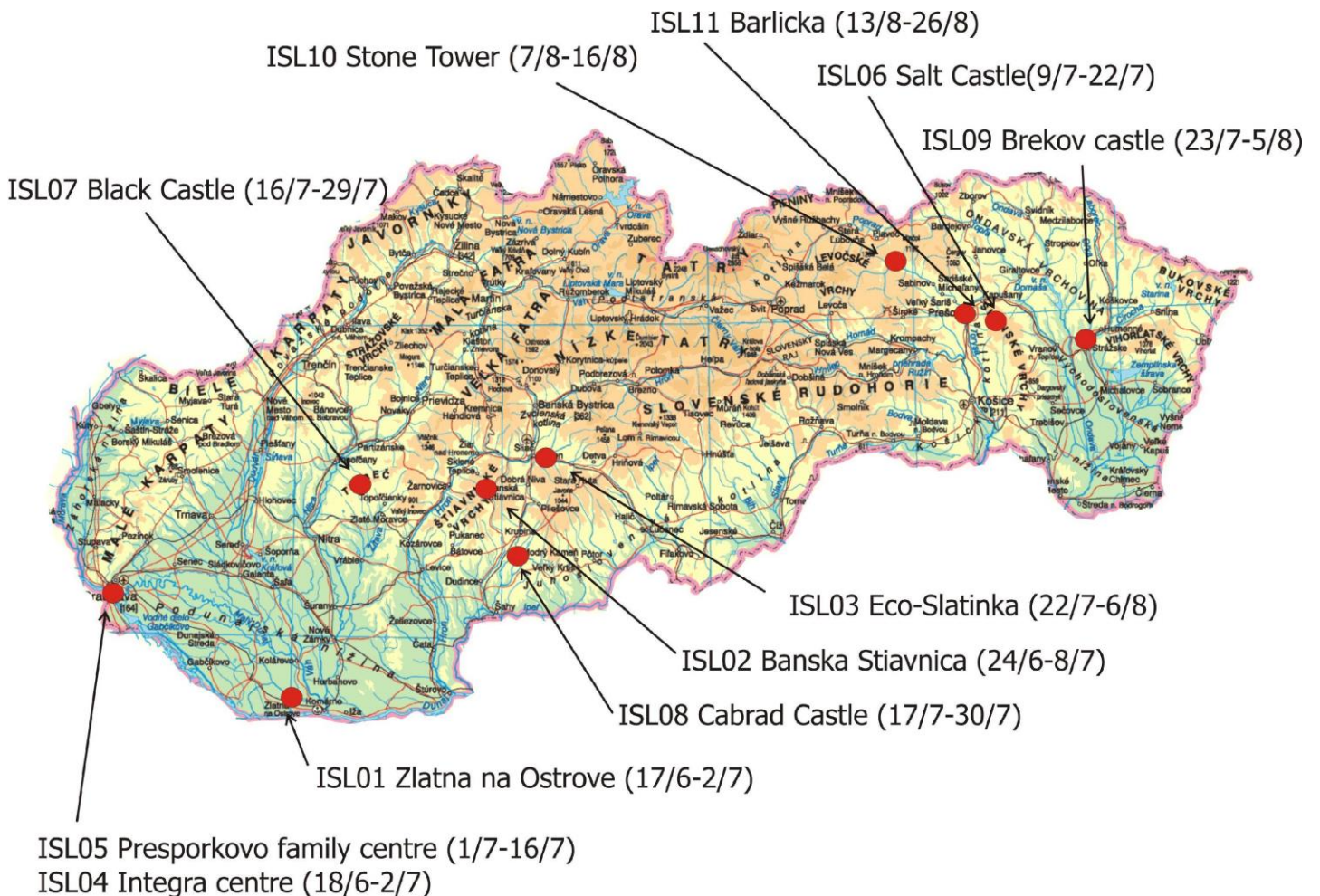


Medzinárodné dobrovoľnícke tábory na Slovensku v roku 2017 a ich hodnotenie očami dobrovoľníkov a koordinátorov



THE LIST OF WORKCAMPS 2017 of INEX SLOVAKIA

CODE	NAME	LOCATION	TYPE	FROM	TO	AGE LIMIT	VOLS	REMARKS
ISL 01	Zlatna na Ostrove	Zlatna na Ostrove	AGRI/ENVI	17.06.	02.07.	18-26	10	JCI camp
ISL 02	Banska Stiavnica	Banska Stiavnica	MANU/ENVI	24.06.	08.07.	18-26	10	JCI camp
ISL 03	ECO-Slatinka	Slatinka	ENVI	22.07.	06.08.	18-26	10	JCI camp
ISL 04	Integra centre	Bratislava	DISA	18.06.	02.07.	18+	6	MOT
ISL 05	Presporkovo fam centre	Bratislava	KIDS	01.07.	16.07.	18+	6	MOT
ISL 06	Salt Castle	Prešov	RENO/ARCH	09.07.	22.07.	18+	10	HDW
ISL 07	Black Castle	Zlatno	RENO/ARCH	16.07.	29.07.	18+	8	
ISL 08	Cabrad Castle	Cabradsky Vrbovok	RENO/ARCH	17.07.	30.07.	18+	8	HDW
ISL 09	Brekov Castle	Brekov	RENO/ARCH	23.07.	05.08.	18+	8	HDW
ISL 10	Stone Tower	Kamenica	RENO/FEST	07.08.	16.08.	18+	6	HDW
ISL 11	Barlicka	Prešov	DISA	13.08.	26.08.	18+	12	MOT



ABOUT US

INEX Slovakia (**IN**ternational **EX**changes) is a non-profit and non-governmental organisation offering remarkable experiences, personal development and meaningful free time activities for young people through international voluntary activities and non-formal education.

We have been encouraging young people in recognition of new cultures, creation of new friendships from all around the world and getting new skills and experiences since our establishment in 1993. We are members of **Alliance for European Voluntary Service Organisations** and partners of **Service Civil International**.

GENERAL CONDITIONS FOR PARTICIPATION IN OUR WORKCAMPS

Age limit: 18+ (18-26 in the workcamps ISL 01, 02, 03)

Common language used in the camps: English

Insurance: Please notice that INEX Slovakia does not provide any insurance. To join the workcamp in Slovakia you have to be insured. Do not forget to take your insurance with you.

CONTACTS:

INEX Slovakia

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Workcamps Programme - Brief description, size of programme & important features

Adult camps: **11**

RENO camps: 5

KIDS camps: 1

ENVI camps: 2

DISA camps: 2

AGRI camps: 1

*Total number of possible placement of **incoming volunteers: 94**

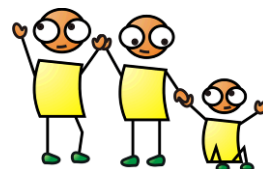
*We accept **6-12 international volunteers per camp** (Slovak volunteers in some camps)

*Every workcamp is led by **one or two leaders**, who are trained by INEX Slovakia

*Working hours vary widely among the camps – depending on type of work (e.g. – camps with kids, or disabled people could have longer working hours - due to spending the free time with them). Usually volunteers work **5-6 hours a day**.

*Camp language is **English**

*INEX workcamps are CAMPS – camps in every aspect – accommodation, location, catering, work and free time.



What else important....

We are looking forward to receiving your volunteers, don't hesitate to send them!

We are open to all volunteers 18+, which means that those who are over 30 are also very much welcomed at our workcamps :)

The workcamps will be visited by INEX Messengers who will organize an **educational workshop** about current events in Europe. They will also join the **"volunteering footprint" workshop**. The workshops are prepared and organized by our EVS volunteers, who will travel to all the camps.

The volunteers in our camps will also organize and participate in an intercultural event - **"Feast of cultures" - organised for local people** in the place of the camp site. The volunteers will prepare national food and presentations about their culture/country.

Our camps will follow the rules of the **Sustainability campaign**.

The study parts are very important on our camps and we will be preparing leaders for them thoroughly. We are looking forward to hosting volunteers with interest to learn something new :)

Workcampy 2017 - summary:

11 organized workcamps

107 accepted application forms

14 volunteers needed the visa, **2** canceled their participation

29 volunteers canceled their participation before the start of the workcamp

3 volunteers didn't arrive on the workcamp

75 volunteers have participated in the workcamps:

34 men (45%) and **41** women (54%)

29 countries had their volunteers on our workcamps

most volunteers came from Spain - **13**

22 years was the average age of the volunteer

53 years old was the oldest volunteer

16 unique coordinators of workcamps

11 workcamps were visited by INEX Messenger with workshops about Gratitude/Social issues/Migration and cooperation

11 workcamps were part of the:

Volunteering footprint campaign, Sustainability campaign, Feast of cultures

ISL 01 ZLATNA NA OSTROVE

ZLATNA NA OSTROVE, KOMARNO

17/06/2017 - 02/07/2017

Type: AGRI/ENVI

Vols: 10 Language: English Age: 18-26



Partner: The partner of the project is the Regional Association for Nature Conservation and Sustainable Development (BROZ), established in 1997. The activities of BROZ are focused on practical nature conservation and supporting the sustainable development mostly in the region of southwestern Slovakia. The activities of BROZ focus on Danube river restoration projects and rehabilitation of adjacent waterways and wetlands.

Work: The work will be done at the local Eco Farm and Eco Center, where the volunteers will spend time helping with the renovations. Participants will also help with the organization of a kids' horse race on July 1st; install the race obstacles, build tents, distribute posters and clean, amongst other tasks. Besides the horse race, volunteers will take care of the animals (sheeps, horses, cows, goats) and will help with the environmental conservation efforts of the local nature protection areas. Volunteers will pick up trash and remove invasive plants.

Accommodation & Food: The volunteers will stay in the local farm house where beds for sleeping are provided. The accommodation in tents is possible. **A sleeping bag is needed.** The centre has fully equipped kitchen, toilets and showers. The volunteers will prepare food by themselves (breakfasts, dinners) and the lunch will be provided by the local partner. On demand, vegetarian meals can be provided.

Location and leisure time: The workcamp place is on a 3km long Velkolelsky island near the village Zlatna na Ostrove. The Danube region offers many ways for volunteers to spend their free time. Volunteers can swim, do horseback riding, go birdwatching, fishing and kayaking. There are also thermal swimming pools in nearby Komarno, Velky Meder and Kolarovo.

Terminal: Zlatna na Ostrove, the south part of Slovakia. The volunteers could travel directly from Bratislava or from Komarno where you can arrive from Budapest. The meeting point will be directly in the village Zlatna na Ostrove where the volunteers will be accommodated.

Meeting point: Train station Zlatna na Ostrove, around 5 pm.

Remarks: You should bring a sleeping bag, warm clothes, raincoat, working clothes and gloves, swimming suit, repellent, pictures, recipes and songs from your home country. Any cultural items will be used at a multicultural evening event.

For more info about the project and the horse race please visit: www.broz.sk and <http://www.zlatyhucul.sk/>

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current issues in Europe. The volunteers will prepare the "Feast of cultures", an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps follow the rules of the Sustainability campaign.



The camp is organized with the support of Johnson Controls.

Johnson Controls is a global diversified technology and industrial leader serving customers in more than 150 countries. The company's 142,000 employees create quality products, services and solutions to optimize energy and operational efficiencies of buildings; lead-acid automotive batteries and advanced batteries for hybrid and electric vehicles; and interior systems for automobiles. Johnson Controls' commitment to sustainability dates back to its roots in 1885, with the invention of the first electric room thermostat. Through its growth strategies and by increasing market share, Johnson Controls is committed to delivering value to shareholders and making its customers successful.

Summary: Come to a workcamp in Zlatná na ostrove and gain unique experiences and new skills while living at a beautiful eco-farm! "Put down your phones, enjoy the breathtaking beauty of Slovak nature".

SUMMARY OF THE ISL 01 ZLATNA NA OSTROVE

There were 6 people participating at the camp from these countries: France, USA, India, Sweden + 2 coordinators from Slovakia and Netherlands and this is how they evaluated their time:

“What did you personally gain from the project?”

- I learned what hard work really is.
- I think it was a great opportunity for me to work with volunteers from around the globe. I learnt all the work that was/is a part of owning/working at a farm. It helped me grow in manners that cannot truly be qualified, but will be evident in me.
- How to share our culture with people from other part of the world. I've also gained every resource like water, food and nature is unlimited and it's us who need to protect and preserve.
- learn thanks to others
- I learned a lot about working with new people and the effect it has on interpersonal relationships. Also, that some things are difficult to do but are worth it in the long run.
- Learning a lot about different cultures, improving in English, learning how/about hard working, meeting new people that became friends.

“Should we continue with this project?”

- Yes, I think there is a lot for the environment that can be done in this island.
- Yes, working at a farm is a very different experience. I think it is great that people can experience it for themselves.
- Definitely yes! I really enjoyed the time with other participants and also with local peoples! Connection with them is thanks to INEX, I think.
- Yes, it's cool to work in farm.
- Yes, because I feel that I learned a lot and feel that others could benefit in the same way.
- Yes.

“Would you recommend a workcamp to your friends?”

- Yes, it is an excellent opportunity to grow and learn about other cultures.
- Yes, it is an experience I would recommend to my friends.
- Yes for sure! This was one of the my best workcamp! I've got many new friends and experiences which will build up future myself!
- Yes, because I had fun.
- Yes, because I think they can teach you a lot that will benefit you later in life.
- Yes, because even if the work has sometimes been hard for me, everything I'll remember about this workcamp is good.

“What will be your message for the next generations?”

- Be prepared to work hard and bring a lot of insect repellent.
- Work hard, keep an open mind, imbibe as much of this different culture, work and people as you can.
- Just join workcamp as much as you can, those will show you a new world and give you many amazing people, experiences and it will help you someday in future!
- Enjoy, share, work, peace and love.
- Work hard, have fun, and don't be afraid to try new things and experiences. There can be a lot to gain.
- Take the opportunity to go abroad without paying a lot, it will make you grow more than anything else.

ISL 02 BANSKA STIAVNICA

BANSKA STIAVNICA

24/06/2017 - 08/07/2017

Type: MANU/ENVI

Vols: 10 Language: English Age: 18-26



Partner: The workcamp will be organized in an old mining town in the middle of Slovakia together with the local scout group in Banska Stiavnica. The town is under UNESCO protection, which attracts a large amount of tourists during the summer. The project is dedicated to the renovation of the historical Calvary of Banska Stiavnica and environmental activities. The project is run together with Kalvarsky fond and local scout group. Workcamps have been organized on the Calvary since 1999.

Work: The work will be done at the Calvary – mostly environmental and manual activities – picking the stones, cleaning the place, cutting the grass, digging the ground, cleaning the interior of the churches and chapels, cleaning the drains, repairing the paths leading to the Calvary.

Accommodation & Food: The volunteers will be accommodated in the Scout House in the centre of Banska Stiavnica, 2.5 km away from the Calvary. The volunteers will sleep in the place called "attic". Mattresses will be provided, but a **sleeping bag is required**. The Scout house has a very nice garden right under the Old Castle. The volunteers are going to prepare food by themselves. A different team will be in charge of cooking breakfast and dinner each day and the lunch will be served at the worksite, provided by a local restaurant. On demand, vegetarian meals can be provided.

Location and leisure time: There are a lot of interesting places to visit and the area is surrounded by nature. Banska Stiavnica is famous for its old mining history; therefore, various lakes and mines are open for the public and several touristic routes offer a pathway into the nature surrounding the area. There are also several festivals and cultural events organized in the town during the summer. Volunteers will visit historical places in the city that are linked with its mining history.

Terminal: Airport, bus and train station in Bratislava, then Banska Stiavnica bus station. Please keep in mind that the journey from Bratislava to Banska Stiavnica takes app. 4 hours. So please plan your journey to Bratislava with arrival in the morning.

Meeting point: Scout House, Antona Pecha 69/2, 969 01 Banska Stiavnica, around 5 pm.

Remarks: You should bring games, pictures, recipes and songs, which are typical in your cultures, to use during the multicultural evenings; sleeping bag, warm clothes, raincoat, working clothes and gloves, swimming suit and a smile on your lips.

For more info about the location: www.banskastiavnica.sk; www.kalvaria.org

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current issues in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps will follow the rules of Sustainability campaign.



The camp is organized with the support of Johnson Controls.

Johnson Controls is a global diversified technology and industrial leader serving customers in more than 150 countries. The company's 142,000 employees create quality products, services and solutions to optimize energy and operational efficiencies of buildings; lead-acid automotive batteries and advanced batteries for hybrid and electric vehicles; and interior systems for automobiles. Johnson Controls' commitment to sustainability dates back to its roots in 1885, with the invention of the first electric room thermostat. Through its growth strategies and by increasing market share, Johnson Controls is committed to delivering value to shareholders and making its customers successful.

Summary: If you want to discover the UNESCO city of Banska Stiavnica, help with the renovation of an old Calvary and make friends from all over the world, then join this workcamp in Slovakia!

SUMMARY OF THE ISL 02 BANSKA STIAVNICA

There were 9 people participating at the camp from these countries: France, USA, Germany, Turkey, Mexico, Spain, Italy, Hungary + 2 coordinators from Slovakia and this is how they evaluated their time:

“What did you personally gain from the project?”

- I usually get good grades from English exams but I do need to practice my speaking, this workcamp was the first for me that I need to speak English
- Experience in manual labor and friendship all combined with a feeling of compassion and care for the town and my fellow volunteers
- Cultural learning, new friendship, knowledge of taking care of environment
- I've got new friends, met with new personalities, in general live experience I would say
- I learnt how to work with a group of people, ask for help if I need it, trust other people and give them a hand if they need help
- I learned a lot about new cultures, I met amazing people and each one of them was a lesson for me, I learned how to work good in a group and a lot of physical/manual work I could not do before
- Respect time, be creative, use team work, try to change
- I gained confidence, new experiences and the feeling of being accomplished when doing something meaningful
- A great possibility to discover my own personality in a new environment as well as learning from others

“Should we continue with this project?”

- Yes, because it's amazing
- Yes, the Calvary is a very important part of this town that would be near empty without it
- Yes, because Calvary is a beautiful place and still needs a big help to restaurate it entirely, also Scout house is really nice place that is the home in the summer for volunteering people
- Yes, because it's a great experience for volunteers and work is useful
- Yes, because it's a very beautiful and helpful project for Banská Štiavnica
- Yes, we all had an amazing experience and, at least for me, very helpful ☺ I learned a lot of new things and grew up a little more
- Yes, because it's aim is to make sure the sustainability of the environment
- Yes, because we are in a beautiful place that needs to be preserved
- Yes, great place, very helpful work with wonderful and dedicated local partner

“Would you recommend a workcamp to your friends?”

- Yes, they should see at least one in a lifetime.
- Yes. The perspective you gain here about other people and hard work is second to none.
- Yes, a beautiful place (town), greatest international experience.
- Yes, because I liked it.
- Yes, because I have had an amazing and unforgettable experience.
- Yes (I already did...)
- Yes, because he will learn many new things that he will add to his experience.
- Yes, because it was a good experience.
- Yes - wonderful experience, very educating No - I don't like to pay the 100 eur administration fee, paying for working?

“What will be your message for the next generations?”

- Be kind to yourself and to the others.
- You are truly helping out a lot of people by contributing to this project. In time you will see the fruits of your labor a joy in knowing you personally helped make this possible.
- Enjoy it and give your best at your tasks.
- You will have great time. Keep your expectations high.
- Work hard and be kind to others! Don't be afraid of doing new things!
- Be open to this experience, let everyone you meet be a lesson for you and face everything with positiveness.
- Try to take as much as you can from the advantages of this camp.
- Don't be afraid of new things, you always need a change.
- Just try it! You will not regret it. You get out, what you give in :)

ISL 03 ECO-SLATINKA

SLATINKA, ZVOLEN

22/07/2017 – 06/08/2017 Type: ENVI

Vols: 10 Language: English Age: 18-26



Partner: The Slatinka Association was established in 1993 as a reaction to the construction of the Slatinka water dam on the Slatina River. The association's mission is to work at the basin of the Slatina River, to protect the environment and preserve natural areas while spreading consciousness of the project's effects on nature. One of their main aims is to bring life back to the village of Slatinka, since many people had to leave due to the dam construction. Workcamps like this one have been organized in Slatinka since 2011.

Work: The work will be done around and in the village of Slatinka. The volunteers will help with reparation of the old small belfry, protecting the wood by impregnating it, painting and cleaning the area. They will take care of old trees – original kinds of apple trees in Slatinka – cleaning the area below the trees from bushes, grass cutting. Cleaning the area in Slatinka, grass cutting, land-art along the riverside, planting flowers and bushes, helping at the park of Lanice, close to the town of Zvolen. Cleaning the educational path in the Slatina valley, cutting the branches, fixing the educational/information boards. Helping in the garden behind the Eco Center, cutting the grass, mending the fences. The working hours are divided as follows: 4 hours in the morning and 2 hours in the afternoon.

Accommodation & Food: Volunteers will stay at a local school called the Eco Center. The center has an outdoor shower that requires participants to manually heat water before each shower, and the toilets are dry (outhouses). There will not be access to running water, so water will be delivered or taken from a well pump for showers. On-site access to electricity is available. There are two bedrooms with mattresses, but **a sleeping bag and mat** are required.

Meals will be prepared by the volunteers themselves. The food will be mostly vegetarian.

Location and leisure: Slatinka is a little village near Zvolen located in the Central part of Slovakia. The village is surrounded by beautiful nature with many touristic routes and hiking opportunities. The volunteers may visit Zvolen, where they will find a castle, a historical center and other interesting sites.

Terminal: Airport – Bratislava; then train or bus to Zvolen; and then to Slatinka. Please keep in mind that the journey from Bratislava to Zvolan takes app. 4 hours. So please plan your journey to Bratislava with arrival in the morning.

Meeting point: Bus station in Zvolen, around 5 pm.

Remarks: Bring a sleeping bag and a mat, working clothes and gloves, warm clothes, raincoat, strong boots, swimming suit, headlamp, penknife and a smile on your lips :) You may also bring musical instruments and CDs with your favourite songs from your country to share/play with the group.

Study Part: The workcamp will have a rich environmental study part as the local partner is an ecologically-focused organization. Volunteers will learn about environmental protection efforts in Slovakia and all the issues related to the dam construction. Participants will also learn about the history of Slatinka and Zvolen. The workcamp will be visited by INEX Messenger who will organize a workshop focused on current issues in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps will follow the rules of Sustainability campaign.

Attention: The camp is for nature and ecology lovers! Mostly vegetarian food and eco camp!

For more info and pictures about the project please see: www.slatinka.sk



The camp is organized with the support of Johnson Controls.

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SUMMARY OF THE ISL 03 ECO Slatinka

There were 8 people participating at the camp from these countries: Australia, Great Britain, France, Taiwan, Italy, Serbia, Spain + 2 coordinators from Slovakia and this is how they evaluated their time:

“What did you personally gain from the project?”

- I gained experience by travelling by aeroplane on my own for the first time and learning about other cultures
- new friends, new skills (physical and linguistic) good memories a better understanding of other countries
- new skills and knowledge of some other cultures/languages, new friends
- I improved my English level
- friendship, learn different cultures, learn different skills and have different experience
- I improved my English and I learned how to do some manual works
- I gained new experience, skill and made new friends
- the way I look at the things or situations

“Should we continue with this project?”

- 100% yes! I loved my time in slovakia because I gained new skills, independence and have a great experience
- yes, always work to be done and it is a great little town
- yes, i think work in towns like slatinka benefit volunteers and locals
- yes, because slatinak really deserves to keen in life and not abandoned
- yes, it was really fun and you can learn a lot in this camp
- yes, because it is very important for the future of Slatinka and because it is an amazing experience for the volunteers
- yes, because it is very fun and helps the community
- yes, I think it is important to preserve Slatinka, it is a nice place

“Would you recommend a workcamp to your friends?”

- yes, but you definitely have to be a certain tye of person to do the workcamps
- yes, it is a great way to learn about world cultures
- Yes, I think it is a great expereince and a good way to contribute to society
- Yes, because it is a really good experience which points at everyone to grow up in some way
- no, because some people cant bear the basic shower place and toilette
- yes, because it is a way to know new people, improve your english and help the environment
- yes, because the are a great experience
- Yes, everybody needs to experiment new experiences and meet people from different cultures, is good to open our mind

“What will be your message for the next generations?”

- it is worth it, there will be ups and downs but you will be so proud of yourself
- immerse yourself and try to be as confident and carefree as possible
- I would recommend it and I would stay to go in with an open mind and enjoy yourself
- just go and enjoy this experience
- Can bear the basic shower place and toilette, Can bear the hot weather and hard work.
- share everything. Be yourself, you will not regret
- you will have a lot of fun and meet new people. Be open minded
- enjoy

ISL 04 INTEGRA CENTRE

BRATISLAVA

18/06/2017 – 02/07/2017

Type: DISA

Vols: 6

Language: English

Age: 18 +



Partner: Social center Integra provides care for their clients - children and adults with heavy mental and physical disabilities and in lots of cases also for people with inhibited senses. Most of the clients are on wheelchairs and are visiting the centre on daily, weekly or annual bases. The volunteers in the centre are breaking down the routine of the clients and employees. The workcamps have been organized together with Integra since 2005. The clients are looking forward to the workcamp and meeting the volunteers.

Work: The volunteers will organize free time activities (e.g. workshops, trips to the lake, games, an evening theatre etc.) for mentally and physically disabled people. The activities for them will be creative, musical, rhythmic, sport or other workshops. The ideas for the activities are invented and created by the volunteers who want to help in social integration. The camp is THE event of the year in the life of youngsters with disabilities and the whole Integra centre.

Accommodation & Food: Lodging will be provided directly in the building of the Integra centre. **Sleeping bag** is needed. Volunteers will be in charge of preparing dinners by themselves, breakfast and lunch will be eaten together with the youngsters in the cafeteria. On demand, vegetarian meals can be provided.

Location and leisure: The capital of Slovakia – Bratislava is situated in south-western part of Slovakia next to the border with Austria and Hungary. It has a fascinating history and culture, magnificent Old Town, picturesque castle on a hill just above the city, and – last but not least – the night life has a lot to offer too ;)

Terminal: Airport, bus and train station in Bratislava.

Meeting point: Integra centre Tylova 21, Bratislava, around 5 pm.

Remarks: Bring sleeping bag, swimming suit, some info, materials and pictures of your country, material which you could use in your workshop for clients, musical instrument to play nice music, some ideas for games with the children and youngsters, your enthusiasm and a smile on your face :)

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current events in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps will follow the rules of Sustainability campaign.

Attention: MOTIVATION LETTER IS NEEDED

For more info about INTEGRA: www.dsssintegra.sk

Summary: This is your chance to bring lots of happiness to the lives of other people and at the same time learn deeper understanding about differences between us all!

SUMMARY OF THE ISL 04 INTEGRA CENTRE

There were 6 people participating at the camp from these countries: Turkey, Slovakia, Mexico. France, Romania + 1 coordinator from Slovakia and this is how they evaluated their time:

“What did you personally gain from the project?”

- My perspective in life has changed. I learned how to work with mentally and physically disabled people.
- Že tu budem pokračovať v Integre.
- Being thankful about life, the opportunities you have.

“Should we continue with this project?”

- Yes, because I think that it is a great experience for just not only volunteers but also for clients.
- Áno, je to pekný projekt.
- Yes, because it helps you to see things from other side, be grateful too.

“Would you recommend a workcamp to your friends?”

- Yes, because the experience that you have in the end of the camp is something that affect your whole future life.
- Ale áno. Určite odporúčam aj iným...
- Yes, it was really funny, good, it help me, I learn new things, and meet new people and interact with them.

“What will be your message for the next generations?”

- Go for it. Do something meaningful for the society and have a contribution to people's lives.
- Nebojte sa výzvy.
- Bring body cream, a pen and a notebook to write weird words.

ISL 05 PRESPORKOVO FAMILY CENTRE

BRATISLAVA

01/07/2017 – 16/07/2017

Type: KIDS

Vols: 6

Language: English

Age: 18 +



Partner: Presporkovo family centre is a non-profit organisation established by mothers on a maternity leave from the city part Bratislava – Old Town. The aim of the centre is to provide meaningful program for families with children from 0 months to 6 years. Presporkovo organizes cultural, sport and educational activities and events for children and their parents. All the activities are organized directly by the mothers free of charge and on a voluntary basis. App. 40 families visit the centre each day. The workcamps have been organized together with Presporkovo since 2014.

Work: The work of the first days will be focused on preparation for the kids camp. The kids are 3-8 years old. The volunteers will help with organising activities, games, creative workshops and intercultural program for children at the centre during the "Kids summer international camp" 3rd to 14nd July. The workday lasts from 8.30 till 15.30, lunch included.

Accommodation & Food: Lodging will be provided in a dormitory, a **sleeping bag is needed**. The volunteers can use the kitchen and toilets. Volunteers will be in charge of preparing breakfast themselves, dinners will be provided by families of Prešporkovo. The lunch is provided in the canteen where you will have lunch together with the kids. On demand, vegetarian meals can be provided.

Location and leisure: The capital of Slovakia – Bratislava is situated in south-western part of Slovakia next to the border with Austria and Hungary. It has a fascinating history and culture, magnificent Old Town, picturesque castle on a hill just above the city, and – last but not least – the night life has a lot to offer too ;)

Terminal: Airport, bus and train station in Bratislava.

Meeting point: Presporkovo Family centre, Grosslingova 48, Bratislava, around 5 pm.

48.14536325805208, 17.121637165546417

Remarks: Bring a swimming suit, comfortable clothes for playing with the kids, some info, materials and pictures of your country, musical instruments to play nice music, some ideas for games with the children, your enthusiasm and a smile on your lips :)

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current issues in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps will follow the rules of Sustainability campaign.

Attention: MOTIVATION LETTER IS NEEDED. As the volunteers are staying in the family centre and will work with children, alcohol, cigarettes and other drugs are not allowed in the centre.

For more info about Presporkovo: <http://www.presporkovo.sk/>

Summary: Do you want to spend two weeks working with children in the beautiful capital of Slovakia with people from all over the world? This is your chance!

SUMMARY OF THE ISL 05 PRESPORKOVO FAMILY CENTRE

There were 5 people participating at the camp from these countries: Spain, Mexico, Hong Kong, Russia + 1 coordinator from France and this is how they evaluated their time:

“What did you personally gain from the project?”

- New friends, more knowledge about this country, I bring with me lot of good moments and memories (also with children)
- know more about young people and their life style
- I've got a great experience of working with kids, which I suppose would be very useful for me.
- I feel like I grew as a person and my english got better

“Should we continue with this project?”

- Yes, this particular project is perfect if you want to stay with children
- sure it is beautiful to work with the workcamp participants (children and family) and the volunteers
- yes, because this project is a beautiful option for Slovak families
- yes definitely

“Would you recommend a workcamp to your friends?”

- Of course. I was recommended by a friend and I enjoyed a lot. I think it is an opportunity you can not miss
- Yes, people here are very friendly and caring
- Yes for those who are interested in working with kids
- yes it was a really good experience and it is a wonderful way to travel

“What will be your message for the next generations?”

- You will enjoy a lot with children, local people, as well as with your own group of volunteers
- a good opportunity to know about european culture (not just slovakia)
- enjoy every moment of this camp, cause two weeks will finish very very fast
- be brave and be creative

ISL 06 SALT CASTLE

PRESOV

09/07/2017 – 22/07/2017

Vols: 10

Type: RENO/ARCH

Language: English

Age limit: 18 +



Partner: The Civil Association Rakociho cesta carries the idea of a touristic path that would connect places related to the history of the Rakoci's family tree. The aim of the movement is to preserve and renovate historical monuments and traditions. They would like to continue with the original "Rakoci's path" goal which was to contribute to the development of the region. Rakociho cesta is currently involved in the renovation of the following castles: Saris, Kapusany, Sebes, Solnohrad (Salt Castle), Lipovce and Obisovce. The workcamps are organized with the association since 2008.

Work: Revitalizing the old ruins of the Salt Castle in Slovak Carpathians: renovation works, cleaning the area, helping with masonry work by using traditional techniques, transport of the materials such as sand, rocks, and water. The volunteers will help with archeological activities and they will learn about castles in Eastern Slovakia.

Accommodation & Food: The volunteers will stay in the village Ruska Nova Ves (7 km from Presov) in the eastern part of Slovakia. Lodging will be provided in the area of the local football club - **warm sleeping bag and mat** are needed. The food will be prepared by the volunteers themselves. On demand, vegetarian meals can be provided.

Location and Leisure activity: Ruska Nova Ves is 7km far from the the city of Presov – the 3rd biggest city in Slovakia. There is a playground near the school, swimming possibilities in the city of Presov, visiting historical monuments and historical centre, the Salt Museum, trip to other castles and mountains in the surroundings.

Terminal: Airport – Bratislava, Kosice; then train or bus to Presov. Please keep in mind that the journey from Bratislava to Presov takes for app. 6 hours. So please plan your journey to Bratislava with arrival in the morning or try to find the flight connection directly to Kosice.

Meeting point: will be in the village Ruska Nova Ves near Presov, around 5 pm. 48.9766881, 21.323773800000026

Remarks: Bring sleeping bag and mat, working clothes and gloves, warm clothes, raincoat, strong boots, repellent, swimming suit and a smile on your lips :)

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current events in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps will follow the rules of Sustainability campaign.

Attention: HDW - Hard Work;

The camp is for history and nature lovers and for those who are not afraid to accept the challenge of living in difficult conditions for two weeks surrounded by beautiful nature!

For more info about the project: <http://www.hrad.wbl.sk/>

Summary: This workcamp is a magical opportunity to do and experience amazing and unusual things that you would not normally get to do in your everyday life.

SUMMARY OF THE ISL 06 SALT CASTLE

There were 9 people participating at the camp from these countries: Czechia, Lithuania, Spain, Belarus, Russia, Denmark, Italy, France + 2 coordinators from Romania and Ukraine and this is how they evaluated their time:

“What did you personally gain from the project?”

- we had fun, I found friends and practise my language
- my aim to go to this project was know about the archeological work and make new friends, also know different cultures and I get all of these things
- I gain a lot. Especially about slavic languages and differences between them
- It was interesting and fun
- Cultural exchange, Slovakian history/culture, friendships
- Learning to live in group, new cultures, new country, speaking english
- new skills and knowledge in archeology, new information about Slovakia and castles, new experience in local food and drinks

“Should we continue with this project?”

- of course yes, it is nice to see Slovakia from "work" side
- yes, it is very important to restore the castles, there are a lot of enthusiastic locals which need to support of volunteers
- yes, we learnt and enjoyed this workcamp a lot and this is a very beautiful project
- yes, because of it is the most interesting and useful workcamp project, that I ever heard, I heard about a lot of.
- yes, it was very interesting useful and fun
- Yes. The work was very well organized. The archeology part was interesting. Moving stones was a little hard and a little boring in the end.
- yes because is very interesting
- yes, very good moments, I shared a lot of things with people from the whole Europe
- yes, big work was done, but it was just preparation for the future reconstruction

“Would you recommend a workcamp to your friends?”

- I would, you will try something new (archeologist work) and see beauty of castles in Slovakia
- yes, I enjoyed a lot
- yes, it is fun and good
- yes, it is a very good way to meet people from other countries
- Yes! Great experience, good mood, Fun!
- yes, because of possibilities for new skill and good holidays

“What will be your message for the next generations?”

- hi guys, continue in our job (work) and have fun
- get ready for some stones
- you will meet a lot of wonderful people, volunteers and local people. Also they will know a lot of things about Slovakia and this project with the castles
- Enjoy it
- Enjoy
- prepare for physical work and say it out loud if you want to change to different "job" or need a break.
- Let's go and have fun
- work hard and you will see wonderful results

ISL 07 BLACK CASTLE

ZLATNO, ZLATÉ MORAVCE

16/07 – 29/07

Type: RENO/ARCH

Vols: 8

Language: English

Age: 18 +



Partner: The association Black Castle is focused on promoting Black Castle ruins for local tourism. It is involved in carrying out archaeological research and restoration of the castle. The archaeological excavations are performed in the cooperation with The National Bureau of Monuments of The Slovak Republic by using traditional methods and materials during the restoration works. Workcamps have been organized here since 2005.

Work: Reconstruction works in the area of a perished medieval castle – “Black Castle”. It will involve manual work on the ruins of the castle, such as walling, preparing the mortar, cleaning the area, sawing fallen trees and branches, sorting the stones, carrying material to the castle. The volunteers will assist the archaeologists with the research (digging in the archaeological probe, sifting the rubble and looking for artifacts, cleaning of the archaeological finds retrieved from the castle).

Accommodation & Food: Lodging will be provided in a house with all basic hygiene facilities. Warm **sleeping bag and mat** are needed. Be ready to stay in a village with poor mobile phone network (a phonebooth is available in the village). The kitchen within the house will be used to prepare the meals by the volunteers themselves. On demand, vegetarian meals can be provided.

Location and Leisure activity: The place of the camp is situated in the village of Zlatno, 17km north-east from the town Zlate Moravce, app. 130 km east from Bratislava. Zlatno was one of the many villages in Slovakia known for goldwashing in the middle ages. This was also a reason why the castle was built in such a remote place, far from the trading routes and cities. Volunteers can learn more about the history of the Black Castle and other castles in the region. The surrounding area offers many opportunities for hiking.

Terminal: The nearest airport is BTS in Bratislava, Slovakia. The nearest terminal (train-, bus-, taxi station): Zlate Moravce - bus station. Then continue by a bus to Zlatno. Please keep in mind that the journey from Bratislava to Zlate Moravce takes app. 3 hours.

Meeting Point and Time: Zlatno – village, around 5 pm.

48.4645418,18.31296420000001

Remarks: Bring a sleeping bag and a mat, working clothes and gloves, strong boots, raincoat, hat, repellent, warm clothes, swimming suit, enthusiasm and a smile on your lips :).

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current events in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the “volunteering footprint” workshop. Our camps will follow the rules of the Sustainability campaign.

Attention: HDW - Hard Work;

The camp is for history and nature lovers and for those who are not afraid to accept the challenge of living in difficult conditions for two weeks surrounded by beautiful nature!

For more info about the project please visit: <http://www.ciernyhrad.sk>

Summary: Find the hidden treasure at the mysterious Black Castle in Slovakia.

SUMMARY OF THE ISL 07 BLACK CASTLE

There were 6 people participating at the camp from these countries: Ukraine, Serbia, Korea, Russia + 1 coordinator from Slovakia and this is how they evaluated their time:

“What did you personally gain from the project?”

- Many new friends
- experience, higher condition, new skills, new adventures
- My physical ability is more better than before I hiked mountains always
- I think that participation in this project was an opportunity for me to try new things (like working on the historical site), make new friends from different countries, cope with any problems related to cultural differences or misunderstandings
- pleasure
- I think that participation in this workcamp was an opportunity for we learn new things (other cultures, languages, make new friends, etc.)

“Should we continue with this project?”

- should continue, it is very important
- yes
- yes, for proceeding these projects, people can understand the other culture
- I am sure that INEX Slovakia should support the project, because the project is a possibility to work with an object of historical value, which people should preserve and reconstruct
- it is important to save cultural heritage
- Yes, because this project is great, for village, town and country

“Would you recommend a workcamp to your friends?”

- yes it is very interesting
- i will tell them all the best about this workcamp, but most of them are not interesting in camping
- yes it is a good chance to know about Slovakia and the other countries
- I would definitely recommend a workcamp to my friends. Still, it is better when participants come from various backgrounds (cultures, educational, institutes)
- I support the aim of the workcamp
- I will recommend this workcamp to my friends, because the place is beautiful, accommodation and food are good and the aim of workcamps is excellent.

“What will be your message for the next generations?”

- Save the cultural traditions and history
- Love nature and love Slovakia
- Don't be afraid, go to them, say your opinion
- Reconstructing of the castle takes a lot of time and work. Even if one person's contribution seems insignificant, that is not true, as the combined work of many people of lots of generation will make a huge difference
- Save the cultural traditions and history
- Come to build a Black Castle

ISL 08 CABRAD CASTLE

CABRADSKY VRBOVOK, KRUPINA

17/07/2017 – 30/07/2017

Type: RENO/ARCH

Vols: 8

Language: English

Age: 18 +



Partner: The association RONDEL was established in the year 2000 and since then their main goal is the reparation of the ruins and promoting the Cabrad Castle and the area where it is located for local tourism. Cabrad is one of the least-known castles in Slovakia and was built to protect the surrounding mining towns in the area from the south during the time of the Ottoman invasion. Workcamps have been organized there since 2012.

Work: Work will be specifically aimed at preservation of the badly damaged ruins of the Cabrad castle. There are static defects (gaps and holes) in the masonry and volunteers will work on repairing them - preparing the stone, sand, mortar and materials that will be transported to the castle. The volunteers will help with cleaning the area of the castle, renovating the paths in the ruins. No specific skills required.

Accommodation & Food: The Cabrad Castle is situated on the west slopes of Krupina Mountains. It is 4 km far from the civilization so there is no electricity and no public transport. The only water supply available is in the valley and has to be carried up. Accommodation is in the attic of the castle gate. There is a dry, wooden floor and mattresses are available. There is no heating and the nights are cold. Bring a warm **sleeping bag and a mat**. The building has 2 floors; you need to climb upstairs using a wooden ladder. There is no electricity in the castle - only candles and torches (it is highly recommended to bring your own). If you have your own tent, you can build it in the courtyard of the castle. A kitchen on solid fuel furnace, open fire, or a small camping gas cooker will be used for preparing meals. The volunteers will help with cooking. On demand, vegetarian meals can be provided.

Location and Leisure activity: The castle is located near the villages Cabradsky Vrbovok and Konske. They are villages near Krupina (16 km far away) located in the Central part of Slovakia. From the village Konske (4 km) you can get by walking to the ruins of the Cabrad Castle – the place of the workcamp. The meeting point will be in the village Cabradsky Vrbovok.

The castle is surrounded by beautiful nature and with several possibilities for hiking. There are interesting historical towns in the surrounding area and the region itself is interesting for historians, geologists and biologists alike.

Terminal: Airport – Bratislava; then train or bus to Zvolen, continuing by the bus to Krupina and then take the bus going to Cabradsky Vrbovok. Please keep in mind that the journey could take app. 4 hours, so please plan your journey to Bratislava with arrival in the morning.

Meeting point: Cabradsky Vrbovok, local pub named "U mna", around 5 pm.

Remarks: Bring a **warm sleeping bag and a mat** (for little bit of extra comfort), working clothes and gloves, warm clothes, raincoat, strong boots, **torch**, bowl, spoon and a smile on your lips :) You can also take musical instruments and something typical from your country that you would like to share with other volunteers and the local community.

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current issues in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps will follow the rules of Sustainability campaign.

Attention: HLC – Hard living conditions. The camp is for history and nature lovers and for those who are not afraid to accept the challenge of living in difficult conditions for two weeks surrounded by beautiful nature!

For more info about the project and the history of the castle please access:

<http://www.rondel.sk/inex-information/>

Summary: "Take working clothes and be ready for adventures!" In Cabrad you will have unforgettable experiences while renovating an old Slovak castle far from civilization!

SUMMARY OF THE ISL 08 CABRAD CASTLE

There were 5 people participating at the camp from these countries: Spain, Mexico, Catalunya, Serbia, France + 3 coordinators from Slovakia and France and this is how they evaluated their time:

“What did you personally gain from the project?”

- A way to disconnect from the daily life and concerns, spend time making physical activity in an idealic environment
- another perspective of the world of the difference between two continents and the great similarity of thought enter us young people
- I have grown up mentally and physically
- learned from new cultures, community life, discovered slovakia and a part of its history

“Should we continue with this project?”

- yes
- yes, because yes
- why not?
- yes, because Čabrad' castle can become good touristic place with an effort of people. Views, nature and all other possibilities are potential of the castle
- yes, this is a unique site and there is still so much to do and discover here

“Would you recommend a workcamp to your friends?”

- yes
- yes it is a great place
- yes, absolutely yes
- yes, because it is something totally new and unique. Living for two weeks with strangers can show the best term
- yes

“What will be your message for the next generations?”

- The preservation of the culture is the best
- Prepare yourselfm this is going to be amazing
- teamwor! Open mind!
- "Bora bora"

ISL 09 BREKOV CASTLE

BREKOV, HUMENNE
23/07/2017 - 05/08/2017
Type: RENO/ARCH
Vols: 8
Language: English
Age: 18 +



Partner: The Association for the rescue of the Brekov Castle is concerned with the conservation of the Brekov Castle, and renovating some of its parts. Besides this, the association is involved in collecting information about the Brekov castle, guide activities (from archives, literature, inhabitants), fundraising, providing information to the wide public and organizing cultural events connected with the castle. Workcamps have been organized on the Brekov Castle since 2009.

Work: Reconstruction work in the area of the ancient ruins of the castle Brekov from the 13th century. Much of the work will involve manual masonry works. The volunteers will help with the archaeological research on the castle. Cleaning and environmental activities will be also part of the work. The volunteers will learn the old techniques of masonry.

Accommodation & Food: Lodging will be provided in tents in the area of the castle. In case of bad weather lodging will be provided in the village Brekov. It is necessary to bring a **sleeping bag and a mat**. Showers and facilities, hot water and fully equipped kitchen are provided in the local hall of Brekov. Groceries will be provided by the local community. Dinners will be cooked by the volunteers themselves. On demand, vegetarian meals can be provided.

Location and leisure: Brekov is a village near Humenne in the Presov Region of north-eastern Slovakia. The ruins of the Brekov Castle are located on the hill above the village and are in fairly good shape. Brekov Castle was built around 650 AD by the Slavonic nations. The area offers several possibilities for hiking or visiting several ruins of other castles.

Terminal: Airport, bus, train in Bratislava, or Kosice; then train or bus to Humenne. Volunteers will be picked up in Humenne and transported by the local partner directly to Brekov. Please keep in mind that the journey from Bratislava to Humenne takes app. 8 hours. Plan your journey to Bratislava with arrival in the morning, or try to find flight connection directly to Kosice (2 hours from Humenne).

Meeting point: Humenne train station, around 5 pm.

Remarks: Suitable sleeping bags and mats, working clothes, warm clothes, raincoat, strong boots and good spirit :) are needed.

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current events in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps will follow the rules of the Sustainability campaign.

Attention: The camp is for history and nature lovers.

For more info about volunteer organization see the website: <http://www.brekov.eu/>

You can discuss about International volunteer workcamp Brekov 2017 and find also photo and video from previous workcamps on the facebook group „IVW Brekov 2017“.

Summary: Explore nature and history while helping with archaeological research and reconstruction of a 13th century castle in the East of Slovakia!

SUMMARY OF THE ISL 09 BREKOV CASTLE

There were 7 people participating at the camp from these countries: Germany, Spain, Mexico, Taiwan + 3 coordinators from Slovakia, Macedonia and Netherlands and this is how they evaluated their time:

“What did you personally gain from the project?”

- learn a lot about slovakian culture, gypsies, learn to solve problems
- tolerance towards Roma people
- New friendships and a new clarity of what I want to do after the workcamp
- I gained a person I like more than food
- tolerance, respect
- knowledge, respect and experience
- knowing different countries culture or language

“Should we continue with this project?”

- yes, but more plan in divide the work for the volunteers
- yes, because the project itself is interesting and the place of the accommodation offers many freetime activities but I strongly recommend that the beds should be changed
- yes, it has a lot of potential
- For sure, it is a beautiful location, nice people and a beautiful landscape
- yes, because it is the best
- yes, it is a good work but should change the organization in the daily work
- yes, I want to watch the castle be constructed completely

“Would you recommend a workcamp to your friends?”

- yes, learning to know new people, much fun
- yes, it is the best way of travelling, this way you can meet the local community
- yes, it is a way of meeting new people and learning new things in a not too expensive way
- yes, especially the food is uncomparable amazing
- yes, because I have a really good time here
- They have to decide for themselves
- yes, that is special experience and it is a good choice to come to Slovakia

“What will be your message for the next generations?”

- dont expect too much about building walls in old techniques, enjoy your time in Slovakia
- bring comfortable mattresses
- Take advantage of everything you will learn during the travel
- Enjoy growing in knowledge and power. Go to the pub and order Kofola
- let it be
- It is a good workcamp but there is not too much work
- If you come to HRAD BREKOV to work, you won't regret it

ISL 10 STONE TOWER

KAMENICA, PRESOV

07/08/2017 – 16/08/2017

Type: RENO/ARCH/FEST

Vols: 6

Language: English

Age: 18 +



Partner: The Association Kamenna Veza (Stone Tower) was founded in 2006. Its aim is the preservation, recovery and study of Kamenica castle's culture, especially on a regional level. The association is trying to make the castle accessible to the wide public and also to the volunteers. The workcamps have been organized here since 2010.

Work: Helping with the archaeological research and revitalizing the old ruins of the Kamenica Castle from first half of 13th Century – cleaning the place from vegetation, storing and sorting of stones, masonry work and helping with other interesting researches. The volunteers will help also in the workcamp kitchen. They will be preparing and be a part of the Castle Historical Festival on 13th of August.

Accommodation & Food: The Kamenica Castle is situated on the west slopes of Cerhov Mountains. However, it is 1 km far from civilization so there is no electricity, no water supply and no public transport. Lodging will be provided in the attic of a wooden cottage on airbeds on a wooded floor - **warm sleeping bag and mat** are needed. Field kitchen, dry toilet, solar showers and drinking water will be provided. Meals will be prepared by the volunteers themselves. On demand, vegetarian meals can be provided.

Location and Leisure activity: The castle is located between Kamenica and Lucka-Potoky, villages near Presov (35 km far away) in the Eastern part of Slovakia. From Kamenica (1,5 km) or Lucka-Potoky (1 km) you can walk to the ruins of the Kamenica Castle – the place of the workcamp. The volunteers will have several possibilities for hiking, visiting other castles in the region (Stara Lubovna, Spis castle, Saris and Hanigovce castle) and also join the sport activities with the local people.

Terminal: Airport – Bratislava or Kosice; then train or bus to Presov continuing to Lipany by bus or train and then take the bus that is going to Lucka-Potoky or Kamenica. Please keep in mind that the journey from Bratislava to Presov takes app. 6 hours. So please plan your journey to Bratislava with arrival in the morning.

Meeting point: Bus stop in Kamenica, around 5 pm.

Remarks: Bring a sleeping bag and a mat, working clothes and gloves, warm clothes, a raincoat, strong boots, a swimming suit, and a smile on your lips :)

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current issues in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps will follow the rules of the Sustainability campaign.

Attention: The camp is for history and nature lovers and for those who are not afraid to accept the challenge of living in difficult conditions for 10 days surrounded by beautiful nature! Several Slovak volunteers will be working with the volunteers during the workcamp.

For more info about the project: www.kamennaveza.sk

Summary: Would you like to spend 10 days helping with the renovation of a castle and preparing a castle festival in the middle of the beautiful nature in Slovakia? "Get ready for the adventure, open your mind and improve yourself!"

SUMMARY OF THE ISL 10 STONE TOWER

There were 6 people participating at the camp from these countries: Italy, Spain, France, Poland + 2 coordinators from Slovakia and this is how they evaluated their time:

“What did you personally gain from the project?”

- learning from other cultures of course overall the slovak one and also to do some specific tasks
- i tested myself, my skills, and I was confronted with people from other realities in practise. It was difficult but at the same time beautiful and rewarding, especially for wellknown volunteers and locals
- history of slovakia, of the countries of the persons who took part of the camp
- learning how to live in a community and to live in less comfortable condition than I used to. Also I improved my skills in language and cook
- I met a lot of new friends and interesting people I made better my english skills

“Should we continue with this project?”

- yes they should it is important to keep the festival in order to not lose historical memory and the roots of slovak culture
- yes, because it keeps alive important traditions, joins localities and to do, to know slovakia who do not know anything or nothing
- yes, changing the working hours and the work needed is necessary so the camp can stay alive
- IT IS INTERESTING BUT i THINK THAT THE RELATION WITH THE LOCAL PARTNER IT IS NECESSARY THAT WILL BE BETTER
- yes, but they have to change the type of project, because it was not archeological project

“Would you recommend a workcamp to your friends?”

- yes, I would
- it is an experience that changes life and the way of seeing ourselves and others, helps to grow and improve
- i would recommend it for the natural place and the experience but not for the work
- I think that all experience is good for learning a lot of things
- yes, because it good placeto spend the holidays

“What will be your message for the next generations?”

- you will have a great time and you will learn a lot.
- to live to the fullest extent possible and when it is possible to help others to live their full potential and to create new ones.
- enjoy your moments with the people you meet and enjoy the views offered by this region
- it is not an archeological camp

ISL 11 BARLICKA

PRESOV

13/08/2017 – 26/08/2017

Type: DISA

Vols: 12

Language: English

Age: 18 +



Partner: Association Barlicka (Little crutch) has been working with young people with physical disabilities since 1999 by establishing a centre to help them live independently. The association has been offering: activities in a social centre on a daily basis; practical school; courses (theatre, dance, music, PC, etc.). Later they also built a centre for mothers and services for elderly people. The workcamps have been organized in Barlicka centre since 2013.

Work: The volunteers will organize free time activities for young people with disabilities from the NGO Barlicka. The centre has been working with people with disabilities for 16 years, trying to help them to live independently. The activities for young people with physical disabilities will be organized during the daily summer camp – summer activities, trips, competitions, and games. The volunteers will use non-formal education activities to encourage recycling and energy saving.

Accommodation & Food: Lodging will be provided in the centre of the NGO Barlicka, on beds. **Sleeping bag** is needed. Volunteers will be in charge of preparing the food. On demand, vegetarian meals can be provided.

Location and leisure: The camp will be organized in the city of Presov – the 3rd biggest city in Slovakia located in the eastern part of the country. The volunteers can enjoy the old historical centre, the castles around Presov and the cultural life in the city.

Terminal: Airport – Vienna, Bratislava, or Kosice; then train or bus to Presov. Please keep in mind that the journey from Bratislava to Presov takes up to 7 hours. So please plan your journey to Bratislava with arrival in the morning or try to find flight connection directly to Kosice (40 minutes from Presov by train or bus).

Meeting point: Matice slovenskej 13, 08001 Presov, around 5 pm.

Remarks: Bring a sleeping bag, a swimming suit, some info materials and pictures of your country, materials which could be used in your workshop with people from Barlicka, musical instrument to play nice music, some ideas for games with the children, your enthusiasm and a smile on your lips :)

Study Part: The workcamp will be visited by INEX Messenger who will organize a workshop focused on current events in Europe. The volunteers will prepare the "Feast of cultures" - an international food festival for the local community, and will join the "volunteering footprint" workshop. Our camps will follow the rules of the Sustainability campaign.

Attention: MOTIVATION LETTER IS NEEDED

For more info about BARLICKA: <http://www.barlicka.com/>

Summary: Pack your backpack, have an open mind and come to Slovakia where you can really bring happiness to the lives of people with disabilities!

SUMMARY OF THE ISL 11 BARLICKA

There were 8 people participating at the camp from these countries: France, Russia, Greece, Spain, Japan, Turkey + 3 coordinators from Slovakia and France and this is how they evaluated their time:

“What did you personally gain from the project?”

- learning about different cultures
- new experiences, learn new languages, new cultures
- I learnt how people around the world and people with disabilities use to live, I learnt too that there are many ways to help
- a great experience and good memories. Working with disabled people was very grateful
- i could get used to english
- a lot of new experience and communicate with disabled people
- I learned some new things about working with people with disabilities and about different cultures

“Should we continue with this project?”

- yes, interesting project
- yes because, in that way give the opportunity to young people to participate in a good place where they can be creative
- yes, I think that this workcamp is very beautiful and useful and all the volunteers could feel that we are helping
- sure! It is a beautiful project that helps a lot of people
- yes. This project is helpful for a lot of people
- yes, these people need your involvement

“Would you recommend a workcamp to your friends?”

- yes, the aim of the project is interesting
- yes, because it is an important one-time experience
- yes, good accommodation, very helpful people, a lot of materials to work with and creative
- yes. A workcamp could help you by helping others
- sure, i have spent wonderful days here
- yes
- yes, it is a useful experience and I still believe that it can be very rewarding

“What will be your message for the next generations?”

- to enjoy their moments and to be involved as much as possible in the project and the social life
- from 9,00 till 15,00 it is your working day, you are not having freetime during these hours, you are here for the kids
- take your hobby and make it workshop for special people
- just a smile could be the most important help in Barlička
- "enjoy every minute here. Barlička gets you more than you can do for it"
- please, try to make yourself useful, no matters how it goes. And remember that you are here not for fun, but because you chose to help people, which of course can also be a lot of fun:)

Coordinators of the workcamps 2017

Not only volunteers evaluated their activities during the workcamp, but we are asking a feedback also from the coordinators of the workcamps. These are the most interesting ideas from the feedbacks. We didn't translate any of them because we want the questions to be authentic.

What did you personally gain from participating in this project? What did you learn?

Veľa vecí, o zodpovednosti, komunikácii či už s lídrom a aj účastníkmi, time management samého seba v prvom rade a potom aj ostatných. Bolo to všetko náročnejšie ako som čakal a hlavne som nevidel objektívne ako pôsobím na skupinu a ako si odvádzam svoju robotu, môj názor to skresľoval, čo som všetko zisťoval hlavne ku koncu. Treba byť opatrný ako sa správa človek ku dobrovoľníkom, držať si nejaký odstup a byť skôr pozorovateľ a zasahovať a riadiť keď je potrebné, udržiavať dobré vzťahy medzi nimi a nami. Čakal som že to zvladnem ľahšie.

Že nie všetko je také, ako sa na prvý pohľad zdá a že aj keď sa niekedy človek cíti, že je na všetko sám, vždy sa nájdu ľudia, ktorí mu ochotne podajú pomocnú ruku bez toho, aby o to prosil. Tak isto som sa naučila, že nech už pôjdem do Štiavnice na camp hocikol'kokrát, stále to bude iné a neobyčajné práve vďaka dobrovoľníkom. Každý jeden z nich so sebou prináša niečo nové a spoločne vždy vytvoria neopakovateľnú atmosféru. Život tak nikdy nemôže byť nudný.

I discovered a topic I don't know well and to manage a group with my 2 co leaders was really interesting

Výborných priateľov, znalosť iných kultúr, oddych, trpezlivosť, praktické znalosti z kuchyne či z hradu. Pokoru

To keep my boundaries

Nových priateľov, nové skúsenosti s organizovaním tábore a vedením skupiny, nové skúsenosti s farmárčením a kopu nových zážitkov.

V prvom rade to bola pre mňa obrovská skúsenosť, keďže som vôbec nevedela do čoho idem. musela som sa naučiť ako viesť ľudí, ktorí su starší a skúsenejší ako ja, čo sa mi nie vždy darilo, pomohlo mi to samozrejme aj v angličtine a všeobecne si myslím, že som viac dospela a nabrala veľa zaujímavých skúseností

Nové, cenné skúsenosti

Lots of lessons

Nemala som až tak veľa očakávaní, aj keď som úprimne nevedela, do čoho idem. Slatinka je lepšia ako som si myslela, lokalita je super a ľudia zo Združenia ešte viac. Určite som zistila, že ísť na školenie je jedna vec a reálne lídrovať zasa iná a každý jeden deň som sa naučila niečo nové, či už to bolo z oblasti práce alebo z oblasti lídrovania a práce s ľuďmi. Tento tábor mi dal veľmi veľa.

Uf, tak bola to výzva zvládnuť všetky tie komplikácie, naučila som sa zachovať pokoj v krízových situáciach, riešiť konflikty, hľadať riešenia. Naozaj skvelá skúsenosť.

Zistila som, že veci treba brať pokojne; naučila som sa väčšej zodpovednosti, dôležitosti komunikácie medzi všetkými zúčastnenými stranami

Naučila som sa, že sa nedá vyhovieť všetkým naraz. Že niektoré veci sa nedajú zmeniť a je lepšie ich nechať plávať. Radšej sa zaoberať tým ako vylepšiť náladu skupiny ako to prenášať na účastníkov. Občas to bolo však náročné ak spokojnosť skupiny závisela od komunikácie s lokálom.

I learnt so much from the kids, the way to lead and with the cooperation with Presporkovo and the others volunteers.

Precvicila som AJ, dozvedela som sa nieco nove o dejinach SR, co je archeologicky vyskum

Managing an international group for two weeks and keeping them motivated beside the hard work the group dynamics were super good in the end and i am happy to know that i contributed to these

I learned how to be a leader. While it's not in my nature, I learned how to be one in my own way.

