

## INFECTED WITH THE ERASMUS VIRUS

Hello guys,

In the rows bellow I will describe a little my Erasmus experience and Youthpass.

Well, I went youth exchanges , ToT and EVS and got a Youthpass from all of them. First YE was in Lithuania, where I had an amazing 7 day experience with the topic refugees. Jumping to the subject, I didn't pay too much attention to the youthpass, I was considering not necessary .

In the 2nd YE which was in Romania, I started to realize that the competencies inside the Youthpass and the self evaluation make sense, so i started to contemplate to the skills that I developed.

Than I went in a EVS project in Cyprus, where I realized more and more the importance of self evaluation which I was doing it weekly and setting new goals and achieving them. After I finished the EVS, the Youthpasses helped me in finding a job, employers were interested in the certificates and of the story behind, because I was sending it attached to the CV and they were able to understand more the person behind a normal CV.

Now in this moment in the job where the Erasmus and Youthpass experience helped me to get it, I use and contentiously developing my skills and still applying the great exercise of contemplating, self evaluating and setting goals every 2 weeks.

As a video, here you can discover more about my EVS experience.

<https://www.youtube.com/watch?v=OhQXIs1pGCw>

Attached you can find 2 pictures from my EVS.



Testimonials:

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Thank you !