

My ESC project

at  INEX
Slovakia

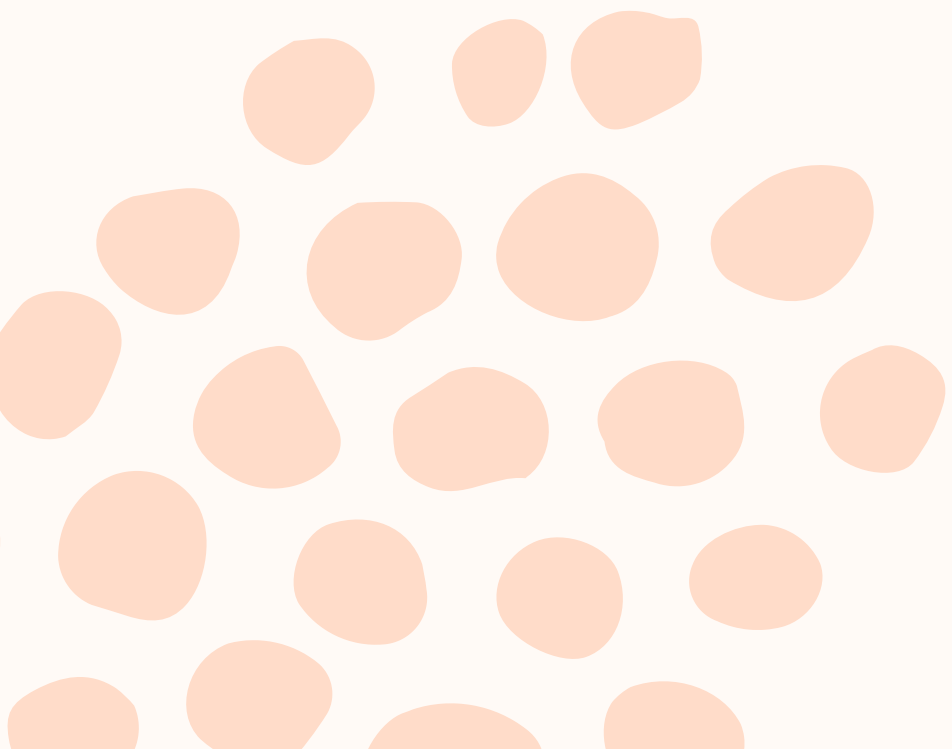
Anais Latur

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About me



About me

My name is Anaïs Latur and I am from Spain.

I studied social work and worked for an NGO in the immigration field

This year, I am an ESC volunteer at INEX Slovakia for the project "Open your Eyes".



About me

My stay in Bratislava is from
01.02.2024 to 31.12.2024

This experience is possible
also thanks to my sending
organization COCAT.



**EUROPEAN
SOLIDARITY
CORPS**



MINISTRY
OF EDUCATION, RESEARCH,
DEVELOPMENT AND YOUTH
OF THE SLOVAK REPUBLIC



NIVAM

NÁRODNÝ INŠTITÚT VZDELÁVANIA A MLÁDEŽE



COCAT





Why I/NEK Slovakia?



Why INEX Slovakia?

I loved the project.

I wanted to be in a country I hadn't visited before.

I wanted to discover a culture different from mine.



My volunteering
at IWEK



My volunteering at IREX



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Tea meetings

Tea meetings are events that we have organized monthly with the aim of discussing topics related to education, volunteering, the environment, and self-improvement.

The goal is to encourage collaboration between the volunteers and the local people, and create a relaxed and friendly atmosphere.



Tea meetings

March



Quiz Night!

May



Peru and Colombia by Nada

February



Meet the ESC volunteers

Discover Cuba



April

Tea meetings

October



Multicultural Quiz Night

December



X-Mas party at INEX

September



Find the INEX guy

November



Iceland through Marek's eyes

One Day Volunteering

In One Day Volunteering, we dedicate a day to help the community or engage in volunteering activities, such as assisting with children's events on Mother's Day or participating in organizing the celebration of Presporkovo.



One Day Volunteering

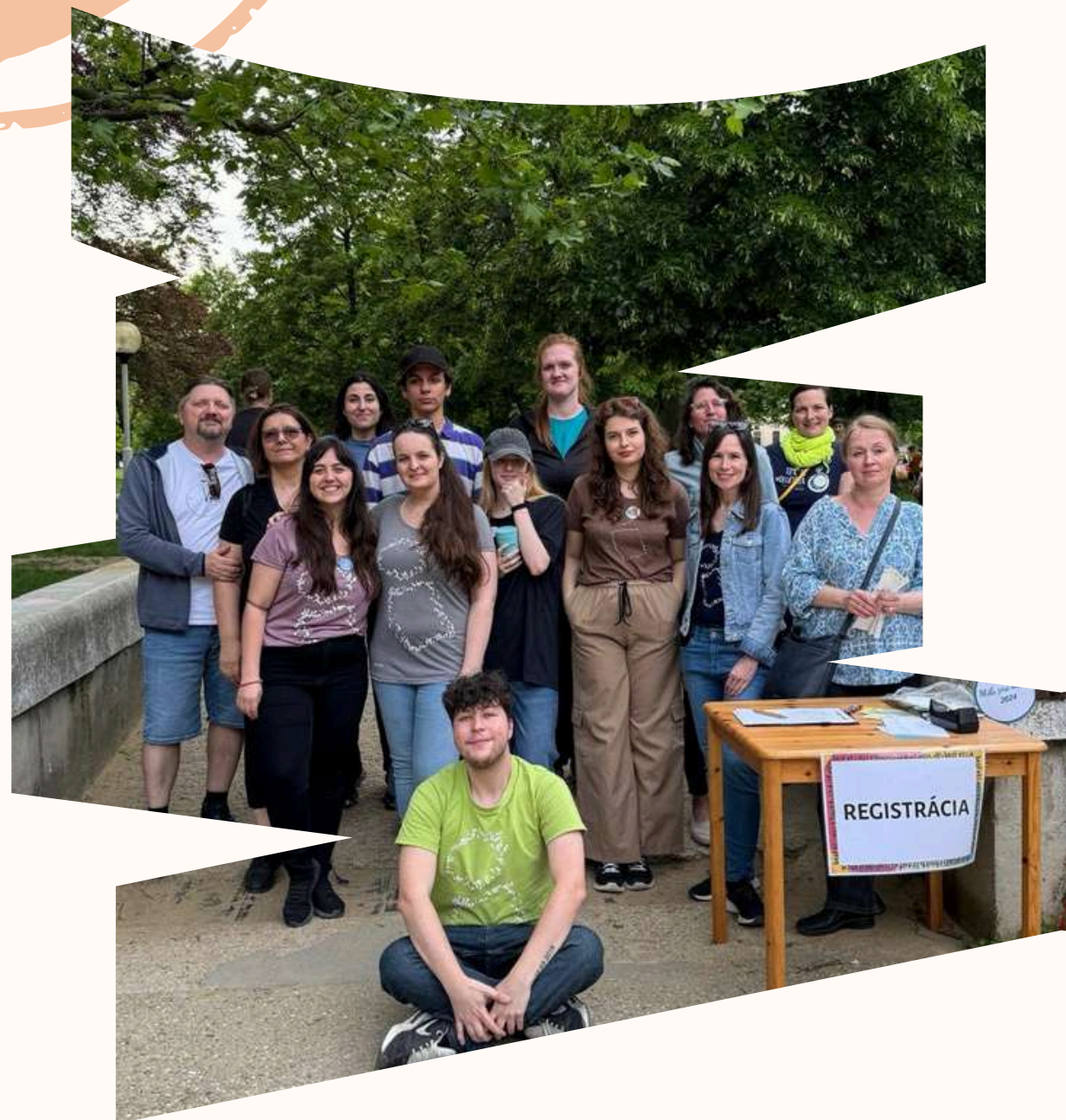


Fiesta at
Presporkovo



19th Presporkovo's
birthday

One Day Volunteering



Mila pre mamu



Halloween at
Integra

One Day Educational activities

In One Day Educational activities, we focused on providing practical, hands-on learning experiences in a single day, promoting teamwork, problem-solving, critical thinking, empathy, and collaboration.

These activities included, for example, visiting a high school to talk about volunteering.



One Day Educational activities



Spanish lessons
at Presporkovo



Talk about ESC at
Senica

Workcamps

A workcamp is a short-term volunteering program where participants from different countries collaborate on community projects. The main goal is to promote intercultural exchange, teamwork, and learning while contributing to a meaningful cause.

These projects often focus on areas such as the environment, social support, or cultural heritage.



Workcamps

workcamp in Svätý Jur

As a participant, I
participated in 2 weekend
workcamps

workcamp in Slatinka



Workcamps

workcamp in Hanigovce



As a leader, I participated
in 2 workcamps

workcamp in Slatinka



Trainings

I have participated in several trainings that have significantly enhanced my skills as a volunteer and leader:

- **Leadership Academy Trainings:** Organized by INEX, I completed two specialized trainings aimed at preparing me to lead workcamps. These focused on developing leadership skills, team management, and problem-solving strategies essential for fostering a positive and productive environment during projects.

As a result of this experience, I received a certificate in Volunteer Management in a Multicultural Environment.



Trainings

I have participated in several trainings that have significantly enhanced my skills as a volunteer and leader:

- **National Agency Trainings:** I attended two trainings organized by the National Agency in Slovakia. These programs allowed me to connect with other international volunteers and participate in activities centered on collaboration, cultural exchange, and managing challenges in multicultural settings.
- **First Aid Training:** Also organized by INEX, this training provided me with essential first-aid knowledge to ensure the safety and well-being of participants during workcamps. It covered practical scenarios and taught me how to handle potential injuries or emergencies confidently.



Trainings



**Leadership Academy I
(March)**



**Leadership Academy II
(June)**

Trainings



**On-Arrival Training
(April)**



**Mid-Term Training
(August)**

Trainings



**First Aid Training for
being a leader**

Workshop

During my ESC volunteering, I needed to develop a project. After considering various ideas, I decided it would be meaningful to create a workshop connecting resilience and volunteering.

I designed it to be interactive, allowing participants to learn and acquire practical skills during the session.

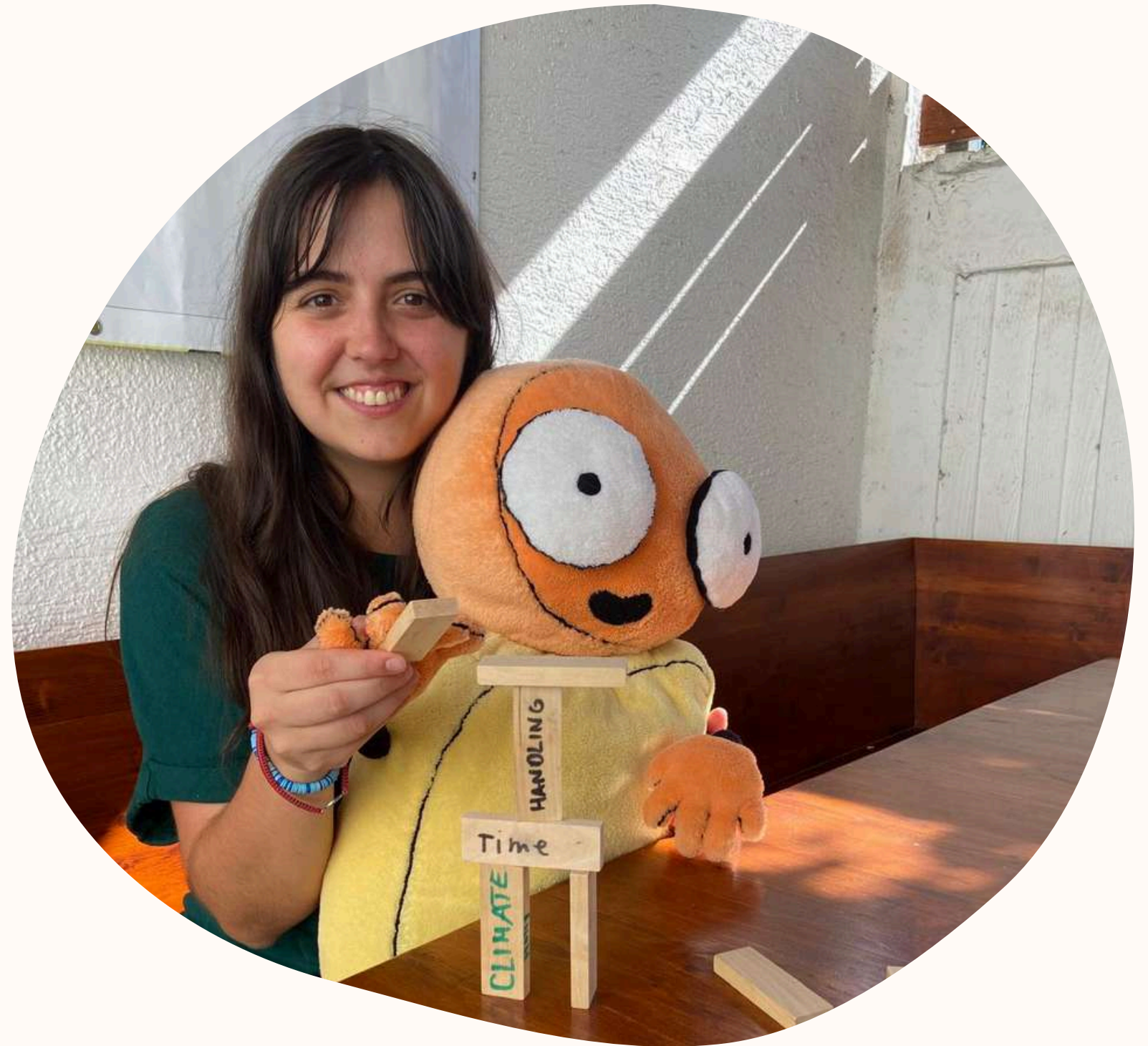
That's how the workshop Resilience through Volunteering was born.



My workshops in practice

AT THE OFFICE

It was the first time I exposed my workshop (May).



6 participants

My workshops in practice



**Leadership Academy
(june)**

6 participants



**Hanigovce workcamp
(july)**

9 participants



**Slatinka workcamp
(August)**

15 participants

My workshops in practice



**Primary School Pankuchova
(October)**

14 participants



**Lachova School
(November)**

74 participants



**Tupolevova School
(December)**

28 participants

My workshop in practice

I am very proud to announce that I presented my workshop *Resilience through Volunteering* to a **total of 152 participants.**



Blogs

Since I began my ESC volunteering, I wrote an article from February to December, detailing my experiences as a volunteer abroad in Slovakia.

This allowed me to articulate my thoughts clearly and effectively, while also enhancing my ability to communicate complex ideas in English.



Blogs (clickable links)

SUPPORT US ▾

BLOG

CON

BLOG

February

March

April

May

June

Summer (July
and August)

September

October

November

December



a month to

a certificate
nt and

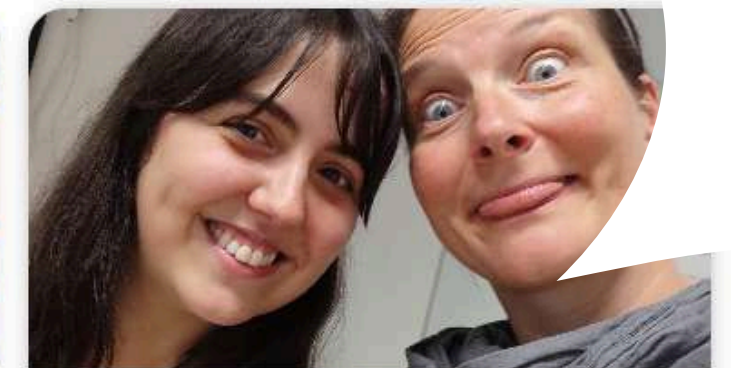


28.10.2024

Anaïs: October embrace - adventures and trips, Halloween traditions and exciting events

Ahoj! We started this October with very id weather, but the good part is that the month was full of a...

[Read more](#)



03.10.2024

Anaïs: SEPTEMBER, a special month where everything ends and begins

Ahoj! Now, that this month is ending, I realized that we finished this amazing season of leading workca...

[Read more](#)

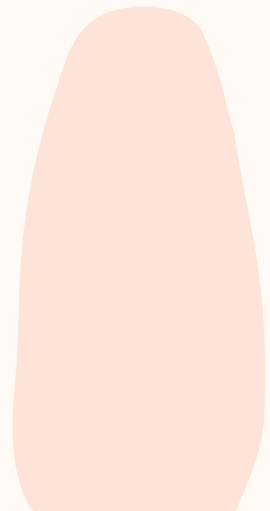
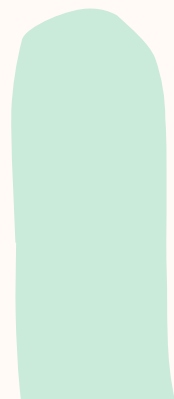
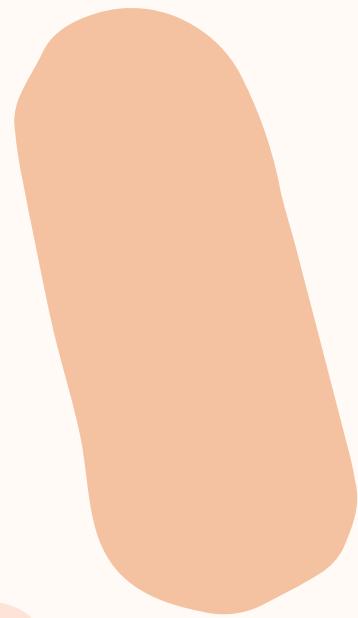
At the office

During my ESC year, I was actively involved in preparing educational activities and materials, promoting INEX activities on social media, and organizing monthly Tea Meetings.

I also designed my workshop *Resilience through Volunteering*, attended Slovak language classes to improve my communication skills and integrate better into the local culture.

Also, I worked on documenting the project outcomes before leaving. Additionally, I contributed to completing our YouthPass certificates, summarizing the valuable experiences gained throughout the year.





Learnings and
Evaluation



Learnings

WHAT DID I LIKE THE MOST FROM THIS EXPERIENCE?

The best thing about INEX is that there are always challenges and I am very grateful because this experience is a treasure.

I improved my **speaking skills** and **my level of English**, learned how to **prepare events** (like the Tea Meeting), and **how to organize a workcamp**. And I did all of that while having fun, enjoying the experience, and meeting many people from different countries.



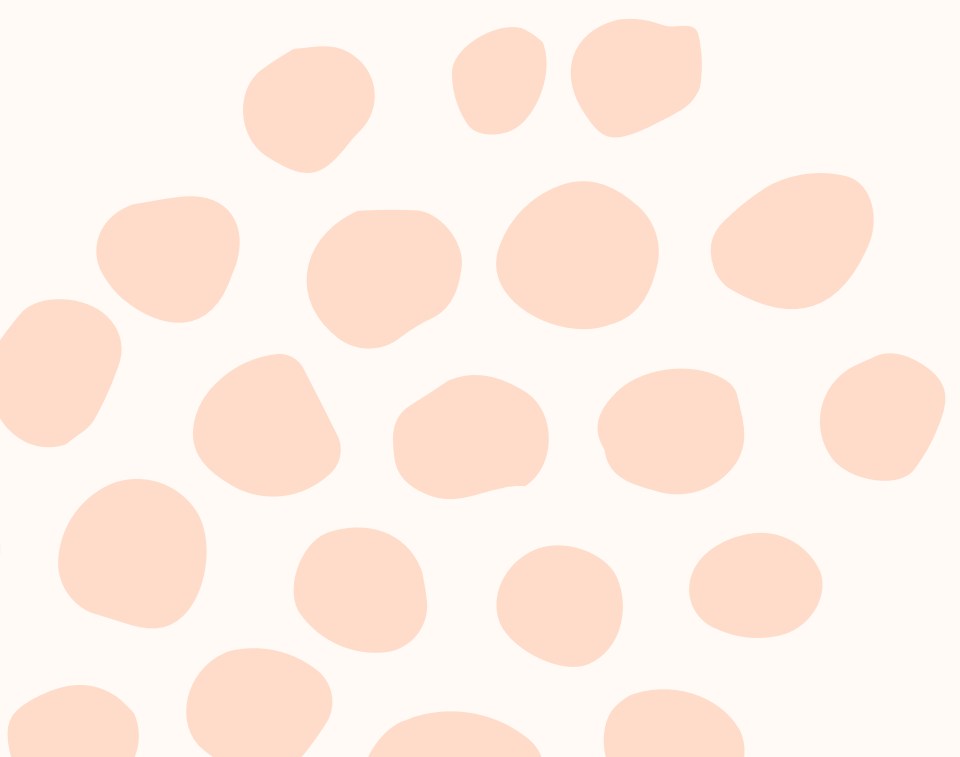
Evaluation

This experience completely changed my life. Sometimes, living in another country with different traditions, language, and people can be challenging, but **it allowed me to grow.**

And I always say this when I meet new people: **if you're thinking about volunteering abroad, don't overthink it—just do it!** It will transform your life and the community where you're volunteering!



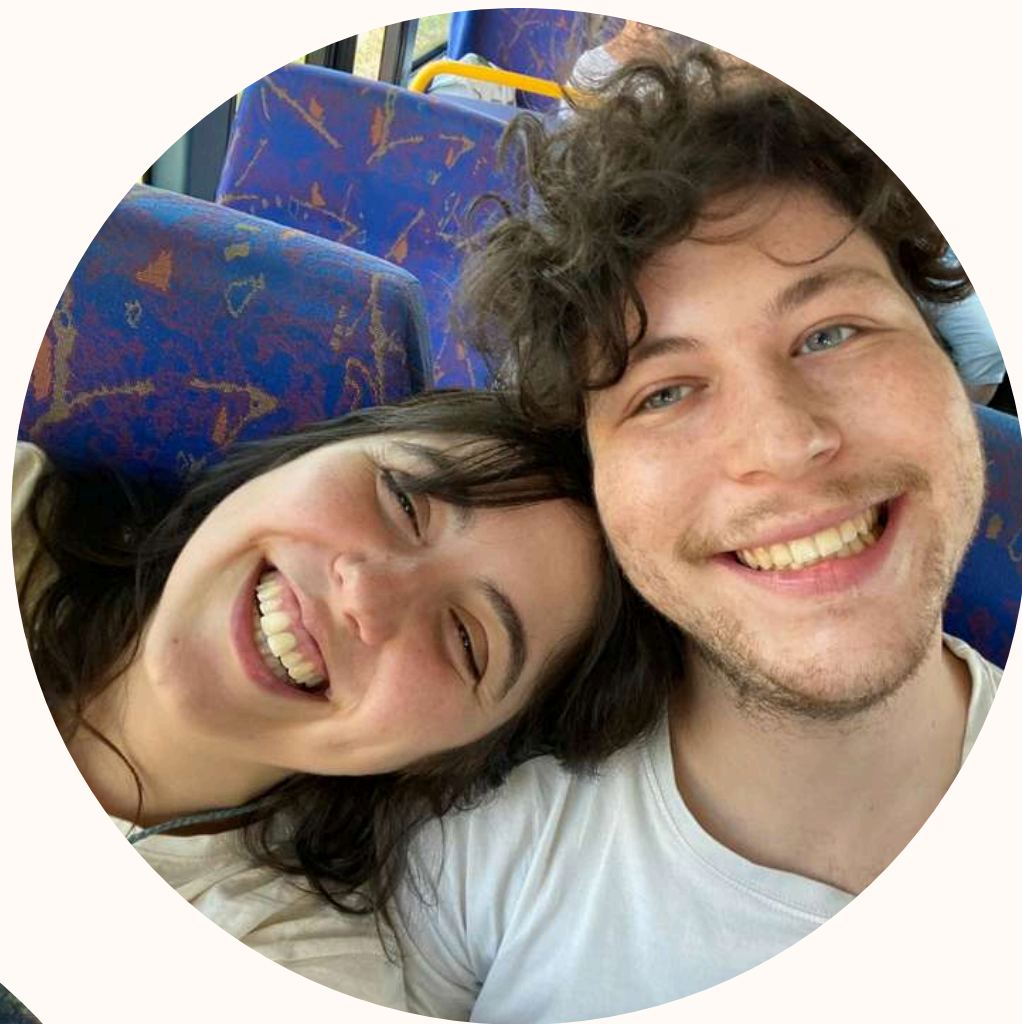
Best moments



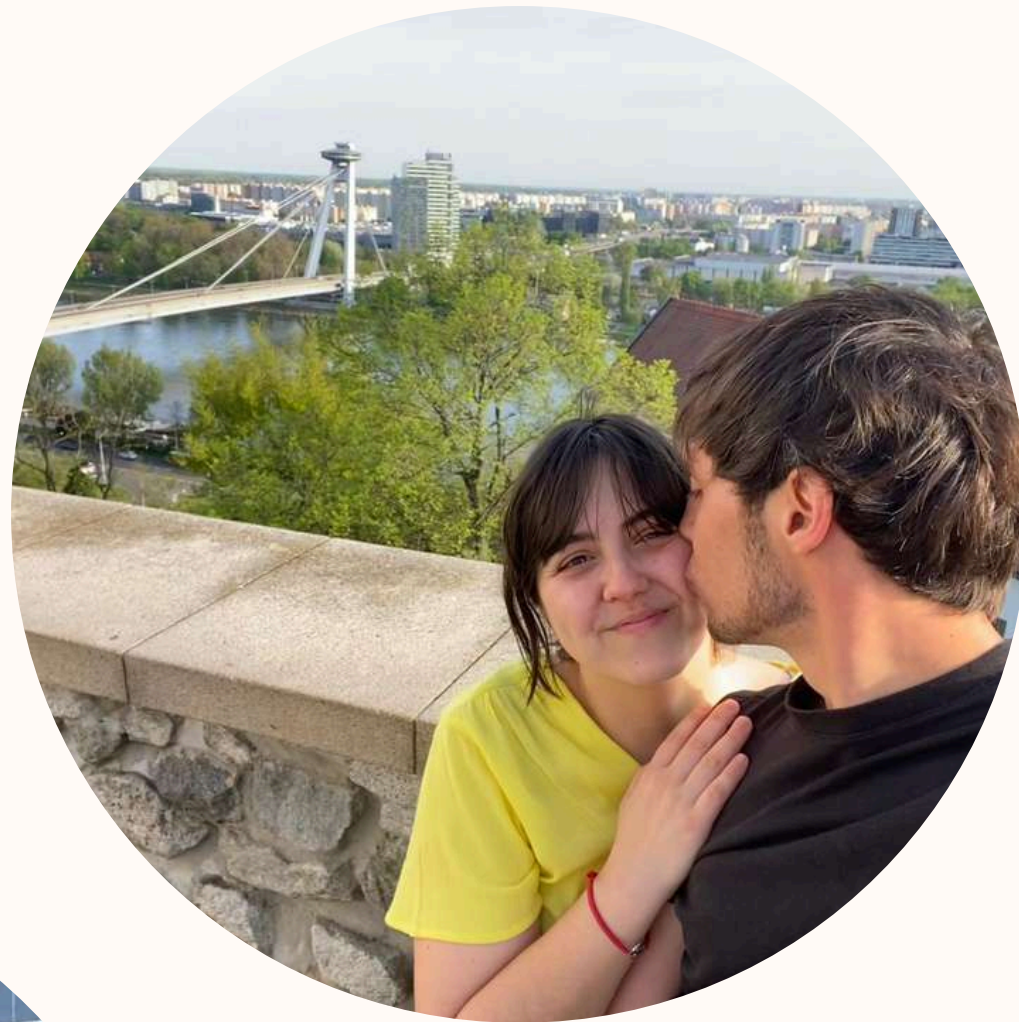
Best moments



Best
moments



Best
moments



A large, soft-edged watercolor splash in shades of light orange and peach, centered on a white background. The splash has a textured, layered appearance with varying intensities of color.

*Thank
you!*

A cluster of decorative brush strokes in the top-left corner, featuring shades of brown, orange, and green. The strokes are of various lengths and orientations, creating a dynamic, artistic feel.