

ESD MAGAZINE

2019



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You can find us on Facebook - ESD • European Solidarity Design and Instagram - @europeansolidaritydesign



01 September 2018. This is the exact moment when everything began. Two groups of volunteers gathered in Bucharest and a few months later the groups became teams. Thanks to the contribution of every member, in addition of the coordinators, sometimes is even difficult to separate these two projects (PAC and ESD) in two groups, but this magazine is more focused on ESD (European Solidarity Design).

And you may ask: What is ESD project about? The experience consists in 6 months project in which we were promoting non formal education in individual lessons in schools and doing clinical animation in hospitals and special schools. In addition, we did lots of workshops, team-buildings, meetings and trainings. Especially in ESD we focused in fomenting the creativity and art with the children and the visual design as a way to promote the solidarity.

During these months we dealt with some challenges. Probably the biggest one was the fact that we had some changes in our teamwork. Concretely, the coordinators that are running the project now are different from the ones with whom we started it and the group of volunteers has also changed a bit. Nowadays we think that it was an opportunity for us to become more flexible and adaptable and to be the cohesive team that we are right now.

In the following magazine you will discover both, individual and group experiences plenty of different colours, intense moments and full of happiness, some of them unforgettable. If you fly through the next pages you will be able to find out what is the magic world of the volunteering in a foreign country, who has hosted us as real locals. Do not hesitate to take a look!

ABOVE OUR HEADS

Dany

SPAIN
BEST CHEF
31 years-old

Adventurous, Patient, Challenging. I perfectly remember that day, a few months ago, when me and my partner Ruben decided to find a place to do a volunteering project together. We thought that it would be such a great experience that it would make us grow as people.

The beginning was difficult because he was in and unfortunately, I was out of the project but finally destiny wanted me to be involved in this EVS experience and a few months later I found myself enjoying one of my best moments in Bucharest.

This experience became bigger the day I met Constantin in a hospital, a kid whose love was unconditional, and we spent all the afternoon playing, laughing, hugging each other... Consti, a kid without parents, taught me a great lesson about life: If you find the positive way of everything, you will live happier.



Ruth

SPAIN
CREATIVE
26 years-old

One year ago I got involved in Erasmus+ projects and I decided to apply for an EVS.

Just the place and moment to start a new adventure: keep always looking for change and movement.

My time in Rumania has been intense and full of memories. An experience that I will never forget. Other culture, other family and a country to discover.

"As you start to walk out on the way, the way appears"

Luana

ITALY
SHIMBALAIÊ... SHIMBALAIANI
29 years-old

I choose the experience. Following the wave I add color to my life. I experienced the two sides of the coin at the same time. Like the snow, it lasts when there is frost and it blows, but the next moment it melts in the sun.

Here I met the other side of the snow. The Romanitanianenglish, the flowers of a thousand colors in front of the grey palaces, the eyes of the children, music on the street, in the toilet... everywhere Dance, alone, together, involving those around you. Smile together, the nature.

Elena, an old woman I met, I don't think she understood a word of my invented Romanian. But she was smiling at me. The connection created between us, despite and thanks to the profound differences. The heat. I could go on but ... but there are worlds besides words. And then... I learned to walk on and under the snow.





Olimpia

ITALY
OPTIMISTIC
23 years-old

Half Italy/ Half Romania
In love with coffee, beer and true hugs. I'm 1.52m, a little girl with a party heart.

In my EVS I realise that to work with kids will be my future.

I can't say that I have one favourite moment here, but I can say that this EVS for me, was and is something important. I learned a lot from the people in this project and I feel that I grow up a lot.

Henderika

HOLLAND
ADVENTUROUS
29 years-old

I am 1.75m tall. This is an average length in Holland. I like to use my length with my favorite sport, (beach) volleyball. I also like to dance on Reggaeton music. For example: "Temperature" from Sean Paul. Can't help it!

I wanted to surround myself with creative people on a creative project to let my own creative part in myself grow. And i had the need to go on a new adventure where i got to see more ways of living my life.

What i really appreciated this 6 months was this international group. We all have our baggage, knowledge and habits and i learned a lot from everybody.



Coline

BELGIUM
SPORTY
18 years-old

Also known as Cookie or Coli. I am passionate by the animation of children, nature and travel. I am very sporty and I like to discover new challenges.

I wanted to do an EVS to discover new people, cultures and to learn more about myself and my limits.

I will never forget the crazy Christmas campaign! I didn't expect to collect so many toys and our office and the kitchen were full of them!



Rubén

SPAIN
CURIOUS
26 years-old

Art and design, nature and trekking are my big passions, I am so curious. For me it is important to explore new horizons, be comfortable in the confortzone is so boring... For this reason I decided to do an EVS, it's an incredible surprise how many things can you learn from each other and about yourself living abroad in a creative environment!

Even I have partner, Dany, and at the beginning I came here without him. Destiny wanted us in the same project, probably it is one of the most magical things that happened to me here. But it is not the only, what else can I say?

I love this EVS. But a lot, a lot, a lot!!!



LESSONS IN SCHOOLS



I can fly lesson by Olimpia

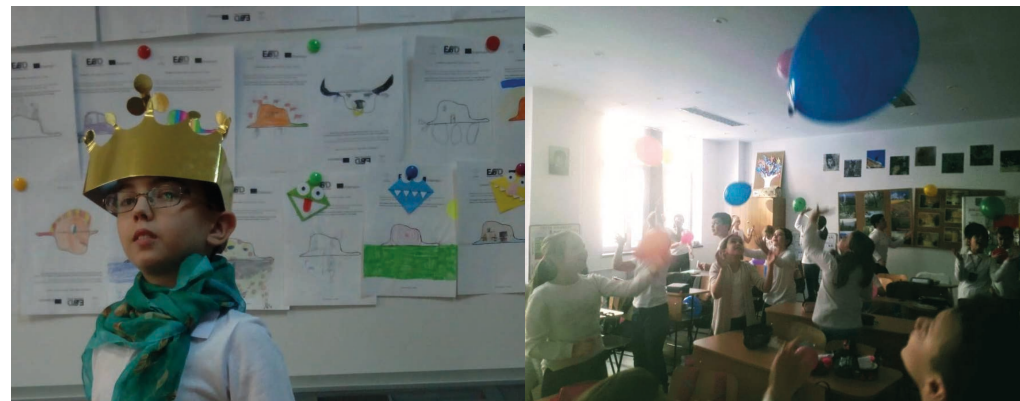
In my lesson I try to imagine with the kids places that they want to see, visit and discover. So we made together one origami plane and write a city or a place, on the plane.

Another part of my lesson is to draw something for someone that you love or to play with the kids a game. Which is of course a huge game!

MICUL PRINT: lesson by Ruth

This lesson gives me the opportunity to see the creativity level attending classes, groups and schools. It was really interesting to see the function of a free creative exercise with children.

I also learned to adapt myself and be prepared for changes.



The sound of happiness lesson by Luana

The game was the key for children to discover their own sound. I used different games that include music, dance, drawing, balloons with different colors. Because happiness goes together with all colors. All aimed at the free expression of the child, to explore the sound of their happiness together.

At the end of the lesson I asked to write on a paper the first happy thing of the day and to put it in a jar. And to do this every day until the end of the school year. This is to remind us to know how to see and protect the beauty that surrounds us every day, which shines from small things.

Saint George and the dragon. lesson by Ruben

After Saint Joris legends storytelling we have created hundreds of origami flowers with lovely messages inside.

I'm sure more than one adult will smile when they see how affectionate the children are. We adults still have a lot to learn, with what kind of simplicity children express feelings as positive as love and gratitude.

Let's make it simple, don't be afraid to say what we like about other people!



Petit Cube chez les Tout Ronds lesson by Coline

It is a story from Belgium (by Josse Goffin and Christian Merveille) : « Mom and Dad All-Round have a child who is a Little Cube. Although his parents love him, Little Cube is rejected by his grumpy old uncle and other All-Round children. He tries in vain to make his corners disappear. Until the day the All-Round children and Little Cube get lost in the night, the All-Rounds are scared, but Little Cube shines in the dark and can save the entire team.»

While sharing this important story for me my purpose is to remind them to accept the differences and qualities of each. DIFFERENCE IS NOT A DEFECT.

The best recipe ever lesson by Dany

Non-formal education is based on learning by playing and playing by learning. In my lessons we speak about colors and food. The perfect combination for a tasty recipe:

6 pieces of different cultures
1,5 kgs. of playing games.
10 pieces of enjoyment.
0,5 kgs. of happiness.

Mix everything and the result is amazing.



Creating my own monster lesson by Henderika

Ever since I was a kid, I like to show my fantasy by drawing monsters. If you draw a monster they don't need to be scary, but funny for example. And maybe, in some kind of way, it even looks like you!

Beside different kind of material it is important to think about these elements:

- Eyes
- Superpower
- Name.
- The form
- Legs, arms, hands
- Mouth, teeth

CHRISTMAS CAMPAIGN



During November & December 2018 we, the volunteers and the coordinators, worked very hard for The Christmas Campaign. Our goal was to give a Christmas gift to those children who cannot afford it.

For a good teamwork it had to be well organised! We will explain all the steps of our process.

We started **promoting the Christmas Campaign (1)** in social media and schools. By asking children to bring the toys they do not use anymore (soft toys, plastic toys, books, puzzles, etc.) and give them to the children in Hospitals and Special Schools where they are in difficulties or in disadvantaged.

After we proceed to **collect the toys (2)**. It was the hardest step to transport all the heavy bags full of toys in the tram, taxis and buses from the schools to our office after our lessons.



Sorting all the toys (3) and plush collected in the office was the funniest step, it was like a childhood come back!

After this it was the time to use our math skills, **packing the toys in bags (4)**.

Finally the time has come to **give the bags to children in Hospitals (5)**. The BEST part. It was amazing to see the results of our work and receive smiles and amazed faces from the children!!

Good job guys!!! Now it is time to enjoy, celebrating it with a big party and **to take a big deserved rest (6)**...

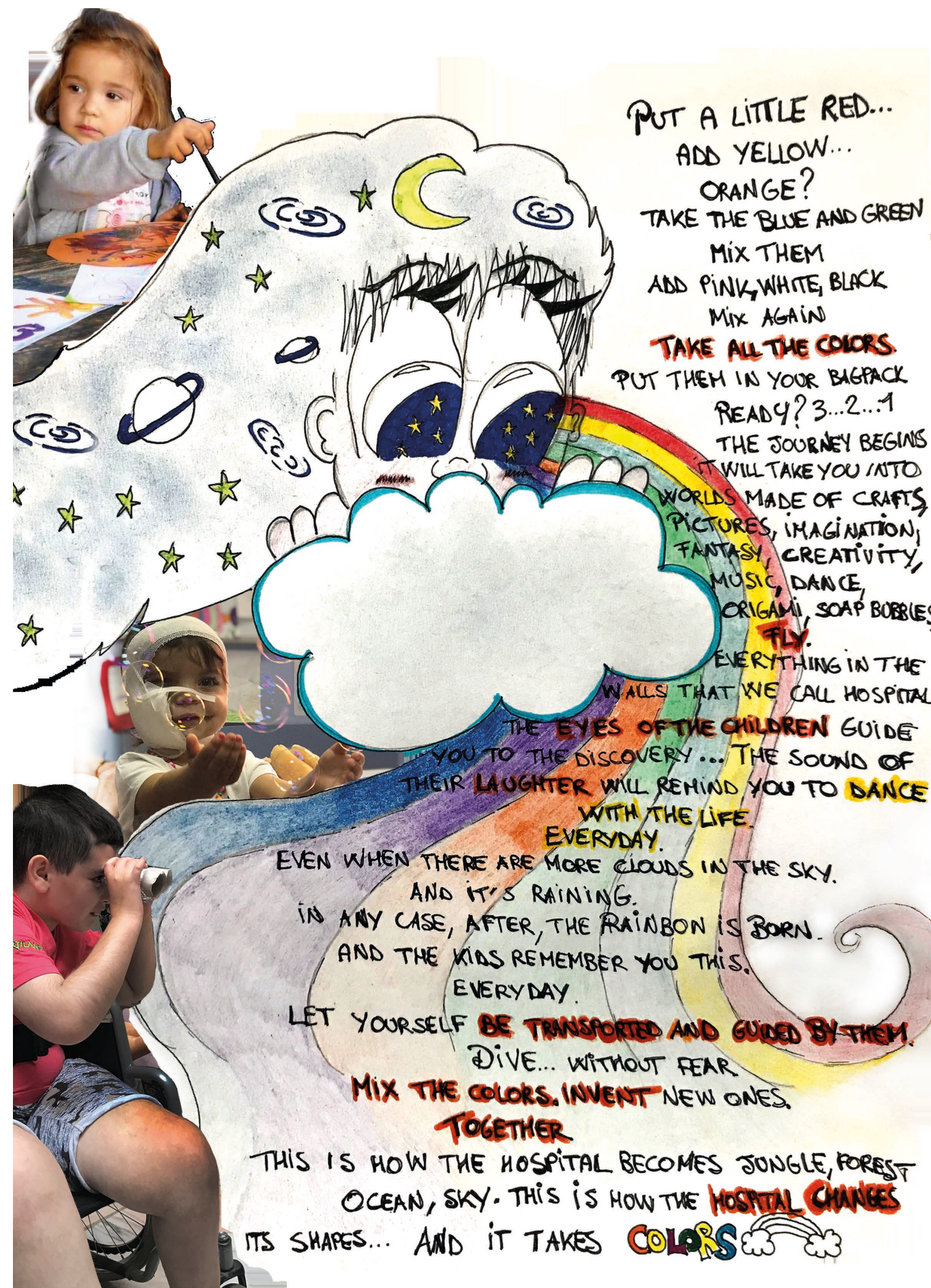
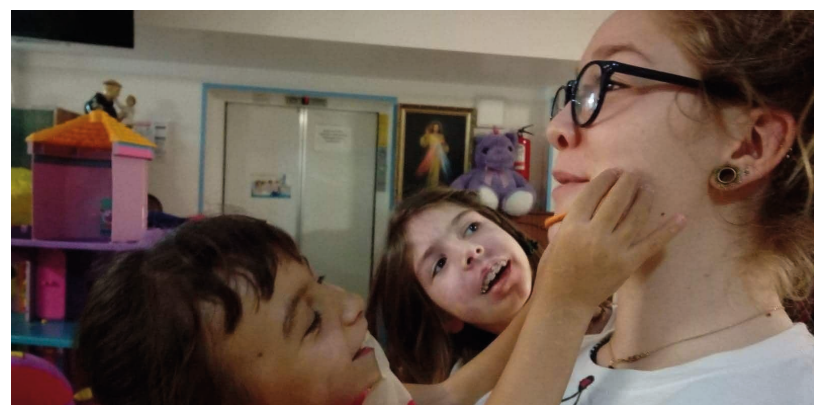
We post on Facebook a video to show you the whole process of the Xmas campaign.

Here is the video's link : <https://www.facebook.com/europeansolidaritydesign/videos/1208118322688964/>



CLINICAL ANIMATION

ARTICLE BY LUANA



VOLUNTEERS LIFE THROUGH EVS SONG LYRICS BY OLIMPIA



A little idea in my mind
Can be ok, funny and nice.
You can ask me, why now, why this?
I don't know
Maybe I'm lost
I need
I want
Maybe I'm only curious

Finally here
New place, new people, new house,
new food, new life, new family
Big Berceci, noisy, ambulance, metro
tram,
Metro tram
Metro tram
Traffic

Now I'm scared,
Me excited
Me, I can't wait to startttt
Haideti copiii
EVS in Bucharest
EVS in Bucharest
We are actors,
Actors
Actors
Colorful Actors
Here in Bucharest

Suntem Voluntari
Here in Bucharest
Voluntari nu avem bani,
Buna ce faci? Bine.
Bon cu stampila, Office, Stefanita.
Mihaela wait for us
Ciorba, bere? Wine not?
Rosu Sigur!!
Lipsani?
Shimbalaieeeee
Na nana nana naaa...

Let's go, hai copiii
Hai sa facem un cerc mare,
Here in Bucharest
Play learning, learn playing
They are enjoying, you are enjoying.
They are growing up, you are like a
kid. Again.

EVS in Bucharest
EVS in Bucharest
We are actors
Actors
Actos
Colorful actors
Here in Bucharest

Lets' go, hai copiii
Alexandrescu, Marie Curie
Lacul Bucura, funny Jungle Recuperare
Follow them, smile with them,
Be a child
Hurt
Precious moments with them.

It's an adventure
Every day
Here in Bucharest
Because we are actors
Actors
Actors
Here in Bucharest



WICH VOLUNTEER WOULD YOU BE? CREATED BY DANY



You are in the middle of a street in Bucharest and you need to cross over...

- a) I cross. If some cars are coming, they will stop for sure.
- b) Some cars are coming but I have enough time, so I start running.
- c) I start dancing so the cars will stop and let me cross.
- d) I wait until I realize that there is no danger to cross.

You decide that you will go out tonight, what do you prefer?

- a) I want to shake my body. Let's dance Reggaeton.
- b) Rock, Rock, Rock!
- c) Puffs, music and paintings? Perfect match.
- d) It is time for a Beer and live music.

MOST A ANSWERS:

Party person (Olimpia-Coline-Ruth):
When you are in the metro you feel the need to play some music and invite random people to dance with you. Every Thursday you are thinking about what to do on Friday and Saturday night. Wherever you are, if you listen to "Despacito" on the radio you go crazy and cannot stop dancing. The truth is that you like partying, but you are also so competent during your weekly obligations.

MOST B ANSWERS:

Sporty person (Henderika-Coline):
You know that if you spend one week without doing some sport you feel bad.

Bus, Metro and Tram, No! They are not made for you. When you listen to a sticky song you need to move. Do you find a lake? Let's run to see it! Do you find a hill? Let's walk to the top! Do you find a good sale in a second-hand shop? Run! Run! Run!

MOST C ANSWERS:

Creative person (Ruth-Ruben-Luana):
You spend all day thinking in colors, clouds, draws and shapes since the world without them is grey and sad.

If you see a market in the street you must go to check the handcrafts and you are all day thinking about how to decorate your flat. Sometimes you are the only one who understand your own ideas and mandalas are for you like a lifestyle.

You are proposed to do an activity in a random group. Which activity will you do?

- a) Dance, Dance, Dance. Nothing better than dancing together.
- b) Ready, Steady, Go! Let's run around the lake.
- c) I'll tell you a scenario and you have to represent it with your body.
- d) Let's put some music and do Yoga!

Imagine that you receive in your volunteering project an invitation card...

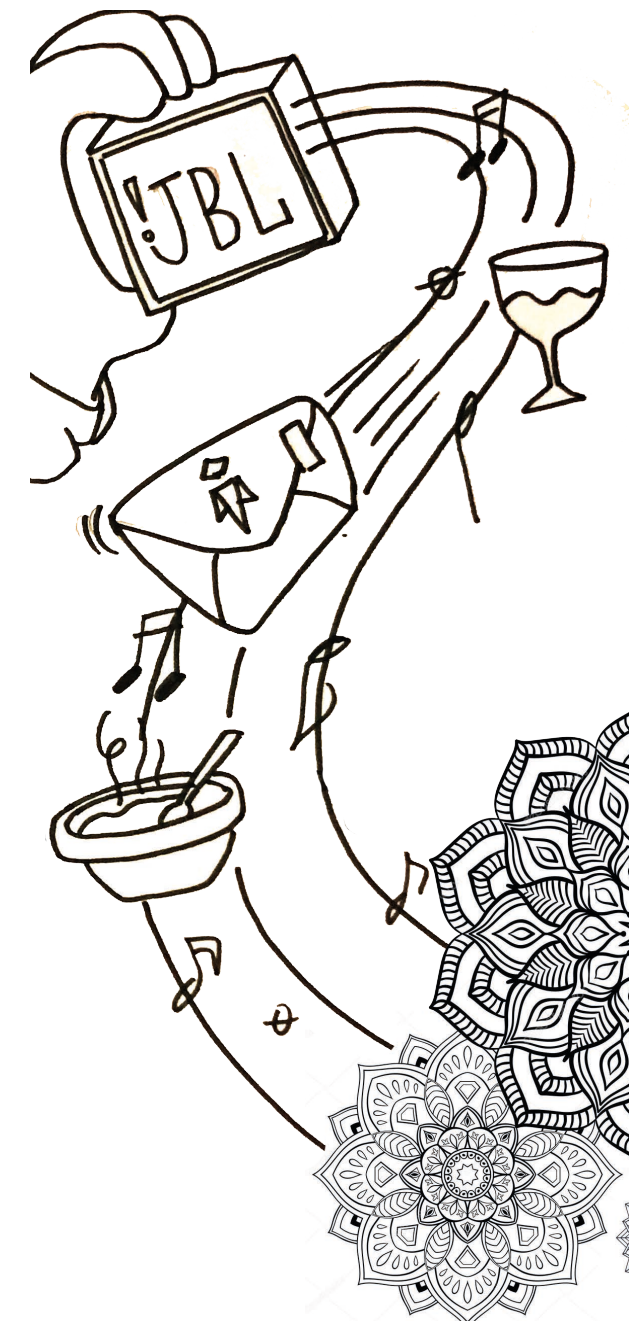
- a) Oh!! I am sure it will be an invitation for a party tonight.
- b) I wish It would be an invitation for the next match.
- c) For sure it has to be my invitation to the wizarding school of Hogwarts.
- d) Wine and music? Yesss!!!

If you are/were a volunteer, what would you do in your free time?

- a) Go out to a pub or disco
- b) Go running.
- c) Paint Mandalas and draw.
- d) Listen to music at home

MOST D ANSWERS:

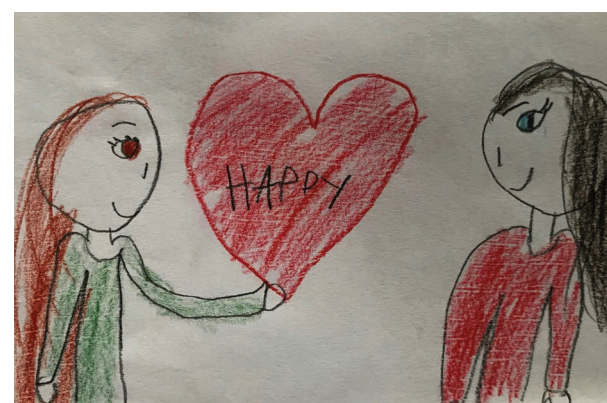
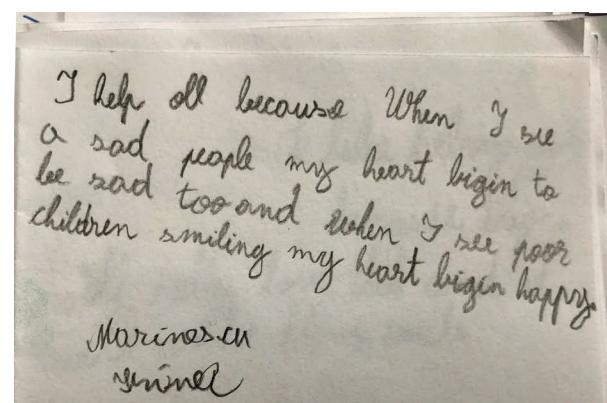
Chill person (Dany-Henderika-Ruben):
Meditation, relaxing music and challenges are an important part of your daily life. This does not mean that you don't like partying, running or painting, but in your mind, there is always a moment for your own space. You cannot stop thinking about your next challenge, your next travel or your next meal, and how you will appreciate and enjoy every second of them.



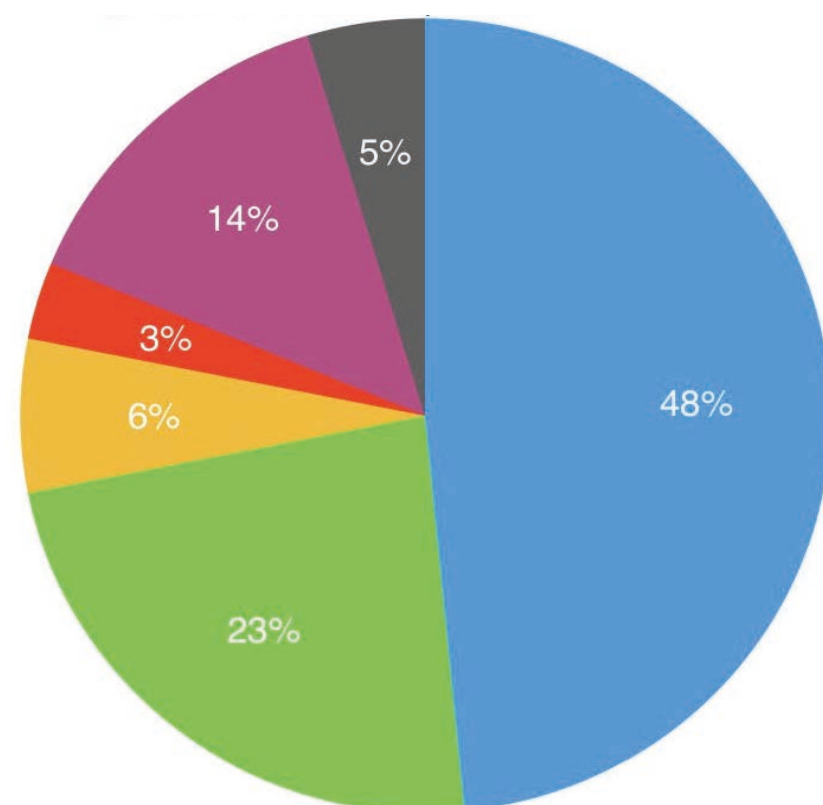
ADJECTIVES THAT DESCRIBE EACH PERSON

HENDERIKA: Sporty / Gasolina / Self-confident / Adventurous
RUTH: Creative / Humble / Competent / Imaginative / Reggaeton
LUANA: Magic / Carpe Diem / Colorful / Happiness
OLIMPIA: Optimistic / Affectionate / kind / party
COLINE: Considerate / Passionate / Determined / Sporty
DANY: Quiet / Brave / Chef / Humble / Patient
RUBEN: Adventurous / Clever / Artistic / methodical

WHAT DO THE CHILDREN THINK? STUDY BY HENDERIKA



Graphic 1: which is the main reason for the children to do an EVS



Volunteering in the eyes of the children.

We are volunteering in schools for 5 months now and there are two questions burning on my tongue. What do the children think about volunteering? What is volunteering and why would you volunteer? I created a lesson to find out the answers from the children. As you can see i collected some pretty good data! (N=60). I had a lot of fun reading the answers

Helping people makes me happy

I want to make people happy

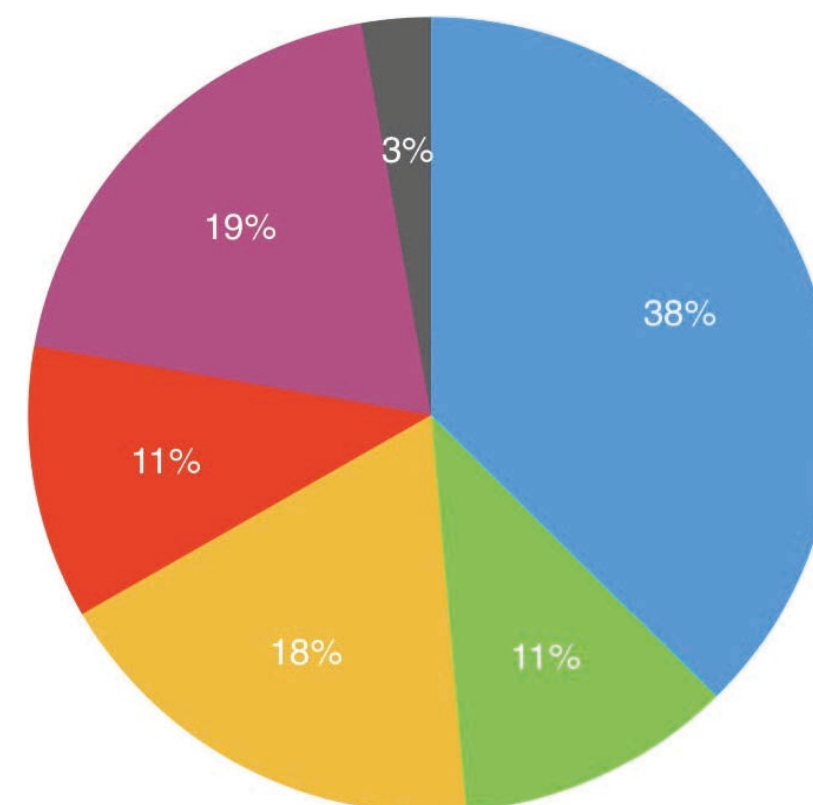
Because I love animals

Because everybody should have a good life

Because I have a big heart

Because I like to help nature

Graphic 2: in which topics would the children like to focus if they would do an EVS in the future



Work with animals

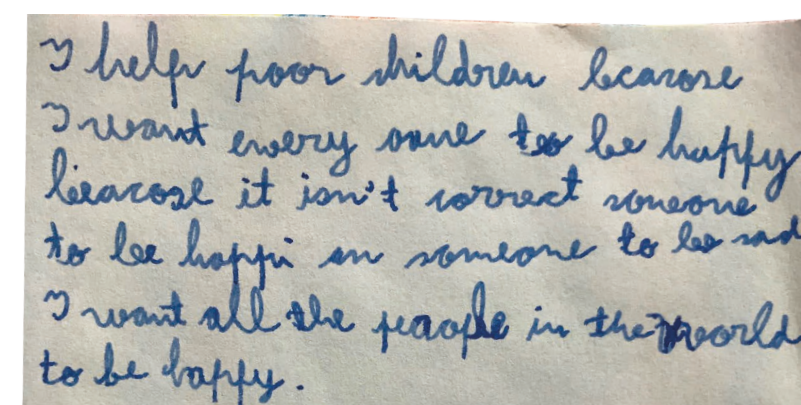
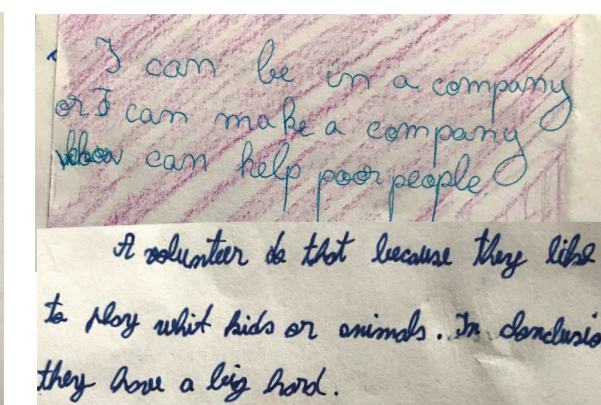
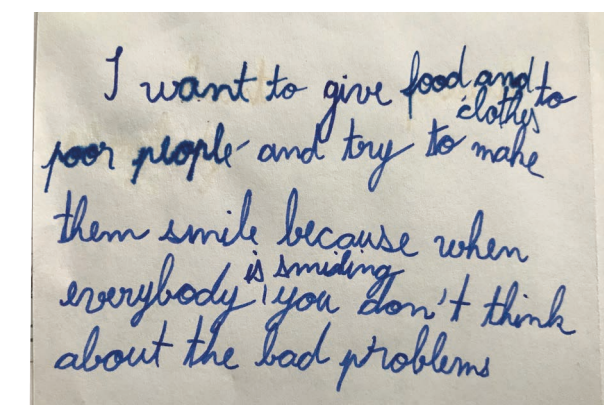
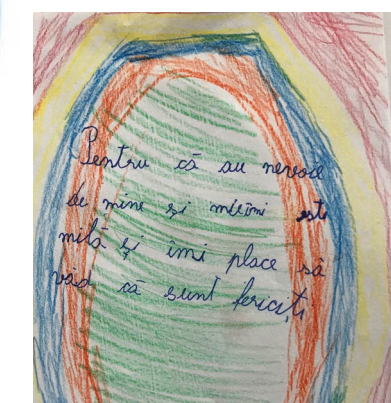
Work in the nature

Work with children

Help my family

Give food, clothes or medicines to poor people

Work with old people



FUTURE-LIFE AFTER EVS INTERVIEWS BY COLINE

Dany

What are your plans after EVS? Although I have no specific plans after my EVS, we are thinking with my partner Ruben, to move to Iceland for a period of time. EVS experience has opened me to the world and to get away from the confort zone so probably it is the perfect time to do something like that. At least I can be welcomed at home whenever I want so this is the moment to experiment as much as I can.

Will you use a new skill you acquired in this EVS? During the length of the Evs I have acquired several skills related to dealing with children. For exemple in my case I am totally sure that I will use skills like spontaneity in my daily life, but also I will use my skills to do handcrafts, origami, theatre... with all the children that will be involved in my life.

How do you see yourself in 10 years? At this moment I am 31 years old and this EVS project in Romania, thanks to spend tens of hours enjoying with children, has unwound me paternal instinct so probably I see myself in my home, with my stable job, my partner Ruben and my little kid.

Henderika

What are your plans after EVS? The same day the ESD- project ends for me, I take the plane to go for one month in Thailand. I always had in my mind to make a travel alone and now I feel that this is the right time to go. After Thailand I might have to find a job. In short term there is a chance that I end in a school.. student or teacher. I don't know yet.

Will you use a new skill you acquired in this EVS? The "skill" that grow the most this EVS is creating things with the help from my senses and feelings. For example my lessons and playing with children. One of my goals I made before I started EVS, was to develop to trust in my intuition and follow it more. It helps me with making decisions in a more stronger way.

How do you see yourself in 10 years? It would be nice if I have a very big backpack with a lot of experience, lessons and memories I got to take from my beautiful travels around the world and the people I have met. And I really hope I have children by then (and the man of my dreams would be nice ;)). How I will earn money.. I don't know! I'm curious what life will bring me.

Rubén

What are your plans after EVS? Two years ago I promised myself to put all my efforts and to do all that is in my hand to live new experiences, and to do the things that I really want to do, without limiting myself and forgetting the confortzone the end of the EVS is not the end of this adventure, now is the time to plan something together with my partner Dany, and it is to live in Iceland for a long term, enjoying the nature and a relaxing style of life, growing as persons and professionals.

Will you use a new skill you acquired in this EVS? Yes, for sure, I notice that we acquired lots of useful skills here, such as improvising and to do not be afraid to act as a kid does and to express your emotions and ideas without worries to be judged, an EVS is an intense and quick evolve of the character.

How do you see yourself in 10 years? I do not really know I think it is a good beginning to start to search a cozy place near the nature, in which Dany and me will feel realized, most probably in Island but it is not the place to be for us, I do not really care cause now is just time to enjoy the moment.



Luana

What are your plans after EVS? My plans are ideas ready for change if this is what I will hear. Among these I intend to use art in all its forms, including music, play, at a therapeutic and rehabilitative level, aimed above all at children with disabilities, but not only. I would like to create a space in which one can take care of the body, mind and soul, through the help of different professional figures who work together, merging medicine and art.

Will you use a new skill you acquired in this EVS? Every experience, like this EVS, is another open window on the world and for sure all the things that I learned I will use in my life, in my job.

How do you see yourself in 10 years? I see myself being what I am and doing what I love

Ruth

What are your plans after EVS? It is difficult to think about the next step... Maybe the way will show me another path. Fort he moment, hard work trying to put in order all my ideas, thoughts and feelings. Studding, cooperating, developing projects... Come back and be grateful with my life.

Will you use a new skill you acquired in this EVS? Of course each of these 6 months has given me a lot of knowledge (mostly about myself) and skills that I will use in my life. The most valuable: the fast adaptation to the changes. In addition, I have learned the importance to be open to new experience and cultures, being flexible with a team and be part of a bidirectional learning.

How do you see yourself in 10 years? I feel a shudder if I think of that! I hope I will be HAPPY.

Olimpia

What are your plans after EVS? I'm one of the volunteers that want to stay more in this EVS, so I ask to stay 3 more months. But after this 3 months, I can say that I know what I want to do, but I don't know the first step, because for sure I want to do more volunteering, something farther away like Nepal, Brazil, Colombia but at the same time I really want to continue my studies, a master in the North Europe, maybe, or south at the same time.

Will you use a new skill you acquired in this EVS? In this EVS I learn a lot and I will continue to learn. I improve some languages, English, Spanish and Franch, I improve also some skills, like cooperation, communication and artistic and one of the most important, stay with kids, learn from the kids, enjoy the activities with them. But for me the most important it is what I learn thanks for the other volunteers, they are for me the inspiration, motivation and support. Thanks to them I feel that I grow up a lot. So for sure I will use all my improvement here for all my live.

How do you see yourself in 10 years? Me in 10 years mmm , I see myself lost like always.

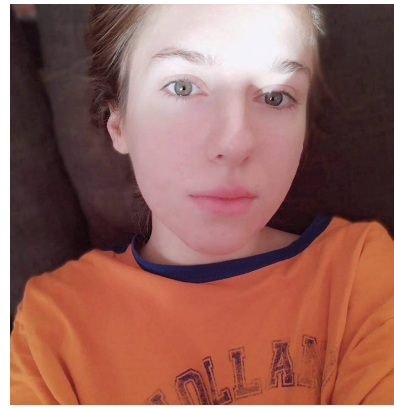
Coline

What are your plans after EVS? From the beginning, I wanted to continue volunteering but a little further this time: in South America! So I go back to Belgium one month to do my passport, vaccines, see my friends and my family and redo my luggage for the new adventure !! I was accepted into a Workaway project in Bolivia. Then I would like to find projects in Peru and Colombia until July 2019. Then, I plan to start studying occupational therapy (ergotherapy). And find back my hobbies in Belgium (French boxing and youth movement).

Will you use a new skill you acquired in this EVS? Yes of course! I acquired so many new skills here! Including the non formal education with children and new activities adapted to their age. I will certainly use them in my youth movement and probably in my future work!

How do you see yourself in 10 years? Mhhh good question.. I will be 28 years old, so I hope to have finished my studies and be an occupational therapist, I hope to have found the right partner and then to start a family together with at least 2 children and why not go to live abroad? We will see..!

INTERVIEW TO IOANA



Extra, extra! The coordinator of ESD project, **Ioana Francisco**, answers to the craziest questions ever exclusively for ESD magazine! (Interview made by Henderika)

What was your favorite game as a child?

Role-playing. back in the day when we were little we used to have "1 day businesses". One day we would make a rock exhibition on the porch (stolen from a construction site next door), another we would play Red Riding Hood on the balcony (1 leu entrance fee), or we would open a bar in the back of the house with the drinks of our grandparents.

If you could visit one place on Earth where would you go?

I've always wanted to go and visit the "real hobbit houses" in New Zealand. Shire, please exist!

What makes you the angriest?

In others, being cheated and in me, being helpless.

What always brings a smile to your face?

The positivity in others and small nice gestures.

If you had a time machine, would you go back in time or visit the future?

I'm the kind of person that has a tendency to live in the past, but I would be very curious to see what will happen forward so probably I'd travel in the future and if something is not quite right, go back in time to fix everything!

Would you rather have a home on the beach or in the mountains?

The mountains - the tracks are the best meditation sessions I have ever done.

What food do you crave most often?

All I can think of is delicious vietnamese soup. I would eat that 3 times a day, everyday.

If you were an animal, what would you be and why?

Definitely a big fat fluffy cat - would sleep all day, get away with anything for my cuteness and have the power to heal bad energies in humans.

How would be your ideal partner?

Someone who is a bit cynical, curious, effervescent and who contradicts me when it counts.

If you could choose one celebrity to be the father/mother of your child who would it be?

Ouf... my father would be the bold director Darren Aronofsky and my mother...beautiful Keira Knightley.

If you could be trained up in any profession of your choice by top professionals, what profession would you choose?

I would choose to be a chef and be trained by Gordon Ramsay. I wish I put him as my father now...

TO SAY THANKS



This story started in the mind of 16 people whose curiosity went beyond the simple fact of going out of their comfort zone. Called "EVS Project in A.C.T.O.R", the story began last **1st September 2018** when this group of 16 volunteers was split in two projects (PAC-Parenting as Citizenship and ESD-European Solidarity Design) and then the fairy tale, our own fairy tale, was created.

All the words that you have enjoyed through the pages of this magazine have come up thanks to the following main characters:

Authors and photography of ESD:

Coline Piron, Dany Rodríguez, Ruth Esteban, Luana Rocchi, Olimpia Petcu, Henderika Van der Veen and Rubén Rodríguez

Illustration: Ruth Esteban.

Art director and layout: Rubén Rodríguez.

Also our collaborators in **PAC GROUP:**

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to all the efforts of that people who are "beyond the scenes" and have made possible the entire development of this

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Ioana Francisco/Mihai Stefanita Barbu.

Creators of ESD project: Antonio Lionetti and Silvia Tursi

Sending organizations:

SIW-Internationalevrijwilligersprojecten/-NOUS / LINK / Mille Cunti / SVI-Service Volontaire International.

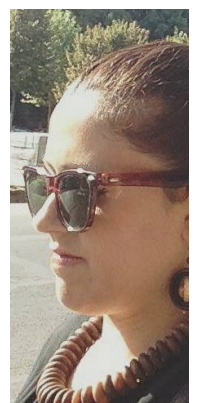
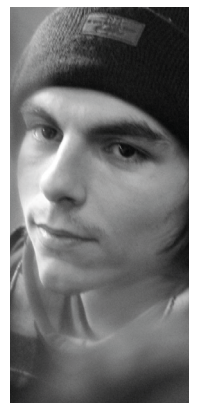
And all the **members of the hosting organization** (A.C.T.O.R-Cultural Association for Theatre and Origami in Romania), Eugenia Barbu and Stefanita Barbu

All the Mentors of the volunteers. All the people who have helped us during our six months in Bucharest in order to make our stay easier and more comfortable:

Alina Vataavu (**Romanian teacher**), On Arrival Training and Mid Term Training Organizers and the people who let us enjoy different workshops.

For all of you, for all of us, for those that we have not mentioned but are also behind this.

Multumim mult, ESD Team.



MAKE THE ORDINARY COME ALIVE

“Do not ask your children
to strive for extraordinary lives.
Such striving may seem admirable,
but it is the way of foolishness.
Help them instead to find the wonder
and the marvel of an ordinary life.
Show them the joy of tasting
tomatoes, apples and pears.
Show them how to cry
when pets and people die.
Show them the infinite pleasure
in the touch of a hand.
And make the ordinary come alive for them.
The extraordinary will take care of itself.”

-William Martin,

The Parent's Tao Te Ching: Ancient Advice for Modern Parents