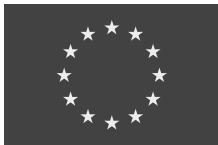


EUROPEAN
VOLUNTEER'S
LEARNING
DIARY



Co-funded by the
Erasmus+ Programme
of the European Union

DEAR volunteer!

You have a great adventure ahead!

It will be full of ups and downs, but every experience can be a source of learning. We have therefore prepared this diary for you to assist with this process. Of course it is not possible to note down everything. However, practising reflecting on your learning will equip you with one more competence and make you a better life long

learner. ENJOY the EXPERIENCE!

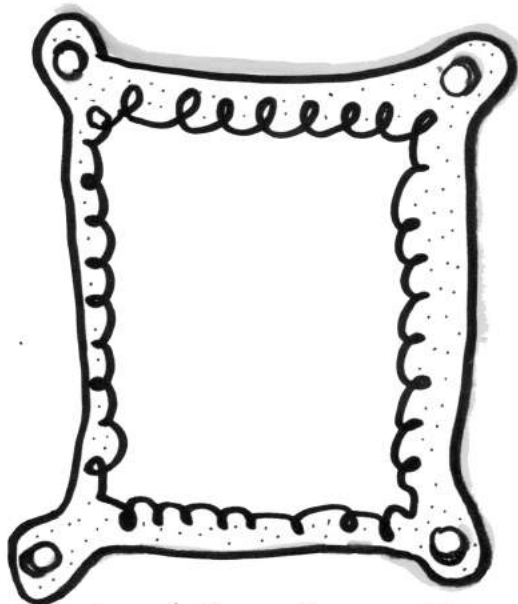
Feel FREE to insert more PAGES into YOUR DIARY, make use of colour, sketches, cut and glue photos... BE CREATIVE!

Adding emotions to your notes will help you to REMEMBER experiences and get the VERY best from THEM!

NAME

HOME ADDRESS

PHONE NR



DRAW YOUR PORTRAIT

RECEIVING ORGANISATION

ADDRESS

CONTACT PERSON

PHONE NR

NAME OF MY MENTOR

PHONE NR

E-MAIL

1 My first Volunteer notes

Find the shortest
WAY from your HOME
to THE center of
the city / town /
village

Find out where
you CAN buy the CHEAPEST
FRUIT & Vegetables

Remember your HOME
address & emergency
CONTACT of your receiving
organisation &
Mentor

TIPS
the
WHAT YOU CAN DO
on the
FIRST DAYS

Find out where
the intercity
bus station and / OR
RAILWAY STATION
(for travelling)

-OTHER-

-OTHER-

-OTHER-

-OTHER-

2 MY mood CALENDAR

It is normal for your mood to change from month to month. This tool will help you to understand how your mood varied during your project.

Please mark every month in terms of the scale and the mood that you experienced in that specific month.



1st

2nd

3rd

4th

JAN

FEB

MARCH

APR

MAY

JUN

JUL

AUG

SEP

OCT

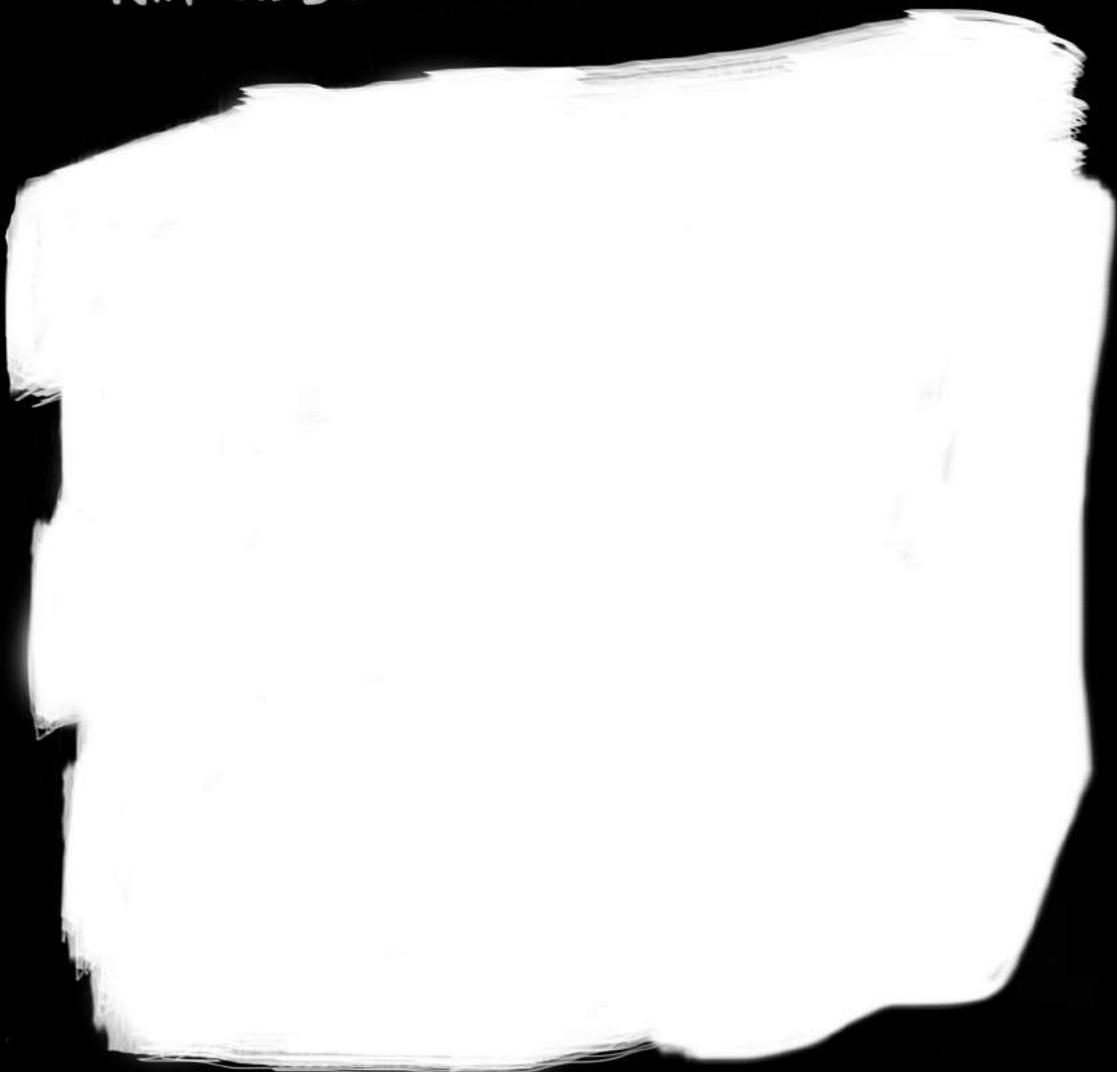
Nov

DEC

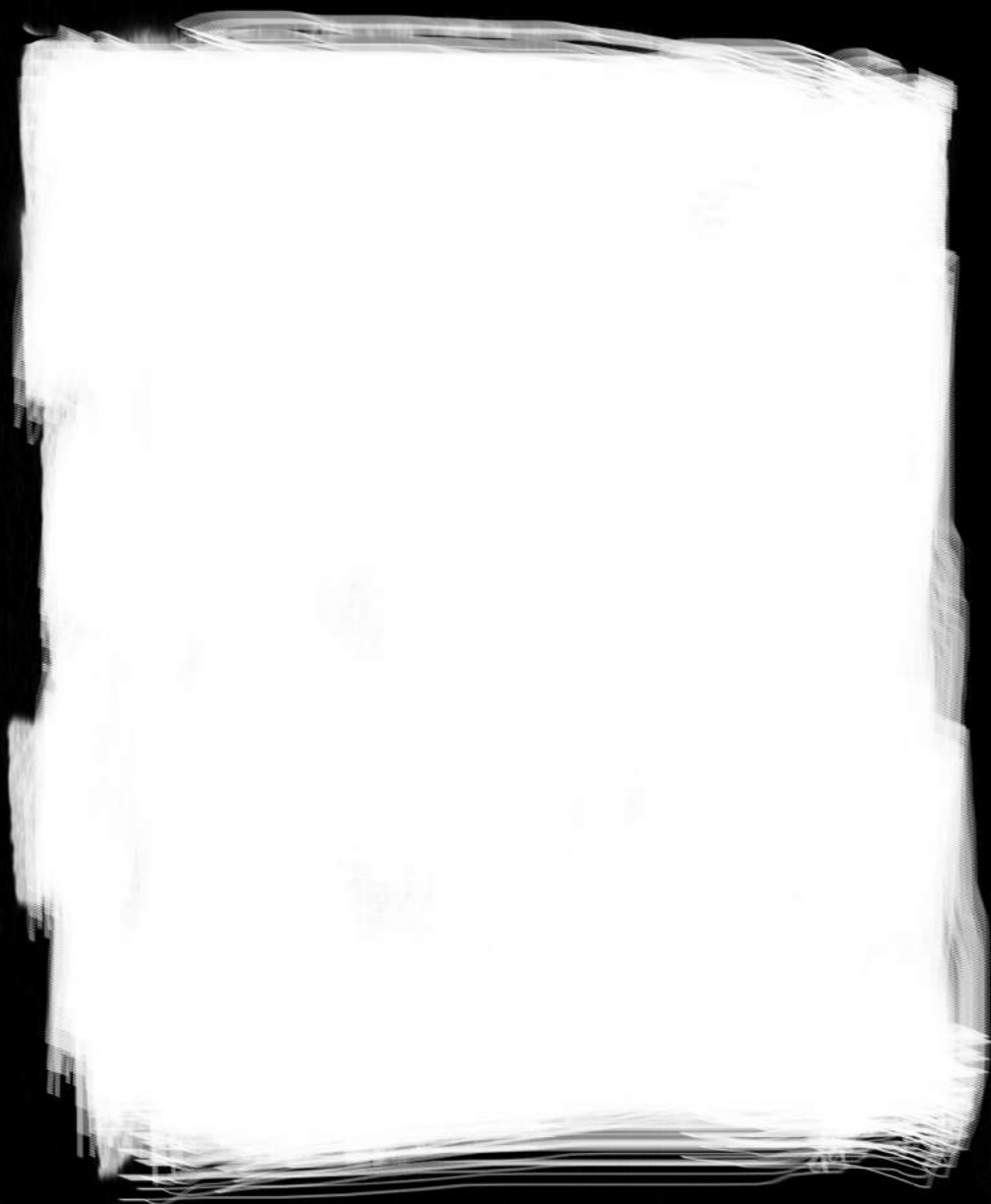
3 MY VOLUNTEER life

When we are waiting a long time for something big, we sometimes forget our initial goals and plans. This is why, before starting your new exciting life, we advise you answer the following questions. This will help you clarify your original reason for wanting to become volunteer.

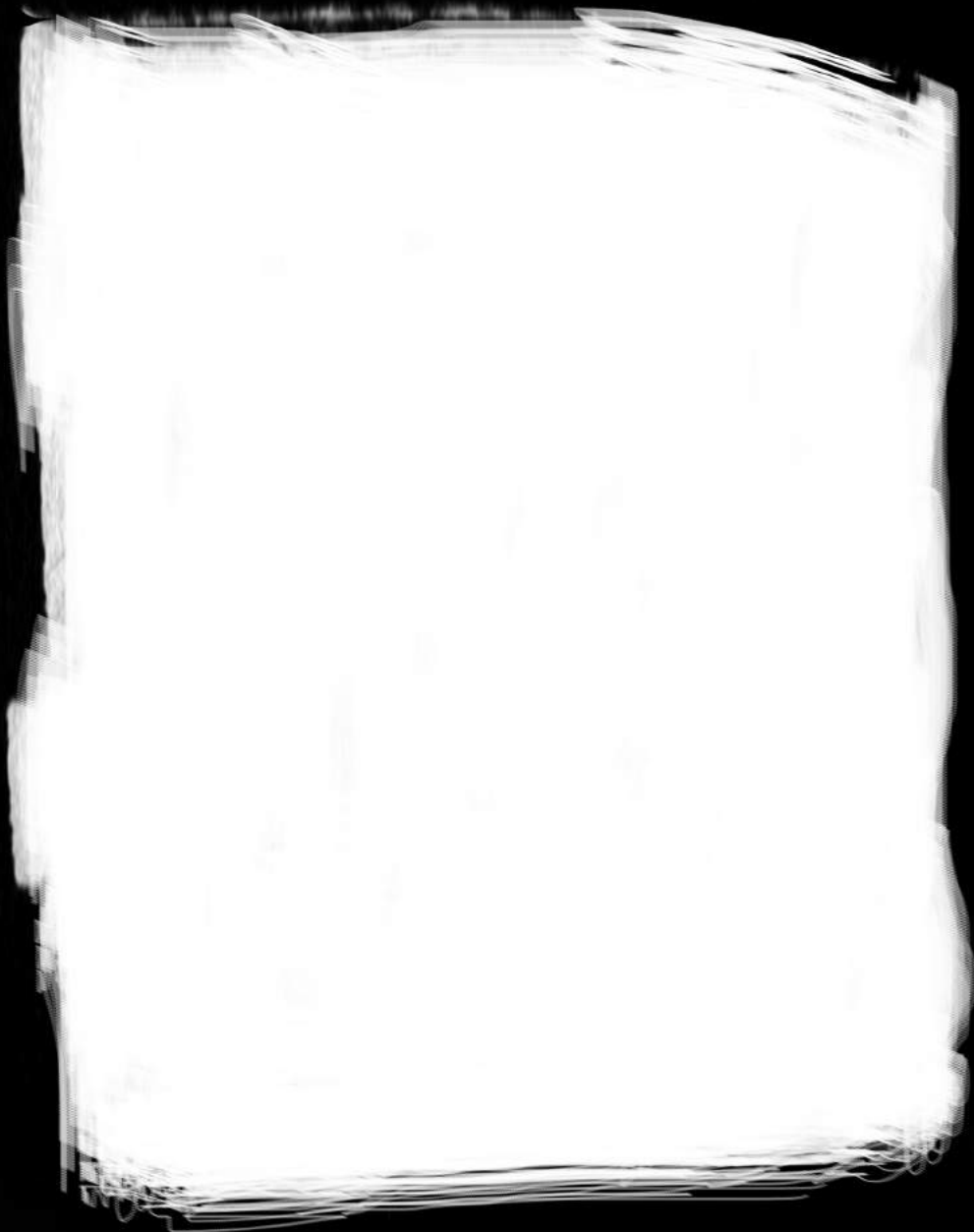
WHY DID I decide to become a volunteer?



WHAT difficulties and obstacles DO I expect to FACE
DURING the PROJECT?



Why did I choose this country?

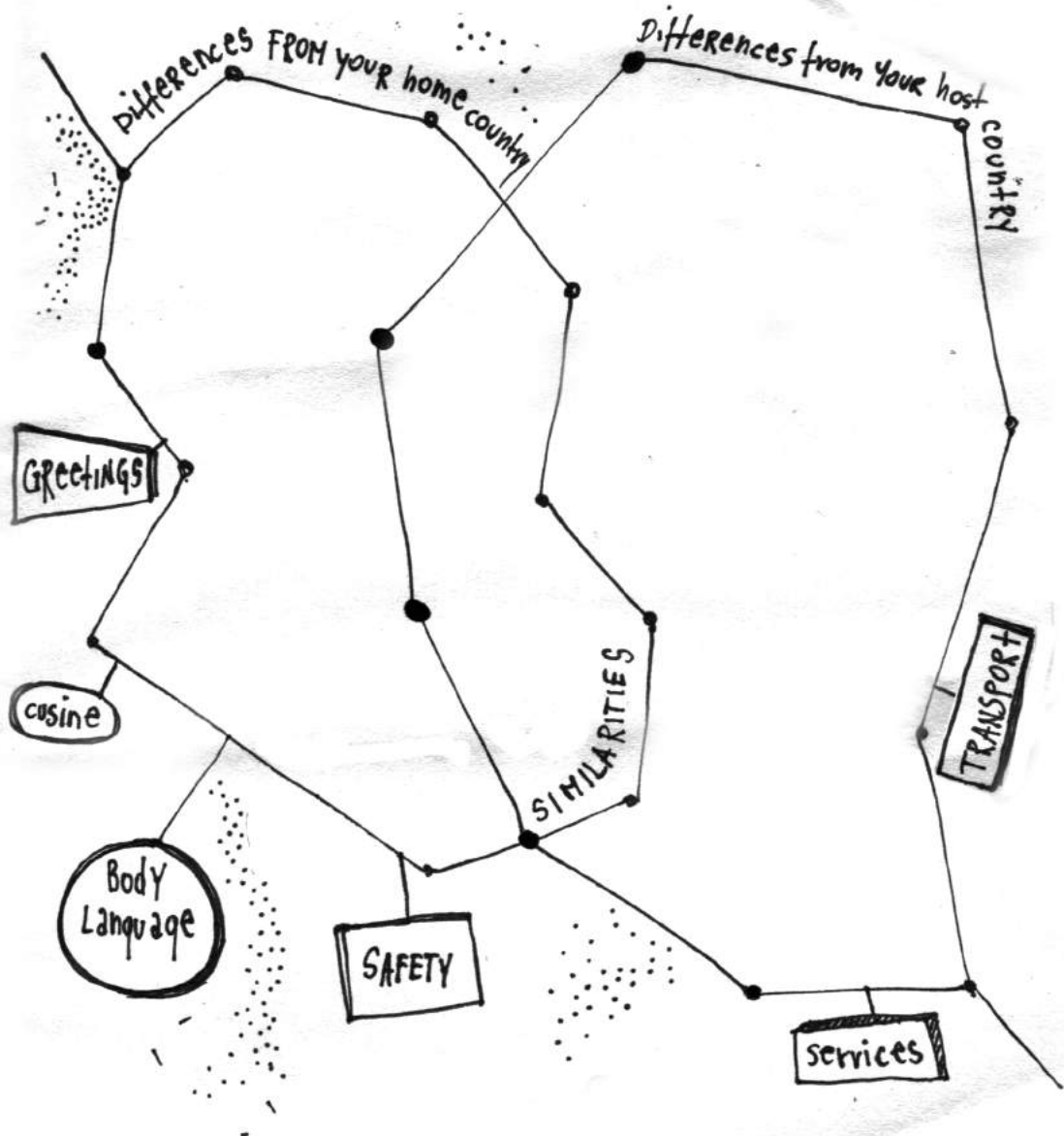


What personal characteristics DO I hope
to develop during the project?



⚡ Differences and similarities

A good exercise to make you feel more comfortable and less irascible, is to try to observe the similarities and differences between your home country and your new host country.

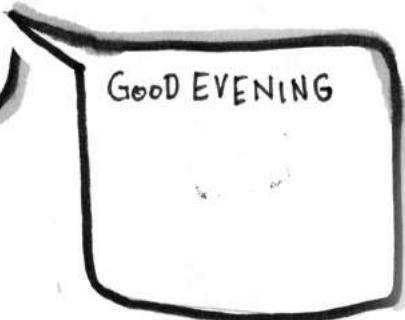
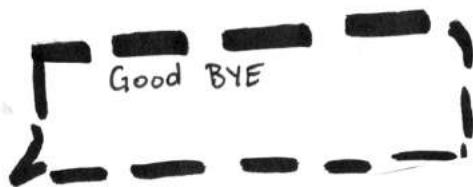


What are the differences and similarities between my home country and host country?

NOTES

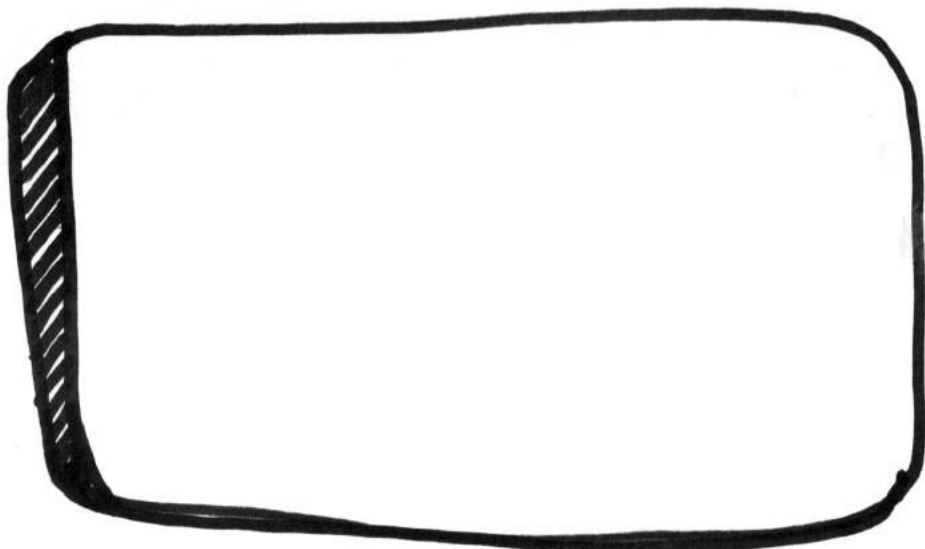
Vocabulary

Depending on the language that you are studying try to find the right words for common greetings.

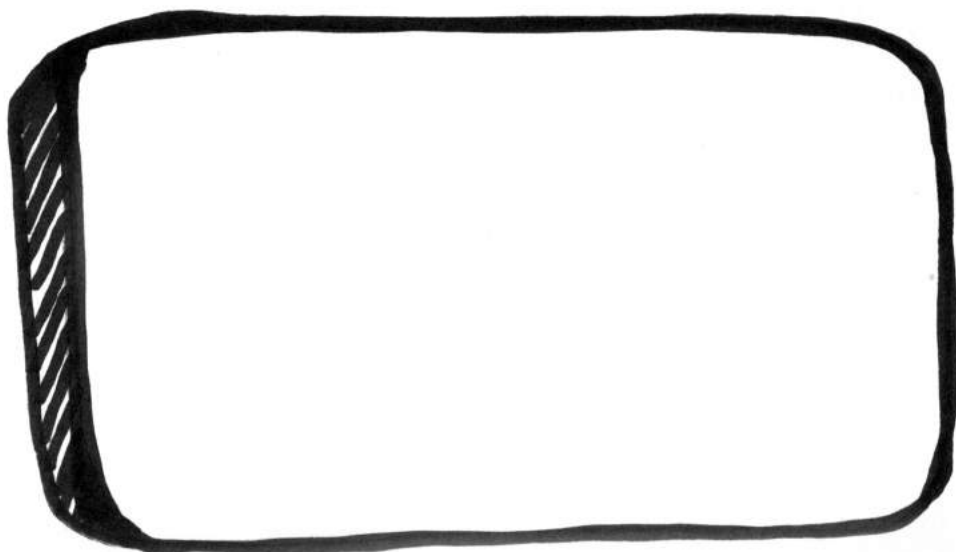


5 MY expectation

Regarding MY project

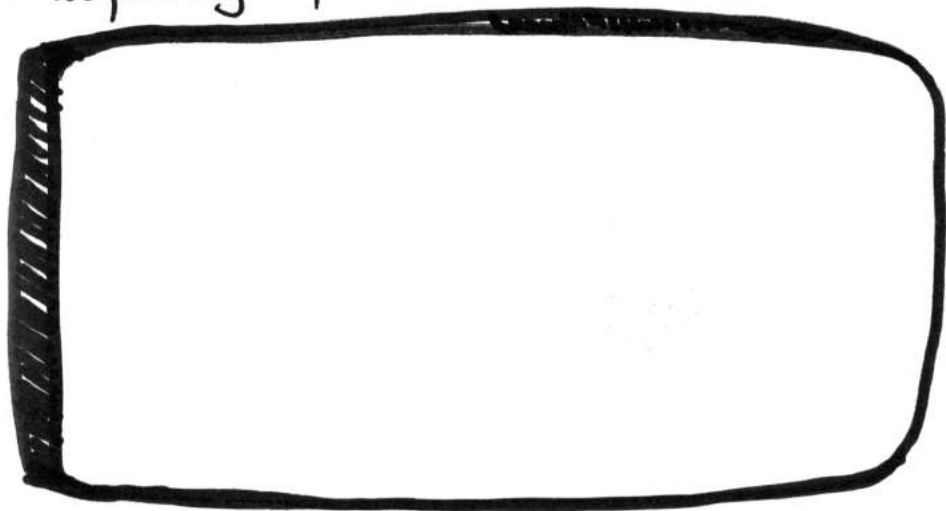


Regarding gaining new abilities and learning



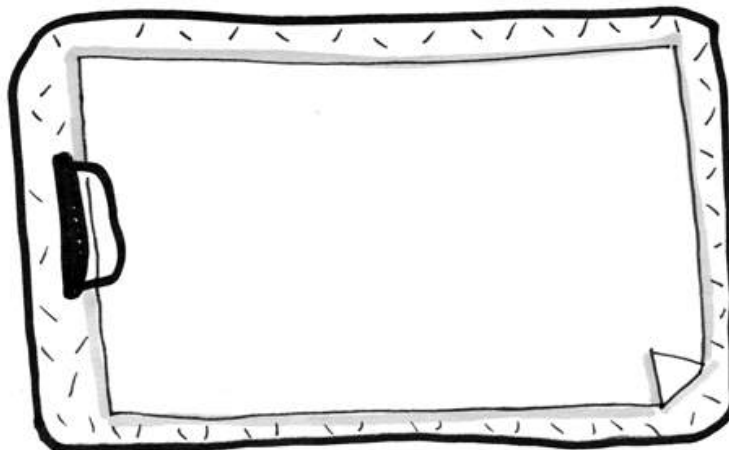
Regarding THE SOCIETY

Regarding my MENTOR

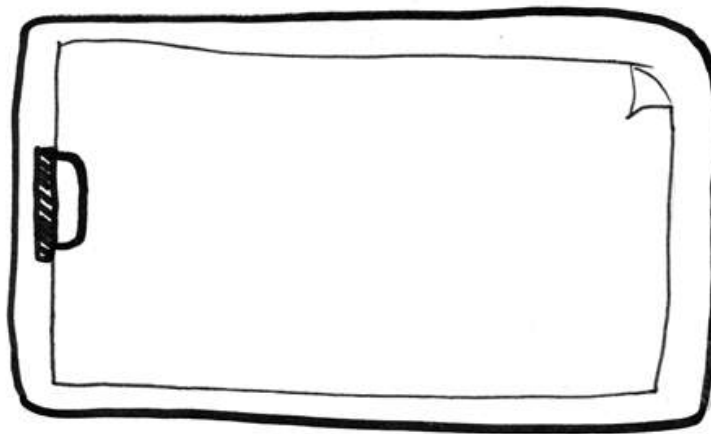


OTHER

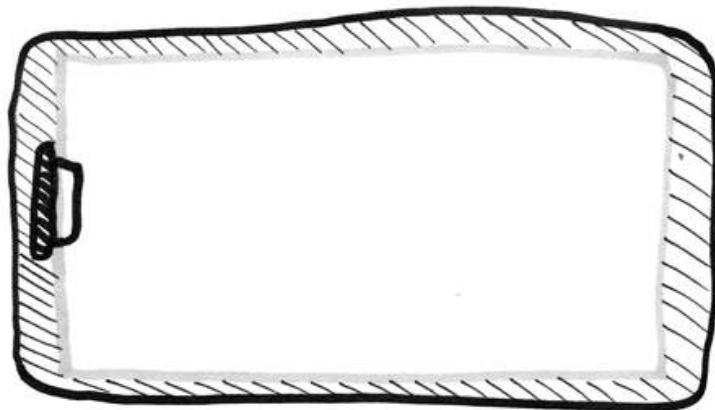
WISE PEOPLE SAY THAT ONE OF THE BEST WAYS TO IMPROVE OUR **WELL-BEING** IS
TO ADJUST OUR EXPECTATION TO THE REALITY, LET'S TRY!



UNREAL EXPECTATION



FRUSTRATING EXPECTATION



REAL EXPECTATION

Our feeling of success is just more viable this way.

6 Culture SHOCK

Coming to a different culture can sometimes feel like a threat to yourself and your identity - no matter whether you are conscious about it or not. To get a culture shock is a kind of self-defence. Reasons: Loss of friends, family and known surroundings etc. Stress from never really knowing what to expect from these "unknown" people. Conflicts between old and new values inside of you. Symptoms: tiredness, homesickness, comparing, anger, negative adjectives, isolation, feeling bored.

What can you do? First of all you have to be conscious about the phenomenon: culture shock and that it is about you not having got the culture under your skin yet - it is unlikely that there is something wrong with the whole host-nation.

You can for instance do the following

- Write a diary.
- Give things a chance.
- Be open towards the possibility of changing your present opinion.
- Talk to someone you trust.
- REMEMBER, it's not going to last forever.

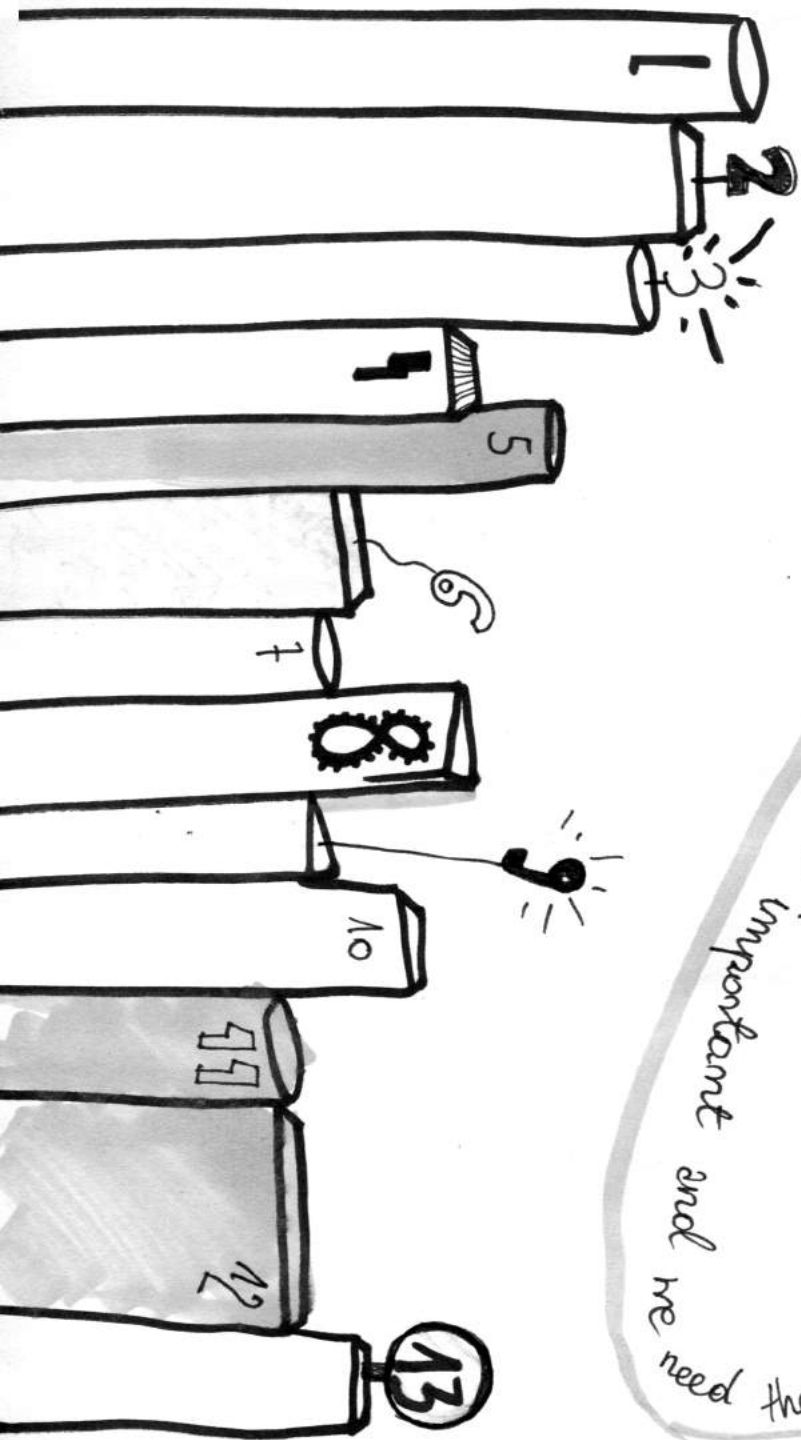
Everyone gets through it and most people end up enjoying and caring about their new host country. Whether you believe this or not. Maybe you do not agree with all the rules, but that doesn't mean that you cannot play along and enjoy it at the same time. Have a nice project... It will be a time that you will never forget...

Think about 3 traditions, from your COUNTRY that might be SHOCKING for other cultures.

NOTES

Vocabulary

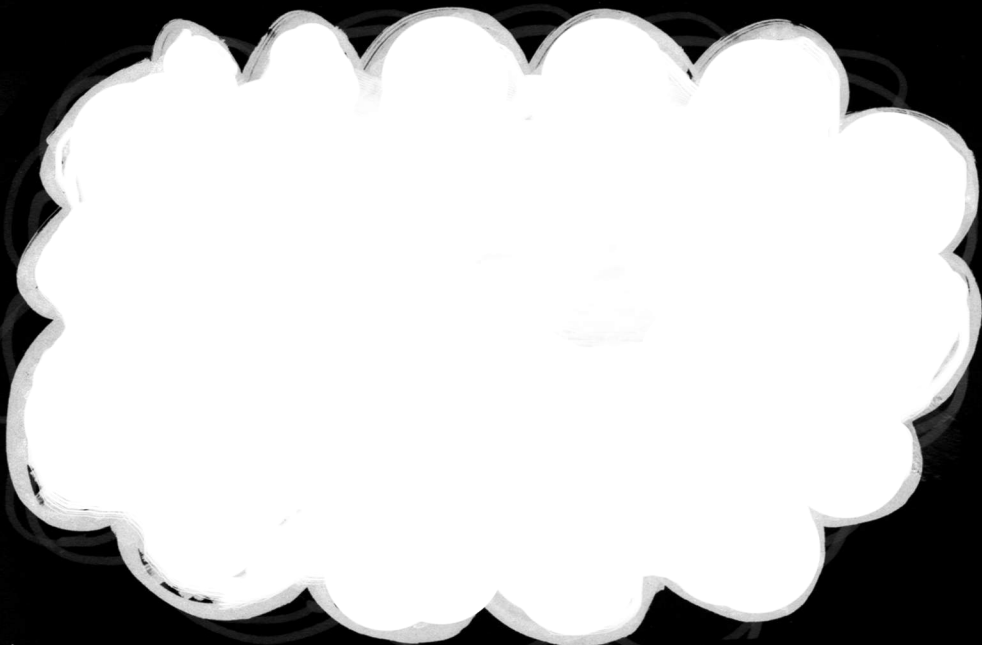
Numbers are important and we need them everywhere



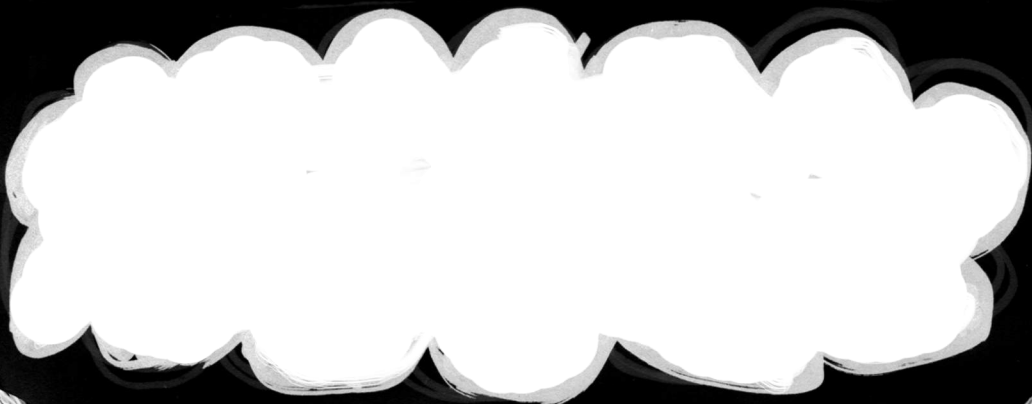
7 REACTING TO CHALLENGES

⇒ Integrating in the host project

Trying to remember one successful situation when I had to integrate in a new group or organization?
How was it?



What helped me to integrate?



Situations of negative perception during the first contact making

I rarely start the conversation and never explain the difficulties I have with the language.

It's normal to have stereotypes during the first contact. We just can't take them seriously.

They appreciate me considering my nationality.

They are weird (people around me)

They don't talk to me and they tend to talk only to each other.

It is possible that they are feeling a little bit nervous around me.





My POSSIBLE Solutions might BE

8 MOTIVATION

You Can find a
GOOD or a bad
PROJECT

YOU can live
IN A BORING
OR FUNNY
CITY

YOU CAN Have
A good OR BAD
TUTOR

**YOU HAVE
THE
POWER!**

YOU CAN have
a GREAT or a
BAD PLACE to
LIVE

BUT!

YOU CAN CHANGE
everything with
YOUR SMILE,
positive approach
& ENERGY

YEAH!
enjoy enjoy!

EX-volunteer

P.S

**IF YOU ARE ONE OF THE FOLLOWING REMEMBER
THAT I AM VERY JEALOUS OF YOU!**

My main motivation in life

What does not motivate me?

What are my motivation for this project?

What can kill my motivation during this project?

What are my solutions to maintain my motivation for the whole project?

Vocabulary

DEPENDING ON THE LANGUAGE THAT YOU
ARE STUDYING TRY TO FIND THE RIGHT WORDS

MONDAY

Tuesday ✓

WEDNESDAY

Thursday

FRIDAY

SATURDAY

Sunday!

HOLIDAY 🏠

Easter 🐣

CHRISTMAS 🎄

NEW YEAR 🎉

9 My working plan



Usually when you start something new you start to question yourself Am I good enough for this job? So regarding the tasks that you are having, which tasks may you worry?

NOTES

Vocabulary

Depending on the language that you are studying try to find the right words

DAY	
night	
Noon	
Afternoon	
MORNING	
MIDNIGHT	
Sunset	
Evening	
SUN ☀	
moon 🌙 *	
SKY ☁ ☁	
cosmos *	

10 My Working SCHEDULE

In THIS table You CAN make notes, & put all MAIN activities FOR the EACH day that You HAVE.

Day			
MON	Morning	10.30	
	AFTERnoon		
TUE	Morning		
	AFTERnoon		
WED	MORNING		
	AFTERnoon		
THU	MORNING		
	AFTERNOON		
FRI	MORNING		
	AFTERNOON		
SAT	Morning		
	AFTERnoon		
SUN	MORNING		
	AFTERnoon		

ACTIVITIES



AFTER ANALYZING MY Volunteer
SCHEDULE what changes I
would LIKE to MAKE?

11 My Personal project

The personal project gives volunteers a chance to create, develop and practice their ideas in any field. What do you think of organizing a cultural event, a championship, a photo exhibition, a little festival, being a trainer for an artistic or sport activity or any other activity you will be interested to try out?

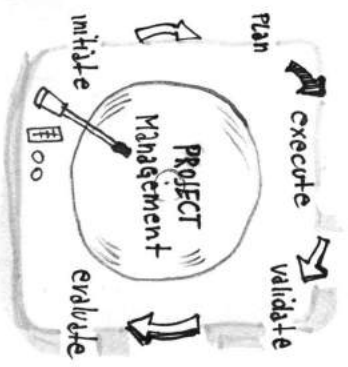
This is a great opportunity for you to bring your own ideas and go for it. Your hosting organization will be happy to support you !

Believe that you can DO IT
and You will DO IT whatever it is !

NOTES

PLAN IT NOW!

Remarks	
Provisional budget?	How?
WHOSE SUPPORT DO I NEED?	What I want to ORGANIZE?
WHAT MATERIALS DO I NEED?	WHY?
WHEN?	WHERE?



NOTES

DEAR Volunteer

...as you already know regarding your holiday you have two days off each month. You can accumulate your days in order to have a longer holiday or use them every month. This is entirely up to you... and there are not really any strict rules about that. But is better to make a plan and to know how you will spend them.

Jan	Day 1	
	Day 2	
Feb	Day 1	
	Day 2	
MAR	Day 1	
	Day 2	
Apr	DAY 1	
	DAY 2	
May	Day 1	
	Day 2	
Jun	DAY 1	
	Day 2	
JUL	DAY 1	
	Day 2	
Aug	Day 1	
	Day 2	
SEP	DAY 1	
	DAY 2	
Oct	Day 1	
	DAY 2	
NOV	DAY 1	
	Day 2	
Dec	DAY 1	
	DAY 2	

Letter To MYSELF

DATE :

Signature

12

Already IN the middle

Hello my friend, hello Hero!

Why here? You have already reached the halfway of your project !
You did a great job! You, who had desire to leave your own country, to go through all these difficulties of not understanding: the language, your host country life, the total new system, crazy traffic, public transport and many other things.

Aren't you a hero who managed to go through all this and to adapt to this society, to accept their culture and habits? Yes, you are. Look at what you have experienced so far, what you have learnt and you will realize what a great experience you already have and it can be even better. It is in your power to do it.

Keep in mind that the countdown has already started, use every second, every minute to continue your experience in that way you want this!

Your supporters!

Congrats!

Vocabulary

= 3

to RUN _____



to EAT _____

to SLEEP _____

to wake up _____

to DREAM _____

to think _____



to drink _____

to WALK _____



to smile _____

to CRY _____

to read _____

to WRITE _____

to watch _____

to hear _____

to speak _____

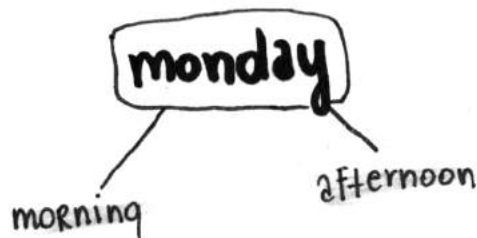
to DANCE _____

Good work!

13

MY WORKING schedule

How about My working schedule now?



Wednesday

morning

afternoon

THURSDAY

morning

FRIDAY

MORNING

Afternoon

Afternoon

SATURDAY

morning

afternoon

Sunday

morning

afternoon

- NOTES -

What changes have I implemented already?



HOW SATISFIED I am NOW?

 2 3  5 6  8 9 

ACTION PLAN

POINTS TO IMPROVE

POSITIVE POINTS

My tasks/activities

MY WORKING HOURS

MY RESPONSIBILITIES

MY COLLEAGUES

Learning Language

MY FREE TIME

Relation with MY MENTOR

ACCOMODATION

Results

MYSELF

1 MY LEARNING GOALS

GOAL

☐ set a goal

☐ make a PLAN

☐ get to work

☐ stick to it

☐ Reach the GOAL

Goal Settings

S SPECIFIC

M MEASURABLE

A attainable

R RELEVANT

T time-bound

☐ stick to it



OPPORTUNITIES

What are the benefits that I will get from my project?

What are the unexplored learning opportunities within my stay?

Personal strenght/resources

What are my strengths, resources, and abilities? How am I contributing to my project?

CHALLENGES

What are my greatest challenges now?

Learning goals

Which personal competences, attitudes, etc. do I want to develop?

MY Personal PROJECT 45

How was it? It's time to evaluate how it was and may be to plan a NEW ONE!

WHAT CAN BE IMPROVED?			
WHAT WAS SUCCESSFUL?			
	Process	Impact	Outcomes

WHAT DID I LEARN?



1

2

3

4

5

6

7

8

9

10

16 COMPETENCES



1. Literacy– the ability to identify, understand, express, create, and interpret concepts, feelings, facts and opinions in both oral and written forms., Using visual, sound/audio and digital materials across disciplines and contexts.



2. Languages– the ability to use different languages appropriately and effectively for communication.



3. Mathematics, science, technology and engineering –the ability and willingness to develop and apply mathematical thinking in order to solve a range of problems in everyday situations and explain the natural world, in order to identify questions and to draw evidence



4. Digital competence– the confident, critical and responsible use of, and engagement with, digital technologies for learning, at work, and for participation in society.



5. Personal, social and learning competence– the ability to reflect upon oneself, effectively manage time and information, work with others in a constructive way, remain resilient and manage one's own learning and career.



6. Civic competence– the ability to act as a responsible citizens and to fully participate in civic and social life, based on understanding of social, economic and political concepts as well as global developments and sustainability.



7. Entrepreneurship competence– the capacity to act upon opportunities and ideas, and to transform them into values for others. The ability to tilt allows to take an initiative and to work collaboratively in order to plan and manage projects that are of cultural, social or commercial value.

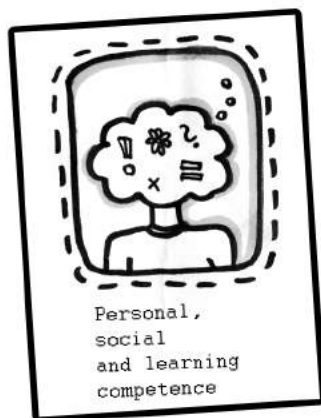
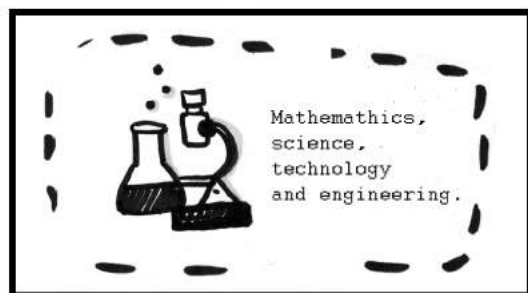


8. Cultural awareness and expression– involves having an understanding of, and respect for, how ideas and meaning are creatively expressed and communicated in different cultures and through a range of arts and other cultural forms.

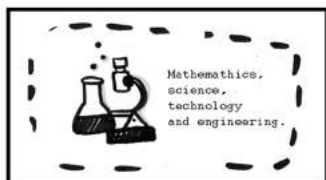
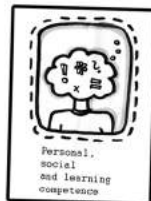
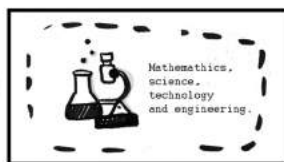
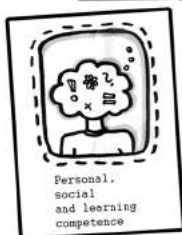
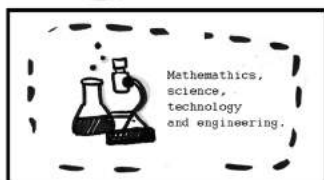
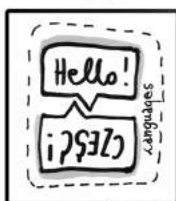
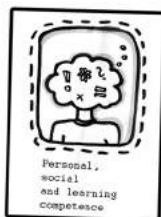
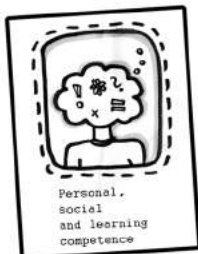
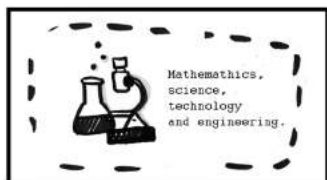
Here You can find stickers with learning badges that refers to 8 Key Competences fostered by the European Union.

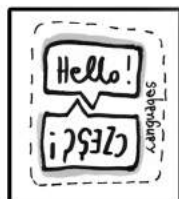
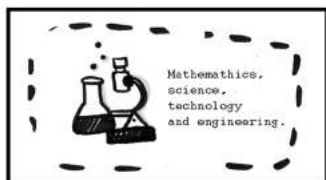
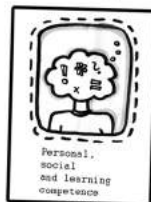
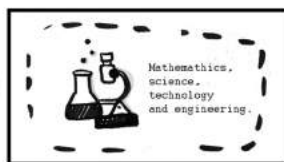
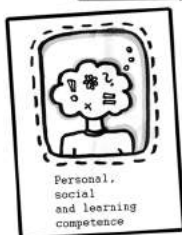
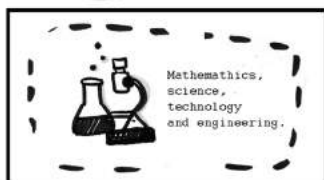
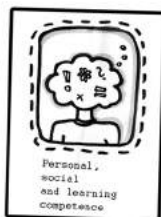
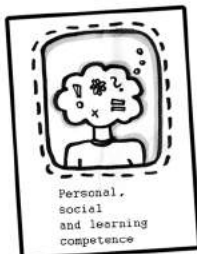
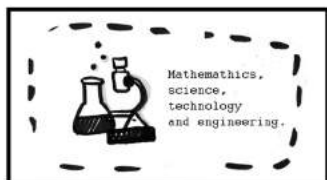
What is competence?
SKILLS - what you can do.

KNOWLEDGE - what you know.
ATTITUDE - how you react



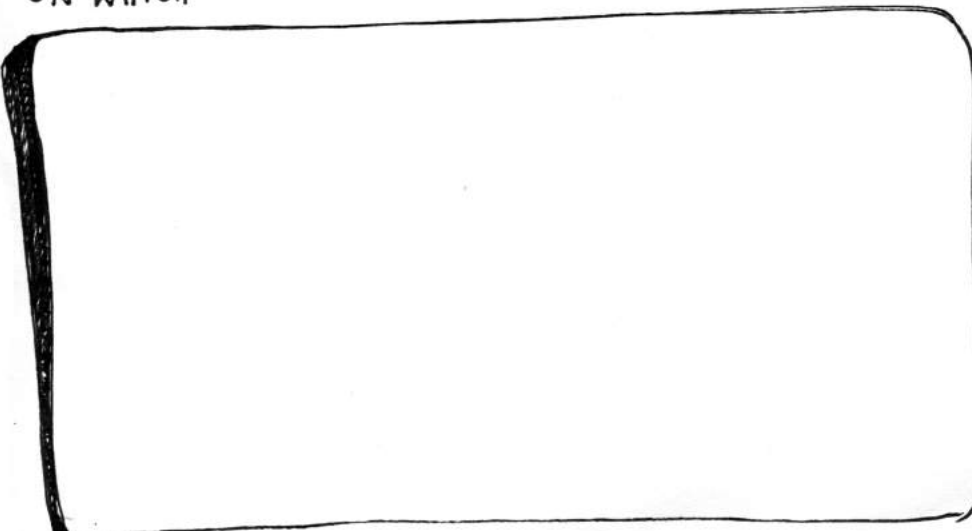
LEARNING BADGES





What are my strongest competences, that I was able to develop so far during my project?

ON WHICH COMPETENCES I SHOULD WORK MORE?



During the whole learning process I am receiving a lot of help for developing my competences.

WHO	WHAT THEY DID	WHICH COMPETENCE
MY HOSTING ORG		
MY MENTOR/ Supervisor		
MY TEACHER		
MYSELF		
OTHER		



A MONTHLY PLAN

REGARDING MY project

WHAT I WANT to LEARN



SOCIAL life-integration into COMMUNITY

TRAVELING

NOTES

18: TIME to Go HOME...

new adventures ARE WAITING FOR YOU!

So WHAT?

23 DAYS... back 

... Finally..!

... Really?...

... UNFORTUNATELY!!...

hmm...

No matter How You Feel at this moment Be Ready To

REINTEGRATE!

19 PREPARE to REINTEGRATE

Eventually all volunteers have to prepare to go home: where they are no longer foreigners, where they don't have to think before they speak or act, and where they do not need to ever worry again about adjusting to the environment. Home where it's EASY.

But the reality is quite different. "Home" can take as much getting used to as "abroad" once did. The problem is this word "Home". It suggests a place and life all set up and waiting for us. But home isn't a place we inhabit; it's LIFESTYLE WE CONSTRUCT. No one goes home; rather we return to our native country and in due course we create a new home. Even as we cope with being between homes, we face a number of other adjustments. We may also have to learn a new job and get used to new colleagues. We may also miss certain characteristics of our life abroad; miss being objects of curiosity, the core of local attention. The desire to leave "Home" becomes more and more acute when returnees realize how little their families and friends are interested in hearing about their overseas experiences. And the disappointment we feel is all the more intense because this is after all our home, where we expect to spend the rest of our lives.

Fortunately, there are a number of steps newly returned volunteers can follow to take the sting out of reentry:

- We should think back to our first weeks abroad, when we faced many of these same problems and in case of reentry, faced them all at once!
 - We should recall that we managed to survive that experience and prosper! (we have been through this before and we can get through it again)
 - We shouldn't expect too much immediately upon our arrival back home, as we are careful not to expect too much of our selves at the beginning of our overseas sojourn.
 - We should realize we are acting, appreciate the reason - because people are behaving in ways we are no longer used to - and refrain from judging and responding prematurely.
- We would do well to apply the same techniques of awareness we've been practicing abroad! And we should succeed!

18 MY FUTURE PLANS

AFTER MY PROJECT

In 1 week, I will be doing

In 1 month, I will be doing

In 3 months, I will be doing

In 6 months, I will be doing

In 1 year I will be doing

LOOKING FORWARD TO MY FUTURE!

If you do not know yet about your future plans, don't worry! You have time and energy to decide and to realize!



My Friends

19

People I want to remember and hope to meet again one day!

NAME

[illegible]



WISHES FROM MY FOREIGN FRIENDS

NOTES

Created thanks to



Fundacja Rozwoju Systemu Edukacji



EUROPA FĂRĂ FRONTIERE

SALTO-YOUTH
EASTERN EUROPE AND CAUCASUS
RESOURCE CENTRE



Erasmus+



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