



STAY ENGAGED: Upcoming events

HAPPY HOUR SERIES

MONDAY, SEPT 18TH 2023 ONLINE ON ZOOM
12 PM US EASTERN / 6 PM CENTRAL EUROPEAN

HOW WAS YOUR SUMMER?

Get a drink and join us to talk about what you did this summer.

Maros Chmelik (Slovakia) and **Vladislav Petkov** (Bulgaria) will kick-off the conversation with stories from their trip to the US.

Happy Hour is a GLC alumni online series for non-formal socializing and fun.

GLC Professional Fellows alumni activities supported by the U.S. Department of State, Bureau of the Educational and Cultural Affairs, Global Leaders Division.

Logos: U.S. Department of State, PROFESSIONAL FELLOWS, GLC Alumni Network, GREAT LAKES PARTNERSHIP

Monday, September 19th 2023

Happy Hour: How Was Your Summer?

Get a drink and join us to talk about what you did this summer: did you rest, travel, work? did you get married or painted the house? did you come up with a brilliant project idea? did you find your perfect work-life balance?

We want to know it all. Bring photos, if you wish!

Maros Chmelik (Slovakia) and Vladislav Petkov (Bulgaria) will kick-off the conversation with stories from their trips to the US. And then we want to hear from you!

[Zoom link to event](#)

[Link to Facebook event *](#)

17

Days

07

Hours

07

Minutes

59

Seconds

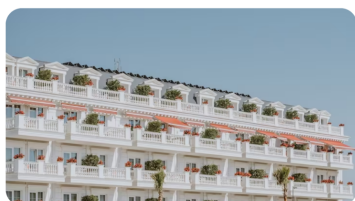
* As we strive to keep our gatherings safe, please note we are only creating private Facebook events within the FB group 'GLC Pro Fellows Alumni Network'. You won't have access to the Facebook events unless you are a member of the group.

Please don't share publicly the Zoom links to our events. You are however welcome to invite trusted colleagues and friends who might be interested.



Strengthening Communities of Learning and Practice

November 1- 5, 2023 | Golem, Kavajë
Flower Hotel and Resort



Hosted by Co-PLAN, Institute for Habitat Development for
60 International participants



November 1st – 5th 2023

International reunion in Albania

November is approaching and preparations for our international in-person reunion, which this year will take place in Albania, are intensifying!

The application and selection process is now closed and we are excited to welcome a dedicated group of 60 alumni across Europe and the US!

The agenda for the reunion is shaping up real nice, thanks to the ideas and contribution of so many! We are excited to work on strengthening our community of learning and practice, which is the theme of this year's reunion. Stay tuned!

STAY INFORMED: News Bites

Meet the GLC Professional Fellows Fall 2023 delegation

The GLC Professional Fellows Fall 2023 delegation is arriving in the US on September 4th 2023. The 12-member delegation from Albania, Bulgaria, Hungary, Romania and Slovakia will start its 40-days fellowship on governance and society in the United States as part of a U.S. Department of State Professional Fellows Program managed by GLCAP/GLC.

The delegation will first arrive in Chicago for orientation, getting to know each other and exploring issues, organizations and the local context.

Afterwards, on September 8th, they will start their 4-weeks tailored internship experience at 6 community organizations across 5 cities and 4 states. In early October, at the conclusion of the program, the fellows will reconvene in Washington, D.C. for peer learning. They will then meet with exchange programs' participants from around the world at a Professional Fellows Congress in Washington, D.C.



Read more about the program, our 12 fellows and their US hosting organizations in our special newsletter:

Download: Special Fall 2023 Delegation Newsletter

Welcome Brianna Dennis to the GLC Professional Fellows staff!

We are excited to introduce Brianna Dennis as the new International Program Specialists at GLCAP! Brianna will be the one to welcome our Fall 2023 delegation in the US and be the main contact for their stay.

Previously, Brianna worked at GLCAP as a Business Outreach Specialist for Community Development. She is based in Cleveland, Ohio and can be reached [at bydennis@glcap.org](mailto:bydennis@glcap.org).

Welcome to the team, Brianna!



Tara (left) and Nevena (right)
last met in Germany in
December 2022

First trip under the Dave Beckwith Memorial Strategic Partnerships Program is on

Nevena Pashova-Proycheva (Bulgaria, Spring 2015) is the first alumna to travel this year on the Dave Beckwith Memorial Strategic Partnerships Program. Nevena flies on the last day of August to return to Springfield, Massachusetts, and work with her original mentor Tara Parrish at [Pioneer Valley Project](#). The focus of her trip is political youth engagement, particularly in the context of local elections. Nevena will then work with

her youth group in the small mountain town of Chepelare in Bulgaria to transfer know-how. Nevena will stay in the US by September 20th.

The strategic partnership trips for European and American alumni from our program are possible thanks to the generous financial contribution of our alumni community!

STAY IMPACTFUL: Alumni successes



Ashod Derandonyan is starting a master program at Gallaudet University

Our alumnus Ashod Derandonyan (Bulgaria, Spring 2017) has arrived in Washington, D.C. to pursue a masters degree at Gallaudet University. Gallaudet is focused on education for the Deaf and hard of hearing and teaches in American Sign Language and written English. Ashod met with Gallaudet staff while he was in the US as part of his Professional Fellows program and they've later officially become a hosting partner in our GLC Pro Fellows program. Ashod's 2-years educational path at Gallaudet is supported by Fulbright and others. Read his departure essay [here](#).



Magda Ilie is among the moderators of 'Communities of Practice' program

Our alumna Magda Ilie (Romania, Spring 2015) is among the moderators of the initiative 'Communities of Practice', which is meant to provide space for sharing and learning for alumni members of the Community Solutions program. 'Community Solutions' is a peer Professional Fellows program, managed by IREX, which has been completed by Magda and others across our alumni community.

STAY REFLECTIVE: The Long Read



[healthline.com](https://www.healthline.com)

Post-Vacation Blues: How to Avoid or Overcome Them

"Numerous studies have found that vacations reduce stress and boost your sense of well-being.

But here's the somewhat surprising conclusion for many researchers: The happiness you feel on vacation usually doesn't last. When the vacation is over, people return to baseline levels of happiness within a few days.

If the happiness evaporates once you resume your daily life, is vacationing a waste of time and money? Researchers say no. One review said that question was like "asking why we should go to sleep considering the fact that we get tired again."

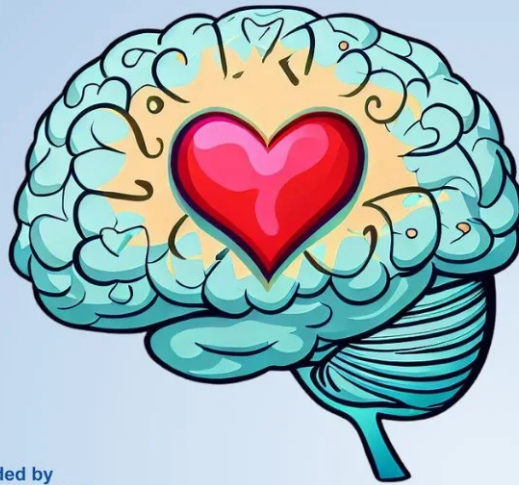
So, how do you handle the nearly inevitable slump that follows a holiday?"

The suggestions in this article might not change your life, but at least will give you an idea that you are not alone in your struggles. Also, there is one thing not listed there, we should add: try dealing with the post-vacation blues by joining our ['How was your summer?' Happy Hour](#) event on September 18th!

[Read full article](#)

Emotional Intelligence Toolkit

EQuip!



Co-funded by
the European Union



EQuip! Emotional Intelligence Toolkit

Prepared by our alumna Zsanett Fügő (Hungary, Spring 2015), this toolkit on emotional intelligence is meant for youth workers, but could also benefit many others! It is a result of an Erasmus+ project, which also included a training course on emotional intelligence in June 2023 in Szeged, Hungary with participants from nine European countries. The toolkit also includes a vast catalogue of movies, videos, podcasts and other resources on emotional intelligence. Get it for free!

[Download toolkit](#)

GLC Alumni Network

Contact us:

Vladislav Petkov, International Alumni
Coordinator at v.petkov@proeuropean.net

You receive this email because you are an
alumna/us/i or a friend of the GLC Teach

Brianna Dennis, International Program
Specialist at bydennis@glcap.org

Democracy program. We would be sad to
see you go, but you can always:

Elizabeth Balint, GLC Program manager at
eebalint@glcap.org

[Unsubscribe](#)



The GLC Alumni Network is administratively managed in Europe by our Bulgarian partner Pro European Network.



PROFESSIONAL
FELLOWS

