

# ESC Project Outcome

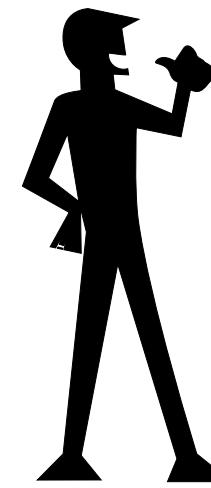


“Open Your Eyes”

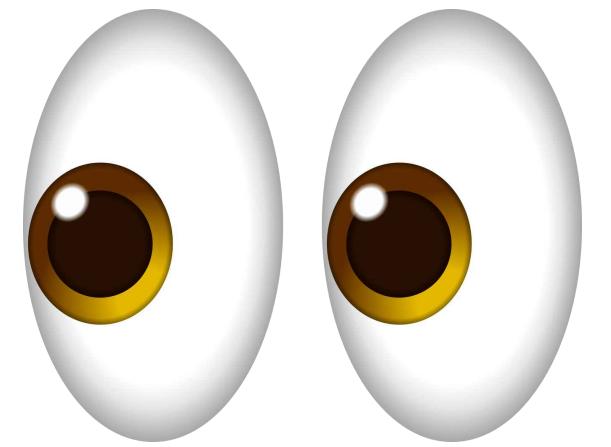
01.02.2025 - 31.12.2025

Pedro Cachochas

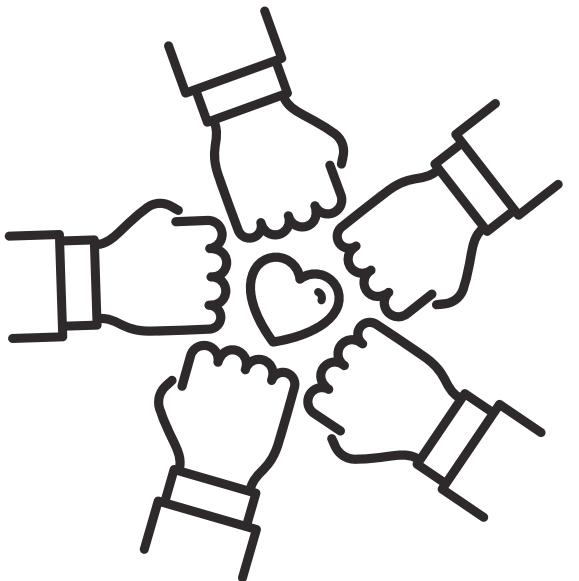
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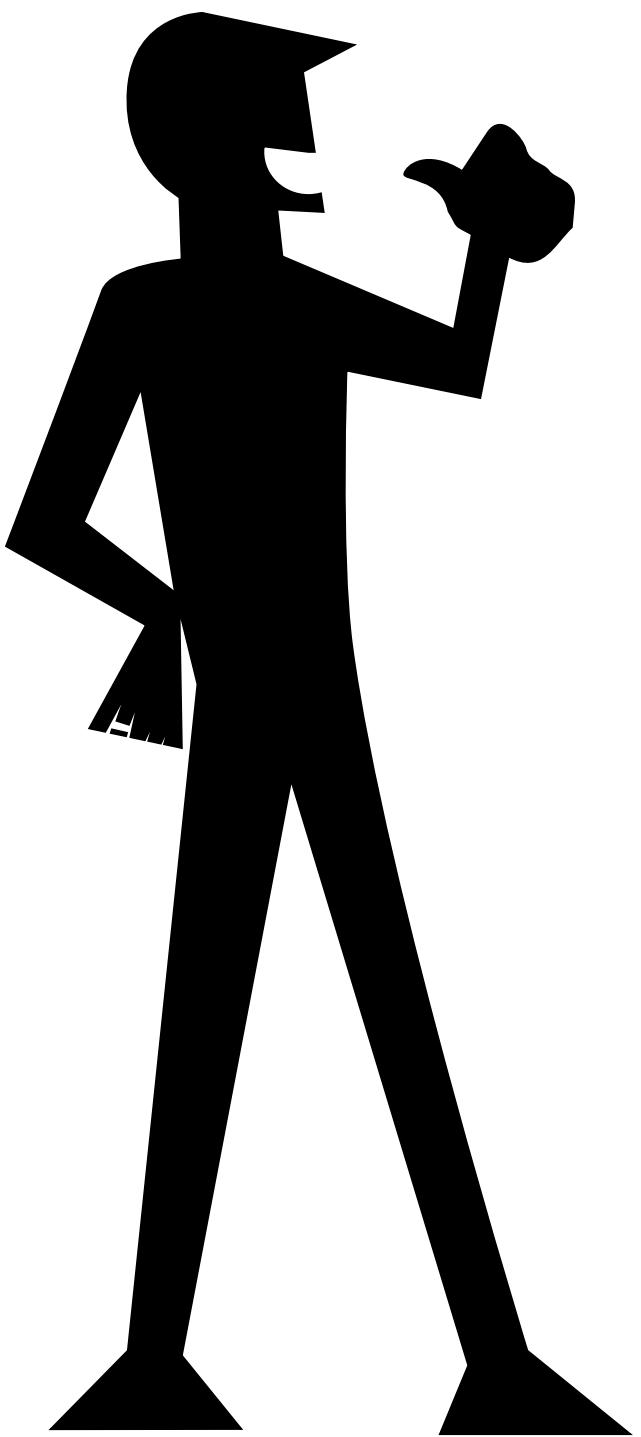


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# 1. Me

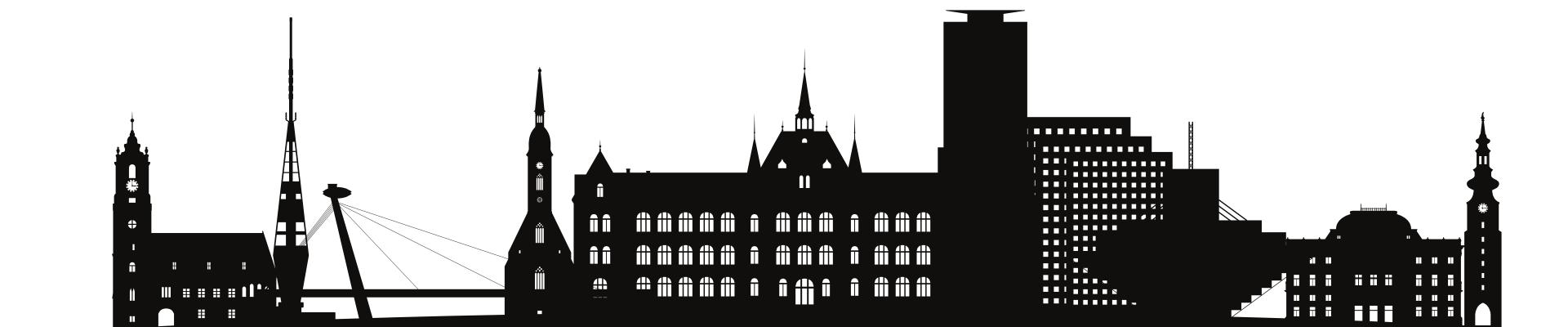




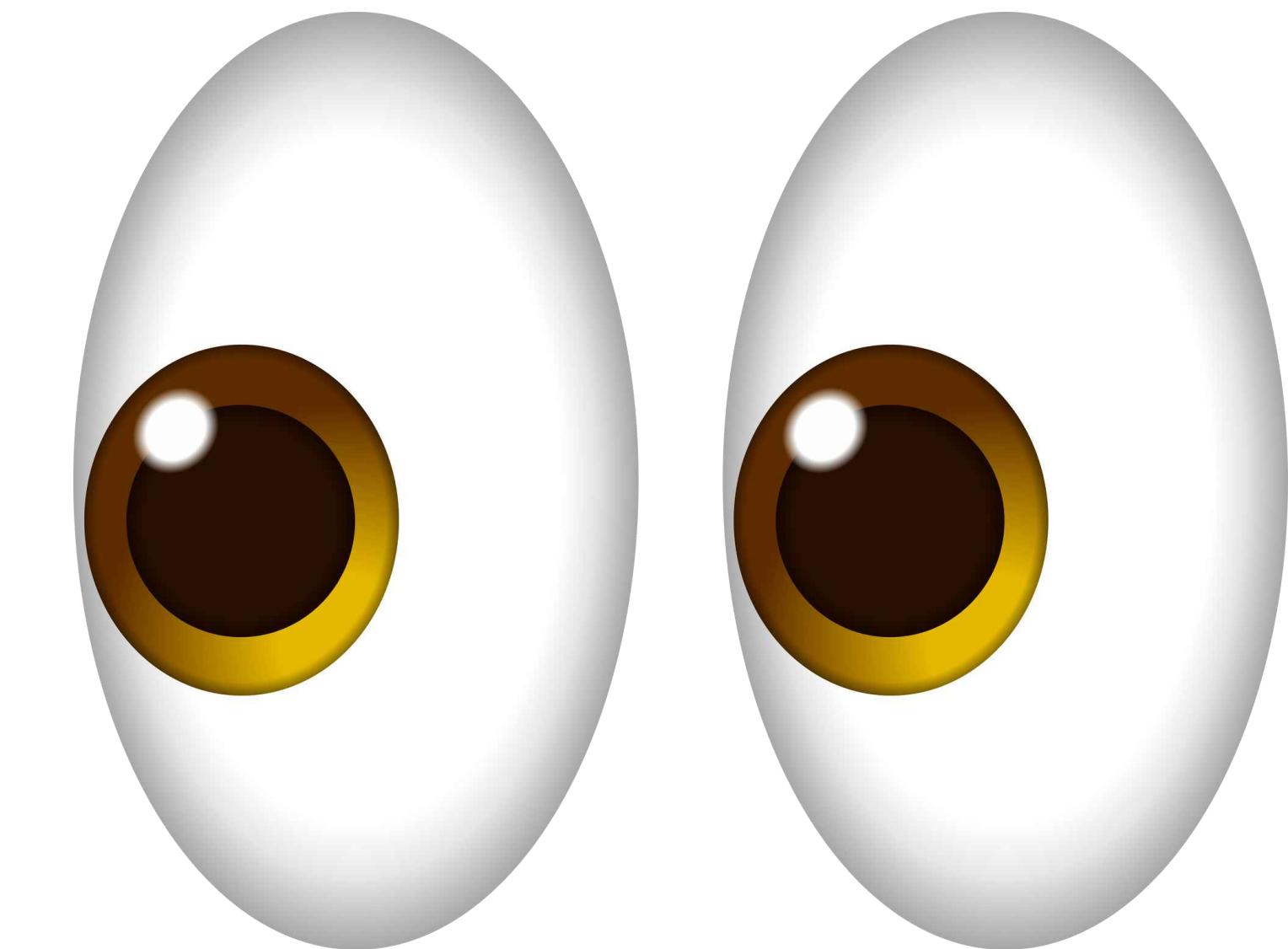
My name is Pedro and I'm from Setúbal,  
Portugal

After finishing my degree I decided to  
do a long term ESC project

I came to Bratislava in the beginning of  
February 2025 and stayed until the end  
of the year



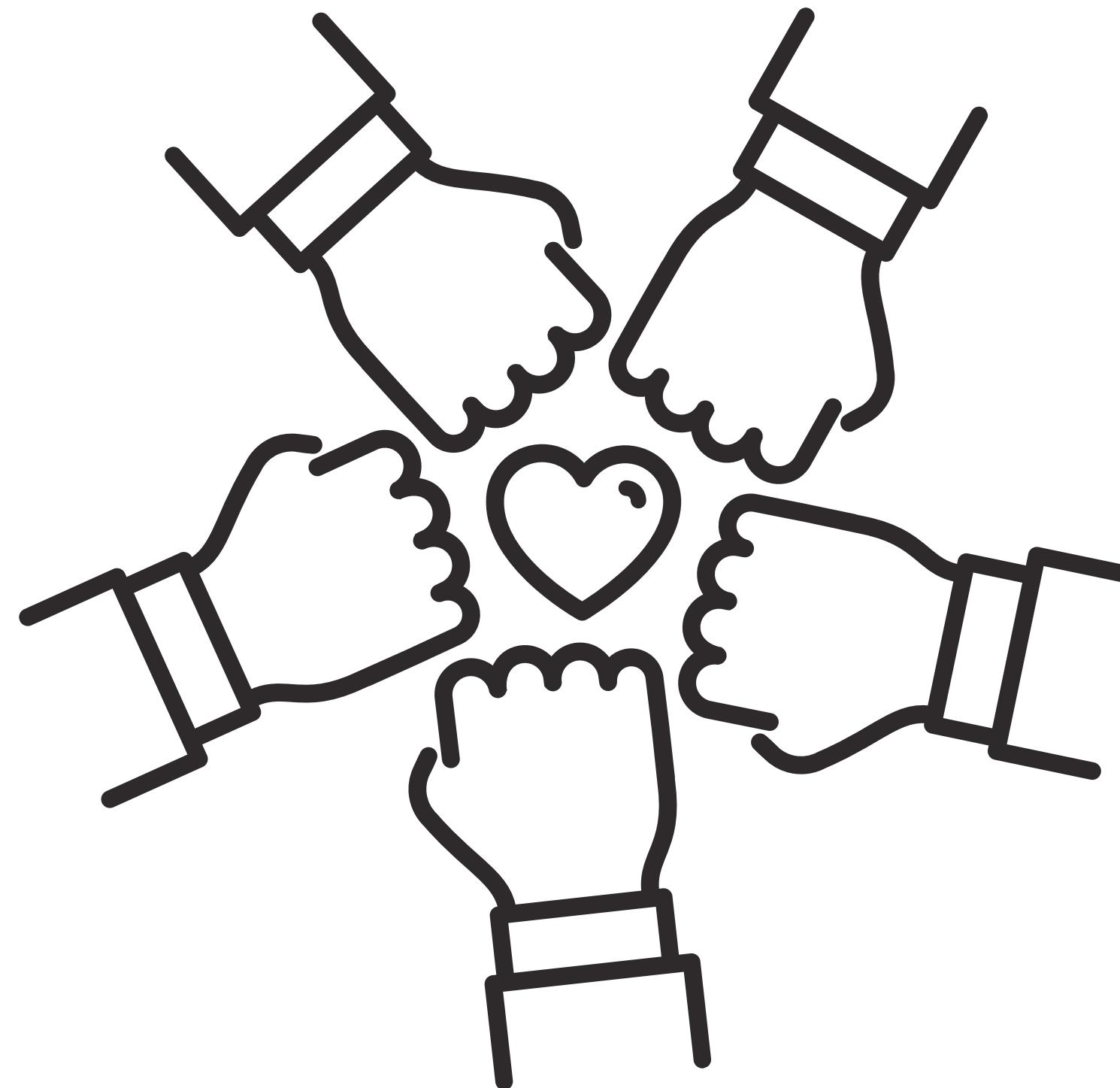
## 2. Open Your Eyes



I wanted to travel abroad, dive deeper into a new country's culture, meet new people from all over the world and make a difference :)



### 3. Volunteering With INEX



# Tea Meetings

In the office, we prepared and presented Tea Meetings where different volunteers talked about their countries, travels, and we presented our workshops.



India & Nepal



France & Portugal



Costa Rica



Bookbinding Workshop



Media Bias Workshop



Afghanistan



Quiz Night



Georgia & Armenia

# Boxes of Love



In one of the Tea Meetings, more than 40 people came to INEX's office to create their own boxes, which will be delivered to 53 seniors around Slovakia.

# One Day Volunteering

In different schools we helped with various tasks from painting the playground and gardening, to cleaning and decorating the rooms



# One Day Volunteering

In Prešporkovo Family Centre, we helped to prepare for the workcamp, celebrated its 20<sup>th</sup> anniversary, and organised a quiz night for families.



# One Day Volunteering

Together with INTEGRA we visited Bratislava Zoo, and celebrated the Spooky Season with some Halloween activities bringing joy to clients.



# One Day Volunteering

With Prešporkovo, we put together the biggest Mother's Day celebration in Slovakia with different activities for kids and families.



# Slovak lessons



In Prešporkovo we also learned (or at least tried to learn) some Slovak words and expressions.

Á á	Ä ä	B b	C c	Č č	D d	Ď d'	Dz dz	Dž dž	E e	Í
dlhé á [ a: ]	a s dvomi bodkami [ æ,e ]	bé [ b ]	cé [ ts ]	čé [ tʃ ]	dé [ d ]	ďé [ ɟ ]	dzé [ dz ]	džé [ ɸ ]	é [ e ]	í [ i ]
G g	H h	Ch ch	I i	Í í	J j	K k	L l	Í í	L l'	M
gé [ g ]	há [ h ]	chá [ x ]	i	dlhé í [ i: ]	hé [ ɟ ]	ká [ k ]	el [ l ]	dlhé ei [ ɛ: ]	mäkké ei [ ʌ: ]	
Ň ň	O o	Ó ó	Ô ô	P p	Q q	R r	Í í	S s	Š š	
en [ ɛn ]	o	ó [ o: ]	ô [ yo ]	pé [ p ]	kvé [ kv ]	er [ r ]	dlhé er [ r: ]	es [ s ]	eš [ʃ ]	
Ť ť	U u	Ú ú	V v	W w	X x	Y y	Ý ý	Z z	Ž ž	
mäkké té [ e ]	ú	dlhé ú [ u: ]	vé [ v ]	dvojité vé [ v ]	iks [ ks ]	ypsilon [ i ]	dlhé ypsilon [ i: ]	zet [ z ]	žet [ ʒ ]	

# Leadership Academy



In the Leadership Academy and First Aid trainings, we got leadership skills that prepared us lead the workcamps and deal with emergency situations.

# ESC Trainings



During the on-arrival training, we met other ESC volunteers in Slovakia, learned about intercultural skills and life in Slovakia. During mid-term training we discussed our learning journey, future opportunities.

# Zážitkovica



INEX's training team prepared various workshops to help us organise our thoughts and cut down the stress of daily life.



# First Aid Training



We also had a First Aid Training so we were ready to deal with any emergency situations that could arise during the workcamps



# Potáborka



In Potáborka we wrapped up the workcamp season and received our Leadership Academy certificates.

# Media Bias Workshop

I prepared a workshop with the aim of raising awareness Media Bias and the importance of critical thinking when consuming news. It was presented in 4 schools, at 2 workcamps and at a Tea Meeting to a total of 139 people.

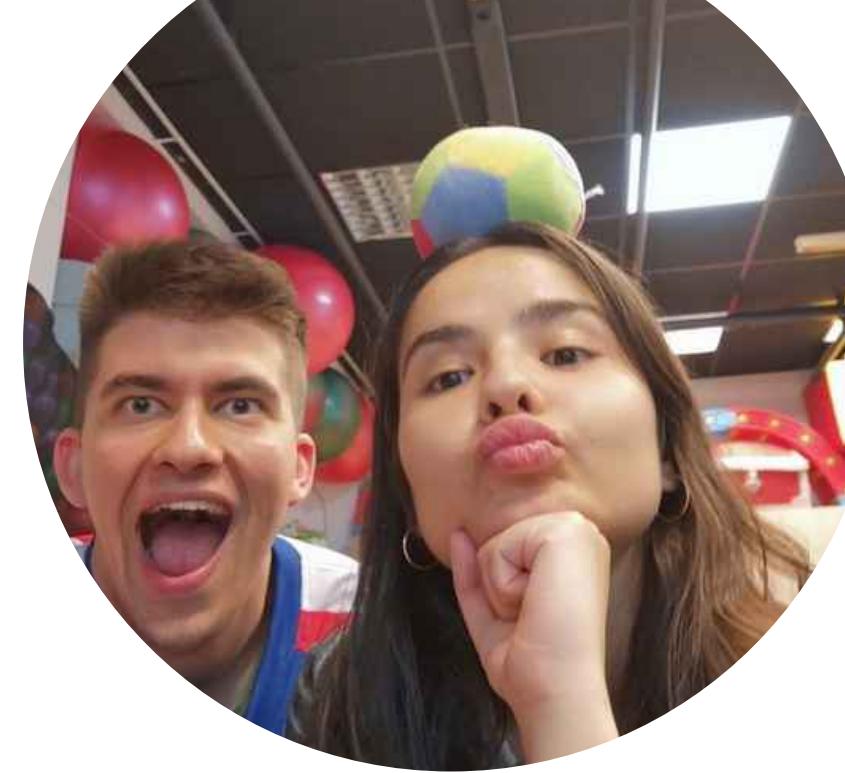


# Weekend Workcamps

During the weekend in Slatinka we learned about ecology, helped preserve nature and take care of the environment around the ecocentre.



# Prešporkovo Summer Camp



I led a volunteering workcamp where we created a summer camp and children learned about the culture of our international volunteers, while the volunteers learned about Slovakia

# Barlička Summer Camp

I led a workcamp where we brought happiness to seniors and youngsters with disabilities in Prešov



# INEX Christmas Party

We prepared 50 litres of Kapustnica for our guests at the INEX Christmas Party. There was also space for creative workshops, a tombola, and to thank and reward INEX's volunteers.



## 4. Self-Development





Public Speaking



Time Management



Budget Management



Leadership



Intercultural Skills



Adaptability



Event Management

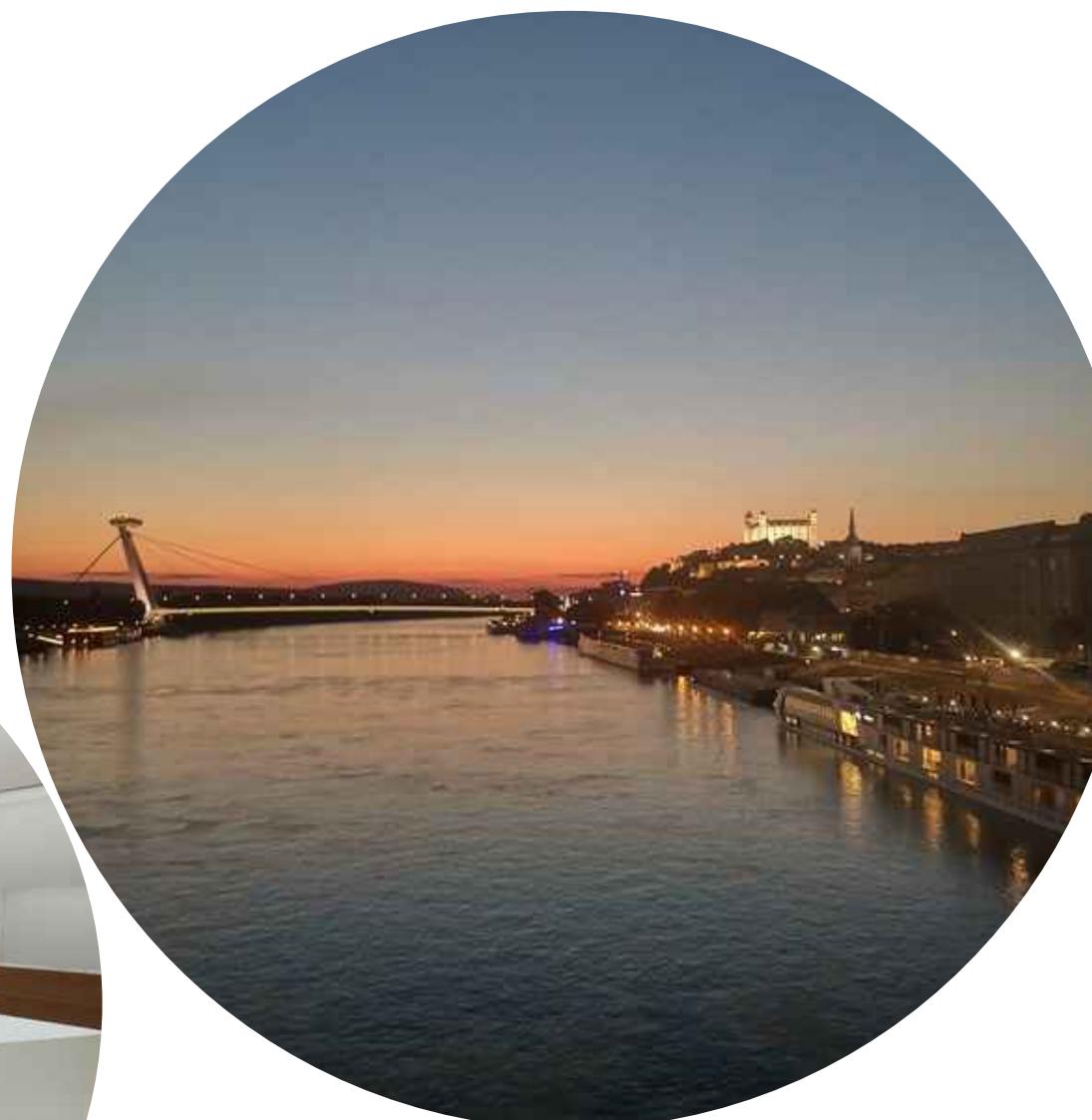
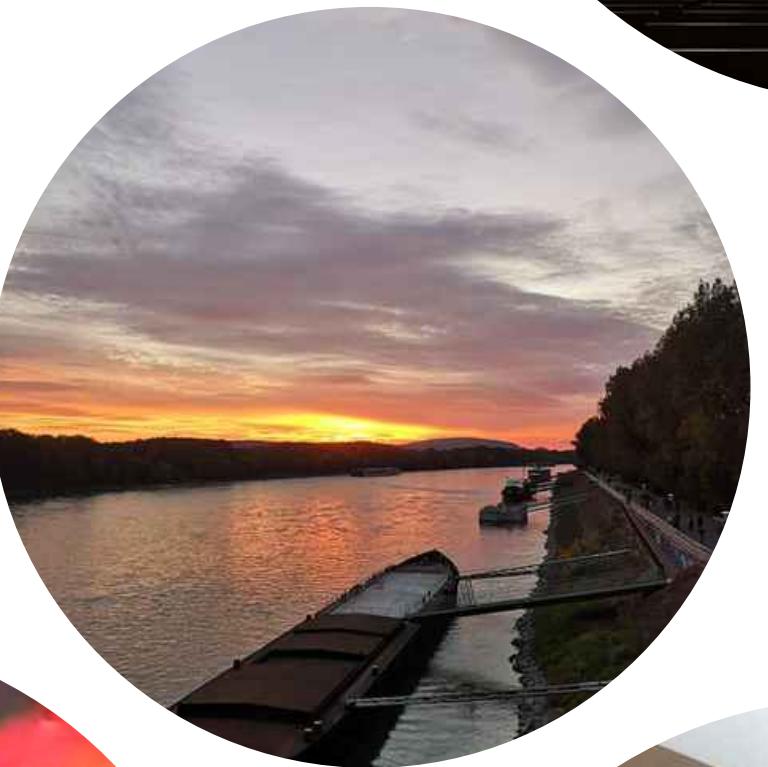
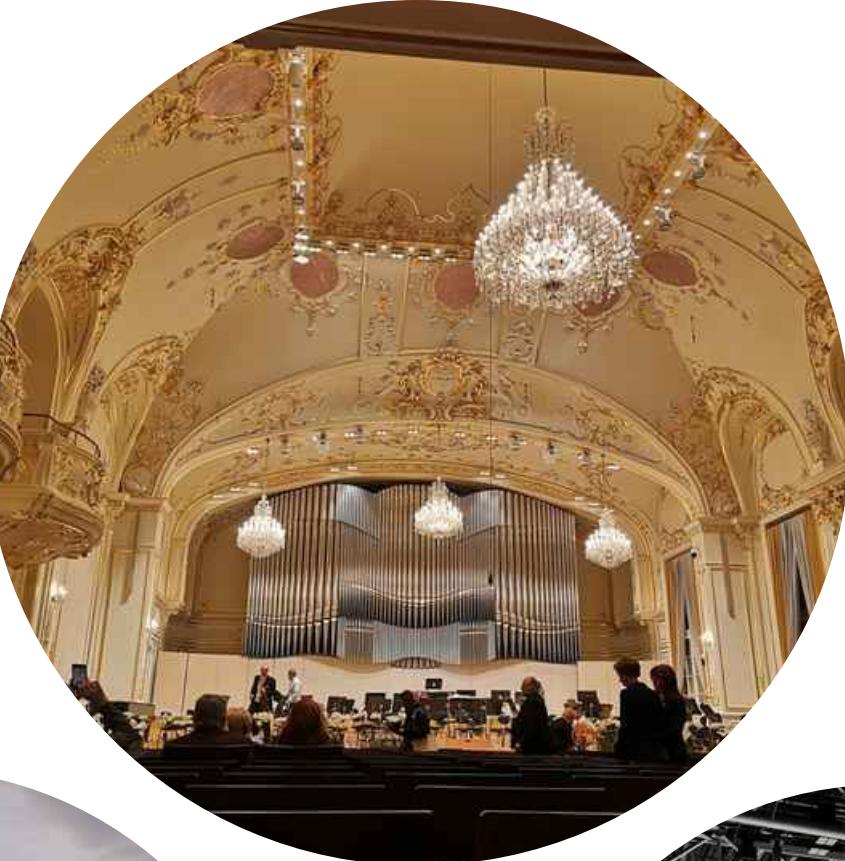


Critical Thinking

## 5. Free Time



I took the chance to watch football and ice hockey matches, visited art galleries and attended many concerts from classical music to music festivals. And I took a lot of time to appreciate the beautiful sunsets over the Danube





Bucharest 



Vilafranca 



Budapest 



Ljubljana 



Rijeka 



Krakow 



Prague 



Mariazell 



Tirana 



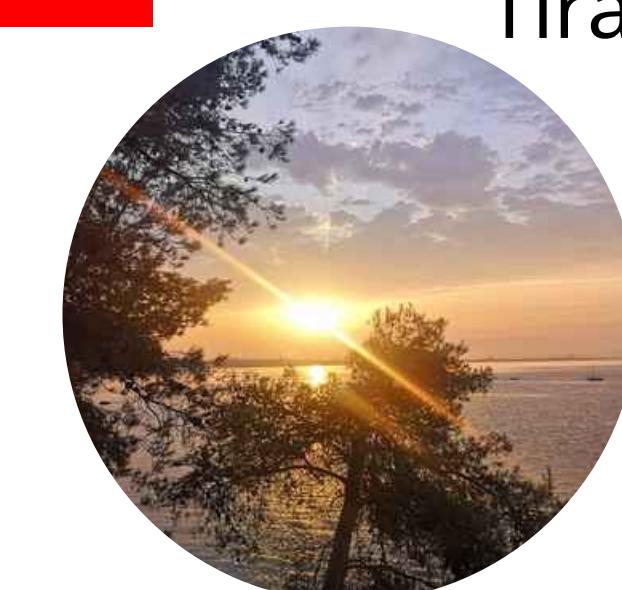
Brno 



Vienna 



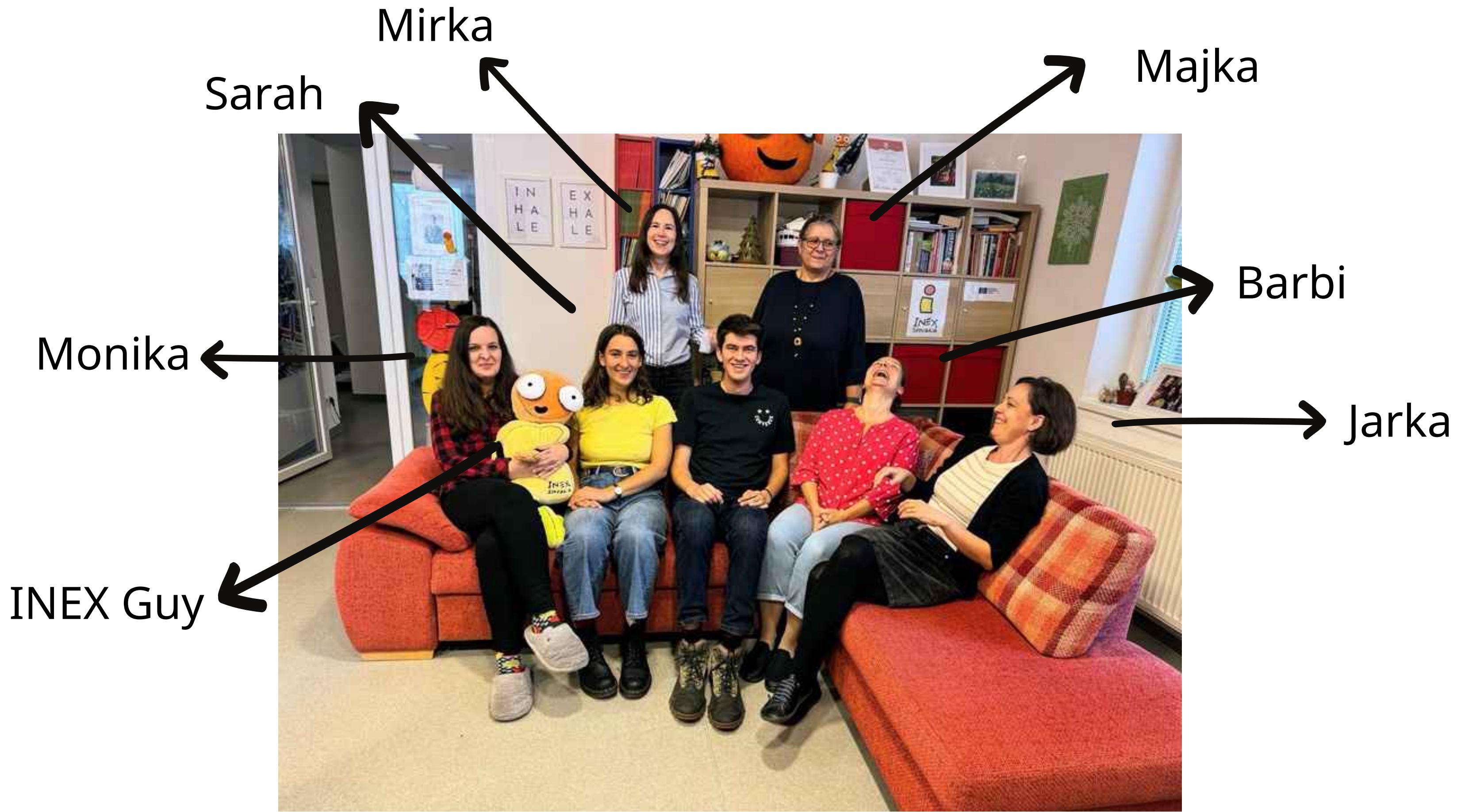
Barcelona 



Setúbal 

## 6. Thank You





THE INEX DREAM TEAM



