



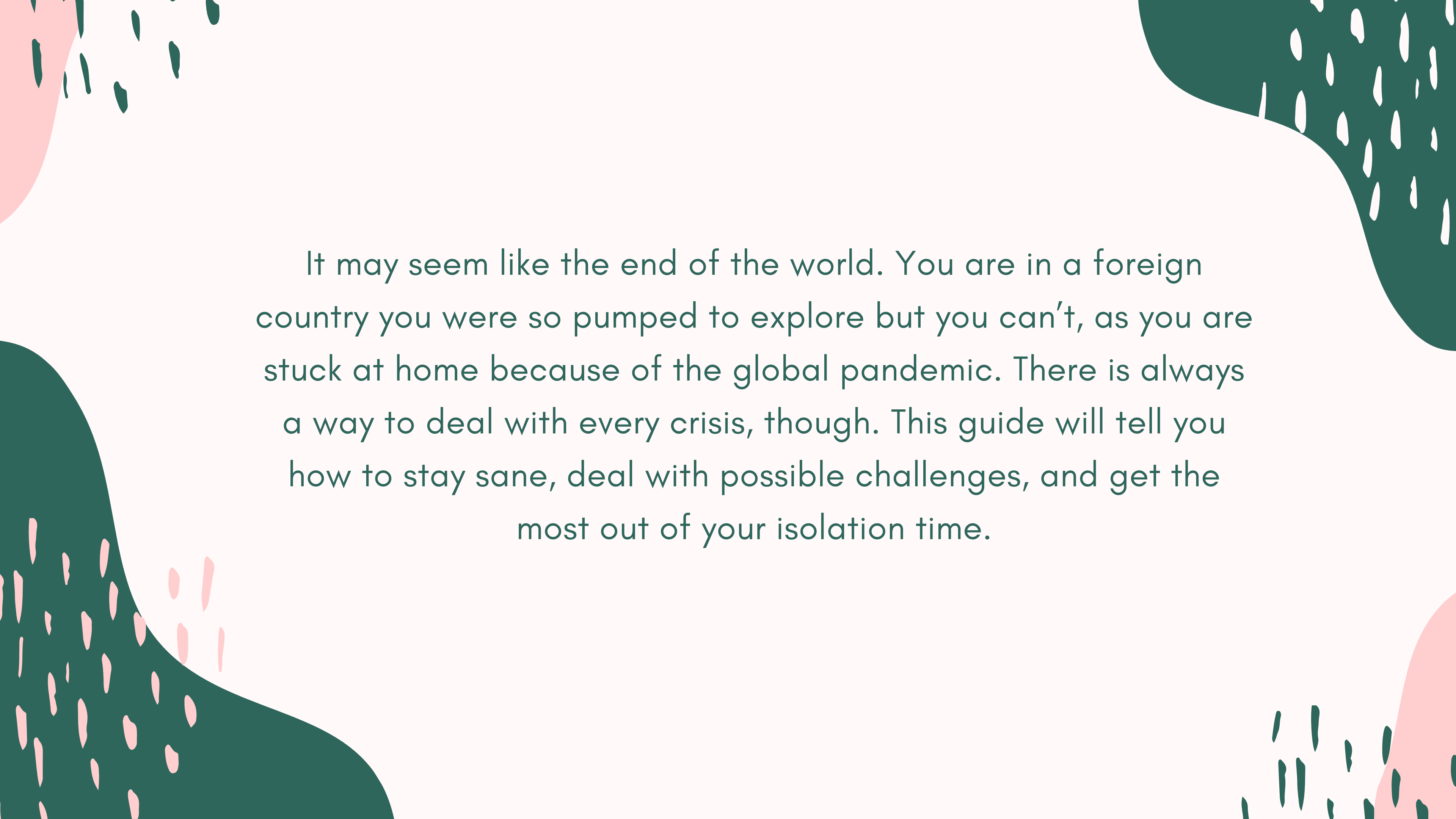
EUROPEAN
SOLIDARITY
CORPS



Erasmus+

ESC Guide for Volunteers during the COVID-19 Crisis

Created by the ESC volunteers of The Institute of Research and Training on European Affairs



It may seem like the end of the world. You are in a foreign country you were so pumped to explore but you can't, as you are stuck at home because of the global pandemic. There is always a way to deal with every crisis, though. This guide will tell you how to stay sane, deal with possible challenges, and get the most out of your isolation time.

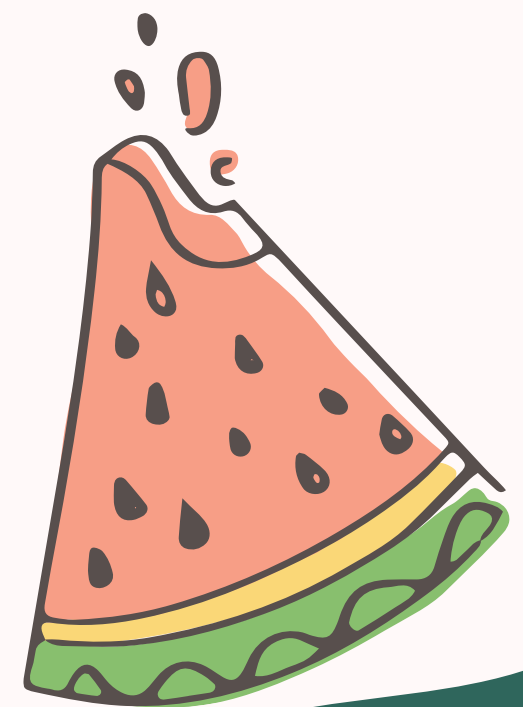
Stay active

During self-isolation devote your time to physical exercises to maintain a healthy lifestyle. Choose any kind of sport and do it for at least 20 minutes every day. Try to do body weight exercises, go for a run, follow online workout videos, or practice yoga. Download a fitness app with curated workout playlists.



Eat well

Since you have plenty of free time it's a great chance to improve your cooking skills and broaden your culinary horizon. Learn how to cook various meals from different cultures and teach the flatmates to prepare your traditional dishes. Just remember to keep a healthy diet and avoid junk food.



Reduce stress

Meditating is a great form of stress release that helps to relax, reduce anxiety, and enhance self-awareness.

You may also go for a short walk and engage in nature, take deep breaths. Fresh air and sunshine will definitely improve your physical and mental health.

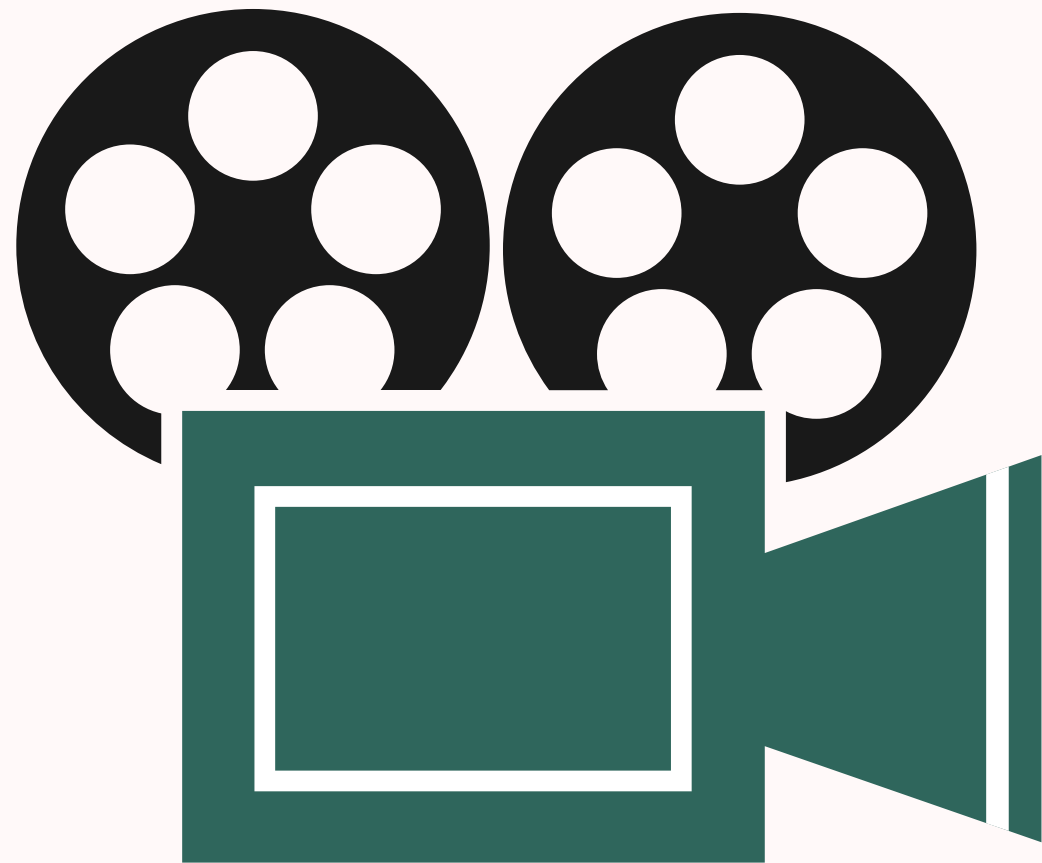
Write down a list of things you are grateful for. This simple act helps you to feel positive and appreciate ordinary things more.



Music and Movies

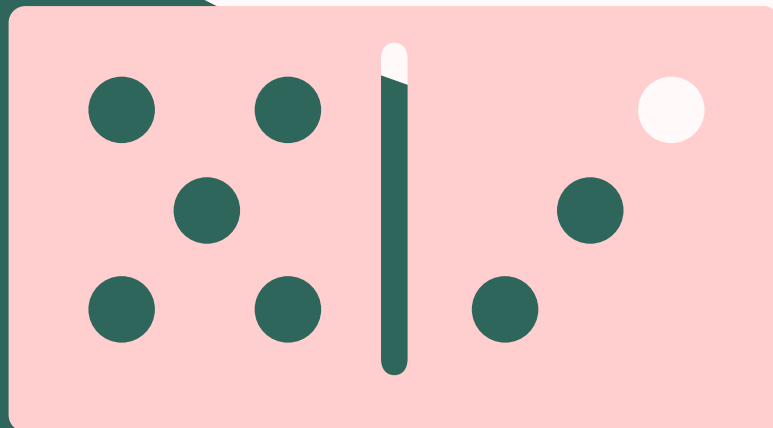
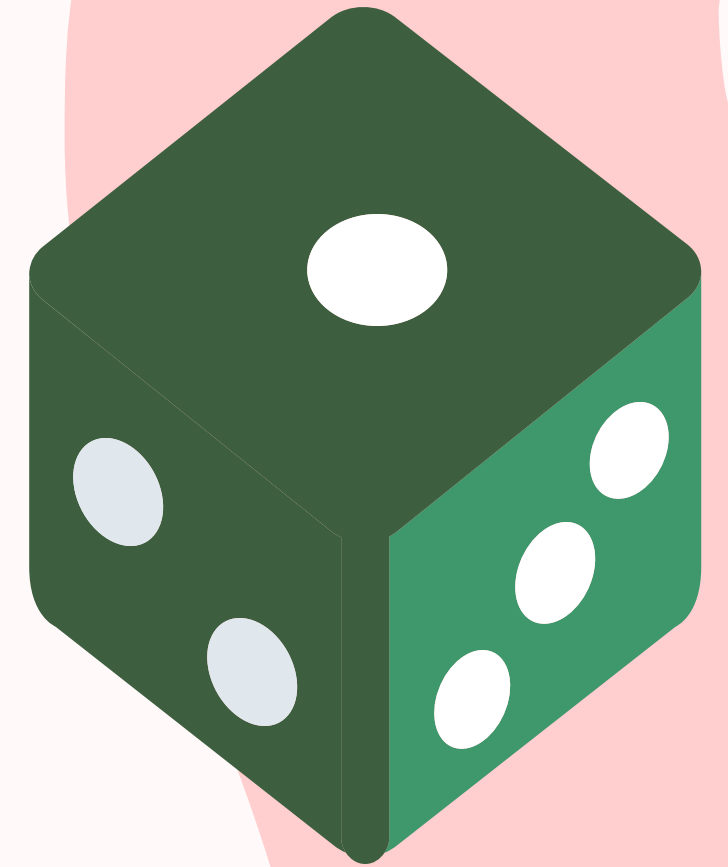
Movies help us to escape from everyday routine, disconnect, relax, and have a good time. Make a list of films and TV shows you would like to watch. Share this list with others and watch it together.

Listen to music that brings you joy and do not miss an opportunity to discover new singers and bands.



Board games

Playing board games is a great opportunity to connect and open up, it also helps to display a creative side of personality. It is a great way to spend time with your flatmates as it brings people together and strengthens relationships.



Books

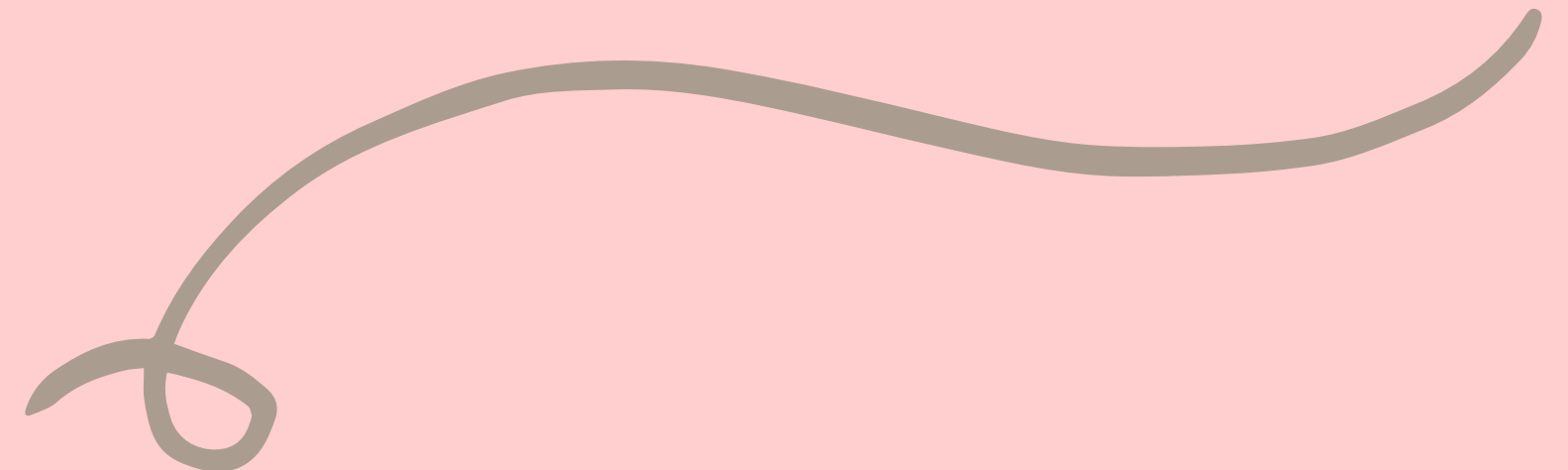
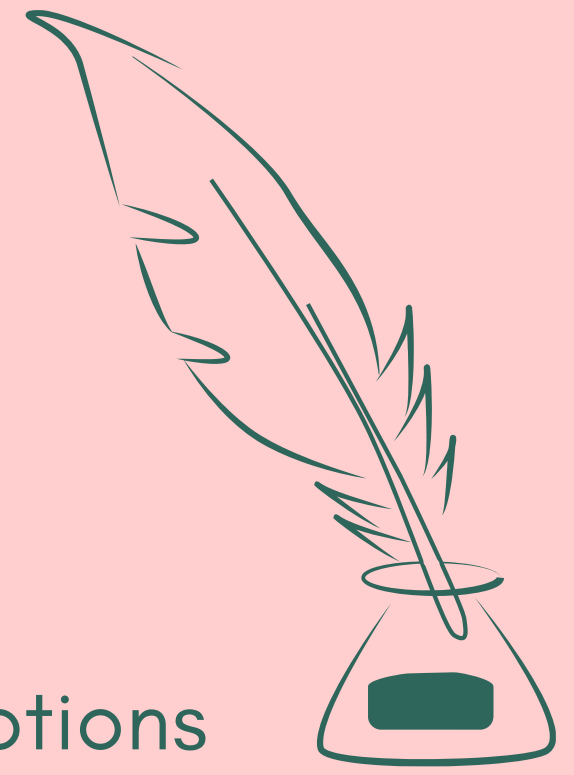
Reading helps expand your general knowledge, improves memory, increases vocabulary, reduces stress, and eases muscle tension. Read the books that you planned a long time ago or listen to audiobooks.

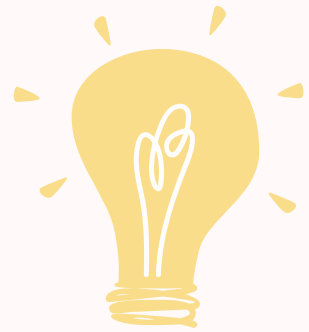
You may also organize or join a literature club online and discuss the plots and characters with others.



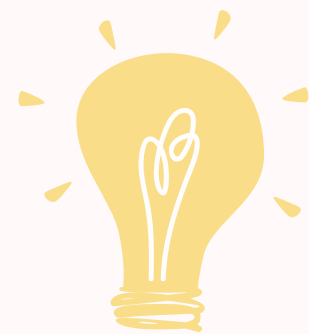


Vent your worries and negative emotions on a piece of paper. Journaling helps improve well-being after traumatic and stressful events.



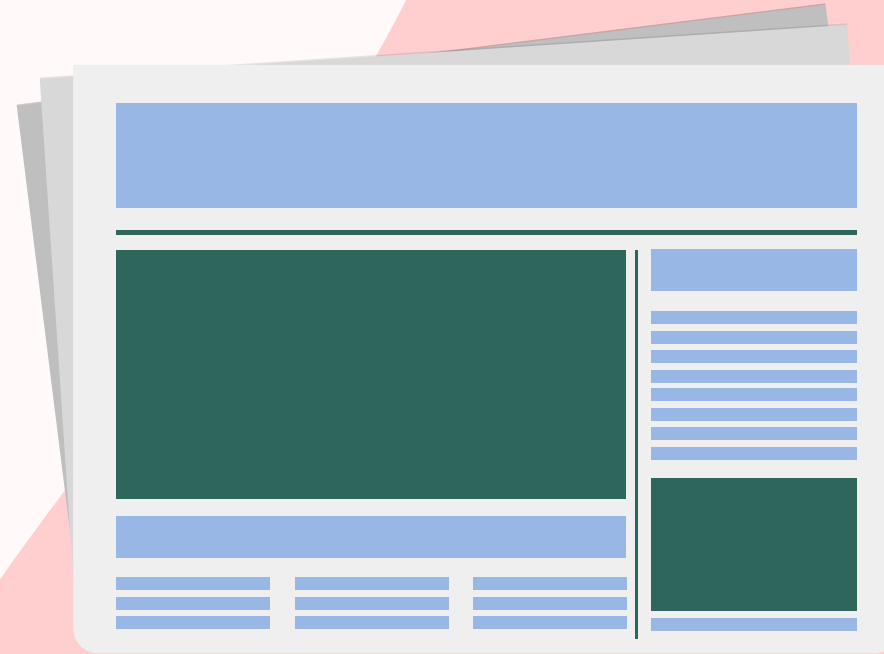


Get information from trusted sources



Dedicate only some parts of the day to reading news.

Don't get immersed in 24/7 reports focusing on negative information.



Stay informed, but not overwhelmed

Self-education



Thanks to technology it is easy to learn almost everything from home. There are plenty of websites and universities that offer free online certifications, courses, and training. Sign up for it and enhance your career. Among the most popular are programming, Photoshop, and foreign languages.

Take up hobbies such as painting, knitting, taking pictures, or do some gardening. Learn origami.

Sew masks for yourself and others.



Discover!

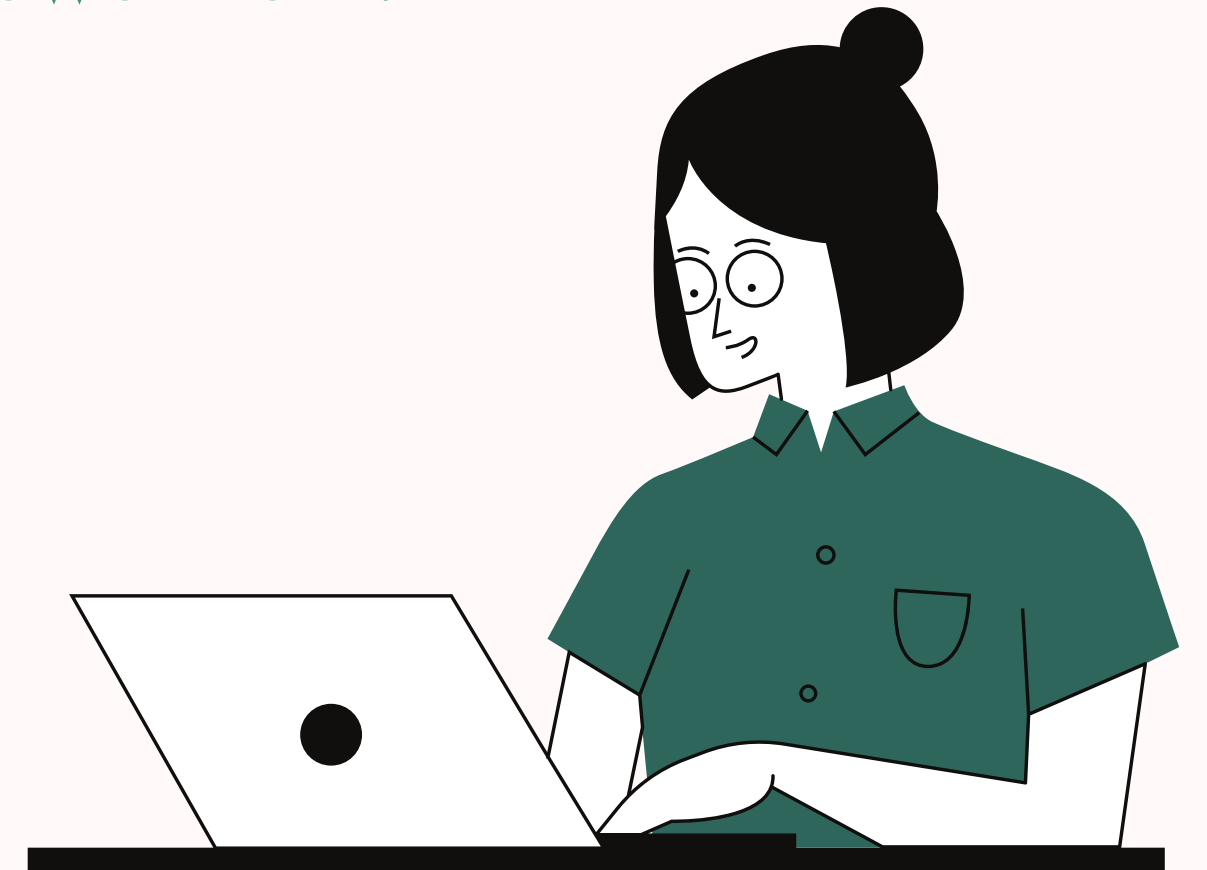
Learn the language, history, and geography of the country you are volunteering in. Create a guide of the places you would be delighted to explore after the end of the quarantine. Include to the list the traditional dishes and drinks you are eager to try and sights to visit.

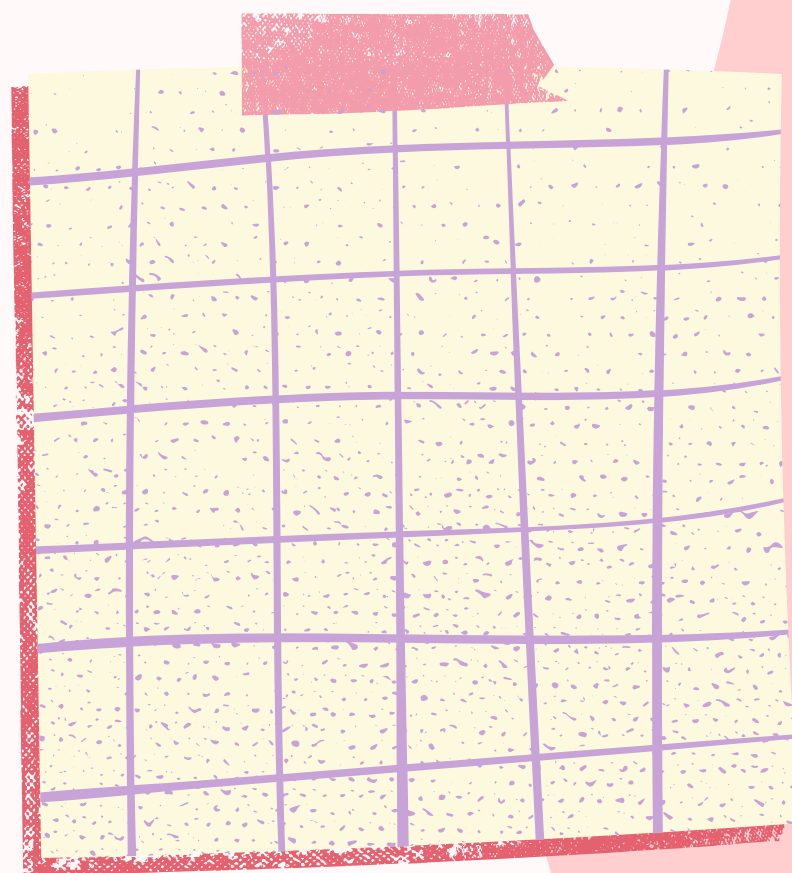




stay in touch

Communication is crucial for minimizing a sense of isolation. Keep in touch with your friends and family as well as contact with other volunteers by phone, text or write actual letters. Talking to others provides a sense of community and empowerment.





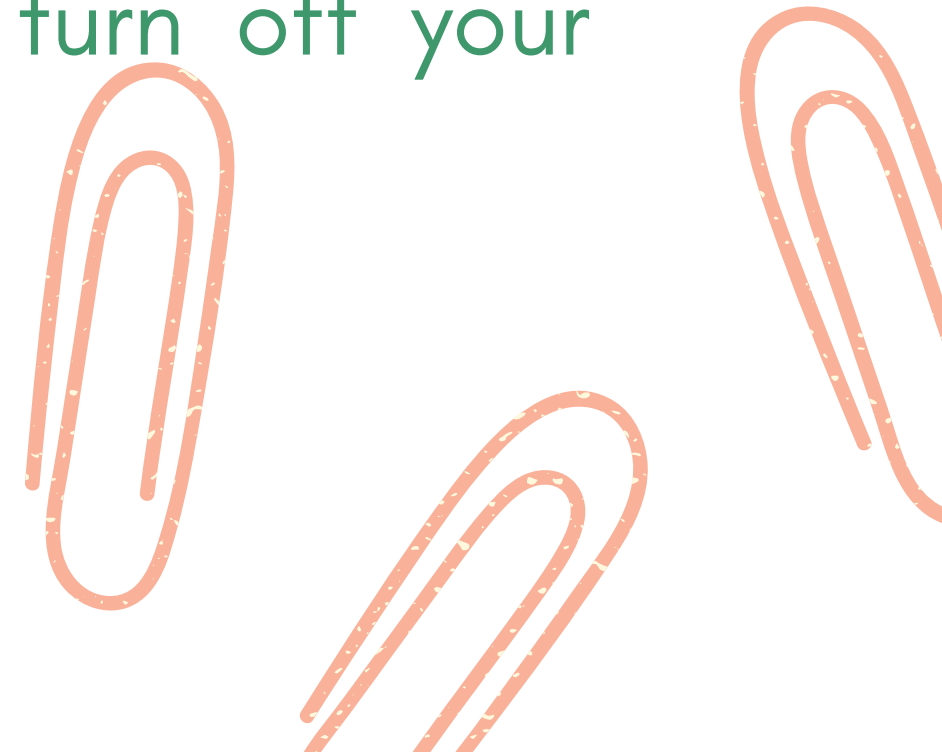
How to stay productive volunteering from home

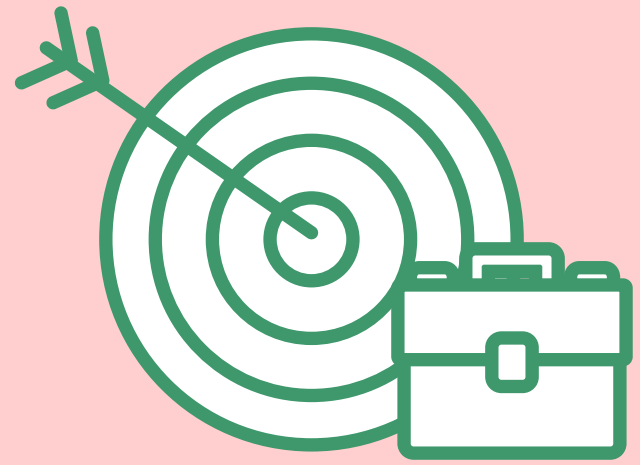
Working from home requires a lot of self-discipline and commitment. When you have lots of temptations to get distracted by, staying productive may seem unmanageable. However, we believe you can still do it!



Just make sure that:

- You have a clear plan of what you're going to do – write a checklist of tasks that need to be done
- There are no distractions – let your flatmates know that you wouldn't like to be disturbed for some time and turn off your social media





A few more tips:

- Set the right mood for concentrating entirely on the task – Spotify's Deep Focus playlist is worth checking out for that purpose ;)
- Mix working with intervals of rest. A great tool for that is using a 50/10 rule: work for 50 min. and rest for 10 min.
- Take a walk, engage in nature, and do some exercise. It helps you get more ideas, relax your mind and you will do a favour to your body.

*Keep calm
and stay safe!*

Dariia Tyshchenko

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