

NEWSLETTER



EUROPEAN SOLIDARITY CORPS:

The Journey of a volunteer

There is always a moment in our lives that we start to think about how things could be if we had done everything differently; if we hadn't answered that call, if we missed that bus; what if we listened to that desire to go away and know other worlds, open our minds and grow up? That's constantly the thought of somebody who decide to join European Solidarity Corps projects, and those experiences always change our lives.



We invite you to join us in the journey of Bruno Abade Möller, a Brazilian guy, who will tell us a little bit about his experience since he decided to go abroad and explore new opportunities.



"Taking part in a project as a volunteer was one of the best decisions that I've ever made. I've learned a lot of things that I didn't imagine that I would learn and be good at."

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The First Step



After finishing his master's degree in Portugal, Bruno faced a common problem in the professional market and had difficulties finding a job in his area. That's when he heard about the ESC programs and had his profile selected by an organization in Croatia.



"In the beginning, I was reluctant because I didn't wanted to volunteer for a whole year, I needed a job, but I applied for it anyway. The organization invited me to an interview and they liked my profile. I've met a lot of interesting people, because this volunteering environment is full of people to connect and feel inspired. I strongly recommend to everyone give it a go and try to become a volunteer."

*"I feel so good in Croatia especially because of their sense of humor, like we Brazilians, despite the problems with our countries and governments, people still know how to enjoy life. I can tell that I miss the food from my country, but I learned how to enjoy Croatian food, especially their pastry - **burek** and **štrukli**."*

With creativity and surrounded by people who support him, Bruno was able to develop wonderful projects during his work. Discovering that, in this fascinating world of constant learning in which he lived, there was space to teach the people around him a little bit of his rich Brazilian culture.

The Projects



It didn't took long for him to conquer space to develop workshops on Brazilian recipes, since his love for cuisine is one of his main hobbies.



Another source of joy awoke when his organization suggested that he write a text about his experience during the quarantine he had to fulfill. The text was developed through his taste for writing and cinema, using cinematographic sources such as "The Terminal" and "The Count of Monte Cristo", and described his experience with his writing skills.



The quality of his work was only increasing with the support of his organization and colleagues, so he decided it was time to start his personal projects when, due to positive feedback from friends and other people, his article also went to his personal blog, where he started to publish again when he felt inspired about his routine among all this opportunities.

It's as if the universe conspires in your favor when you allow it. It was then that a friend who also worked as an intern in an ESC project in Bulgaria (Me) invited Bruno to be interviewed on her radio show, promoted by her organization.

The experience was so satisfying that Bruno was able to get his idea for a new project from it: start his own podcast.

"The name of the podcast is Croatia Vice Versa and its purpose is to show different perspectives of foreigners living in Croatia and also Croatians who live or lived abroad. As a foreigner who lives in Croatia, I wanted to give room to subjects from both sides, considering that Croatia has a large community of expats and also has a huge number of Croatians spread around the world."



Life after the ESC Volunteering



“I am finishing in July another European programme called Erasmus For Young Entrepreneurs, and once finished, my idea is to come back to Croatia after a time visiting my family in Brazil - it has been two years without seeing them - to study the Croatian language and continue my personal projects here.”

The only part of a great story that we're not prepared for is when it all ends.

What's left of a magnificent learning experience can be matched by our ability to teach? What to take with you from an opportunity where you have all the tools, people and environment you need to reinvent yourself on a daily basis? The answer will always be within the one who allowed himself to leave his comfort zone and evolve.

Here is Bruno's blog, if you want to know more about his journey:

<https://brunomoller.wixsite.com/site>



Easy Kitchen for Kids



It's always a challenge for me explain this love for cooking that I have since I was a kid, so every time I can, I try to demonstrate. That's how the idea of cooking classes with no oven came to my mind.



Here follows the recipes that the kids creatively prepared:

Most of the times, you keep your kids away from the kitchen because of dangerous stuff like fire, knives and sharp utensils, but it doesn't mean that they can't help you to prepare a nice meal, improve their cooking skills and perhaps choose his professional future already.

It was a great pleasure for me to enjoy this opportunity that NZDM gave to me to teach simple recipes for the kids there! They had a lot of fun, and in the end of the classes everybody could enjoy the results and realize that you can prepare something delicious only with love and a few ingredients.

Powder Milk Dessert



Ingredients:

100gr condensed milk

250gr powder milk

100gr decorations of your choice (the most common is sugar)

How to prepare:

Mix the condensed milk and the powder milk with a spoon and make small balls using your hands. Roll these balls into your favorite decoration in a plate and serve it cold.



Sushi (Hosomaki):



You need to prepare the Japanese rice before you start to prepare the sushi with the kids. To make it you need to wash it very well, boil it with only water (600ml to 3 rice cooker cups), when the water is dry, your rice is ready. Mix it still warm with 2 teaspoons of rice vinegar, 1 teaspoon of sugar and 1 coffee spoon of salt.

Ingredients:

Sushi Rice

Nori seaweed sheets

Anything to fill it (mango, cucumbers, salmon, tuna, avocado, etc)

Soy Sauce

How to prepare:

Cut all the nori seaweed sheets in the middle and spread a little bit of rice on it. Put the filling of your choice and roll it closing with a little bit of water in the borders of the seaweed sheet.



Then, you should wet the knife to cut the roll in the middle. And repeat it until you have 8 perfect pieces of hosomaki. Eat it with soy sauce and enjoy!



Tales around the World

The meaning of butterflies in Japan



Butterflies (蝶 | Chō, in Japanese) are one of the most enchanting creatures in the world, adorned with the most beautiful and vivid colors, varying in size and shape, their wings are like a delicately brushed work of art, their flight announces the Spring and Summer arrive, filling the Earth with all its magic. For millennia they have inspired the imagination, being portrayed in art forms.



In Japanese culture, they have many meanings, but mainly represent life and eternity; they are holders of the human soul on the journey between the realm of the living and the dead, as well as symbolizing the cycle of existence, which begins with birth as a simple caterpillar to its transformation into the majestic butterfly and then from the crossing to the plane immortal and rebirth.

In the Land of the Rising Sun, the butterfly has a deep connection with souls. Since ancient times,

the spirits of the dead have been believed to take the form of a butterfly on their journey to eternity.



This belief was strengthened during the Heian Period (794-1185), when the considered “The First Great Samurai”, Taira no Masakado (903 – 940), rebelled against the Government in the former capital, Kyoto. The fearless, however, feared warrior was preparing his revolt in the capital and, mysteriously, thousands of butterflies appeared that frightened the entire city; after this phenomenon it was said that the butterflies were the omen of the deaths that would occur as a result of the terrible battle. At that time, many associated the little creature with ill omens.



Source: [A Simbologia da Borboleta na Cultura Japonesa | Cacadores de Lendas \(cacadoresdelendas.com.br\)](https://cacadoresdelendas.com.br/)

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