

# ALEJANDRO M.S



---

## ROMANIA VOLUNTEERING

2019-2020



YELLOW SHIRTS ORGANIZATION

# **YELLOW SHIRTS ASSOCIATION**



**BAIA MARE, ROMANIA**

**YELLOW\_SHIRTS\_RO@HOTMAIL.COM**

**FACEBOOK.COM/YELLOWSHIRTSROMANIA**

**Volleyball is not a rocket science. We are!**

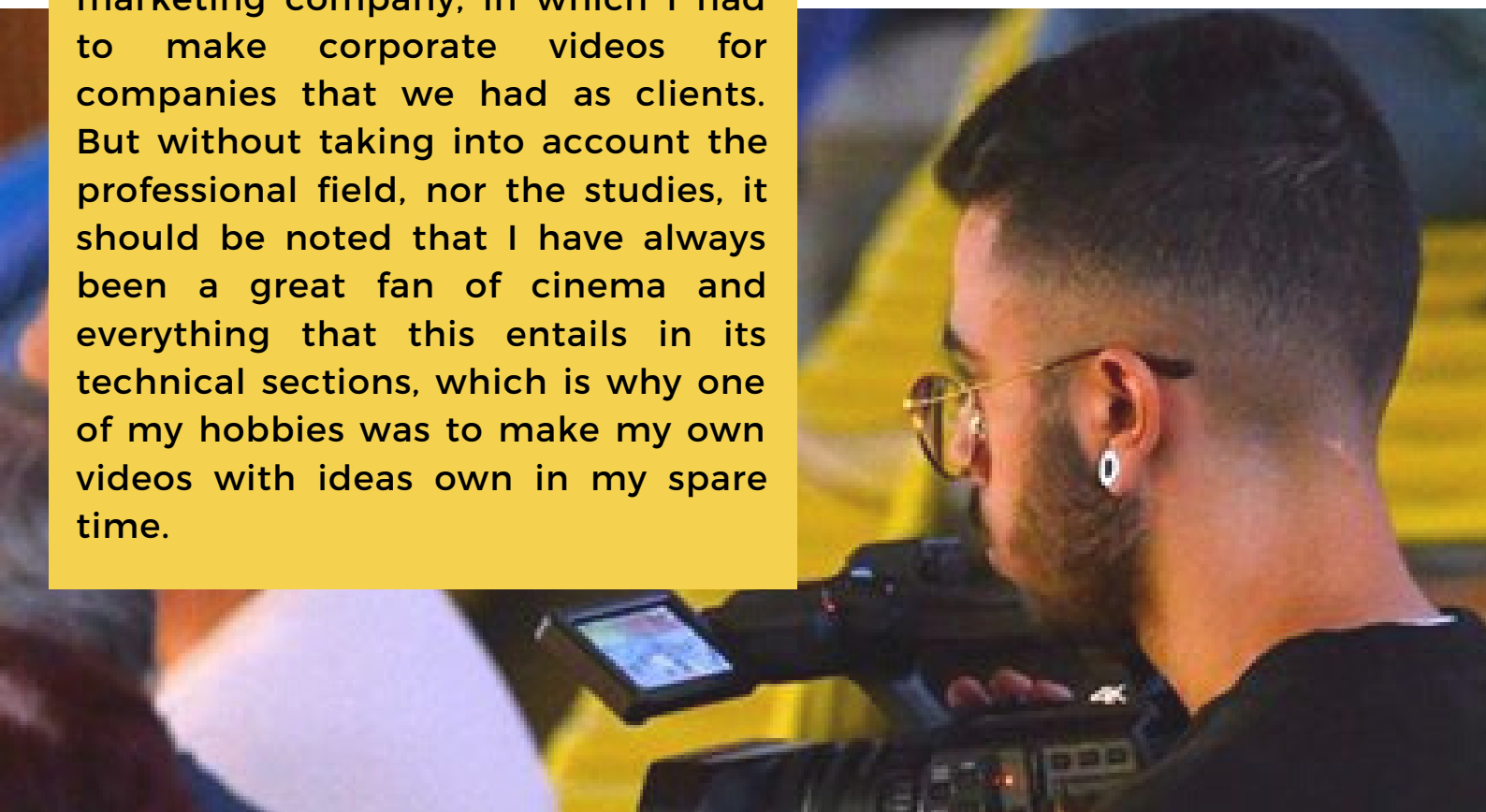
**[www.volleyballscience.com](http://www.volleyballscience.com)**

**2018-1-RO01-ESC11-061246**

# FILMING AND VIDEO EDITING

In this brochure I want to capture everything that this volunteering has meant to me in terms of learning. I believe that there is no better way to do it than by reviewing all the activities I have carried out and everything they have given me. And to start I would like to talk about the audiovisual section, since it is one of the things that made me opt for this project and not for another.

Before applying for this volunteering, I already had a certain experience in this field, given that I had studied two years of Sound and Image, and had also worked in a digital marketing company, in which I had to make corporate videos for companies that we had as clients. But without taking into account the professional field, nor the studies, it should be noted that I have always been a great fan of cinema and everything that this entails in its technical sections, which is why one of my hobbies was to make my own videos with ideas own in my spare time.



---

My idea was to be able to contribute a bit of my knowledge in this field to help promote and encourage sport with my videos. So when I got to Romania and started to see what the project was like, I found certain things that I did not expect and they were a challenge for me. One of the things that were challenging was working as a team since I was used to making my videos alone at my own pace and in my own way. However, when I started accepting tips to improve my videos, I could see that many times we do not see our own failures, and that if we listen a little more it is easier to learn and improve.

The main problem I had when editing my videos in this project, was that I had never worked on sports videos, and I tried to apply my style to these, which did not work very well. This is because each type of video requires a very specific edition for its rhythm to be adequate. It was at this point, when I started to learn a little more about how to record sports and how to create more dynamic and fluid videos.

It may seem simple, since it is believed that, if you know how to create videos about a sport, you already know how to do it about all of them, but each sport is different, and more specifically, volleyball is a difficult sport to record, since it is fast and his plays are generally short. So creating a video that collects the best plays of the game requires patience, since it must also be a dynamic, entertaining video with a good rhythm.

**With the passing of the months I was improving my videos and the way of making them, as well as the techniques to organize myself and create them in a simpler and faster way. So next I am going to explain how I was improving month by month, commenting on all the videos I have created here.**

---



### September:

- The first video it was a video to promote volunteering in this country. And although the result was not very spectacular, it was a video that helped me to work better as a team and to accept suggestions from other people to do it. We made this video between Alexandra, Azik and me, but at that time we practically did not know each other and it was a good exercise to start creating ties.
- The second video was already about a volleyball game, and looking back now I can see quite a few glitches. For example, the transitions are slow, the rhythm of the video is not in accordance with the dynamism that I wanted to convey, the shots are very general and are not well framed. In addition, elements that give a little more depth to the video are missing, such as close-ups or external elements such as the public. With the passing of the months we will see how I incorporate all those elements. (1)

### October:

- The following video was about a sporting event that we held "Activenoon" which consisted of gathering volunteers and people from the community to spend an afternoon practicing various sports. I like this video, because I keep a good memory and because I think it reflects the good atmosphere and fun that was breathed there. However, on a technical level I see some flaws that I would later solve in the video of a similar event that we organized. For example, I think it could have been a bit shorter, as it would have conveyed the same message, but in a more dynamic way. Another flaw is certain frames and shots that are not entirely centered and do not capture the action correctly. But otherwise, I have a good memory of this video. (2)
- This video is again about a volley match, and you can see certain changes for the better, but it still has some flaws. In this video, I removed the slow transitions and added more close-ups, however, the video loses dynamism due to the monotony of shots, by this I mean that many of the good play shots are shot from the same side of the field, the reason why a sensation of movement does not exist and fluidity is lost. (3)

1.- <https://www.facebook.com/YellowShirtsRomania/videos/2454823248096820/>  
2.- <https://www.facebook.com/photosport.ysr/videos/748016132311695/>  
3.- <https://www.facebook.com/YellowShirtsRomania/videos/841900186204616/>



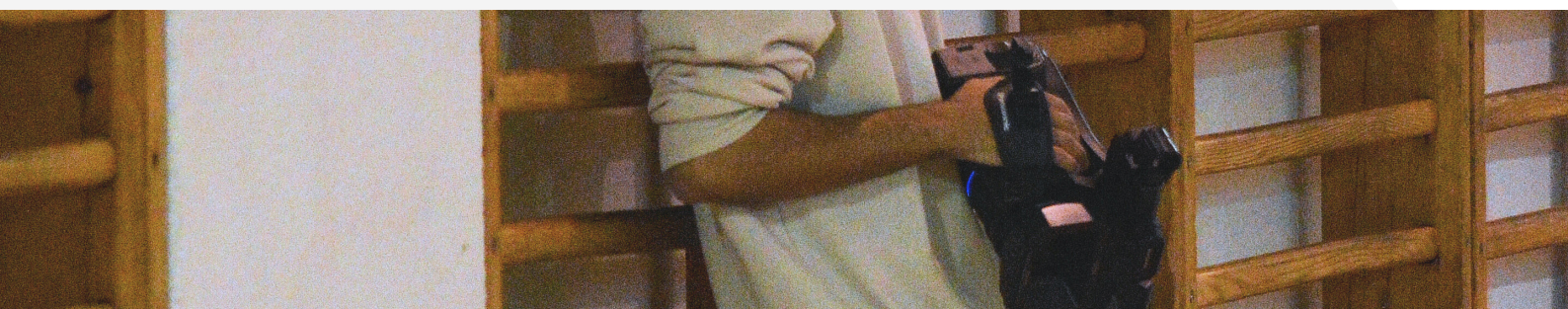
## **November:**

- Here we find one of the best videos I have made being here (in my opinion) since I think it has many interesting resources, it is dynamic, it is not heavy and its editing is good, following the rhythm of the music well. This video has a wide variety of shots, both of the plays and of external elements, and it flows at an optimal rate. This does not mean that it is perfect, of course, it has flaws and it can be improved. For example, some shots have a different color tone, which takes a bit of the video out of tune with the rest of the shots. This last failure is due to the fact that the ISO of the camera adapts to the light of the environment, and despite the fact that inside the pavilion there is artificial light, a lot of natural light from the outside also enters, and with the passage of time it changes, which affects the color of the scene. Even today I do not know how to solve this problem. **(1)**
- With this video I think I managed to capture in a short time everything I wanted to transmit. It is a short video, but in my opinion very fluid and concise, which represents the game very well. Despite not having as many external elements and dynamism as the previous one, their planes are good, they are centered and they capture the action of the plays well. It should be noted that some matches are often more intense than others and provide more material with which to work. **(2)**
- Personally, this is my favorite video, and not because it is an exceptional creation with incredible resources, but because it reminds me of very good times and makes me feel lucky to have made so many good friends. Although it was a very tired week, since each day we had a different event, it was a great experience. As we did different things every day, it was difficult to make a video that contained an entire week of activities, but I still think the result is quite good and manages to convey the message of the events. The sports shots are more accurate than at the "Activenoon" event, and the indoor shots focus more on the volunteers and trying to capture their emotions at those times. **(3)**

## **December:**

- In December we had no match or event, we were focused on creating other types of content to promote the message of our project in other ways that we will see later in this brochure.

- 1.- <https://www.facebook.com/YellowShirtsRomania/videos/2544487639106487/>
- 2.- <https://www.facebook.com/photosport.ysr/videos/564380907697856/>
- 3.- <https://www.facebook.com/317502997278/videos/3005806749448395/>



## **January:**

- This was the first game of the year 2020, and despite not being a bad video in terms of technical resources, I think it lacks dynamism and transmits a little more effusiveness. Probably my mood during that month was reflected in my work, and I made a quieter and duller video than normal. Still, the shots aren't bad, but they lack resources, a livelier aura, and a little more effort on my part. **(1)**
- In this case, we find a simple and calm video but very effective in my opinion, since the plans are very well recorded and the plays that appear are very beautiful. Also, the recurring close-ups help create a rather subtle sense of continuity, making the video flow at an appropriate rate. On the other hand, in this kind of game in which there is not much material to record, I think that a short and concise video is the best choice. **(2)**

## **February:**

- From here I started making the videos with a shorter duration, since I think they better represent the speed of volleyball. That is why this video has fast plays that follow the fast pace of the song, and the shots are more closed to create a sense of concentration in the game. I also added plans with external resources, such as the coach giving directions to the players, since it is a very important part of the matches and can change the game completely. **(3)**
- I especially like this video, since I consider that the recorded shots agree very well with the song I chose, it also transmits good group cohesion and gives more visibility to teamwork. Volleyball is a team sport that requires communication and understanding by its members, and that is something I always try to convey. The video follows a calm but constant rhythm and is not boring at any time (in my opinion). **(4)**
- This is the last game I recorded, and I think it is more than notable the difference from the first one, both in the way of recording and editing. It is noted that the recording is much more careful, and I have better mastered the opening of planes, and the handling of zoom in, zoom out. On the other hand, the edition turns these loose clips into a video to the rhythm of the music, with a constant rhythm that does not leave dead moments in the video that can make it boring. **(5)**

1.- <https://www.facebook.com/photosport.ysr/videos/1553993048099146/>  
2.- <https://www.facebook.com/photosport.ysr/videos/2689798604430198/>  
3.- <https://www.facebook.com/photosport.ysr/videos/508825303370314/>  
4.- <https://www.facebook.com/photosport.ysr/videos/2470622423155026/>  
5.- <https://www.facebook.com/photosport.ysr/videos/211812640207252/>





## March:

- This video is very special, since it was very gratifying to record it and participate in it. My main objective was to convey the beautiful message of the martisoara with a carefree and affectionate tone. The plans try to capture the expression of the volunteers and the players who distribute the martisoare as well as that of the people who receive it. The result is a reflection of what we feel at that time and the gratitude of the people. As for editing it is not very complicated, simply try to differentiate the part of the players and that of the volunteers, so that it is seen that we are two entities doing the same action always from kindness and generosity.

<https://www.facebook.com/photosport.ysr/videos/528698691391575/>



**ALL MY VIDEOS  
2019-2020**

# MATCHES

This section is one of the most interesting for me since I had never attended any professional volleyball match, and I did not know very well all the rules of this sport. But before talking about the games I would like to put you in context about everything I knew about volleyball and the relationship I had with it.

Since I was little, I have liked sports and I have always practiced some, however, volleyball was not one of them. The first contact I had with this sport was at school since in physical education classes they taught us the basic skills and techniques to start playing. Despite this, it never caught my attention, since it was difficult and not very fun. It wasn't until I was a little older that I became interested, I think the first time I enjoyed watching volleyball was summer at home, watching the Olympics. At that time, I became more interested in beach volleyball, to the point that I went to the beach with my friends and my brother to play, almost every weekend.



Over the years it had become a habit for me to go to the beach to play volleyball, but always for fun, I never took it seriously. That is why when I was looking for projects related to a professional field that I liked, I found Yellow Shirts. In this organization they combined the creation of online content, such as videos and photos, with sports, more specifically with volleyball. From the beginning it caught my attention, since it was a relatively unknown sport for me and I wanted to discover a little more about it. Also, if we added that I love making videos, it seemed like an ideal project for me.

When I got here, I was excited about going to watch some professional volleyball matches as I had only seen amateurs play. It is true that I liked to watch beach volleyball at the Olympics, but it is very different from classic volleyball since in beach volleyball there are only two players per team and the plays are more limited.

My first game was a lot of fun because I was very surprised by the intensity with which it is played at a professional level, and how fast everything is. Even though I was a bit lost because I didn't know the rules at all, and I didn't understand some plays. But otherwise, it was very interesting, since I not only saw the game but also recorded my first video. As I have previously explained, it was complicated, and it is not easy to record sports, much less one that you do not know well. Despite everything, I was very motivated and wanted to keep improving and watching more games.

Little by little I began to better understand the rules of volleyball and to understand how teams-built plays and strategies. At first it seemed like a sport without much depth, but when you start to understand it and see it with different eyes, you realize the great number of possibilities and situations it offers.

I was also improving the way of recording the games since I knew what factors were more important when recording the plays.

This sport requires great teamwork and mutual trust between the players, and it has helped me realize that many times we have to trust a little more and accept the help of other people. Because if we work as a team, we will always find better results, and as an expression of my country says dos "two heads think better than one".

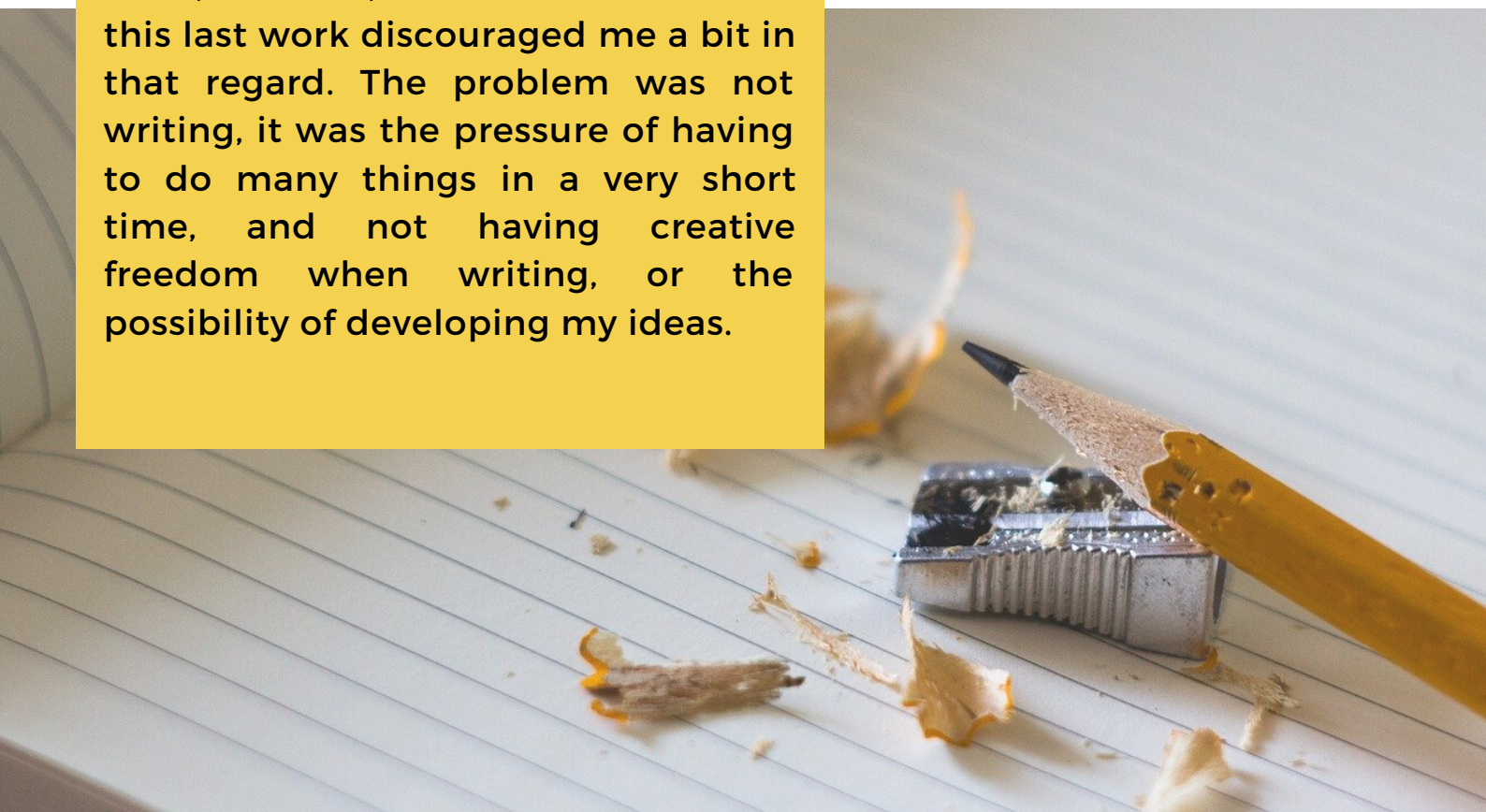
In conclusion, I would like to express what it has meant for me to involve myself more conscientiously in this sport, since it has changed the way I see certain things. For example, it has helped me not judge something by the first impression, since most things hide a much greater potential if we know how to look for it and we do not give up. It has also helped me see that teamwork is very important and that I should not reject the help of others, as I used to do.

To finish, I want to say that volleyball has gained a new fan, and from now on I will follow this sport more closely while also practicing it with my friends.



# ARTICLES AND IDEAS

Talking about articles and ideas makes me think a lot about the life I had before starting this experience, with which I was not completely satisfied. This is because I in Spain worked in a digital marketing agency. In this company my main task was to write hundreds and hundreds of articles for different web pages, to position them on the internet, and make them more visible to the public. That is why I have the word article and all that it entails, I have it associated with work and the stress is produced. However, this does not mean that I do not enjoy it when I write, far from it, it is more, quite the opposite. I am fascinated by writing and expressing myself when I do it, even so, I have to admit that this last work discouraged me a bit in that regard. The problem was not writing, it was the pressure of having to do many things in a very short time, and not having creative freedom when writing, or the possibility of developing my ideas.



When I arrived in Romania, my goal was to leave my life in Spain a little behind and disconnect from everything that made me unhappy. And so it was, when I got here I had the feeling that my work was contributing something, and my ideas and opinions were valued and taken into account. For all the above, I began to be more predisposed to express my point of view and try to make myself noticed every time we had to plan a new activity. It was not easy since I was not used to working in this way and it was difficult for me to explain my vision clearly and understandably. On the other hand, I was feeling a little frustrated, given that before I started that job in Spain, I had studied sound and image, and I loved making videos with my ideas and letting my imagination run wild. I had the feeling that these last years of my life had been slowly killing my creative abilities. So, I got down to work to start recovering that illusion and ambition that once characterized me.

The first week that I spent in Romania, I already developed my first idea for the project, since our coordinator asked us what we would like to do as our project in this volunteering. I have always been a great soccer fan, and I enjoy it when I play with my friends, and since the project is related to sports, I had the idea of creating a soccer championship for school children. Develop what the classification system would be like, the basic rules, and the philosophy and values that we wanted to transmit with this activity.

From here, my ideas were more focused on proposing activities for the events, and for creating graphic material for them. In addition to contributing my creative point of view to create the videos of the volleyball matches. But we will talk more in-depth about the events later, as well as ideas for schools when interacting with children and preparing activities for them.

On the other hand, we have the articles that I have written being here in Romania, which is personal and expresses my opinion and my way of seeing things. They reflect how my experience has been here and everything I have learned from it. Even though I said before that writing article was no longer fulfilling, I cannot apply it to these articles, since when it comes to writing about things that interest me it is no effort for me, and I enjoy it.

My first article was about the first week I spent in Baia Mare and how I felt about it. Here we can see a person who does not have the remotest idea of what awaits him and is just as scared as he is excited by the situation he is experiencing. But I'll let you read the article and know exactly what I mean.

<https://www.volleyballscience.com/post/alejandro-my-first-week-in-baia-mare>



The next two articles are about experiences in other cities with other volunteers, and how much it has changed me, being able to meet so many people with such different personalities. They reflect great learning on my part and some of the best experiences of my life. More specifically it is about my On Arrival Training, and exchange with volunteers in Miercurea Ciuc, I leave them here for you to read

<https://www.volleyballscience.com/post/on-arrival-training-1>  
<https://www.volleyballscience.com/post/exchange-in-miercurea-ciuc>

When I had been going to school for some time to do physical education classes for children, I wrote an article about what that experience meant for me. In my opinion it is interesting because I had never worked with children, and it was very enriching for me what I learned.

<https://www.volleyballscience.com/post/experience-in-schools>

These articles are not personal, they are rather informative and documentary, since the first I talk about how Christmas is lived in Spain and what traditions we have, in addition to the differences between my country and Romania in this regard. In the second I give several tips and sources of entertainment for all those people who are in quarantine due to the coronavirus crisis, and it is being difficult for them to cope with the situation.

<https://www.volleyballscience.com/post/christmas-spanish-tradition>  
<https://www.volleyballscience.com/post/what-to-do-during-quarantine>

Last but not least, I have written an article about tips when traveling through Romania, as it is one of the best things I have done during this volunteering. And I wanted to share my experience, what it has meant for me to discover this beautiful country, and how I have done it.

[volleyballscience.com/post/how-to-travel-around-romania](https://www.volleyballscience.com/post/how-to-travel-around-romania)



# ORGANIZATION MEETINGS

This section is something special because it has to do with one of the things I wanted to improve by coming here, to Romania. But before we start I want to put the situation into context, as I have done throughout this brochure. I have always been a very introverted person, which is not a bad thing, but to a certain extent. I didn't tell anybody anything at all, about my problems or concerns, and it took its toll on me because it maximized the importance and turned them into much bigger problems than they really were. All this led me to live one of the worst times of my life. However, over the years and by creating bonds of trust little by little, I managed to start sharing my feelings, my concerns, and my problems. At first it was not much, but as it was it was already an achievement for me.



Over the years I realized that I was really surrounded by people who loved me, cared about me, and wanted to help me. I also realized that it is not wrong to ask for help, but quite the opposite. When you talk about your problems, comment on them, and share them, you realize that they are really not as important as you thought at first. That's why with a lot of practice I managed to share more about myself with the people I had closest to me, like friends and family.

Despite all that I have said before, at the end of 2019 I still had a hard time exposing my concerns and problems to people I don't trust. Also, it was very difficult for me to give my opinion or complain about something I didn't like, because of the fear of being judged. That is why being here, living with many different people, with different cultures and personalities opposed to mine, I have managed to understand much better how I should be, and I have lost the fear of giving my opinion or being judged. Not everyone can like you, and you can't always agree on everything with someone you get along with very well, and that's not a negative thing, it's something totally natural and necessary. It helps us to create our personalities and opinions.

And what does all this have to do with my experience with the mentor meetings and the organization? Well, a lot, because with the organization we have had some problems and disagreements, which has pushed me to have to deal with situations like this. I have never had problems with my bosses at work, but I know that this is more complicated. Besides, I had a project partner, Alex, a Portuguese girl, who despite being shy, always gave her opinion and made herself noticed. This inspired me to give her courage when I found myself in circumstances that required it.

The Meetings have always been for me a way of introspection, in which I have learned to identify my problems and concerns at a more visual and clear level. And the fact of sharing it with someone, who is trying to help you, is very useful, because you are not only sharing your problem, you are also receiving solutions from a more impartial and alien point of view. The fact that my colleagues were also at the mentor meetings was very helpful, because it took away the fear of expressing myself in front of people I have less confidence in. Because I didn't know them very well at first and it was complicated for me.

I could explain all the activities that I have done in these meetings or the problems that I have had with the organization, but I sincerely believe that it is better to say everything that I have learned from them. And in my opinion, these meetings should be something that is done more often, because although we have come here to help with the project, we also feel very lost at certain times, and having someone to guide us is always rewarding.




# LEARNING LANGUAGES

When I thought about volunteering what I was most afraid of was the language, because my English was very bad. Before I came here, I was unable to communicate in another language, but even if it was one of the things that scared me the most, it was also one of the things that motivated me the most. I have always been very bad at languages, I failed all my exams at school and I didn't like to study other languages, because I was quickly demotivated by the frustration of not learning anything, even if I made an effort.

In spite of all this, I have always been passionate about the idea of knowing how to speak many languages, because I love to travel and because I love to watch films and series. And sometimes not everything can be seen in my language, so knowing English is a way to expand my knowledge and meet more people. So, after many years of thinking about it, I finally decided to apply for the volunteer program. And I can say today that it is one of the best things I have done in my life, and it has been the experience that has made my English the best. But I'd like to take a look back at the beginning and end of my volunteering to see how I've progressed and what challenges I've had to face.





Before arriving in Romania, I was not aware of how bad my English was since I had never been in the situation of having to speak that language all the time. And it was a shock of reality that scared me a little bit since I was afraid of not being able to relate to people and being separated from the group. But luckily at my house, there were two Portuguese girls living, who didn't speak Spanish but understood me a little. I could mix Spanish with English and make myself understood, besides they answered me in English and my ear was made to the sound of another language and the structure. However, during the first months it was very difficult for me to relate to the other people in the house.


What cost me the most in this first stage was to change the mentality of thinking in Spanish, since when you translate directly from Spanish it is very easy to make mistakes. I had a hard time remembering the words and was not fluent. But little by little I was studying on my own and speaking more and more and I was improving very quickly.

When I was able to have basic conversations with everyone I started to get to know other people better, but I still didn't feel comfortable at all, because I lacked the vocabulary to have deeper or more specific talks that would allow me to get to know other volunteers better. It is worth mentioning that during my On Arrival Training I lost a little bit of the shame of speaking in English in public, and that helped me a lot, but it will tell you all that I mean to me later that week.

To improve my vocabulary, I bought books in English and started watching the movies and series in their original version, since in Spain everything is translated and we are not used to listening to English. On the other hand, music is a very good way to get your ear used to different types of accents and vocabulary. But without a doubt what helped me the most, was having conversations with everybody about anything, practice, and practice. Even so, I still have many grammatical mistakes and I still have a lot to learn, but I'm very proud of everything I've improved since I got here.

About languages I would also like to highlight all the other languages that I have been learning, which, although I haven't gone as deep into them as with English, I have learned basic notions in case I want to continue in the future. The one that I have learned more after English is obviously Romanian, since, speaking with the locals, with the children at school, in the restaurants, in the shops, etc. I understand quite a lot of Romanian, speaking it is a bit more difficult.

To conclude, I would like to mention some languages from which I have learned words and they help me to break the ice with people of these nationalities. I have learned, Turkish, Portuguese, Russian, and Hungarian.



# EVENTS

Before I started volunteering, I was very reluctant to go to events of any kind, especially if I had to go alone. This was because going, meant putting myself in a social context, in which I did not feel comfortable, as I was forced to talk to people I did not know and try to relate to them. However, if I had to go to an event about something I was interested in, I didn't have a problem, as long as it was with friends and I didn't have to participate in anything.

All of the above was something that worried me, but I came to do this volunteering to help the community and to improve myself. I knew that participating in this kind of project would force me to put myself in situations that made me uncomfortable or had a bad time, but for me it was part of a learning process that I had imposed on myself. On my first day in Baia Mare, I attended an event where I met many volunteers, and just that day I started to lose my fear of this kind of social convention.

To make things clearer, let's divide the events into three categories, the ones we organized at Yellow Shirts, the ones organized by the volunteers of the American International School of Transylvania, and the Swap Language events organized by another association, but which we both attended. I want to divide them like this, since for me they are the most important and the ones I have attended the most, and from which I have learned the most.



I will start by talking about the Swap Languages, since it was the first event I attended and where I met the volunteers who later on would become the best friends I have ever had here. These events try to connect the different cultures of each of the volunteers that we are here, since each event is prepared by a specific nationality. My first day in this city I had to go to one of these events, which made me nervous, since it meant suddenly meeting a lot of people, but once I was there and started talking to the other volunteers, I started to relax and enjoy myself. On the other hand, every time these events took place over the months, I would go to all of them to meet people and to continue to meet my friends, while learning something about cultures different from my own.

I am not going to explain concretely what each event was about or the activities we did, as they varied greatly depending on who was preparing it. Besides, I consider it more important to talk about what it meant for me to attend such events and all that they brought to me.

And before we talk about the events, we were preparing ourselves, I would like to talk about the AIST events, since I learned a lot from them and they helped me to realize many things. It was also the way that the volunteers who were organizing these events came later to the ones we were organizing. The events of this organization made me a little more nervous than usual, as they always involved the volunteers a lot. But on the other hand they opened my eyes, since it was the same volunteers (my friends) who organized everything and who guided the activities, which made me think that I was capable of doing it too and I had no reason to be nervous, it was simply a way to enjoy and have fun with friends. The topics covered in these events were very varied, from an event related to women's day, to an event related to formal and non-formal education. In addition, after each event I would go with the volunteers to have a drink, dinner and talk, which made me forge friendships with many of them.

Everything I am explaining sounds simple, going to an event with friends and having fun, but for me it was a real achievement, especially the first few months. To be able to go to a place where I don't know anybody and relate to those people, was unthinkable for me a little before coming here. That's why, although I had a bit of a hard time at first, I'm very grateful for all this and for the people who made it possible. But above all I am proud of myself for having faced something that terrified me with the straightness with which I have done it. That is why talking about events, for me does not mean explaining what they were and listing each and every activity, for me it is something much more personal. This whole brochure is for me a review of my time in Romania and everything that I have grown on a personal level.



To finish with the events, let's go to the most important part, the events we used to organize. When I talk about us, I refer to my project partners, Alex and Azik, with whom I worked hard to make everything go as smoothly as possible. At this point, it is important to emphasize that before I came here, I had no idea that it meant organizing this kind of thing and the work it required, besides the stress it generated, since you want everything to go well. At this point it should be stressed, that before I came here, I had no idea that it involved organizing this kind of thing and the work that it required, in addition to the stress it generated, because you want everything to go well. As I said, I learned a lot from other volunteers in their events when organizing ours, as well as they motivated me to do it and give it my all. That's why my intention has always been that people who come to our events have fun and don't waste their time.

Our first event was related to sports and healthy living from a more practical perspective, since the main idea was to gather several volunteers to do different activities in a basketball court, as well as offering healthy food. This event was called "Activenoon", and it was a lot of fun, since we played volleyball, basketball and other sports. It wasn't bad for our first event, but it also didn't involve very complicated organization or preparation, even so, I lost a little of my shame and felt more prepared to continue doing events.

Our second event was by far the most complicated of all, as it took a lot of effort to organize and prepare everything we needed. This is because it was an event in which for a whole week, we were going to carry out different activities for the volunteers in an enabled space. That is why for each day of that week we had to prepare different activities, get all the materials and make it fun and entertaining for all the people who attended. As if that wasn't enough, we also had to take pictures and record videos to later upload them to the networks. The event was called "healthy body, healthy mind", and we did activities that served to promote these two topics, such as creating material that reflected the idea of good nutrition (videos, murals, etc.). In this way, the volunteers created something by cooperating with each other while making themselves aware of what it means to have a good diet, to exercise and to keep our emotional state balanced. It was a very tiring week, but I enjoyed it with all my friends and colleagues, learned a lot about how to organize events and did things I had never done before, which is always rewarding for me, since I learn a lot.

After these events, we have not done any other events as such, but we have done many other things that I will explain later in the section on schools, since we have not only done classes, but we have also done activities with volunteers. It is true that we have worked in other events, in your organization, but unfortunately, we have not been able to carry them out. Even so, I would like to conclude by saying that this experience has helped me when it comes to meeting people, working as a team and realizing that we are all capable of much more than we imagine.



# SCHOOLS

The first thing that should be noted before starting to relate what this experience has meant for me and all that it has given me, is that I had no previous experience working with children, so it has been very surprising and novel for me. If I had to summarize how I felt about all these activities, I could say that it has been rewarding, endearing and fun. And now I will explain the reasons why I think this way.



The first contact we had going to schools, was not precisely with children, since we started in an institute helping in physical education classes, and preparing activities related to volleyball and other sports for students. Sincerely in this first contact I could not fully savor the experience of working or collaborating in the education system, since working with teenagers is a bit complicated for me. This is because the age difference between them and I is not very noticeable, and they do not perceive me as a figure of too much authority, which made it a bit difficult for me to be able to tidy up and organize the activities. In addition, it is more complicated to make boys and girls between 14 and 17 years old get involved in this kind of activities, on the other hand, not being able to communicate made it even more complicated, since they did not speak English. If we put all this together and my lack of experience we get as a result a not very rewarding experience for me.

In spite of all this I wanted to continue trying to learn to develop better in this field, and a short time later we had the opportunity to make an exchange to another city, Miercurea Ciuc. In which we went to different schools to work with younger children, and it was there that I began to enjoy more and learn much more.

After this exchange, in our city we started going to different schools in which we would prepare activities for younger children. And in my opinion, it is very nice to work with children, since you can see the purity, the desire to learn and enjoy that they have when it comes to interacting with us. When you see that you are getting a whole class to have fun and have a good time, you can't stop a smile from drawing on your face and just start having fun and enjoy yourself too.

That was a general explanation of how the experience of working with children made me feel, but if we talk on a more technical level there is more to say. As I said, at first it wasn't easy in high school with the teenagers, but not just because of what I said, but because of how new we were preparing activities and talking to them. Over the months we improved and introduced everything we were learning into our classes. The turning point was the Exchange because it was there that I realized that it was something that I was not so bad at and that I could improve. Together with my project partners we looked for games and activities that would suit children of different ages, as well as ways to communicate with them to keep them involved.

Another thing that impressed me most was the differences between schools, as we went to private schools with many resources, and to schools in villages with only one class that mixed children of all ages. The contrast is curious, and you can see how they behave to each other, but in the end, they are just children in different circumstances who are just trying to find out who they are and they do it in the best way they can. Our job is to guide them and give them everything that can be useful to them.





This project is financed by the European Commission through the European Solidarity Corps programme. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.