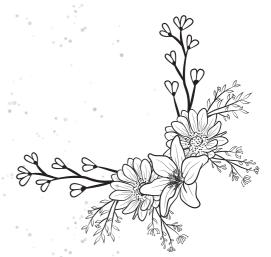


# DEAR VOLUNTEER...

You have an amazing journey waiting ahead, that will give you both life time experience and teach valuable lessons. This is also the best time to make some notes about your development. And it is important to make some reflections from time to time. That is why we made this diary as a helpful tool for you to be able to see your own development, to think on your motivations and to reflect on your values. The adventure of beeing a volunteer could really be the adventure of a lifetime and an experience that you will keep for life. We prepared this diary to assist you in this process of reflection and evaluation. Enjoy the journey and express yourself!





R PRUFILE
here
Useful personality traits I have
* 0
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#### **ORGANISATION PROFILE**

Name	• .	· 		
Address				
Country/ city or voluntary project			.0.	•
Main work field				
Main responsibilities of volunteer:				
2.				
<b>3.</b>				
4				
<b>5.</b>				
<b>9</b>				
Why did I choose this project and organisation	on?			

#### **MOTIVATION**

Why did I decide to become a volunteer?	
	<del>-</del>
Why did I choose this project and organisation?	
How will I maintain my motivation during this project?	

Draw or write things that motivate you

> Draw or write things that does not motivate you

### **EXPECTATIONS**

	ct?
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nat would I like to gain/ learn from this pro	oject?
	Why did you
	Why did you choose this one?
	Why did you choose this one?
	Why did you choose this one?
	Why did you choose this one?
ick and color the fruit of our volunteering journey	Why did you choose this one?

# SKILLS I WANT TO DEVELOP

Now think of all the skills you would like to develop during your voluntary project and write them all down. Then after or during the project you can also add new ones you have gained within your new experiences.

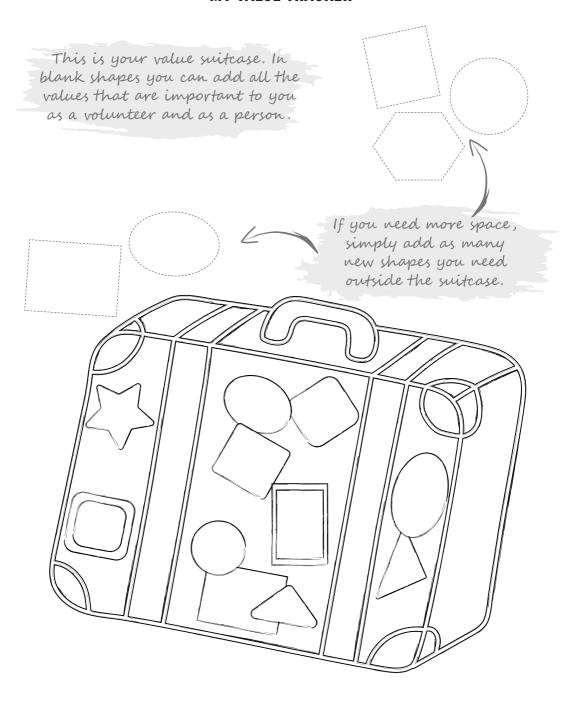
Skill	What I have learned so far				

#### ...AND SKILLS I HAVE DEVELOPED

And in this page you can tick the skills that you had developed, based on the ones you wished you would gain during your voluntary project.

	What I will learn next	Skill
<i>J</i>		

#### MY VALUE TRACKER



### LETTER TO MYSELF



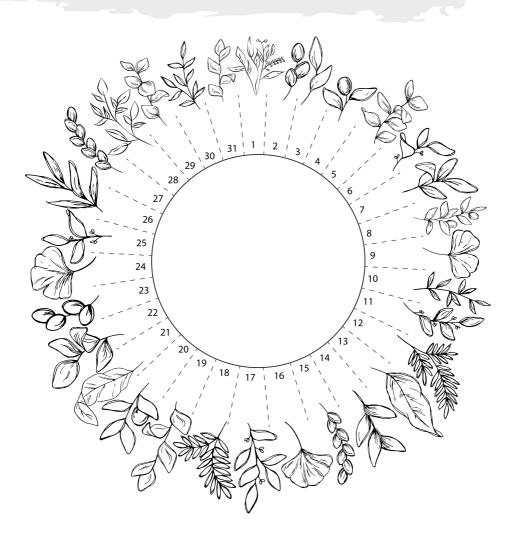
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#### 1st month

Date	Activity	Time in	Time out	Total hours
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### MY MONTHLY MOOD TRACKER

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### MY MONTHLY VOLUNTEERING TASK TRACKER

Task	Due date	Resources I need
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#### MY MONTLHY EVALUATION PAGE

This page is made for your evaluation of the month where you can think which area has been successfull and which can be improved in the next months. You can choose in what way you would like to make the markings - by color, specific emotions, numbers or whatever is the best way for you.

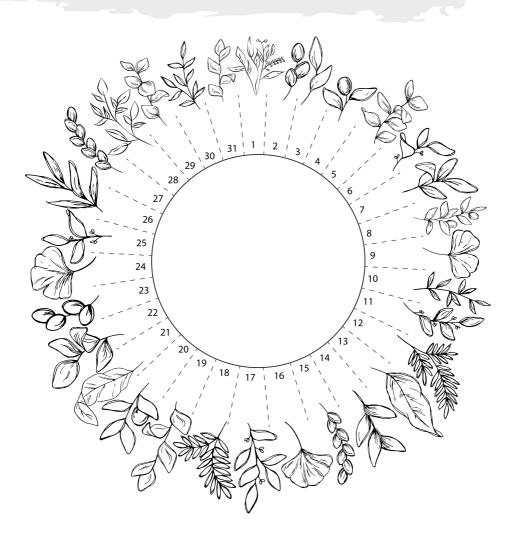
My emotional level	Time I have spent	Gained skills	Amount of tasks	Difficulty of tasks	My progress	Help from organisation	My involvement	Overall balance
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2nd month

Date	Activity	Time in	Time out	Total hours
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### MY MONTHLY VOLUNTEERING TASK TRACKER

Task	Due date	Resources I need
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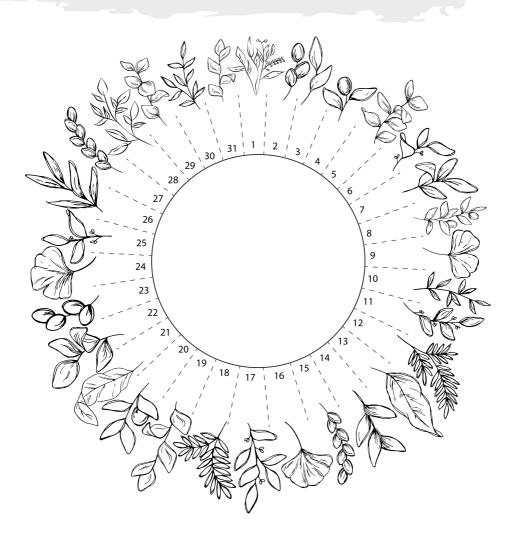
My emotional level	Time I have spent	Gained skills	Amount of tasks	Difficulty of tasks	My progress	Help from organisation	My involvement	Overall balance
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3rd month

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Task	Due date	Resources I need
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#### MY MONTLHY EVALUATION PAGE

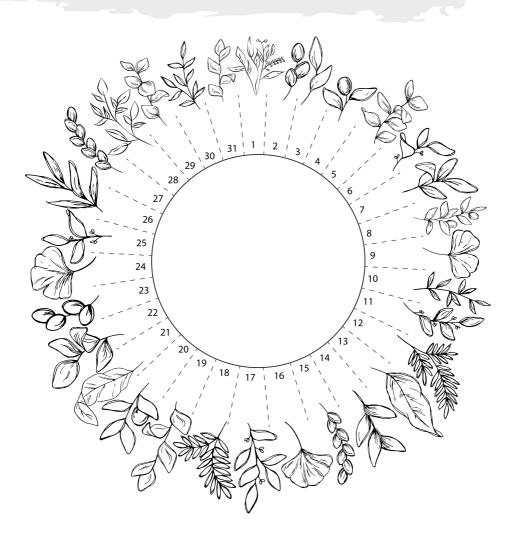
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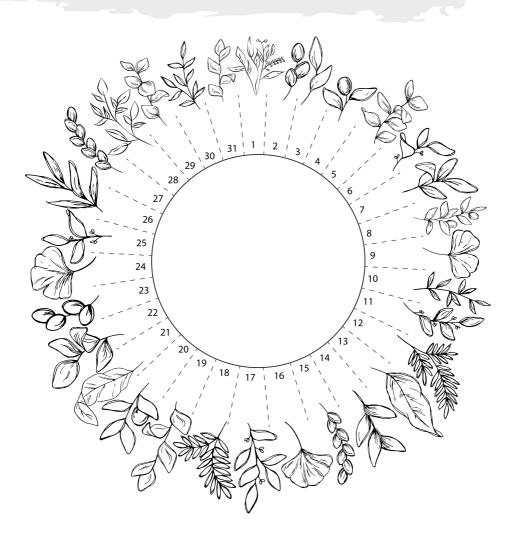
My emotional level	Time I have spent	Gained skills	Amount of tasks	Difficulty of tasks	My progress	Help from organisation	My involvement	Overall balance
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5th month

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### MY MONTHLY VOLUNTEERING TASK TRACKER

Task	Due date	Resources I need
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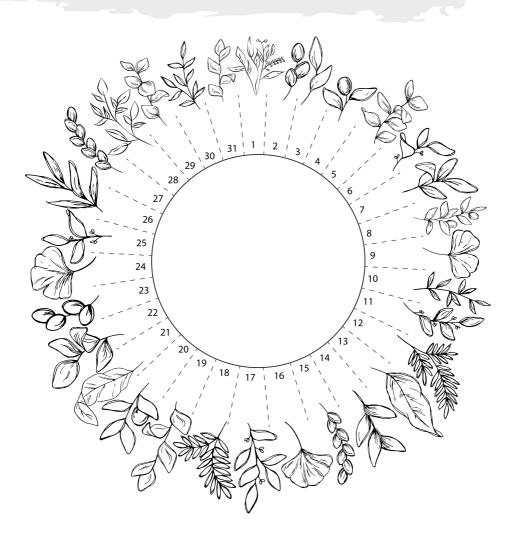
My emotional level	Time I have spent	Gained skills	Amount of tasks	Difficulty of tasks	My progress	Help from organisation	My involvement	Overall balance
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6th month

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### MY MONTHLY VOLUNTEERING TASK TRACKER

Task	Due date	Resources I need
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#### MY MONTLHY EVALUATION PAGE

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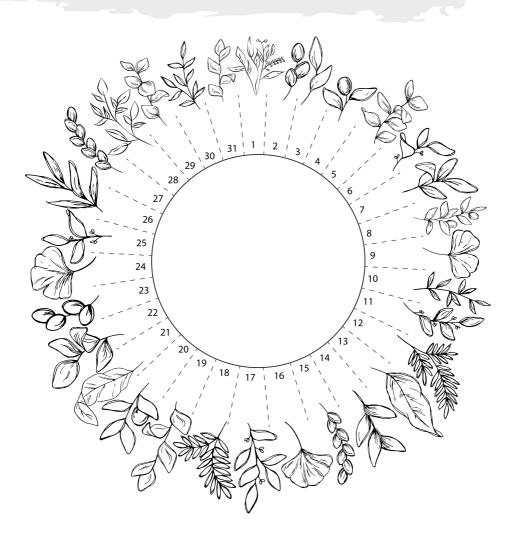
My emotional level	Time I have spent	Gained skills	Amount of tasks	Difficulty of tasks	My progress	Help from organisation	My involvement	Overall balance
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#### 7th month

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Task	Due date	Resources I need
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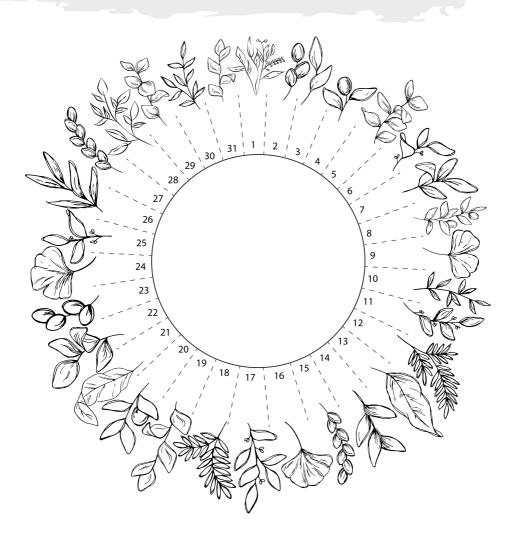
8th month

# MY MONTHLY WORKING HOUR TRACKER

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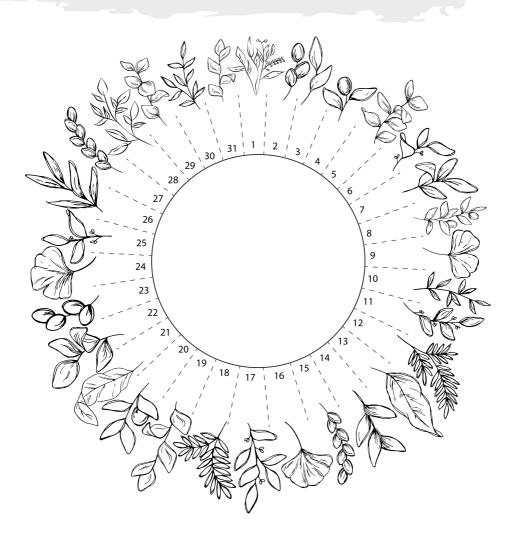
9th month

## MY MONTHLY WORKING HOUR TRACKER

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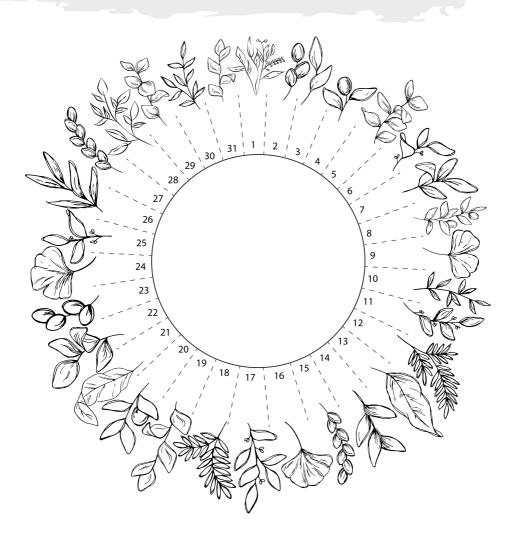
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Task	Due date	Resources I need
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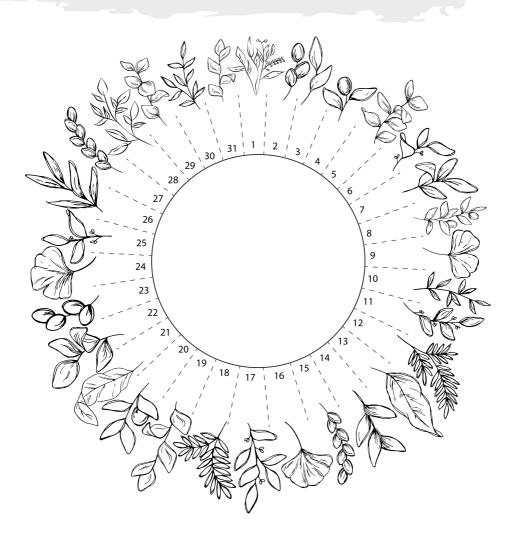
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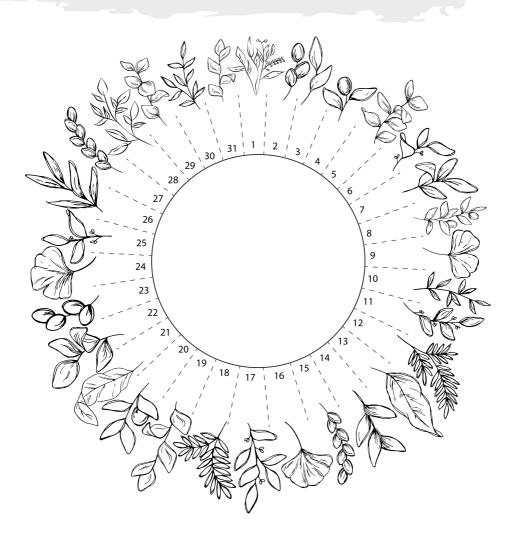
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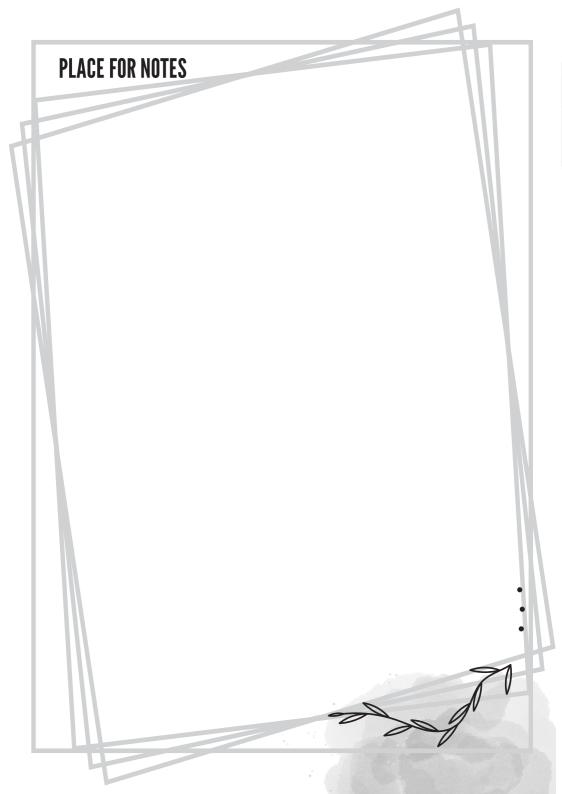
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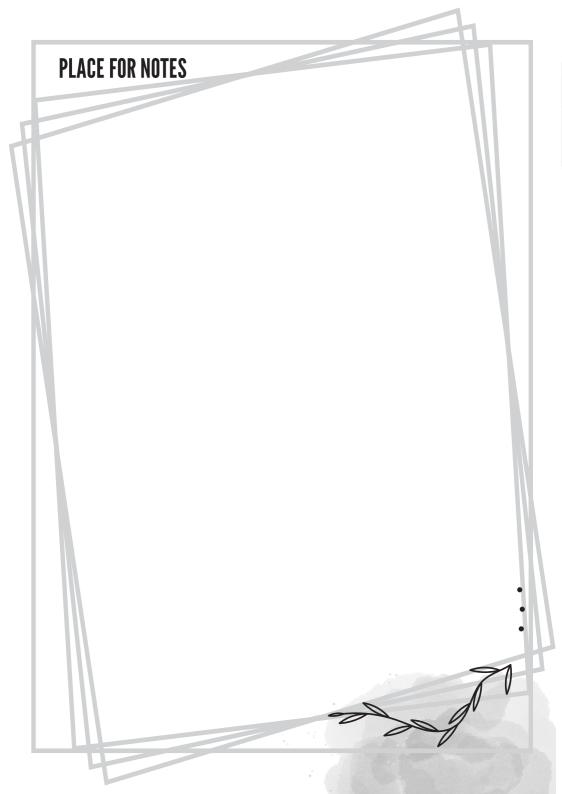
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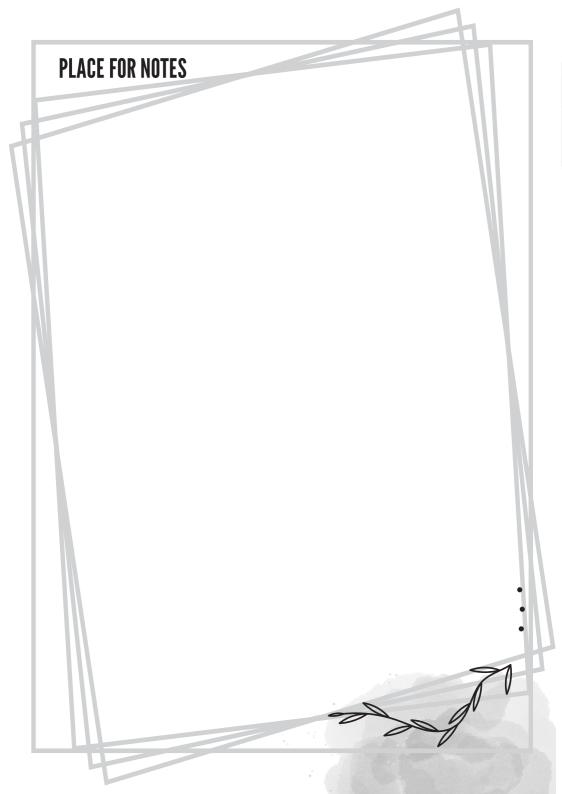
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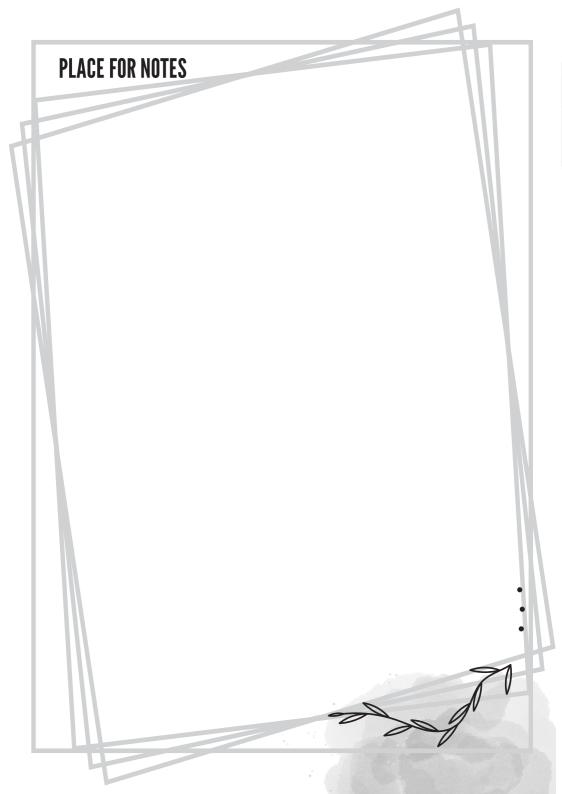














#### MY MOTIVATION EVALUATION PAGE

/	MY MUITVAITUN	EVALUATION PAGE
	What did motivate me	What did not motivate me
V		
		. *
	What was my main motivation for this proje	· rt7
	what was my main motivation for this project	ut:
	What decreased my motivation during this p	roject?
	How did I gain more motivation?	
	How did the organisation help me to gain mo	ore motivation?
	. 2 . 2 . 2	

#### **REST PAGE**



### FINAL FEEDBACK FOR THE ORGANISATION

Congratulations! You are at	
the end of one chapter in	Things I wish they did differently:
	Things I wish they and anticionity.
your life, so it is time to	
evaluate your experience.	
Take some time to reflect	
3	•
and give a construcive and	
honest feedback to your	
hosting organisation.	
	. *
My suggestions on things they can improve:	
,	
Things I learned from them and how can they b	e used turther:
•	
Place for other thoughts:	
i lade for other thoughts.	
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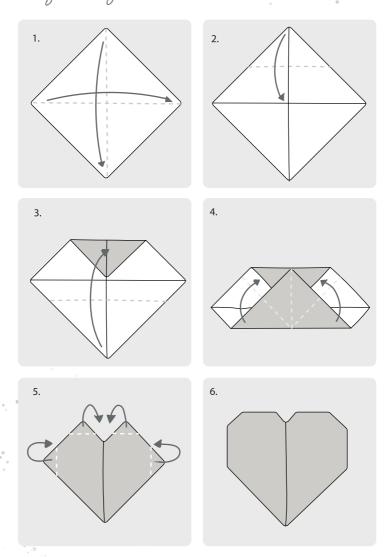
#### FINAL EVALUATION OF THE VOLUNTEERING PROJECT

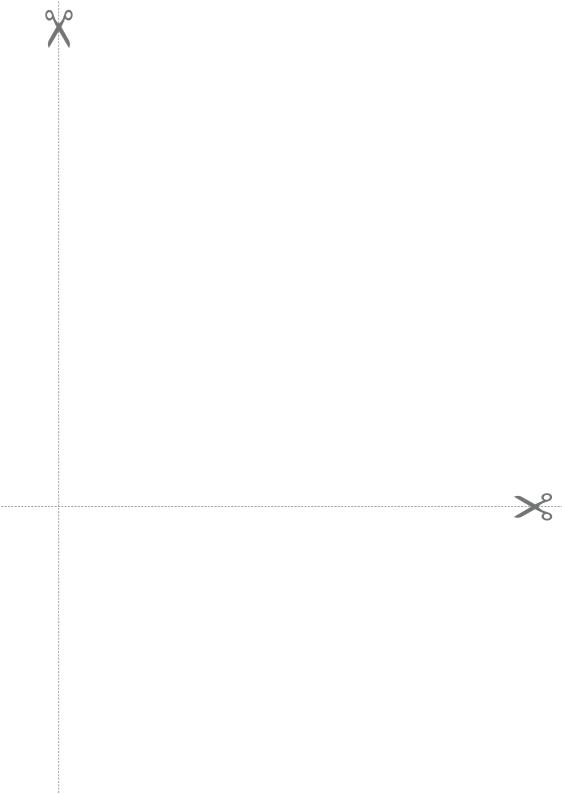
What was the best experience?	Now, give some thoughts about the project itself. Was it as you imagined it to be? Would you do something differently now?				
W					
What was most challenging?					
	3				
What surprised me?					
	. *				
How did I complete the tasks? Could I	do them differently?				
·	,				
What I am most proud of within the pro	ject?				
<b>)</b>					
Place for other thoughts:					
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#### THE ORIGAMI HEART

Things needed: scissors, pen How to do it.

- 1. Use the next page sheet as the base for your origami heart, 2. Follow the lines to cut the sheet in the square shape, 3. Fold it following the instructions above.



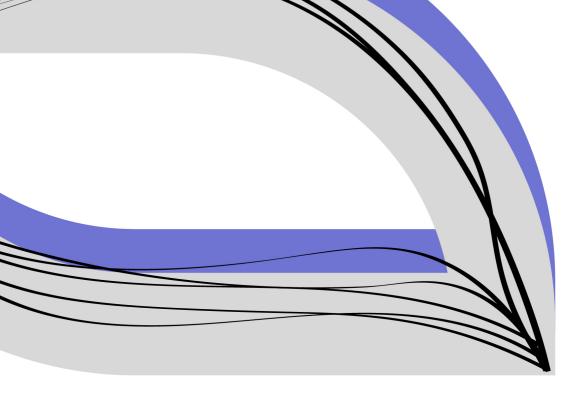


### MY PLANS AFTER THE PROJECT

Next thing in my life I want to achieve:	
In which field:	•
How:	
·····	
Why:	
Next project I want to participate:	
Where: When:	
Why:	
Things I want to learn:	
2.	
3	
Where to learn:	
What is the first step:	
	A. C.



This publication is published by the context of the VIV (Volunteering Inspired by Values) project 2021-2-1T03-KA210-YOU-000049345 in June, 2023 in collaboration between Centro Servizi Padova Solidale ODV, Hrvatski Centar Za Razvoj Volonterstva and Associação Mais Cidadania. This publication has been funded with the support from the European Commission under the Erasmus+ Programme. This publication reflects the opinions only of its authors, and the European Commission cannot be held responsible for any use which may be made of the information contained herein. Authors: Paula Mendes, Rita Almeida, Kristiana Zvezdina Graphic design: Kristiana Zvezdina









e Rovigo

HRVATSKI CENTAR ZA RAZVOJ VOLONTERSTVA



