

SOLIDARITY TRACKS



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# My Diary

Name

SHORT  
**EVS**  
1 Month

**GLAZE**  
Gastronomy Love, Attitude  
Zooming on Education  
July to 06 of August 2018  
Available: 20 volunteers from France, Italy, Romania, Spain, Poland, Tunisia

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# GLAZE

## short



European Voluntary Service

06 July - 06 August 2018 Lefkada, Greece

# Learning objectives

Example

I want to learn new recepies from other countries & cultures.

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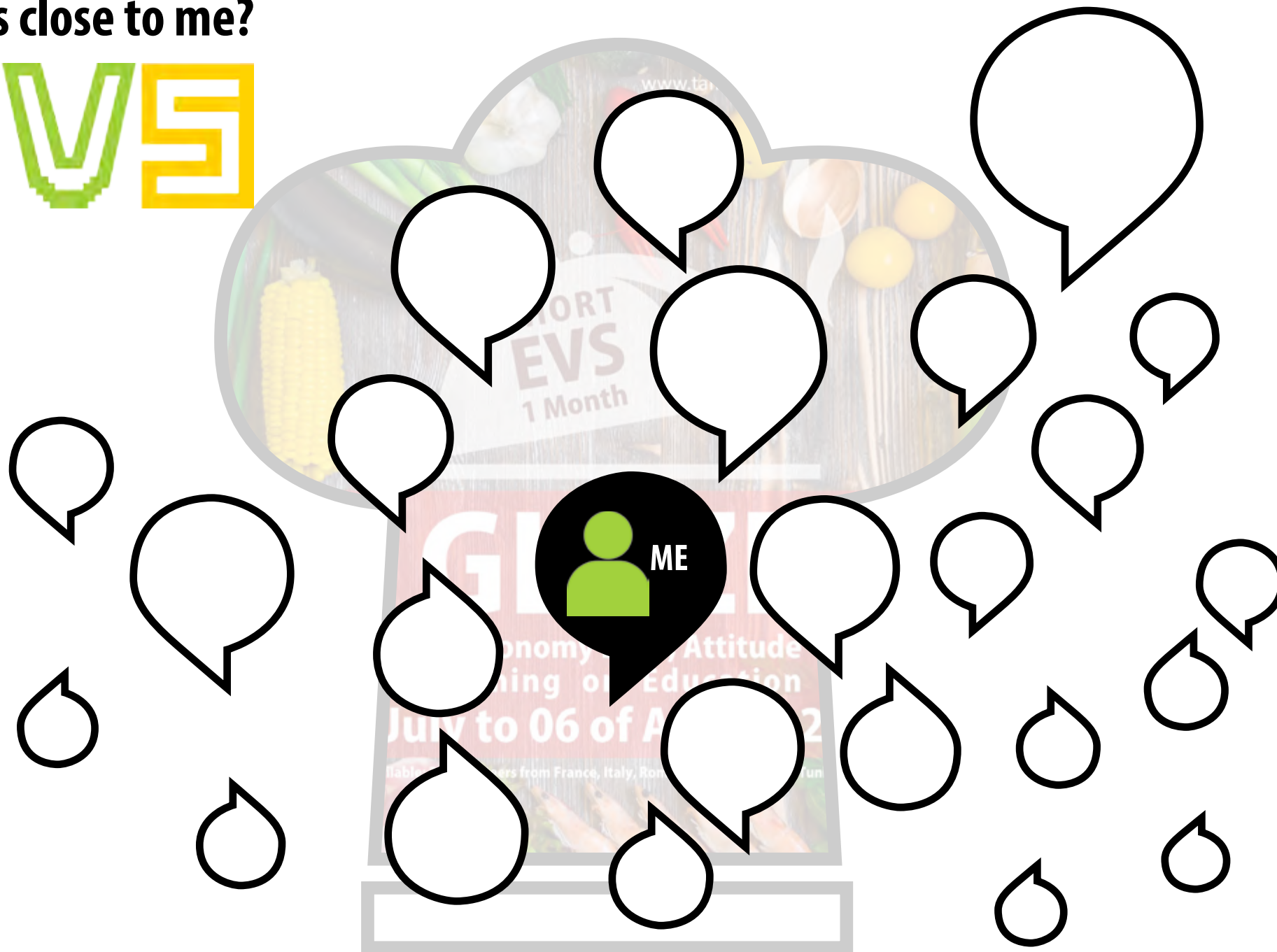
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Think of the upcoming days of the exchange / training and identify your personal learning objectives (maximum 5) – Write them down in the first column and revisit this page each day. Think if you have gotten closer to learning the objective and put one dot in the appropriate square for each day, from 1 to 10, where 1 is “not at all” and 10 is “absolutely.”

# Who is close to me?



Fill in the circles below. Your name is in the central circle and in the other circles are the names of the people around you. Write the names of the people in the circles in a way that the people who are closer to you are in the circles closer to the centre and opposite.

# YOUTHPASS

## My activities

Description of the activities  
Short description of the activity during your  
EVS

## My task

My task and responsibilities during  
the activities

## Key Competences

Which competences have you  
achieved from each activity?

## Comments/Impressions

Any additional comments or  
feelings you have?

# Acquired skills and competences I

## Communication in Mother Tongue

- the ability to express thoughts, feelings and facts in words (oral/written)
- to be able to interact linguistically in an appropriate way

## Communication in Foreign Language

- the ability to express and understand in a foreign language according to your needs
- a positive attitude towards cultural differences and diversity
- curiosity in languages and intercultural communication

## Mathematical Competences and basic competences in Science and Technology

- the ability and willingness to use mathematical modes to deal with problems and challenges in every day life
- the ability and willingness to use knowledge to explain the natural world, to identify questions and to draw evidence based conclusions

## Learning to Learn

- how to organize your own learning
- to be able to deal with obstacles
- being able for your own learning
- to evaluate /assess the outcomes of your learning

Taking into consideration your learning objectives and your experience during the exchange / training, look at these 4 learning competences and if you think you have acquired skills and competences in relation to them, write a few sentences about these. Try beginning each of your answers using these examples: I feel more comfortable now... / I found out... / I learned... / I feel content... / I made progress... / I'm able to... / I know now how... / I developed... / I have a clear view now.

# Acquired skills and competences II

## Digital competences

- is about the confident and critical use of Information Society Technology
- basic skills to use computer and Internet

## Interpersonal, Intercultural, Social and Civic competences

- the ability to communicate in a proper way with friends, family and colleagues
- to be able to deal with people from all kind of different backgrounds / - to be able to deal in a constructive way with conflicts
- knowledge about what is going on in your village, city, country, Europe and the world
- knowledge of concepts/ideas of democracy/citizenship/civil rights / - your participation in civil life

## Cultural expression

- to appreciate the importance of creative expression of ideas, experiences and emotions
- everything which has to do with media, music, performing arts, literature and visual arts

## Entrepreneurship

- the ability to turn ideas into actions
- to be creative and innovative
- to dare to take risks
- project management

Taking into consideration your learning objectives and your experience during the exchange / training, look at these 4 learning competences and if you think you have acquired skills and competences in relation to them, write a few sentences about these. Try beginning each of your answers using these examples: I feel more comfortable now... / I found out... / I learned... / I feel confident... / I made progress... / I'm able to... / I know now how... / I developed... / I have a clear view now.