



VOLLEYBALL IS
NOT ROCKET
SCIENCE
WE ARE!

BROCHURE

2020



YELLOW SHIRTS ASSOCIATION

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VOLLEYBALL IS NOT ROCKET SCIENCE WE ARE!

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INTRODUCTION

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

I was volunteer at Yellow Shirts Association in the project called "Volleyball is not rocket science. We are!"

In this brochure, I'm describing activities, events, trips training I had. I'm expressing methods of doing activities in general, design, photography, and personal development.



PROJECT GENERAL ACTIVITIES

This period of the project was difficult due to the world situation in which I lived due to the pandemic, therefore many of the general activities were based on work from home.

DESIGN

During the 8 months of the project, I carried out different activities that would allow me to work on my creativity, and my skills with organization and design. Some of the things I did was a volleyball #365Volley Facts brochure in which from the information that my collected had previously collected about interesting things about volleyball, history, players, tournaments, books and everything related to it. I only took care of agglomerating the information by placing it in a design and adding photos to it, also organizing it with an index in which the search by subject was simpler.

I created post for instagram and cover for facebook, in which we promoted the events we held and also creating content for the promotion of sports in general, such as information on volleyball or yoga positions.

On the other hand, I made two sports compendia, one in which winter sports, Olympic, Paralympic and non-Olympic were shown, and another in the same way with summer sports. I come up with some logo and web design ideas.

WRITING ARTICLE

From the beginning of the project I had to write different articles. Each of them with different topics, such as the activities I did, my perspective on volunteering and also on some trips I made.

TEAM BUILDING

Due to the pandemic, most of the activities were inside the house and sharing with my flatmates and teammates for them every week we carried out different activities that united us as a team and made us pass the quarantine more bearable. It also allowed us to get to know each other more and also learn about the culture and typical customs of each one of us.

Many of the activities were board games, dancing, or cooking.



SOCIAL MEDIA PROMOTION

Each activity we carried out, writing articles, podcast, brochures or events was promoted on different facebook pages in order to give visibility to the activities by publicizing the project and attracting people to participate in the following events, through them I could learn new methods of dissemination of the message and pages with the same project and personal interests.

MENTOR MEETINGS

Usually the meetings were in groups since I was sharing with two more colleagues the project. In each of the meetings we talked about the general situation that each one went through personally as well as in a group.

The mentor gave us exercises that would allow us to self-evaluate how we felt emotionally with the situation in which we lived and above all to know ourselves with respect to our interests and our future, supporting ourselves on the ideas that we contributed.



SPORTS PHOTOGRAPHY

Basically, this activity consists of attending the matches of the men's volleyball team of the city, Baia Mare, partner of the Stiinta Explorari project. In these games she took pictures of the plays and the entire game was also broadcast live on the Facebook channel.

The league that in theory ends in April-May, was canceled due to the pandemic which only allowed me to attend two games to develop and learn about sports photography, specifically indoor.

On the other hand, at the end of the confinement, and the activities were re-established in a certain percentage, I was able to participate in other sporting events. In particular, I was participating in three BeachVolley tournaments, two in Hajdunanas, Hungary, and another Salicea Beach Tournament in Cluj Napoca. In them, I was able to travel and see other places, such as taking photos of training sessions and competition matches, where I was able to learn much more about photography, focus, light, timing, and take better photos with moving moves.Ac



SPORTS PHOTOGRAPHY



MĂRȚIȘOARE

It is a traditional Romanian festival celebrating the arrival of spring, freshness, joy, and the victory of good over evil). On this occasion, the women receive small gifts, decorative objects (the "mărțișoare") tied with a white and red thread, as symbols that bring fortune and well-being, and that take up to two weeks. Red is considered the color of spring, and white is considered winter.

Therefore, the activity consisted of two parts, first in creating the cards and spinning the red and white thread on the cards, and the second in going together with the volleyball players of the Stiinta Explorari team to deliver it on the street as a present. My job consisted of taking photos and also supporting my partner Alex in making videos as part of the activity.



PODCAST

This was an initiative that we created due to the confinement. At the beginning Azik, Alex and I participated, together with whom we did 7 episodes. The topics were related to sports in general, our experience in it or funny stories that we had related to the world of sports. After my colleagues finished their project, I continued the series with Andreea, who was in Spain. We began to conduct interviews with people involved in the world of sports and volunteering.

In total, I made around 30 episodes of the podcast in which I talked about sports-related issues or interviews with people related to it and the episodes were published weekly.

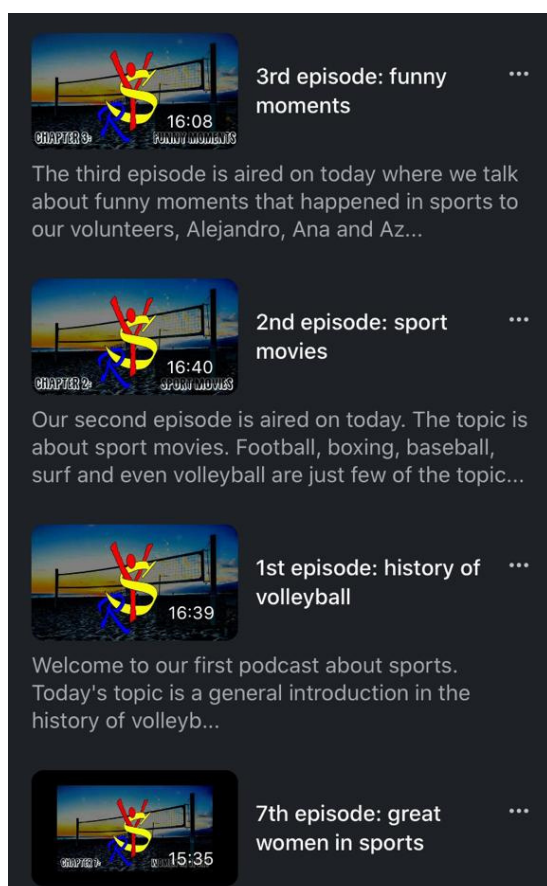


PHOTO EXPO

"COLORS OF BAIA MARE"

This activity was one of the first that I did after the quarantine. It consisted of going out into the city and taking photos of the different places where I could reflect my perspective of the city, the culture, and what Baia Mare means to me.

In this tour of the city and the outskirts I was able to visit the iconic places of the region, some lakes as well, in which I was able to highlight the colors especially because a change of season was coming in which the colors of the city stood out.

After taking around 30 photos, I prepared an exhibition for the public in Bastionul Măcelarilor for 4 weeks, in which people could see the photos and also get to know a little about me.



MUSEUM - WHITE
MUZEU - ALB



BIG LAKE - SAPPHIRE
MARELE LAC - SAFIR

TRIP AROUND MARAMURES

Knowing a little about the Romanian cities, their culture and history is also part of the activities of volunteering. The opportunity to visit different cities was important to me. This one-day tour through different areas of the Maramures region, around Baia Mare, was vastly interesting. Most of all because it is a quite characteristic area with many colors and also in which it has different activities that can be carried out.

The first place to visit was the Merry Cemetery, which is characteristic of its colors, poems, and stories behind the cemetery.

Then visit a monastery and little old town where you can observe the origins and learn a little about the religious and cultural history of Romania.

Then visit the Memorial of the Victims of Communism and Resistance museum in which you can appreciate a bit of the history of the communist era and what was lived in the jail that is now a museum. And finally, we close the trip with the best of typical Romanian food.



SUMMER SPORTS ACTIVITIES

During the summer outdoor sports activities were carried out in which I invited other volunteers from other NGOs and people from the community who wanted to participate. This activity was carried out once a week in different locations of the city such as parks or courts sports.

In these activities, different sports such as volleyball or basketball were practiced, in which all people could participate and at the same time be distracted, do a little sport and at the same level have fun while promoting the sport and their practice. Basic volleyball movements and sports positions were taught.

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SUMMER SPORTS ACTIVITIES



NATIONAL VOLUNTEER WEEK

During the week of September 07 to 13, with the occasion of the volunteering week, I proposed two activities. We discussed what it means to be a volunteer, where we also wanted to promote and make known a little about the work done by the Yellow Shirts organization.

The first activity was a movie night in which we saw "Patch Adams" since the message of the movie corresponds to volunteerism and its meaning. After seeing the movie we had a round of questions and brainstorming with what the film and the message that he left to each of us who were present.

The second activity was a presentation about the volunteer, the event had the name "Updating volunteers experience", in which we talked about the different events that take place in the city of Baia Mare involving the volunteers who come, and also be able to talk about the experience that some have after months of volunteering. Also, the organizer of the languageswap that takes place in the city was able to expose his event, why he began to carry it out, and how it influences the volunteers. In each of the activities, we had different volunteers from other NGOs, the city, and also people from the community interested in volunteering.



PERSONAL PROJECTS

During the project, I had the opportunity to develop my own ideas and my own personal projects or as new ideas, such as courses that allowed me my personal development.

I did three specific activities.

Tribuna XXI which is my personal project that is based on conducting and researching the latest trends, technologies, innovation, and ecology in the sports world.

SportLab is a 5-week course in which they explained the use of Facebook, its new updates, logarithm and better applications that are perfect to use especially in the sports field, as a sports team company, sports teams, federations, etc. . .

Project manager E +, is a course on the beginnings and basics of a project manager specifically in the creation of an Erasmus + project.



TRAINING COURSE MEDIA LITERACY

This was a media literacy course, held in Bucharest by another NGO. with a duration of 5 days including travel days.

In this course, it was very helpful since the topic had a relationship with my profession, information, news, and fake news, hand in hand with how to work these topics with young people.

In four days we carry out different activities both in groups and individually, in which we touch on topics such as media literacy, definitions, skills, standards, knowledge, European citizenship and work with young people and finally work of the journalist, fake news, work with youth and group activities, and new platforms.



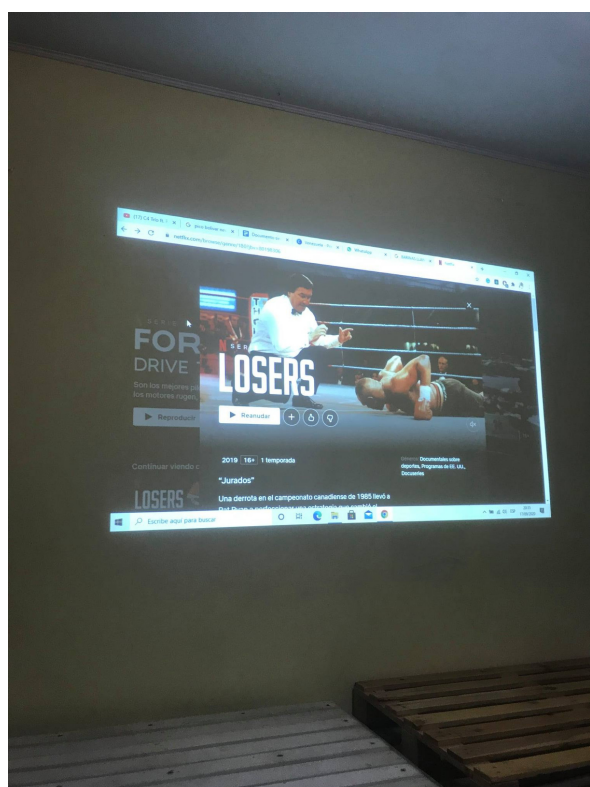
SPORTS MOVIE NIGHTS

After the week of the volunteer in which a movie night was held, I could see that it was a very interesting activity and with which one could work with the different limitations of the moment.

For this reason, I made two more editions of sports movie nights but that the films had to do with sport and that they also left a meaningful message and at the same time that it was entertaining to be able to talk and give our opinion of the message of the film.

The first edition was with the mini-documentary series "Losers" in which we saw two episodes. Here they talk about some cases of success within the failure in sport, how some athletes overcame difficulties such as racism or lack of opportunities and reinvented themselves to have success in sports.

In the second edition, the choice went to comedy so we saw "the longest yard" that talks about teamwork, and equality.



VENEZUELA PRESENTATION

Finally one of my last activities was to make a presentation of my country of origins, in which I exposed different topics about Venezuela such as culture, history, music, gastronomy, politics, etc.

Volunteers from other NGOs and people from the community attended the event in which they were also able to ask about issues that they did not know about Venezuela and also try a little of the typical food.



THANKS!

Thanks to the Yellow Shirts Organization for the opportunity to learn and share a different experience. Thanks also to my colleagues who worked with me, my mentor, and my coordinator who were important support in the process. I also thank all those people who supported me during the process and who taught me in one way or another to grow personally and professionally. I hope to continue doing activities that encourage volunteering and in which I can help different locations.





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