

My ESC project



"Open your Eyes"

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08/02/2025 - 31/12/2025



The project "Open Your Eyes" is supported by the EU programme European Solidarity Corps.



Co-funded by
the European Union



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



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Thank you!

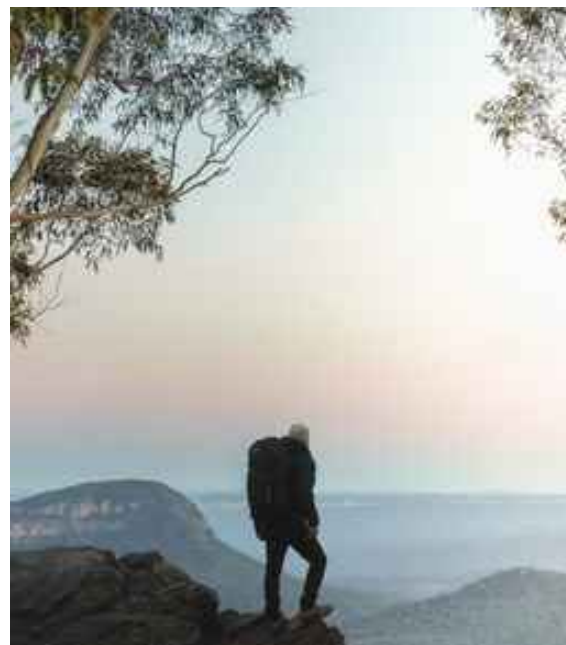


About me

About me



My name is Sarah and I love :



Being in the nature



Traveling



Doing all types of
art



Do my best for the
protection of the
environment

What's
more ?

I have a Master in
agronomia

I worked a year as
advisor for farmers



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Why INEX
Slovakia?

Why INEX Slovakia?



I finished my
studies



I was bored
at work



I loved my 6
month Erasmus
in Slovenia 3
years ago



I wanted to
go abroad
and meet
new people



I wanted to
try something
different,
more artistic
and social

So the perfect choice was





My INEX
activities

My INEX activities



One day volunteering activities



Cleaning Prešporkovo
February

With an international group of volunteers from DELL, we cleaned several rooms in a Family Center Prešporkovo to make the space nicer and more welcoming for the families.



Carnival "Fašiangy"
February

With Family Center Prešporkovo, we visited an international English school to organize a traditional Slovak carnival and teach the children some Slovak dances.

My INEX activities



One day volunteering activities



Prešporkovo 20th
anniversary
March

We joined the celebration of the 20th anniversary of the family center Prešporkovo, where I took part in some craft activities with children.



BROZ work against
invasive species
March

I joined the BROZ organization for an environmental activity, where we inoculated biological mushrooms into invasive trees as a natural method to help control their spread.

My INEX activities



One day volunteering activities



Haanova kindergarten
March

For a company volunteering day, we went to a kindergarten and repainted the playground to make it nicer and more colorful for the children.



Míľa pre mamu
May

To celebrate Mother's Day, we participated in an event where different associations hosted various workshops. At the INEX stand, we helped children create badges using their own drawings.

My INEX activities



One day volunteering activities



SPOZA with autistic
kids
May

I joined the SPOZA association, where I helped take care of two autistic girls. We cooked and, of course, ate pancakes, and also played some educational games together.



Clean the office
May

To prepare for the workcamp season, we cleaned the INEX office and the storage house.

My INEX activities



One day volunteering activities



Zoo with Integra
June

We went to the zoo with people with disabilities and helped push their wheelchairs to show them around. Each volunteer was assigned to one participant.



Work in BROZ farm
June

I joined BROZ organization to help on their farm, where I milked goats, cut grass, herded sheep and goats, and cut some bushes.

My INEX activities



One day volunteering activities



Painting kindergarden
Naše Mesto
September

For a company volunteering day, we went to a kindergarden and painted a sad wall with a bright, kid-friendly design.



Painting wood in
Ursule school
September

We joined a school to help to paint some wood with oil in order to fix the playground.

My INEX activities



One day volunteering activities



At SPOZA with autistic
kids
September

I joined SPOZA again to help take care of some autistic children. We played educational games with them and tried to interact, even when it was challenging.



Cleaning windows in
music school
September

We joined a music school to help clean the windows and create a design with musical notes on them.

My INEX activities



One day volunteering activities



Volunteering at BROZ
in the farm
September - October

I joined this environmental association again, where we continued working with goats and sheep, as well as cutting grass and bushes.



Halloween in
Integra
October

We went to a center for people with disabilities to create a fun Halloween afternoon and bring them some joy. We organized craft workshops and dancing activities.

My INEX activities



One day volunteering activities



We painted a design of the French mountains on the outside wall of INEX with a company, to make the exterior look nicer.

Painting on INEX wall
November



We organized a Quiz Night to challenge participants with questions about culture and geography while having fun together.

QUIZ night at
Prešporkovo
November

My INEX activities



One day volunteering activities



Packing boxes of love
for seniors

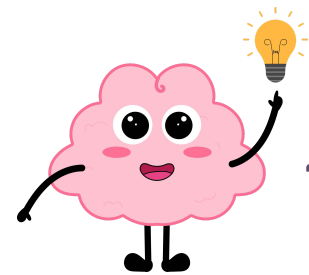
We created boxes with
small gifts and kind
messages for lonely
seniors to spread some
love at Christmas.



Christmas party

We celebrated the end
of the year together
with creative activities,
presentations about my
ESC year, and cabbage
soup, sharing the
moment with other
volunteers from INEX.

My INEX activities



Tea meetings

We organized Tea Meetings, which are monthly evening events held at the office. During these events, participants attend a presentation on a specific topic, ranging from cultural experiences to workshops.

The events are designed to encourage learning and discussion among participants. They provide a friendly atmosphere where people can ask questions, share their thoughts, and connect.



February
Nepal and India



March
Discover France and
Portugal

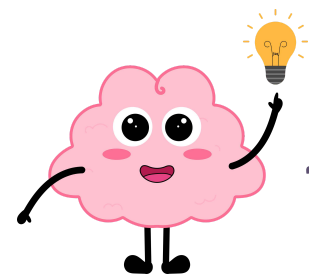


April
Costa Rica



May
Bookbinding
Workshop

My INEX activities



Tea meetings



June
Media Bias



September
Afghanistan



October
QUIZZ night



November
Georgia and Armenia



December
Creative Christmas

My INEX activities



Trainings



Leadership
academy I
March



Leadership
academy II
May

We attended two trainings to prepare for leading workcamps: the Leadership Academy. These trainings lasted two weekends and focused on developing essential skills for managing and guiding groups of volunteers. We learned about leadership styles, teamwork, communication, conflict resolution, and how to give constructive feedback.

The sessions were very practical and interactive, with exercises that helped us practice decision-making, delegation, and problem-solving in group settings. Living together for two days as a group also taught us how to collaborate effectively, and build cohesion among team members.

My INEX activities



Trainings



1st aid
training
June



Potaborka



Zážitkovica

We also attended first aid training to be prepared for any situation during the workcamps. After the camp season, we participated in Potaborka, an event that was a great opportunity to give feedback about the summer camps, share experiences, and reflect on what went well and what could be improved.

Another event, Zazitkovica, focused on personal development. During this event, we took part in workshops that helped us reflect on our strengths, improve problem-solving skills, and develop better teamwork and communication.

My INEX activities



Trainings



On arrival ESC
training
June



Mid term ESC
training
November

I attended two ESC trainings with other international volunteers who chose to come to Slovakia. During these trainings, we learned about the principles of volunteering, how to navigate cultural differences, and explored future opportunities for personal and professional growth. We also shared our experiences and discussed challenges we faced during our projects, which allowed us to reflect and learn from one another. It was a valuable opportunity to connect with people going through the same experience, build friendships, and gain new ideas and perspectives that I could apply to my own volunteering activities.

My INEX activities



Weekend workcamps



Svätý Jur I
March



Svätý Jur II
April

I joined two weekend workcamps in Svätý Jur at a beautiful Renaissance house. During these workcamps, we helped by tidying up rooms that were planned for restoration, cutting grass, building a stone path, and even making ceramics. It was a nice opportunity to work as a team, learn new skills, and contribute to preserving a historical site.

My INEX activities



Weekend workcamps



Slatinka I
April



Slatinka II
October

Weekend workcamps in Slatinka was a much-needed nature break for me. Environmental work is what suits me best, and this camp was the perfect opportunity to do it. We dug channels for water in the forest, planted trees, and spent time connecting with other volunteers around a campfire.

My INEX activities



Workcamps



Slatinka
June

I led a two-week environmental workcamp in Slatinka with a group of six volunteers from across Europe.

Throughout the camp, we were painting the gate of the house, picking up trash, clearing a water channel, cutting branches, building stairs along an educational path...

Beside physical work, the camp offered me a valuable opportunity to develop teamwork and leadership skills. We also learned how to live remotely in basic conditions in nature, which helped us appreciate simple living.

My INEX activities



Workcamps



Serbia
July

I participated in a workcamp in Serbia, working in a nature reserve with a group of volunteers from all over the world.

We helped manage the environment by cutting invasive trees, catching invasive fish, creating space for fishermen, and building benches from old wood. We also caught turtles for study and safely released them, and observed birds to learn more about the local species.

It was a great opportunity to contribute to conservation work, practice teamwork, and learn about nature.

My INEX activities



Workcamps



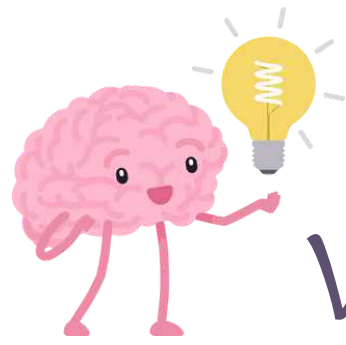
Kysak castle
August

I led another workcamp in the eastern part of Slovakia, focused on archaeology.

Our main task was to search for the ruins of a castle, which involved a lot of digging. This camp was a really nice opportunity to practice teamwork and leadership, coordinating tasks and supporting volunteers in their roles.

It was also a great chance to connect with people from all over Europe, share experiences, and learn from different perspectives.

My INEX activities



Workshop

I created a workshop about bookbinding and had several opportunities to share it with different groups. The version for adults lasted around four hours, while the one for children was adapted to a 45-minute format due to class time limits. The aim of the workshop was to raise awareness about recycling while encouraging creativity and the development of patience and precision through hands-on activities.



First trail with INEX
April
6 participants

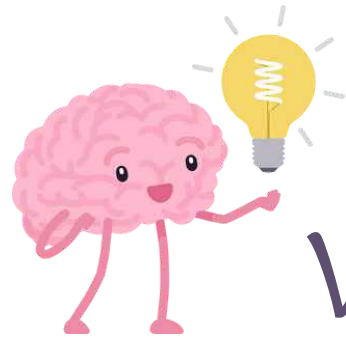


Tea meeting
May
16 participants



Slatinka
workcamp
June
6 participants

My INEX activities



Workshop

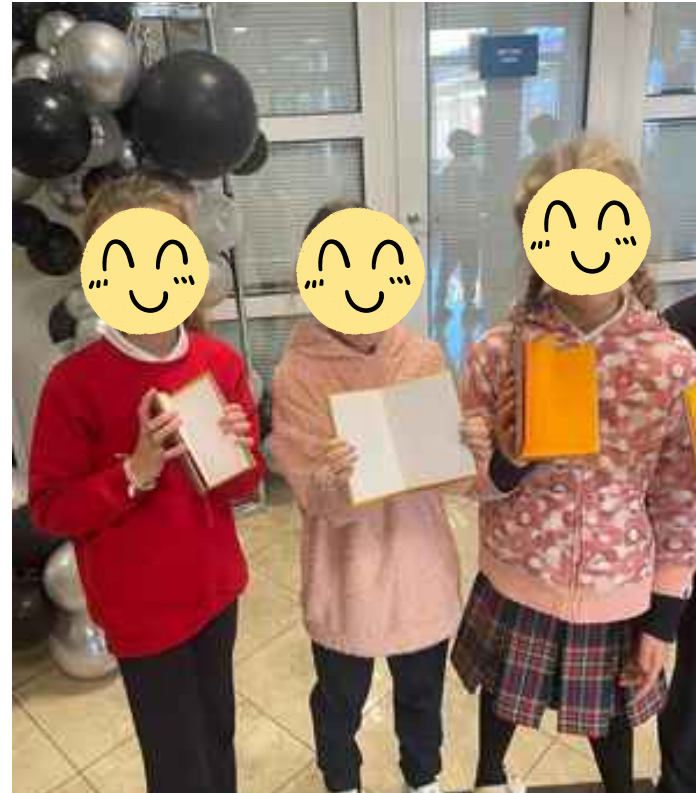
TOTAL = 151 participants!



Kysak workamp
August
11 participants



Workshop #2
October
6 participants



International school
November
39 participants



School ZŠ Vazovova
December
46 participants



School Bajkalská
December
21 participants

My INEX activities



Blog Articles

BLOG

Categories: All



10.09.2025

Sarah: Digging into August



10.09.2025

Sarah: Adventures of July



10.09.2

Pedri

February

March

April

May

June

July

August

September

October

November

December

I was writing monthly blog articles for the INEX website. Here are the clickable links!

My INEX activities



Social media



I had the opportunity to create social media content for INEX's Instagram and Facebook platforms. Find the content directly online!

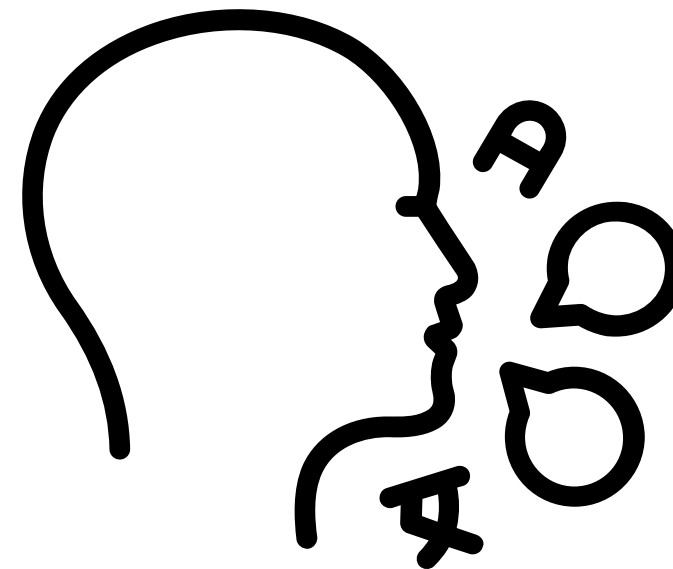
My INEX activities



Slovak classes



Ahoj!



Ako sa mate?

Zmrzlina prosim

Dovidenia

I attended weekly Slovak classes with Pedro, where we learned the basics of the language together with our teacher. I really enjoyed the process and gradually started feeling more confident using simple words and phrases in everyday situations.



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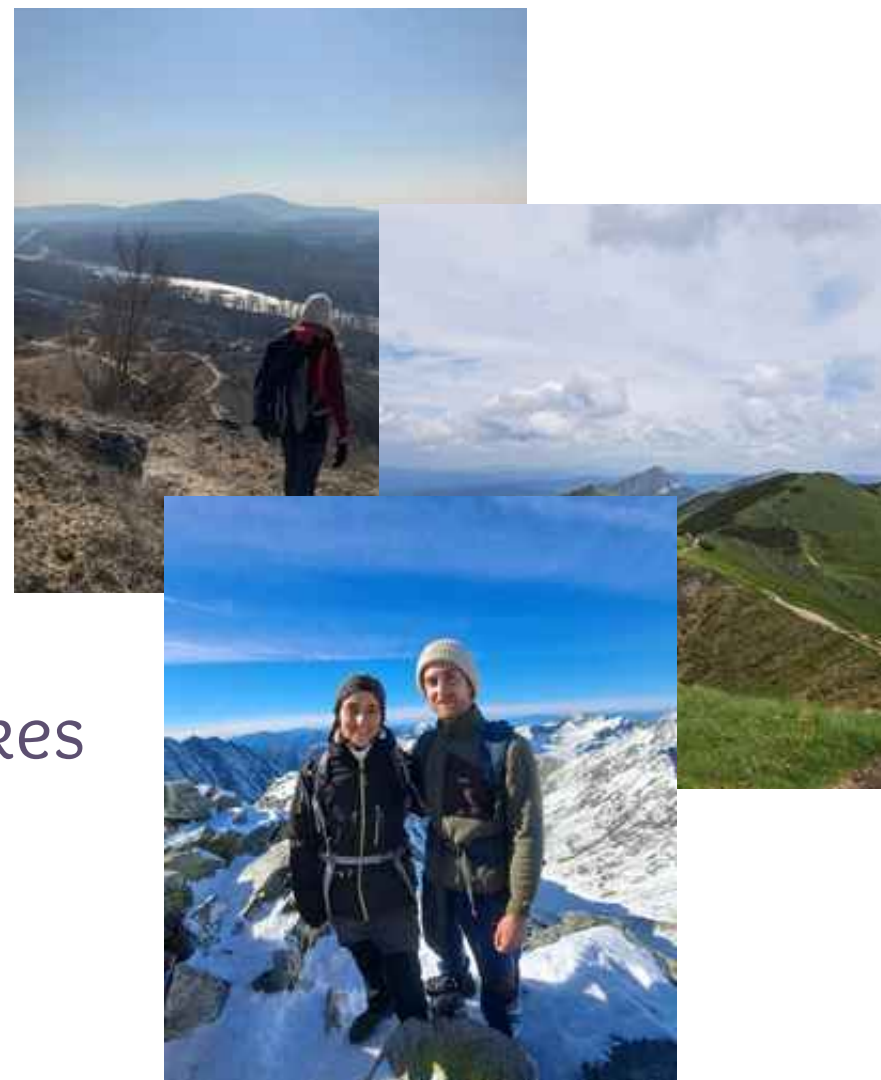
My free time
activities

My free time activities

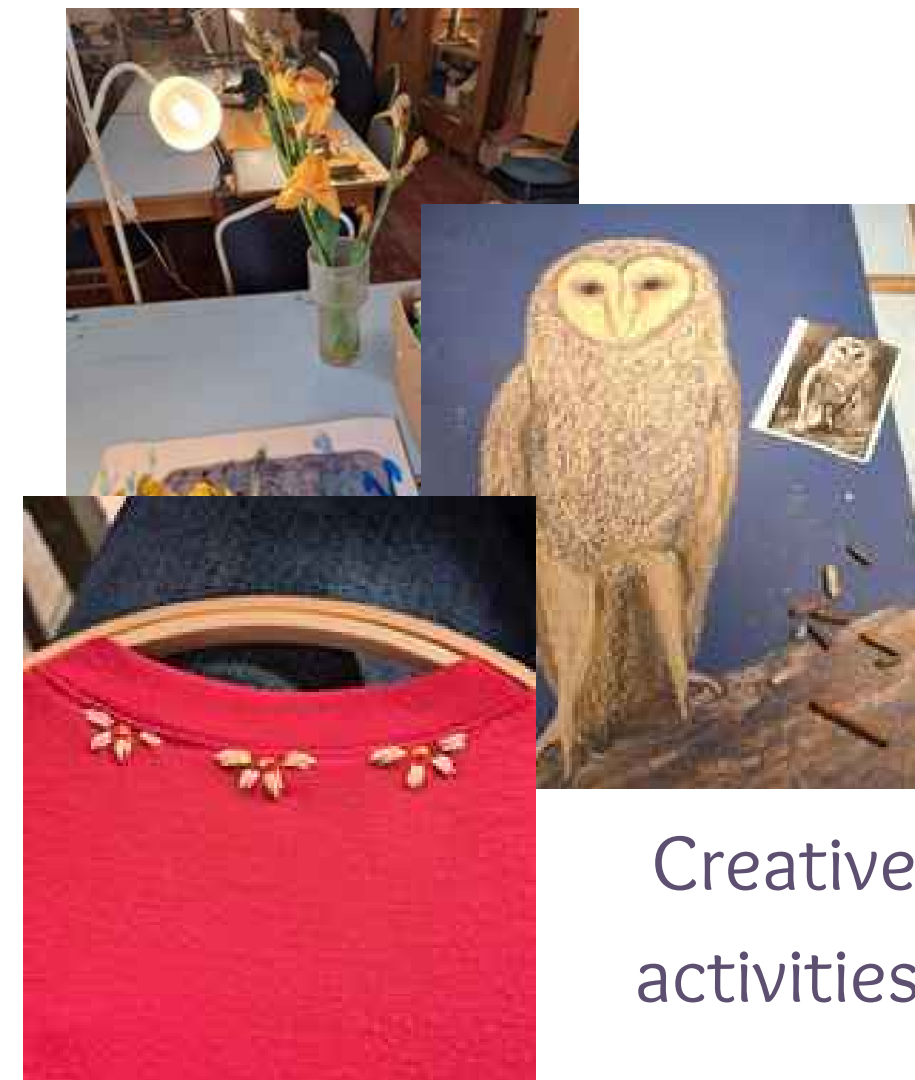
Trips



Hikes



Creative
activities



In my free time, I enjoyed going on trips to discover more of Slovakia, mainly through hiking, which allowed me to explore the country's landscapes and connect with nature. I also spent time doing creative activities and participated in some workshops.

My free time activities



Spending time with friends <3

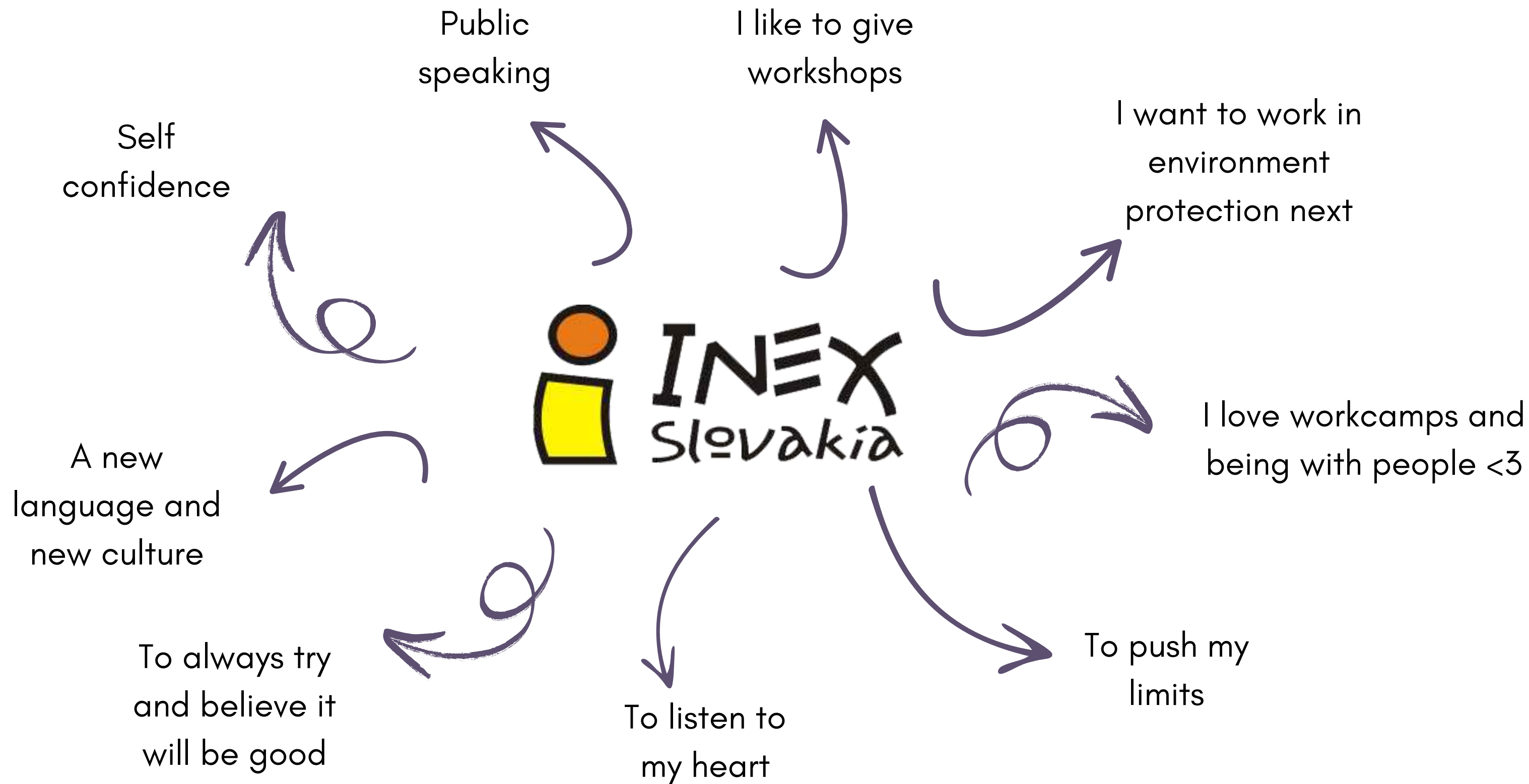




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My learnings

My learnings





Thank you!!!