

My name is Eloïse, I'm from France and in the beginning of November 2021, I arrived in Rzeszów in Poland to be a volunteer for the association INPRO. At this time, I didn't know a lot of things about Poland, the work of INPRO nor the European Solidarity Corps. I spent 2 months in this city, in a hostel in the Rzeszów Główny (the train station) where I met amazing people from all over the world.

The work of INPRO is to promote multiculturalism, to open dialog around local, national or global issues or topics for the young local of Rzeszów. They also promote international opportunities available for the young. To this end, INPRO organizes different events for the local community such as language cafe's, youth club or the festival.

We helped INPRO to accomplish its objectif by participating to the organization of the different events run by the association. For example, every Wednesday, INPRO organizes Open cafe in Urban lab from 6pm to 8pm. These meetings are events for the local who can come and discuss about a topic in English. For the population of Rzeszów, it's an opportunity to practice their English and reflect on different subjects. The subject changes every week and they are varied, for example food waste, art, colors ... As a volunteer, you will organize with your team an Open cafe from the idea to its realization. It's a good way to gain new skills such as project or time management.



The main event of our volunteering mission was the festival « Time to move » of the 15 December. This festival happens every 3 months and it's the opportunity to share our culture with the people of Rzeszów. During this event, you can present your country and culture with the local. We all worked to organize activities and presentations to introduce our countries, traditions, languages or our hobbies. Personally, I had a French corner where I welcomed people and talked about France with them, I also did a country presentation about France and with other volunteers I host the final game. I also did a workshop about French language, to teach them a few words of French.



We also had a lot of workshop during this volunteering project. Every Thursday, we had a personal development workshop. We had a public speaking workshop which was really useful for me because they give us a lot of tips and advice to be more confident. We also had a workshop about youth opportunities in the EU. Every week, volunteers were organizing a workshop called « sharing is caring » so we all gain skills in different topics : yoga, origami, ...



The best part of my volunteering experience is the people I met in Poland. I remember the first day I arrived at the office and met everyone, at this time I didn't imagine all the memories I would create with all those wonderful people. I met people from Spain, Italy, Turkey, France, Georgia, Poland, Armenia, Belgium, Kazakhstan, Vietnam, Ukraine, ... Without this project, I would have probably never met them so I am really grateful to INPRO for gathering us all together.