

## MY ESC ADVENTURE IN POLAND

My ESC adventure started in November in Michalowo, Poland. I have spent 8 months full of new experiences, challenges, and great memories here. Regarding our project's aim we did several ecological activities such as sewing eco bags by reusing old curtains and other materials, picking up trash around the town, and having online lessons with students about eco life. Moreover, we had indoor and outdoor activities with the kids.

I had English conversations with adults twice a week. We all volunteers participated in a theatre performance about zero waste. All of these experiences improved my communication, teamwork, teaching, and sharing skills. At the same time, this project gave me a chance to experience several new things such as sewing, acting, learning Polish, working with people from different nations, and working with disabled people. But these are not all of the good sides of our project. While working and learning, we had lots of fun together. We had "kulig" adventure in winter which was one of the enjoyable moments during my project. Living in a small town, being out of my comfort zone, facing new challenges were other parts of the project that helped me to be more experienced and mentally stronger.

As a travel lover, I was too curious to discover Poland when I have holidays. I traveled to the most popular cities of Poland. The beauty of the architecture of the cities and also the nature of this country amazed me every time. The memories that I made during my project will remain as one of the greatest times of my life on my mind.

