

CAT BROCHURE



Youth Power Bank

VOLUNTEERING
EUROPEAN SOLIDARITY CORPS
OPPORTUNITY
SHORT-TERM MOBILITY

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Akdeniz Ucuncu Goz Egitim ve Genclik Dernegi in TURKEY.
[2 volunteers] During Turtle Season (May to October), volunteers clean the beach in the late afternoon and walk the beach at night to monitor and protect mom and baby from predators such as dogs, crabs, etc.

T.E.A.M. was founded in 2009 in order to protect the wild and natural life with the local community and youth in and around Mersin. We especially care a lot with the Sea-Turtles (*Caretta-Caretta* and *CheloniaMydas*), which leave their eggs on the coast of Kazanlı-Mersin and are under the risk of extinction. We act as an EVS coordinating organisation in Mersin (sending and hosting volunteers), give training course to youths, build up awareness and European citizenship by volunteering. Our organization is promoting international and intercultural values, also youth initiatives and projects in the local community.



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PLAN BE, PLAN IT, BE IT

PlanBe, Plan it Be it, is a non-governmental, non-profit organization established in March 2014, aiming at the personal and professional development of young people. The organisation is based in Nicosia, Cyprus, and acts at a national and European level. PlanBe forms a communication platform for the exchange of ideas and the productive cooperation of young people in various subjects of interest. It explores youth's development through means of formal and non-formal education, while at the same time promoting European and International opportunities for active citizenship and cultural understanding



**AGNIESZKA PYTLARZ,
CYPRUS 2022**



Well, although there certainly are things I learned here, there are also things I didn't learn, among which – which side of the road should I look at first when I cross the street. I got used to the buses coming from the other side of the road, but crossing the street – was impossible for me to get used to it! And probably I'll still be confused when I'm back home, not knowing whether I should look left or right.



But during this month I was also doing other stuff than just crossing the streets. I participated in Zero Waste Food Market where I could save some food and then distribute it to people; I took part in the Cans4Kids initiative where I learned how to distinguish aluminium from steel; I listened to the Cypriot dialect and learned what “je” and “nda” mean; I visited different parts of the island and learned a bit about the history of Cyprus; I am a heat enthusiast and still, I learned that you need a few days to get used to high temperatures (at first I was really worried that I might stop liking the heat, but fortunately after a few days my body got used to it!).



MARIA ZAKRZEWSKA,
CYPRUS 2022



I had the opportunity to volunteer also with the 'ZFW Cyprus' initiative which helped me to develop my personal project about vegetables and their properties. This is my project about properties, health- benefits and uses in the gastronomy of vegetables.





"The first week of the project was actually spent adapting to the system in place here - working from 6 to 4, with a long break for dinner, sleeping during the day. In addition, the heat here gives you a hard time and takes away the desire for any activities during the day. The first night was very hard, but after a few days I managed to get used to it. The first lesson in Turkish was very interesting, it seems to be a language similar to absolutely nothing, but the satisfaction when you manage to use a few basic phrases in a store and are understood is enormous."





Volunteering in Kazanlı was an amazing adventure. It is aimed at people who like to sleep during the day and work at night, because that is when the turtles need our help. Volunteering was a wonderful time, an opportunity to grow and make new friends, it opened our eyes, made us reflect and understand the world and its needs.

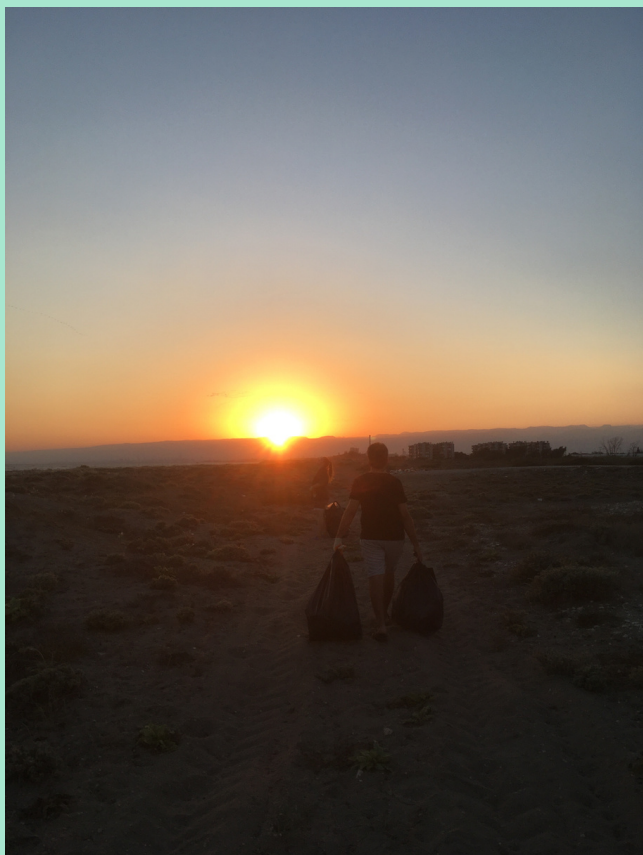


**NATALIA OTO,
TURKEY 2022**



The turtle hatching season has slowly ended, so at night we patrol the beaches looking for the last late baby turtles. Seeing them in person was the best part of volunteering. We are already slowly shooing away to dismantle the netting protecting the beaches and focusing on cleaning up the environment around us. What else- I am so happy that I had an opportunity to practise my cooking skills and promote Polish cuisine.





Volunteering in Turkey is an interesting adventure. It is hard work every day, which brings a lot of satisfaction. The Turkish village is an ideal place for people who like nature and learning about a new culture.



MAJA GÓRAL, CYPRUS 2022

"This vacation, I participated in the project , "Bank of Young Talents". On Tuesday, August 9, I went to Cyprus, more specifically to the capital of this beautiful island, Nicosia. It was the first time in my life that I participated in a volunteer service, but also the first time I was abroad for a month. Therefore, the first days were a bit hard for me, but thanks to the help of other volunteers from Poland and Spain I quickly found my way around. The main goal of my volunteering was to write a personal project on any topic. From Monday to Friday I went to the office where I worked on my project and took part in various workshops. In addition, on Saturdays I was able to help with a project called , "Zero Food Waste Cyprus" where together with other volunteers we helped sort fruits and vegetables at the market. At the end of the market, we would get the fruits and vegetables unsuitable for secondary sale on the next market day from the vendors to sort through and distribute to people in need. Had it not been for the Zero Food Waste project, all this food would have ended up in trash garbage cans. This volunteering will definitely be forever in my memory. It was an amazing experience and I highly recommend it to everyone."



PAWEŁ KUBICA, CYPRUS 2022

"Kalimera! In June, I had the pleasure of participating in a volunteer service in Cyprus. I was involved in all sorts of things starting from helping organize festivals to even assisting the local community of people from African countries. Among other things, we provided them with free fruits and vegetables as part of "Zero Food Waste," which is, as the name suggests, a great initiative to reduce food waste. In addition to the activities given, in the evenings we organized cultural evenings, which always culminated in dinner - people from different parts of the world prepared their own local dishes, so I had the opportunity not only to learn about traditional Cypriot dishes, but also the traditional cuisine of many countries. I spent my free time very actively: exploring the island, meeting and establishing relationships with local people. I also fulfilled my resolution, which was to circumnavigate the entire island; some trips were accompanied by unannounced adventures, which added extra excitement and impressions to the trip."



"Turtle Power" is certainly a very special, unusual project worth going to. A month here allows you to absorb the culture of Turkey in a satisfying way. Going to this project and living in Turkey is full of challenges, but they are challenges worth taking to prove to yourself that you are capable. The sight of baby turtles is something you remember for a lifetime, and the work, although tiring, is rewarding, because in the end the lives of these animals depend on it.



**JUSTYNA DANIŁOWICZ,
TURKEY 2022**

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I am extremely happy that I was able to be a part of this project and I will forever be happy that I had the opportunity to meet such amazing people as the people from the host organization. They are truly kind, caring and understanding people with big hearts. You can easily see their passion and commitment to what they do. This was my first experience with an ESC project, but I hope that all host organizations operate like them.





It has been a challenging, exciting and changing experience. It started with an application to an ESC project to save turtles in Turkey; after a few weeks, I got word that I had been accepted and bought plane tickets.



**ZUZANNA MEJER,
TURKEY 2022**

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Volunteering in Turkey was an amazing adventure, an opportunity to grow and make new friends, it opened our eyes, made us reflect and understand the world and its needs. In addition, it was a dream come true and a feeling that we were doing something good. Although the turtles don't say 'thank you,' we had an inner feeling that they were truly grateful to us."

