

Motivation of EVS Coordinator

Motivation is not only an important aspect for EVS volunteers, but also for EVS coordinators. Working with people, no matter if they are clients, patients, customers or EVS volunteers can be very rewarding and also a lot of fun. On the other hand, especially these jobs that are connected with working with people can also be very exhausting and stressful. Sometimes you might also feel torn by all the things you need to do, by upcoming deadlines, organisation and administration and all the forms that you need to fill.

Even though you might have started your work with a lot of enthusiasm, aspects like these can make it quite hard to stay motivated. First of all, there is good news! Motivation requires a meaningful task and what can be more meaningful than your work? By coordinating an EVS project you make it possible that a young person gets the opportunity of his or her lifetime to explore another country and maybe even another culture, to learn and to grow! Thanks to your effort an organisation gets the support of a motivated volunteer who brings in his or her personality, creativity and international flair. If you look at the big picture your work fosters friendship, tolerance and peace among people in all over Europe. That's quite cool, isn't it? But of course, motivation requires more than meaning alone.

Have you just started your work as a coordinator and want to stay motivated?

- First of all: Don't carry the world upon your shoulders. Find a colleague who also knows about EVS and who can support you or fill in for you! Shared responsibility makes a lot of things easier.
- Talk about it. Talk with your colleagues, share your experiences. If possible, ask for regular supervision.
- Build a network! Find other EVS coordinators; share your experiences with them! Support each other!
- Think about your own needs. Make breaks, eat and drink enough, relax between two exhausting tasks.
- Find your own working style. Working as an EVS coordinator gives you a lot of freedom of choosing how and when you fulfil which kind of task. This can be overwhelming in the beginning, but it can also be a great opportunity to adjust your work to your preferred working style.
- Use your external memory: No matter if you prefer pen and paper or the cloud, simple To Do lists or electronic agendas, write things down! As an EVS coordinator, you have to take care of many things. Writing down your next steps will help you to keep an overview and also to relax.
- Identify single activities that help you reaching your bigger goals. It's easier to finish one single small task after another than working on one super big task for a very long time.
- Identify your own point of view. As an EVS coordinator, you might have the impression that it is your responsibility to make a lot of other people happy. The volunteer should have a great time, the colleagues and partners in the receiving organisation should be happy and the mentor as well! And there is also the National Agency that needs to be content with your work. Sometimes these demands seem to be incompatible and you might just feel torn. If this is the case, relax a little bit and form your own opinion! Then it will be much easier for you to act and to react.
- Your work does not need to be perfect! Sometimes there are periods where it is just not possible to give 100 %. Don't worry! 80 % often are good enough and mistakes are great opportunities for learning!
- Make your work fun! Celebrate your success and reward yourself! If your application gets granted, find some colleagues and celebrate together! Reward yourself when you finish a project! Be proud of yourself!

- Attend an EVS training! There you will get a lot of inputs that will make your work easier and you will meet a lot of other EVS coordinators who can give you tips and share their experiences.
- Keeping motivated does not only have to do with the job itself but also with your free-time. Try to find a balance. Go on holidays, if needed! Don't work too many extra hours if that makes you feel exhausted. Find a free-time activity that makes you feel more activated or relaxed, depending on your needs.

You are EVS coordinator and you want to recharge your motivation?

- Ask yourself why you have started to work as an EVS coordinator. What were the reasons why you decided to become EVS coordinator? Are they still valid?
- Can you identify certain aspects that reduce your motivation?
 - Can you change them?
 - Can you deal with them?
 - Is there somebody who can support you?
- Identify the aspects of your work that you really like doing. Maybe it is possible to do a little more of these and a little less of the things that you do not like to do so much? If you like personal contact with volunteers, do something nice with them from time to time! If you prefer organisational and administration tasks instead, put your emphasis on that!

You are EVS coordinator and you just want to run away?

- It's time for vacation! Three weeks minimum can help you to recharge your batteries. You worry about your colleagues and volunteers and all the work that needs to be done? Think about it: If you leave for three weeks you will come back with a lot more energy and motivation! If you go on working and you are so exhausted that you will need to leave for good, it will take much longer until somebody can resume your work.
- Talk with your colleagues; try to identify the problem(s) together! Ask for their support!
- Think about changing career. What kind of job would make you feel more comfortable? Why? Are there aspects of this other dream job that you could integrate into your work?

Maybe you do not hear it so often, therefore, we would like to tell you at last: Thank you! Thank you for your great job you do! Thank you for making EVS possible!

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