

ELENI KROKIDI



***take a
chance, be
a change***

MY EVS OUTCOME
NOVEMBER 2019

TAKE A CHANCE, BE A CHANGE

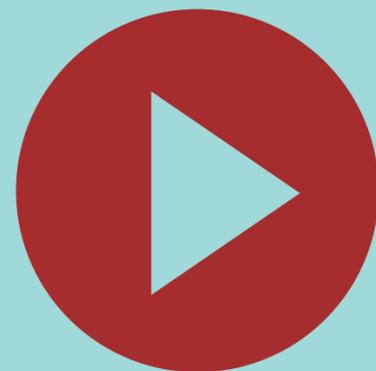
LONG TERM EVS PROJECT

DATES: 1.02.2019-31.12.2019

HOSTING ORGANISATION: INEX SLOVAKIA

SENDING ORGANISATION: ELIX

THIS IS THE OUTCOME OF ELENI KROKIDI, EVS
VOLUNTEER AT INEX SLOVAKIA 2019



PRESS PLAY TO START!

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I'M GOING TO SHARE AMAZING MOMENTS WITH YOU!

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About me!

Hey there! I'm Eleni Krokidi but everyone calls me Elena (Krokidi). I'm a 22 old Biomedical Laboratories Sciences student from Greece. A few things you need to know about me are:

- I love hugs
- ... food too
- Monika, my roommate says that I need to write a book about my life
- Before my EVS I had participated in 5 short term exchange programs
- I have bittersweet emotions while I'm creating my outcome



Why...

... a Biomedical Laboratories Sciences student chose INEX Slovakia's EVS project?

Personally I believe that volunteering is not about your occupation, it is about your lifestyle and I've been a volunteer for more than 3 years. In fact, a year ago I realised that before I graduate at my university I wanted to try something new, to challenge myself and to develop my skills. Since one of my goals was to lead an exchange program, I'd been looking for projects related to this as well as a reliable hosting organisation that could make me feel useful and creative. So honestly, it wasn't about the country, in fact, I knew I'd go to a country I knew nothing about, but it was about the program and my goals.

Beside the EVS project, it is true that I'd always dreamed to live in a foreign country, work in an international environment, explore a new country and other cultures, make new friends and gain experiences that would become part of my life and my personality. Oh! And maybe day after day to become a better and skill-full person.

First month in Slovakia

The 1st of March I jumped into the plane ready to begin a new chapter in my life. At the airport my roommates Ivan from France and Merike from Estonia were waiting for me and my massive luggages. We spent our first evening together, trying Slovak food in the Slovak pub. If I could describe my first month here with 3 words, it would be: busy, difficult, everything_seems_new_to_me_but_I_like_it!

Photo: 2nd day, Merike, Ivan and I went to the supermarket and we decided to buy it all!





FIRST MONTH IN SLOVAKIA

- First days in the office
- Trip to Vienna
- On arrival training
- 1st training for leaders
- Free walking tour: getting to know a new country!
- Trip to Devin castle

Office life!

What's the most important for me in a working environment is the people. Those people have been my family since I moved here. My roommates: Merike, Ivan and Monika who work at INEX as well as Mirka, Jarka and Majka. I'm sure I'm going to miss starting my day with a nice cup of coffee, dancing with Ivan and Merike or having a break laying on the floor or cooking for them or eating lunch all together in the garden. What I'm gonna miss the most though is teasing them and their humor.



About INEX SLOVAKIA

...3,2,1!EVS starts now!

My hosting organisation? INEX Slovakia!
INEX comes from INternational EXchange and it's an NGO that promotes volunteering and non formal education in Slovakia as well as abroad. INEX organise international voluntary camps in Slovakia but also sends Slovak volunteers on camps abroad. In the following slides I'll present you my tasks as an EVS volunteer.



Photo from Potaborka

ECO-SLATINKA GROUP

21.7-4.8

Find yourself in the ocean of
adventure!



YOUTH
EXCHANGE IN
SLOVENIA

Sweet Sin

4.8.2019-10.8.2019

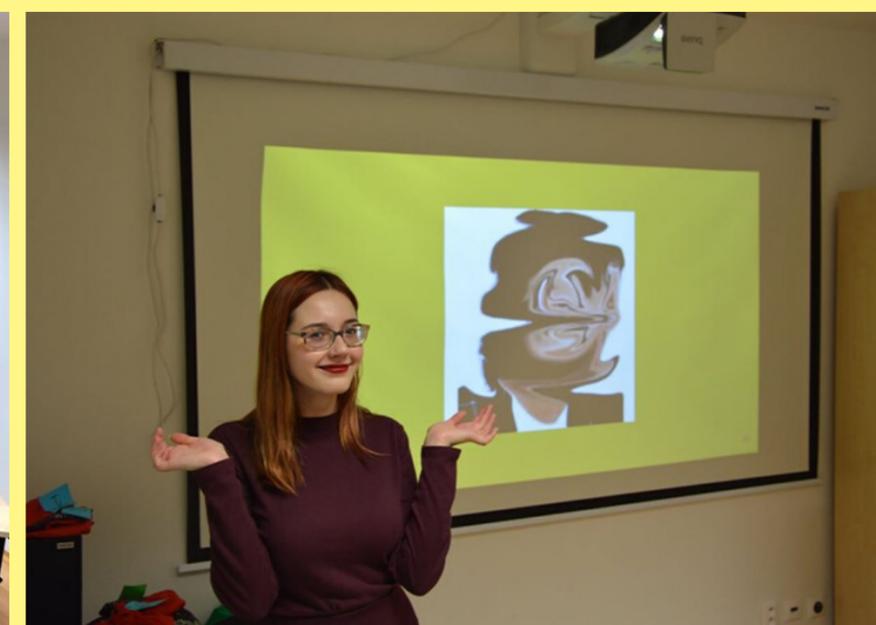
Social media & website

During my project I had the opportunity to work with INEX's website mostly with the data, but also with the social media while drinking a cup of great coffee. I love the social media and I got to learn lot's of things that I didn't know before, especially in the field of promotion. A tool where I got new skills is definitely CANVA and I'm glad to say that now I'm confident in using it.

Tea meetings

Happens monthly!

Each month our task was to prepare a tea meeting with a different topic. From a quiz, to travelling stories and photography workshop. My favourite one by far was the International quiz. It was so much fun to prepare it.





Promotion activities

We participated twice in a voluntary market in high schools, but also in a company's fair in the Economic university of Bratislava. Our task was to promote INEX Slovakia and to communicate with people sharing my own experience about how great volunteering is.

Personal project: creating my own workshop

Do you have time?

My personal project was to create a workshop on a topic that concerns our society and present it on the workcamps. My goal wasn't just to teach, but also to learn something new and useful that I can use in everyday life. Since I'm struggling in prioritising my tasks, I found the Eisenhower's matrix genius and simple. That's the reason why I structured my workshop around this method. During this project I implemented it in:

- the office
- the 2nd training for leaders
- the midterm training
- Eco Slatinka workcamp
- Uhrovec workcamp
- Barlicka workcamp

Did it work?

I think yes and I honestly enjoyed the process. For me this workshop was part of my learning process, so the most important is that through this opportunity I got to know myself better and overcome my limits. I implemented it in a hidden castle, in a village in the middle of nowhere, etc. Different places, different participants from different countries and different priorities.

The majority of participants declared that they learned something new that they are considering to use it in the future in order to prioritise their tasks. The most interesting part for them was the INEX man's birthday party where they had to make common decisions. This task was hard for some groups with strong-minded members but it was also funny at the same time!

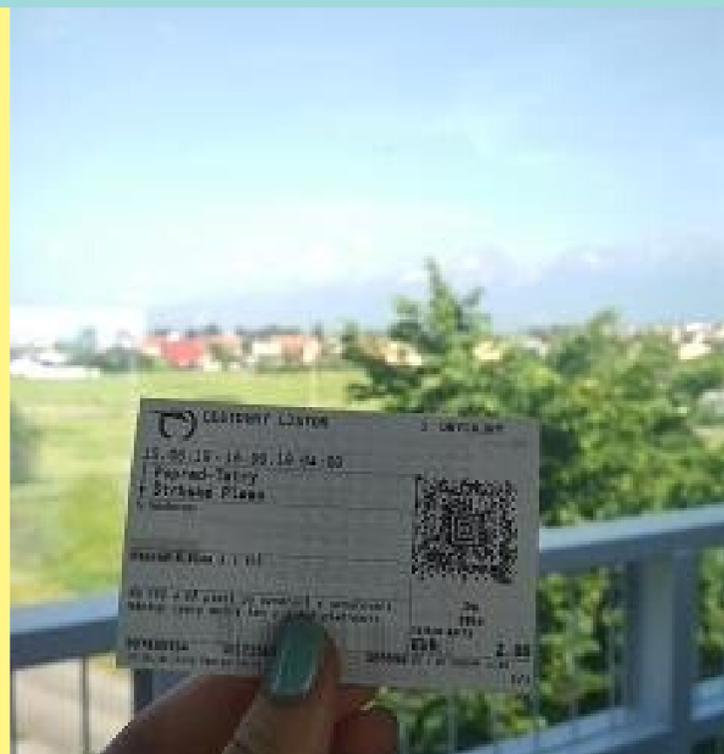


Integra

Preparing activities for people with disabilities

Integra is a centre for people with mental and physical disabilities. It was a pleasure to accompany them on their trip to Pezinok and Bratislava's transport museum, write a play for April Fool's day, etc. Integra was a big school for me and I'm never going to forget the clients' smiles.





Trainings

Beside the training at INEX office, during my EVS I had 4 trainings in total. The on arrival and midterm training organised by the National Agency and the trainings for leaders organised by INEX Slovakia. I consider them as one of the most important parts of my project because they offered me so much knowledge, amazing moments, friends and the opportunity to explore Slovakia a little bit more.

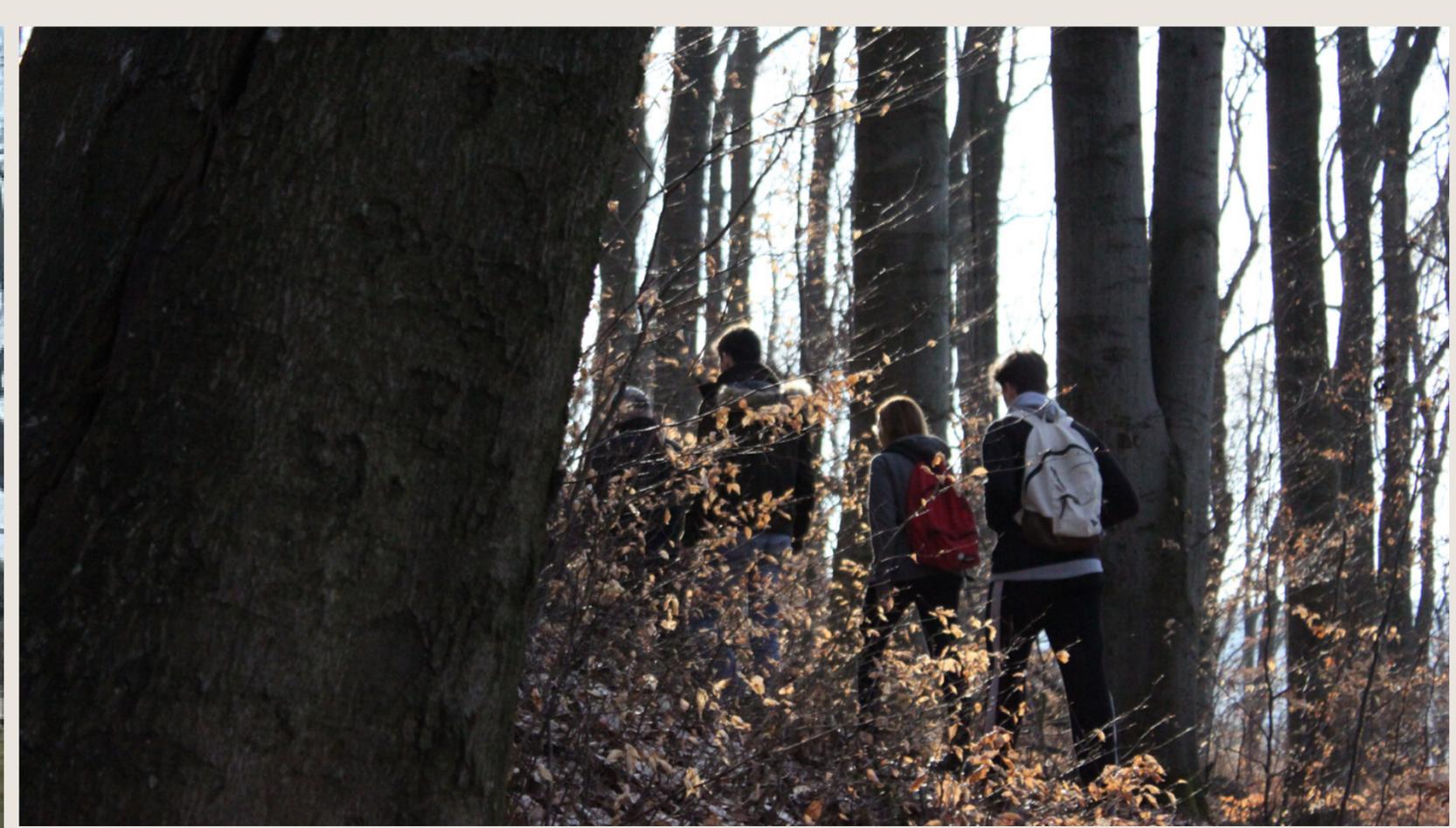
On arrival training

Being part of a great volunteer network

The second week of my EVS project I packed my stuff and took the train with my roommates to a beautiful spa village called Trenčianske Teplice. Before the on arrival training I was feeling a little bit lost, but then I realised that I'm part of a big and a supportive EVS network. Ivka and Martin, our trainers created a great group dynamic and soon we all became a caring family. Summing up during this training I had the chance to:

- Have a better knowledge of EVS, my rights and my responsibilities as EVS volunteer.
- Organise my goals, my expectations and my fears.
- I became part of a volunteer network





Midterm training

Spending a great time in the High Tatras

The midterm training in June took place in Poprad and each goal was to evaluate our project and to discuss about life after EVS and youthpass. I had missed so much this lovely group of people and it was really nice to see them again, to spend our evenings in a local Italian festival. The cherry on the top, was our trip to the High Tatras!







1st training for leaders

Nearby to the sunny lake of Senec, we had our theoretical training, learning more about the history of volunteering, the types of leaders, informal education, workcamp planning etc. The training was really intense but it turned out that we had so much fun and met our future co-leaders!

Democamp

Getting ready for the workcamps!

Democamp in Banska Stiavnica was a different type of training: it was actually a simulation of a workcamp. And we, as future leaders, we had some tasks, like to wake up everybody or to make an energiser. However the most remarkable task for me and Ivan was to prepare the feast of cultures and cook for 20 people a Greek/French, traditional, gluten free, lactose free, vegan meal! Easy, right? I was super happy that our bellies became full and people were satisfied with our cooking skills. Beside that, we had some sessions about conflict management, the theory of games, etc and in the end we had test where I and my teammates scored 60/60!



International Voluntary camps

Warm and sunny weather...the summer was here! Clothes everywhere in the room...phone calls...emails...my co leaders in the office...hopefully we took everything! Time to lead international voluntary camps in Slovakia! I decided to lead Eco Slatinka and Barlicka, one eco camp in the middle of nowhere and one social camp in the 3rd largest city in Slovakia. I chose two completely different camps for the reason why I adore to have a variety of experiences in my life. Leading a workcamp wasn't the only thing I did on my project! It was a pleasure to participate also as a volunteer in a weekend workcamp!

Eco Slatinka

The first camp I led with my lovely co-leader Karin was in a fairytale village in the middle of nowhere. Our multinational group comes from: Greece, Slovakia, Mexico, France, Italy and Belarus. No matter of some difficulties, I had a great cooperation with Karin and our local partners and I think this was the key of those amazing memories!





Barlicka

Since I had never worked with people with disabilities on daily basis, Barlicka was a big challenge for me. During this camp I was really emotional, well not only me, but actually all of us. I had the most amazing volunteers and co leaders and in these two weeks we became a big international family. The urban location of the camp was ideal to organise a variety of free time activities like bowling, climbing wall or a trip to Košice.

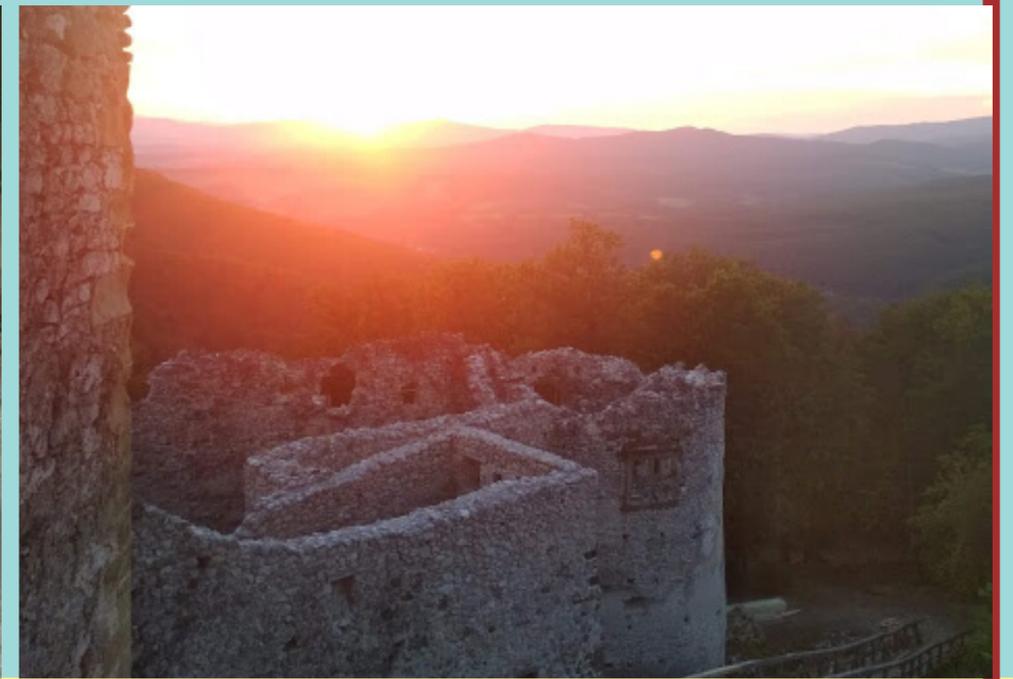
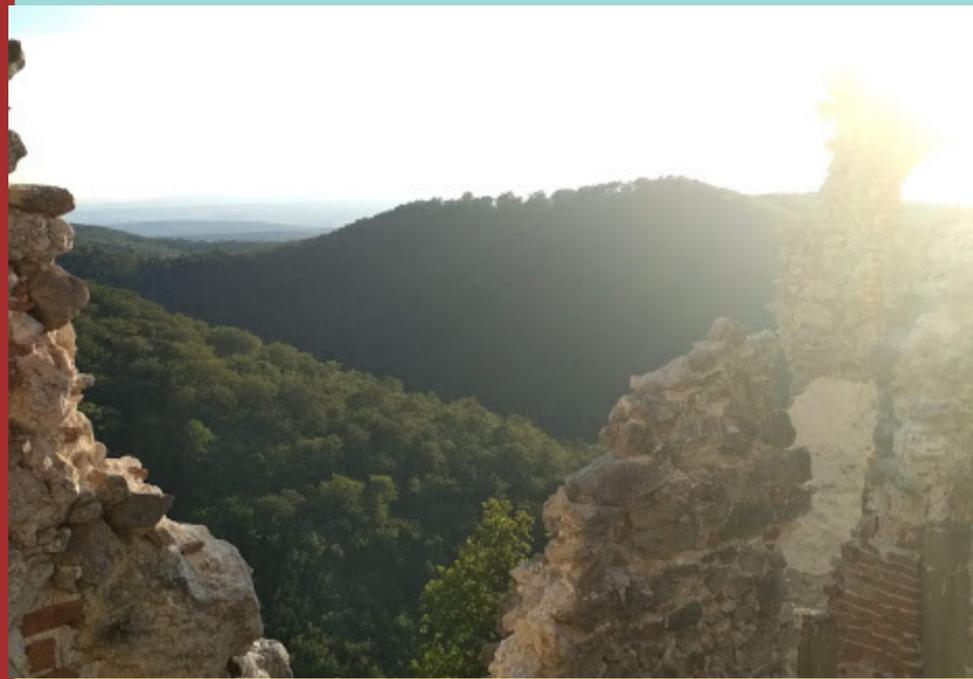




Muran

My roommates, Tania and I went to Muran national park where we helped with building the bird nests, feeding the little, cute squirrels, etc. Since I had never worked with so many animals in a such a beautiful place, it was definitely a unique experience!





Uhrovec

Have you ever presented a time management workshop or cooked your countries' traditional food in a Slovak castle? Have you ever had langose and coffee by locals who were worried that you had been waiting for such a long time for somebody to pick you up? Have you ever seen the best sunset of your life? Have you ever felt so grateful in your life for being an INEX messenger in Uhrovec castle?

Potaborka

In September all the INEX Slovakia's camp leaders we were gathered and evaluated the workcamps. We discussed about how helpful were the trainings for leaders, if we applied what we've learned, about the workcamps, the happy moments but also about the problems we'd faced and how we solved them. In the end we were given our certificates in volunteer management in multicultural environment.



EVS life

Do it as a pro!

EVS... 9 months in a new city, a new country... so many options to make your experience here unforgettable. In this part I'll tell you how I spend my free time in Bratislava and hopefully I'll give you some ideas. So, Bratislava is a little big city which means that has a little bit of everything and what is very important can offer you a nice quality of life.

If you are a new volunteer, the first thing I recommend you to do in Bratislava is a free walking tour. You'll get to know the history of the city better and the tour guide could give you some advises where to go etc. If the weather is nice, instead of taking the bus, just walk to the city centre and I promise you'll never get bored of the castle view from the Most SNP bridge.



Get to know...people!

Your roommates: you'll live together, you'll work together, maybe you'll share a room!

EVS volunteers: Bratislava, comparing to other Slovak cities, host many volunteers. You'll meet them at: the on arrival training, What EVS at A4 (a really nice place to hang out) or at Facebook groups. Usually we were meeting after work or on the weekends and I personally met people that I can call friends.

The locals: Your mentor, INEX people, INEX volunteers, your neighbours. The truth is that in Bratislava is a little bit hard to find locals, but yeah they do exist! Actually, there's a really nice community centre called Bystro where you can have yoga lessons, play table games and meet new people!



Things to do

Go for a picnic to the Drazdiak lake or to the Danube river next to Eurovea mall or for a barbecue around Slavin, to Devin castle for a walk, to Hainbourg for a small day trip or maybe try the Funnylicious improv theatre or the UFO tower. A nice, traditional place to eat close to the flat is Alfa or Flagship in the city centre .





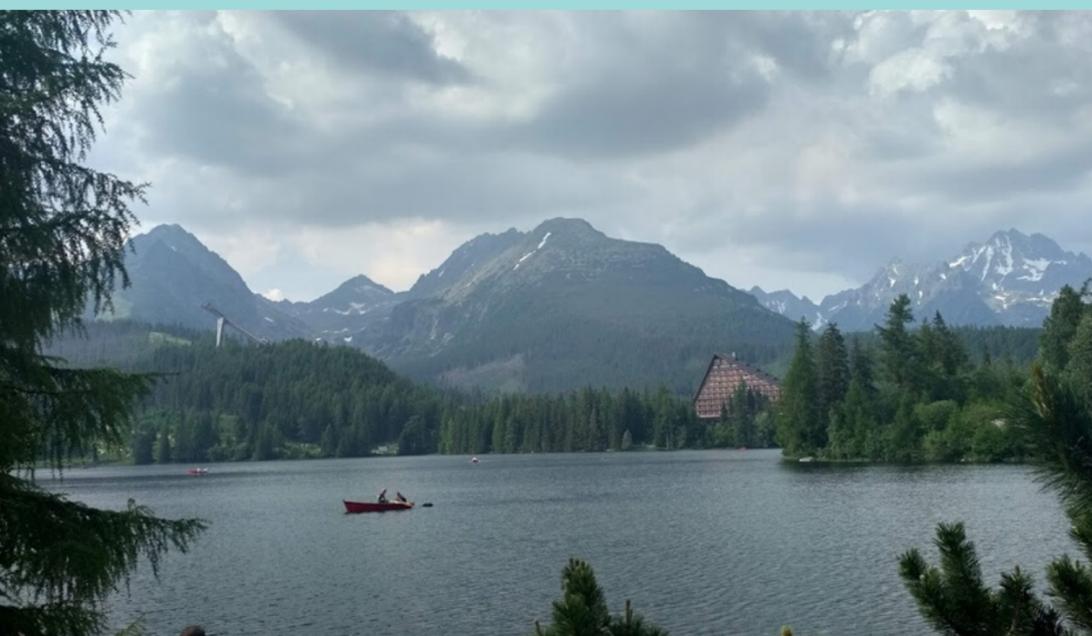
Eastern Slovakia: Košice-Prešov- Bardejov-Kapušany castle

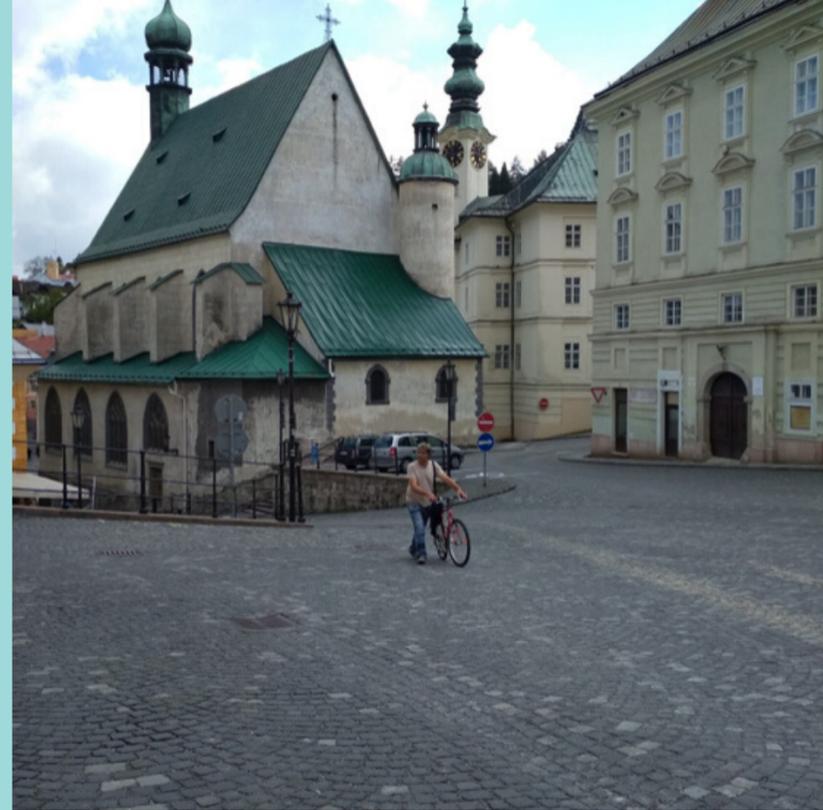
Travelling in Slovakia

Slovakia is a hidden diamond in the middle of Europe and I had many opportunities from INEX Slovakia's activities as well as by myself to explore the whole country. Slovakia's top 5 for me are: Banska Štiavnica, High Tatras, Low Tatras, Orava castle and Trenčín.

Hiking

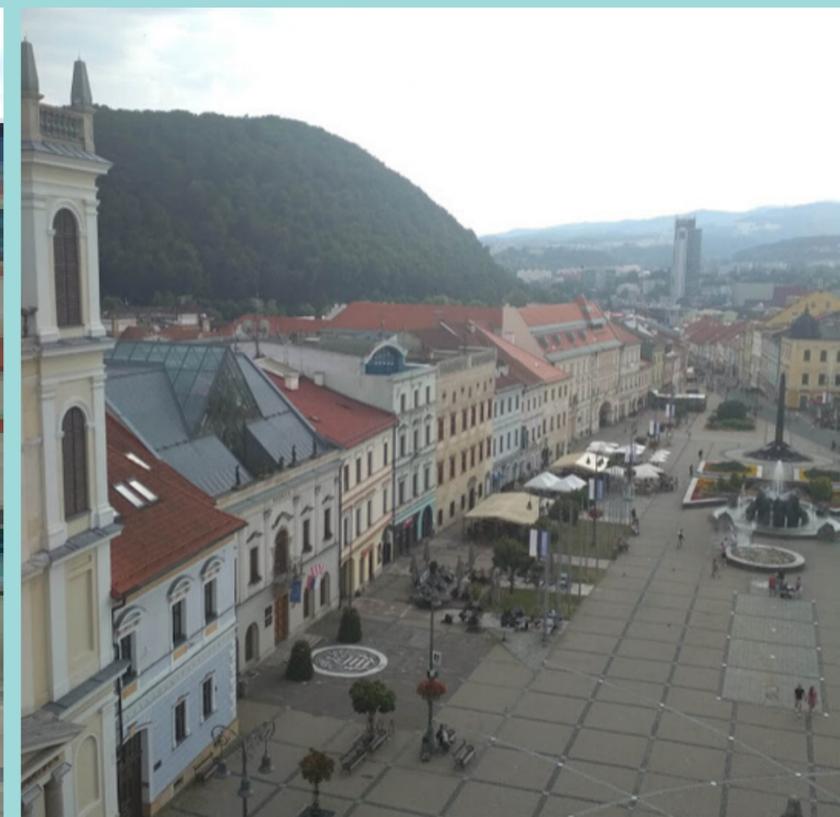
Hiking in Slovakia is a must try and you really have many options no matter your physical condition.
High Tatras-Low Tatras-Muran National Park





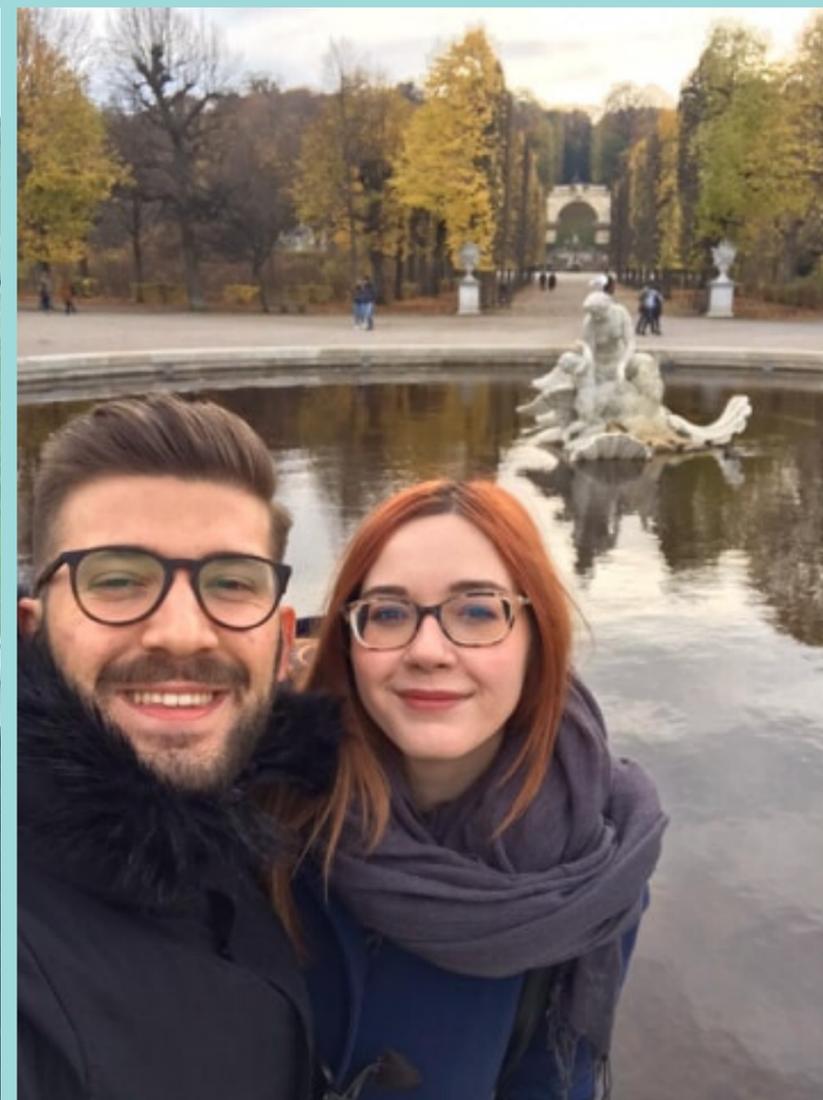
Cities

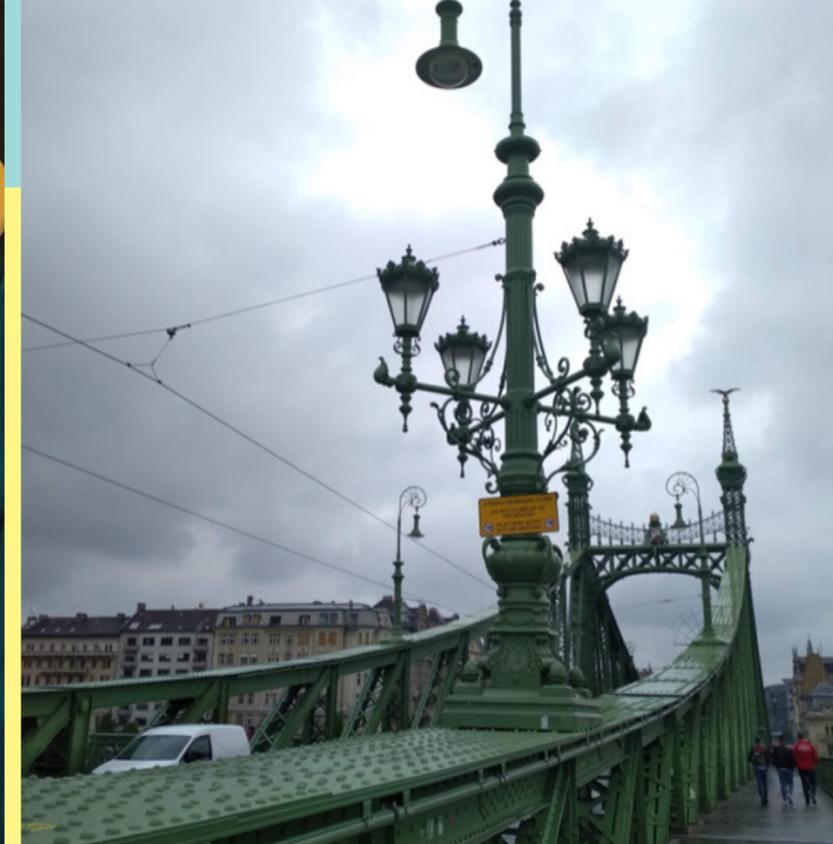
*Banská Štiavnica is my favourite city and you can see why!
Orava castle-Žilina-Komarno-Banská Bystrica are really nice too!*



Hosting...

... my family just for 24h, my cousin, my friend, EVS volunteers! It's amazing when people come to see you!





Budapest with Merike, Ivan and some crazy people that we met in the hostel! I also visited Blanka, a girl I met in an exchange program in Germany.

Travelling abroad

Because of the location Bratislava is the perfect starting point to explore Europe, so I did. Budapest, Prague, Brno, Lednice, Hainbourg, Vienna, Ljubljana and Thessaloniki to see my family. I'm happy to say that I spent wisely my days off!

Czech Republic

Day trips to Lednice castle and Brno and a few days in Prague where deffinetly not enough for me. So I'll visit this country again for sure!





Austria

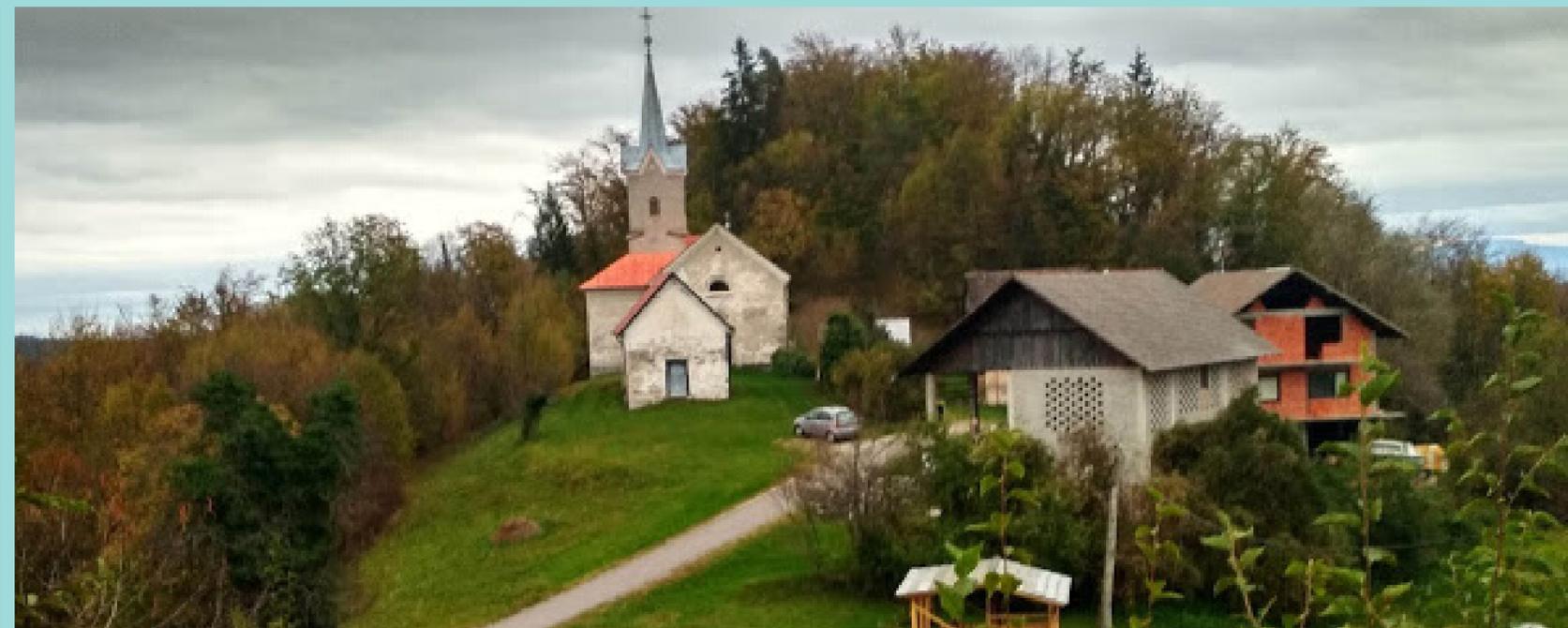
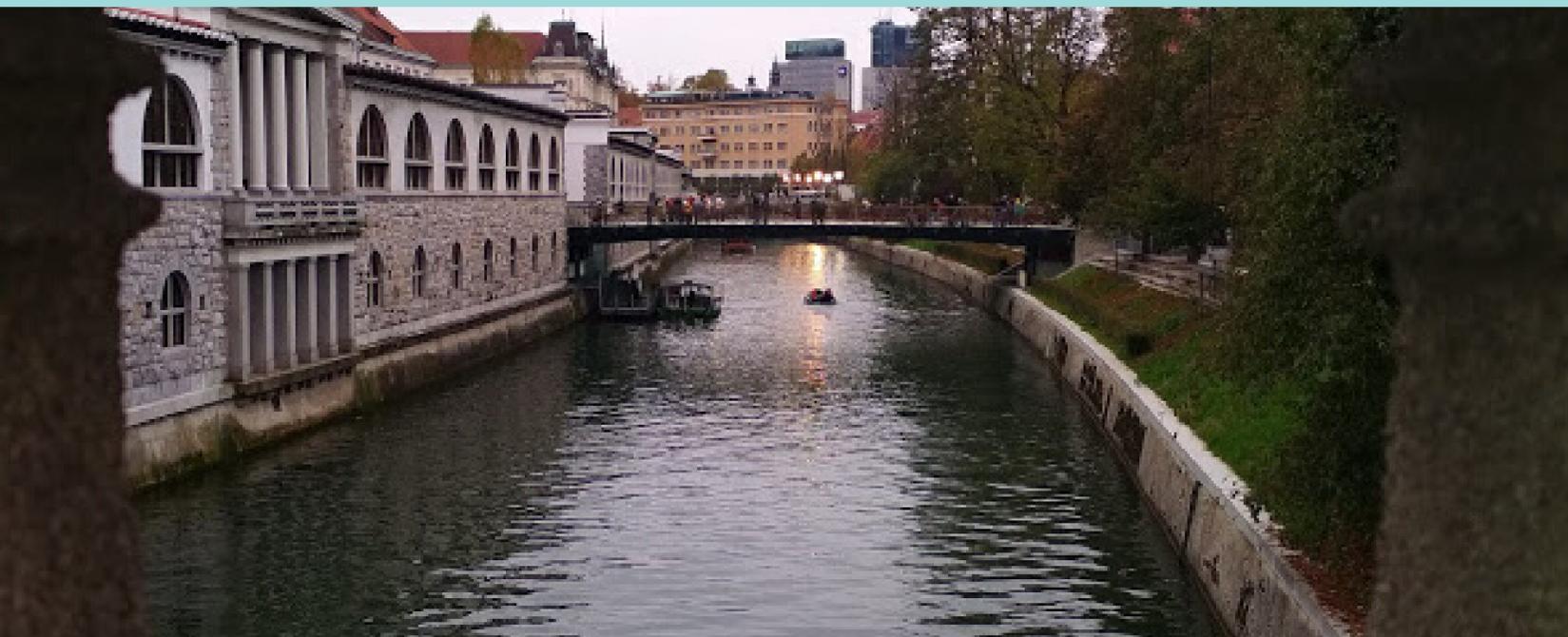
Hainbourg and Vienna here I am!





Slovenia

Me and Merike decided to have a trip to Ljubljana, but it turned out that we visited more places in this country that has won a place in my heart.



Is this the end?

Of course not! If you want to know my plans, well I don't have many for now. I would like to go back home, adjust myself to the new environment, spend Christmas holidays with people I love, eat a lot and slowly graduate at my university. I'm open for new challenges, it is true that you never know where life will lead you.

Regarding my EVS project, I'm glad to say that it overcame my expectations, regarding the goals I'd set before I come to Slovakia I've completed many of them. The most important of them is that I got to know myself better, my weaknesses and my strong traits and I feel more mature, responsible and self assured.

This year I had the opportunity to develop many skills. I found ways to cooperate with my colleagues and co-leaders in an international environment, to lead a camp and manage a big group of volunteers, to solve conflicts and problems in the best possible way, to promote volunteering and develop my computer and social media skills etc.

I strongly believe that EVS is a life changing experience that has now become part of who I am and who I'll become. So if you're still thinking about participating to this program I suggest you to take the chance and I can reassure you'll make a change, as I and many others did!

Thanks for the memories

IN THE LAST PART OF THIS
OUTCOME I WOULD LIKE TO
THANKS INEX SLOVAKIA FOR
GIVING ME THIS OPPORTUNITY,
ELIX AND EVERY SINGLE
PERSON WHO BRIGHTENED MY
DAYS, BECAME PART OF THIS
JOURNEY... OF MY LIFE!



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MINISTERSTVO
ŠKOLSTVA, VEDY,
VÝSKUMU A ŠPORTU
SLOVENSKEJ REPUBLIKY

