



## **2021 ICOS Volunteer - Karolina**

Since I lost my job I have been struggling with problems such as lack of employment as well as access to information about benefits and entitlements. I also needed UK qualifications and wanted to progress into further education but I did not know any organisations which could help me. Coming to ICOS for help was a good call. I got support in many areas of life including education, money matters, job searching and made new friends. I wanted to pay back for the support and advice I had received, so in January 2020, I started volunteering for ICOS. I found charity work very motivating - being useful helps me to feel better. While helping with clerical tasks, I'm constantly improving my IT and English skills. As socialising has never been my strength, meeting new people and involving myself in events, meetings and courses gave me a lot of self-confidence and joy. I'm glad to be a new part of this amazing team and looking forward to learning even more new things.

ICOS is an organization with which I am associated almost from the beginning of living outside my country. Thanks to ICOS, I have met many interesting people from all over the world, I have broadened my level of English. I also had the opportunity to help take care of beautiful British parks and organize interesting, cultural events for children and adults. Volunteering also helped me gain practical knowledge in finance and administration.