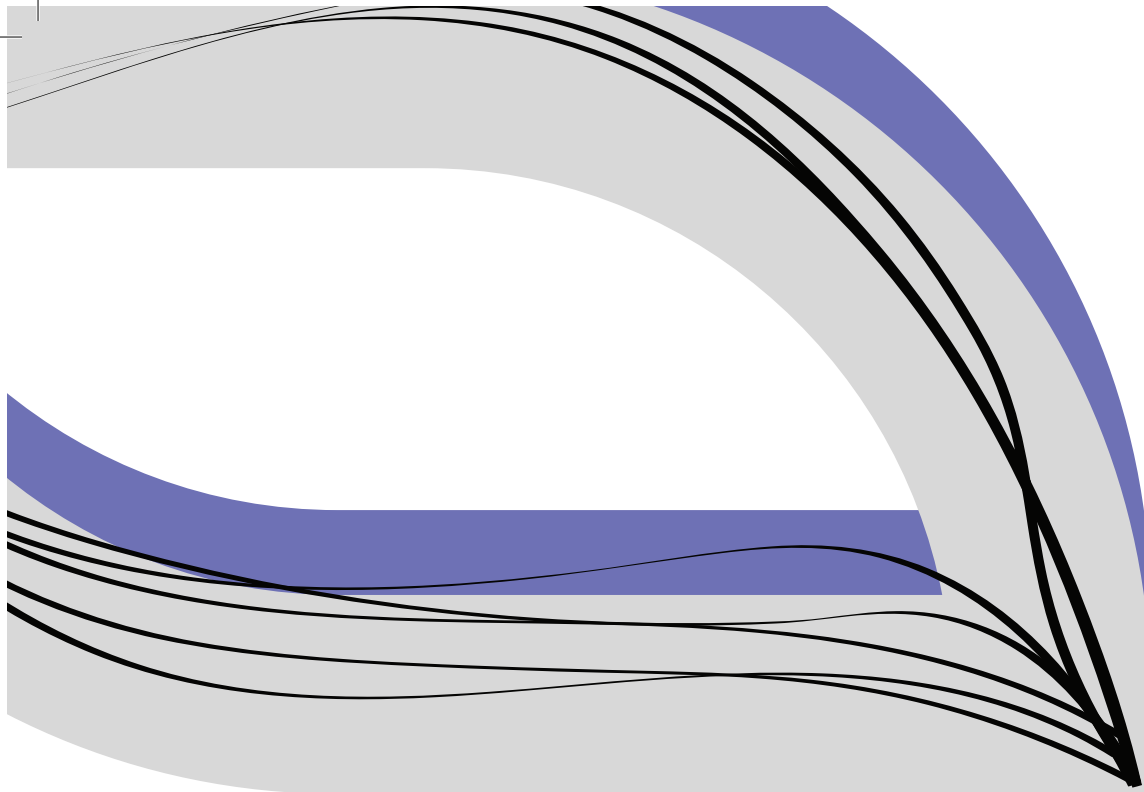


VOLUNTEER'S VALUES DIARY



Erasmus+



Co-funded by the
Erasmus+ Programme
of the European Union



Centro Servizio
Volontariato
di Padova
e Rovigo

HRVATSKI
CENTAR
ZA RAZVOJ
VOLONTERSTVA

POZITIVNA STRUJA VOLONTERSTVA



Associação
MAIS
CIDADANIA



VOLUNTEERING
INSPIRED by VALUES

WELCOME!

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 being 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!



VOLUNTEER PROFILE

Name

Age

Place your photo here



Country/ city of birth

Current location

Skills I am good at

Useful personality traits I have

.....

.....

.....

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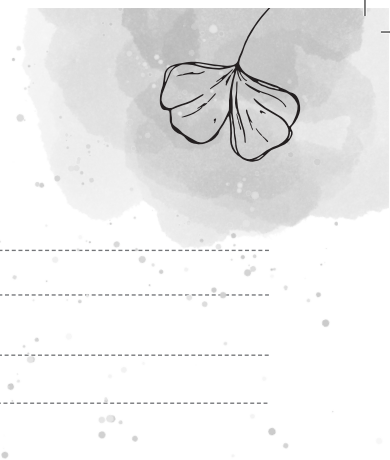
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.....



ORGANISATION PROFILE



Name

Address

Country/ city or voluntary project

Main work field

Main responsibilities of volunteer:

1.
2.
3.
4.
5.

Why did I choose this project and organisation?

.....

.....

.....

.....

.....

.....

.....

MOTIVATION



Why did I decide to become a volunteer?

Why did I choose this project and organisation?

How will I maintain my motivation during this project?

Draw or write things
that motivate you

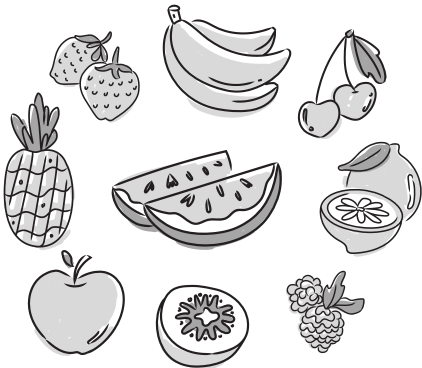
Draw or write
things that does
not motivate you

EXPECTATIONS

What do I expect from this volunteering project?

What would I like to gain/ learn from this project?

Pick and color the fruit of
your volunteering journey



Why did you
choose this one?



Skill

What I have learned so far

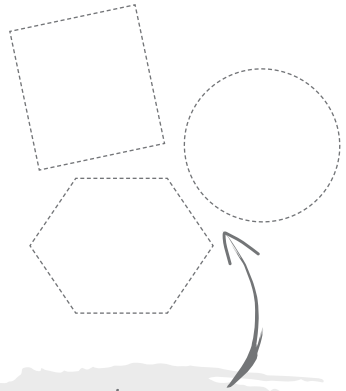
...AND SKILLS I HAVE DEVELOPED

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.

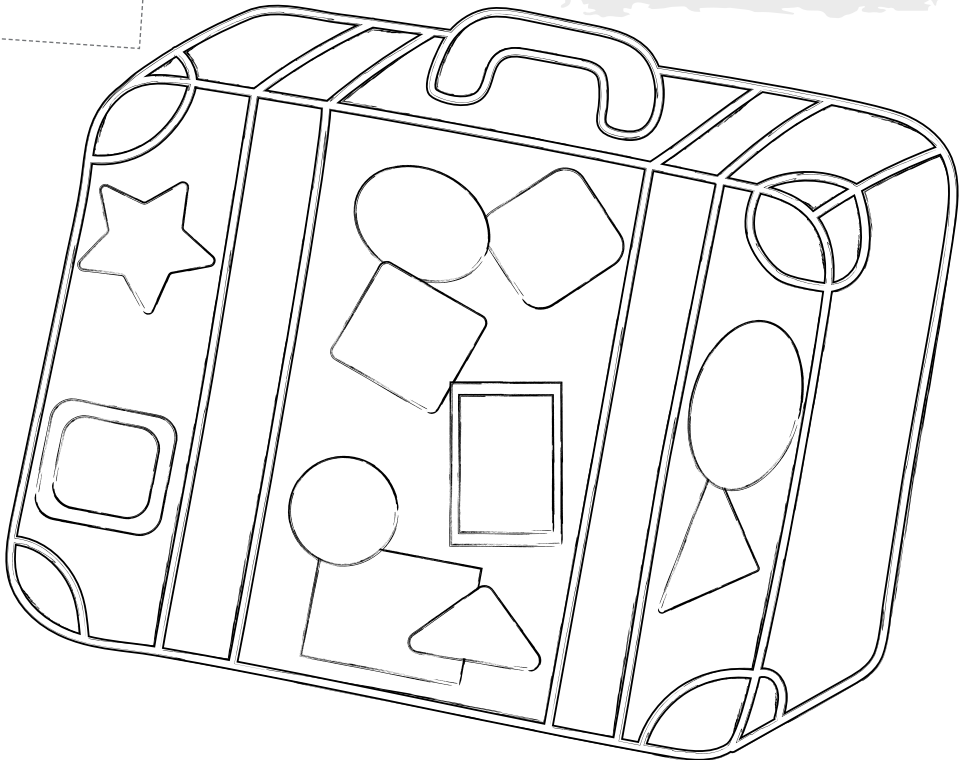
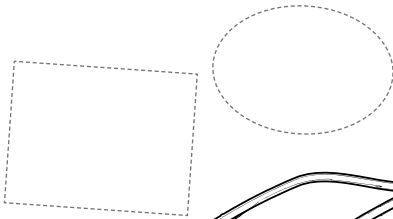
[illegible]

MY VALUE TRACKER

This is your value suitcase. In blank shapes you can add all the values that are important to you as a volunteer and as a person.



If you need more space, simply add as many new shapes you need outside the suitcase.



LETTER TO MYSELF



A series of horizontal dashed lines for writing the letter.

DATE

SIGNATURE



1st month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

2nd month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

3rd month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

4th month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

5th month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

6th month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

7th month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

8th month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

9th month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

10th month

MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

11th month MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

12th month MY MONTHLY WORKING HOUR TRACKER

MY MONTHLY WORKING HOUR TRACKER

[illegible]

MY MONTHLY MOOD TRACKER

This is the place where you can collect your monthly emotions. After the month you will be able to see your overall emotional balance in this voluntary project. Feel free to choose your own style. Either color the flowers or write specific emotion at each day, or even put an emoji - whatever is the best way for you to do the evaluation.



MY MONTHLY VOLUNTEERING TASK TRACKER

[illegible]

MY MONTHLY EVALUATION PAGE



This page is made for your evaluation of the month where you can think which area has been successful 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

PLACE FOR NOTES

...





PLACE FOR NOTES

PLACE FOR NOTES

...





PLACE FOR NOTES

PLACE FOR NOTES

...





PLACE FOR NOTES

PLACE FOR NOTES

...





PLACE FOR NOTES

MY MOTIVATION EVALUATION PAGE



What did motivate me

What did not motivate me

What was my main motivation for this project?

What decreased my motivation during this project?

How did I gain more motivation?

How did the organisation help me to gain more motivation?

REST PAGE



Take a time to rest and
color this page as you feel
about your volunteering
journey so far.



FINAL FEEDBACK FOR THE ORGANISATION



Congratulations! You are at the end of one chapter in your life, so it is time to evaluate your experience. Take some time to reflect and give a constructive and honest feedback to your hosting organisation.

Things I wish they did differently:

My suggestions on things they can improve:

Things I learned from them and how can they be used further:

Place for other thoughts:

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?*

What was most challenging?

What surprised me?

How did I complete the tasks? Could I do them differently?

What I am most proud of within the project?

Place for other thoughts:

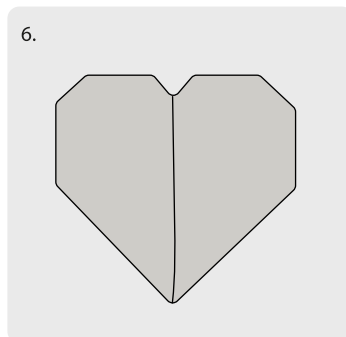
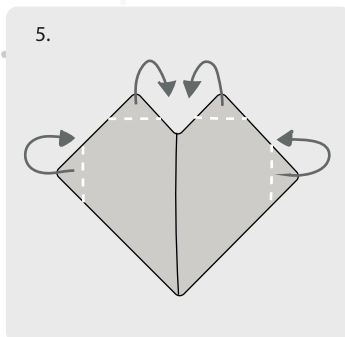
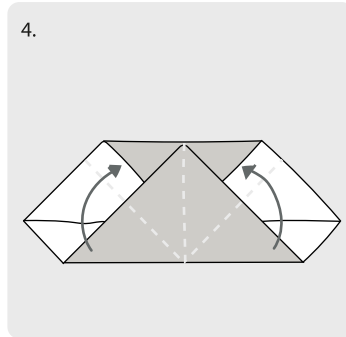
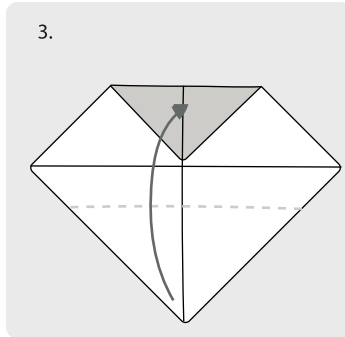
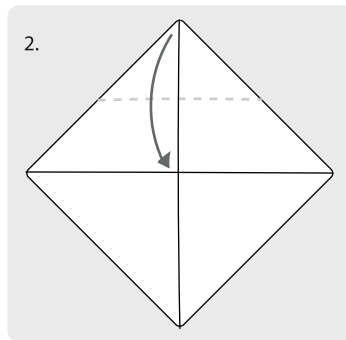
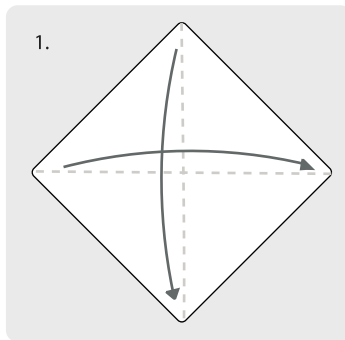


THE ORIGAMI HEART

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.





WHAT NEXT?

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:

1.

2.

3.

Where to learn:

.....

What is the first step:

.....

.....



This publication is published by the context of the VIV (Volunteering Inspired by Values) project 2021-2-IT03-KA210-YOU-000049345 in June, 2023 in collaboration between Centro Servizi Padova Solidale ODV, Hrvatski Centar Za Razvoj Volonterstva and Associação Mais Cidadania.

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