

# My ESC project



at  **INEX**  
Slovakia

“Open your Eyes”

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08/02/2025 - 31/12/2025



**EUROPEAN  
SOLIDARITY  
CORPS**



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

  
NIVAM  
NÁRODNÝ INŠTITÚT VZDELÁVANIA A MLÁDEŽE

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Thank you!

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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



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.



Míla 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 kindergarten  
Naše Mesto  
September

For a company  
volunteering day, we  
went to a  
kindergarten 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



Painting on INEX wall  
November

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



QUIZ night at  
Prešporkovo  
November

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

# My INEX activities



## One day volunteering activities



Packing boxes of love  
for seniors

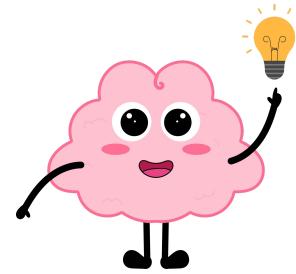
We created boxes with  
small gifts and kind  
messages for lonely  
seniors to spread some  
love at Christmas.



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

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

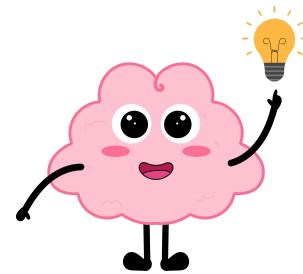
April

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



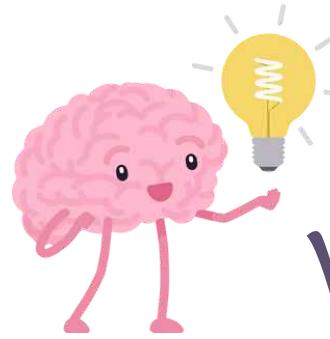
Kysak castle  
August

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 trial with INEX

April

6 participants



Tea meeting

May

16 participants

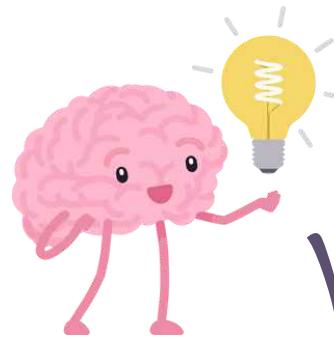


Slatinka  
workcamp

June

6 participants

# My INEX activities



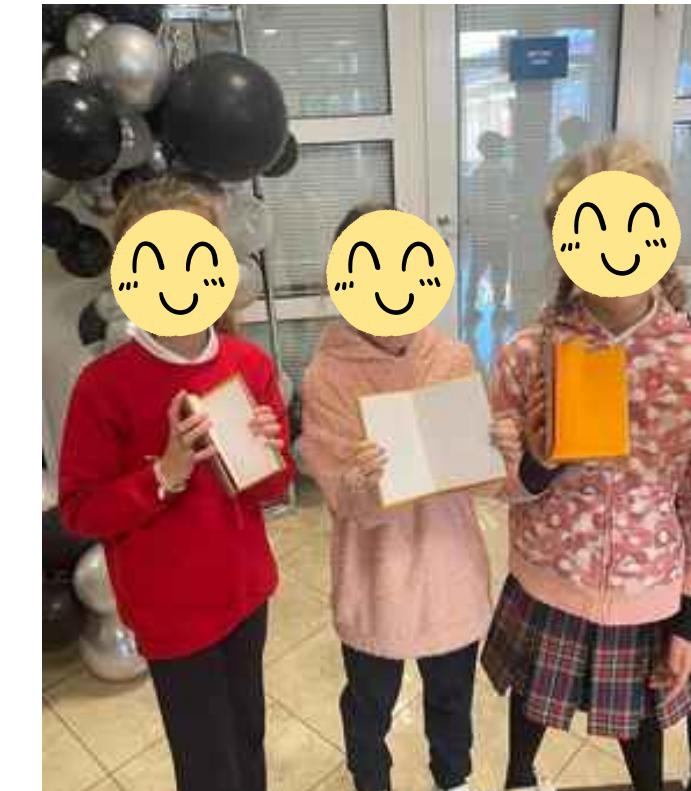
## Workshop



Kysak workcamp  
August  
11 participants



Workshop #2  
October  
6 participants



International school  
November  
39 participants



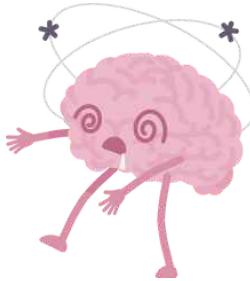
School ZŠ Vazovova  
December  
46 participants



School Bajkalská  
December  
21 participants

**TOTAL = 151 participants!**

# My INEX activities



## Blog Articles

**BLOG**

Categories: All

0.09.2025      10.09.2025      10.09.2025

**Sarah: Digging into August**

**Sarah: Adventures of July**

Pedr

February

March

April

May

June

July

August

September

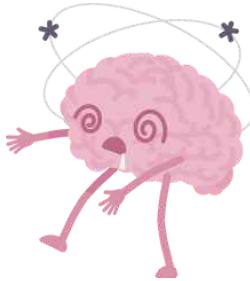
October

November

December

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

# My INEX activities



## Social media



inex\_slovakia

1,149 posts

INEX Slovakia | Do  
• Dobrovoľnícke p  
• Akadémia lídrov  
• Európsky zbor s  
• Zábava, zážitky  
• INEX Slovakia a



Zážitkáreň



Workcampy II



Workcampy



**INEX Slovakia**

5,6 K followers • 101 suivi(e)s

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



# My INEX activities

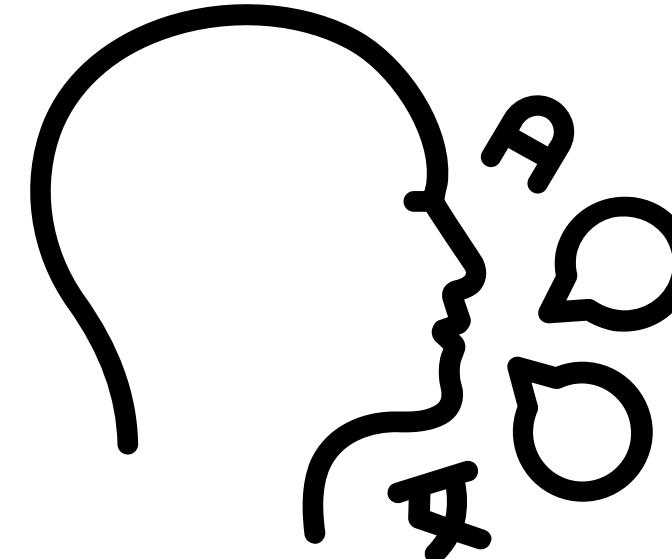


Slovak classes



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.

Ahoj!



Ako sa mate?

Zmrzlina prosim

Dovidenia



My free time  
activities

# My free time activities



Trips



Hikes



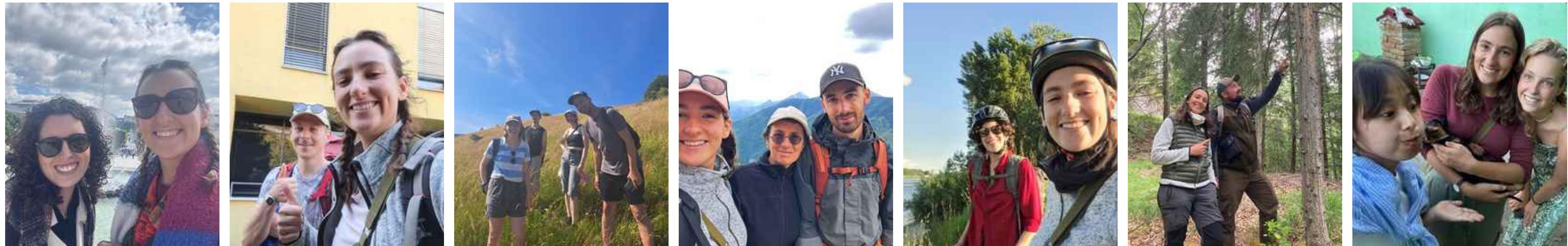
Creative activities

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

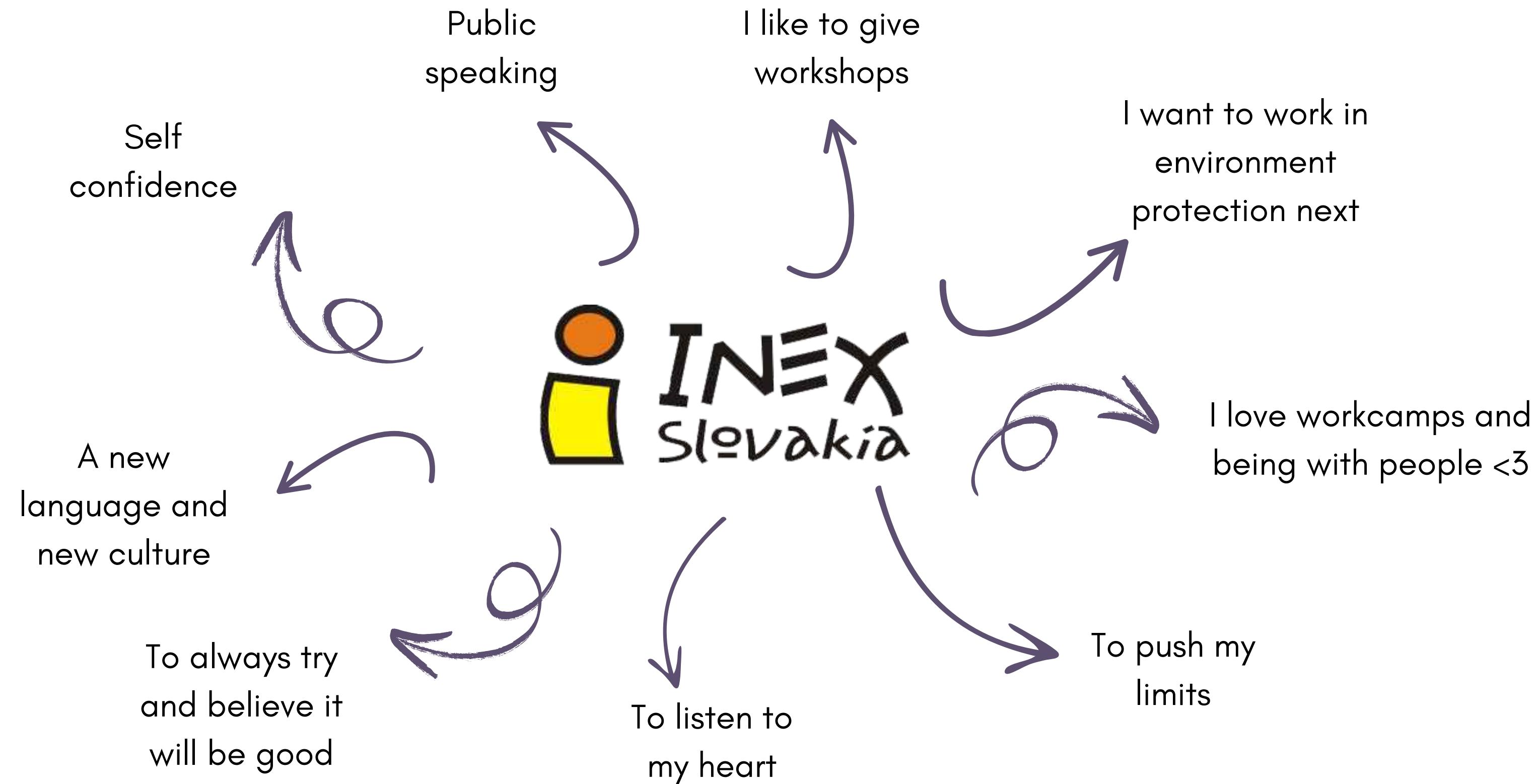




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My learnings

# My learnings



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Thank you!!!