



ProAtlântico

associação juvenil

Name: Gabriela Kačmáriková

Birth Date (day/month/year): 22.05.20

Age: 19

Gender: Female

Residence

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How long would you like to do volunteering (in months)?

8 months

What would be the earlier date you could start your volunteering?

01.09.2026

What would be the latest date you could finish your volunteering?

01.04.2027

Do you have driving Licence?

Yes, I do.

Personal

What are you doing now (studying, working, travelling, unemployed, gap year...)?

I am taking a gap year.

How would you describe your personality?

I am creative, optimistic, open-minded, and full of positive energy. I can be a bit shy at first, but once I feel comfortable, I am very friendly and easy to connect with.

What are your hobbies?

I love nature, animals, and hiking, and I am currently learning horseback riding. I am also very passionate about creative activities like painting, crocheting, making collages, and writing poetry.

Have you done volunteering before?

No, I haven't.

Have you already done a project of European Voluntary Service or European Solidarity Corps before? If "yes" please write the dates.

No, I haven't.

Have you already travelled or lived abroad? If « yes » where, when, for what reason and for how long?

I have not lived abroad permanently yet, but I have traveled quite often. I frequently go abroad with my parents on vacations and to visit my aunt in Germany. Additionally, I have participated in five short-term Erasmus+ projects, which gave me great international experience.

What are your strengths and weaknesses when relating to other people?

My main strengths are that I am empathetic, a good listener, and a strong team player who loves supporting others in achieving their dreams. On the other hand, my empathy can sometimes be a weakness, as I tend to take other people's stories too close to heart. Also, if I don't get regular alone time to recharge, I can sometimes withdraw and become quiet.

Do you have any special needs (allergies, health...)?

No, I do not have any special needs.

Did you have any serious medical problems in the past?

No, did not.

Do you have any food restrictions (vegetarian, allergies, Halal, Celiac, Lactose Intolerant, etc)? Notice we are not able to provide specific food for celiac or Lactose Intolerant in all projects

I prefer vegetarian food.

What is your level of education according to the European Levels of Reference? This will in no way reflect on the selection of participations, we just need the information for the project report.

Level	Description	Choose your option
1	6 th grade	
2	9 th grade	
3	12 th Grade of professional studies	
4	12 th Grade of professional studies with credits for University	
5	12 th Grade of regular studies	This is my option.
6	Bachelor Degree	
7	Master Degree	
8	Doctorate Degree	

Fewer Opportunities

Please read the following information about fewer opportunities

Notice that this Program gives priority to people with fewer opportunities, so please indicate if you consider that you have in your life any of those situations.

This is my option- disability (i.e. participants with special needs): people with mental (intellectual, cognitive, learning), physical, sensory or other disabilities;

☐ educational difficulties: young people with learning difficulties; early school-leavers; low qualified adults; young people with poor school performance;

☐ economic obstacles: people with a low standard of living, low income, dependence on social welfare system or homeless; young people in long-term unemployment or poverty; people in debt or with financial problems;

☐ cultural differences: immigrants or refugees or descendants from immigrant or refugee families; people belonging to a national or ethnic minority; people with linguistic adaptation and cultural inclusion difficulties;

☐ health problems: people with chronic health problems, severe illnesses or psychiatric conditions;

☐ social obstacles: people facing discrimination because of gender, age, ethnicity, religion, sexual orientation, disability, etc.; people with limited social skills or anti-social or risky behaviours; people in a precarious situation; (ex-)offenders, (ex-)drug or alcohol abusers; young and/or single parents; orphans

☐ geographical obstacles: people from remote or rural areas; people living in small islands or in peripheral regions; people from urban problem zones; people from less serviced areas (limited public transport, poor facilities).

In case you chose one or more options above, please justify it: I have been diagnosed with dyslexia as a child.

Questions about the project

What is your main motivation to participate in this project?

My main motivation is to gain hands-on experience working with people with disabilities, which will help me prepare for my future studies in Animal-Assisted Therapy. I want to step out of my comfort zone, bring my positive energy and creativity to the center, and support your residents. You can read more about my personal story and detailed motivation letter.

What are your expectations?

I expect this project to help me grow both personally and professionally by gaining new practical skills and hands-on experience. I look forward to meeting like-minded people who will inspire me along the way. I hope to become more independent and self-reliant, while also improving my ability to work effectively in a team. Additionally, I aim to reach a conversational level in Portuguese, expand my English vocabulary, and create endless unforgettable memories through new adventures.

What do you expect to learn?

I expect to learn new ways of thinking and gain fresh perspectives on the world, while deeply exploring a new culture. I also want to learn how to communicate thoughtfully, even when conversations cover difficult topics. On a personal level, I hope to discover more about myself—where my boundaries lie, as well as new skills and talents I didn't know I had.

Do you have any worries or fears about becoming a volunteer?

Stepping out of my comfort zone naturally comes with a few small worries. My main concern is the initial language barrier, but I am confident that I can overcome it through patience, non-verbal communication, and enthusiasm to learn Portuguese. Moving to a new country alone is also a big step, but I am ready to build my independence.

Which challenges do you think you will encounter during your stay abroad?

I think one of my main challenges will be adapting to a new daily routine and cultural environment away from my usual support system, which will test my independence. Additionally, given my empathetic nature, balancing emotional care for the residents with my own energy levels will be a challenge, but one that will teach me resilience, self-care, and healthy boundaries.

How do you feel about working with people different from yourself (racial/ethnic background, developmentally disabled, different socio-economic backgrounds, different sexual orientation...)?

I am genuinely excited about the opportunity to work with people from all walks of life. I am fully open-minded and welcoming to everyone, regardless of their racial or ethnic background... I believe that diversity enriches our lives, and I look forward to learning from every individual's unique story and perspective.

Are you ready to work 6 hours per day, 5 days per week?

Yes, I am.

Do you have driving license? If so, do you feel comfortable driving in Portugal?

Yes? Do and yes, I am.

Does your family and friends support your participation in this volunteering project?

Yes, they do.

Are you interested in learning Portuguese to develop your tasks and to feel integrated in the local community?

Of course I am.

Questions about logistical issues

The bedroom is always shared. How do you feel about share a room with another person?

Sharing a room will definitely be a new challenge for me, but I am completely open to it. As long as we are both respectful of each other's privacy and personal space, and keep our room clean and tidy, I don't mind it at all. I see it as a great opportunity to build a strong friendship and practice good communication.

How do you feel about live with people from different countries and cultures?

I feel very positive about it! I see living with people from different countries and cultures as a fantastic opportunity to make lifelong friends and learn new, practical daily habits from different backgrounds.

Dissemination of the project

As a volunteer, you are supposed to take part in events, presentations and conversations with Portuguese young people or future international volunteers to motivate young people to be more active or give visibility to their project. Do you agree with this?

Yes, I do.

During your project you will have to take part in events that ProAtlântico organizes to promote European Solidarity Corps and you must use the clothes provided to that activity (t-shirt, cap, etc). Do you agree with this?

Yes, I do.

In the end of each month the volunteer has to make a testimony and to give some photos that will be publish in our social media (newspaper, Facebook, ...) to promote European Solidarity Corps, and to make a video during the project about the experience to be published in website, social networks, media or in other means of divulgation. Do you agree with this?

Yes, I do.