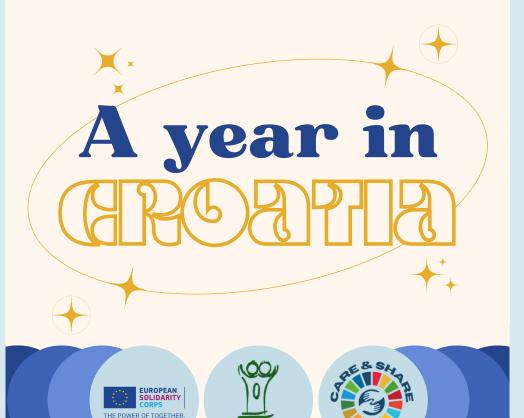
EUROPEAN SOLIDARITY CORPS



Summary of the activities we implemented and participated in from 03/2023 to 02/2024 for our volunteering missions in Osijek within PRONI.

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Table of Contents

p.2
p.3
•
p.6
p.9

Introduction





My name is **Aurore**, I am 24 and **French**. I always wanted to travel and the ESC program was a great opportunity to **live abroad** and take part in **meaningful** work with young people.



My name is **Laura**, I am 27 and **Spanish**. The ESC has been a great opportunity, thanks to traveling and discovering new cultures, meeting people and **living abroad** helped me **improve**.

CARE & SHARE PROJECT

It is PRONI's project co-financed by the **ESC**, made to involve us (international volunteers) in promoting **Sustainable Development** (SD) among local young people.

Care & Share is the framework defining our missions and within which we carried most of our activities:

- Inform young people through monthly articles on various topics of SD, published on the Osijek Youth Info Center's website.
- Implementation of workshops, volunteer actions, creative activities etc.
- **Promotion** of the ESC volunteering program to young people from Osijek.

Promotion of Sustainable development +.

- ARTICLES

To raise awareness and engage young people in sustainable development, we wrote one article per month on specific topics thev might feel concerned about.

Here are some headlines of those articles, in which covered climate change, poverty challenges, fast fashion. food and mental health.

But we also wrote on tourism mass or renewable energy for instance.

How to Celebrate Mother Earth Day: take action

On the 22nd of April we celebrate the International Mother Earth Day, implemented by the UN since 1970!



challenges to the well-being of our planet and all the life forms it supports. It is

Poverty and Conflicts: a vicious cycle to break

The issue of global poverty is one of the greatest challenges facing humanity, as recognized by the United Nations in its affirmation of the first sustainable development goal of "endicating poverty in all its forms and dimensions".





Why is fast fashion so bad and how to be more sustainable?

The end of November is famous for the Black Friday sales, it is a great opportunity to buy cheap clothes and other items, but also to rethink our consumption habits, more specifically our consumption of fast fashion and what it costs our planet.

inexpensive clothes on offer thanks to fast fashion. It is difficult to resist buying, especially if you're on a budget. However

consumers and people around the world are becoming increasingly aware and conscious of Fast fashion issues. Indeed

Eat good feel good: how to improve mental health with food

The topic of food, how it is produced and the way we consume it, raises many issues of a political, economic, environmental or health nature. It is both a multi-dimensions subject and a basic right, as addressed by SDG 2. This basic right is directly linked to people's well-being promoted by SDG 3, including mental health.



Even if the subject of mental health, is or "I don't like my body." It can

WORKSHOPS -

In addition to the articles, each month we organized workshops, related to one of the 17 SDGs.

The aim was to create a **discussion** on different issues, and to provide **information** and **solutions** to young people that they can implement at their own level. For instance:



We started in May, with a workshop exploring the **1st SDG** of the UN whish is the **eradication of poverty**.

Through interactive activities such as where do you stand, case studies and competing for fun-

ding, participants were able to **better understand** this complex societal issue, its several causes and effects.





In June we met with a **nutrionist** to propose a workshop on **mental health** and food to young people, to see how these 2 topics are lin-

ked. Thanks to different activities, we discussed the main challenges facing young people and how a balanced diet can have a positive impact. Before writing new habits to take.

WORKSHOPS



After the hottest summer and October month ever, we did a workshop on the 13th SDG: **climate change.**

To understand this notion,

how it affects our lives, and what are the **solutions** to tackle it while it is still possible. We used the **fishbone framework** method, **carbon footprint** calculator and cards game.



In December, to promote **responsible consumption** according to the 12th SDG, we organized a clothing swap.

Participants came to PRONI center with their clothes items and were

able to **exchange** them to renew their wardrobe in a fun and **sustainable way**.





For January's workshop, we decided to do an Escape game aiming at covering

all of the 17 SDG, so that young people could better

understand what is **sustainable development** and the **2030 agenda** of the **UN**. While having fun and **cooperate** to find a missing briefcase.



Promotion of Mobility opportunities

SOCIAL MEDIAS



When we arrived, we wrote an article about how we came to volunteer in Croatia.

Explaining our motivations and the advantages of ESC.

The goal being to inspire young people into volunteering too.

In April, we recorded a video explaining what is the ESC program and how it works (how to create your account, how to apply, the requirements for applying).



We created another video promoting the benefits of an ESC experience.





SCHOOLS PRESENTATIONS



To promote the ESC program and mobility opportunities, we were able to **interact directly** with young people in schools. We went to 4 different local shools, to **inform** and **engage** them in **european programs** such as the **ESC** but also **Youth Exchanges** and **Discover EU**.



This was an important mission since a lot of young people are not aware of the opportunities they could benefit from.

Language classes: Croatian, French and Spanish

CROATIAN

During our 12 months volunteering in Osijek, thanks to our organization, we had the opportunity to take **croatian classes** with a teacher.

We had class every week, learning a lot of vocabulary and grammar. But also some great expressions, here are our favorites:



- " S konja na magarca "
 - → litteraly from horse to donkey.
- " Nije teško žabu natjerati u vodu "
 - → It is not difficult to force a frog into the water.
- " Pomalo "
 - → take it easy.

- FRENCH

The class was for **beginners** and aimed at giving them basic knowledge of the language, vocabulary, grammar and aslo share the **french culture** with them.



Therefore I made **presentations** and provided a variety of exercices and **interactive activities** to practise French.



SPANISH

Our organization gave us the opportunity to teach our own

language to young people.

For a year we have been teaching Spanish to a group of young people (between 16 and 24 in my case).



Thanks to this year, young people who wanted to learn have been able to achieve a basic level of Spanish that can allow them to defend themselves in the language.

Not only trough theory and grammar, explained trough the presentation, but we used different games as kahoot, songs and board games.

