was to show that it's very important to cooperate with people around us in order to achieve our personal goals. To create and to try this workshop took me a lot of time but after I try it several times, I was proud of it.

INTERNATIONAL VOLUNTARY CAMPS

SURANY KIDS 29/06 - 13/07

Surany Kids was my first summer camp. I was a leader there for 2 weeks with a group of 10 volunteers. They were from Russia, Ukraine, Mexico, Spain and Brazil, in the little town of Surany. It was a quiet nice place with a little river and some parcs.

We had accommodation in a school and it was funny to live for two weeks in a school.

The aim of this camp was to teach English to kids which were aged from 6 to 14.

For teaching we prepared some games and activities to make it more interesting for them. During the free time we also had a trip to Banská Štiavnica a very beautiful place. We also visited a mine and did some hiking.



INTEGRA 1/09 - 08/09



Integra was the last camp of the 2019's summer and it was for only one week.

Very short but very intense camp with 6 volunteers.

The objective of this camps was to spend time and to create activities for people with disabilities. During this camp we were for example creating Olympic games where clients had to throw a ball or to escape from a maze.

We went also to a horse farm and it was great to see clients smiling and ridding horses, they really enjoyed this activity.

We had a lot of free time during this camp and we spend most of the time exploring Bratislava, also playing some volleyball and freesbee. It was a very good camp.

SLOVAKIA!

Now about Slovakia, it's not a big country and I expected to experience a big cultural difference between France and Slovakia but somehow, if I forget about the different language and the food, I can say that it's not so different. In both countries you can find campaign, cities, mountains...

But in Slovakia they don't have the sea, so sometimes it's difficult to find fish for cooking. That's maybe the principal thing I missed the most during my Slovakian year.

Slovakia is situated in the middle of Europe and Bratislava, the capital, is situated really close to Austria, Hungary and Czech Republic. That means that it's very easy to travel to neighbouring countries. But sometimes I was more into discover the Slovak countryside rather than going in other country. The problem with going to another country is that, most of the time the currency is not Euro, so every time you need to change your money.





During my year in Slovakia, I discovered a lot of small towns and villages, I went also to High Tatras.

For travelling in Slovakia, the best for me is to take the train, but most of the time you also have to take the bus.

The public transports in general is ok, but sometimes it can happen that the bus is late and you have to run a little, but I took it everytime as a challenge.

I had the same problem in France, so for me, it wasn't a big problem to deal with.

If I had to compare Slovak and French public transport, I could say that I prefer Slovak just because they are cheaper so if you miss the connection it's okay. In France they are late and expensive so even for a little weekend trip it could cost a lot in case of problem with transports.



TRAVEL

SLOVAKIA

I discovered during this year a very beautiful country in the middle of Europe called "SLOVAKIA".

I already know mountains, cities, rivers... Because we have the same in France. But if you look closer, there is a special atmosphere here.

I visited a lot of beautiful places: Senec, Banská Štiavnica, Poprad, Podhradík, Trenčianske Teplice...

I could say that they are all the same, BUT, it would be a lie, that's maybe what makes the difference with France. In every place I visited in Slovakia there is something special.

One year in Slovakia is not enough for visiting the whole country, but it could give you an idea and if I had more time I would like to visit more the countryside.

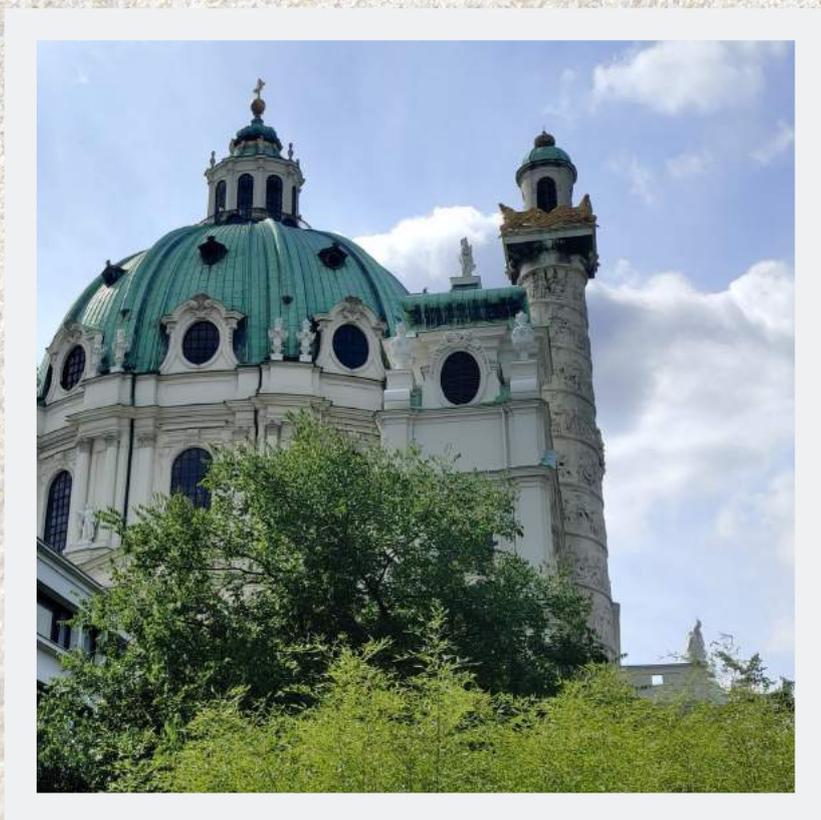


VIENNA, AUSTRIA

This year was particularly rich in travel, for example with the geographic situation of Bratislava, it's very easy to find place to visit.

I went to Vienna several times. Because Vienna is close to Bratislava but also because it's a quiet big city that means you have lot of things to see and to do. And Vienna is also a good place to take the plane, and it's just 45 minutes from Bratislava.

Vienna is the kind of city which never sleeps and with a lot of lights in the night.



BUDAPEST, HUNGARY

Budapest, ah my little Budapest! I really enjoyed this city. For me one of the best capital city of Eastern Europe countries if we just talk about the beauty. There is something that you cannot find in the others, it's a special atmosphere with a nice architecture.

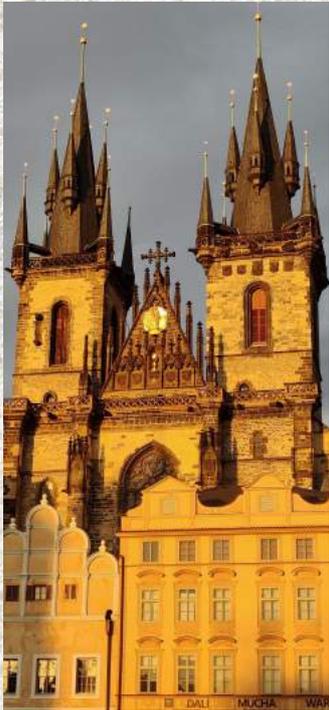
When I went to Budapest, I had the photo of the Parliament in my mind, I knew that it's one of the symbol of Budapest. When I saw it, I wasn't disappointed because it was very beautiful and as I imagined it. The funny thing with Vienna, Budapest and Bratislava is that they all have the Danube crossing through the city.



PRAGUE, CZECH REPUBLIC

Now about Prague, the city is beautiful but that's it for me. I went during the summer so it was full of tourists. Generally, I don't have a problem with the crowd but it was too much. There is a place which is nice and I was there with a perfect timing for the sunset.

I also saw the "John Lennon wall" and the main place with the cathedral. I particularly love cities by night, and in Prague you feel that the city is living and it's so magic with the lights.



WHAT I GAINED?

Now it's time to do my personal evaluation of my EVS year and to think about what I gained from this experience.

- My first objective, when I decided to do an EVS was to discover new culture, people...
I think I accomplished this, because I spent a year abroad and I met a lot of people from different countries and with different backgrounds.
- Doing an EVS was also a big opportunity to speak and improve my English. I came here without a good English but after almost one year, I think I could say that my level of English improved.
- Taking part in a NGO's daily life was a good professional and personal experience.
- I learnt how to manage and prepare a camp with volunteers which are from the different countries, and it was for me the most exciting part of my EVS.

- I discovered a lot about social media, not about them but more about how to use them in a correct way, and also how important it is nowadays to be on these social media for promotion and to be visible.
- I found out more about different cultures of Eastern European countries, about the history, the geography, the politic.
- I learned about myself, living in a foreign country for one year, far from your family and your friends was for me the biggest fear. When you are going in another country for a long time and you are alone it's not easy, but the result after this experience is just good.



SPECIAL THANKS

I would like to say, for finishing my outcome that I'm very happy of my year in Slovakia and to say thanks to everyone I met here, in the office, during the camps, events...

Thank you to my hosting organisation, INEX Slovakia, without whom nothing would have been possible.

Thanks also to my mentor, Anthony, who helped me at the beginning and became a real good friend.

Also I would like to thanks my EVS colleague for this wonderful year we spent in travelling, at home or in the office where we had a lof of fun.

