

LITTLE

Log in to Life

Polish-Ukrainian Youth Exchange
under Polish-Ukrainian Council of Youth Exchange

15 -24 August 2018
Zakopane, Poland

Bilateral project "Log in to Life" was conducted in cooperation with Educational Initiatives Centre from Ukraine, under Polish-Ukrainian Council of Youth Exchange.

26 participants from Ukraine and Poland were involved in the main activity of the project – the Youth Exchange. It took place in August, between 15th and 24st, 2018 in Zakopane.

Organizers



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Project co-financed



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Log in to life

Privit, hello, cześć! We have a great opportunity to be a part of big project called „Log in to life” and now we want to share with you how it was.

This project starts from 15th till 24th August 2018. 13 participants from Ukraine and 13 participants from Poland came for Youth Exchange. We are happy to be a part of this project. Everything here: food, hotel, activities, mood, topic, practice knowledge, sharing culture to each other were great. We are level up with our English, Polish and Ukrainian, found new friends and had fun. We get some new knowledge about labour market and entrepreneurship, how to create a great CV, how to get a job, how to create business plan and realize your business ideas in your future job.

We really enjoyed workshops because they taught us how to work in teams, how to present ourselves, how to presents our ideas, how to express our thoughts. We were impressed of picturesque nature of Poland, especially Zakopane. We were really excited about folklore evening, traditional clothes, food, drinks, music, dances, etc. We also really enjoyed cultural evenings of Poland and Ukraine thanks to which we get to know something new about culture of both countries. Our leaders were professional and loyal.

We would like to thank to our organizations for organizing this trip theme „Log in to life” which is very popular current in Ukraine and Poland and so we are very happy to be part of it. For those who decided to go and for those who doubts – go and enjoy it! We think that 10 days in this project is enough to change yourself.

P.S. You can dream, you can fly – just believe in yourself!

See you!

Dominik Ambrzykowski
Patrycja Ejzemberg
Mariana Zvir



My first experience in Youth Exchange

Hello! :-) I'd like to share my views and feelings about my participation in Polish-Ukrainian Youth Exchange under Polish-Ukrainian Council of Youth Exchange “Log in to Life!”.

To begin with, regardless of our long and hard way to Zakopane, I could easily integrate to our new life condition. For me it was really a great surprise that my English is really enough to understand every word that was said here by everyone. My speaking was not very good during my first days, but it became better and better next days. Frankly speaking, I could improve my English very well because of an excellent possibility during our activities to speak,

discuss, answer, etc. The greatest thing for me in speaking was that I could communicate with guys from Poland, learn different things and facts about their hobbies, life and country.

Before the project I had inaccurate imagine what the labor market is in reality. But now, due to very interesting and useful activities in this sphere, I found a lot of different things that expended my knowledge and made me more confident. What's more, I learned some ways how to enter the labor market. I gained new skills for instance in writing CV Euro-pass, solving different problems in team and making “Problem tree”. I discovered how my education today attitude to my future profession. Presentation of Headhunters helped me to make my knowledge more fully. I also liked our cultural evenings that accelerated our integration and made our exchange more informative.

I'm very satisfied with my studying here. I don't mean only feeling nice because of getting more essential confidence or experience but having a great feeling that my way is right and every new thing that I learn every day only make me closer to self-realization. It inspires me to go on and newer give up.

So, I must thank for organizers and founders of this project. I really enjoyed every minute of this one and actually I could log in to life!

Dmytro Filonenko



ECIM feedback

Actually, I've never heard of ECIM before my trip. It was hard for me to realize that some people are ready to take the responsibility of organizing such event at the expense of the Ukrainian-Polish government structure. Give it up to Marcin and Ola, they are really experienced project managers.

How was it, you may ask? It was kickass! They've chosen the perfect place for a such kind of activity. Since (IMHO) Zakopane is the "pearl of Poland", really nice place (I'm fond of mountains). All the participants were isolated in one cozy place which enabled everyone to feel comfortable and just be themselves. It wasn't a problem to get there and it was a pure pleasure to live here for 10 days!



Delicious breakfasts, dinners, suppers, fancy rooms, swimming pool, yard and szatas – Harenda rocks!

What about activities? With no doubt I can say that every participant was involved. This exchange programme boosted the English language skills of every single person, who came here. As a fluent English speaker, I was able to monitor how guys, who were able to hardly say one sentence, started expressing their thoughts with no hesitation. It's gorgeous!

What about the actual topic? Labour market, CVs, start-ups, projects, etc. were disclosed at full potential. Honestly speaking, I have 2 years of experience in finding jobs, working and even starting my own little business, but at the same time I've got acquainted with something new. The performance of a Headhunter became an exciting experience for me, as I've got to know "the way of thinking from the other side", the direct employer's preferences. Now, I can feel comfortable with the needs of employers and be well-prepared for the future endeavours. Thus, I'd like to express my gratitude for such possibility to become better and I'll surely share the gained knowledge with my colleagues.

But such trips ain't only about studying, right? I made a lot of friends, had fun, explored the surroundings and the city itself. I've never been in Zakopane before, but this trip surely made me want to return to this place again and again. It was a great possibility to improve my Polish language skills (which are A2 at the moment). From the bottom of my heart I can say that these 10 days were the best holidays of my summer this year. Thanks, Mariana Kulynych for inviting me to this project!

To sum it up, I can say that it was worth it. I have a huge respect to ECIM and Polish hospitality!

Yura Senkovych

How we logged in to life with fun?

The headhunter gave us knowledge about creating CV, whole process of finding a job and we could try ourselves in job interview simulation. The really useful activity was "Who are I?" when we could exchange our feelings, qualities and life experience with other participants.

Also we had some outdoor activities, energizers where we could integrate and have fun, but most of all we enjoyed cultural evenings of Ukraine and Poland and also folklore evening that gave us some information about region where we have spent time.

In this way everyday we could know each other better and learn some national traditions, songs, dances and try dishes. We received many useful information that we can implement in our future careers and maybe realize our own project one day.

Our advice is always to try to take part on that kind of projects because even if we are not interested on the topic, we can always have fun, learn how to present ourselves in front of other people, get some knowledge and improve language skills. That kind of initiatives help people to be more open, creative and motivated and teach us that it is always better to try than to lose the chance.

There are always a lot of opportunities that are waiting for us, so we just need to be active. We want to thank the organizers from both of countries who made this project come true. But also everyone of us made this project special because we are all unique and have something in common.

Oryna Bielodiedova
Ostap Dyrk
Dominika Kruszewska



This is life

“Log in to life” – at first sight this is a strange name, but it has a deep meaning. How often do we not see the opportunities and people that surround us? Maybe worth a look around and try to log in to life? Someone may ask how to do this? I answer – you just have to start acting: do at least one step and not be afraid of difficulties. Sometimes this step may be a youth exchange because it is a way to action.

Youth exchange is an opportunity to discover new countries and cultures, to meet interesting people and to share own experiences. The experience of everyone is different, it depends on the age and events that have happened in life and that is why we can learn a lot from each other. On this project we had over 500 years of experience (if to add the age of all the participants) and it's really a lot. Everyday we learned something new through various activities, but we also learned from each other: through history, example from life, someone inspired for interesting ideas and someone motivate to action.

It was a time when we could better know ourselves, our strengths and weaknesses, to see what we can do just by ourselves and what we can do together. Sometimes people asked me what it was. It was study, rest or travel? I can answer “yes” to all of this, because it's non-formal education, which is sometimes more valuable; this is a rest because it's a change of everyday things; this is a trip because we visited new places. And it is something more...

If we talk about the topic of this project, then it is relevant to all of us. The labor market is something that is constantly changing in our time and we must be able to adapt to this. How to write a resume, how to look for a job, how to behave in an interview, how to translate your own business ideas and projects is just a small part of what we learned. It was 2 countries, 26 participants, 10 days, and countless numbers of knowledge, skills and emotions.

Someone will ask for what is it all? The answer is simple – because it's development, it is an adventure, it's life...

Kateryna Husakova



1991

It was a year when the world changed, and it's not because of my birth, but because millions of people preferred democracy to totalitarianism. My parents were part of these changes, too. They wanted to live and raise me in a different world – one in which there is freedom, equality and opportunity for everyone – one with the right to choose from a variety of options. I never gave this much thought before my participation in the “Log in to Life” project.

Back then, my parents were in their lovely 20's as I to enjoy it, because they were doing their best to survive while working for a better future for my brother and me. They weren't prepared to live in the new world with its new rules. No one is responsible for their choices of education, employment on the labor market or life direction. No one but themselves. Back then, people felt it was right to blame society or government for their own mistakes or decisions.

Luckily, my family didn't want to waste time blaming anyone. Instead, they decided to create new opportunities, gain new skills and adapt to changes. I would say, somehow they sacrificed their dreams and youth to dedicate their lives to my better future.

Analyzing today's opportunities, I would say that we live in the perfect time. We have many possibilities for self-development without sacrificing our years of youth. We can gain new competencies, improve our skills, learn new knowledge – all while spending time together with other young people. Moreover, the diversity of the people we meet during projects like “Log in to Life,” their culture and backgrounds, the atmosphere and history of new places we visit, helps us step forward into our goals and dreams. It widens horizons in all spheres of our life. And what is also essential – it prepares us to face the challenges the world is preparing for us today.

I endorse you to “log in to life” and take the responsibility to live life the way you dream it. I'm confident that your participation in such projects will help you develop a more open, active and creative attitude. You will explore new opportunities and possibilities which are waiting for you on the labor market and beyond. You are going to be aware

of actions and able to indicate entrepreneurial ways of turning ideas and concepts into reality. You will discover yourself, find your weaknesses and strengths which will help you improve gaps where needed and give you the confidence you deserve. Last but not least, you can discover for yourself new people, new friends, new beautiful places, new experiences and some of the best memories of your life – as I did during the project.

The world has changed since you and I were born. Do today what others won't, have tomorrow what others don't! Challenge yourself. Keep in mind that your faith is in your own hands. Sometimes all you need is just motivation and action to change yourself and the world with you. But if you waste it, you have no one to blame. No one but you.

2018

Volodymyr Chyzh



Change your life

Everyone of us is different, but we were bound by project "Log in to Life". At first, we didn't know what to expect from the project, everything was unknown. But the best way to know how it is – is just to take a part in project. This project was from 15th to 24th of August in Zakopane. Everyday we discover for ourselves something new, "unlock" each other during some activity.

Nowadays the topic of our project is very important for all participants. We created "our constitution", where everyone could write down rules. It was really funny drawing face of another participants, and when we remembered the name of others by using associations.

Thanks to the project "Log in to Life", we have learnt more about labour market in Ukraine and Poland. Meeting with Maria gave us more information about interviews, job searching, headhunter's work, etc. During the stay in Zakopane, each of us had unique opportunity to create own business plan and tell about it in front of the others.

One of the main idea of project is integration. Our activities, for example "Who are I?" and cultural evenings were really helpful, because we made friendship, communicated with each other in informal and non-formal way and shared our life experience. During those evenings we found out about national dances, dishes, songs and culture in general.

We recommend participating in similar project to everybody, because it is the best way to improve yourself, get knowledge, find new friends and to spend great time. Take a chance – you never know how perfect something might turn out to be.

KEEP CALM AND TAKE PART!

Natalia Malanchuk
Wiktor Małkowski
Veronika Romanovych



Bring it to your login life!

Our team-building includes:

INNOVA **T** ION
SUCC **E** SS
EVALU **A** TION
DEVELOP **M** ENT
GRO **W** TH
SOLUTI **O** N
PROG **R** ESS
MAR **K** ETING

On Friday August 24, 2018 the Polish-Ukrainian exchange project wrapped up. As a Youth Leader of the Ukrainian team, I believe that each of the participants understood the importance of this exchange. Young people learned language, culture and daily routines of different countries while expanding their outlook and breaking stereotypes. 26 participants from Ukraine and Poland learned about culture and traditions through integrative workshops focusing on a deeper understanding of European consciousness and the realities of life in the participating countries.

Participants had the opportunity to grow in the areas of self-development, self-examination, and the need to "Log in" constantly (consistently? intentionally? effortlessly? To constantly log in just sounds awful – it makes it sound like someone has an internet addiction). This beneficial growth occurred within the framework of open discussions, simulations and games. In one simulation the other participants and I met Maria – a recruiter looking to hire new employees. This playful encounter was useful and important for me. These workshops provided a veritable library of practical skills and real life recommendations for the recruitment process. I will certainly use and share the knowledge gained here in my daily work routine.

During the project we brainstormed many fresh ideas and gained an invaluable toolbox of practical tools: How to create/write our own CV; the qualities a recruiter is looking for in potential employees; where the labour market is heading; etc.

I'm happy that participants had theoretical and practical support during the activities, simulations, and workshops. In the future they will be great examples of the development of our countries' cultural economy. They will all hopefully land their dream jobs!

So, if you want to challenge yourself, break stereotypes, look at the culture of two countries from different points of view, meet new friends, collaborators, or business partners and understand the fact that you can find the job of your dreams, this kind of Youth Exchange is for you.

My message to each participant: You can't get to where you are going until you know where you are right now. Just remember the knowledge you make today may alters TOMMOROW'S RESULTS. Be wise in the decisions you make!

Youth Leader, Mariana Kulynych

Just be yourself and try

15th of August 2018 we arrived from Poland and Ukraine to Zakopane to be a part of this project. First day was dedicated to present yourself and integrate. At the beginning it was such a challenge

for us to describe yourself in short words. 26 totally different people met to improve themselves and find opportunities for their future and share their experiences.

Next days we spent to discuss about capabilities given of labour market. During our activities we talked about making necessary document needed to apply for future job. We have analyzed problems from reasons to consequences about how hard it is to find a job without experience. At the end we came to an agreement that it depends, which profession you choose. We discovered deeply ourselves by workshops „Who are I?” and analyzed our strengths and weaknesses. Now we now it is extremely important during job interview to present yourself in a good way and keep calm. We had meeting with Headhunter which gave us knowledge about how to look for a job and it somehow prepared us for those interviews. Next days were about business of our dreams and future jobs. We thought about how to present our thoughts on paper card.



Besides of workshops we spend great time during cultural evenings. We did not suspect that learning can be realized in that funny way and can be useful. We became close to each other really fast and made friendships. Even if the workshops were sometimes tiring, we found more energy to spend free time together. On breaks we were doing outdoor activities during which we also learned how to work as a team.

Actually, we realized that everything what was amazing is really quickly coming till the end and we do not want to lose it. We want to say that it was a great experience for us, because we could get non-formal knowledge, learn about other cultures and made new relations. All these friendships will survive even if we are living far away from each

other. If someone is interested in taking part in project similar to this one, we all want to say just try and you will be satisfied.

JUST DO IT!

Patrycja Miecznikowska
Mateusz Perkowski
Wiktoria Szymdt
Roman Volianchuk

Mind-changing experience

Taking part in "Log in to life" project was great idea and chance to improve our skills in using English language by talking to other participants and doing the exercises with them in small groups. At workshops we learnt how to create a CV and business plan. We have also learnt how to resolve our problems. Now we know how to find a job on the labor market and what is the most important – what it really is. Our favorite workshops were this with headhunter – Maria. She told us how to create good CV and how to prepare for interview. We had met and compared our cultures and that was great! We learned much about Ukraine and Poland. We met new friends and we will remember this 10 days for a long time.

If you are brave enough, you should definitely go and change yourself – as we did on this project. We are now really inspired to take new actions in our life. To improve ourselves, to find dream job and change the world for better.

SEE YOU ON THE OTHER PROJECTS!

Patryk Grzybowski
Angelika Krawczyk
Yana Taranets



10 days to restart yourself

Taking part in "Log in to life" project was great idea. The idea – is the most valuable "good" in our world. It is capable to build a new one, to destroy the existing, to change as individuals and their thoughts, as the whole society.

However, the idea cannot exist without a person as such, like a person cannot exist without a society. A team – as a powerful force can do much more changes than one person. At the same time, it's a very difficult task to make independent, energetic, diverse people into one single mosaic – a team. It is the main goal of the ECIM's project "Log in to the life" – to teach people how to work as a single team, how to generate ideas and how to be critical of your own decisions.

"Log in to life" is the project where you can restart your brain and ask yourself a few easy questions: "Can I be a team player?", "Do I have all the skills to be a team leader?", "Can I position myself on the labor market?", "Can I generate brilliant ideas for business?"

By the way, the place of the project fulfillment is also important – homelike town Zakopane, located at the foot of the Tatry mountains, where I've never been before. To be here for these 10 days it's a big opportunity to relax from a routine of a big city and to forget about all unnecessary problems.

Personally for me, participating in this project make myself clear in the case of searching future job. I have no working experience yet, but now I have an understanding of how to correctly present myself on the labor market, how to make a good CV and how to behave at a job interview.

By the way, I met a lot of new friends, found like-minded people, improved my English and Polish language skills and combined useful things with a lot of fun. And the most important conclusion, that I made during this project – be yourself and you will achieve everything you want.

And of course, the biggest gratitude to Ola and Marcin – for a truly ideological approach in the implementation of this project and the desire to give us new knowledge and to direct us on the right track.

Vladyslav Kryvoruchko





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Europejskie Centrum Inicjatyw Młodzieżowych
EUROPEAN CENTER FOR YOUTH INITIATIVES



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