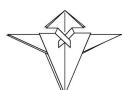
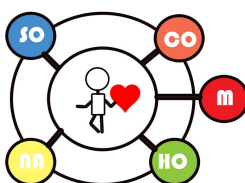


20-28 JANUARY 2018  
NATALIA FROM CAT  
IN A.C.T.O.R

# ME+NTOR

THE  
JOB SHADOWING  
ISSUE



A.C.T.O.R.  
Asociația Culturală  
pt. Teatru și Origami  
din România



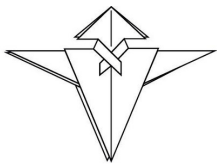


# HISTORY AND HUMILITY LESSON

VISITING THE BUCHAREST AND EXPLORING THE DEPTHS OF THE CITY



BUCHAREST IS THE CAPITAL AND LARGEST CITY OF ROMANIA, AS WELL AS IT'S CULTURAL, INDUSTRIAL, AND FINANCIAL CENTRE.



**A.C.T.O.R.**  
Asociația Culturală  
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My name is Natalia and this magazine will be devoted to my stay in Bucharest, Romania, hosting organization ACTOR. My sending organization is Fundation CAT (Centrum Aktywnosci Tworczej) from Leszno, Poland. Aim of the project is to create a debate and cooperation among all the participants EVS specialists, mentors and coordinators, to improve the quality of the mentors' support for young volunteers with few opportunities involved in the EVS projects. In my organization I'm a coordinator of local projects, and when it comes to projects related to EVS, I'm a special mentor for volunteers who need special support. In this magazine I want to describe my experiences and feelings that accompany me during job shadowing. I will try to describe one day on each page. Also including arrival and departure days.

Because I think that every day people can learn something and what we learn will depend only on ourselves. On the day of arrival I didn't have much time for any activities. It was time to get acclimatized in a new place. But the most amazing thing for me was the trip from the airport to the flat. I think I had the pleasure to find the greatest guide in the city. During the trip he talked about monuments, museums and the most important buildings. But the most important thing for me was that I could learn more about the history of this beautiful city. In a sense, thanks to his stories, I could feel part of the community. I could feel the real Bucharest, not the one who wants to show us the media or the internet. It was a very moving experience for me. I think that for many young people it could be the best history lesson, but also a great humility lesson.

# MEETING WITH A.C.T.O.R. STAFF

## EXPECTATIONS, OBJECTIVES, JOB SHADOWING AGENDA OF THE MOBILITY

On the first day of activity, I had a meeting at the ACTOR office. We talked about my expectations, what I'm afraid of and what my goals are. There was time to talk about the agenda of my job shadowing.

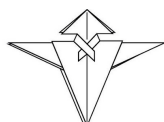


## ME+NTOR MANAGEMENT AND MAP-INFO MEETING

I received a hand-made map. It was a very pleasant surprise. It was obvious that someone put a lot of work into it. On the map I could find the most important points in the work of the A.C.T.O.R. organization. Office, volunteer homes, schools and hospitals that they visit, as well as bus and metro stops.

In the office there was time to collecting all documents, and after time to get to know the city: tricks and tips regarding Bucharest and EVS. It was very helpful.

After the activities, I also had time to see the city in the way I wanted. I went to Park Herăstrău and I visited there Muzeul Național al Satului „Dimitrie Gusti”. It was a wonderful experience. The park itself is huge and beautiful. It's winter now, so not all the houses in the museum were open, but I could still go to some and see real traditional interiors. I could see the old machines for the production of wine, used in agriculture and many others. I decided to see in my free time also "Arcul de Triumf". I have never been in Paris, so I haven't comparison. But the building in Bucharest is impressive. I was tired after a whole day. But very grateful for the opportunity to spend it in this way.



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## PRIMARY SCHOOL N.195

### ASSISTING TO NON-FORMAL ACTIVITIES IN A PRIMARY SCHOOL WITH A SPANISH VOLUNTEER

During two lessons I was an observer. A volunteer from Spain taught classes for two different groups in Primary School. I really like the method of his work. He had to present the region in which he lived, he didn't do it as a boring presentation. He used very interactive methods. I was impressed how the children were willing to participate in the classes. I was impressed by the creativity not only of Jon, but also children. I really like the materials used for the presentation. It was evident that these are not things from books, only those made by hand.



*Today in class, my heart won a definite bull, which I called Fernando :)*



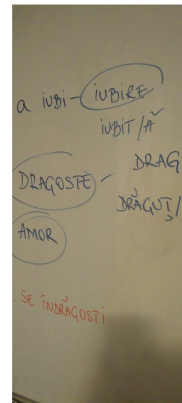
#### PRESENTATION BY USING MULTIMEDIA MATERIAL

#### AND EVS PROJECTS COORDINATION & PARTNER INSTITUTIONS MANAGEMENT IN A.C.T.O.R.

I was also pleased to take part in the meeting with Antonio and Silvia. They told me about the activities of the A.C.T.O.R. organization. I got to know the history of the organization. I learned about the most important projects. I had the opportunity to see a lot of materials promoting and summarizing projects. It gave me a new look at many things in my organization. Thank you for that.

#### ROMANIAN LANGUAGE COURSE IN EVS

I was also an observer during Romanian language classes for evs volunteers. It was a very interesting experience. I liked the fact that English was rarely used during classes. It prepares volunteers very much the reality they find in schools and other institutions. I was afraid that I would not understand much and classes will not be useful to me. I was wrong. I have observed a lot of interesting things. I liked the teacher's approach. She very often referred to the mother tongue of volunteers - especially when it comes to grammar - I think it is very useful. I liked the fact that dictionaries were available during the classes. I was impressed how the teacher is specific, but still able to establish a very good contact with the group. She could joke with them, but still learn a lot.



## MEETING FOR INTRODUCE TO VOLUNTEERS THE EASTER FUNDRAISING CAMPAIGN

Another very inspiring meeting. First of all, I learned a lot about the religious Easter tradition. I haven't heard about it before. Secondly, I learned how to involve other people in a campaign (related to one religion). How to explain to them why they should do it and how. It would seem that making a campaign to prepare thousands of flowers and then distribute them under the church is not difficult. But when you look at it also from the cultural context of people who have these flowers to offer, and people who have to "buy" them looks completely different. Much harder. But if something requires more work from us, it seems to me that the greater satisfaction can be when it succeeds.







## KINDERGARTEN N.149

I had the opportunity to take part in activities run by a French volunteer in kindergarten. Workshops for two different groups, about 30 minutes each.

What did I learn? How important is good preparation for classes. You should always have a few extra exercises / games in store. Children from kindergarten don't always want to participate in everything that you prepare. Sometimes you have to face something that they will not like.

The energy of a person working with children is also important. Children will draw energy from you, so you can't show them that you don't have it!

Positive energy! Smile! Positive attitude! Be ready for anything and don't be surprised. Try to be specific and assertive at the same time. It seems easy? It will not be like this ;)

But try to have fun with children. They love it!



## SPECIAL SCHOOL N.9

What did I learn? How important is the preparation of volunteers to meet children who have special needs. How much work it costs to prepare them for such visits. For how many things we can't prepare them at all?! There is no plan for which we can follow. There are no schemes. There is always need to face up to reality. There will always be "why" questions in our head? Why did he do that? Why didn't the teacher react? You should never judge. You are meeting with this child only for a few moments. You don't know his whole story.

Try to give a part of yourself. Just.

No questions, no doubt.

*Today my heart goes to a lovely cow.  
I gave her name: Fernandita.  
I think that together with Fernando  
they can create a great pair.*



## RECUPERATORY HOSPITAL

A visit to the hospital caused me very personal emotions. I started my "career" as a volunteer in Dr Clown's Foundation. The mission of this Foundation is to go to hospitals and other special centers and conduct laughter therapy. It was a period in my life when I worked a lot with people with disabilities, especially with children. Today's visit to the hospital with EVS made me realize how much I miss this activity. I really liked how easily volunteers can make contact with children. You can see that some of them are often there because they are recognized by children. I saw one girl hug a volunteer calling her name. I saw one girl hug a volunteer calling her name. Then I thought to myself how much I miss such things. Working with young people is amazing, very grateful, it gives me a lot of joy and satisfaction. But I still miss my work with children somewhere in my heart.

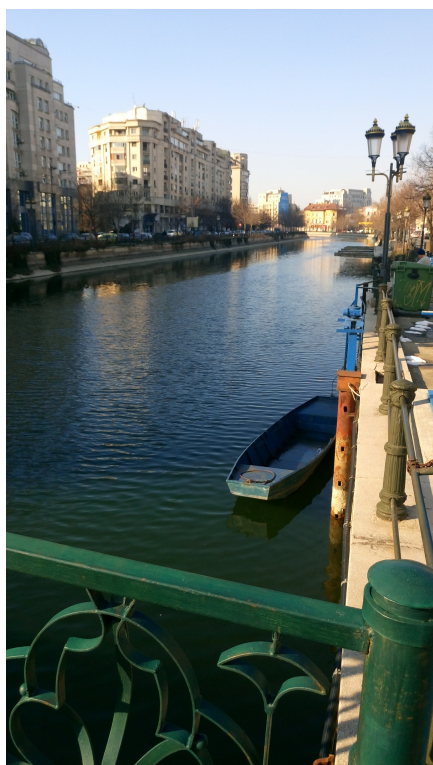
My motto for today: never give up your dreams.





# VISIBILITY IN A.C.T.O.R

DESCRIBING THE VISIBILITY ASPECTS  
OF THE ACTIVITIES IN A.C.T.O.R.  
AND ME+NTOR PROJECT



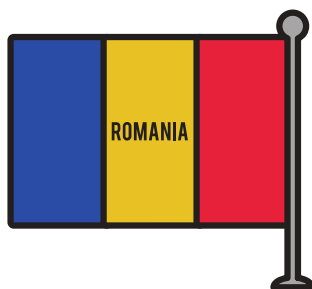
Today in the office I had a meeting with the person responsible for the visibility and dissemination of the projects. It was a very interesting meeting for me because in my organization I'm also often the person responsible for it. Mihai showed me the main fanpage of the organization and two fanpages run by volunteers dedicated to specific projects. You can compare statistics for all of them. I also saw blogs for the visibility of projects. And the youtube channel. I really liked the division of the channel into different sections. It inspired me.



I managed to get some free time to explore the city. I discovered that January 24 is a special day in Romania. By accident, I found myself in the middle of a local event. It was a wonderful experience. The park was full of young people walking with medals with the colors of the Romanian flag, 159 was written on each medal and the youth handed out flags to people passing by.

I was very interested and took advantage of the opportunity that so many young people were there and I just asked them in English what a holiday today. Two young girls did not know exactly, they said that just every year that day is a holiday. Fortunately for the third time I asked the young boy about it and I received an exhaustive answer.

UNIREA  
PRINCIPATELOR ROMÂNE  
JANUARY 24





### SPECIAL SCHOOL N. 3

I had the opportunity to see a workshop in another special school. This time the workshop was run by other volunteers than last time. It was very interesting. Everything was different. Kids at school, teachers, volunteers, time for a workshop. I think the time they had used the most effectively. I really liked that they were very open to my participation in classes. I could teach children a few words in Polish.

- 1) The first task related to the body to stretch. But also to get to know our movements better.
- 2) A few games related with KLANZA. I was very happy because it's a method from Poland, created by the Association of Psychologists.
- 3) An exercise related to drawing to music. It inspired me very much. I saw that children are really easier to express emotions through colors and shapes.
- 4) Hip-hop. Teaching them choreography. Some of the kids really felt themselves in their roles and asking us until we left the gate of the school.

I see here great potential for building relationships.



### LACUL BUCURA HOSPITAL

A very small hospital. At first look from outside it seems very poor. I really appreciate that Antonio was with us. Before the workshop he showed me around the hospital and told a story briefly. It was important to me, especially the sentence when he said that Eugenia started her classes in this hospital. It was also the first moment when I could see the shadow theater live. Ohhh! For me it was perfect. I saw that not for the volunteers - but it was still for me. All story ... engagement ... characters ... Really wonderful!! I was charmed. Another surprise came when a boy from Colombia joined us and wanted to play some guitar songs for children.

This was not planned. Volunteers were not prepared for it. They had to improvise. It was wonderful. I realized that the shadow theater can be combined with everything. The girls began to create new characters and equipment referring to the songs that he sang. The best experience of this week.

There were really many emotions in me. Positive. Personal. Touching. I don't know how to thank you for this day. The best. Sometimes when I feel that way, it's hard for me to express myself in English. It is difficult to speak. It's easier to write.



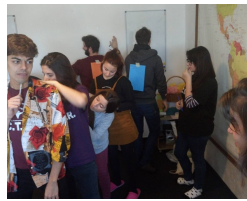
### ME AS AN OBSERVER?!

It's getting harder day by day. It's becoming harder to remain an observer. Especially for a person who is an activist. But this is a good experience. When you're just an observer you can really notice a lot more things. Things that you can become a better activist afterwards. Sometimes just let go... Let others act, don't interfere, just watch. It will give you more than you think.

*Sometimes you need to look at life from a different perspective.*







# FORMAL AND NON-FORMAL EVALUATION

## ATTENDING TO WEEKLY EVALUATION MEETING WITH EVS VOLUNTEERS AND ACTOR STAFF

I watched the evs weekly evaluation. It wasn't "normal" evaluation, because most of the volunteers finish their projects in three weeks. So it was like a summary evaluation. Everyone had to think about months spent in Romania and write the most important day / event from each month. A very interesting method. I think that it can be used in the work of mentor with volunteer. I was positively surprised that many people really opened up. They showed their emotions and feelings. There were even tears.

## MEETING IN THE OFFICE WITH EVS COORDINATORS ABOUT COORDINATING VOLUNTEERS IN THE OFFICE

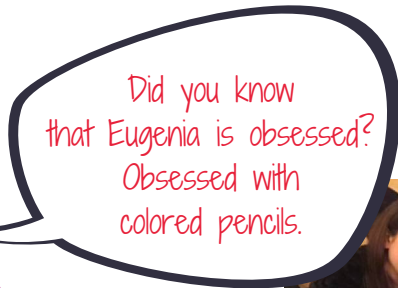
### MANAGEMENT PART OF THE WORK: SCHEDULES, REPORTS, EVALUATIONS AND OTHER TOOLS

Another meeting with Silvia and Antonio. They showed me the tools they use to create a volunteer work plan, reports. I noticed a lot of similarities with CAT. But I also noticed some differences. In CAT, creating a work plan is not difficult. But I saw how much work it's in A.C.T.O.R. In CAT, our volunteers have a lot of activities in the office. They run their weekly workshops, but also special events, for example once a month. At A.C.T.O.R., this is not possible. The work of volunteers is work in schools, hospitals and other institutions or outdoor events. They have signed contracts with schools. It looks completely different in CAT.



## MEETING WITH MENTORS

GUIDED DIALOG: WORKING TOGETHER WITH THE A.C.T.O.R. MENTORS, DISCUSSING ABOUT PRACTICES, METHODS AND CASE HISTORIES.



It made me realize how important it's work as a mentor but also as a coordinator. And how important is the relation of mentor with a volunteer - if it's a good relationship, the volunteer really has a person who he/she can trust and confide in problems.

There is another dependence between the meteor and the coordinator. Their relationship is also important, often the mentor is the first person who knows about the volunteer's problems. Of course, you can't pass everything, it's a matter of trust. But you can suggest that something is happening.







## FINAL EVALUATION

EVALUATING THE MOST SIGNIFICANT EXPERIENCES AND METHODS USED BY A.C.T.O.R.  
FORMAL AND NON-FORMAL EVALUATION AND GOOGLE FORM

- 1) History of Bucharest
- 2) Village Museum
- 3) Spanish lessons
- 4) Meeting with Gheorgina and drawing Mickey Mouse
- 5) Unirea Principatelor Române
- 6) Shadow Theater
- 7) Evaluation with evs
- 8) Theater for kids



The most important moment of every day  
of Job Shadowing.  
Today, I want to write only this.



## MOTANUL ÎNCĂLȚAT - PUSS IN BOOTS

The performance faithfully tells the funny and humorous events experienced by the youngest son, wronged by fate and his prodigious tomcat, on their road to wealth and happiness. Hand puppets and large puppets, masks, pantomime, music, interactive dialogue between stage and audience – encourage us to escape into the world of Charles Perrault's story.

Information from:

<http://www.teatrultandarica.ro/motanul-incaltat-2/?lang=en>



## RIDICHEA URIAȘĂ - "THE GIANT RADISH"

"The Giant Radish" is a Russian fairy tale which enchanted us by its action and characters: the giant radish, the grandfather – the old man, the old woman – the grandmother, the granddaughter, the puppy, the kitty, the mouse.

The grandfather plants a radish, which grows so large that he cannot pull it up himself. And pulled it, pulled it, but nothing...The old man called the old woman to help him. She catches the old man's waist; the old man takes the radish by the leaves and... nothing. The old woman asked her granddaughter to come and help. The girl catches her granny's waist, the old woman holds the old man and this one the radish. And pulled it, pulled it, but the radish doesn't snatch. The granddaughter called the dog. The puppy holds the girl's lap, the granddaughter holds the old woman's waist, this one catches the old man, the old man the radish. All of them pulled and pulled, but no result. Then, comes the kitty. But nothing! The asked the mouse. The mouse catches the kitty's tail, the cat holds the dog, the puppy the girl, the girl the granny, and that one the old man. They pull the radish, once again and, finally, they succeed. Our performance is interactive, cheerful, colorful and could have as subtitle:

"Where one is not power, which many hands increase"

Information from:

<http://www.teatrultandarica.ro/ridichea-uriasa/?lang=en>





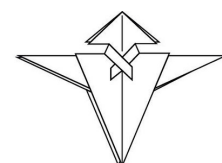
# ANOTHER HISTORY LESSON

SAYING GOODBYE TO BUCHAREST



Again I had the pleasure of traveling to the airport with Stefanita.

Another amazing stories. Which really fascinated me. I have never been interested in politics. Of course, I have always participated in local and presidential elections. But that's where my role ended. In Romania, I felt that I really understand those people who are going out and protesting. They don't sit at home and say, "my voice doesn't matter." They are fighting for themselves, for their country to be better.



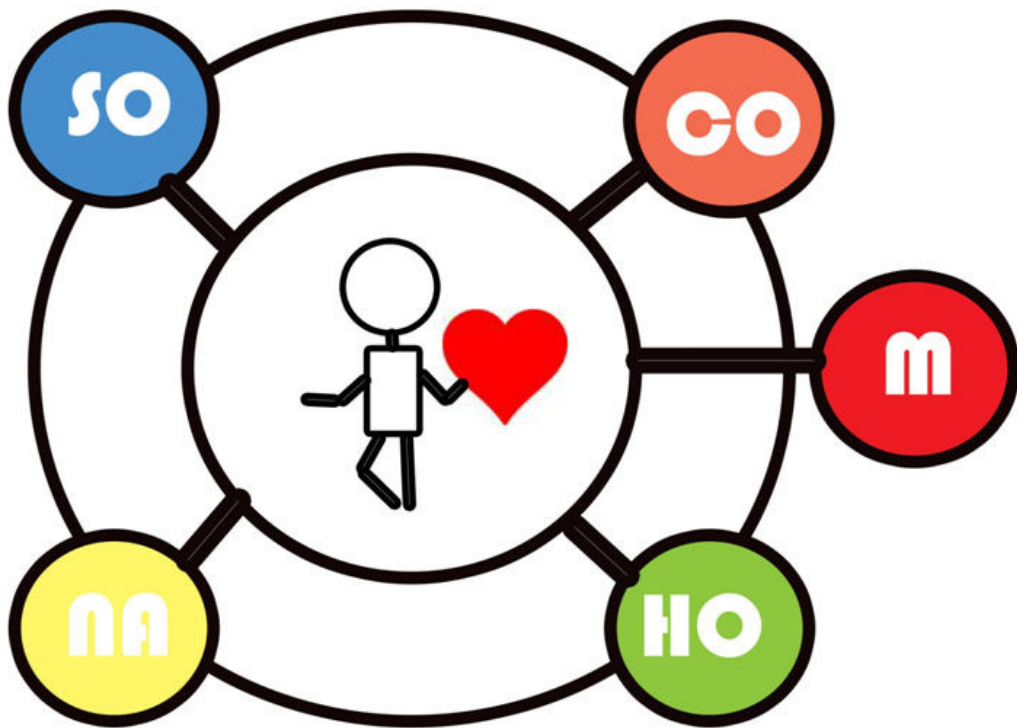
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