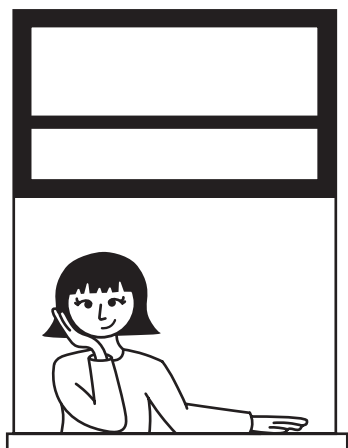
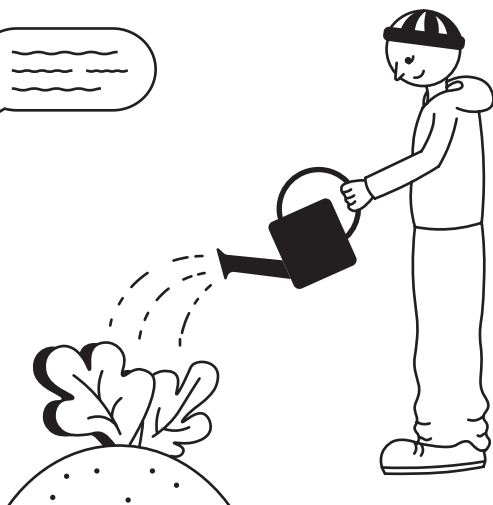
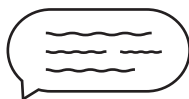


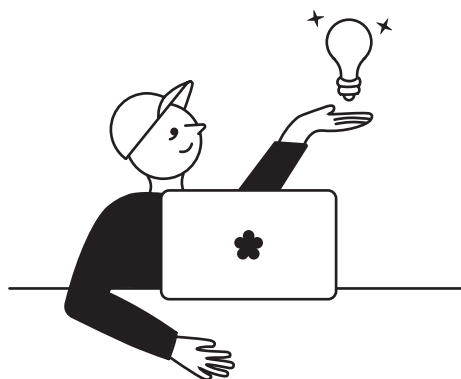


CONNECTING



A guide for ESC
coordinators to
increase the
quality of support

Ideas for activities
to share with
ESC volunteers



FOR GOOD PRACTICES

2023

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Christmas Dinner

 10-40 pax  3-4 hours

BUDGET



PREPARATION TIME



OBJECTIVE

To support the volunteers' all-in-all experience with a festive dinner together and to reinforce the good vibe among the group.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR



KEEP IN MIND

Be aware of the cultural and religious differences. Be sure everyone is comfortable with the event. Organise a discussion before if needed.
Secret Santa: do it voluntarily - if there is someone who does not want to join, do not force them participating.

KEY WORDS

GOOD VIBE

GATHERING

CHRISTMAS

AWARD GALA

SHORT DESCRIPTION

To gather all the volunteers for an informal celebration before the Christmas break.

RESOURCES / INGREDIENTS

- 1.Venue (restaurant or youth center to gather)
- 2.Small presents
- 3.Decoration (optional)
- 4.Online voting sheet (Google form)

Christmas Dinner

INSTRUCTIONS



Organise a meeting where you invite them to the Christmas dinner. If it is needed you can discuss through the cultural differences. Present the 'Secret Santa' game and the 'Award Gala'.



Secret Santa: Each volunteer draw a paper with another volunteer's name secretly. They will prepare a small present for that person and give it to them in the Christmas party. Important! Set up a budget together or set the conditions related the presents, e.g. to prepare a hand-made present only. Tip: there are online applications which can support the process of drawing names.



Award: Set up a list on Google Form (or any preferred platform) including categories which the volunteers will vote to. The list should include positive attributions, such as "The most active volunteer", "The most creative volunteer", "The funniest volunteer", "The most fashionable volunteer". "The best cook" etc.

Give 1-2 weeks for them to vote. Collect the votes secretly and prepare small presents for them which you give them during the Christmas Dinner.

Tip: you can also ask 1-2 volunteer(s) to organise the voting.



Make a reservation at a local restaurant or order food and decorate your local venue (e.g. youth center), where you host the volunteer. Alternatively you can invite the other staff from the organisation, mentors other stakeholders to have the celebration together.

Tip: you can also ask the volunteers to cook their traditional Christmas food, but keep in mind not all culture celebrate Christmas.

COLLECTIVE CARE

 all workers  1 - 2 hours

BUDGET



PREPARATION TIME



OBJECTIVE

To create a space for open communication and raise awareness on the team's work environment, as well as to promote collective decision making for better efficiency.

TARGET GROUP

- ☐ ESC VOLUNTEER
- ☒ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☒ ESC SUPERVISOR

KEY WORDS

COMMUNICATION

TRANSPARENCY

TEAM BUILDING

SHORT DESCRIPTION

A regular meeting with the workers of the organization, where they can share updates about their work, problems, news and emotions within a safe space. It's also a moment for collective brainstorm to help with decision making or finding solutions.

RESOURCES / INGREDIENTS

1. Computer
2. Mediator



KEEP IN MIND

Keep in mind that this is a practice to create a safe space and everyone should be aware to be an active listener!

COLLECTIVE CARE

INSTRUCTIONS



Decide how often the meetings will take place, considering that it should count with the participation of all the organization's workers, and for how long, depending also on the number of people. It should also be in a space where everyone feels comfortable and there is no risk of interruption.



Choose a person who will be the mediator of the meeting and will also be responsible to keep track and send reminders to everyone, as well as plan the topics to be approached during the meeting (and let the others know in advance).



Prepare the space for the meeting (tables, chairs, computer, etc) on the scheduled day, in advance.



Start the meeting with a sharing exercise so that everyone knows how each individual is feeling. Then, let the mediator approach the topics that need to be discussed collectively and to guide the whole conversation, considering that there should be time and space for anyone to share about their individual topics. At the end, do a collective exercise to release the tension and emotions.



Send a written re-cap about the topics discussed in the meeting to all the members.

Walk & talk

 2  30 - 60 min

BUDGET



PREPARATION TIME



OBJECTIVE

To talk about a specific topic (getting to know the volunteer, addressing concerns, solving a problem).

TARGET GROUP

- ☐ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

SUPPORT

WELLBEING

PERSONAL DEVELOPMENT

SHORT DESCRIPTION

The "Walk & Talk" method is a mentoring approach where the mentor and volunteer actively communicate while walking. During the walk, they create a relaxed environment that fosters open dialogue, strengthens relationships, and allows for a casual exchange of ideas and experiences. This dynamic method not only promotes physical activity but also enhances mental well-being and deepens the connection between the mentor and volunteer, contributing to improved learning and personal development for the volunteer.

RESOURCES / INGREDIENTS

- empathic listening
- open questions
- avoid giving advice



KEEP IN MIND

- The goal is not to walk a lot but to talk about the issues of the volunteer.
- Use the way that you already know and don't get lost 😊.

Walk & talk

INSTRUCTIONS



Choose a suitable location:

- Select a location conducive to walking and talking, such as a nearby park or a scenic route in the community.
- Ensure the chosen location allows for a relaxed atmosphere, promoting open conversation.
- Inform the volunteer that you will do the meeting outdoors.



Set clear objectives:

- Begin by establishing the purpose of the walk. It could be a chance for the volunteer to share their experiences, discuss goals, or simply build a stronger connection.
- Clearly communicate the objectives to the volunteer, ensuring they understand the purpose of the walk.



Encourage open dialogue:

- Foster an environment where the volunteer feels comfortable expressing themselves.
- Encourage them to share their thoughts, concerns, or ideas during the walk.
- Actively listen and provide guidance as needed, maintaining a supportive and non-judgmental approach.



Reflect and Set Action Points:

- Conclude the walk by reflecting on the discussions and insights gained.
- Collaboratively set action points or goals based on the conversation.
- Follow up on the identified action points in subsequent meetings to track progress and provide ongoing support.

Remember, the key is to create a space that encourages both physical activity and meaningful conversation, contributing to the volunteer's personal and professional development within the framework of the European Solidarity Corps.

Fotogovorica - foto speech

5 - 30
 15 - 30 min

BUDGET

PREPARATION TIME

OBJECTIVE

To reflect on the learning outcomes, emotions ... after an activity.

TARGET GROUP

☐ ESC VOLUNTEER
 ☐ ESC COORDINATOR
 ☐ ESC MENTOR
 ☐ ESC BUDDY
 ☐ ESC SUPERVISOR

KEY WORDS

SUPPORT

WELLBEING

REFLECTION

SHORT DESCRIPTION

Fotogovorica as a tool is a collection of photos with different motifs. When working with photo speech, the impressions, emotions, associations and memories that the photo evokes in us are more important than the objective content of the photo itself. Thus, the same photo can cause completely different reactions in different observers. Photos help us to express our mental states, stimulate a group conversation or enable a better understanding of others and their problems. The photo speech method is suitable for use in groups, but it can also be used for individual work or work in pairs.

RESOURCES / INGREDIENTS

- fotos, Dixit cards, postcards ...



KEEP IN MIND

- You have to prepare more pictures than the persons included.

Fotogovorica - foto speech

INSTRUCTIONS



Photo Selection:

- Begin by carefully selecting a diverse set of photos from Fotogovorica, ensuring that they cover a range of motifs and themes.
- Consider the participants' backgrounds and the goals of your session when choosing the photos.



Introduction and Guidelines:

- Start the session by introducing the photo speech method and its emphasis on personal impressions, emotions, associations, and memories.
- Provide clear guidelines for the participants, encouraging them to share their thoughts and reactions rather than focusing on the objective content of the photos.
- Emphasize that there are no right or wrong responses, fostering an open and non-judgmental atmosphere.



Individual Reflection or Pair Sharing:

- Allow participants some time for individual reflection on the photos. This could involve asking them to jot down their initial thoughts or feelings evoked by each photo.
- Alternatively, facilitate pair work, where participants share their reactions with a partner. This can promote deeper discussions and different perspectives.



Group Conversation and Reflection:

- Bring the group together for a collective discussion. Encourage participants to share their experiences, insights, and any common themes that emerged during the photo speech activity.
- Facilitate a reflection on how this method enhances understanding of one another and can be applied to real-life situations.
- Conclude by connecting the learnings from the photo speech exercise to the broader goals of the group or individual development.

CRISIS MANAGEMENT PLAN

 all workers  1 - 3 hours

BUDGET



PREPARATION TIME



OBJECTIVE

To create a guide to follow in case of emergency.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☒ ESC COORDINATOR
- ☒ ESC MENTOR
- ☒ ESC BUDDY
- ☒ ESC SUPERVISOR

KEY WORDS

PREPARATION

GUIDANCE

EMERGENCY PLAN

SHORT DESCRIPTION

Created crisis management plan will help organisation to deal with emergency situations that occur through-out a project, so each member knows how to react to unexpected situations.

RESOURCES / INGREDIENTS

1. Computer
2. HR



KEEP IN MIND

Make sure to include what is relevant for your organisation and members.

CRISIS MANAGEMENT PLAN

INSTRUCTIONS



Establish a team that is capable of addressing individuals and teams needs in case of unexpected crisis situations.



The team will brainstorm possible emergency cases from all different categories (environmental, physical, mental) and create a list of most suitable and relevant eventual cases.



Check which team members are relevant for specific situations; Research local or online entities such as hospitals and mental health services, considering insurance, availability, distance, language, etc.



Create a phone list of emergency numbers (national Emergency Number and contact people), add availability times and addresses.



Write down often needed emergency procedures, including evacuation, usage of first aid, usage of emergency equipment such as fire extinguishers, etc.



Make it available to all the members of the organisation and have it in shared spaces as office, venue, accommodation and online. Review and update the plan every year or when it's needed.

Intercultural evening

 20-30
  2h

BUDGET






PREPARATION TIME






OBJECTIVE

Faster integration of the volunteer/volunteers in the community.

TARGET GROUP

☒ ESC VOLUNTEER

☐ ESC COORDINATOR

☐ ESC MENTOR

☐ ESC BUDDY

☐ ESC SUPERVISOR

KEY WORDS

INTEGRATION CULTURE

LOCAL COMMUNITY

SHORT DESCRIPTION

Intercultural evening with local community where the volunteer/volunteers present their country, culture, traditions, etc.

RESOURCES / INGREDIENTS

1. Their local food.
2. Ingredients for the food they plan to cook.
3. Available kitchen for cooking.
4. Venue for the activity.
5. Digital tools for the presentation.

Intercultural evening

INSTRUCTIONS



Making the event on social media , press release and inviting people to the event. At least 2 weeks before the planned event.



If necessary, showing the volunteer needed digital skills for the presentation.



Buying the needed ingredients and cooking the food.



Setting up the venue for the event.



KEEP IN MIND

This is the event that the volunteers prepare and you are here to support them.

Creative volunteer diary

 1
  1h 30 minutes

BUDGET






PREPARATION TIME






OBJECTIVE

Making monthly reflection in creative way.

TARGET GROUP

☒ ESC VOLUNTEER
☐ ESC COORDINATOR
☐ ESC MENTOR
☐ ESC BUDDY
☐ ESC SUPERVISOR

KEY WORDS

SUPPORT

CREATIVITY

REFLECTION

SHORT DESCRIPTION

Within the month volunteer makes it's own personal crative diary in form of the newsletter.

RESOURCES / INGRIDIENTS

1. Newspaper
2. Colouring pens, crayons
3. Glue
4. Paper



KEEP IN MIND

It can also be done in some free digital tools, example Canva.

Creative volunteer diary

INSTRUCTIONS



Explain to the volunteer/volunteers explain the objectives, that is a tool for self reflection and give them 10 minutes to think about what happend to them during the last month. Example to think about about 3 positive things that happend during the volunteering and 3 positive things they experienced in their free time.



Give the volunteer/volunteers needed materials so they can start working on it. When they are finished they present it to the mentor for a discussion.



Discussion of the previous month experience.

Reflection in Colours

 2-60 people  45-60 min.

BUDGET



PREPARATION TIME



OBJECTIVE

For the volunteers to evaluate their activity period and reflect what was important for them.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

REFLECTION

EVALUATION

HANDMADE MEMORIA

SHORT DESCRIPTION

This exercise is great to do with the volunteers, once they are back from their activity period to make them reflect on their time abroad. The exercise works better if they are a group of people so they can talk together while creating their bracelets.

MATERIALS

1. Thread to make bracelets
2. Needles
3. Beads in different colours (orange, yellow, white, blue, green, and red) - beads in wood look the prettiest



KEEP IN MIND

The thread needs to be strong enough to make a bracelet, but also thin enough so the beads fit. Remember to check the size of the hole in the beads. The needle is to help get the thread through the beads, if necessary.

Reflection in Colours

INSTRUCTIONS



Every participant has to create a bracelet. Every bead has a symbolic meaning. When the bracelet is done, the bracelet is supposed to represent what were the most important things for the volunteer. After the exercise, the volunteers present their bracelet, but they are also more than welcome to talk during the exercise.



The meaning of the colours:

Orange = health

Yellow = money

White = personal development

Green = nature

Blue = friendship

Red = family



Remember to make the volunteer think. Why was health important to them? Was it because they focused a lot on going to the gym? Was it because they got very sick? How did it change them? How is their relationship to their family before, during, and after their activity period? How did they change on a personal level? Did they "find themselves" while being abroad? Have they managed to bring that person with them back home? etc.



Local Events

 2-50 people  1 hour - all day

BUDGET



PREPARATION TIME



OBJECTIVE

To integrate the volunteers in the local community and create a strong intercultural community in the organisation.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☒ ESC MENTOR
- ☒ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

INTEGRATION

LOCAL SOCIETY

STRONGER COMMUNITY

SHORT DESCRIPTION

Creating local events according to where the volunteers are located to get them involved with the local volunteers/active members of the organisation as well as the neighbourhood. By creating events, the organisation will get a much stronger intercultural community, and the volunteer will get to know their area much better.

RESOURCES

1. Active members willing to arrange events and be present on the day to make sure everything goes as planned
2. Participants (volunteers, active volunteers in the organisation, members of the local community etc.)
3. A place or an activity for the event



KEEP IN MIND

Money and time needed to prepare depends on the nature of the event. For example, renting out a local space to create an indoor escape room will definitely take more effort than arranging an intercultural dinner.

Local events

TIPS AND TRICKS



Who arranges the event?

Active members: Have active members/volunteers in the organisation create an event they find interesting. This gives them a sense of ownership and ensures they'll show up as they find the event exciting.

Previous volunteers: It's also a good idea to ask previous volunteers to arrange an event. They often want to stay connected to the country they went to. Many are therefore excited to cook food from the country they went to or to share their experiences while they were abroad. You should take advantage of this - especially right after they've returned.

Foreign volunteers: It can also be the foreign volunteers who arrange the event after they've stayed in the country for a while.



What about money?

It's possible to arrange events that don't cost too much. If you do not have local spaces available for non-profit organisations, you can go to cheap places such as an ice skating rink, the park to have a picnic, walk around the neighbourhood etc.



Culture as centre point

It's fun to have social events where everyone gets to know each other, but it's even better when there's a cultural aspect. You could for example go to a museum, have a tour of the old area of the city, learn how to cook food from one of the volunteers' home country or something completely else.

Local events

4

What will we get out of it?

For active members: The best possible outcome of this is that recent volunteers, mentors or other active members find this so fun and giving, that they'll create their own events without the office getting involved. It's a great way for them to get a sense of ownership and fulfilment from creating a successful event.

Foreign volunteers: On the other hand, the foreign volunteers get to experience the country from a local's perspective and (hopefully) for free. They'll also have the possibility to make friends for life with the other foreign volunteers, active members in the organisations, and maybe locals (depending on the type of event).

For the organisation: All of this will create a fantastic intercultural environment for the organisation. This will help you

- spread the word about your organisation and thus hopefully,
 - find more active members (mentors, people that wants to arrange events, help with SoMe etc.)
 - get more people who wants to travel through your organisation
- keep more of your returned volunteers in your community even after they have returned from their stay abroad
- foster better relationships between your mentors and foreign volunteers and subsequently understand your volunteers and their needs better



Conflict Management

 2-25 people  30 min.

BUDGET



PREPARATION TIME



OBJECTIVE

Tools to handle a conflict in the future during their activity period.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

COMMUNICATION

CONFLICT MANAGEMENT

SHORT DESCRIPTION

This exercise is meant for volunteers at their pre-departure training and is focused on conflict management and what a volunteer can do in case they have a disagreement with another volunteer, a colleague at their project, or someone else.

MATERIALS

1. Conflict stairs 1) escalation and 2) de-escalation
2. Whiteboard and whiteboard pens (not necessary)
3. Projector and ppt (not necessary)



KEEP IN MIND

This exercise can be done in a variety of ways and a whiteboard and projector are therefore not necessary. It's possible to just use paper and pens only.

Conflict Management

INSTRUCTIONS

In this exercise, the future volunteers will first focus on what can happen when a disagreement escalates and afterwards how to de-escalate it.



The volunteers will be given the seven different steps of the escalation-stairs. Together two and two, they'll be given 5 mins. to discuss what they think the different steps will look like. There'll therefore get the different stages, but not in which order they usually appear in a conflict.

The steps are as follows:

1. disagreement
2. personification
3. the problem grows
4. the conversation is abandoned
5. enemy images
6. open hostility
7. polarisation

Explanation of the different stages:

Disagreement - a problem has been detected.

E.g: Hanna is dissatisfied with the fact that every time she comes home, Martin, one of the other volunteers, has not cleaned his dishes from the previous day. This drains Hanna from energy, as she's already tired after a long day of work.

Personification - the conflict is transferred from focusing on the problem to focusing on the person.

E.g: Hanna finds Martin to be rude and lazy.

The problem grows - the volunteer starts discovering more problems both in the past and present, and the conflict begins to be felt in the communication.

E.g: Hanna starts to think that Martin is in general a rude person. One time he said something to one of the other volunteers which hurt their feelings and another time, he got everyone ice cream except for Hanna. Very typical Martin.

Conflict Management

The conversation is abandoned - the volunteer gives up on communicating with the other party in the conflict.

E.g: Hanna has tried to explain the situation from her point of view to Martin, but he doesn't listen and now she's given up on communicating her feelings to him. Instead, she goes to their mentor.

Enemy images - the view of the other party in the conflict is now very negative. The original problem is almost forgotten and instead, the focus is on how awful the other person is. The goal is to be right and the other person wrong.

E.g: It doesn't matter what Martin does now. Everything he does is rude, lazy, and annoying. He has always been this way and always will be.

Open hostility - the conflict is in full swing and the negative feelings towards each other are given free rein.

E.g: No one is in doubt anymore that Hanna and Martin are not fond of each other. Both of them speak badly about each other behind their backs and they are even trying to get the other volunteers on their side.

Polarisation - the two parties simply cannot be in the same room anymore. At this point major consequences will have to be taken into consideration such as removing one volunteer, finding them a new project, or sending one of them or both home. At this point, the conflict cannot be resolved anymore without outside intervention.

After the volunteers have had time to guess how they think the escalation stairs will look like, they get time to present their guesses. Afterwards, you show them the actual stairs. It's however important you emphasise that not all conflicts look like this. It very much depends on the persons involved and how they tackle conflicts. Some people get defensive, others aggressive, and some are "conflict shy".

For our session, we usually write the seven stages randomly on the whiteboard and then let them discuss the stages for 10 mins. Here, they write their guesses down on paper. After having discussed their guesses, we show the answer on the whiteboard with the help of a projector. This is however not necessary. You can write the answer yourself on the whiteboard or print out a piece of paper for everyone with the answer.

Conflict Management

INSTRUCTIONS

2

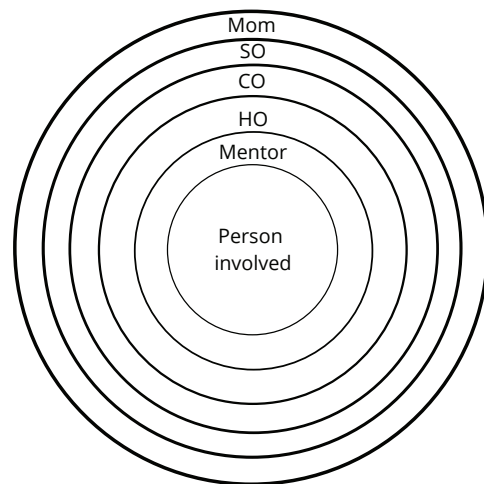
Now it's time to focus on how to de-escalate a discussion. Here, we usually go right to the de-escalation stairs as the examples given (e.g. with Hanna and Martin) are fresh in their memory.

The steps are as follows:

8. direct contact (*talk to the person involved in the conflict*)
9. the conflict is wanted to be resolved by both parties
10. each person tells their side of the story
11. finding the main lines (*what was the original issue really about?*)
12. finding the underlying interests and needs of both parties
13. brainstorming solutions
14. setting specific agreements for the future

3

Next, it's a good idea to remind the volunteers who to contact in case of a crisis. Of course, it depends on the issue, but in most cases, it's the same. We usually draw it as such:



It's always good to discuss talking with other volunteers. Sometimes it can be healthy to get frustrations out and get a different perspective, but other times, it can create more drama. It depends on the situation.

Conflict Management

INSTRUCTIONS

4

Lastly, we look at concrete examples from previous volunteer experiences. Here are some examples of some of the problems:

- One of the volunteers always cleans after the parties at their shared flat. He has tried to talk with the rest of the volunteers about it, but they don't listen.
- A volunteer comes home with a Muslim friend without telling their host family. The host family is not happy about this and talks badly about the friend in front of the volunteer. The volunteer doesn't understand everything as they are still learning the local language, so the friend explains it the day after and says, they don't want to be friends anymore.
- A volunteer makes plans to go on a trip with a colleague from their project three weeks after they have arrived in the country. However, it's on a weekend, so the host family had arranged to go on a trip and introduce the volunteer to the rest of the family. The volunteer has already paid for the trip.
- A volunteer lives with a host family and has interesting conversations about history and politics. One day the CO comes and tells the volunteer that the host family doesn't want to host the volunteer any longer.

Etc.

There are around seven stories that the volunteers have about 30-40 mins. to discuss together. It very much depends on how many volunteers there are and how talkative they are as well.

Some questions to consider:

- What could the volunteer have done differently?
- How would you have handled the situation?
- What's important to consider when living with others or a host family?

If they all seem to agree, try playing devil's advocate so they see the situation from several perspectives.

Folder in a Drive

 1-99  30min

BUDGET



PREPARATION TIME



OBJECTIVE

Create the place where all the needed information for volunteer and coordinator is in the same place.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☒ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

SUPPORT

INFORMATION

SHORT DESCRIPTION

For every new volunteer you'll open up the Google Drive folder. Inside the folder are different subfolders. Folder is shared to volunteer, sending and coordinating organisation.

RESOURCES / INGREDIENTS

1. Google Drive



KEEP IN MIND

All the informations can be in the folder but still you should time to time remind it to your volunteer. Especially before they are coming.

Folder in a Drive

INSTRUCTIONS



After you and volunteer have confirmed the participation in your project send them a link with their Google Drive. Inside of it they can find:

Infopack containing ESC Infokit, Information about the documents you as a coordinating organisation need, Infopack for Visa volunteers if needed.



Paperwork for Visa volunteers (if needed) containing Accommodation letter, costs letter, invitation letter, confirmation letter from NA. All the information what volunteer needs to go through visa appointment without hassle. (In some countries you may not need any of this but we have had some issues with some embassies and we are always fully prepared.



As we ask our volunteers to send us the monthly reports-containing their professional and personal reflection of the month plus pictures they are adding them also into one of the subfolders. At the end of their volunteering project when they need to write the final report they have good material to look back for and put it all together more easily.



The folder also contains the Volunteering Agreement, photocopies of their passport, emergency information, Henner information, do to list for finishing the project etc.

Health insurance game

 n° pax:
5-99

 Duration:
1-2h

BUDGET



PREPARATION TIME



OBJECTIVE

To help the new long-term volunteers understand, how the Henner insurance and the national healthcare system works in the host country

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☒ ESC COORDINATOR
- ☒ ESC MENTOR
- ☒ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

SUPPORT

HEALTHCARE

HENNER INSURANCE

SHORT DESCRIPTION

This game is a fun way for the volunteers to discover a complex topic: how the national public healthcare system works and how to deal with Henner insurance? In the game, the volunteers face real-life situations individualized to their own health insurance, receiving practical tips on how to navigate these resources during their project if needed.

RESOURCES / INGREDIENTS

1. Cards with instructions for the players
2. Fake cash
3. Fake medical certificates
4. Fake doctor's prescriptions
5. Henner guides and materials about the national public health care system (can be printed online from real websites)
6. Anything that can demonstrate the national public healthcare system



KEEP IN MIND

Remember to modify the cards so they fit each volunteer's individual situation. For example, a volunteer that can use EHIC card during their project, should have a solution that is actually applicable in their case. On the contrary, if the volunteer uses Henner as their primary insurance, the solution should have instructions for this case.

Health insurance game

INSTRUCTIONS



First, the different roles need to be established, you need to have at least:

- Volunteers (the number depends on how many volunteers participate in this game)
- A person who represents Henner insurance (=coordinator/mentor/buddy)
- A person who represents doctor in the host country (=coordinator/mentor/buddy)
- A person in the health center (=coordinator/mentor/buddy)
- A specialist/doctor (=coordinator/mentor/buddy)

If you have many volunteers, remember to also increase the number of people playing the different roles of Henner, doctors and specialists, and health center to make the game flow better, so the volunteers don't have to queue a long time for each resource. It's recommended to include the mentors, buddys, supervisors, etc. in this game, so they can better instruct volunteers if they face these situations.



Then, each participant will receive a card with instructions specific to their role:

- **Volunteer:** On this card is written that the volunteer just arrived on their volunteering project, and they are facing a certain type of situation, and to solve it, they need to find materials and instructions on how to deal with the Henner insurance, or public healthcare system if they use the EHIC card. The volunteer also receives fake cash and her goal is to solve the situation and get her money reimbursed based on the card's instructions.
- **Henner/doctor/health care center/specialists:** All these different roles receive the solution card for each volunteer's situation. The solutions are individualized for each volunteer's primary health insurance.

Health insurance game

INSTRUCTIONS



When everyone has the cards and they have read them, the game starts. In the game, the volunteer needs to find out how to solve their situations and get their money back.

The game is played in a big room with materials for the volunteer to read about the national healthcare system and Henner guides, so they need to discover the solution using “real” life materials. See below a visualization of the game.

Based on the materials, the volunteers will visit Henner, visit doctor or different specialists (dentist/therapist etc.), or the public health care person.

The game ends, when each volunteer has accomplished their mission stated in their card.

The coordinator of the game can walk around the room to see if people need help in finding their solutions.



When the game is finished, all the volunteers will receive a table, which summarizes the solutions for the most common situations with both Henner and EHC instructions. This way, if volunteers face any of these issues, they can refer to the table and act according to their instructions.

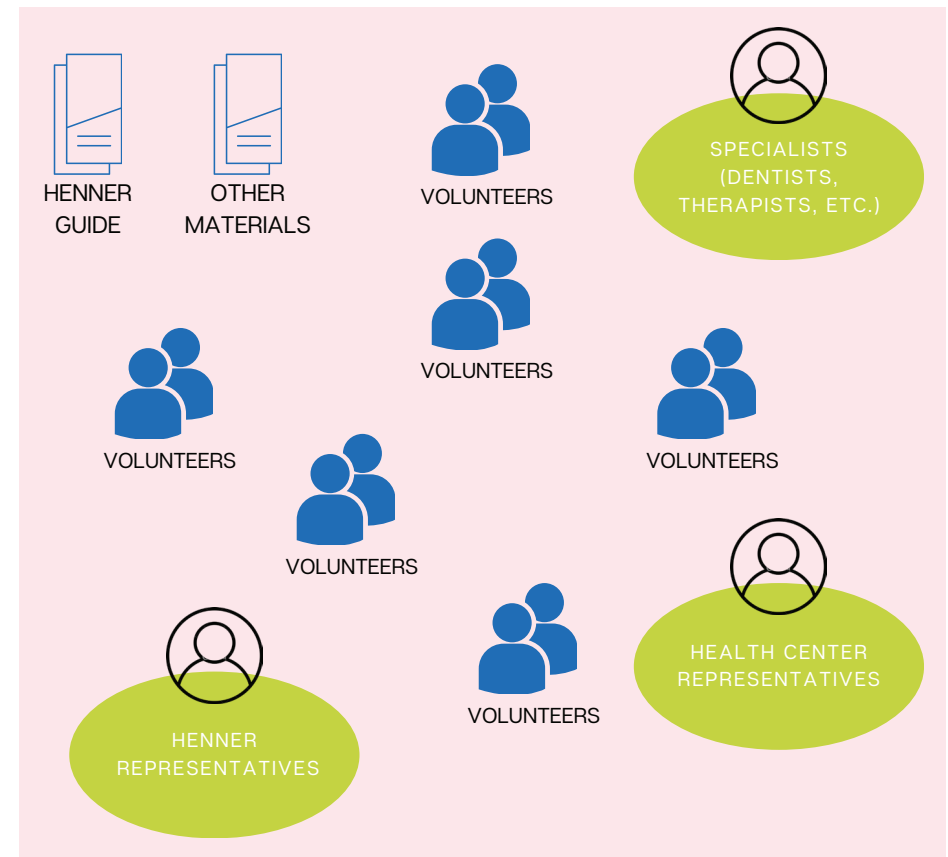
This time is also a great opportunity for the volunteers to ask questions and receive tips and tricks from their coordinators, buddies, mentors, etc. about the topic.

Health insurance game

MATERIALS

Visualization of the game situation:

Modify based on the number of volunteers and the national healthcare system. If there's a lot of volunteers playing the game, add more resources for the roles of Henner, specialist, and health center. More than one person can play these roles.



Volunteer situations and their solutions:

It is helpful to name the cards with the actual volunteers' names who are playing the game and individualize the solutions based on if they use EHIC card / primary Henner insurance as their health care during the project. This way, the volunteer has an idea what to do in the real life, if they face certain problems.

Name of volunteer 1, EHIC card

SITUATION:

You have prolonged symptoms of cold (high fever, cough, runny nose, throatache...) and the symptoms are not getting better. You start to think that maybe it's an infection which requires antibiotics.

How do you go to the health center to visit the doctor and get the antibiotics?

Name of volunteer 1, EHIC card

SOLUTION:

Write here step-by-step instructions for the specific situation, and distribute to all parties involved in the case (health care centre, doctor)

Name of volunteer 2, HENNER

SITUATION:

You wake up with severe tooth ache and need to go to the dentist.

How do you book an appointment for the dentist and receive reimbursement from Henner?

Name of volunteer 2, HENNER

SOLUTION:

Write here step-by-step instructions for the specific situation, and distribute to all parties involved in the case (HENNER, dentist)

Name of volunteer 3, EHIC

SITUATION:

Your foot hurts, you think it might be broken. To find out, you need to have an X-ray. How do you receive the X-ray and will having the X-ray cost for you?

Name of volunteer 3, EHIC

SOLUTION:

Write here step-by-step instructions for the specific situation, and distribute to all parties involved in the case (Specialist, health care..)

Name of volunteer 4, HENNER

SITUATION:

After a couple of month on your project, you feel a bit depressed and mentally exhausted. The support from your organization is not enough, and you would like to talk with a professional. How do you book an appointment with a therapist and receive reimbursement from Henner?

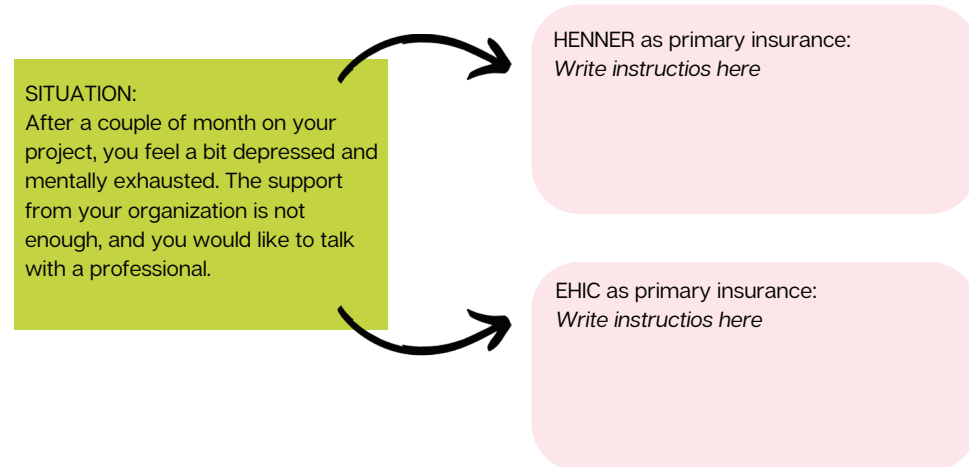
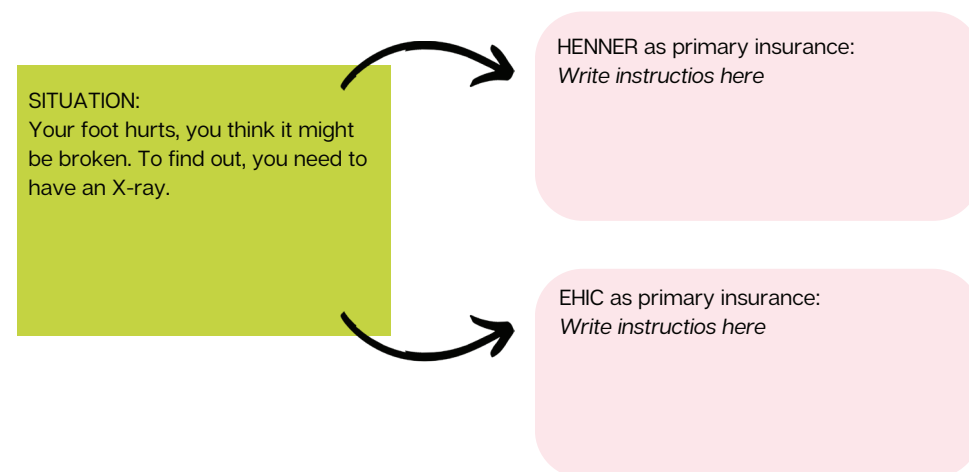
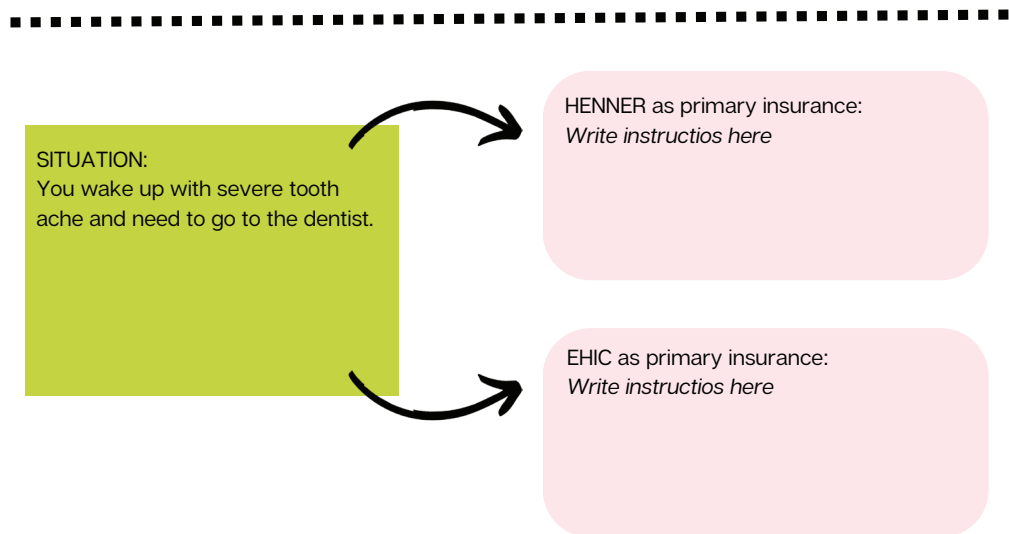
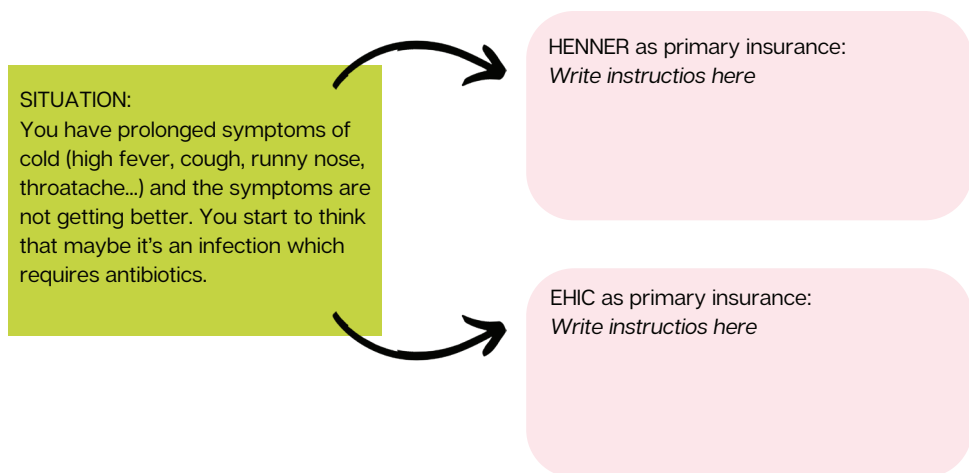
Name of volunteer 4, HENNER

SOLUTION:

Write here step-by-step instructions for the specific situation, and distribute to all parties involved in the case (HENNER, specialist)

Table to summarize solutions for the most common situations with both Henner and EHIC instructions.

After the game is over, you can give each volunteer the table below modified to the national healthcare context, which includes instructions on how to act in common health care situations with both Henner and EHIC instructions, so if the volunteer face any of these issues, they can refer to the table and act according to their instructions.



Local Arrival Training

 3 - 20 pers  5 hours

BUDGET



PREPARATION TIME



OBJECTIVE

Welcome the volunteers and make them connect between them and with the ESC Supervisor. Limitation of the risks during the project.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

WELCOMING

ORIENTEERING

COMMON RULES

SHORT DESCRIPTION

Local arrival training is a must and if the LEAD coordinates several volunteers it is very effective to join them for at least 1 day and give them all basis of knowledge through NFE. Here you can find most important topics to include in the training.

RESOURCES / INGREDIENTS

1. a big space with chairs and tables
 2. flip chart paper and pens
 3. energizers and team building games
1. comfortable environment to create a comfort space
 2. clear information
 3. energy and fun



KEEP IN MIND

Adapt always the activities to the group you are expecting to work with.

Local Arrival Training

TOPICS



GENERAL INFORMATION ABOUT ESC, E+ AND VOLUNTEERING



FINANCIAL ASPECTS



RULES FOR COMMON LIVING



WORKSHOP ABOUT: CONFLICT MANAGEMENT



EXPECTATIONS, FEARS AND CONTRIBUTIONS



YOUTHPASS



ORIENTEERING GAME

Meetings of Social Mentors

 1 - 25  2 h.

BUDGET



PREPARATION TIME



OBJECTIVE

Such work with mentors will help relieve the workload of the organization's employees, since mentors become the first point of contact when a volunteer needs help.

TARGET GROUP

- ☐ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☒ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

SUPPORT

INFORMATION

SELF CARE

SHORT DESCRIPTION

Monthly meetings of social mentors (ESC Buddy) with the mentor coordinator, for informing and training on establishing contacts and supporting volunteers.

RESOURCES / INGREDIENTS

1. Cardboard Folder
2. Coffee and cookies
3. Group Dynamics
4. Informative docs
5. Contact Lists
6. Notes



KEEP IN MIND

The meeting should be organized outside of working hours, as most social mentors work.

Meeting of Social Mentors

INSTRUCTIONS



Schedule a suitable time and invite mentors. Prepare all necessary materials. Prepare topics and questions that you will talk about with your mentors.



Start the meeting with an update on how each volunteer is doing; each mentor should answer the question when was the last time he contacted the volunteers and how he thinks the volunteer is coping.



Discuss all pressing problems and questions with mentors, consider problem cases and options for solving them in more detail.



Find out how the mentors themselves are doing and, if necessary, consider the problematic situation and, together with other mentors, provide possible support. (It is very important that mentors also feel like they are part of the mentor community and feel supported by the community, then they will have the strength and resources to support volunteers.)

It is recommended to hold such meetings once a month to receive up-to-date information about the situation of volunteers.

It is also necessary from time to time to conduct training for mentors on various topics, for example, how to support a volunteer in a time of crisis? How to notice the first signals of an impending crisis? and so on. This will help minimize the scale of the impending problem, and will also give the mentor the added value of taking part in the project - learning and improving soft skills.

International breakfast

 1 - 30  3 h.

BUDGET



PREPARATION TIME



OBJECTIVE

The purpose of the activity is to bring all volunteers together, discuss pressing issues and problems, share the necessary information, sign the necessary documents and give the national group the opportunity to present their culture.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☒ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

TEAM BUILDING

INTEGRATION

INTERCULTURAL
EXCHANGE

SHORT DESCRIPTION

Monthly breakfast prepared by a group of volunteers of the same nationality with country presentation elements.

RESOURCES / INGREDIENTS

1. Budget for grocery shopping.
2. Activity room with kitchen and dining area
3. Dishes
4. Projector



KEEP IN MIND

The work site coordinator must be informed that the volunteer will not be at work that day.

International breakfast

INSTRUCTIONS



Allocate a monthly budget for this activity, select and notify in advance a group of volunteers who will be responsible for the preparations.



Prepare the room and all necessary materials in advance. Prepare all questions and information that need to be discussed with volunteers during breakfast.



Prepare documents that volunteers need to sign. Prepare gifts that you will give to volunteers who had a birthday this month and those who complete their project next month.



Enjoy the process.

Such informal meetings with volunteers help to keep in touch with them and integrate new volunteers into the community.

Giving gifts helps volunteers realize their importance and lifts their spirits.

Recommended gifts: things (T-shirt, mug, socks, etc.), something practical and branded with symbols of the organization, city or country. this will be a great keepsake.

Psychological Workshops

 1 - 10  3 h.

BUDGET



PREPARATION TIME



OBJECTIVE

The purpose of these workshops is to train volunteers in soft skills, which will help prevent some conflict situations, help volunteers overcome the difficulties of life in a new country and make the work of coordinators easier.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☒ ESC SUPERVISOR

KEY WORDS

SUPPORT

SELF CARE

WELL-BEING

SHORT DESCRIPTION

Psychological workshops on various topics of communication, adaptation, self-care, etc.

RESOURCES / INGREDIENTS

1. Budget for a psychologist/trainer
2. Meeting place
3. Coffee and cookies
4. Projector
5. Cardboard Folder



KEEP IN MIND

It is important to organize a group of volunteers willing to participate in advance and agree on a date with them.

Psychological Workshops

INSTRUCTIONS



Conduct a survey among volunteers about what they need and what topics interest them.



Select a suitable English-speaking psychologist/trainer who will conduct the workshop and prepare all the necessary materials.



Request and receive feedback from volunteers and a psychologist based on the results of the workshop.

Such workshops can be held once every two months.

You can also choose workshop topics based on the problem situations that arise.

Pre-departure Kahoot

 6-99
  15 minutes

BUDGET






PREPARATION TIME






OBJECTIVE

Share with future volunteers everything they need for their project

TARGET GROUP

☒ ESC VOLUNTEER
 ☐ ESC COORDINATOR
 ☐ ESC MENTOR
 ☐ ESC BUDDY
 ☐ ESC SUPERVISOR

KEY WORDS

KAHOOT

INFORMATION

PRE-DEPARTURE

SHORT DESCRIPTION

We can use the Kahoot tool in the framework of the pre-departure meeting. We can engage future volunteers in a fun way. They answer questions and at the same time learn the most important things they need to know before the project. At the same time, there is space for discussion if something is not clear.

RESOURCES / INGREDIENTS

- 1.Mobile
- 2.Internet
- 3.Notes

Pre-departure Kahoot

INSTRUCTIONS

1

To start the activity, log in to <https://kahoot.it/>, enter your PIN and start the game. Everyone should have a mobile phone and access to the internet. If by chance you don't, there are always ways to join the game :)

2

Kahoot can contain more or less questions, it's up to you. In this case, we have chosen to answer the questions using TRUE or FALSE.

3

For inspiration you can use the following examples:

- 1.The volunteer has to work 30 hours a week (language lessons included).
- 2.Your HO is responsible for you all the time.
- 3.A volunteer must take part in all activities of the organisation.
- 4.If you go to the doctor you should pay all your costs.
- 5.You have to meet your mentor every week.

4

Within the questions, you can discuss the topic or answer questions that participants have.

5

You can use the game in different ways. The questions can also cover other topics, there is no limit to inspiration. The goal is always to get the information to be as easy to remember as possible, even through fun.

Integration with the chairs

 6-99  20 minutes

BUDGET



PREPARATION TIME



OBJECTIVE

Overcoming the barrier and the ability to integrate

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

CHAIRS

SPEAKING

INTEGRATION

SHORT DESCRIPTION

The activity is aimed at getting to know the volunteers better. In the beginning it is about overcoming the barrier when people are mostly shy. It is a good tool to start talking to others so they can find out how much they have in common and later continue the conversation and integrate into the group.

RESOURCES / INGREDIENTS

1. Chairs
2. A couple of topics
3. Good mood

Integration with the chairs

INSTRUCTIONS



Make two rows of chairs and put them opposite each other.



We have prepared the topics in advance. They can be very simple topics like: Where are you from? How many siblings do you have? Which band is your favourite? What don't you like?, etc.



The game starts with the first theme. Then the volunteers start a conversation. First one, then the other. They have a few minutes to do and then the conversation stops.



Each volunteer from the second row moves to the next chair and the conversation continues with a different person and on a different topic.



In this way they take turns going on and everybody talks to everybody.

Discovering the city

 15-90  50 minutes

BUDGET



PREPARATION TIME



OBJECTIVE

Integration into a group and mutual support

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

DISCOVERING

SUPPORT

INTEGRATION

SHORT DESCRIPTION

This activity is also good for getting to know each other and integrating into the group. Volunteers find themselves together in a foreign city with a different language. This is what brings them together and they know how to help and support each other.

RESOURCES / INGREDIENTS

- 1.Paper, Map
- 2.Mobile
- 3.Something good for snack

Discovering the city

INSTRUCTIONS



Prepare a paper for the volunteers to draw a map of the city they are currently living in and instructions.



The volunteers follow these instructions. Their task may be, for example:
 1. they have to find where the library is in the city.
 2. They have to take a photo together in an interesting place.
 3.How much does a season ticket in the swimming pool cost?,etc.



It's up to them whether to use the phone or ask the locals.



The important thing is that they work as a group. They learn to communicate together and find solutions. In the process, they discover the city and it can help them integrate better into society.



By discovering new places, having the space to pursue their hobbies and it can also have an impact on their future work and personal life.

Teambuilding

 10-40 pax  3 days

BUDGET



PREPARATION TIME



OBJECTIVE

To get the volunteers know each other and support their connection to the organisation.

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR



KEEP IN MIND

You can organise the teambuilding at the beginning of the volunteering experience (if you have all volunteers arrived approx the same period), but you can organise it when a crisis appear, e.g. the volunteers' motivation decreased etc.

KEY WORDS

TEAMBUILDING

PREPARATION

CRISIS MANAGEMENT

GET TO KNOW EACH OTHER

SHORT DESCRIPTION

To organise the teambuilding for all the volunteers in order to get to know each other much better, help the connection between them, and to motivate them in participation.

RESOURCES / INGREDIENTS

1. Venue with rooms of 2-4 beds, dining room, training room and optionally with a yard
2. External facilitator
3. Training tools

Teambuilding

INSTRUCTIONS



Organise this event at the beginning of the volunteers' project period. If they arrive in different time, wait for all to arrive.



Choose a weekend or 3 days when the volunteers have no activities. Well recommended to organise it out of the activity location (out of town).



When it is organised at the beginning of the volunteers' project, you can ask the coordinators to be the facilitator. But keep in mind to invite an external person for facilitating if you organise the teambuilding for crisis management.



You can invite the mentors, staff of your organisation, stakeholders (for a session or a dinner) in order the volunteers have the chance to meet and get to know them too.



Set up a program with 3-4 sessions mixing funny exercises with more serious/informative activities (presenting the organisation, rules etc).

Keep in mind to ensure enough free time for informative meetings / leisure time when the volunteers can get in touch with each other by themselves.

The Hero's Journey

2-16
 1,5 h

BUDGET

PREPARATION TIME

OBJECTIVE

To make volunteers become aware of important topics that may occur during volunteering. To give them the space to reflect on their own journey.

TARGET GROUP

☒ ESC VOLUNTEER
 ☐ ESC COORDINATOR
 ☐ ESC MENTOR
 ☐ ESC BUDDY
 ☐ ESC SUPERVISOR

KEY WORDS

PREPARATION

CHALLENGES

PERSONAL DEVELOPMENT

SHORT DESCRIPTION

Applying the Hero's Journey concept to the experience of ESC volunteers. This comparison will involve that the volunteers recognize their journey as a transformative experience.

Matthew Winkler, video explaining Hero's Journey
<https://www.youtube.com/watch?v=Hhk4N9A0oCA>

RESOURCES / INGREDIENTS

1. A poster with all phases of the Hero's Journey
2. Pens
3. Papers
4. Colorful pencils



KEEP IN MIND

If you have participants with special needs simplify the explanation of the concept, give them many examples, make it rather practical than theoretical.

The Hero's Journey

INSTRUCTIONS



Explain the concept (see full description on the next pages)



Adjust the "Hero's Journey" to the volunteering project cycle. Gather concrete examples for each phase of the journey together with the volunteers. Invite them to share their thoughts and ideas related to the key topics.



Ask the volunteers to draw their own map of journey and to add the elements which they are already aware about, which are already behind them..



Volunteers can discuss their journey with peers and share the most important things in the big circle.



At the end create strategies for all the predicted upcoming obstacles the volunteers might face.

This is just a very basic idea how you could use this concept, but actually it is much more important to get familiar with it, and see how you can integrate into the activities that you do with your volunteers. It might also be helpful for you to see their struggles and different phases in volunteering in these terms.

The Hero's Journey

THE HERO'S JOURNEY" IS A NARRATIVE FRAMEWORK THAT OUTLINES A COMMON PATTERN FOUND IN MANY MYTHS, STORIES, AND LEGENDS. JOSEPH CAMPBELL, IDENTIFIED A UNIVERSAL STRUCTURE THAT HERO STORIES TEND TO FOLLOW. THE JOURNEY TYPICALLY INVOLVES **A HERO WHO EMBARKS ON AN ADVENTURE, FACES AND OVERCOMES CHALLENGES, AND RETURNS TRANSFORMED.** HERE'S A BASIC BREAKDOWN OF THE STAGES:

The Hero's Journey and The 12 Phases



1st Act (The Known)

1. The Ordinary World
2. Call to Adventure
3. Refusal of The Call
4. Meeting The Mentor
5. Crossing The Threshold

2nd Act (The Adventure)

6. Tests, Allies, Enemies
7. Approaching The Inner Cave
8. The Ordeal
9. Seize The Reward

3rd Act (Chance to Make It Right)

10. The Road Back Home
11. Resurrection, Atonement
12. Return with The Elixir

The Hero's Journey

APPLYING THE CONCEPT OF THE HERO'S JOURNEY TO THE PROJECT CYCLE AND CHALLENGES OF VOLUNTEERS CAN PROVIDE A MEANINGFUL AND ENGAGING FRAMEWORK FOR UNDERSTANDING THEIR EXPERIENCES. HERE ARE THE STEPS:

- **Call to Adventure:** Project Onboarding

Introduce volunteers to the project as their "call to adventure."

Clearly communicate the project's goals, significance, and the impact it can make.

Provide an orientation that sets the stage for the volunteer's journey.

- **Refusal of the Call:** Initial Hesitations and Uncertainties

Acknowledge that volunteers may initially feel hesitant or uncertain.

Offer a supportive environment to address any concerns and build confidence. Connect volunteers with experienced mentors or team members for guidance.

- **Supernatural Aid:** Training and Skill Development

Provide training and resources to equip volunteers with the necessary skills. Introduce mentors or experts who can offer guidance and support.

Empower volunteers with the knowledge and tools needed for their roles.

- **Crossing the Threshold:** Project Implementation

Celebrate the volunteers' transition from preparation to active involvement.

Encourage them to step out of their comfort zones and embrace the challenges. Emphasize the significance of this phase in the project journey.

- **Tests, Allies, Enemies:** Project Challenges and Collaborations

Anticipate and acknowledge the challenges volunteers may face.

Foster a sense of teamwork among volunteers.

Provide platforms for sharing experiences and learning from one another.

- **Approach to the Inmost Cave:** Mid-Project Reflection

Encourage volunteers to reflect on their experiences and challenges.

Provide opportunities for them to assess their progress and growth.

Address any issues or concerns before they become major obstacles.

The Hero's Journey

- **The Ordeal:** Overcoming Project Challenges

Recognize and support volunteers during particularly challenging phases of the project.

Emphasize the importance of resilience and perseverance.

Celebrate small victories and milestones to boost morale.

- **Reward:** Project Achievements and Impact

Highlight the positive outcomes and achievements of the project.

Showcase the impact of volunteers' contributions on the community or cause.

Provide tangible recognition and rewards for their efforts.

- **The Road Back:** Project Conclusion and Transition

Guide volunteers through the process of wrapping up the project.

Provide a platform for them to share their reflections on the journey.

Discuss how the skills and experiences gained can be applied in future endeavors.

- **Resurrection:** Final Reflection and Personal Growth

Encourage volunteers to reflect on their overall journey and personal development.

Discuss how the volunteer experience has transformed their perspectives and skills.

Highlight the enduring impact of their contributions to the project.

Return with the Elixir: Transitioning Beyond the Project

Explore how volunteers can apply their newfound skills and insights in their everyday lives.

Provide ongoing support and opportunities for continued involvement.

Celebrate volunteers as heroes who have made a lasting impact.

By aligning the volunteer experience with the Hero's Journey, you create a narrative arc that enhances their sense of purpose and accomplishment throughout the project cycle. This approach not only recognizes the challenges but also emphasizes the growth and positive impact that volunteers bring to the projects they undertake.

SUPPORT

PREPARATION TIME



OBJECTIVE

INCREASE VOLUNTEERS
SELF-CONFIDENCE AND SELF
ESTEEM.

TARGET GROUP

○ ESC VOLUNTEER

KEY WORDS

unexpected
opportunities

travel support

SHORT DESCRIPTION

Travel support for people with unexpected
opportunities

RESOURCES / INGREDIENTS

Travel guide for volunteer



KEEP IN MIND

Be available for the volunteer while he/she is travelling.

The Worst/Best flatmate ever

0-99
 45'

BUDGET

PREPARATION TIME

OBJECTIVE

Make the volunteers create their own flat rules and commitment understanding the other flatmates perspectives and needs

TARGET GROUP

☒ ESC VOLUNTEER
☐ ESC COORDINATOR
☐ ESC MENTOR
☐ ESC BUDDY
☐ ESC SUPERVISOR

KEY WORDS

SUPPORT

PARTMENTS

CONFLICT MANAGEMENT

SHORT DESCRIPTION

Workshop for the new arrivals volunteers that helps to understand the needs and must that each person have when we talk about co-living. Also a way for the flatmates to create an ideal of how the coexistence have to be and create apartments rules

RESOURCES / INGREDIENTS

1. A4 paper per each person
2. Drawing materials (pens, pencils, colors, etc)



KEEP IN MIND

This workshop help in the very beginning of the project as a prevention of conflicts not actually when there are already problems

The Worst/Best flatmate ever

INSTRUCTIONS



Give one A4 paper to each volunteer and ask them to draw the worst flat mate ever that they can imagine. Ask them to add also some words in the draw to explain it better.



Ask the volunteers to make a presentation of the drawing to the other volunteers with the explanation of what are the worst thing that they can imagen in the co-living.



Separate the volunteer in groups divided by flats and with all the worst flat mate ever (that actually are their needs) make them to, all together, create the best flat mate ever. Invite them to discuss in this moment what need can be also a cultural differences and what is important to respect



Every apartment have to present their best flat mate ever to the other apartments and after that they have to make, using this reflection, the 10 rules (mandamientos) of the flat.

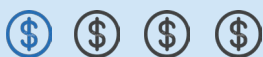


Make them bring the draw of the best flat mate ever and the 10 rules to the apartment to put it in the fridge

Welcome folder

 1-99  30 minutes

BUDGET



PREPARATION TIME



OBJECTIVE

Create with the volunteers all the "informative" materials that they may need during their project

TARGET GROUP

- ☒ ESC VOLUNTEER
- ☐ ESC COORDINATOR
- ☐ ESC MENTOR
- ☐ ESC BUDDY
- ☐ ESC SUPERVISOR

KEY WORDS

SUPPORT

INFORMATION

WELCOME WEEK

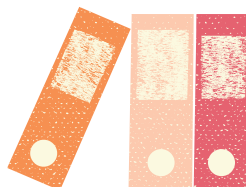
SHORT DESCRIPTION

Within the "Welcome Week" each volunteer is given a folder (and some materials and time to personalise it) where they will put all the important documents they will have during their project abroad.

These informative documents will be created by themselves thanks to different dynamics carried out during these days.

RESOURCES / INGREDIENTS

1. Cardboard Folder
2. Decoration Materials
3. Group Dynamics
4. Informative docs
5. Contact Lists
6. Notes



Welcome folder

INSTRUCTIONS



Within the "welcome week", on the first day, give the volunteers cardboard folders and give them 30' to personalise them. Possible materials: scissors, glue, coloured paper, old magazines, glitter, DIY materials, etc.



This way the volunteer feels that the folder is his or her own and not something given or imposed. In addition, the folder can become the space where to keep all the important papers and memories during the project



From here the idea is that during the "welcome week" the volunteer himself (thanks to different group dynamics of non-formal education) can create his own informative documents.



For example, after playing the **Health insurance game** they can generate their own protocols of what to do and where to go if they have a health problem. The same goes for bureaucratic issues, living arrangements and flats, emergency contact lists, etc.



In the end, the idea is always to enable them to find the information or the solution and not to give it to them directly. The idea is that with the dynamics of non-formal education, learning will have more impact than a set of documents that you never know if they will read.



KEEP IN MIND

For reasons of sustainability, this folder can also be made virtual by giving computers to create the materials and access them easily from different devices.

Invest time at the beginning to make them access/create the necessary information and documents to empower them during all the challenges they may have during their ESC project.

