



Erasmus Student Network for Social Inclusion

Impact and coverage report

September 2018 - January 2019

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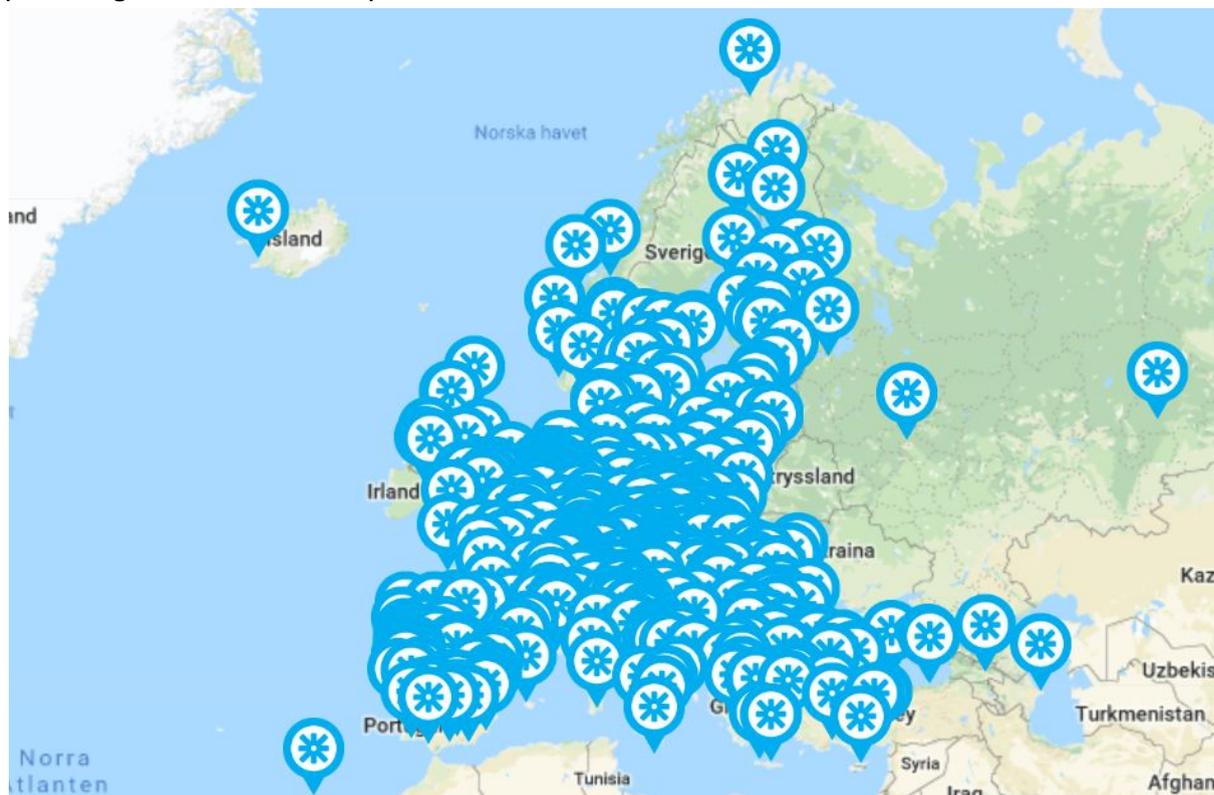
Erasmus Student Network AISBL
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www.esn.org

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About Erasmus Student Network (ESN)

Erasmus Student Network (ESN) is the **biggest student association in Europe**. Present at **over 1000 Higher Education Institutions**, it unites over 500 local associations in **39 countries**. More than 15,000 volunteers take care of international colleagues under the motto “**Students helping students**”. ESN works for the creation of a more mobile and flexible education environment by supporting and developing the student exchange from different levels and providing an intercultural experience.



Map of local associations of Erasmus Student Network.

Causes of ESN

The Causes of ESN are a translation of our mission, vision, and values into our everyday activity. They represent the different fields in which we as ESN believe we can contribute to society through engagement with our International students. These fields are Culture, Education and Youth, Environmental Sustainability, Health and Well-being, Skills and Employability and, finally, Social Inclusion.

ESN for Social Inclusion

There are two main directions ESN is working towards in the field of social inclusion: widening participation and social integration. First, we aim to widen participation of students from disadvantaged backgrounds and students with disabilities through the promotion of mobility opportunities and accessible Higher Education possibilities. Moreover, we provide the conditions and opportunities for those students to actively participate in student life. Second,

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with regards to social integration, our goal is to foster active citizenship through Erasmus+ student mobilities. To do so, we implement the **SocialErasmus programme**, which incorporates all Social Inclusion activities where international students engage with locals to contribute to their local host society; while the **ExchangeAbility programme** gathers all activities that tackle accessibility of education and student mobility, to increase the number of students with a disability that goes on mobility.

Impact

In the Fall semester, from September to January, the **Erasmus Student Network organised 808 activities**, where international exchange students had a chance to contribute to their host communities in ways such as food drives and donations, fundraisers, cleaning actions, kindergarten and school visits, educational workshops, conferences, and many more events that promote active citizenship and accessibility.



Map of the locations of social activities in Erasmus Student Network.

The high point of activity took place between the 19th of November and the 3rd of December, where everyone joined forces to organise **557 activities during the Social Inclusion Days**, an initiative organised twice per year to stress the importance of **learning experience of students during their volunteering activity and internationalisation at home for local students**.

More than **12.145** International students joined as volunteers and engaged with more than **26.000** members of their local communities. All of this was coordinated by a team of **1.447** coordinators of the Erasmus Student Network.

Apart from the student focus, the main mission of the **Social Inclusion Days** is to provide young citizens with the opportunity to do more with their mobility experience, to make a difference and create a positive social change through volunteering.

From total number of activities from September 2018 to January 2019

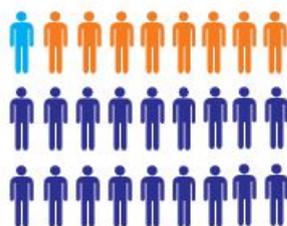
808	40.287	1.447	12.145	26.695
Activities	People involved	ESN volunteers	Exchange students	Local community

“Students Helping Students”

557	27.701	1.014	7.759	18.928
Activities	People involved	ESN volunteers	Exchange students	Local community

From total number of activities during Social Inclusion Days

Based on these results, we can also see that for each International student reached out to, roughly 2,20 locals. The effort of one ESN volunteer organising volunteer opportunities on average reaches 8,39 international students that will engage with 18,45 members of the local community.



1 ESN volunteer
coordinates activities,
8 international students volunteer
and engage with **18 locals**.

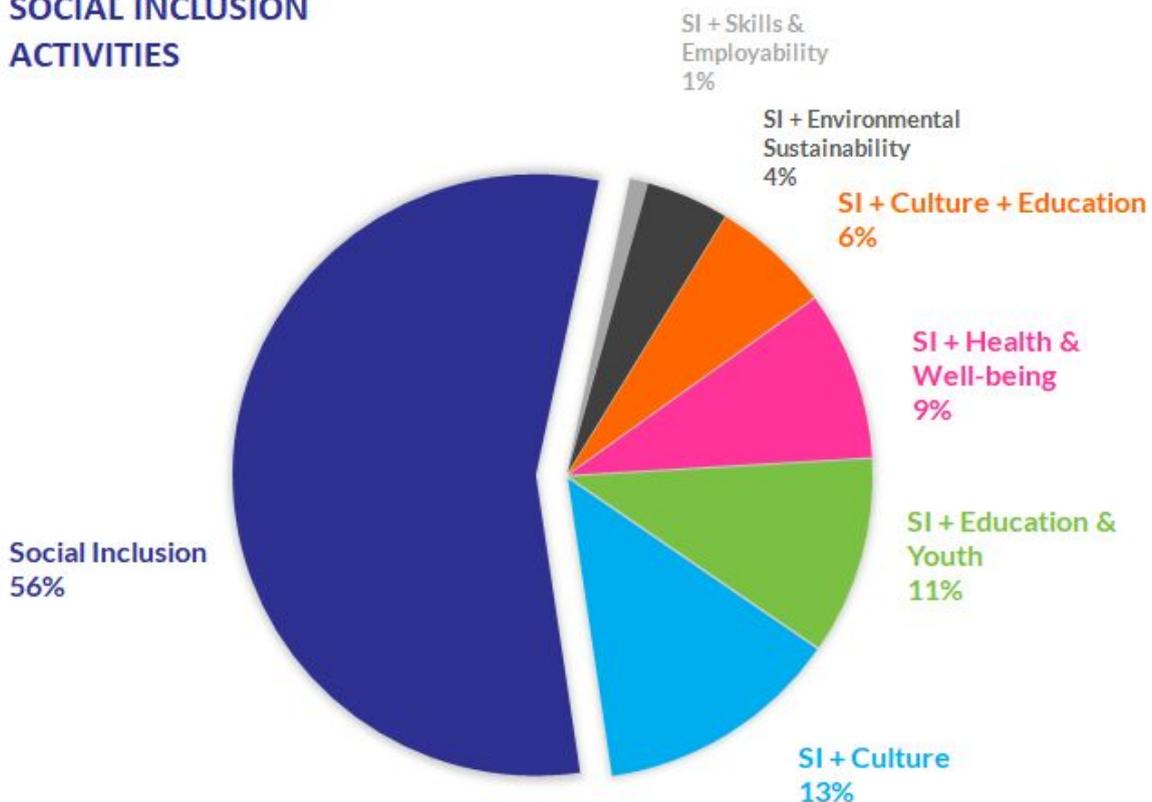
This highlights the importance of the ESN volunteer’s role as coordinator for such initiatives. The ESN volunteer is a key for International students to reach out to the local communities and to instigate connections. **Each ESN volunteer thus has a very big multiplier effect.**

Social Inclusion

Out of all the 808 volunteer initiatives, **521** had a **Social Inclusion focus**. The second most implemented cause is the Culture cause with 200 initiatives, closely followed by the Education and Youth cause. It's important to highlight that we also encounter cross - sectionality, as 239 activities that took place touched upon elements of more than 1 cause.

A good example is the Erasmus in Schools initiative where students touch upon various elements such as **culture**, **education** and **inclusion** hence this initiative answers to more than one objective set.

BREAKDOWN OF SOCIAL INCLUSION ACTIVITIES



When analysing the breakdown within the Social Inclusion activities in ESN, we notice that 290 or more than half (56%), have a singular focus on Social Inclusion, closely followed by Social Inclusion and Culture with 13% of activities in this category, as well as Education & Youth, being a popular topic with 11%.

SocialErasmus, SocialErasmus+ and Erasmus in Schools

ESN is implementing the SocialErasmus since 2009. The **SocialErasmus programme** incorporates all volunteer activities where international students engage with locals to contribute to their local host society.

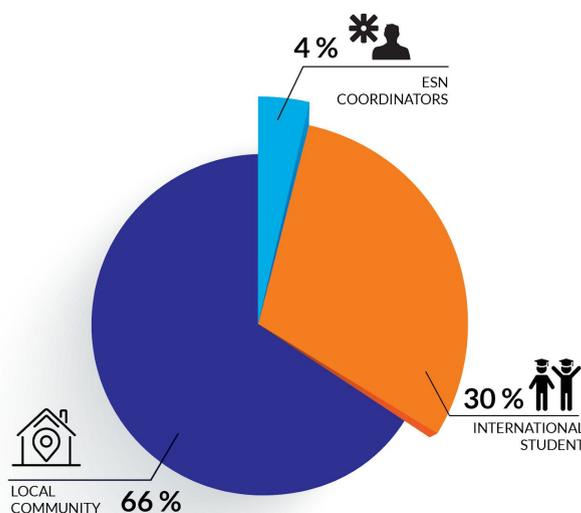
The SocialErasmus+ project¹ is an Erasmus+ Forward Looking Cooperation grant project to support the development and professionalisation of the SocialErasmus initiative.

The main aims of the project are:

- Better integrate the international exchange student in the local society by organising volunteer opportunities to ensure an exchange of values takes place between the International students and the local community.
- Developing and professionalise the implementation process of the activities by involving more stakeholders such as Higher Education Institutions and local schools in the process.
- Increasing the learning experience of students by engaging with Higher Education Institutions and Non-Formal Education experts to build in elements of Community Service Learning in the curricula and increase the recognition students receive for their volunteering activity.

Throughout the fall semester, **60,89%** of the activities were activities that engaged with local communities and those **492 activities** can, therefore, be classified as **SocialErasmus initiatives**.

In the activities that included both ESN coordinators, International Students and members of the local community, 3,59% of the participants were ESN coordinators, while 30,15% of the participants were International students engaging with locals, who make up the biggest group of participants, with more than 66,26% of the participants.

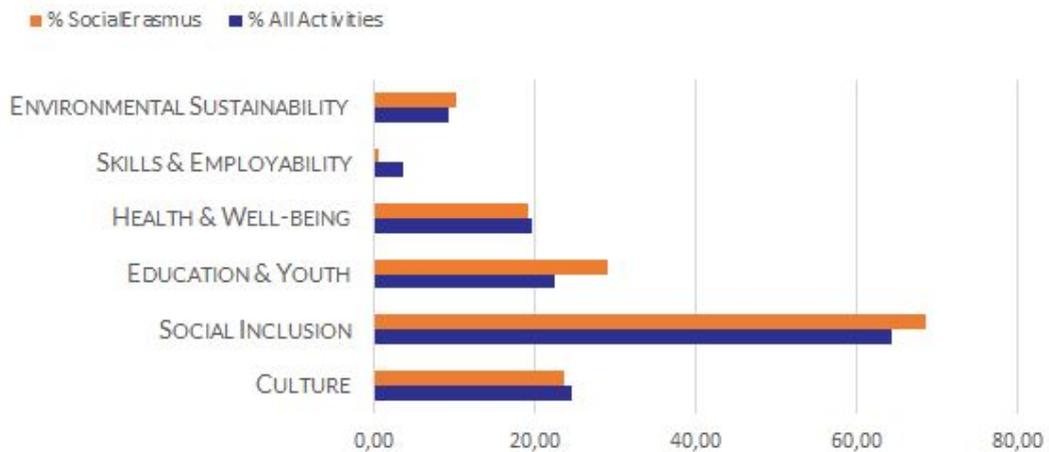


When looking at the Causes, or the interest fields ESN operates in, we can see that there is not a big difference between all reported events all SocialErasmus events that reach out to local community. Overall the biggest focus in both cases is Social Inclusion, with 64,84% of all activities and 68,66% of SocialErasmus activities touching upon topics included in the inclusion cause. Education and Youth shows a clear increase with 22,52% of overall activities having a clear focus on education, within SocialErasmus this becomes a bigger topic as 29,07% of SocialErasmus topics can be linked to Education and Youth. We also notice a decrease when comparing the overall number of volunteer activities and SocialErasmus in the field of Skills

¹ The implementation phase of the SocialErasmus+ project is coordinated by ESN and implemented with the support of the European University Foundation, Youth for Exchange and Understanding, Erasmus Student Network Besancon, Vrije Universiteit Brussel, University of Vienna and the University of Vigo.

and Employability; as only in 0,62% of SocialErasmus activities tackle skills set and youth employability.

Causes in all Activities vs SocialErasmus

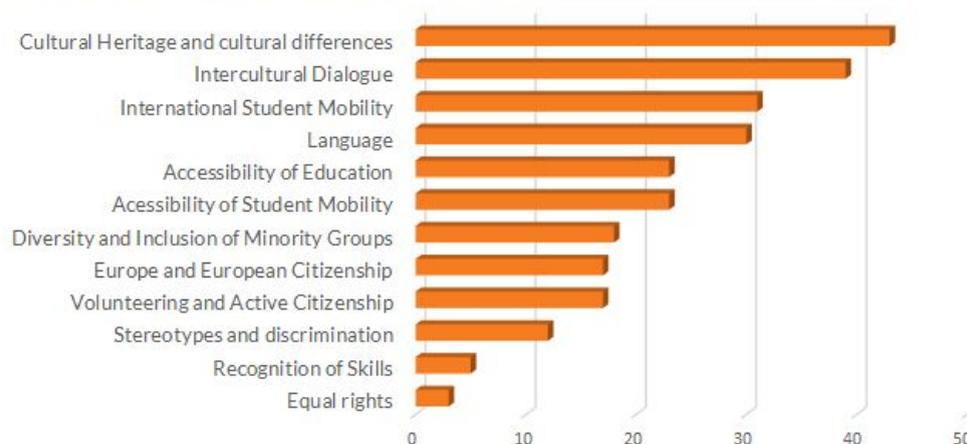


The SocialErasmus+ project has a focus on Erasmus in Schools activities, to ensure also local youth experience internationalisation and intercultural communication in classrooms from a younger age.

Throughout the fall of 2018, **89 activities** in Schools took place in **18 countries**, which is **17,01%** of all Social Inclusion activities.

All together **129 ESN coordinators** organised **Erasmus in Schools** visits for **297 International students**. Throughout these activities, more than **3189 local primary and high school students** were reached.

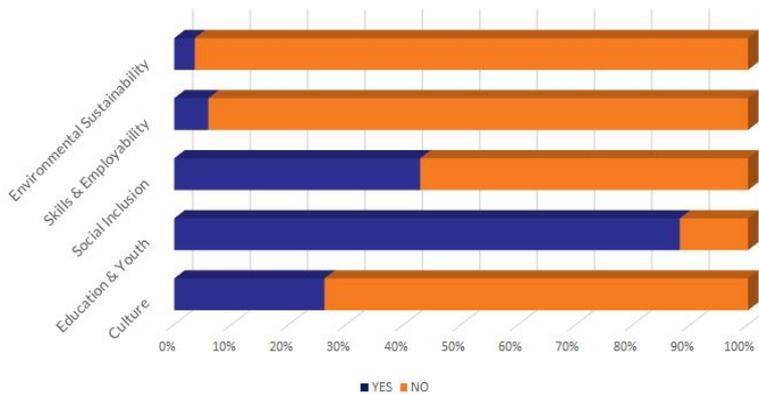
Subjects of the Erasmus in Schools activities



We recorded the most preferred subjects during the Erasmus in Schools activities, as some subjects can strongly correlate when discussing certain topics, coordinators were allowed to indicate multiple subjects. The subject most present in the activities was the topic of Cultural heritage and cultural differences that was discussed in 51,19% of the activities, while

Intercultural dialogue is a close second with 46,43% of the activities discussing this. International Student Mobility, such as the Erasmus+ programme itself, was a close follow up with 36,90% of the sessions discussing international student mobility.

contribution of Erasmus in Schools to ESN's causes



Recognition of skills (5,95%) and Equal rights (3,57%) were topics that were found hard discuss and were therefore reported rather infrequently.

When asking in which causes of ESN, our main interest fields in society, the Erasmus in Schools activities contributed mostly, coordinators answered that the biggest contribution of the Erasmus in Schools activities are connected to the improvement of overall

Education and Youth - field (88% believed so), while 42% of coordinators believed their initiatives contributed to Social Inclusion in society.

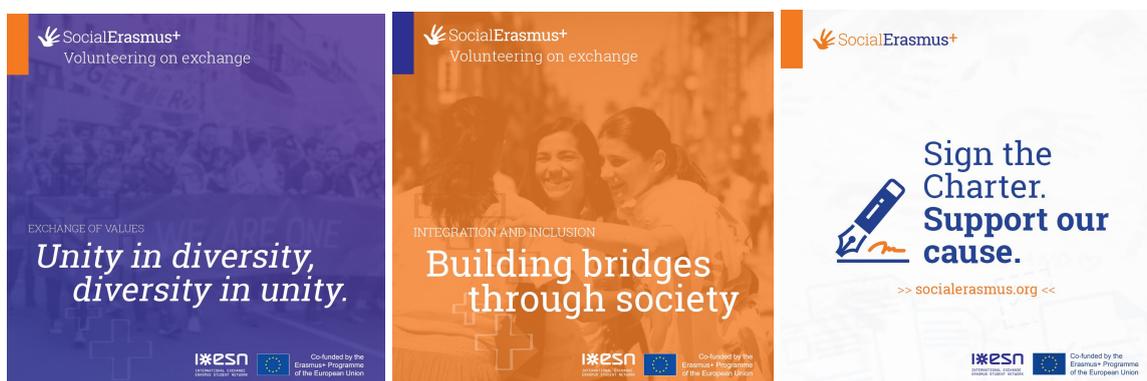
Accessibility of Education & Student Mobility

Out of all 521 Social Inclusion activities, 125 activities with a focus on accessibility of education and accessibility of student mobility were organised, out of which 100 activities were joined by students with a disability and in **98% of the cases the organisers managed to ensure the full accessibility of the event.**

Coverage

SocialErasmus+ Campaign

On the 14th of September, the Erasmus Student Network has launched a petition to European Commission and the European Parliament to create an Erasmus programme which encourages social integration & intercultural awareness through volunteering and engaging with local communities during an international exchange. The petition that currently has over 2,500 signatures is accompanied by the SocialErasmus Charter which examines the key elements that highlight the social dimension to an exchange programme and should form the backbone of an Erasmus experience.



4,095 Reactions 599 Shares 100,471 Video views 884,337 Impressions

Social Inclusion Days Initiative

Social Inclusion Days is an initiative where more than 500 local associations in 39 countries host events to bring together international students and local communities through volunteering and advocate for inclusive mobility programmes. This two-week initiative, running twice per year since 2017, provides opportunities for international students to expand their knowledge of their host countries cultures, and in having the first-hand experience with the local population the focus is on the learning experience of the students during their volunteering activity and internationalisation at home for local students.



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“ESN’s mission does not end with international students. We believe in the transformative power of the abroad experience and with the Social Inclusion Days, we aim at enriching it by promoting an active contribution of international students to the progress of their host community. With these activities, which provide opportunities for interaction between locals and internationals, the investment the European Union makes in the Erasmus+ Programme reaches more people and contributes to a more cohesive European society.” - João Pinto, President of the Erasmus Student Network

“As a new exchange student in Thessaloniki, it was part of my adventure to get to know the culture of this city, its people and to become part of the community. Social activities like helping out people with disabilities, volunteering in schools, and many more helped me understand how to do just that .” - Greta Nehme, Erasmus in Thessaloniki 2017/18

Social Media

During the two week period the social media channels are focused on the promotion of ESN activity in social inclusion, the impact of volunteering on the exchange and promotion of accessible education. The campaign all together reached 1, 301 reactions, 133 shares and 116, 316 impressions and almost 7 thousand people were reached on the [Facebook event](#) of the initiative.

Facebook

Erasmus Student Network
Published by Bětka Hamrová [?] · November 20, 2018 · 🌐

And we know just the perfect opportunity. 🙌
Social Inclusion Days, happening for two weeks from now all across Europe! 🇪🇺

CAREER
WHY VOLUNTEERING MEANS SERIOUS BUSINESS
ESNblog

ESN.ORG
Why Volunteering Means Serious Business
“It’s something that makes you grow as a person. It is an essential part of...”

SocialErasmus
Published by Josipa Frišćić [?] · November 25, 2018 · 🌐

Social Inclusion Days Autumn 2018 - week one

Focus of the Erasmus Student Network for the past week was on the learning experience of the students during their volunteering activity and internationalisation at home for local students.

While celebrating and enjoying their Erasmus+ experience, young people had a chance to take part in activities such as food drives and donations, fundraisers, clothes donations, animal shelter visits, education...

See More

ESN Saint-Louis Brussels - Erasmus Student Network organi...
20 November at 19:30

Erasmus Student Network Granada has carried out an LGBT...
28 November at 12:42

Erasmus Student Network Coimbra - ESN Coimbra organise...
24 November at 16:22

VIEW POST >

4.3k People reached 395 Engagements 2.8k People reached 245 Engagements 1.6k People reached 216 Engagements

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Twitter



ESN International @ESN_Int · Nov 19
#SocialInclusionDays are kicking off today! 🗣️
 Hundreds of events are being organised across **#Europe** to involve international students in supporting their host community.

👉 Find your ESN section and join the initiative: esn.org/sections/
 @EUErasmusPlus @Erasmus_Project



João Pinto

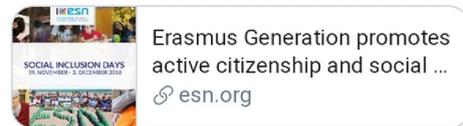
1 12 28



ESN International Retweeted
Erasmus+ @EUErasmusPlus · Nov 5
#MondayMotivation: Over 11,000 people in 27 countries all across Europe contributed to improving society during @ESN_Int's **#SocialInclusionDays** this April.

The next days are coming up this November 18th!

How will you make a difference this year?



11 13

Instagram

esn_int



Liked by kacperoninsta and 266 others

esn_int



Liked by teafilmoif and 362 others



@ESHIMARIYA **Improvisation theatre**
 Raising awareness of International Day for Elimination of Violence against women



@esnpb **ERASMUS IN KINDERGARTEN**
 Erasmus in the kindergarten



ESN in Athens **ATHENS, GREECE**
 Cooking for a good cause



@esn_umb.bb **ERASMUS IN KINDERGARTEN**
 #Erasmus in Kindergarten



@esngranada **BARCELONA, SPAIN**
LGBTQ+ Tandem

International events

ESN International strongly believes in uniting our network around causes such as the Social Inclusion cause and instigate actions by our volunteers by organising training opportunities, workshops and seminars to give them an opportunity to share knowledge, cooperate and inform themselves about current important topics but also to get together and visualise the strength and impact of our organisation.

SocialErasmus+: Erasmus in Schools training

Together, Youth for Exchange and Understanding International and ESN are trying to improve and upscale the impact of volunteering activities of Erasmus students during their exchange. The training **facilitated by trainers from YEU, focused on four aspects**: how to best implement Erasmus in School activities, how to use the tools that are being developed in the SocialErasmus+ project, how to support international students in upscaling the content of Erasmus in Schools activities on topics such as cultural heritage; intercultural learning and tolerance for intercultural differences, and how to teach and inspire other ESN volunteers what you have learned on SocialErasmus+.

“The dedication and commitment to learning is clearly shown by the ESN people, even when pushed out of their comfort zones and stretched to the limit in terms of tiredness, receiving new knowledge, and for some leading activities for the first time. SocialErasmus itself is a great opportunity and programme that is already showing multiple benefits, it increases the soft skills of ESN volunteers and staff, it increases the soft skills of the Erasmus students and it provides a cultural learning experience for hundreds of high school students.” **Nik Paddison, YEU trainer**



Social Inclusion Leaders Meeting

The training event gathered over 60 National and Local project coordinators of Erasmus Student Network. During five days (17th to 21th of October) they were sharing the knowledge, ideas, and inspiration in order to increase the social impact of the network and prepare for the year ahead.

Participants from all over Europe got to experience a variety of workshops related to the theme of Social Inclusion. Organised by ESN en UV with presentations and workshops delivered by the International Social Inclusion Team and ESN Eduk8 trainer, participants improved their skills, understanding of international projects and ESN's activity in the social inclusion cause. They learned to motivate Erasmus students to volunteer and to facilitate activities that promote social inclusion.

“Social Inclusion Leaders’ Meeting 2018 was a project carried out by volunteers and for volunteers. A true example of students helping students. “ **Laura Ferre, Head of Organising Committee**



Inclusive Mobility Alliance

On the 27th and 28th of September 2018, more than 20 organisations with expertise in the fields of Youth mobility, Higher Education mobility and Disability have gathered in Brussels to start discussing and defining what it means to organise an Inclusive Mobility (aka a mobility that is fully inclusive and allows everybody to take part in it, regardless of their socio-economic background). During a meeting organised at the European Parliament on the 5th of December 2017 and hosted by *MEP Damiano Zoffoli (S&D)*, the stakeholders present agreed to create an alliance of organisations working on the topic of Inclusive Mobility. The Alliance was officially created and launched in December 2018 with a long-lasting aim of monitoring EU and national policies as well as advocating for more inclusive mobility programmes.

National involvement

ESN Austria

ESN Graz **"Charity Pub Quiz"**

Collected donations went to Caritas Winter Notschlafstelle Graz, a place where homeless people can sleep, eat, and shower during the winter.

ESN Belgium

ESN Belgium collected clothes and food for homeless people and refugees. During a period of two weeks, different ESN associations partnered up with their Universities local and national associations such as Opération Chaussettes or Opération Thermos. As a result, almost the whole Belgian network participated, encouraging International and local students to have a positive impact on the social life of their communities. This initiative raises awareness about the difficult situation some people are in and encouraged people to take action.

ESN Saint-Louis Brussels organised a food distribution to the homeless with the help of Opération Thermos and international students from Université Saint-Louis - Bruxelles.

ESN Bosnia and Herzegovina

ESN Sarajevo

ESN volunteers and international students visited a local soup kitchen where they spent a few hours volunteering and preparing the meals for people in need.

ESN Croatia

ESN Rijeka

“Students for children of the City That Flows”

Activity aimed to gather as much as possible stuff for unprivileged children of the city and its surroundings. It was organized with the help of the organization “Centar za kulturu dijaloga” that provided them with the information on children’s wishes and needs, as well as the number of children. Thirty volunteers and around 120 citizens achieved to gather things for 78 children. The event was largely covered by media all over Croatia and had a very high engagement on Facebook with 29.4K people reached.



ESN Cyprus

ESN Nicosia

Sign Language workshop

ESN volunteers and international students had a chance to learn about sign language and some basic signs.

ESN Czech Republic

ESN CU Prague

Erasmus in Schools

International students talked about Mexico covering traditions and culture. The aim of the activity is to bring International students to local primary and secondary schools to encourage an open dialogue across cultures to empower intercultural awareness.



ESN Finland

ESN Vaasa

Dinner in the dark

An activity to raise awareness about students with disabilities and challenges they face on the daily basis. International students had a chance to participate in a dinner with their eyes

blindfolded to experience visual impairment and how people with disabilities manage to overcome this challenge.

“For me, social inclusion is about including everyone - not only those considered disadvantaged by one or another reason. It's about also including and caring about each other as ESN members, in our daily activities and communication, because in this way we can lead by example and work for a more inclusive society in general.” **Daniela Mård, National Exchange Ability programme coordinator of Erasmus Student Network Finland**

ESN Germany

ESN Hannover

City Tour in cooperation with the organization "Asphalt".

Students were guided through the city with the help of the local publishing company "Asphalt" (their journal is being sold by homeless people) to see the streets in a little different way, namely as a home to people without a place to stay. Questions like "where do people take a shower, wash their clothes or get something to eat" were addressed and with that, this event aimed to raise awareness about the situation of the homeless and their everyday life on the streets.

ESN Greece



ESN in Athens

Let's Cook For A Good Cause!

In cooperation with "Other Human" organisation, ESN volunteers and Erasmus students cooked food and distributed it to homeless people in Athens.

ESN in Athens

Visit to the Caritas

ESN volunteers and Erasmus students visited "Caritas" and had the opportunity to play with the kids and learn more about how the organisation supports families of refugees from Syria.

ESN Ioannina

Elepap Visit

They visited a rehabilitation centre with international students which supports the development of children with physical disabilities and developmental difficulties and at the same time provides support to their families.

“In the realm of the world's tragedies which are affecting the society as a whole, the act of volunteering is an impactful lifestyle that anyone can follow no matter their age, gender or race. The Social Inclusion Days initiative is an amazing opportunity for young people on exchange to come in contact with the local community while leaving a positive mark on society.” **Elisavet Rozaki, National Social Erasmus Coordinator of the Erasmus Student Network Greece.**

[ESN Ireland](#)

I*ESN DCU

ChildVision Campus Visit

ChildVision is the only campus in Ireland totally dedicated to the education and therapy needs of children with visual impairment. I*ESN DCU visited the campus where they got to see firsthand the amazing services which ChildVision provides to those with a visual impairment. The students were first given a talk from one of the managers about the work that they do, followed by a Q&A session. They were then given a guided tour of the facilities. The participants gained a greater understanding of the work that ChildVision and other charities for the visually impaired do.

[ESN Italy](#)

ESN Perugia

#getakissnotHIV

Video to raise awareness about HIV, especially how it's transmitted, some myths about it and why we should not discriminate those who suffer from this disease. To make this video, the association has cooperated with Italian (Bergamo, Camerino, Roma 3, Roma LUISS and Venezia) and Spanish (Alcalà, Barcelona, Castellon, Malaga, Oviedo, Salamanca, UC3M, UCM, UEX, UPO, Valladolid) associations of ESN.

[ESN Latvia](#)

ESN Riga

Erasmus in Schools

4 international students from Croatia, Germany, Egypt and Albania went to a high school in Riga to host 2 lessons about Erasmus programme and their experience for the senior class. After the event, they had a reflection round with feedback and interesting quotes about the education system in schools and what could be improved in their opinion. International students went back home with more knowledge about Latvians, their culture, mentality and understanding of their traditions.

“In my opinion, volunteering has a very important role in the life of an international student as it gives them an opportunity to learn more about the country, its culture and inhabitants during their exchange. Social Inclusion Days is a practical way how to include international students between us and the local community and other way around and as the result shows - it actually works. Latvia is still very fresh in this topic, but people are slowly opening up to foreign cultures and I strongly believe that this initiative could help us to reach the tolerance for others easier and sooner.” **Elza Baumane, National Social Inclusion Coordinator of the Erasmus Student Network Latvia**

ESN Lithuania

ESN KTU

Erasmus in Schools

International students from Turkey, Azerbaijan and Italy showcased culture and tradition through power point presentation to 15 local students.

ESN Norway

ESN Oslo

Cafe in the dark

Activity to raise awareness about students with disabilities and challenges they face on the daily basis. International students had a chance to participate with their eyes blindfolded to experience visual impairment and how people with disabilities manage to overcome this challenge.

ESN Poland

On the 10th Anniversary of the SocialErasmus project and centennial of the regaining of independence, polish local sections of Erasmus Student Network (ESN) from all over the country invited international students to cooperate and organize [100 activities for polish society](#). Since the 11th of November, over 100 events have been organized across the country, involving over 500 international volunteers.

ESN PB in Bialystok organized a visit to the kindergarten where the international students had a chance to participate in a workshop and have first-hand interaction with the local community.



ESN Portugal

ESN Tomar

Session about Social Inclusion

This action, intended to foster the importance of the social impact that international volunteers have on local communities and on the realization of inclusive events and create opportunities for those involved to leave their mark in order to improve society as a whole. They had the contribution of the creative association Cubo D'ideias, where they presented Erasmus + opportunities and also, the results of the Youth Exchange "Acculturation & Social Inclusion", done in the past October.

ESN Coimbra

Erasmus Food Distribution

During the Food Distribution, Mobility Students had the opportunity to help CASA (Centro de Apoio ao Sem-Abrigo = Homeless Support Centre) with their regular food distribution, joining their volunteers at the homeless meal centre and help distribute dinner to the homeless. In the end, the volunteers also help cleaning the dishes, trays and the meal centre. Sometimes a

homeless person may also need some new piece of clothing or shoes, so the participants also go to the warehouse of the organisation and choose an item that fits that purpose. The activity allows mobility students to meet the homeless reality in Coimbra and have a volunteering opportunity during their mobility.



“The meaning of Erasmus is changing as fast as we live it! More and more International students in Portugal are looking for a fuller experience by committing to long-term volunteering in local associations. They are creating an impact directly in the local community and by doing that achieving a greater meaning of their mobility experience.” **Hugo Silveira Gouveia, National Projects coordinator of the Erasmus Student Network Portugal.**

[ESN Romania](#)

ESN Timisoara Erasmus in schools

Activity at Middle School No. 13 in Timișoara where international students from Tirana, Burgos and Thessaloniki had presentations about their countries for 22 local students.



[ESN Russia](#)

ESN HSE University Moscow Sign language workshop

Erasmus students gathered to learn basic phrases in Russian Sign Language.

[ESN Serbia](#)

ESN Novi Sad Inclusive football game

Joined forces with ELSA Novi Sad to put the inclusion in Social Inclusion Days by playing a football match with Radni Centar “ŠOSO”, a school for people with developmental problems.



ESN Slovakia

ESN Košice

Erasmus in Social Centre

The international students visited social centre Dorka where they presented their countries and taught national dances and songs to the children.



ESN EU Bratislava & STUBA Christmas crafts for orphans

An amazing event full of Christmas spirit, together with their Erasmus students they made creative toys ready for donation to the orphans.

“I believe that Social Inclusion is the very essence of what ESN does - it hides even in the meeting of a local ESN buddy with the international student, one of the most important reasons why people choose to spend time abroad. ESN gives us volunteers the amazing power to mediate this connection and help communities grow towards tolerance and intercultural awareness.” -

Eva Vargová, National Social Inclusion Coordinator of the Erasmus Student Network

ESN Spain

ESN Sevilla

Exhibition of the senses

International students had a guide explaining the whole exhibition, and while blindfolded, the students had to guess that they were painting. Also with closed eyes, they had to recognize different scents typical of Seville.

ESN Granada

LGBTQ+ tandem

An activity where they focused on the exchange of languages on the LGBTQ+ topics.



“For me, the best part about volunteering among the Erasmus experience is all you can learn from others and from the community. This way, we are part of active citizenship that is aware of the social reality and that is willing to take action. ESN is an opportunity for international and local students to become involved with communities.” **Iara Vieytes, National Social Inclusion Coordinator of the Erasmus Student Network Spain**

ESN Sweden

ESN Göteborg

Fika in the dark

Fika is an important concept in Swedish culture, where friends have coffee/tea & snacks together while having a conversation. Participants of the blind Fika were blindfolded while entering a dark room, and ESN volunteers helped them to sit down in a table with people they have not met before.. After some time some they were relocated to another table with other people. They have gone through a blind person's life by meeting new people they cannot see and walking without vision. After the experience, they ended the event with a discussion session where attendants shared how they felt, what they have learned throughout the event. According to the participants, there is a huge need for more similar activities, not only for the student but in general, in order to raise more awareness about the matter and include more people.

ESN Switzerland

ESN UNIL & EPFL

Cultural Café Series

A seminar covering topics on Accessibility of Education, Cultural heritage and Cultural differences, Diversity and inclusion of minority groups where 10 international students had a chance to listen to a guest speaker, foreign UNIL student Edris from Afghanistan, who spoke about his life experience as an immigrant, the way he perceived at first his new living environment and which struggles he had to face.

ESN the Netherlands

ESN VU Amsterdam

"Volunteering at Buurtbuik"

ESN volunteers together with international students had a chance to help out a local association that collects food from restaurants and supermarkets for people in need.



ESN Turkey

ESN IUE

#HeForShe workshop

Gathered to say no to gender discrimination. They left their marks for the equality of genders. #HeForShe is a solidarity campaign for the advancement of gender equality, initiated by the United Nations. ESN volunteers and international students committed to the movement by completing the forms and had a discussion about gender equality at the end of the event.



ESN Trakya

Improvisation theatre

ESN volunteers together with Trakya University Yaşam Sahnesi organized the improvisation theatre with local Roman women in order to bring awareness of 25th November and the International Day for the Elimination of Violence against women.

ESN Arel, ESN Nisantasi, ESN Yıldız, ESN Marmara and ESN ITU

“Tandem+”

An event that combines the gathering of different nations and a certain topic. Around 60 participants talked about topics like cultural difference, causes of ESN and our programmes that in certain contexts that are aimed to solve specific problems in societies.

[ESN UK](#)

ESN UofG

Ceilidh at The Record Factory

A traditional Scottish event full of folk music and a lot of dancing. All proceeds from the event went to the Refugee Survival Trust, a charity that provides grants and works for the integration of refugees in Scotland.