

V4Volunteering

Donia's Brochure 2022



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„V4Volunteering“ has as main aim promoting volunteering in sports, with focus on promoting education in and through sports combined with volunteering values, for a skill development result.

Disclaimer

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BaiaMareUrbanSports



BaiaMareUrbanSports

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Introduction

This brochure is created to show my volunteering experience and involvement in the community's life thought the duration of the ESC project.

I was a volunteer at Yellow Shirts Association in the "V4volunteering" project. In this brochure, I'm describing activities, events, and the core of the experience with Yellow Shirts. During the project our main focus was sport.

Project General Activities

At the beginning of the project our activities were limited due to the Covid situation, but afterwards we had the opportunity to mingle more and to include more the public in our activities.

Sports Photography

During the period of the project I had the opportunity to be exposed to the professional photography style.

We were covering the matches of the local volleyball team of Baia Mare, Știința Explorări.

We finished the contract with them by the end of the season, and I admit that it was the first step to take professional photos, to know how to edit and pick the good shots to be posted.

We covered other sports events as well, like *Enduro Snow Ice Race*, the opening of *Raliul Maramureşului*, and as an initiated activity from my side I covered one of the matches of CS Marta.

Also as a team we covered *Cupa Primăverii* - rhythmic gymnastics.





Team Building

Since I joined the project we had regular team meetings, which helped us to know more about each other and how to find our common languages, since we are all from different countries with various cultural backgrounds.

We had board games, card games, cooking and exchanging cultures and all of that enriched my knowledge and understanding about different cultures and life styles as an Egyptian volunteer who spent all her life in Egypt.



Trip to Timișoara

We went to Timișoara to cover the match of Știința volleyball team there. Our trip to the city didn't end at taking photos of the match, but also of the places in which people can practice sports. We also discovered the city by walking around and visiting the landmarks of it.

I had the chance to meet other coordinators from Romania and Italy; to know how the collaborations work and more about the other opportunities for volunteers even out of Romania.



Timișoara
Feb, 2022



Mentoring Sessions

Mentoring sessions to me are the cure for every bad impact of being in a foreign country.

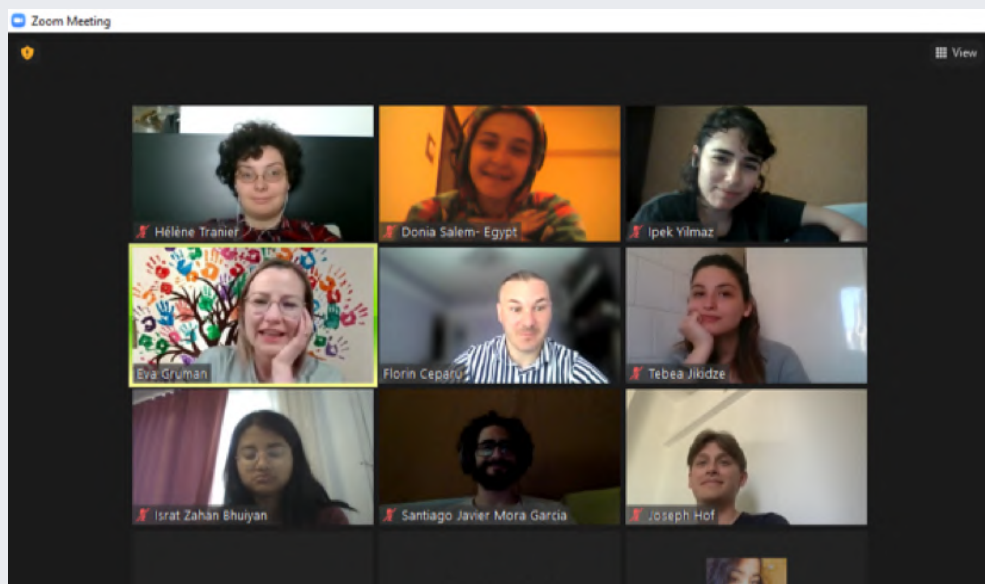
During the sessions we handled every trivial detail which affected or could've affected my productivity or my mental and emotional health.

My sessions were aiming to know more about the current surroundings, colleagues, life and more and more about myself.

Trainings

During the project I attended 2 trainings. First one was the On-Arrival Training, in which I got exposed to ESC in a deeper way with other volunteers from around Romania.

Second training I had is the Mid-Term Evaluation, in which we evaluated our projects and our learning process, and the trainers introduced us to other opportunities.



Cultural Workshops

We had different cultural workshops; for example, Christmas, *mărțișoare*, Easter and *mucenici*.

Some events we shared with public like *mărțișoare* in which we distributed the gifts to the ladies in the streets, and in *Mucenici* we shared it with other international volunteers in Baia Mare.



Youth Week

With Yellow Shirts youth day is a week!

Actually we wanted to do as many activities as we can with the local youth in the city, so we had youth movie night, intercultural dialogue, sports games day, board games, and youth exhibition in which we had also a participant from Libya and she shared her art and it was really amazing experience!



Writing Articles

During the 8-months volunteering I had to write different articles.

Some of them were to tell my feedback regarding specific activities, some were about sport and healthy life style routine, while others were on SBT.

Translation

I translated 2 manual books from English to Arabic, which I found really interesting to make people know more about sports and the different types of it.

Quiz Night/ Card Game Night

We had 2 quiz nights per month in which we had the chance to know new information and to exchange knowledge!

Also after the quiz we had the chance to play some card games and to exchange various games from different countries.



Sport and Cultural Movie Nights

I facilitated more than 6 movie nights, I enjoyed sharing it with other volunteer and attendees, and having a conversation about it afterwards with them was a great part of the event.

In these nights our main goal is to promote sport so we had movies like "I, Tonya", "Home Team", "Million Dollar Baby", etc. and also we dedicated part of it to the youth in order to interact with the movie. We always had discussions after it. For example for "COCO" we talked about family in different communities.



Promoting Local Clubs

I searched, visited and made interviews with local sport clubs in Baia Mare, taking photos of the club and writing articles to share it on our platforms. This activity helped me personally to know more about the sportive potentials of the city, as there are dancing clubs for all kinds of styles, martial art clubs, not to mention handball and volleyball ones.

The value of the activity is to help people to know the available sports in their city and to help these clubs to keep up the good work.



Galactic Dance Club
April, 2022



Wing Chun
May, 2022



CS Marta Club
March, 2022

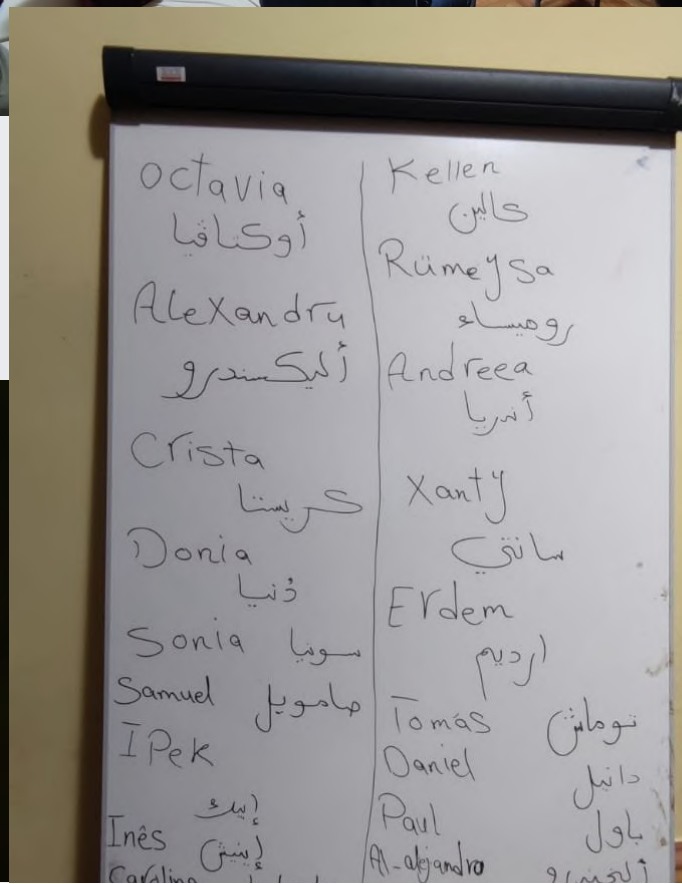
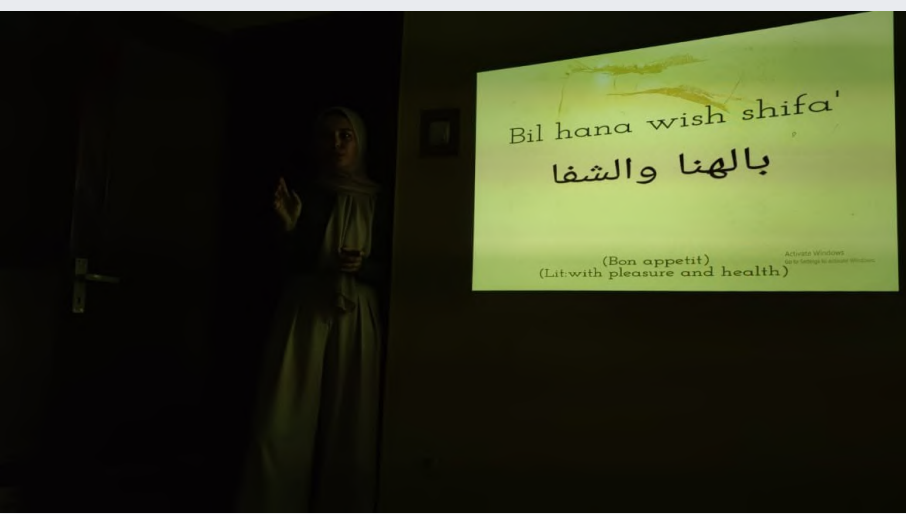


Ritmsport Club
March, 2022

Egyptian Cultural Evening

This is the closest activity to my heart, during this evening I got the chance to meet people from Portugal, Spain, Austria, China, Romania, Turkey and we all were in the same room, that's really fascinating to me!

We talked about the traditional Egyptian dishes and the story behind it, and we tried Kushary and rice pudding together.

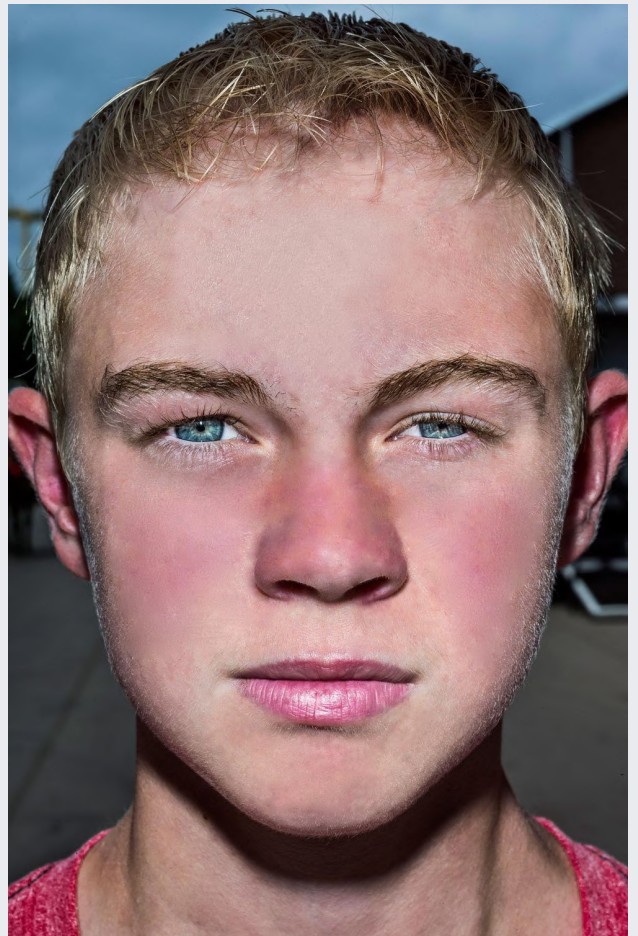


Photoshop Course

We had a Photoshop course with our colleague, Santiago, introducing the fundamentals of the Photoshop and we had a practical part as well.



before



after

Photography Course

I had an online photography course on Coursera, on which I had the chance to get in the world of the camera professionally.

I started to discover more about the options, modes and the different types of cameras. I had the course of the professor Peter Glendinning and professor Mark Sullivan.

U20 Beach Volley Balkan Championship

I joined the media team for the Balkan Championship, in which I met international professional players.



Sports Festival

I had the opportunity to join the photo team at Sports Festivals, the team was organized and professional.



Tournament Planning

To get ready for the tournament I had the chance to work on planning for it, starting from the material, checking what do we have for it, what do we need, googling the prices, checking also the positions of the volunteers that we need, to making a timeline for it.

It was my first experience to take part in coordinating an event and to deal with that number of international volunteers, but it turned out great with the support of my teammates.

Baia Mare Urban Sports Beach Volley

My role during the competition was of co-lead of the court and management team.

I introduced the volunteers to the project, city and to their role in the tournament.

During the tournament I had the chance to meet volunteers from different countries, we had culture nights in which they represented their countries and I knew more about these different cultures.



V4V Short Cultural presentation

In the project attended more than 5 cultural presentation: the Spanish, Dutch, Egyptian, Mongolian, Finish, Chinese, Turkish, Italian, Georgian. I knew more about the traditions, human rights, customs, food and also traditional dances in these countires.



Hikes

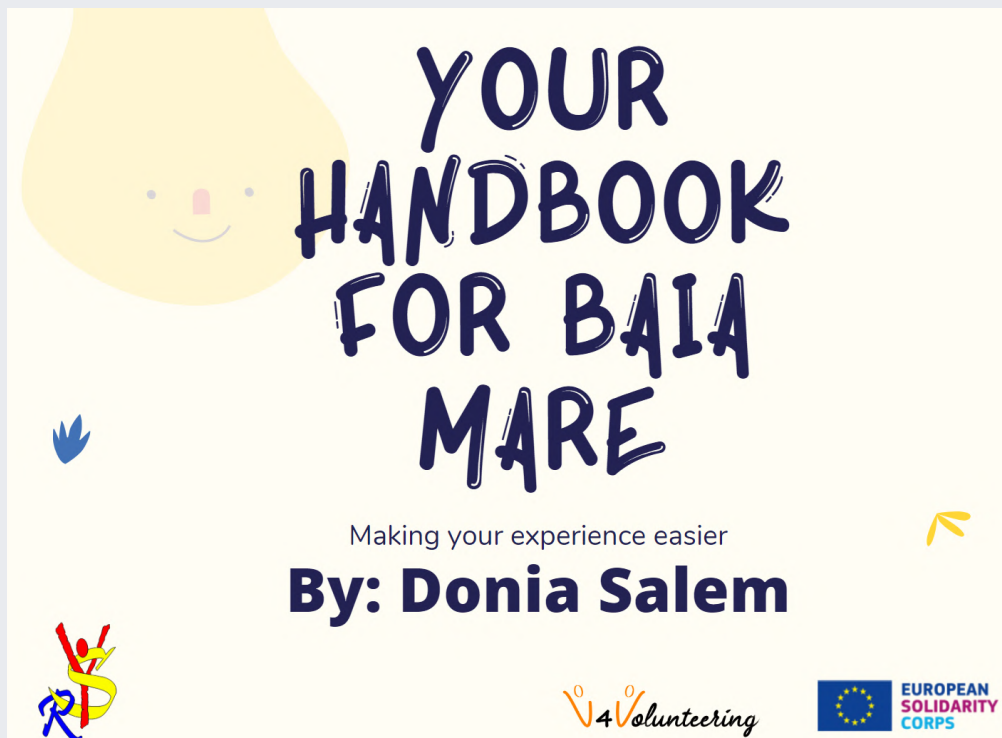
We had our hikes inviting other volunteers to join us.

It was a great opportunity to meet new volunteers and a challenge to hike especially in winter.



Handbook for future volunteers

I tried to make something to help the new comers to Baia Mare to have a great experience with joy and passing my experience to them, explaining how to integrate with community and how to live here as a local.



Learning Diary

To have a clear overview about the project from my point of view and on my learning process I needed to have a diary in which I noted my investment, what I gain during the project, things I learned, what I knew about myself, and planning how to use what I learned in helping and in learning other new things.

The diary had a great impact to follow my personal progress as well, as checking where was I and comparing it with what I reached; was an important critical way to check-up on my process.

European Universities Games

I joined the EUG which took place at Lodz, Poland from the 13th to the 31st of July.

It was one of the biggest sports events I've attended. I volunteered in Sports Support team; my tasks was to prepare the courts, support the athletes during their fights and trainings and providing them with the needed information.

Furthurmore, we had small events like night games, city game, different sports competitions for us and more...



Thanks!

A real Big THANK YOU to Yellow Shirts and to ESC who gave me the chance to be part of this project and to make this phase of my life different and unique!

Thanks to my teammates who helped me during the project and to everyone who supported me.

I'll always be grateful and I'll always work on paying back to the universe by helping others to have their own unique experiences!

