

ESC OUTCOME

EVELĪNA PUKĪTE



OPEN YOUR EYES



1/02/2024 - 30/11/2024



Promotional activities

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Thank you!

About me...



My name is Evelīna, I am from Latvia. I decided to volunteer here at INEX Slovakia to discover new horizons and broaden my perspective! I love art, small coffee dates and to travel

Surprises...

The thing which surprised the most about Slovakia how open-hearted the Slovak people were and also talkative, in a good way :)

And of course delicious haluški....

ONE DAY VOLUNTEERING

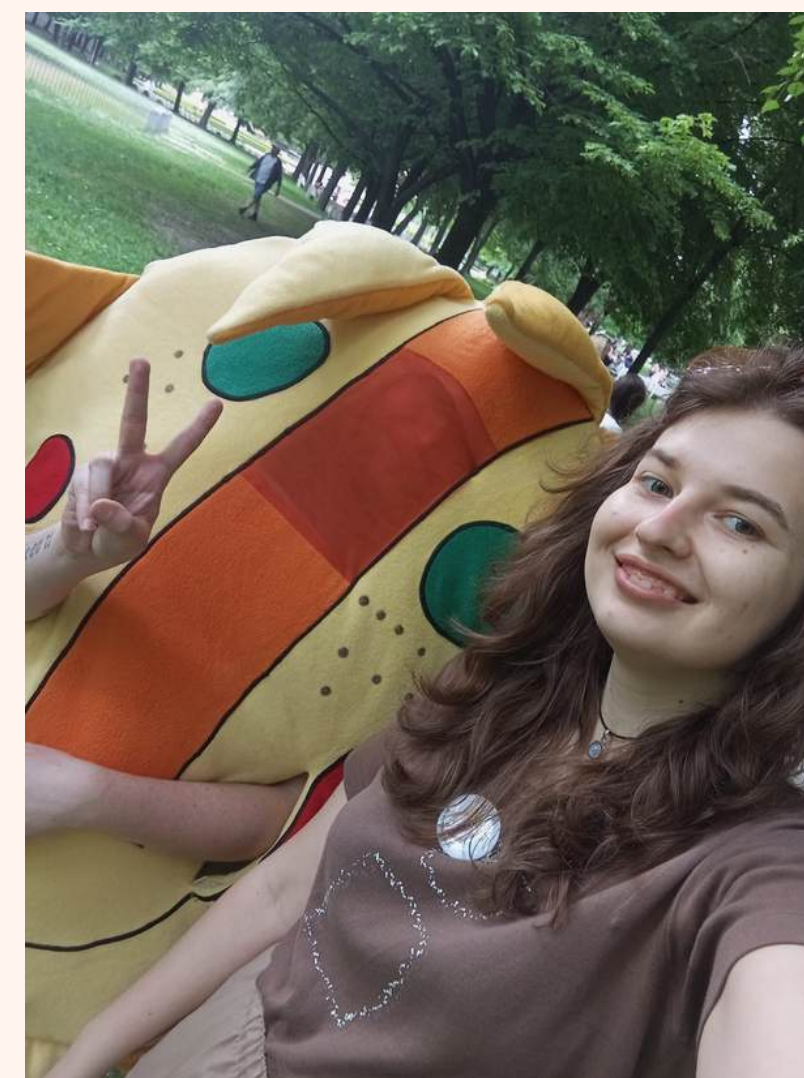
ACTIVITIES



At Prešporkovo



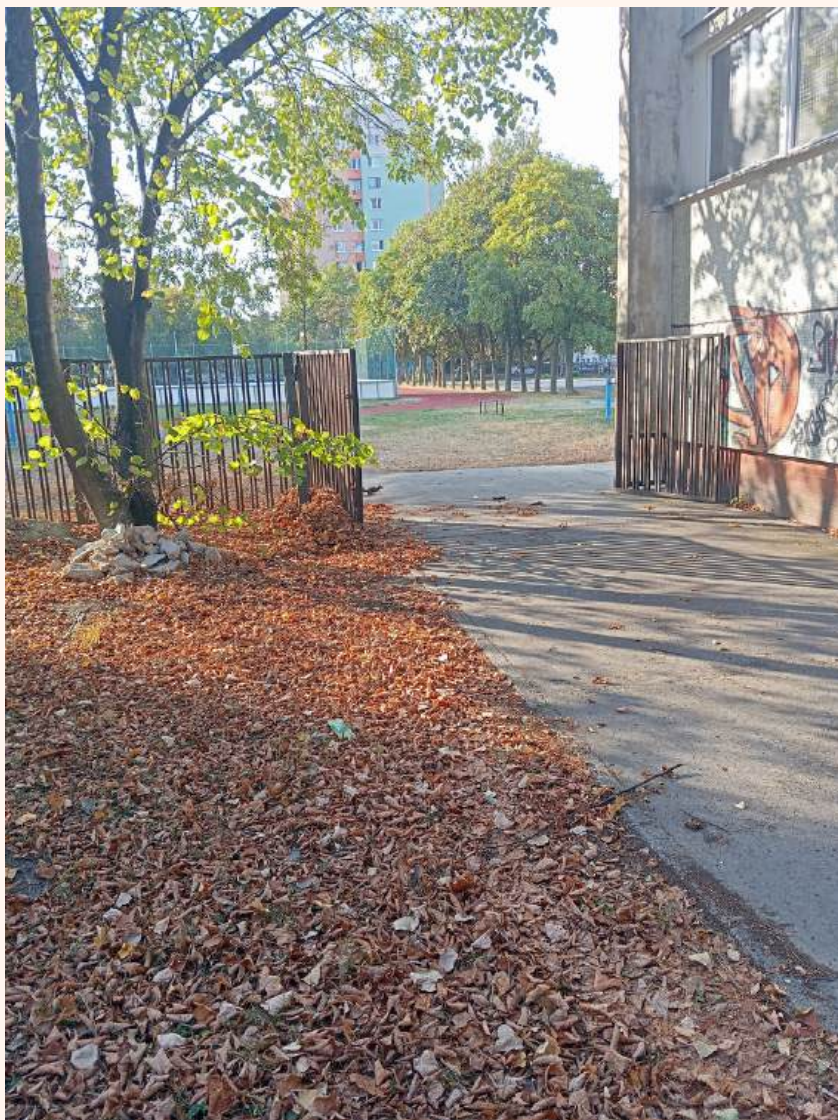
At Integra



Míľa pre mamu

ONE DAY VOLUNTEERING

ACTIVITIES



At ZŠ Lachova



At Integra

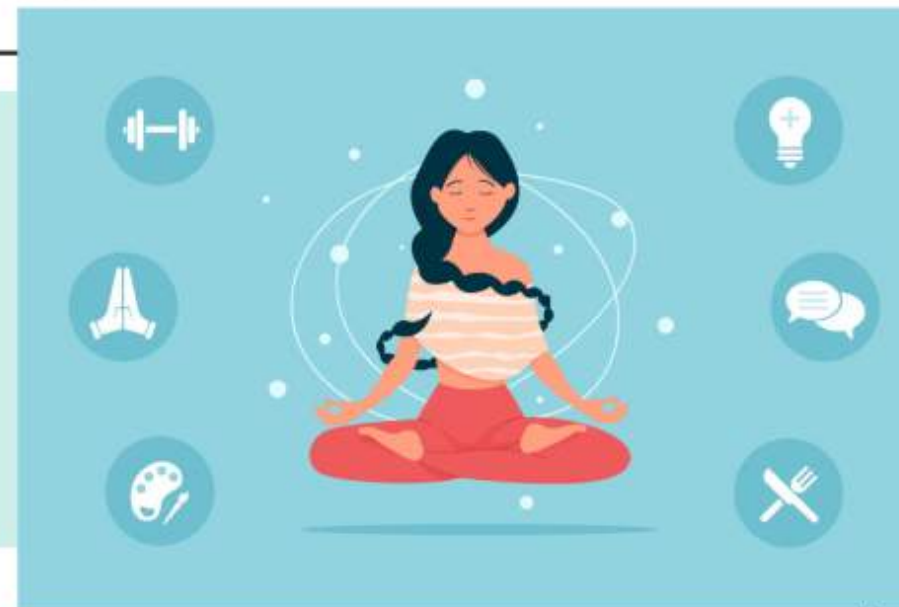


At Prešporkovo

INEX MESSENGER

TABLE OF CONTENTS

- Short ice-breaker
- Stress
- Short energiser
- Theory on stress management
- Stress management techniques
- Practical exercise



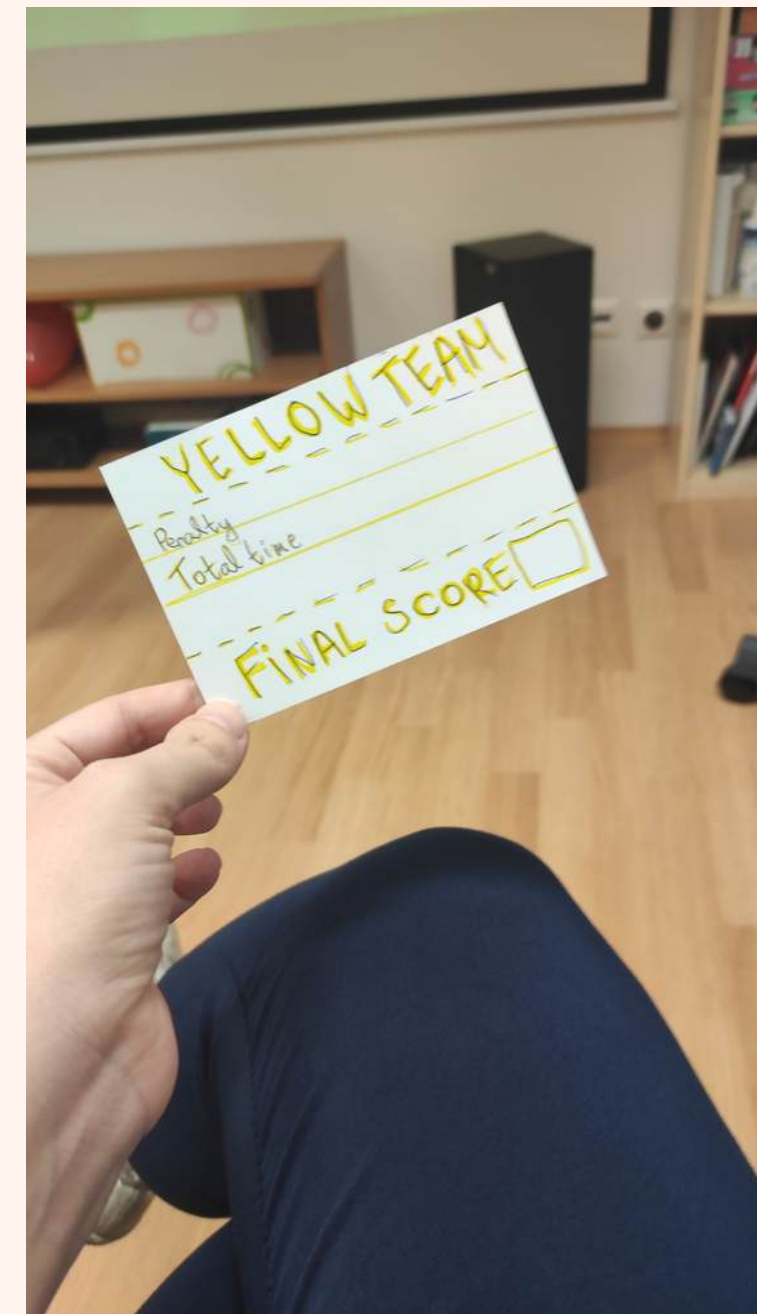
LIFE AT THE OFFICE

Date	Day	Time	Who	Type of the post/video	Brief title of the post/video	Channel	Boost	Status (published/not published)
	Monday					Instagram		
	Monday					Instagram stories		
	Monday					Youtube		
	Monday					LinkedIn		
	Monday	12:00	Eve	Community	Cleaning fence	Tiktok		Published
22.10.2024	Tuesday		Monika	Promotional	Zazitkovica	Facebook		
	Tuesday		Monika	Promotional	Zazitkovica	Instagram		
	Tuesday	12:00	Leo	Promotional	Tea Meeting Iceland form	Instagram stories		
	Tuesday					Youtube		
	Tuesday					LinkedIn		
	Tuesday					Tiktok		
23.10.2024	Wednesday		Monika	Community	Slatinka album	Facebook		
	Wednesday				Slatinka album	Instagram		
	Wednesday					Instagram stories		
	Wednesday					Youtube		
	Wednesday					LinkedIn		
	Wednesday	12:00	Evelina	Community	One day activity from presporkovo	Tiktok		
24.10.2024	Thursday					Facebook		
	Thursday					Instagram		
	Thursday	12:00	Leo	Promotional	Tea meeting Iceland	Instagram stories		
	Thursday					Youtube		
	Thursday					LinkedIn		

During my stay here, I got a chance to delve deeper in various promotional activities, learn about social media and enhance my creativity by making badges, also learn more about workcamps and help with various events such as tea-meetings, also write blogs.



TEA MEETINGS



TRAININGS



Leadership academy I



On arrival training

TRAININGS



Mid-term training



Leadership academy II

WORKCAMP



Workcamp in Serbia



WEEKEND WORKCAMP



EXPLORING...

Trips around Slovakia and abroad



Bratislava

EXPLORING...

Trips around Slovakia and abroad



Košice

EXPLORING...

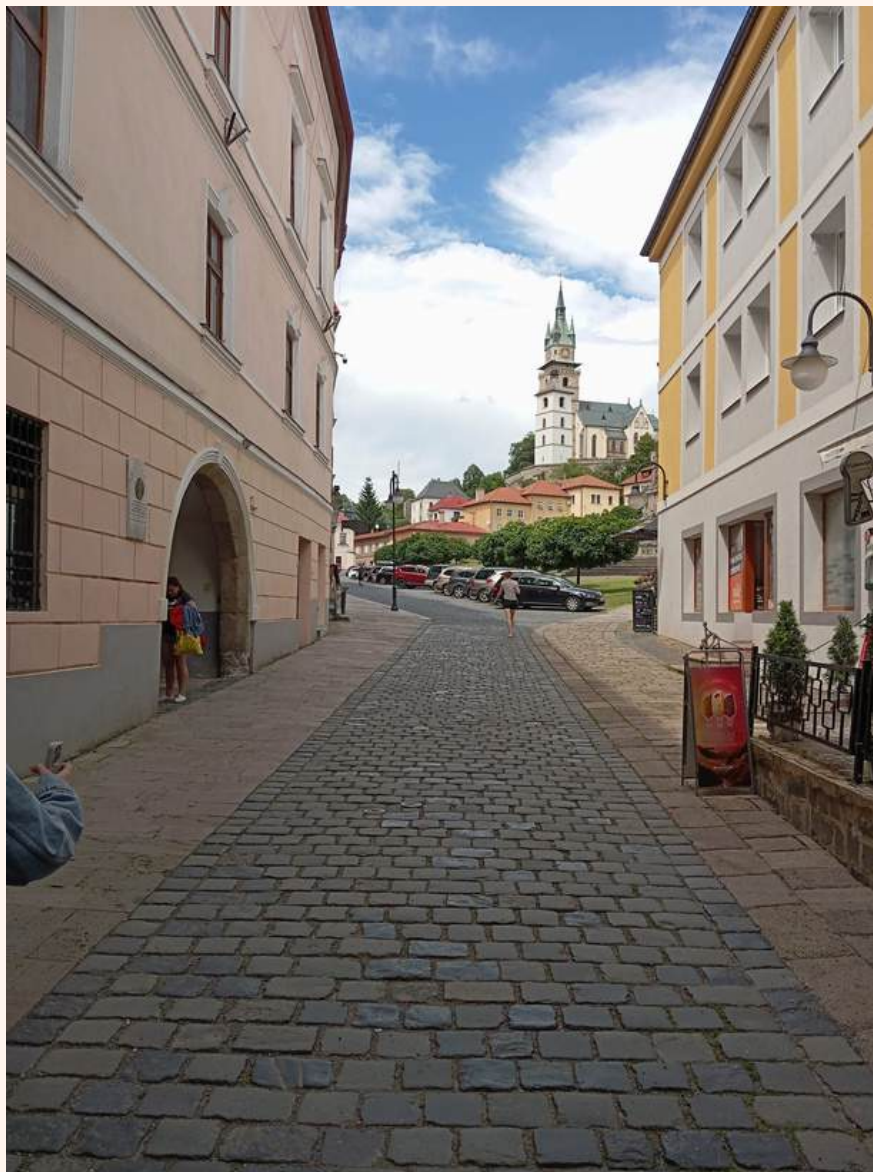
Trips around Slovakia and abroad



Prešov

EXPLORING...

Trips around Slovakia and abroad



Kremnica

EXPLORING...

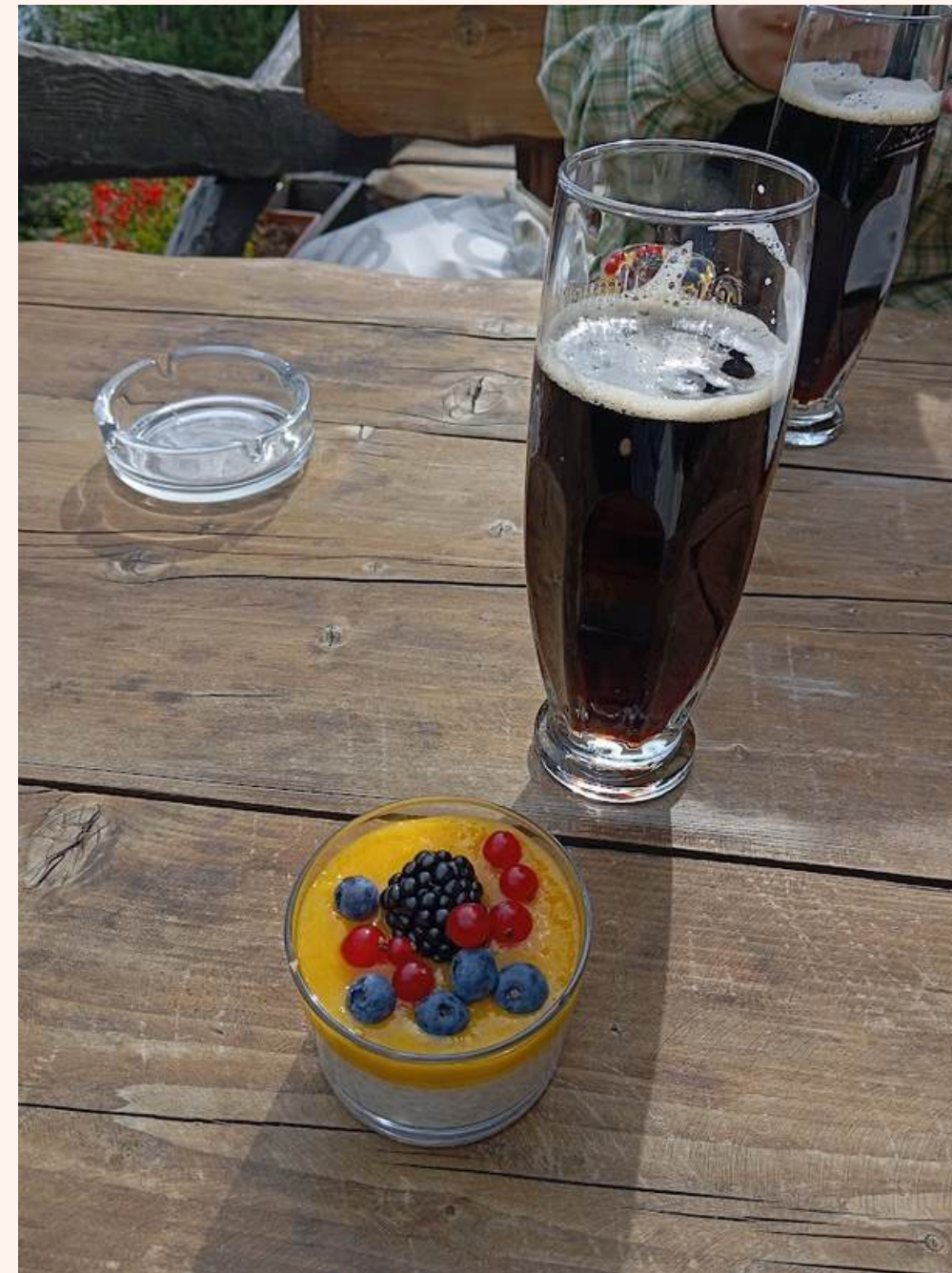
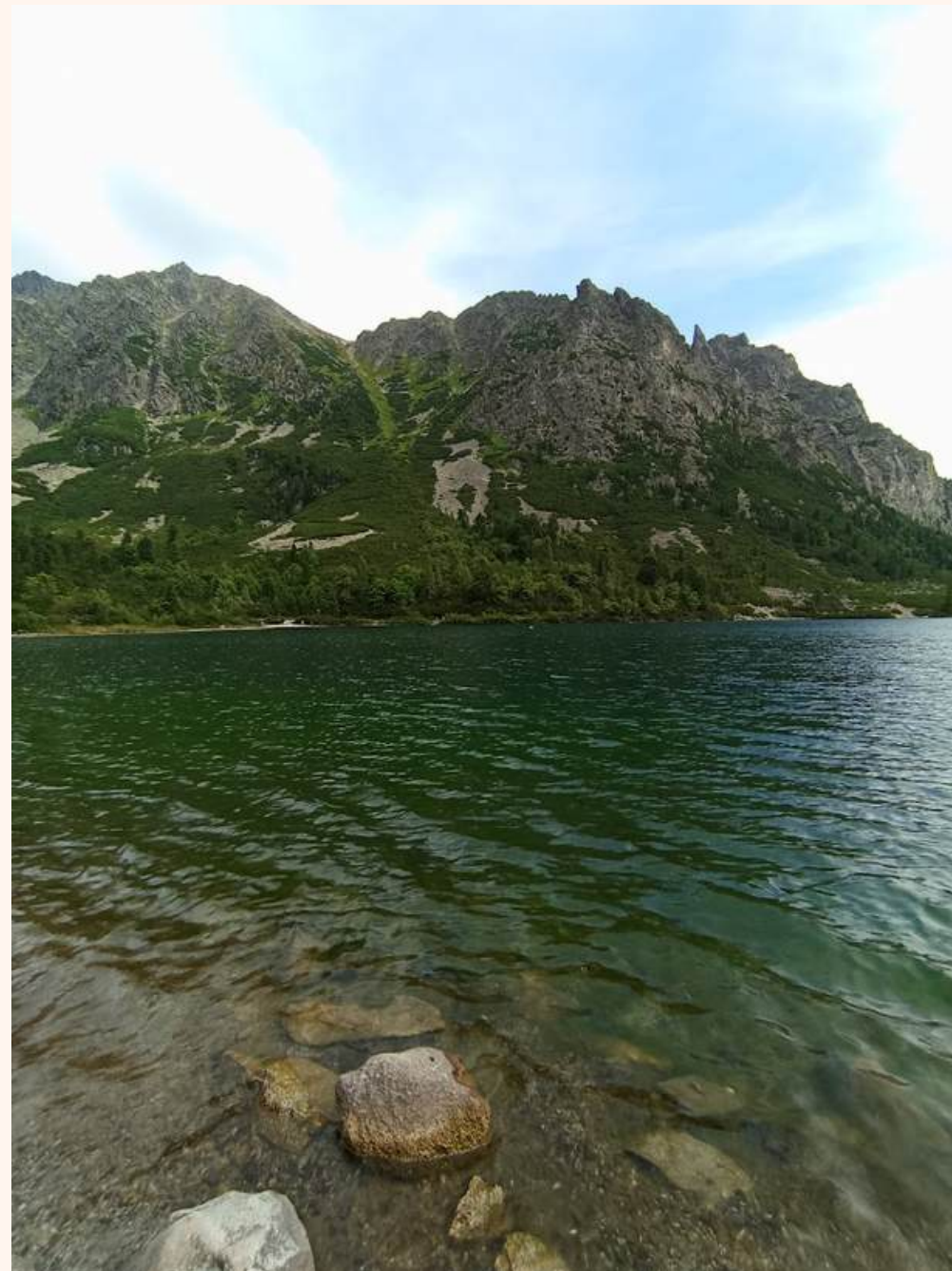
Trips around Slovakia and abroad



Banska Stiavnica

EXPLORING...

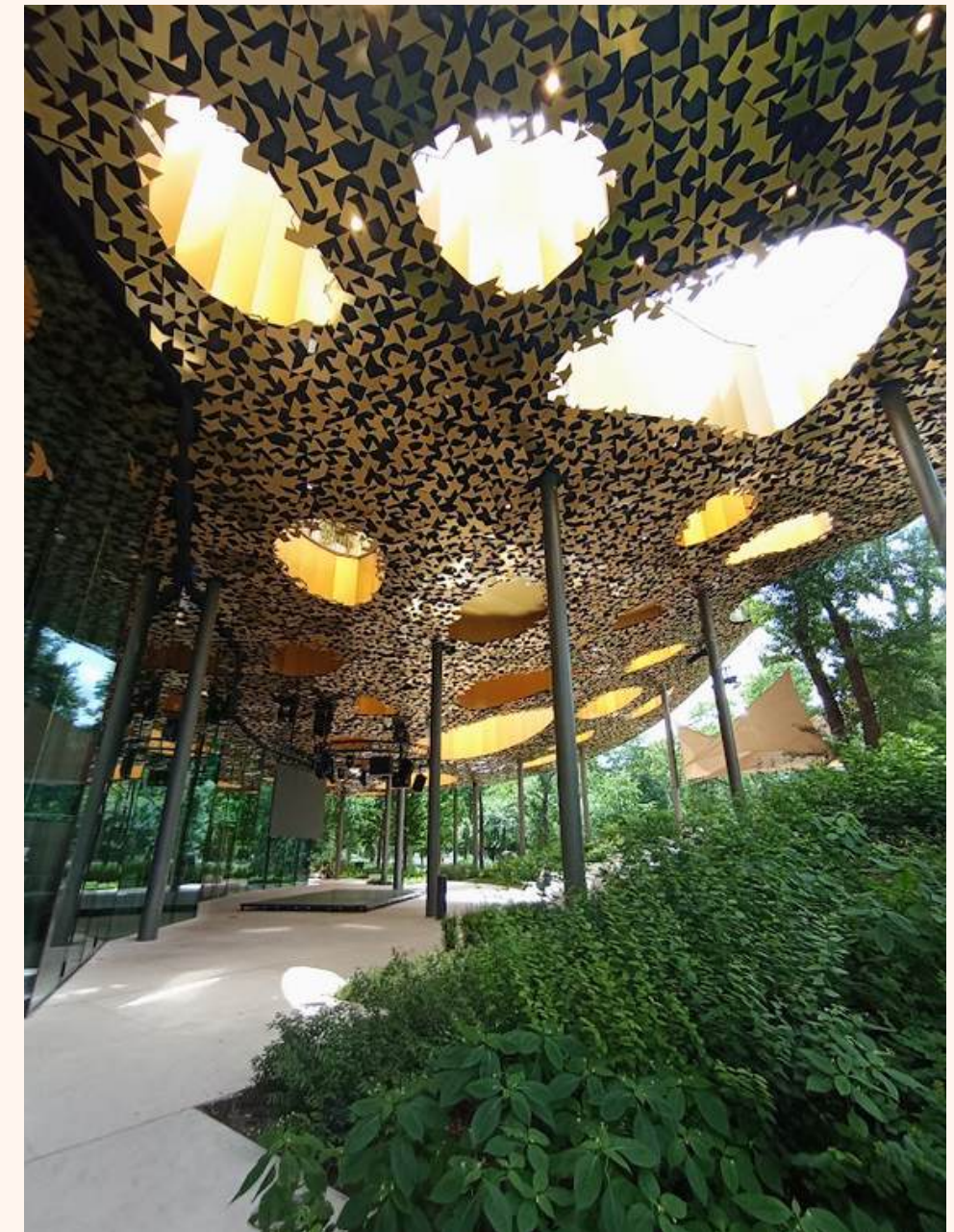
Trips around Slovakia and abroad



High Tatras

EXPLORING...

Trips around Slovakia and abroad



Hungary

EXPLORING...

Trips around Slovakia and abroad



Czechia

EXPLORING...

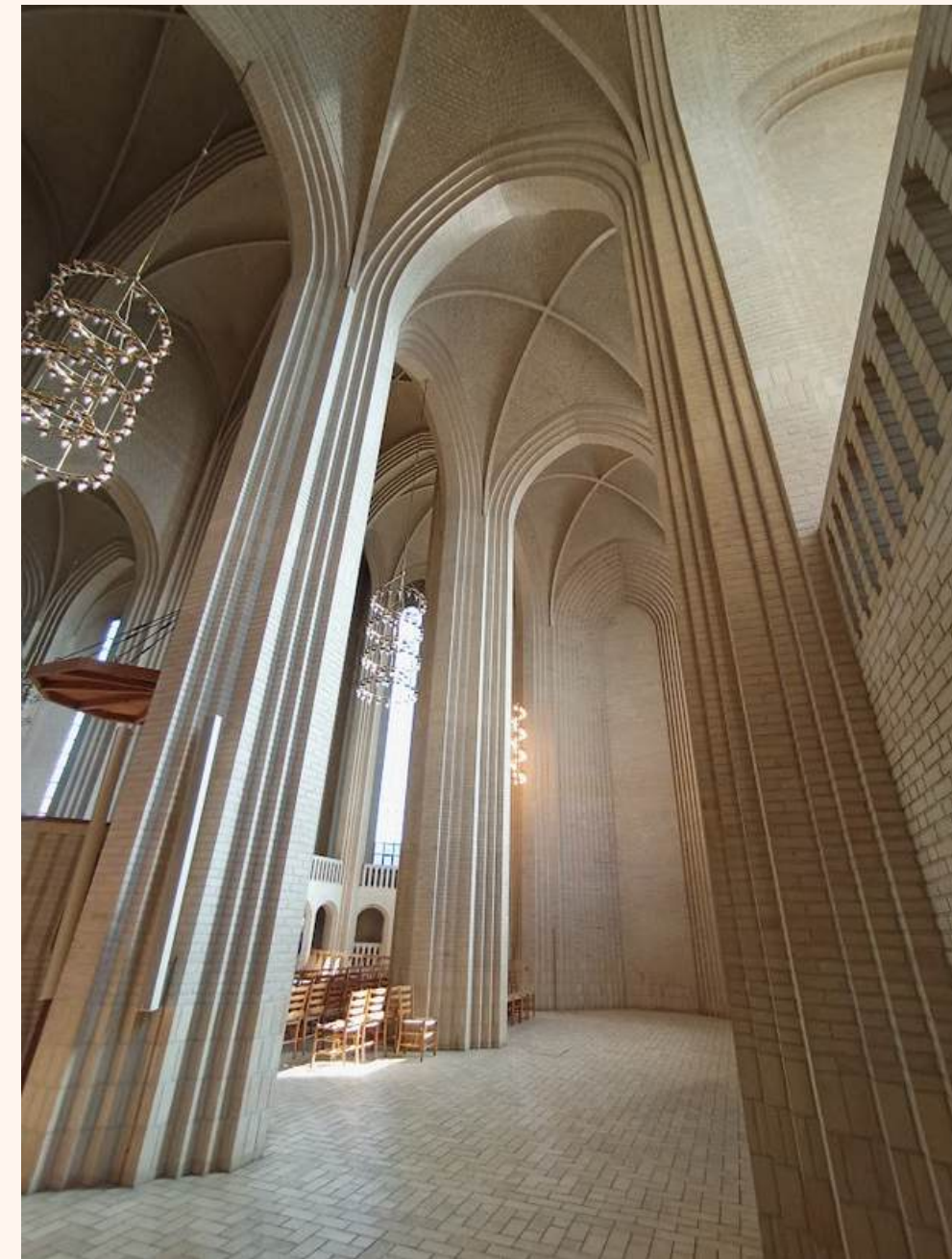
Trips around Slovakia and abroad



Serbia

EXPLORING...

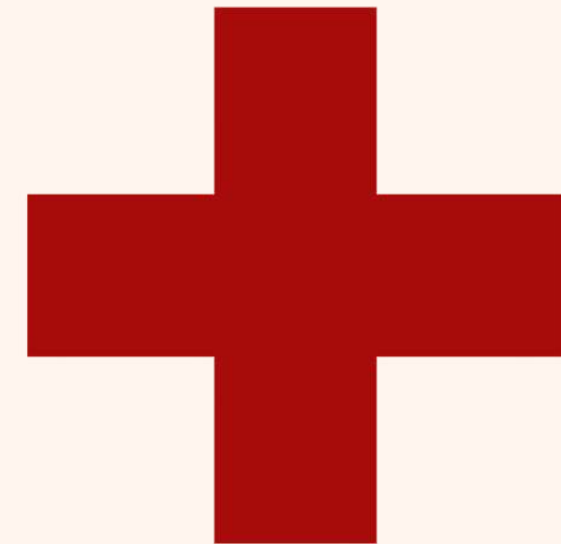
Trips around Slovakia and abroad



Denmark

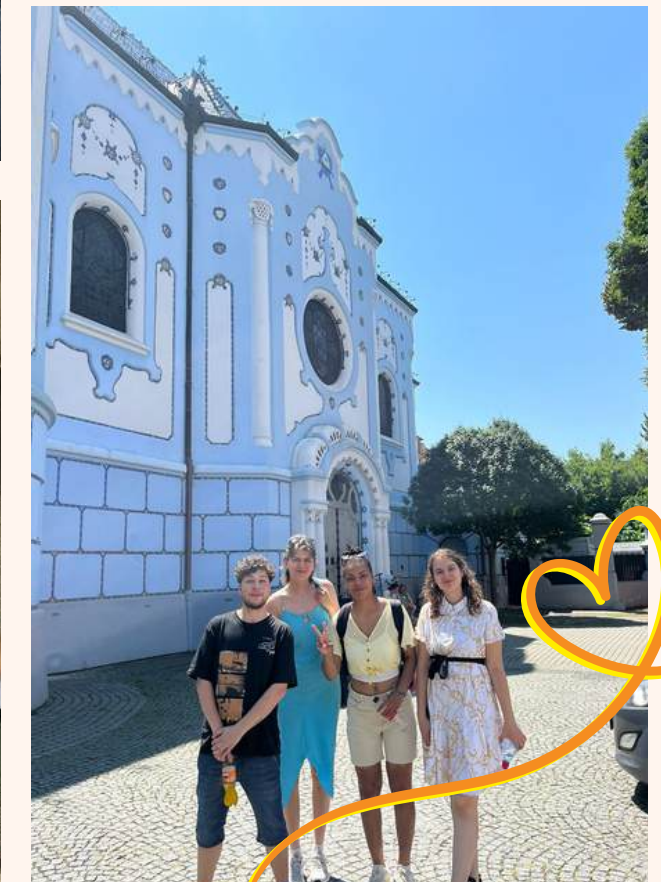
EXPLORING...

Volunteering at the shelter and at the red cross



EXPLORING...

Meeting new people & friends

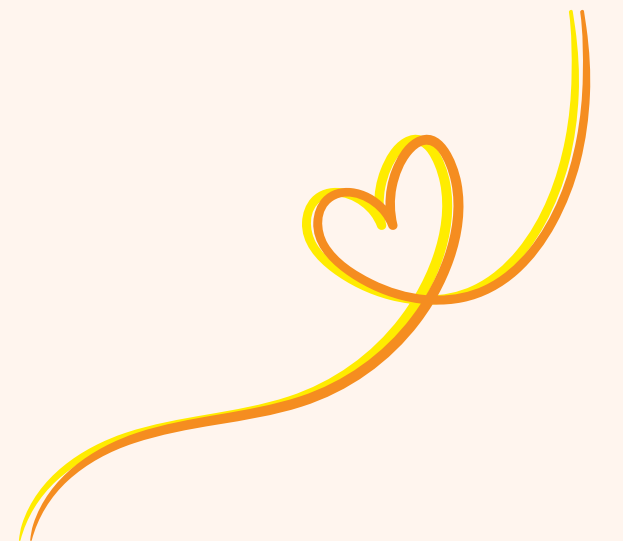


EXPLORING...

Going to coffee dates

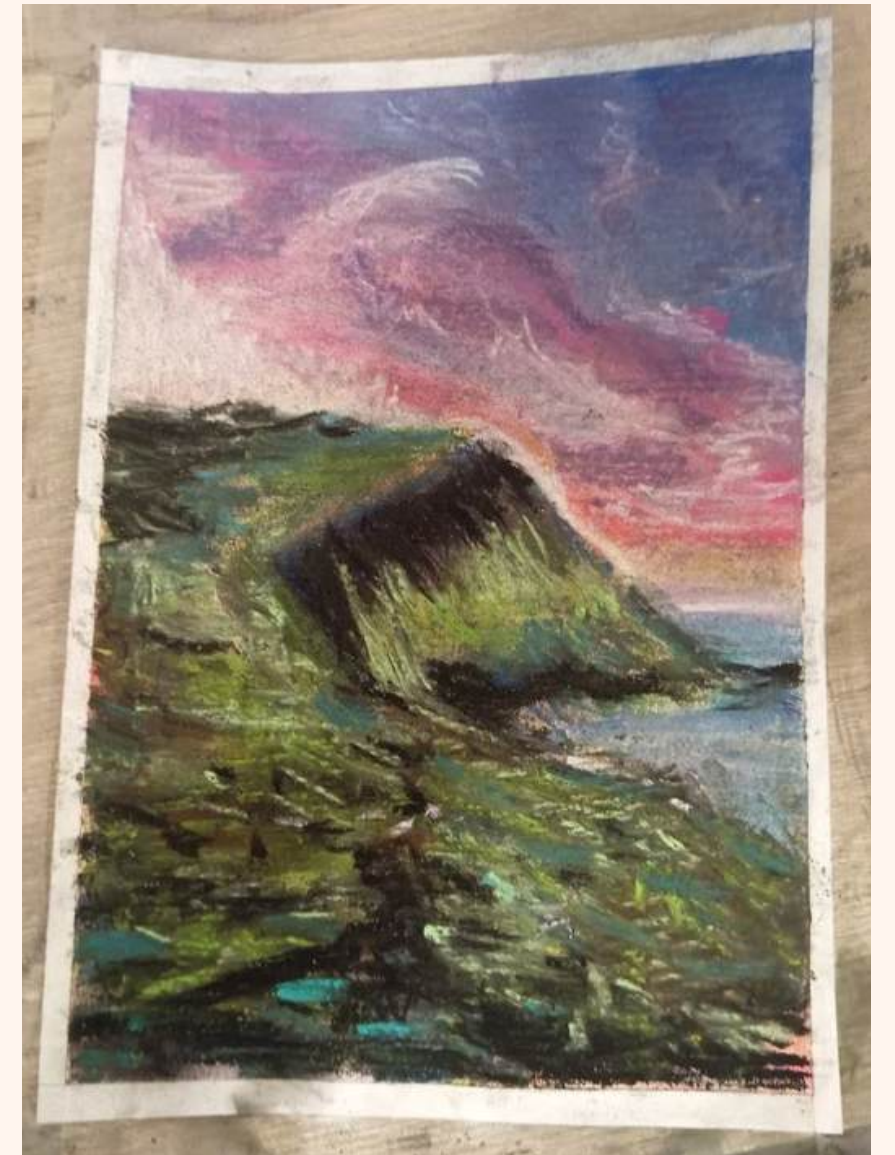


During my stay here, I had a chance to broaden my network and go to several coffee dates with other girls with whom I could actually vibe with, it was fun and I definitely made some friends for the future.



EXPLORING...

Doing crafts and art



Lessons

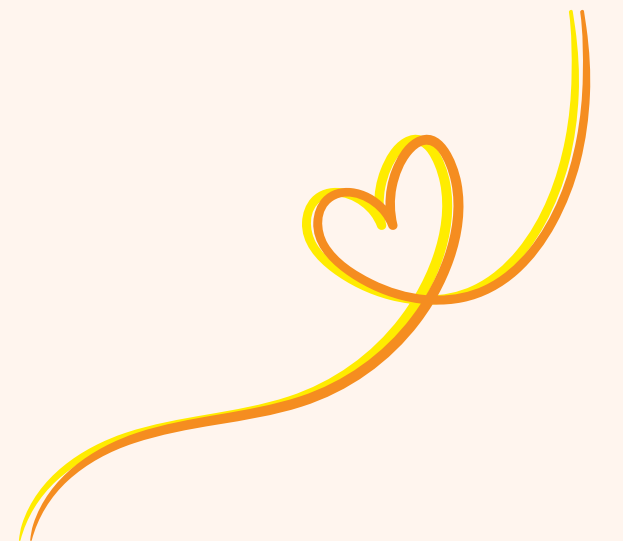
here is what I learnt :)

I learnt how important it is to value the time you can be active and do the most basic things like walking or cooking food on my own skin.

I learnt how much social media has impact on our daily lives, especially when it comes to selling products, digital marketing is an interesting tool.

There is always room for adventures and ways how to travel for cheap, volunteering itself is also an adventure, which you cannot predict.

The more you spend time with someone, the more you become like that person!



Lessons

here is what I learnt :)

We all put ourselves in a situation we don't like and then somehow try to get out of it, but each of these situations teaches us something - if you have something you don't like in your life, then maybe it's time to change it.

In an international environment it can certainly be more difficult to deal with a lot of things, problems can arise because of language barriers, cultural differences, perceptions and a lot of important words can get lost somewhere in translation.

No matter what happens, there is always something positive somewhere in everything, even though it may seem very difficult.

Volunteering is definitely an adventure and even if it doesn't seem like it to some people you can learn a lot and gain new values that you never had before and learn to appreciate more what is already around you.



Thank you!



Thank you!

I feel grateful for...

I feel grateful for being able to experience this year as a part of INEX team, I wish to say a special thanks to my coordinator Barbi, who is very empathetic and open minded and Mirka, who was also there to bring joy while giving me tasks and help if necessary, also thanks to Monika, who has a good way to communicating things through.

I feel grateful for meeting this team and being a part of them for a while, although the road was sometimes bumpy for me... Thank you!

