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MARIAM,
GEORGIA

It helps people discover their potential, build confidence, find purpose, and light a spark that continues to grow long after the project ends. I will always be grateful for that.



My ESC experience was truly one of the best and brightest chapters of my life. It healed me in many ways and shaped the person I am today. I believe that the European Solidarity Corps is one of the most valuable initiatives of the European Union, and I am grateful that I had the chance to be part of it.

Coming from an Eastern Partnership country, I know how difficult it can be to access international opportunities. Many organizations simply don't have open calls for us because of the logistical challenges involved. That is why my ESC journey meant even more, it opened doors that I never thought would be possible.

Professionally, ESC taught me skills that I will carry throughout my life. I learned how to organize awareness campaigns, create digital materials, promote important values, facilitate workshops, and communicate with diverse audiences. It taught me to be independent, confident, and proactive. I remember standing in front of a room full of youth workers from all over Europe, wanting nothing more than to run away. Instead, I stayed, facilitated the session, made mistakes, learned from them, and grew. My project showed me that mistakes are not failures, they are how we learn. It taught me that challenges are gifts and that with the right people around you, you can achieve far more than you ever imagined. Most importantly, ESC gave me a lesson to care about what I do and to have the courage to do what I truly care about and to try my best in everything I do. The work ethic and values I developed through this experience have stayed with me ever since.

It helped me also on a personal level in countless ways. Living and working with people from different cultures made me more tolerant, open minded, understanding, and relaxed. It changed the way I see the world. It also sharpened my sense of humor, because sometimes, laughter really is the best way to deal with life's unexpected moments and it's a good tool to have.

Today, as a mentor, being able to contribute to someone else's ESC experience is even more meaningful. It is my way of giving back what was once given to me. (shout out to my former coordinator, current boss) What makes this role even more special is that I can reflect on my own experience as an ESC volunteer every day. Having been in the volunteers' shoes helps me better understand their challenges, support them through difficult moments, and encourage them to make the most of this unique journey.

I think the people whose work and support make these projects possible may never fully realize how many lives they change through program. I really hope this program continues for many years to come, inspiring volunteers just as it inspired me.





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SABUHI,
AZERBAIJAN

It helped me transition into a confident, adaptable professional and a globally-minded person. It gave me the grit to tackle big challenges and the perspective to appreciate the world way outside my own bubble.



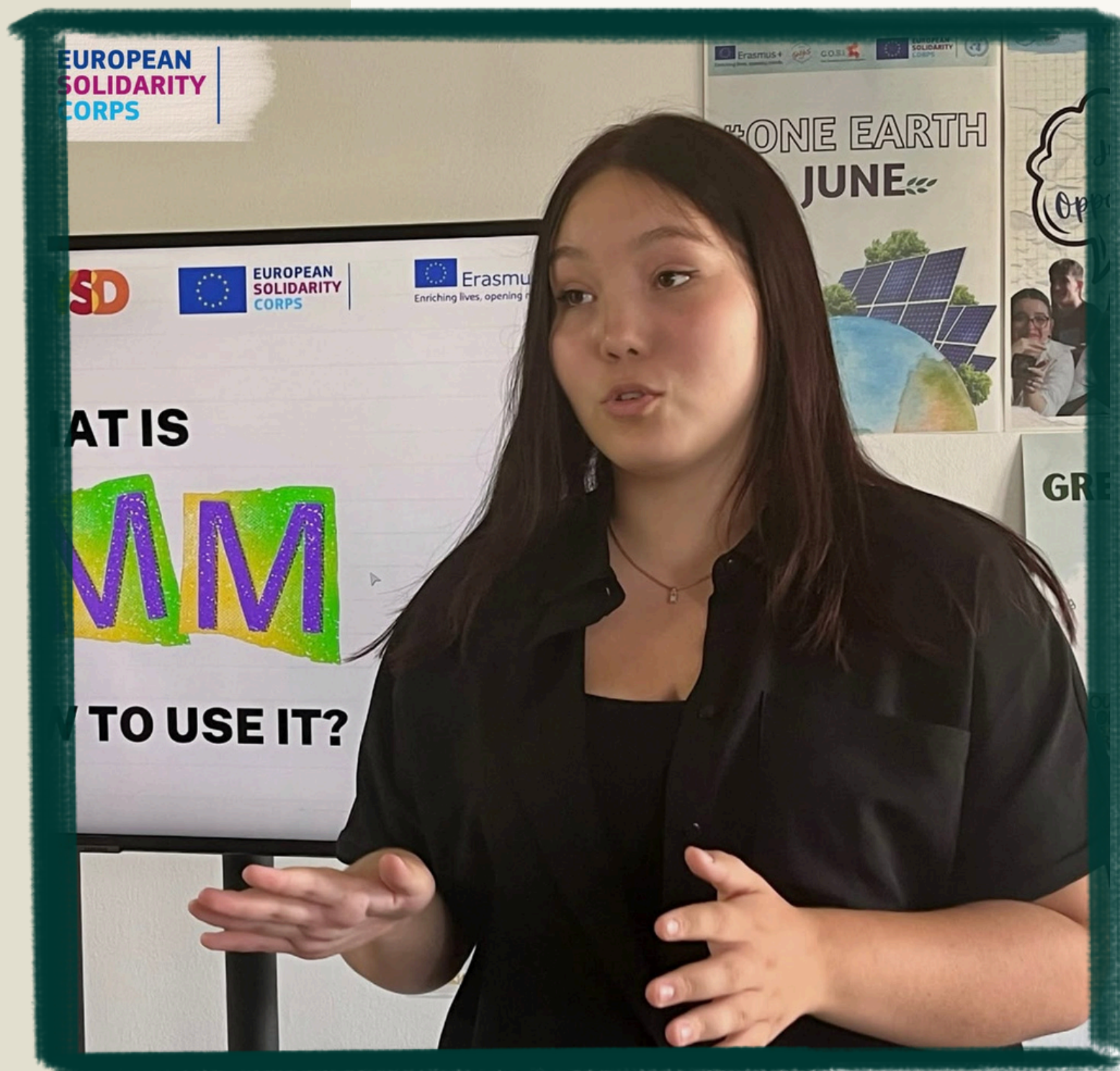
Looking back, my year in Bucharest with the EPVP 2.0 project (September 2020 to September 2021) was honestly one of the most defining periods of my life. It wasn't just an experience to put on a resume; it fundamentally shaped the person I am today, both at work and at home.

Professionally, being immersed in a diverse, international environment taught me how to genuinely connect and collaborate with people from all walks of life. That experience became the bedrock of my career. Today, my work involves building large-scale B2B tech partnerships from the ground up and managing high-value networks. I don't think I would have had the confidence to step into those high-stakes roles, or the ability to communicate across different cultures and global directories so effectively, if it hadn't been for the adaptability I learned during the ESC project.

On a personal level, moving to Romania during that specific, challenging window of time meant I had to learn how to be incredibly resilient and independent. It completely cracked open my worldview. Now, as a father, that global perspective is something I carry into my daily life. It heavily influences how I think about our future, our plans for international travel, and how we are raising our son. I want him to grow up with the same appreciation for diverse cultures and the same open-mindedness that the project instilled in me.

Ultimately, that year acted as a major catalyst for me. It helped me transition into a confident, adaptable professional and a globally-minded person. It gave me the grit to tackle big challenges and the perspective to appreciate the world way outside my own bubble.

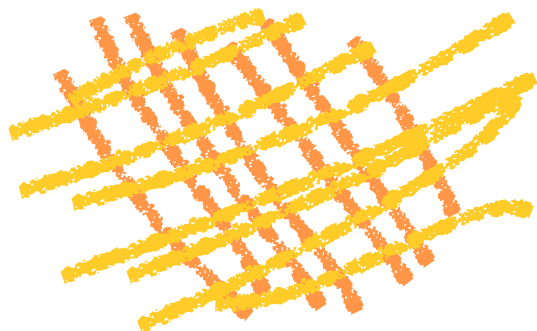




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TATIANA,
MOLDOVA

it helped me to make new friends for life and
learned not to be scared of new opportunities.



I think EPVP was for me a life changing experience.

Living in Bucharest 7 months and working with Romanian society taught me how smart can be young people when you can motivate them, help to see their opportunities both for personal and professional growing.

I strongly consider that personally this project brought me such new skills as international communication skills and understanding of differences between cultures, mentalities and habits of different people, it helped me to make new friends for life and learned not to be scared of new opportunities.

Professionally it gave me hard skills also. I learned how to run an NGO, accounting, how to promote some specific things. I can tell a lot, but I think it is better for another youngsters to try it than to read my form.





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ANASTASIIA,
UKRAINE

It also gave me a lot of inspiration and ideas for the future.

Thanks to my ESC project I have grown both personally and professionally but especially professionally.

It also gave me a lot of inspiration and ideas for the future project.



I have also met amazing people that I can call friends now.

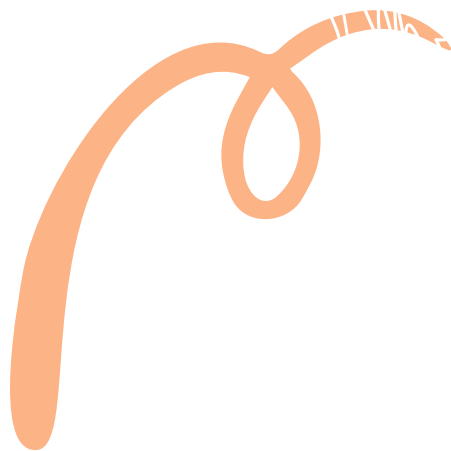


EUROPEAN
SOLIDARITY
CORPS

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ENORA,
FRANCE

It created around me an international circle of truthful friends. It also opened my eyes about what I can truly do in real situations.



First, it created around me an international circle of truthful friends.

It also opened my eyes about what I can truly do in real situations : organising events, socialising around society subjects, managing logistic issues...

I would recommend this experience for someone who knows what they can bring to society and are willing to show these soft skills through real projects.

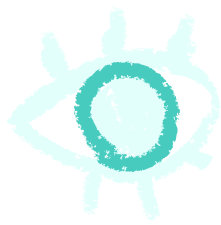




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LUCA,
ITALY

Every time something I contributed to would become reality, it made me think that maybe I could actually get things done.



Six months ago I arrived in Bucharest not really knowing what I was getting into. Zero expectations about anything. This project made me aware of problematics I didn't even know were a thing, or at least had never really thought about seriously, mainly because I was lucky enough to never have to face them myself. It also made me meet some amazing people, all of which were in their own way part of the experience.

The main takeaway from the project was learning about the world of Erasmus+. Before joining, I thought it was just the "university stuff". Turns out it's much more than that, and it opened up a whole side of it I didn't know existed.

Along the way, I had the chance to become a master window cleaner, learn a grand total of ten words of Romanian and visit this amazing country, with Titu being the best place in it. Finally, if I have to say how this helped me in "life" and contributed to who I am, it's the fact that it made me a tiny bit more confident. Even if I seem confident, I'm really not. I'm just very good at pretending. But every time something I contributed to would become reality, it made me think that maybe I could actually get things done.

I still don't know what I'll do with my life, or what I actually want to do, and honestly I don't even know what I'll have for dinner tomorrow. But if this project taught me anything, it's that I don't need to have it all figured out to make something good happen.

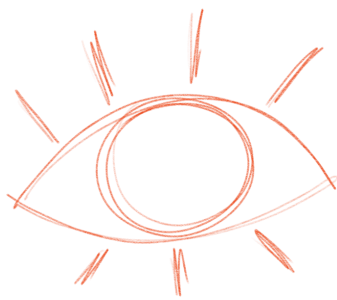




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**NIKA,
GEORGIA**

Looking back, I can honestly say that my ESC project helped shape the person I am today. It inspired me to keep learning, stay curious, and believe that even small actions can make a real difference.



My ESC project was truly one of the best experiences of my life. It gave me the opportunity to step outside of my comfort zone, meet people from different countries and cultures, and discover new ways of thinking.

Through this experience, I became much more open-minded, confident, and understanding of others.

On a personal level, the project taught me how important teamwork, communication, and empathy are. Living and working with people from diverse backgrounds helped me appreciate different perspectives and made me more adaptable in everyday life.

Looking back, I can honestly say that my ESC project helped shape the person I am today. It inspired me to keep learning, stay curious, and believe that even small actions can make a real difference.

I will always be grateful for this opportunity and for the people I met along the way.



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SHALALA,
AZERBAIJAN

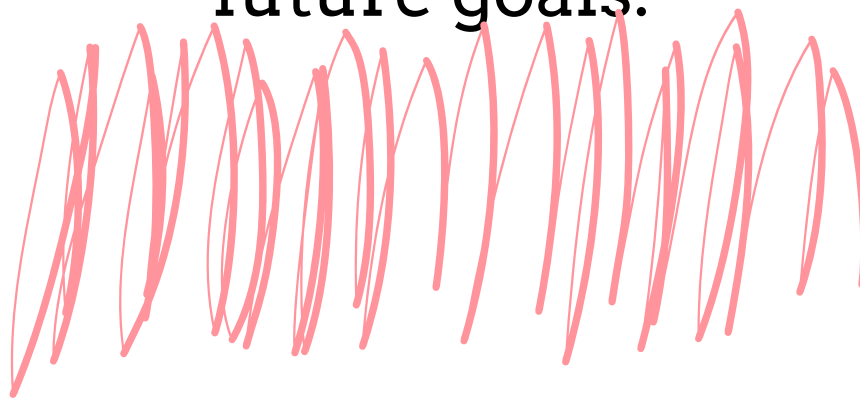
Experiences and knowledge I have learned during my
volunteering, encouraged me to make steps for my
future goals.



During my volunteering, besides theoretical knowledge as European values, opportunities, other cultures, and diversities, project writing and management, I have also gained practical experience. As express my opinion to others, take initiative, entrepreneurship.

I have also gained technical skills, like SMM, design, videa editing and content creation.

Experiences and knowledge I have learned during my volunteering, encouraged me to make steps for my future goals.

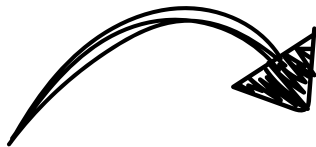




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NINO,
GEORGIA

What ESC gave me was confidence, kindness,
awareness, independence, and the feeling that I truly
mattered.



I was one of the first volunteers at COSI and one of the four people who "came up with" the name EPVP. I still remember the day we thought of that name - hah, so many fun and sweet memories. What ESC gave me was confidence, kindness, awareness, independence, and the feeling that I truly mattered.

The campaigns we created and carried out, the connections we built with our beneficiaries, the trainings we organized and took part in, the meetings we had within our organization, Friday Free Nights, weekend getaways, and then Monday mornings all over again... those were some of the most memorable moments of my life.

I personally left a wonderful, well-paid job in Tbilisi, Georgia, and took a leap of faith to Romania to experience what it was like to live far away from my family and relatives. Was it worth it? - million times YES, YES and YES! I wanted to prove to myself that I could make a positive impact not only in my own country but in another one too - even one in the EU, where you might think almost every need is already met. Finding my voice and realizing it mattered to others, enjoying sharing, having fun while making lifelong friends, and creating a new family while working on something meaningful - that's what you'll get too if you choose to become part of COSI.

Now I'm 31. I have my own family, a baby girl, I travel, I work, and I enjoy life. But that year I spent in Bucharest with COSI will always stay with me as one the best years of my life. It was the time when I was the best version of myself, surrounded by the best family I chose to be part of. In a nutshell, when I think about that period, one phrase comes to mind: a truly life-changing experience. And I say that without exaggeration.

Dare. Enjoy. Share. Give. Be open. And in return, you'll discover the best version of yourself. Thank you, COSI! I'll love you for as long as I live.





EUROPEAN
SOLIDARITY
CORPS



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MIGUEL,
PORTUGAL

The activities performed within the project put us out of our comfort zones, pushing our limitations and beliefs, and providing experiences that will be useful in our future while at the same time helping the community.

ESC was definitely an experience of a lifetime which I will
always cherish.



It put us alongside beautiful-minded individuals, which
allowed us to get to know different professional paths
available and to learn more closely about their cultures,
cultural differences, so as personalities.

The activities performed within the project put us out of our
comfort zones, pushing our limitations and beliefs, and
providing experiences that will be useful in our future while
at the same time helping the community.

This experience made me believe more in myself, and it aided
my job-hunting process.





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ANDREEA,
ROMANIA

I've developed facilitation skills and team work competences. This directly influenced my personal projects and life, giving me more motivation and self confidence to move forward and look for new opportunities.



ESC program helped me both professionally and personally.

I've learned to manage different digital tools, organize events, create rise awareness campaigns and much more.

I've developed facilitation skills and team work competences. This directly influenced my personal projects and life, giving me more motivation and self confidence to move forward and look for new opportunities.

Thanks to ESC project I get more knowledge about European values and opportunities.





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ALESSIA,
ITALY

Thanks to ESC, I found my carrer path.
It of course impacted and benefited me as a person as well, bringing many
people in my life, increasing my confidence and developing soft and hard
skills that shaped my personality and CV.



Thanks to ESC, I found my carrer path.

It of course impacted and benefited me as a person as well, bringing many people in my life, increasing my confidence and developing soft and hard skills that shaped my personality and CV, but it was especially useful to understand what I want to do professionally.

I believe this happened also because I was interested in the NGO field, making it the perfect experience for developing the necessary skills and network. Unfortunately, the program is not always implemented professionally or according to its objectives (not in my case, but from the stories of volunteers I met around Europe), jeopardising its impact as well.

Moreover, the follow up is something often left aside and I believe volunteering should be recognised as an intership/job experience to increase young people's chances to get a job.

Even though I haven't got the chance yet to continue my path in the NGO field, I will always be thankful to ESC for making me discover it.





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YEVA,
ARMENIA

Contributing to the local community and seeing the impact of our work gave me one of the most rewarding feelings I have ever experienced. ESC changed my life in ways I could never have imagined.



My ESC experience had a profound impact on both my personal and professional life. It helped me become much more comfortable and confident around people from different cultures and backgrounds.

During that year, I learned so much, not only professionally, but also about myself and the importance of meaningful human connections. Meeting incredible people from all over the world made me realize how much relationships can shape us and how we can positively influence each other's lives. Contributing to the local community and seeing the impact of our work gave me one of the most rewarding feelings I have ever experienced. ESC changed my life in ways I could never have imagined.

I met my life partner through the program, improved my English, and gained the confidence to continue my academic journey. Today, I am studying for my Master's degree in Germany, and I know that taking that first step with ESC made it possible. One of the greatest gifts of this experience is the international family I built. Even though we now live in different countries, we still visit each other whenever we can. Those friendships are a true blessing that I will always cherish.

Romania will always hold a special place in my heart. It is where I created unforgettable memories, learned invaluable life lessons, and grew into the person I am today. I will always be grateful to myself for taking the chance and to the ESC program for giving me this incredible opportunity.

It has had a lasting impact on my life, and I will carry everything I learned with me wherever I go.





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ANGELINA,
ARMENIA

My ESC project at COSI didn't just give me six months in Romania, it gave me a version of myself that I probably wouldn't have become otherwise.

And for that, I'll always be grateful.



If you had told me before starting my ESC project at COSI that six months of volunteering in Romania would still be shaping my life years later, I probably wouldn't have believed you. Looking back, it gave me so much more than I expected. Living with people from different countries taught me how to adapt, communicate, and see the world through completely different perspectives.

Somewhere along the way, I became more confident, more independent, and a lot more comfortable stepping outside my comfort zone. One thing that has stayed with me is something Andrei, COSI's president, always used to say whenever we faced a problem: "Take it as a challenge." That mindset really summed up the whole experience.



We were encouraged to think outside the box, share our ideas without fear of being judged, and find solutions together. It also gave me my first hands-on experience in NGO communications, which is funny because that's exactly what I do today. The experience strengthened my portfolio, helped me take the next step towards my international Master's degree, and opened doors I might not have walked through otherwise.

If I had to sum it up in one sentence, I'd say this: my ESC project at COSI didn't just give me six months in Romania, it gave me a version of myself that I probably wouldn't have become otherwise. And for that, I'll always be grateful.



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HICHAM,
FRANCE

I gained the confidence to step out of my comfort zone and try new things.



My ESC with COSI enabled me to gain confidence both professionally and personally. On the professional side, we took part in many different activities, but what I enjoyed the most was discovering opportunities to work or train abroad and then sharing this knowledge with others.

I wanted people to realise they have more opportunities than they think to find what truly motivates them, and that it's okay to struggle and make mistakes because they're an essential part of becoming the person you want to be.

Through this experience, I came to realise that myself. I gained the confidence to step out of my comfort zone and try new things, especially thanks to the volunteers I shared my everyday life with. They helped me in so many ways they probably aren't even aware of. We built strong friendships, shared unforgettable moments, and it was an incredible experience to watch each other grow throughout this adventure.

All of this has helped me become the person I am today. After my volunteering experience, I finally figured out what I wanted to do (at least for now) and I found the courage to apply for jobs I never thought I was qualified for. Today, I'm happy to say that I've found a job and I'll be starting it very soon.

So, thank you, my volunteer friends. Thank you, my mentors. Thank you, my coordinator. Thank you, my sending organisation. And most of all, thank you, ESC



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NIKA,
GEORGIA

I still argue that there was Nika before ESC and there is Nika afterwards. Apart from gigantic personal growth, COSi equipped me with lifelong skills that helped me stay in the field of youth work for a good 7-8 years. COSI gave me a professional career.



My name's Nika, coming from a rural part of Georgia with not much of opportunities. I was 23 and it was 2018 when stars aligned to guided me from my village Teliani to the magnificent Bucharest. EVS was what it was called back in my days ,instead of ESC. Yes, that how old I am now 🙈. Having spent 1 year at COSI made me a whole new person , a better, a refined one.

This experience altered me and made me believe in myself. Andrei made me feel welcomed from the get-go , his determination, hard work and attention was all I needed at that moment to start spreading my wings and have courage to do things “My Way”. My mentors Ramo and Emy made sure I was safe and sound. I’ve created wonderful and lasting friendships, met people that I call home.

8 years down the line, I still argue that there was Nika before EVS(ESC) and there is Nika afterwards. Apart from gigantic personal growth, COSi equipped me with lifelong skills that helped me stay in the field of youth work for a good 7-8 years. COSI gave me a professional career. Having master Kay 1 project writing - I went on being employed by “Save the children” and other local or international NGOs. I conducted countless Erasmus + projects -I’ve traveled across Europe thanks to my jobs. Now I’m in China onto to next chapter in my life - still connected to youth work and exploration and travelling.

To those who is considering doing ESC project and need bit of a push ,convincing- I should say , go on a lifetime adventure- you will remember those days when you are old and you’ll treasure them. In the end, all I can and want to say is “thank you, COSI, thank you EU and ESC.



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MIGUEL,
SPAIN

I am sure the ESC made me a better person in the way it made me understand people better and it also created in me a bigger eagerness to impact society and to create a better future for everyone, especially young people, all over the world.



My ESC in Romania at COSI was as transformative as it gets. It gave me both a break from my situation at that time and a way to find inspiration on the next steps to follow. I'm sure ESC has impacted the lives of thousands of young people from Europe (and partner countries ;) as it brings an opportunity to open one's mind to a new culture, a new lifestyle and to meet other young people with the both many similarities (goals, interests, experience) and many differences (culture, language, learnings) which can help you feel both connected and eager to develop.

Personally it made me adapt to a different place, culture, and life situation as we had a shared apartment. Even if the word "made me" sounds tough, sometimes in life we need a little uncomfortable push to surpass our limits. I am sure the ESC made me a better person in the way it made me understand people better and it also created in me a bigger eagerness to impact society and to create a better future for everyone, especially young people, all over the world.

Professionally it was probably my first relevant work experience. Nowadays it is hard to begin, as to get a job you need experience, which is impossible to get without a job. A bad joke one would like to think, but a harsh reality many of us have encountered. Through ESC one can develop professionally as much, if not more, as having an internship in a huge country. Thanks to COSI and how much freedom they provided us with (us volunteers), and how much we were taken care of, we developed tools to understand projects, to brainstorm ideas to create them, to create and manage project for social media, to develop initiative to help young people and to learn how to work in a multicultural team.

ESC is the perfect first step (tbh could be also the perfect second, third, and moreover) for anyone who wants to develop professionally but is having hard time to do so under current circumstances. I think it is our duty as europeans to protect these projects as these initiatives also protect us. After the project I also understood what the European Commission and every european body really do, and how they impacted the lives of many peoples as much as they have impacted mine.



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GAVRIELA,
CYPRUS

I learned a lot about coexisting with people from different nationalities and working towards the same shared goals. The NGO experience played an important role for me getting a job as a project coordinator when I returned back to my country.



My volunteering experience has been one of the best experiences of my life for many reasons. The project I chose was the right choice for me as it was a combination of office work, communication and outreach regarding important social issues, but also bringing people together during the Erasmus trainings we organized.

I learned a lot about coexisting with people from different nationalities and working towards the same shared goals. The NGO experience played an important role for me getting a job as a project coordinator when I returned back to my country.

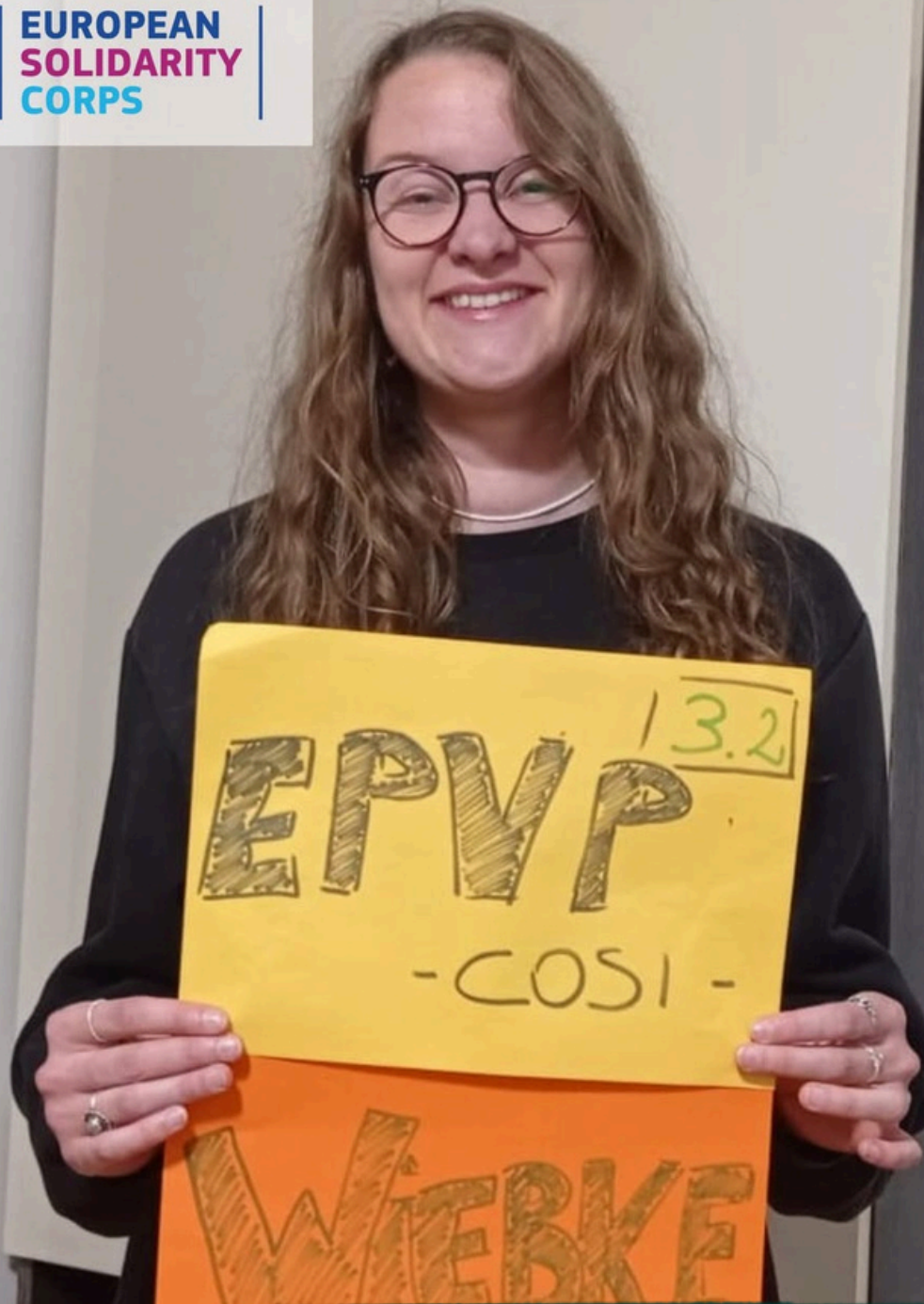


I believe there is no right age to do volunteering, as I chose to do it at almost 30 years old and that worked perfectly for me at that time of my life as I wanted to expand my professional field.

Living in Romania was enriching and through my ESC I got to culturally explore my host country, its history, and the people living there. I would definitely recommend to everyone who has the opportunity to do an ESC.



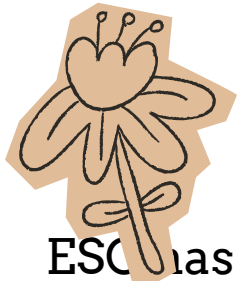
EUROPEAN
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CORPS



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WIEBKE,
GERMANY

Being part of Epvp and learning about non-formal education in youth work encouraged me to keep working in the field of political education with non-governmental organizations.



ESC has impacted me in many ways and I am always recommending it to anyone who only shows the slightest interest in doing volunteer work abroad!!

I have been part of several ESC projects and in all of them I have met amazing people, gained and shared knowledge and learned so much about myself and my surroundings. My first ESC project was Epvp in Bucharest and it was such a great experience it made me want to do another two ESC projects!! One of my favourite parts was living and working together with a group of international volunteers in the beautiful city Bucharest.

That's the best way of intercultural exchange, seeing each other almost every day, learning from each other, inspiring each other and dealing with challenges together. Epvp gives you the freedom to develop your own project, making an impact in the local community while also giving you the chance to explore Romanian culture and society.

Being part of Epvp and learning about non-formal education in youth work encouraged me to keep working in the field of political education with non-governmental organizations.

But like I said, being abroad, being part of ESC, being part of Epvp not only made me learn about other cultures but also about myself and my own culture! I could definitely go on and on about ESC and Epvp but to wrap it up: if you're thinking about it, do it!! It'll be totally worth it!





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ALICE,
FRANCE

It helped me discover what I really enjoy and what
kind of person I want to become.



My ESC project had a big impact on me, both personally and professionally.

It helped me discover what I really enjoy and what kind of person I want to become. I met inspiring people, learned to see things from different points of view, and created memories that I will always keep !

It also taught me to take responsibility for my choices and to stay motivated even when things were challenging.

This experience helped shape who I am today





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JULIETTE,
FRANCE

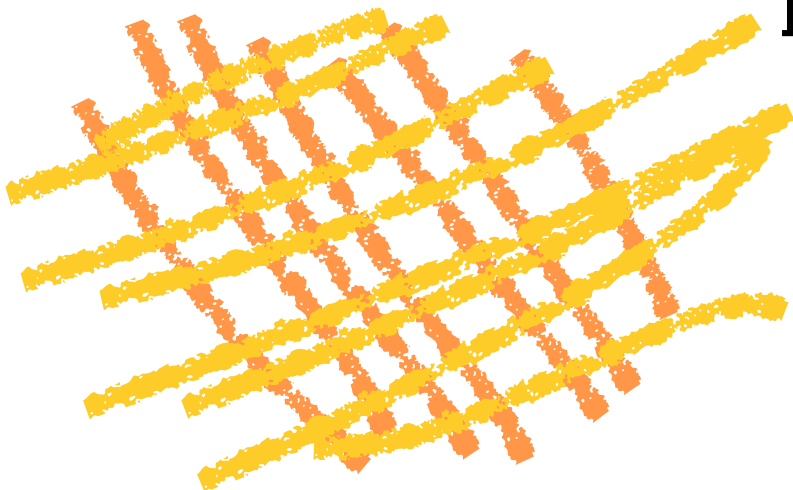
It reaffirmed my interest in the Eastern Partnership. After the project ended, I decided to continue volunteering with these countries, and I'm still working on projects with them today.

This European Voluntary Corps project was a wonderful opportunity, both personally and professionally. First of all, I met exceptional volunteers from all over Europe, with whom I shared many experiences and real moments together, both the best and the worst.



Professionally, it reaffirmed my interest in the Eastern Partnership. After the project ended, I decided to continue volunteering with these countries, and I'm still working on projects with them today.

Thank you a lot <3

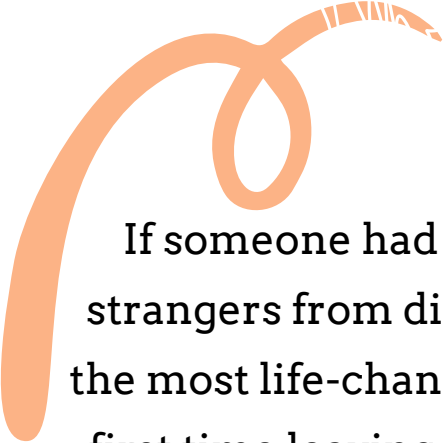




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MADLEN,
ARMENIA

I left Romania with much more than memories - I left with lifelong friendships, practical skills, international experience, and a completely different perspective on myself and the world.



If someone had told me a few years ago that I would spend a year living in Romania with six strangers from different countries, I probably wouldn't have believed them. Yet that was one of the most life-changing experiences I've ever had. It was my first time living away from home, my first time leaving my country, and my first time sharing both a room and an apartment with six people I had never met before. At first, everything felt unfamiliar. Different routines, different habits, different personalities. But what seemed like the biggest challenge quickly became one of the greatest lessons of my life, one of the greatest opportunities to grow up in many ways, to become more independent, patient, and to adapt to completely new situations. One of the things I treasure the most is the cultural exchange we experienced every single day.

We came from different backgrounds, spoke different languages, and grew up with completely different traditions, yet we became like a family and we were all living under the same roof. We shared food, stories about our families, celebrations, beliefs, and even our different ways of seeing the world. Some of our longest conversations were about politics, history, and everyday life in our countries - the kind of conversations that reveal the reality behind the headlines and the things you simply can't learn from the internet. Those moments taught me that understanding people starts with listening to their stories.

Living and working together also transformed my language skills. English became our everyday language, both at work and at home, and even though I already spoke it, using it every single day made me much more fluent and confident. I also had the opportunity to practice my French and Russian with my roommates, making every day feel like a language exchange. One memory that still makes me smile is our movie nights. Since English was the only language all of us understood, every movie had to be in English. At first, some of us struggled, but without even noticing it, subtitles slowly disappeared, and understanding became natural.





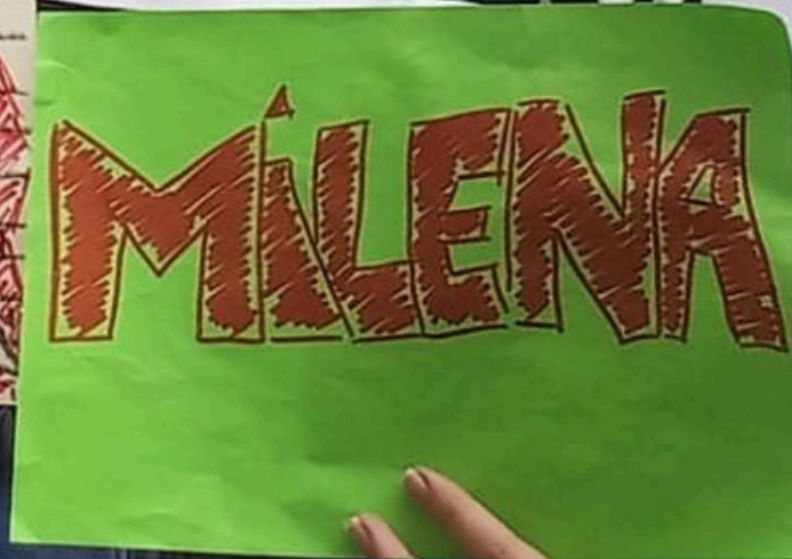
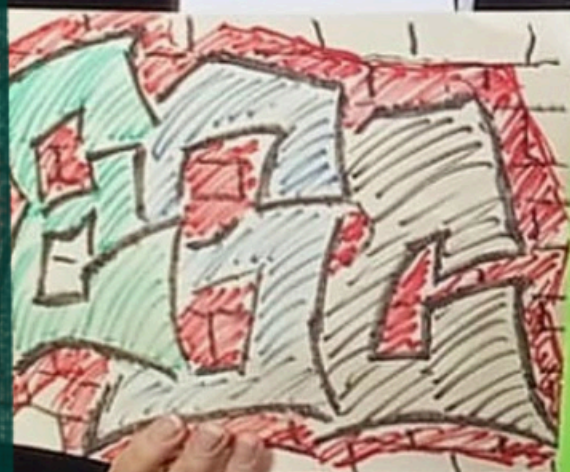
At the same time, my project in Bucharest gave me practical skills that continue to help me today. I learned how to create awareness campaigns, design digital content, and manage social media using tools such as Canva, Photoshop, Kahoot, and Mentimeter. We created posters, e-guides, surveys, videos, and other digital materials, learned video filming and editing with Movavi, developed our public speaking skills by giving presentations and workshops in schools and universities, and even learned how to write and submit Erasmus+ project proposals. Every month challenged me to learn something new, and little by little, I discovered abilities I never knew I had. Another unforgettable part of my volunteering experience was the opportunity to travel and learn beyond Bucharest.

Through our organization, we participated in a short-term Erasmus+ project in Zagreb, Croatia. It felt like living two amazing volunteering experiences in two different countries at the same time. We also visited several NGOs across Romania, where we met volunteers working on completely different social projects. Seeing how other teams collaborated, discovering the issues they were addressing in their communities, and exchanging ideas was incredibly inspiring. In Croatia, we explored the world of crowdfunding, its strategies and how to apply these ideas to real projects. Every exchange, every visit, and every new group of people taught us something valuable while creating memories I'll never forget. Today, I can clearly see how much this experience has shaped me. It made me more independent, adaptable, confident, curious, open-minded and willing to step outside my comfort zone. It changed the way I communicate with people, the way I approach challenges, and even the confidence I bring into job interviews and new professional environments.

I left Romania with much more than memories - I left with lifelong friendships, practical skills, international experience, and a completely different perspective on myself and the world. If anyone ever has the chance to join a EU volunteering project (ESC, Erasmus +), my advice is simple: say yes. You might think you're signing up for a volunteering experience, but you'll leave with so much more than that. You'll discover new cultures, challenge yourself, build friendships across borders, and grow in ways you could never have imagined. It is truly an experience that stays with you for the rest of your life



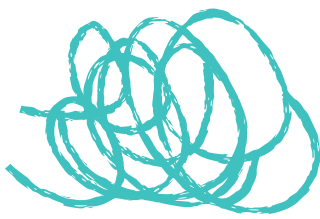
EUROPEAN
SOLIDARITY
CORPS



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MILENA,
ARMENIA

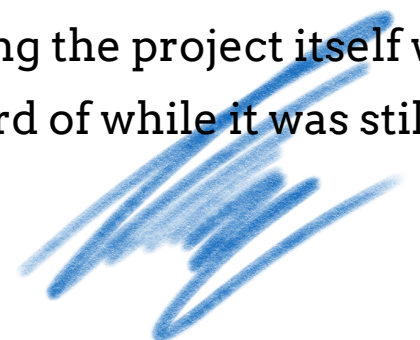
Living with people from different nationalities, managing house chores, cooking together, going through emergency situations, and communicating in English the whole time was a huge life school on its own.

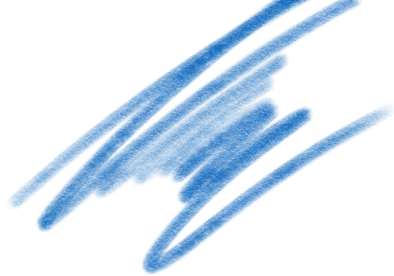


My ESC project was my first long term out of home experience, and it's kinda where I grew up a lot, both personally and professionally. First of all, we had a great opportunity to share a house with people from different nationalities and backgrounds. Looking back, it was full of little discoveries about each other's way of thinking and doing things, and it taught me a lot as an adult. On top of that, we were given the opportunity to be organizers of two big Erasmus+ projects, which was an experience for a lifetime, because COSI had a good method of not keeping you in just one role, but letting you try everything you wanted to be.

That's how I ended up facilitating a session for the first time, which turned out to be a huge discovery about myself; that I could actually handle it well. Through that project I also learned a lot from the participants: their languages, culture, food, even songs and dances were taught to each other. It was actually in one of those Erasmus+ projects that I first heard about Portuguese universities and student life from the participants, I liked what I heard so much that it stayed with me till now and, after so many years, I'm finally going to study in Portugal and live that student life myself.

Organizing that projects gave me the chance to do all kinds of activities, like logistics, work on the agenda with Andrei, poster designs, handle social media, film reels and even short films, teach my national dances, run energizers, and communicate directly with participants. Andrei even taught me how to do accounting. It was basically an intensive bootcamp in event management, and I'm really grateful for it. One of the things I really appreciate now is that in COSI we had a rule of writing feedback every week to keep improving how we worked, and during the project itself we'd collect feedback from participants daily and try to fix any issue we heard of while it was still running.





I came back full of skills and till now I remember and use a lot of methods, organizational tools, and even approach to the project thought by Andrei and Alessia both in my daily life and work. But it wasn't just the volunteering part that taught me soft skills. Romania also gave me a long list of firsts: my first force majeure incident, right when we'd just arrived, my first group card games, my first conflict management session (which I'm still really proud of), my first New Year away from my family, my first homemade Bolognese there (with which I fell in love).

Living with people from different nationalities, managing house chores, cooking together, going through emergency situations, and communicating in English the whole time was a huge life school on its own. One of the biggest cultural things I have learned about was how Christmas was celebrated in both Romania and whole Europe and a lot of cute traditions were shown to us both by my room and officemates. My roommate Wiebke before leaving for Christmas back home, put cute little snowmans with a note in front of each of our doors, which is still one of my favorite memories from that time. Living with Angelina, who shared everything with me during the project, was another huge part of it, she became a friend for life, and I still admire the way she'd gather everyone around her just for fun, cooking for the house or organizing singing nights or fun games, genuinely caring for everyone around her.

It was my friends there that thought me to not be afraid of pets, and I did my first steps of being pet friendly in Romania. I thought of a lot of stories that I can mention to describe how many things we overcame together and I would like to mention every person separately, cause everyone thought me something and shaped me somehow, so now it feels like we lived a lifetime there, but just to sum up looking back now, those 6 months gave me more than skills on paper, I came home as a different person, with a huge amount of new knowledge, skills, memories and friends about which is a bit hard to just simply write down in a few paragraphs..



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NINO,
GEORGIA

Looking back, EPVP was much more than a volunteering project - it gave me the confidence, skills, and international network that continue to shape who I am today.



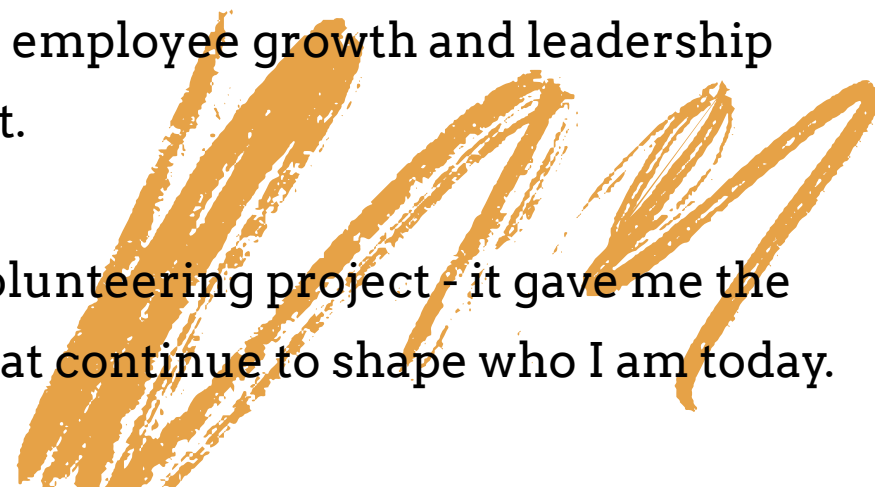
Participating in the EPVP project was a life-changing experience that shaped me both personally and professionally.

On a personal level, it helped me become more culturally aware and broadened my perspective by bringing together people from different backgrounds. I built meaningful friendships with participants from five countries, and years later we are still in touch and continue to support one another.

Professionally, EPVP opened a completely new path for me. During the project I learnt how to design Erasmus+ projects, and together with a friend and fellow EPVP alumnus, I co-wrote a project that was successfully funded and implemented. The experience also helped me develop facilitation and training skills that became the foundation of my career.

Since then, I have delivered training and capacity-building programmes for diverse groups, including disadvantaged youth, Ukrainian refugees, and later worked as a Learning & Development Executive in an international company, where I designed and implemented learning initiatives focused on employee growth and leadership development.

Looking back, EPVP was much more than a volunteering project - it gave me the confidence, skills, and international network that continue to shape who I am today.

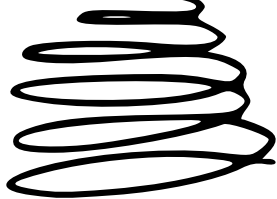




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ELIE,
FRANCE

During this volunteering, I developed skills that I am still using today in my work as a youth worker. If you are willing to learn, EPVP can teach you a lot.



Being a volunteer in the EPVP2.0 project with COSI was a pivot moment in my life. This sentence may sound cliché but why come up with a different wording when it describes the reality accurately. Professionally it made me discover youth work, facilitating, the importance of communication despite my initial dislike of social media, and of course, help me develop my level in English.

During this volunteering, I developed skills that I am still using today in my work as a youth worker. If you are willing to learn, EPVP can teach you a lot. Personally I discovered a lot about myself, my limits and my relations to others.

Living amongst other volunteers from different cultures is a unique experience. My time there made me hope that it won't stay something so exceptional to become something casual.

One final thing to say, is that the focus and energy made by COSI so this experience isn't lived only by EU citizens, but shared by volunteers from the Eastern Partnership region is a good step toward mutual understanding. The biggest thing I discovered is as little I knew.





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ERICA,
ITALY

Volunteering with COSI for 7 months was a great help for my career. It also improved my English and made me more confident.

Volunteering with COSI for 7 months was a great help for my career. It also improved my English and made me more confident.

The activities carried out by COSI for the people of Bucharest felt really valuable, and through them I had the chance to learn about Romanian culture. I will be always grateful for this experience .





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ROZA,
ARMENIA

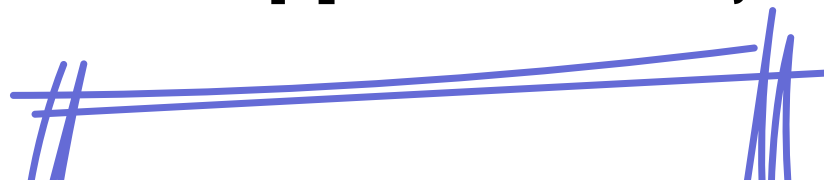
The experience also strengthened my passion for community engagement and inspired me to continue creating projects that have a positive social impact.



My ESC volunteering experience in Bucharest had a lasting impact on my life. It helped me become more independent, open-minded, and confident while living and working in an international environment.

I developed strong communication and teamwork skills, learned to adapt to new challenges, and built friendships with people from different cultures. The experience also strengthened my passion for community engagement and inspired me to continue creating projects that have a positive social impact.

It played an important role in shaping both who I am as a person and my professional journey.





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ANA,
GEORGIA

There are truly two versions of me: who I was before the project, and who I became after. I will be forever grateful for the inspiration, self-discovery, and opportunity to make a real difference in the lives of others.

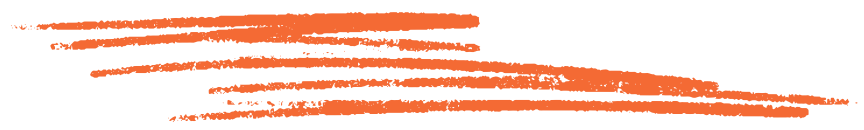


Being part of the ESC and this community has fundamentally changed the way I live and view the world. I became part of it at a time when I needed it the most.

Living independently in a foreign country alongside people from completely different backgrounds taught me true independence and showed me how to accept others exactly as they are. While the experience naturally benefits your career and builds essential skills, its most profound impact comes from the people you meet. I found individuals who became like family, and met people from across the globe who offered fresh perspectives, endless inspiration, and ultimately shaped who I am today.

ESC gives you the space and platform to reflect on who you are, figure out what you truly want, and turn your ideas into meaningful impact for others. It offers a rare space where your emotional intelligence deepens, bringing you closer not only to yourself but to everyone around you.

There are truly two versions of me: who I was before the project, and who I became after. I will be forever grateful for the inspiration, self-discovery, and opportunity to make a real difference in the lives of others.

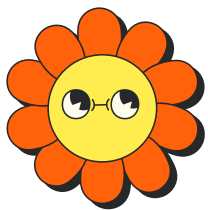




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NAZILA,
AZERBAIJAN

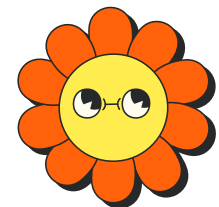
ESC gave me the courage to step beyond familiar boundaries, trust my abilities, and see that meaningful projects can create real change.



My ESC project with COSI Romania was more than a volunteering experience; it was the beginning of the person and professional I am today.

It taught me how to turn ideas into action, bring people together, take responsibility, and remain flexible when challenges appeared. That experience opened the door to my later work with NGOs where I continued developing my skills in project coordination, facilitation, teamwork, and international cooperation.

What I first learned through volunteering gradually became the foundation of my career. Today, at the State Tourism Agency of Azerbaijan, I coordinate projects involving communities, institutions, experts, and international partners. Many of the skills I use every day, communication, organisation, leadership, adaptability, and problem-solving, were first shaped during my ESC journey.



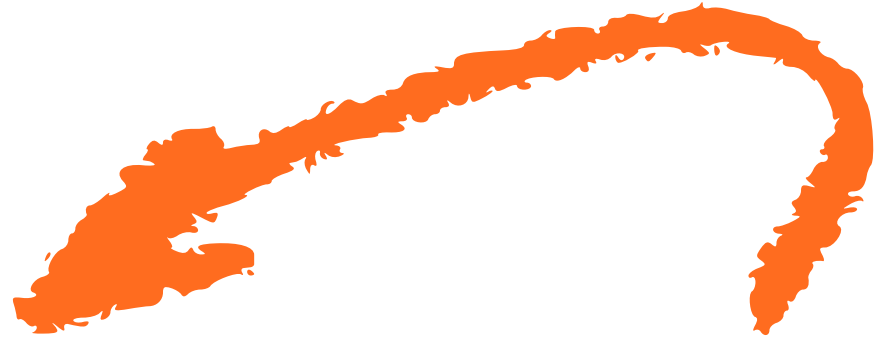
Personally, ESC gave me the courage to step beyond familiar boundaries, trust my abilities, and see that meaningful projects can create real change. It did not simply influence my career; it helped me discover the kind of life and work I wanted to build.



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SOFIA,
PORTUGAL

Being a part of the EPVP 6.1 was an amazing experience. It was a great opportunity to challenge myself to get out of my comfort zone.



Being a part of the EPVP 6.1 was an amazing experience. It was a great opportunity to challenge myself to get out of my comfort zone.

I developed new skills and, more important, I learned about myself and I made friends for life. I will always be grateful to COSI for giving me such an incredible experience, and to the group of volunteers who made this adventure so unique.





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JENNIFFER,
ITALY

My ESC project allowed me to step into the world of volunteering for the very first time, getting to know people from different countries, building connections and, most importantly, challenging myself in a completely new environment.

My ESC project allowed me to step into the world of volunteering for the very first time, getting to know people from different countries, building connections and, most importantly, challenging myself in a completely new environment.

It has been a great opportunity to grow, practice my English and get to know Romania in a way that wouldn't have been possible if it wasn't for this 6 months opportunity.





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REZI,
GEORGIA

It gave me more confidence, helped me set clear goals, and played a big role in shaping the person I am today.



My ESC project has had a big impact on my life. The best part was meeting amazing people, both the volunteers and the organizers.

They inspired me to try new things, learn new skills, and believe more in my own ideas.

The project also helped me improve my facilitation skills and gave me the chance to take part in many Erasmus+ projects, where I met incredible people from different countries and made unforgettable memories.

Most importantly, this experience helped me understand what I want to do in the future. It gave me more confidence, helped me set clear goals, and played a big role in shaping the person I am today.





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MILAN,
GERMANY

My biggest takeaway is the knowledge and ability to be myself and live my life how I'd want it, a realisation I hope everyone will experience and something this project can definitely provide.

This ESC experience has been a wonderful journey of discovery, both internally and externally. I was able to meet new people, go places I couldn't have reached before and connect with myself in a way that I didn't manage previously throughout the extraordinary time.

Not only did this project teach me new skills and competences, be it physical, digital or mental, but it also gave me the freedom to explore myself and the world, allowing me to prove myself in a completely new situation and environment.

While the project (and especially the Erasmus+ training courses) were lots of fun and a great opportunity for learning, my biggest takeaway is the knowledge and ability to be myself and live my life how I'd want it, a realisation I hope everyone will experience and something this project can definitely provide.