

WOULD YOU EVER HAVE THE COURAGE TO LEAVE YOUR COUNTRY AND MOVE FOR 11 MONTHS TO A NEW COUNTRY WHERE YOU DON'T KNOW ANYONE AND WHERE SOMETIMES EVEN LANGUAGE BECOMES AN OBSTACLE?



LET ME SHARE A LITTLE ABOUT ME AND MY ESC PROJECT

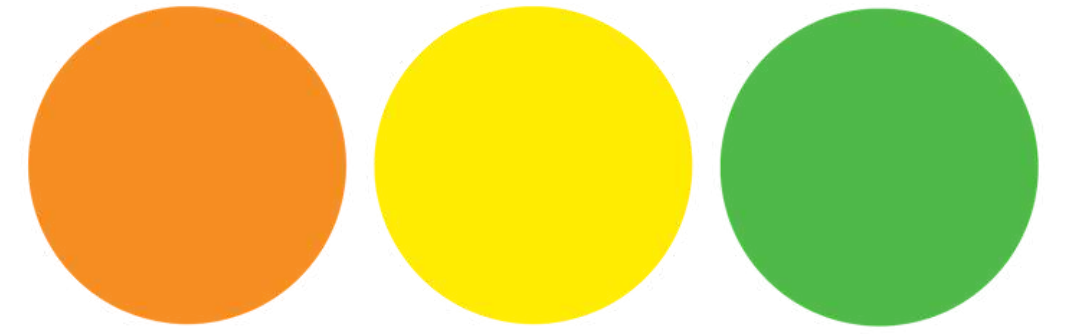
LEONARDO TARENZI



ESC OUTCOME 2024  
PROJECT OPEN YOUR EYES  
INEX SLOVAKIA



EUROPEAN  
SOLIDARITY  
CORPS



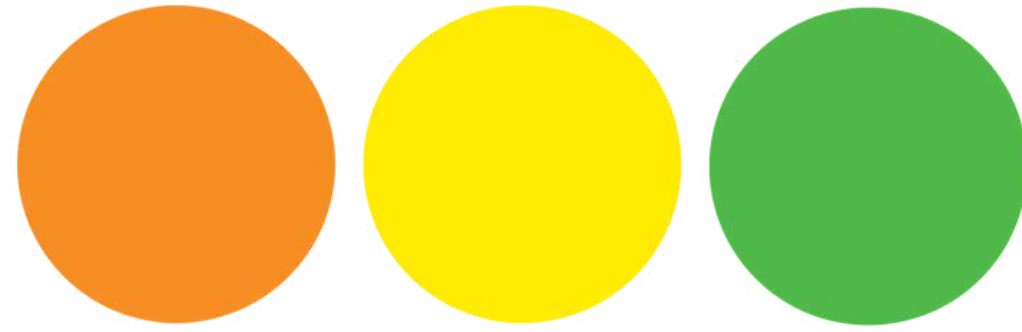
NICE TO MEET YOU!



GRADUATION DAY  
WITH MY FAMILY



*10 March 2023*



*I finished high school*

JUNE 2019

*I applied for the ESC project*

LATE 2023

*I finished my ESC project*

DECEMBER 2024

*Born*

LATE FEBRUARY 2000

*I finished university  
(bachelor degree)*

MARCH 2023

*I came here to start my ESC  
project*

1 FEBRUARY 2024

# WHO AM I? ● ● ●

I am Leonardo, and I am from Italy.

I live in a town close to Milan (its just 15 minutes far with the train).

I have studied in an university that allowed me to study, at the same time, two foreign languages (in my case English and Spanish) and a series of specialization subjects according to our own interest.



JUST ME 😊



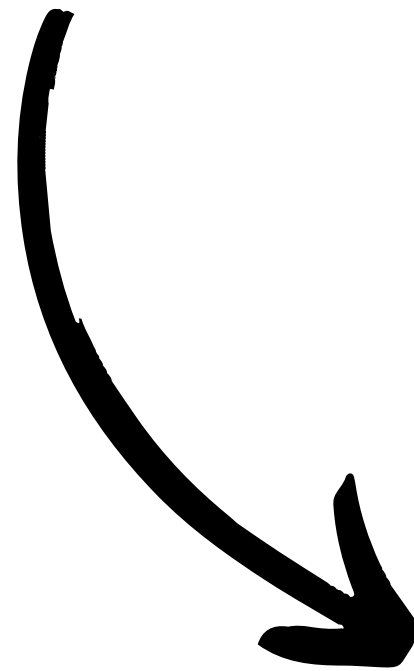
MILAN, ITALY

I consider myself a sociable person, but also empathetic, friendly and always ready to help others and learning new things.

Sometimes I have some anxiety problems, because I am not too sure about myself and my capacities but I am on my way to deal with it.

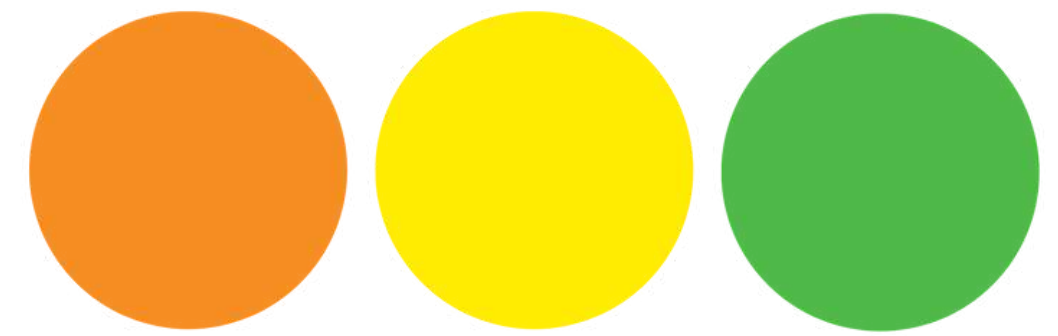
# WHAT IS A ESC PROJECT?

European Solidarity Corps (ESC) helps young people work together to support others in Europe. It gives young people chances to volunteer, do internships, get jobs, or start their own projects to help communities.

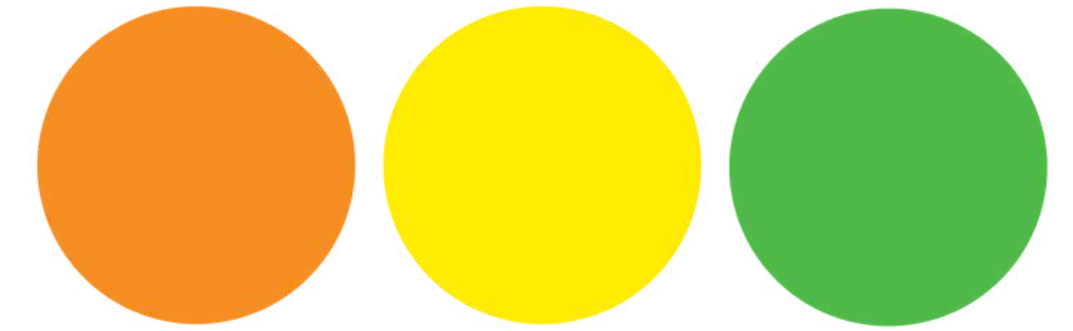


ESC is paid for by the European Union, so all the costs are included. You will receive an equipped flat, a monthly pocket money and also your tickets both ways are included.

What you will need are just a little bit of courage, trust and a sending organization.



**EUROPEAN  
SOLIDARITY  
CORPS**



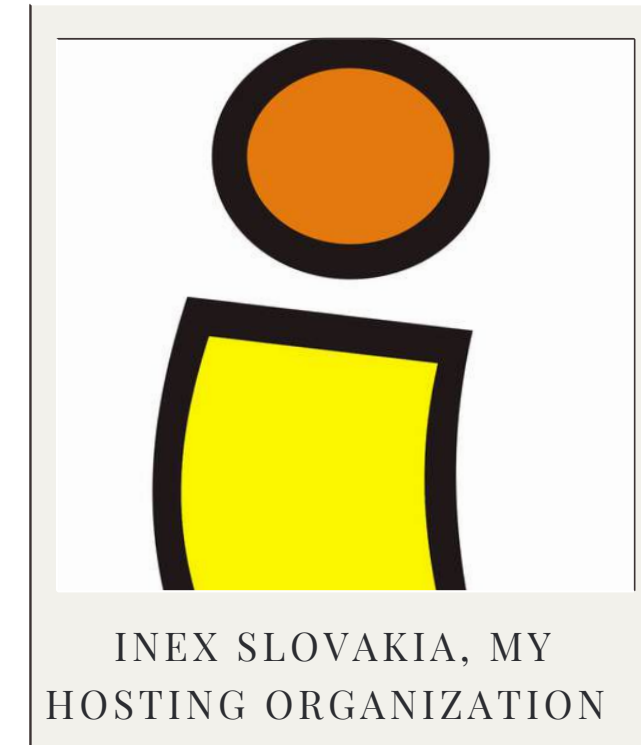
# HOSTING AND SENDING ORGANIZATIONS

What they are?

A hosting organisation hosts a participant, develops a programme of activities, provides guidance and support during all phases of the project.

A supporting (OR SENDING) organisation prepare, support and train participants before departure, mediates between them and their host organisation and provides support to participants upon return from their activity.

Lunaria is a nonprofit organization, independent and autonomous by the parties founded in 1992. It promotes peace, social and economic justice, equality and guarantee of citizenship rights, democracy and participation from below, social inclusion and intercultural dialogue.



INEX Slovakia (INternational Exchanges) is a civic association offering remarkable experiences, personal development and meaningful spending of leisure time for young people, through international voluntary activities and non-formal education.

In Slovakia, is the only organization of its kind, established in 1993.

# WHY I HAVE CHOSEN TO DO AN ESC? ● ● ●



*Going out of my comfort zone*



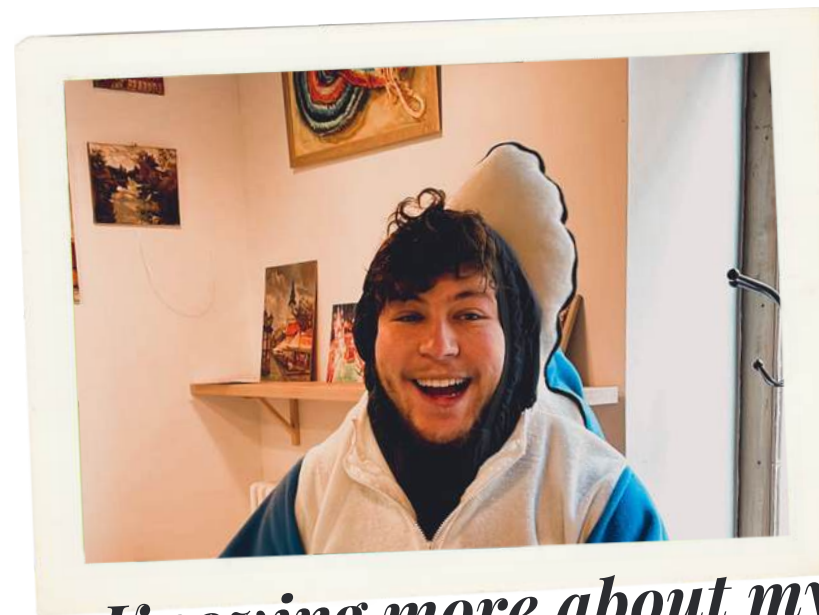
*Knowing more people and making new friends*



*Trying new experiences*



*Travelling a lot*



*Knowing more about myself*



*Better opportunities for my future work*



# I SHARED MY EXPERIENCE WITH



ESC VOLUNTEERS 2024



*Anaïs Latur Subirats*  
FROM SPAIN



*Evelīna Puķīte*  
FROM LATVIA

MAJKA

MONIKA

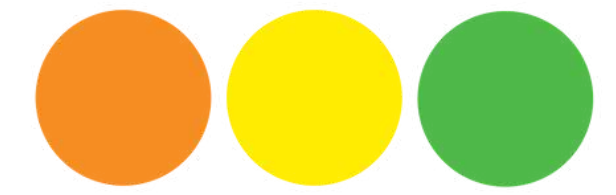
INEX  
GUY

MIRKA

BARBARA



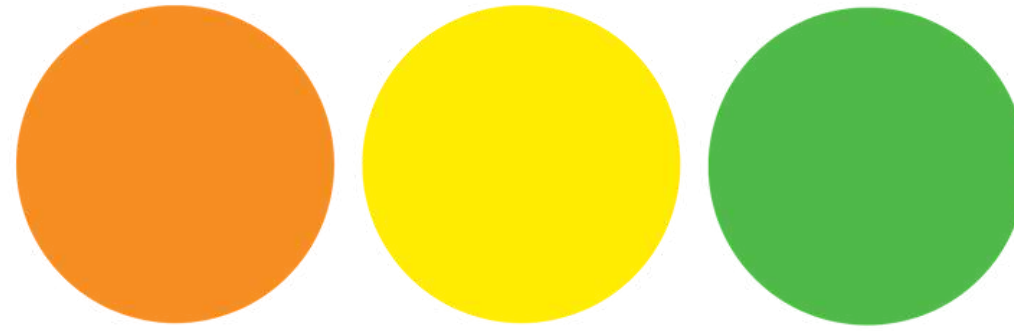
# INEX TEAM



**YAY! I AM HAPPY THAT  
YOU HAVE CONSIDERED  
ME AS A COMPONENT OF  
INEX TEAM  
(INEX GUY)**

# MY FIRST IMPRESSIONS OF BA

When I arrived, I was super curious about this country because it was my first time in Slovakia. So, I went with Evelina in the city center during our first day here (Anais has not arrived yet) and we just started to explore. I remember I thought it was a very calm, clean and nice town. 😊



CUMIL



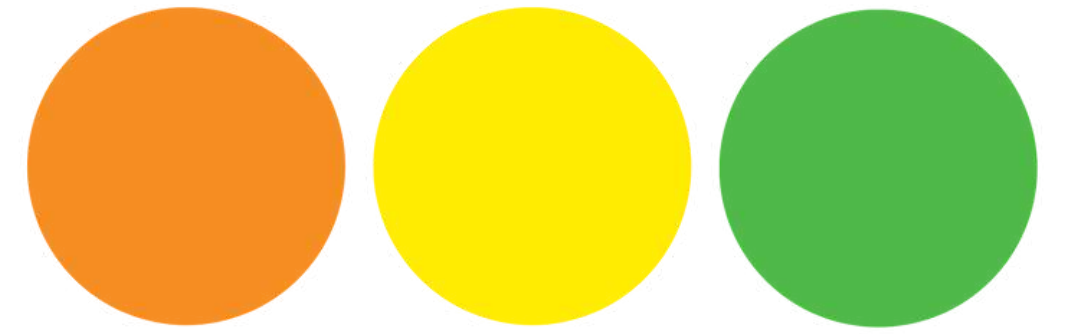
BLUE CHURCH

# SLOVAK FOOD

Unfortunately I could not try all the typical food of Slovakia, because I am celiac and most of the restaurants couldn't provide a gluten free version of all of them. But I could try fried cheese with tartar sauce and pierogi and I completely fell in love! 😊



FRIED CHEESE

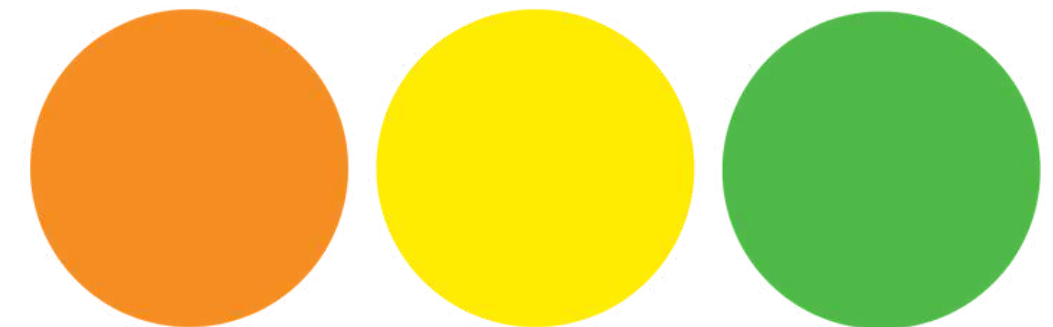


PIEROGI

# WORKING AT INEX SLOVAKIA

Mostly done in INEX Slovakia office, we, during these 11 months:

- presented ourselves and our countries
- worked with social medias
- organized a lot of Tea Meetings
- wrote our monthly blogs and uploaded them on our website
- created and presented for the 1st time our workshop based on our interests
- attended Slovak classes
- knew more about Slovakia and listened a lot of presentations
- celebrated our birthdays and name days
- and many other activities...



# TEA MEETINGS

Since we arrived, we were organizing several Tea Meetings.

They were a great opportunity to spending time with local (but also foreign like us) people, having fun, learning something new or just listening a presentation about some travels or experiences.

They giving us the possibility even to making new friendships.

They were in English and for free.

Following these links you can see how our Tea Meetings were like.

February

March



April

May

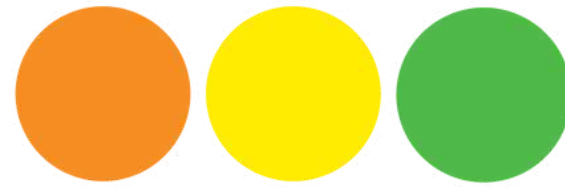
June

September

October



# SLOVAK CLASSES



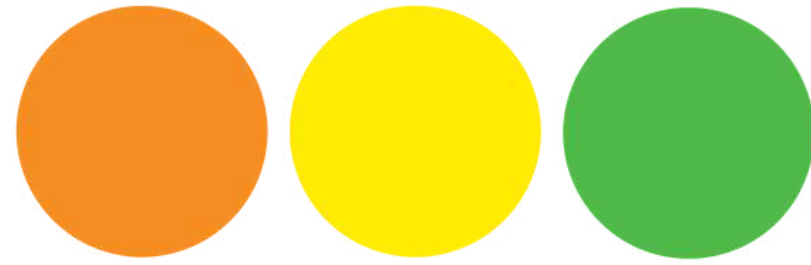
Since the end of February until June, we attended Slovak classes twice a week. It was a good experience learning the basics of another language.

For me it was very difficult, but it was helpful because it helped us to be closer to this country, especially with local people.

Dobré ráno! 😊



# MY BIRTHDAY



During my experience, I could also celebrate my birthday here.

My new friends organized a surprise party the day before and I was super happy because I never celebrate my birthday in this way.

When we came back to the office, we celebrated it as well, with a cake and INEX Team! 😊



MY BIRTHDAY



MY BIRTHDAY



MY BIRTHDAY



# AFTER A MONTH



Step by step, all around this new experience started to be more familiar...but it was not always easy... because I missed my friends, my family, my pets, my city...

It was not always easy to remain happy and positive, so sometimes, I cried. Fortunately, the support of my new and old friends, my family and INEX people helped me always to feel better.



TWO FACES OF  
THE SAME COIN



TWO FACES OF THE SAME  
COIN

# OUR FIRST WEEKEND WORKCAMP



On the weekend of 12/14 April we attended our first weekend workcamp.

It was a nice experience, but it was very hard too!

We helped to rebuild a castle named Biely Kamen in Svätý Jur (and we helped also to cut the weeds).

During this first experience, we could meet a lot of new people!



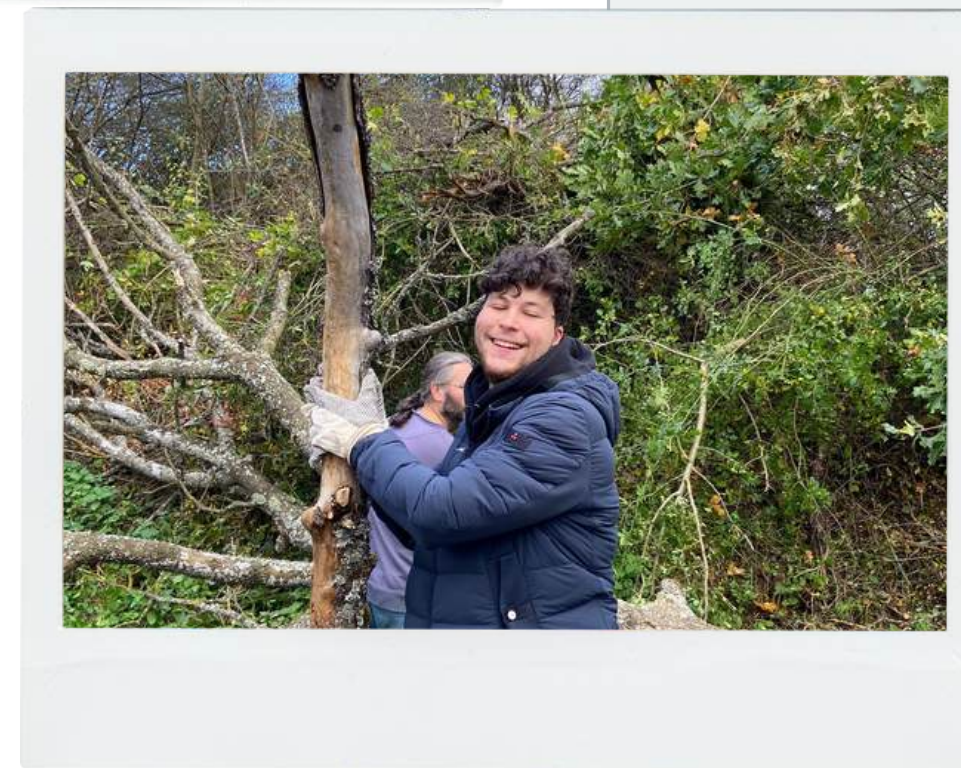
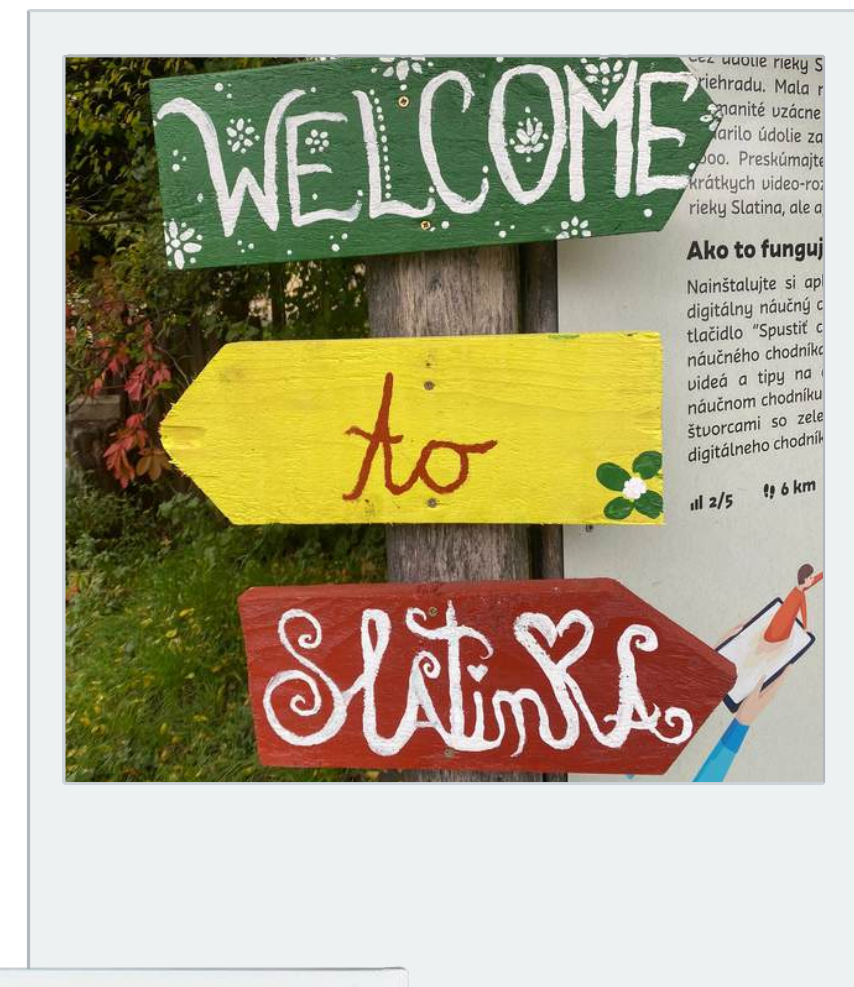
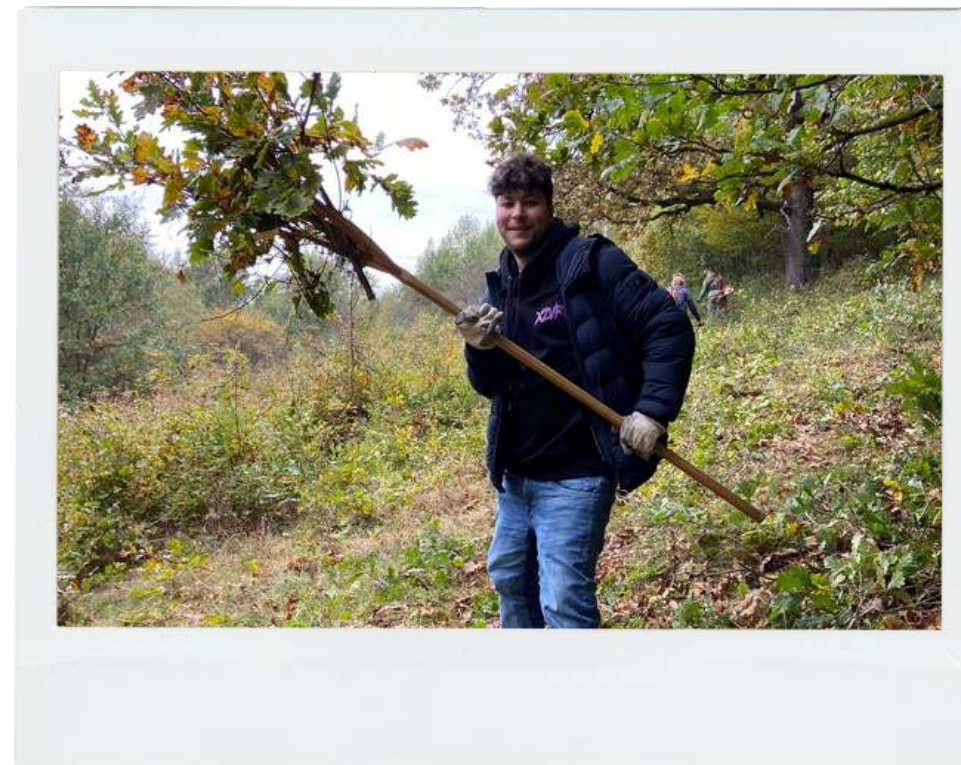
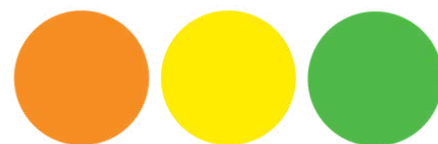
# OUR SECOND WEEKEND WORKCAMP

On the weekend of 11-13 October we attended our second weekend workcamp.

Also this one was a nice, but also very hard, experience!

During these days, we were in a place named Slatinka, We helped to carry woods but also to cut and put aside weeds.

The weather was cold but during this experience, we meet a lot of new people and stay more with some friends, such as Katka and Robo!



# MY WORKSHOP

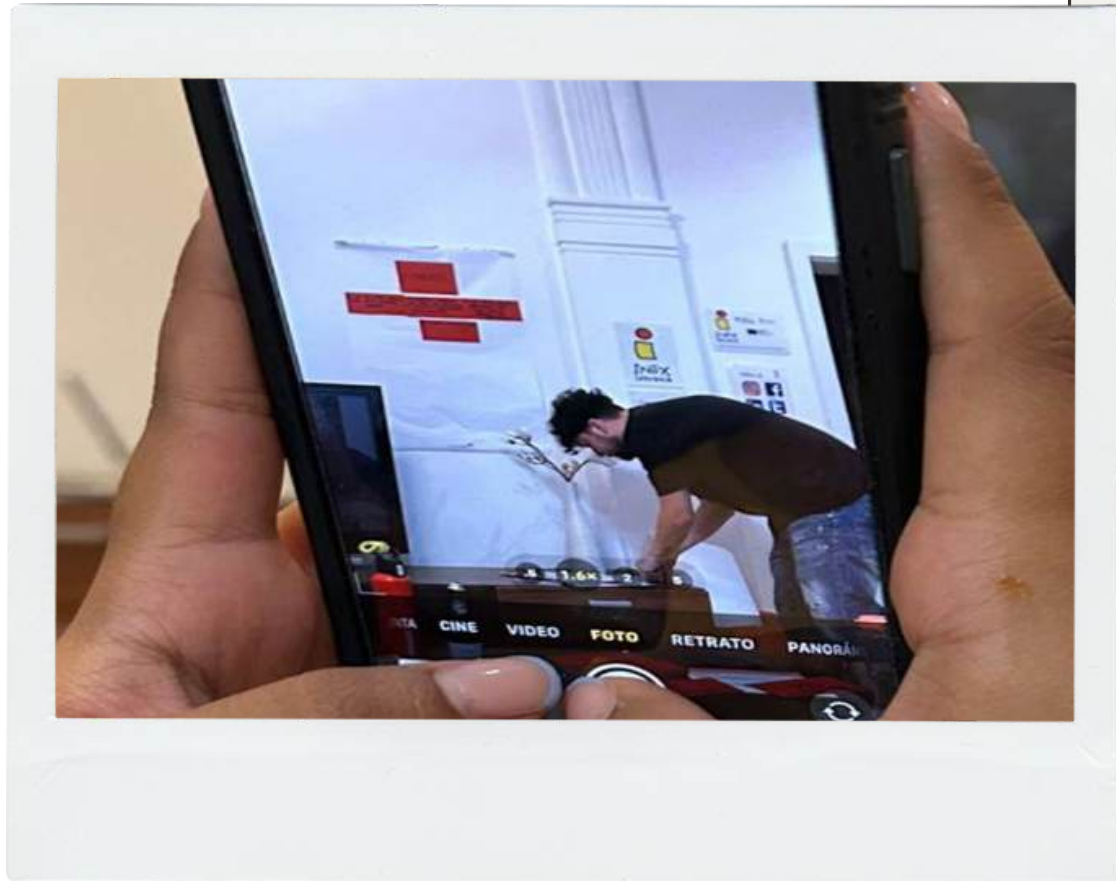
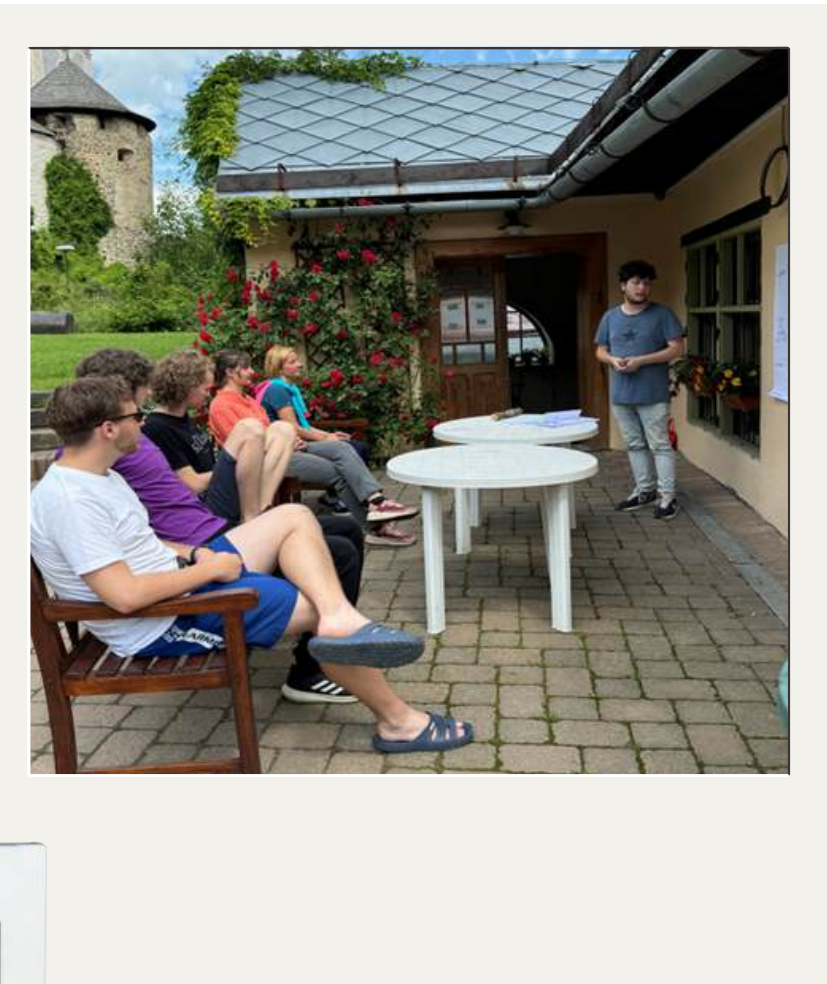


During my ESC I did a workshop, named INEX Messenger, about a topic I was interested to speak about.

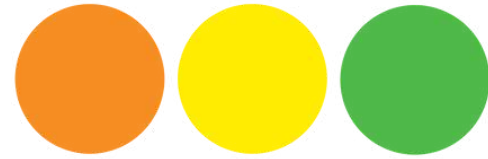
I chose Mobbing in the workplace and I could spread more awareness about this topic three times in three different situations and different people.

It was not always easy speaking in front of them but almost everyone was very supportive and this helped me a lot to not feel too much under pressure.

On 1st of October, I did the evaluation of it in INEX Office.



# LEADERSHIP ACADEMY I



On March, I went to Modra to participate in the first part of the Leadership Academy, an event that lasted from Friday to Sunday.

After dinner, we played some icebreaker games to get to know each other better. We also wrote down our fears, contributions, and expectations on post-it notes. Before going to bed, I played cards with some of the other volunteers.

On Saturday, after breakfast, we attended a volunteering lesson followed by a quiz.

In the afternoon, we did a trust-building activity in pairs: one person was blindfolded while the other gave instructions.

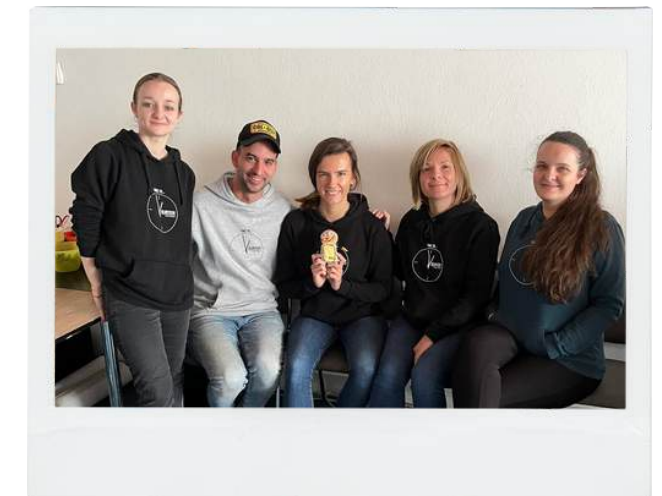
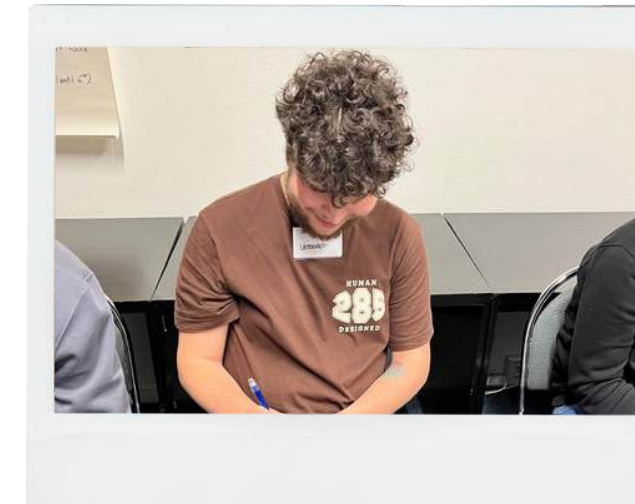
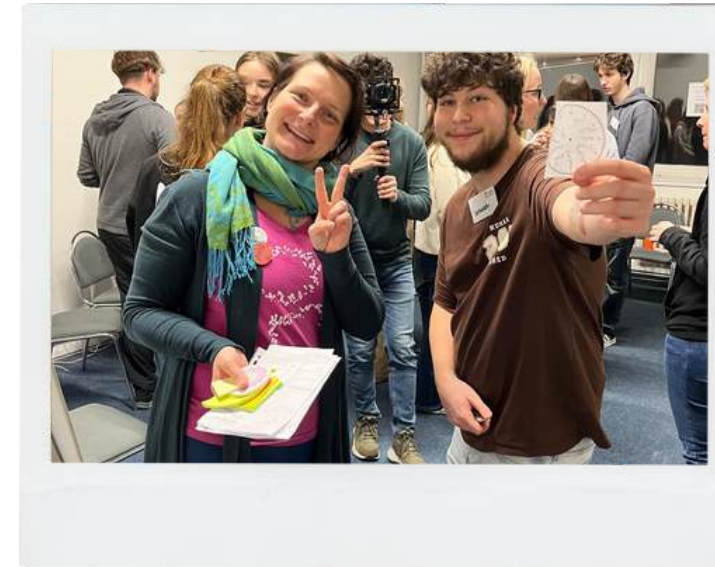
After dinner, we learned how to ask for feedback from volunteers, and we also attended a workshop on games for workcamps.

Sunday was our last day. After breakfast, Monika explained the different leadership styles for running a camp: liberal, autocratic, and assertive. We then had a short break and after a session on how to motivate participants.

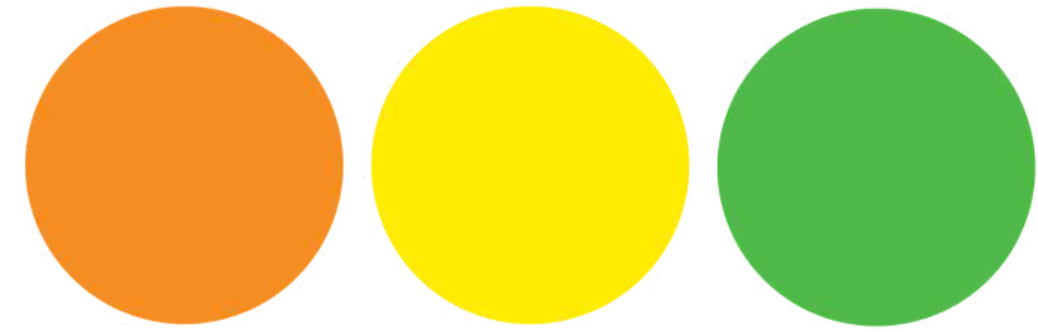
In the afternoon, we did our final activity: planning a workcamp. It was my first time, so I found it a bit challenging but also very fun.

At the end we packed our things and we returned back to BA,

It was a nice experience and we had the possibility to meet and know a lot of people!



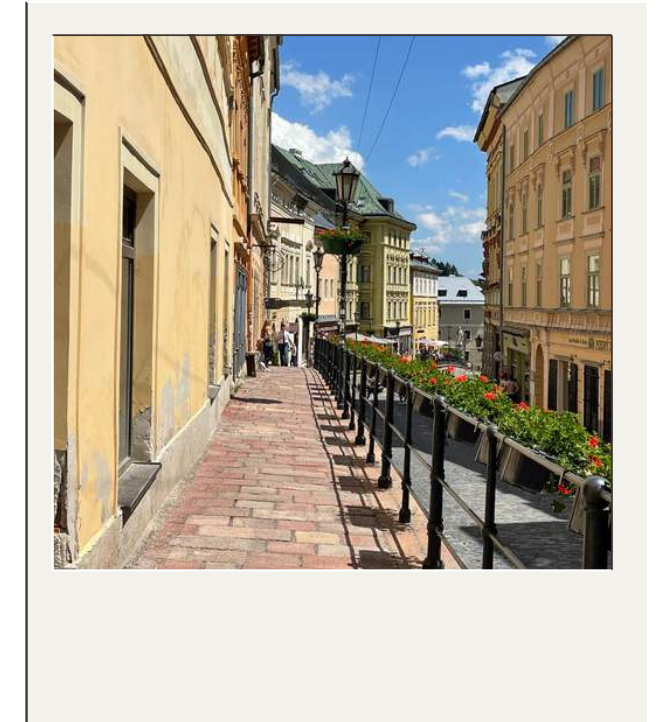
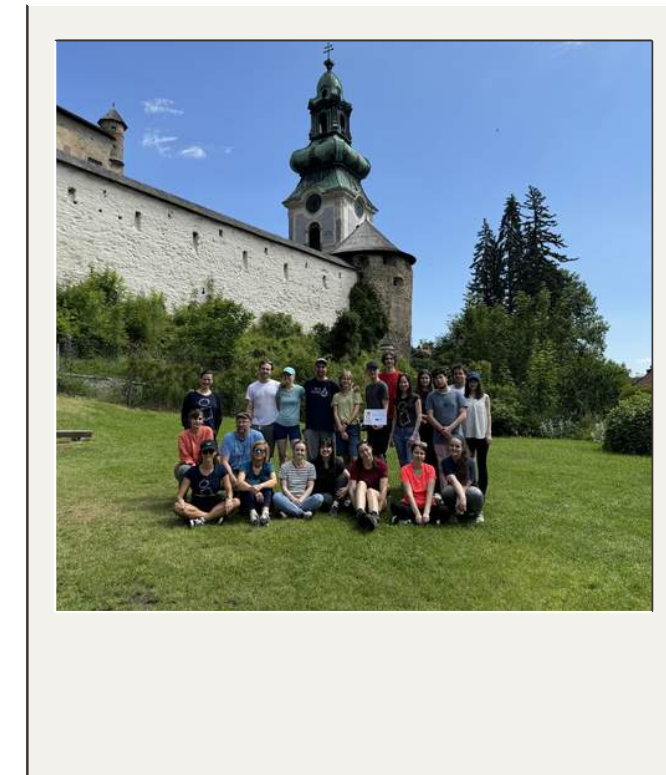
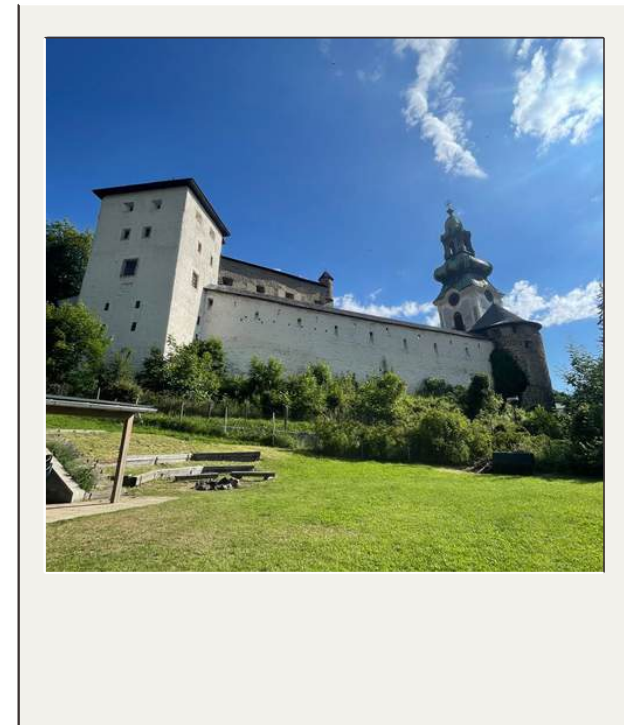
# LEADERSHIP ACADEMY II



In this second part, we were in Banská Štiavnica, an UNESCO Heritage Site.

During this weekend there, we had a lot of fun, had a little feast of cultures, a BBQ evening, stayed in a tea house, helped local partner to cutting the grass and the woods and so many other activities...

I also had a chance to present my workshop for the 2nd time. At the end we attended an exam about leading workcamps.



# MEETING WITH OTHER VOLUNTEERS



We could spend some days together with other ESC volunteers from different countries twice.

The 1st in BA - On-Arrival training, the 2nd in Smolenice Castle - Mid-term evaluation meeting.

In these meetings we had the possibility to visit caves, but also to share our experiences, our fears, contributions and expectations regarding our ESC projects, play some team games and make new friends!

We received also some advices, not only for the period we will stay here, but also for our future lifes!



FIRST MEETING



SECOND MEETING

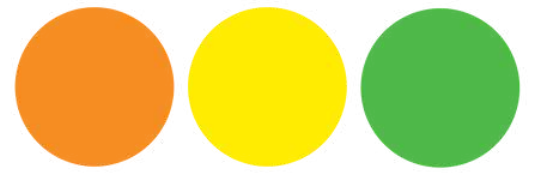


ME AND GELYA



ON THE WAY WITH ANI

# SOME ONE DAY VOLUNTEERING ACTIVITIES



CLEANING AND  
PAINTING FENCES ZŠ  
LACHOVA



ESC EXPERIENCE  
SCHOOL



MILA PRE MAMU



CELEBRATION ANNIVERSARY  
PRESPOKOVO



STAROMESTSKÝ DETSKÝ  
FAŠIANGOVÝ SPRIEVOD WITH RC  
PREŠPOKOVO

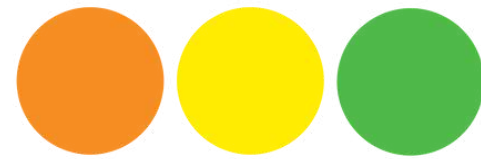


INTEGRA CENTER  
JUNE



# HELPING HOMELESS PEOPLE

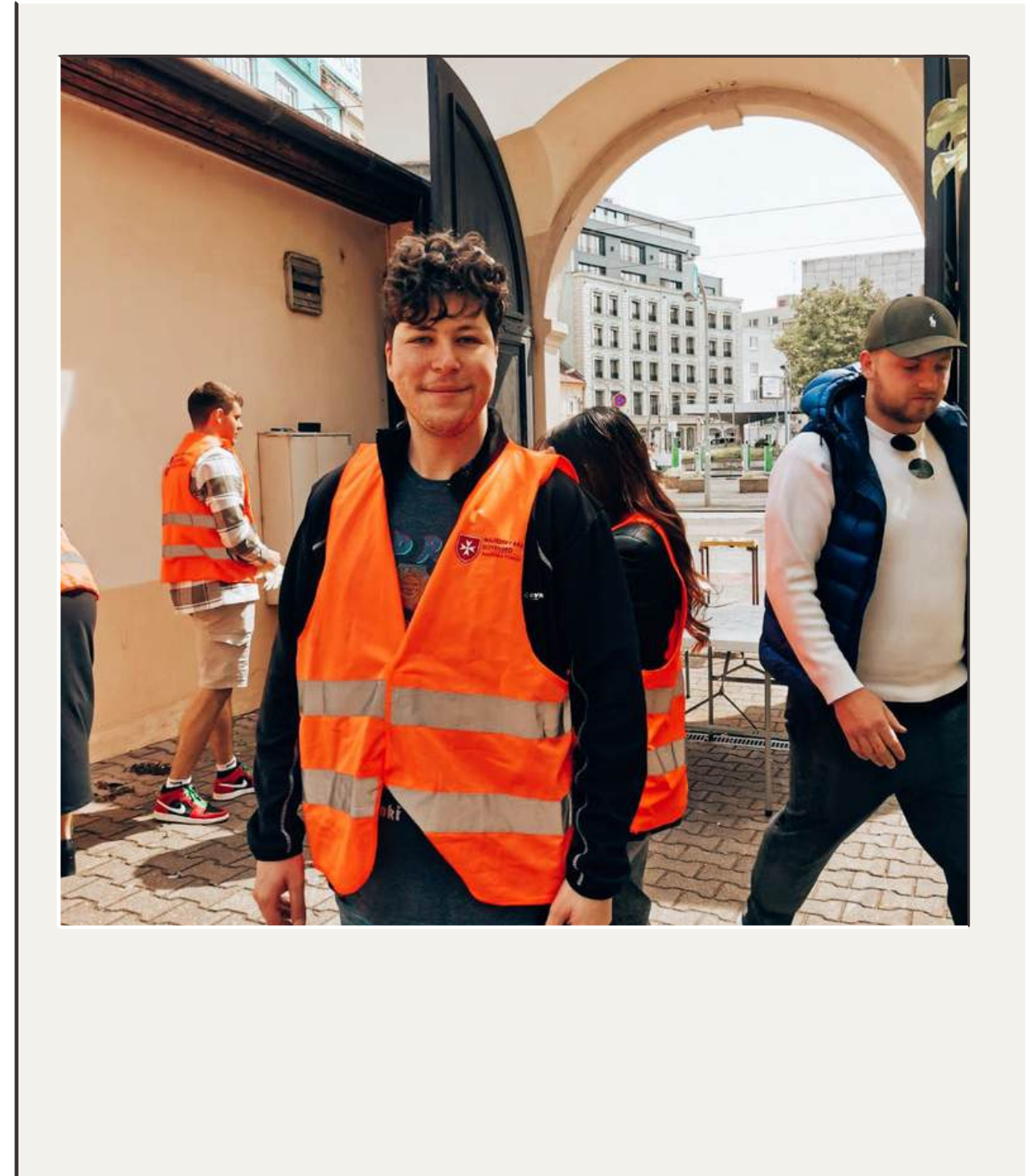
For a short period on Sundays, close to a church here in Bratislava, I gave food to homeless people.



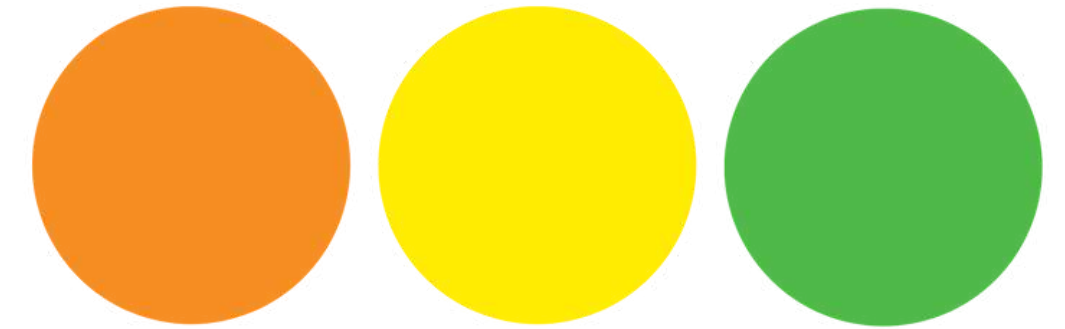
I discovered this opportunity thanks to our coordinator when she spoke to us about some a day volunteering activities.

I came there because I really like helping people who are in need.

Unfortunately I was not able to go every Sunday but it was a lovely experience.



# SOCIAL CENTER INTEGRÁ



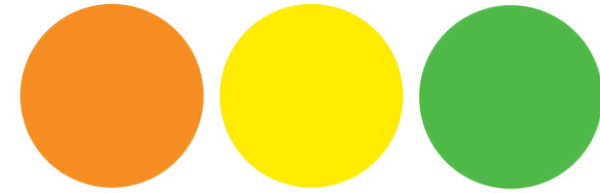
In June, October and December we visited clients from social center INTEGRÁ.

We did some easy activities in the garden of the center with them in June for the International kids day, we celebrate Halloween on October and prepared the St. Nicolaus Day for them.

I hope they had a good time with us, same we had with them. 😊



# MILA PRE MAMU



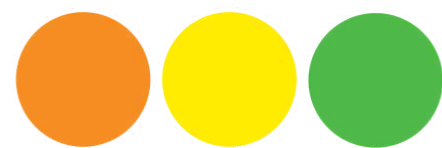
Saturday 11th May, we were part of the activities for a Mother's Day celebration in a park in Bratislava. There, we saw many mothers and their children, who participated in different activities to earn an ice cream.

Anais and I dressed up as suns and acted as mascots for the event, while Evelina took photos and videos for social media. We walked around greeting families, and most were happy to see us, though a few children were scared.

Overall, it was a great experience seeing so many people enjoying their time together.



# PRESPOKOVO



We spent a lot of time, in this place.

I have lead my workcamp here, I was there two weeks in September welcoming families during open days, we helped to clean and reorganize the place with other volunteers, we celebrated the feast of mums in collaboration with them, we celebrated their anniversary and we did a lot of another activities with them!

And Lenka, the leader of Presporkovo, is very nice 😊



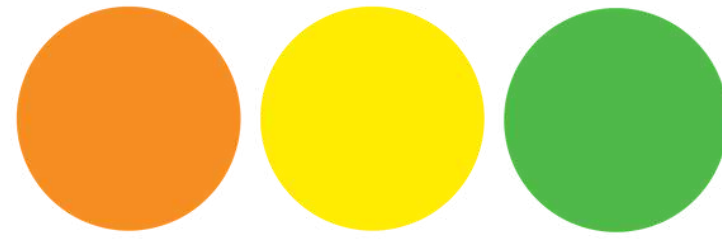
# FIRST AID TRAINING ●●●

On Monday, June 3, 2024, in cooperation with Presporkovo we had the opportunity to learn more about first aid.

It was very useful because during the summer we became leaders of different volunteering camps.



# FERRATA



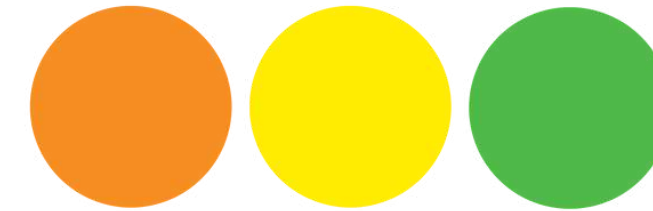
On July, I went on a ferrata with my mentor, my flatmate and her mentor. It was exciting, but after some minutes after starting our experience, I felt dizzy because I hadn't eaten breakfast.

But after eating a banana, I recovered and continued the activity.

In the afternoon, we visited a museum in Kremnica and then we relaxed by a lake before heading back home.



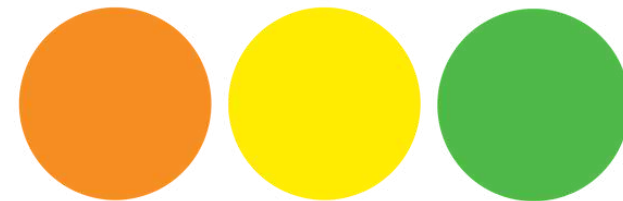
# COUNTRIES I HAVE VISITED THIS YEAR



TIMES	COUNTRY	NOTES
4	Austria	I went also in 2015, but this year I went several times to Vienna because almost all my friends who came here they never visited Austria before. I went there with different friends.
1	Romania	It was a trip in Bucharest with my sister (it was her gift for my graduation, a trip in a country not too expensive).
2	Poland	I went to Krakow and to Warsaw with my parents.
1	Mexico	Holidays with my mum.
2	Hungary	I went to Budapest 1 time with my parents and 1 time with my friends.

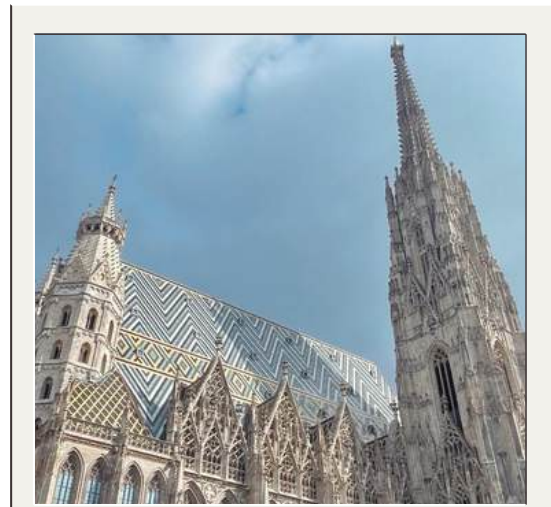
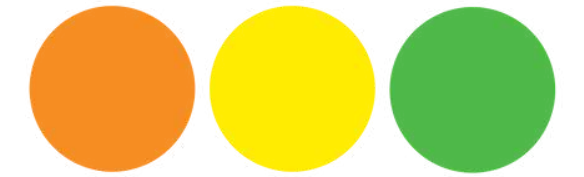
# COUNTRIES I HAVE VISITED THIS YEAR

TIMES	COUNTRY	NOTES
1	Latvia	I visited Riga with Anais after our second workcamp in Slatinka
1	Czech Republic	I was there with her and another friend, Mehmet.

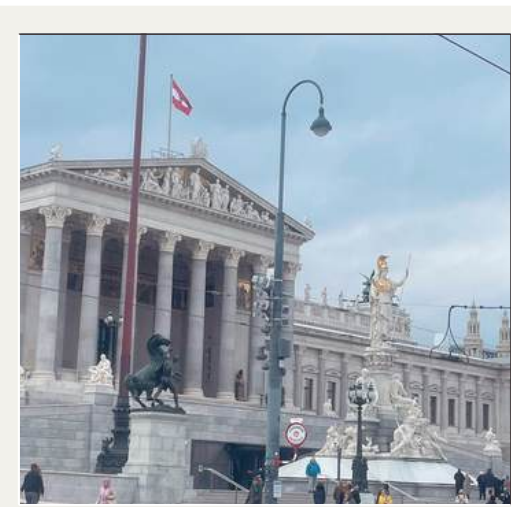




# SOME PICTURES FROM MY TRIPS



VIENNA



VIENNA



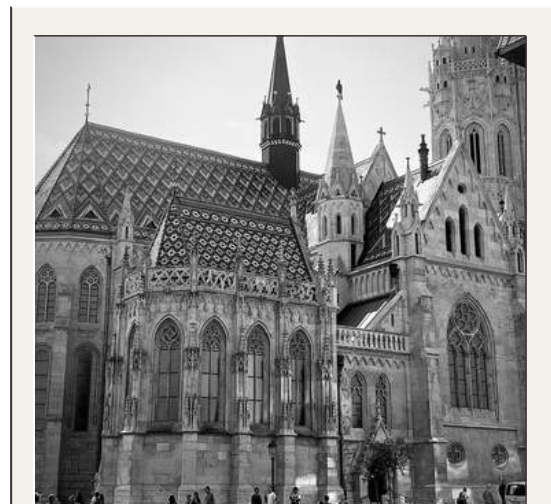
BRNO



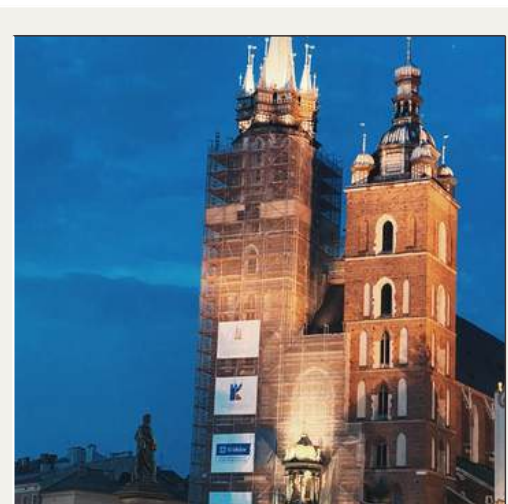
BUCHAREST



BUDAPEST



BUDAPEST



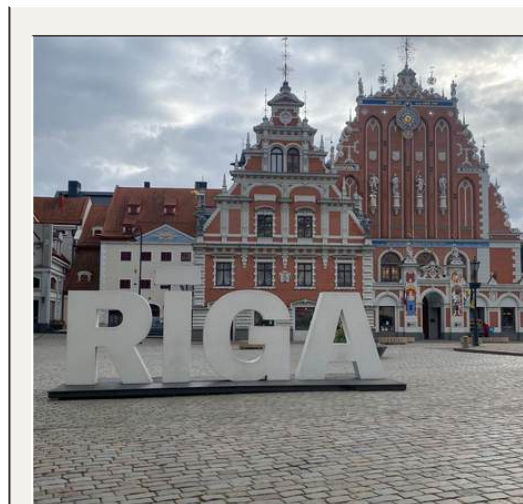
KRAKOW



KRAKOW

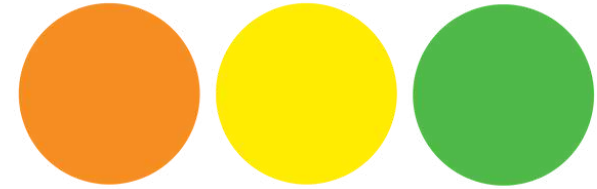


WARSAW



RIGA

# WORKCAMP AS A LEADER

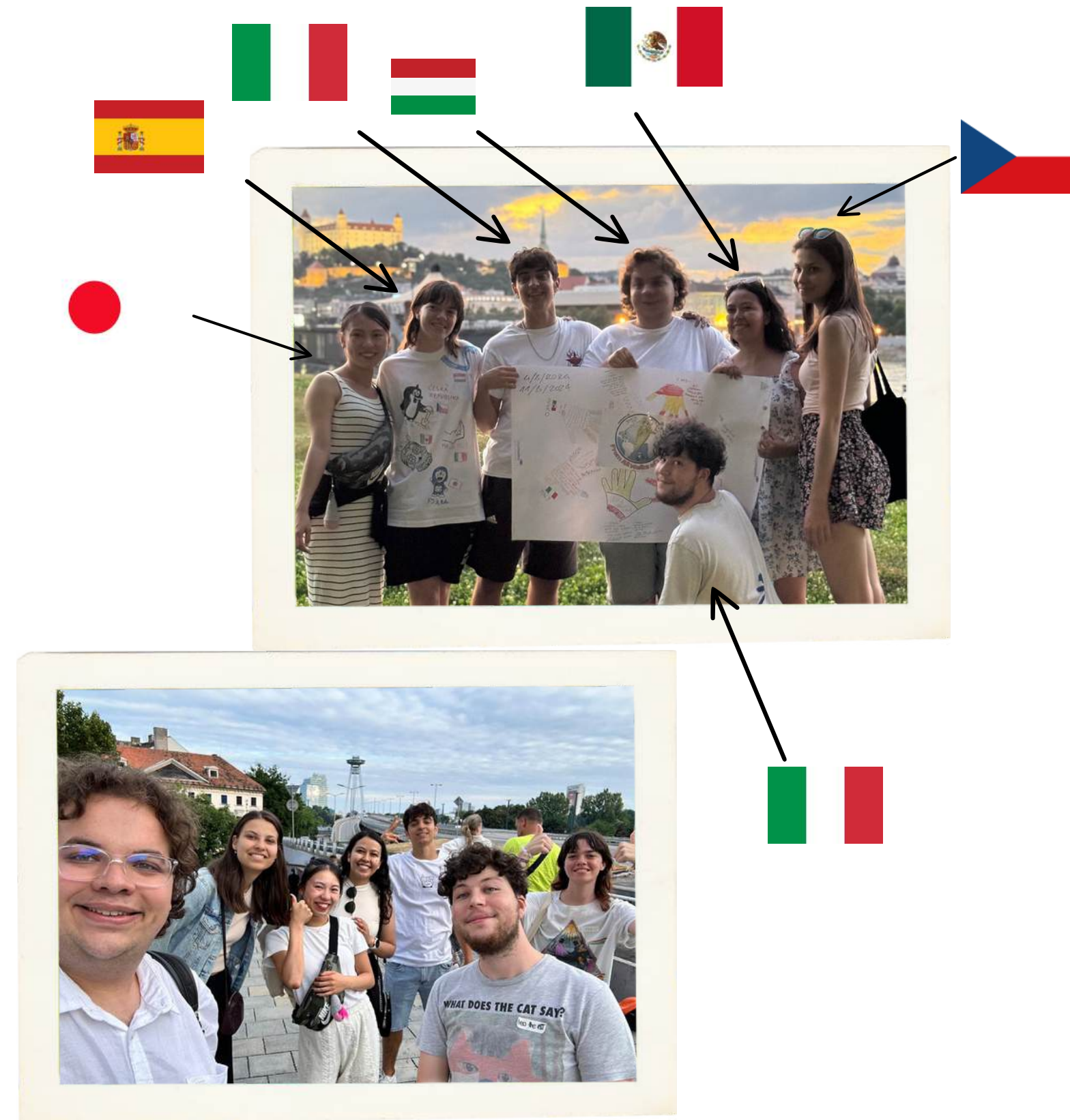


During the camp, we explored Presporkovo and Bratislava.

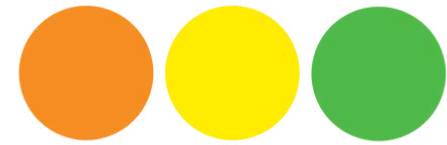
We organized activities with children, visited a karaoke bar and a bowling alley, and they learned about mobbing.

By the end, we had all formed strong friendships, and many of us cried when the camp ended.

We received only positive feedback, and I felt proud and grateful for it.

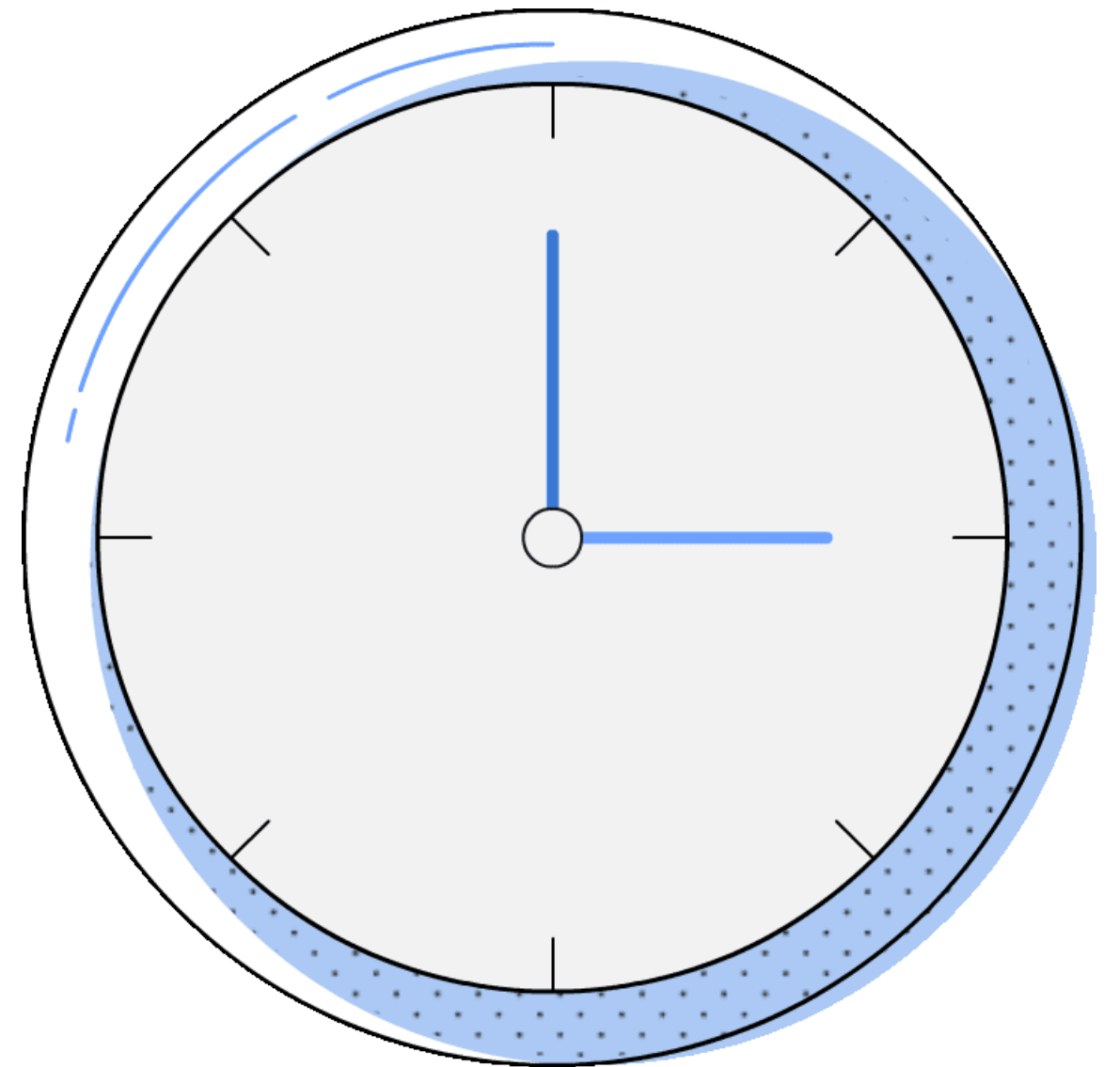


# MY FEELINGS IN THE END OF THE EXPERIENCE



In the end of my experience, I can say that even if sometimes it was hard, time flew, days passed and I couldn't imagine that this experience was so fast!

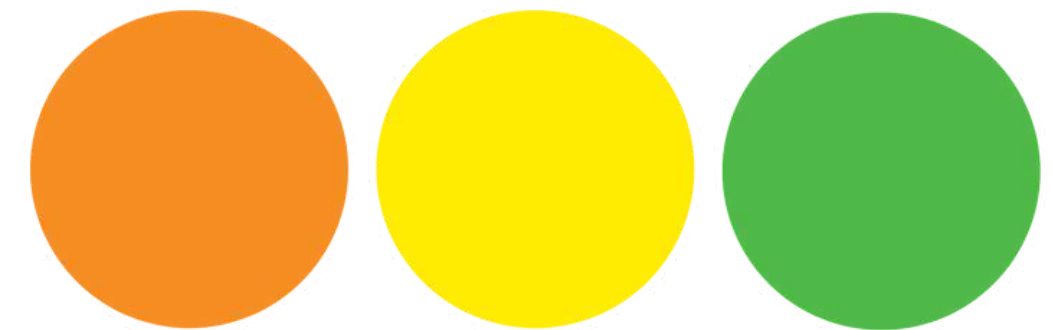
Sometimes I wanted days had 48h, for enjoying more these months living in Slovakia.



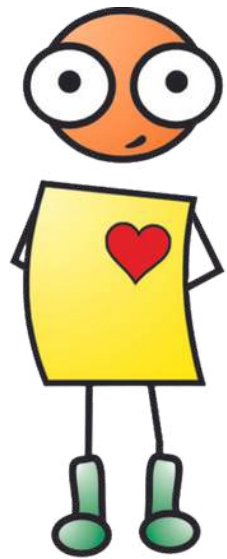
# 10 ADVICES

## **There are things I wish I would know before my departure:**

1. Life is just one, try to get out of your comfort zone!
2. Some moments in which you feel sad, lonely, depressed, are normal!
3. Be proud of yourself, even in some moments you are not proud of you, just because you gave to yourself the courage to do an experience like this!
4. You will find, for sure, some friends!
5. Take advantages of this opportunity travelling as much as you can!
6. Ask, ask, ask during the interview and even in the office!
7. Try not to be scared of speaking English, all of us can make mistakes!
8. Have fun!
9. Try always to find a positive way to looking some not nice situations (that can happen)!
10. In case you are not happy about things are going, speak with INEX people!



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**INEX people, for giving me the possibility and trust, even when I made some mistakes**

**ESC Volunteers (Anaïs and Evelina), who became friends and with whom I shared this experience**

**My parents and my bigger sister, because they were always available to speak, helpful when I needed and confident about me and my journey here (and also for letting me to travelling a lot)**

**The rest of my family for same reasons**

**My dog, even you are not waiting for me at home anymore, you are always in my mind**

**My friends, who came here and the one were present with a message or a call**

**Who I met here and became a friend (Katka, Amandine, Alessandro, Mehmet, Davide, Gelya...)**

**My coleader Zolko and our amazing volunteers (Rara, Rayo, Eva, Leo the second, Karo)**

**Lenka of Rodinné centrum Prešporkovo (and children met during workcamp)**

**INTEGRA clients**

**Our mentors (Matúš, Katka, Jana)**

**Lunaria, for have been a really good sending organization**

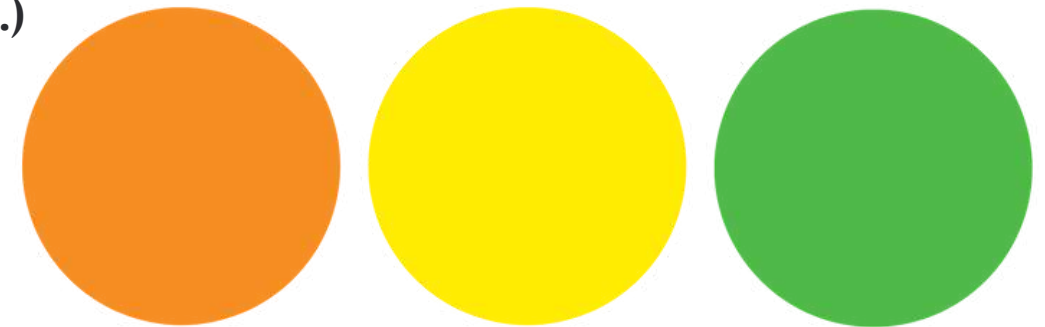
**All other people I have met this year, during ESC meetings and Leadership Academy I and II**

**Who was available for hosting Tea Meetings**

**Laura, for teaching us a little bit of Slovak**

**EU for letting us have the possibility to do an experience like this**

**Myself**

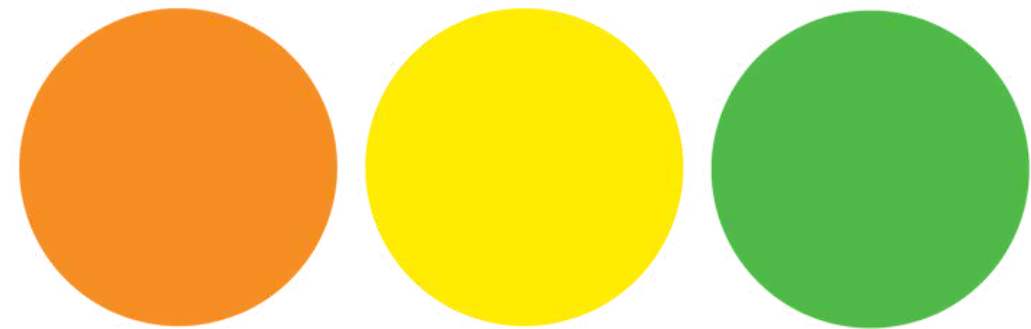


Q&A 

*Don't be afraid to ask questions!*

THANK YOU FOR  
YOUR ATTENTION!

*I hope this presentation could be useful!*



*LEO, ESC VOLUNTEER 2024*

