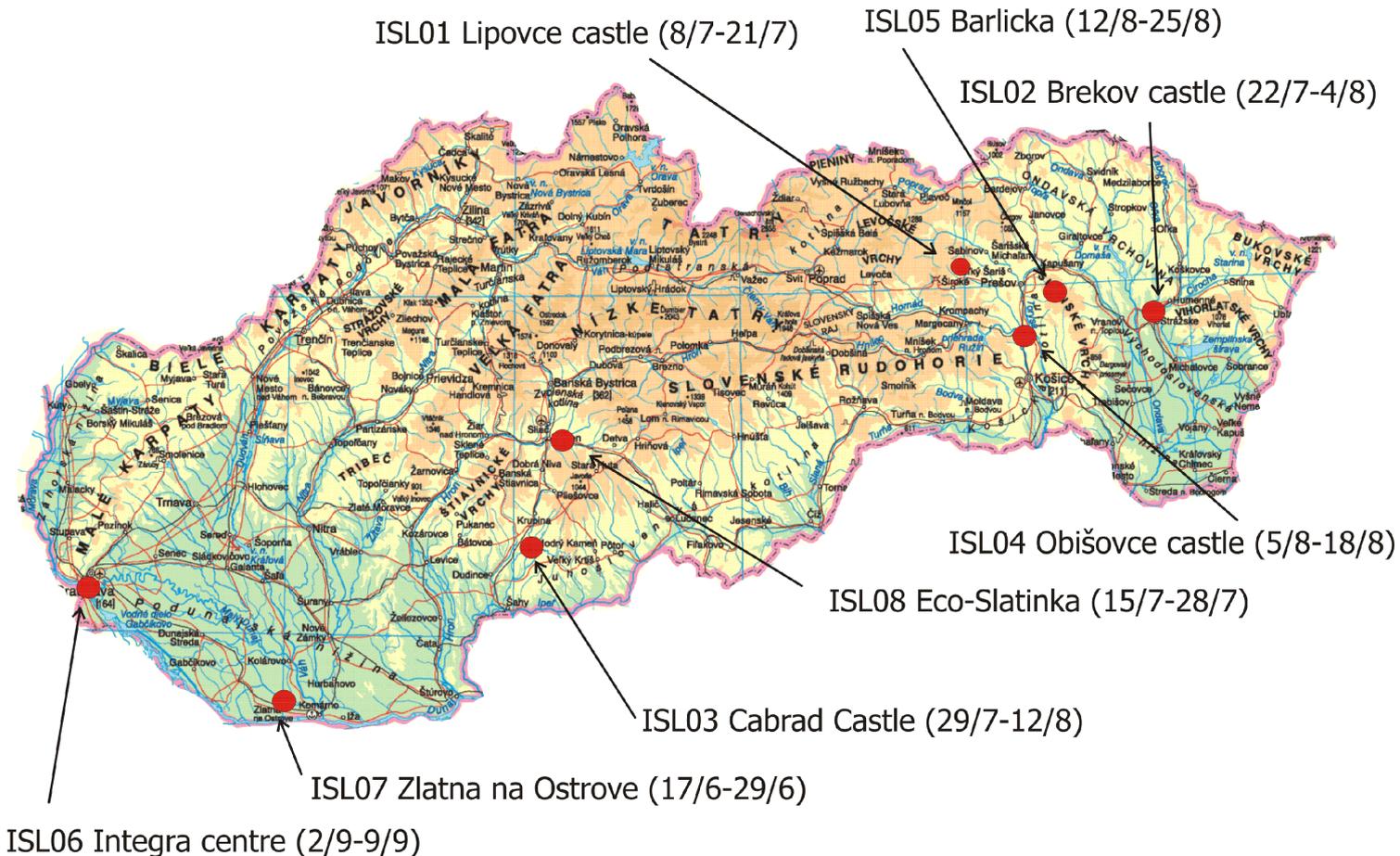


Medzinárodné dobrovoľnícke tábory na Slovensku v roku 2018 a ich hodnotenie očami dobrovoľníkov a koordinátorov



The list of workcamps 2018 of INEX Slovakia

CODE	NAME	LOCATION	TYPE	FROM	TO	AGE LIMIT	VOLS	Remarks
ISL 01	Lipovce castle	Lipovce	RENO/ARCH	08.07.	21.07.	18+	10	HDW
ISL 02	Brekov Castle	Brekov	RENO/ARCH	22.07.	04.08.	18+	4	HDW
ISL 03	Cabrad Castle	Čabradský Vrbovok	RENO/ARCH	29.07.	12.08.	18+	8	HDW
ISL 04	Obišovce castle	Obišovce	RENO/ARCH	05.08.	18.08.	18+	10	HDW
ISL 05	Barlicka	Prešov	DISA	12.08.	25.08.	18+	10	MOT
ISL 06	Integra centre	Bratislava	DISA	02.09.	09.09.	18+	6	MOT
ISL 07	Zlatna na Ostrove	Zlatna na Ostrove	AGRI/ENVI	17.06.	29.06.	18+	10	
ISL 08	ECO-Slatinka	Slatinka	ENVI	15.07.	28.07.	18+	10	



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 - 99

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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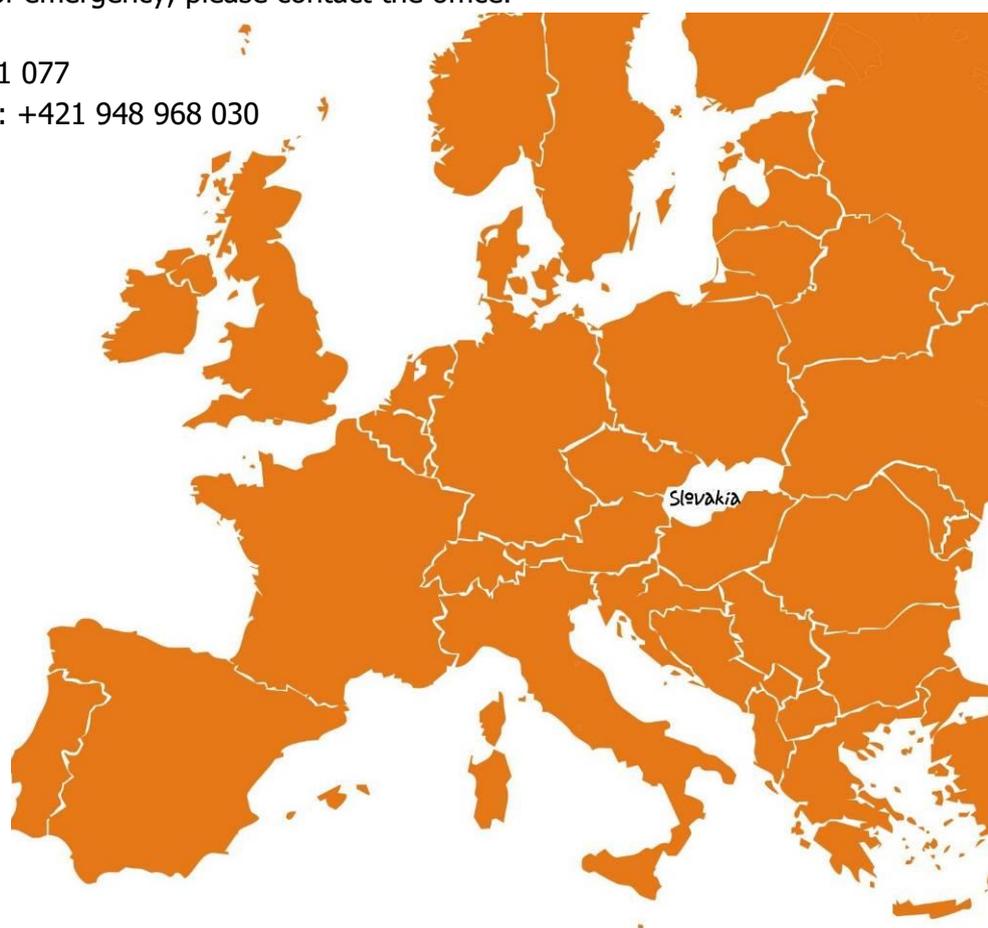
in@inex.sk

evs@inex.sk

Emergency contacts: In case of emergency, please contact the office.

Slovak workcamps: +421 905 501 077

Slovak volunteers on your camps: +421 948 968 030



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

Adult camps: **08**

RENO camps: 4

DISA camps: 2

ENVI camps: 1

AGRI camps: 1

*Total number of possible placement of **incoming volunteers: 68**

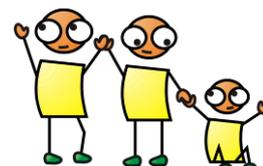
*We accept **4-10 international volunteers per camp** (Slovak volunteers in some camps)

*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 **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 2018 - summary:

8 organized workcamps

77 accepted application forms

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

16 volunteers canceled their participation before the beginning of the workcamp

2 volunteers didn't arrive on the workcamp

59 volunteers have participated in the workcamps:

26 men (46%) and **33** women (54%)

20 countries had their volunteers on our workcamps

most volunteers came from Mexico - **8**

22 years was the average age of the volunteer

38 years old was the oldest volunteer

12 unique coordinators of workcamps

8 workcamps were visited by INEX Messenger with workshops about Gender Equality/Behind the stereotypes/Take a step forward:Privilege walk

8 workcamps were part of the:

Volunteering footprint campaign, Sustainability campaign, Feast of cultures

ISL 01 LIPOVCE CASTLE

LIPOVCE, PRESOV

08/07/2018 – 21/07/2018

Type: RENO/ARCH

Vols: 10

Language: English

Age: 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 small Lipovce Castle from 13th century: renovation works, cleaning the area, help with masonry work with the traditional techniques, transport of the material like sand, rocks, and water. The volunteers will help with archeological activities and they will learn about castles in Eastern Slovakia.

Accommodation & Food: Volunteers will stay at a gym in local school or in a cultural house. Showers and facilities, hot water are provided in local school. In both places there is a fully equipped kitchen. **Sleeping bag and mat** is needed. Volunteers will be in charge of preparing the breakfast and the dinner. Lunch will be provided by the local partner. On demand, vegetarian meals can be provided.

Location and leisure: The meeting point will be in the village Lipovce near Presov – the 3rd biggest city in Slovakia located in the eastern part of the country. From Presov you can get by bus to the village Lipovce (36 km) – the place of the workcamp. The village is surrounded by beautiful nature with many touristic routes and hiking opportunities.

Terminal: Airport – Vienna, Bratislava, or Kosice; then train or bus to Presov. Then bus to Lipovce. Please keep in mind that the journey from Bratislava to Presov takes up to 8 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: Local school, Lipovce 125, around 5 pm.

Remarks: Bring sleeping bag and mat, working clothes and gloves, warm clothes, raincoat, strong boots, swimming suit, insect repellent and a smile on your lips :) Also, if possible, music instruments and USB with your favourite songs and photos from your country.

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.

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

SUMMARY OF THE ISL 01 LIPOVCE CASTLE

There were 9 people participating at the camp from these countries: Taiwan, Serbia, Mexico, Greece, Ukraine, Czechia, Spain, France, Slovakia + 2 coordinators from Slovakia and Greece and this is how they evaluated their time:

“What did you personally gain from the project?”

- *I learn about the work with people from different parts of the world, how work in team and have fun at the same time.*
- *I gain more experience, learning English, new friends and other point of view.*
- *How to do things with others. How group life going and how to still be positive when you are tired and exhausted.*
- *A time away from stressfull job responsibilities. Physical exertion as a means of meditation.*
- *New friends, cultures, languages - words.*
- *I had never volunteered before and I can understand why people do it. It was great to see how we built the road and that a car got so close to the castle. And people in the village saying they are grateful makes me so happy and fulfilled.*
- *Meeting new people, giving my time and efforts in a project was really satisfying.*
- *I met a lot of open minded, wonderful people. I learned about Slovakia ´s history and had a lot of fun.*
- *New experience in manual work*

“Should we continue with this project?”

- *Yes, because is an oportunity to met people with different culture and this I think is one thing what the whole world need.*
- *Yes, because it can do a lot of things with a little. According with the volunteering ideal, INEX Slovakia can help many places and people.*
- *Yes, castle is something that need more help should be done by volunteers, and it ´s a good opportunity to know people in different country.*
- *Martin leads very passionate workcamp and his vision is something that can help the local communities. I think you should continue your cooperation.*
- *Yes, Lipovce castle needs a lot of attention and it should be renovated.*
- *Yes! It ´s a nice location, the castle isn ´t that far from the village, there are freetime activities and the castle needs fixing!*
- *YES. It ´s important to take care of cultural heritage.*
- *Yes! Because Lipovce castle is very nice and people should know about it.*
- *Yes, because they are best.*

“Would you recommend a workcamp to your friends?”

- *Yes, because is one experience wich you can learn a lot of things.*
- *Yes, because it is a great experience where you can learn all. Or expand your social circle.*
- *Yes, I did learn a lot and make a lot of friends during this workcamp and I really feel gratitude.*
- *I would definaly recommend a workcamp just for the chance of cultural interchange.*
- *Yes, it ´s a good opportunity for young people.*
- *Yes. I made great friends, took a break from the city life and experienced something new.*
- *YES.Great experience to meet new people, to learn new things, to discover a new culture.*
- *I would because leaders and local partners were very good and it was positive experience.*
- *Yes, best program for holiday!*

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

- *Is one of the best experiences in your life*
- *My message would be that they have to use this oportunity because it ´s a life philosophy. Helping other peole without any economical compensation but yes personal.*
- *Looking for arcient staff and having human chain with partners is thing that you are going to remember forever.*
- *Work hard, smile harder!*
- *It ´s better to live in a culture house, than in a flat. The big company is perfect for a workcamp. Don ´t be afraid to improvise!*
- *Come work on a castle ruin in a small village in beautiful nature of Slovakia and meet fun new people so different but also so similar to you.*
- *Please come with your smile, your motivation and enjoy. 2 weeks are too short.*
- *Bring good shoes.*

ISL 02 BREKOV CASTLE

BREKOV, HUMENNE

22/07/2018 - 04/08/2018

Type: RENO/ARCH

Vols: 4

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 2018 and find photos and videos from previous workcamps on the facebook group „IVW Brekov 2018“.

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 02 BREKOV CASTLE

There were 4 people participating at the camp from these countries: Germany, France. Czechia, Portugal + 1 coordinator from France and this is how they evaluated their time:

"What did you personally gain from the project?"

- *I did not think that the local workers would be that welcoming and would take so much care of us (to be honest to myself I might have had prejudices about that).*
- *Fun, practise slovak, develop friendship with workers.*
- *I gained knowledge of manual work.*
- *Learn how to prepare mortar.*

"Should we continue with this project?"

- *Yes, because the relationship with the workers was great.*
- *Yes, but should make sure that it is better organised.*
- *Yes, because it is great.*
- *Yes.*

"Would you recommend a workcamp to your friends?"

- *Just if they do not want to work that much.*
- *No, because unless it improves*
- *Yes.*
- *Yes, it's beautiful place and you can hike there.*

"What will be your message for the next generations?"

- *Take a break!*
- *Take good care of all this heritage!*

ISL 03 CABRAD CASTLE

CABRADSKY VRBOVOK, KRUPINA

29/07/2018 – 12/08/2018

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 03 CABRAD CASTLE

There were 5 people participating at the camp from these countries: Mexico, Russia, Turkey, Slovakia + 2 coordinators from Slovakia and this is how they evaluated their time:

"What did you personally gain from the project?"

- *How to live as a group, how to survive in an extremely natural area.*
- *Memories.*

"Should we continue with this project?"

- *Yes because it is a unique environment with different way of living style.*
- *Yes, cabrad castle is magic place.*

"Would you recommend a workcamp to your friends?"

- *Yes, because I sort of liked it.*
- *Yes, it is great experience.*

"What will be your message for the next generations?"

- *Bring a sleeping bag, power bank and a light.*
- *Shower is bit far, but it is ok.*

ISL 04 OBISOVCE CASTLE

OBISOVCE, KOSICE

05/08/2018 – 18/08/2018

Type: RENO/ARCH

Vols: 10

Language: English

Age: 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 small Obisovce Castle in Slovak Carpathians: renovation works, cleaning the area, help with masonry work with the traditional techniques, transport of the material like 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 Obisovce (1,5 km from Kysak, 22 km from Presov) in the eastern part of Slovakia. The volunteers will sleep in local Cultural House on the floor with toilette facilities and kitchen. **Sleeping bag and mat are necessary.** The food will be prepared by the volunteers themselves. Vegetarian catering is possible.

Location and leisure: The meeting point will be in the village Obisovce near Kysak, important railway junction located 20 km north from Košice. From Kysak you can get by feet or by train to the village Obisovce (1,8km) – the place of the workcamp.

Terminal: Airport – Bratislava, or Kosice; then train or bus to Kosice or straight to Kysak (Direction from Bratislava by IC train, Kysak is penultimate stop before Kosice). Please keep in mind that the journey from Bratislava to Kysak 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 (20 minutes to Kysak by train).

Meeting point: Cultural House, n. 83, Obisovce, around 5 pm.

Remarks: Bring sleeping bag and mat, working clothes and gloves, warm clothes, raincoat, strong boots, swimming suit, insect repellent and a smile on your lips :) Also, if possible, music instruments and USB with your favourite songs and photos from your country.

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: The camp is for history and nature lovers.

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

SUMMARY OF THE ISL 04 OBISOVCE CASTLE

There were 10 people participating at the camp from these countries: France, Russia, Spain, Germany, Italy, Czechia + 2 coordinators from Slovakia and France and this is how they evaluated their time:

“What did you personally gain from the project?”

- *Knowledge how to build a wall, discover new songs, films, cultures, foods and drinks, new landscapes and I really enjoyed myself.*
- *English vocabulary and new friends and personal satisfaction.*
- *English practise, I know how to use mortar, a lot of good emotions from trips.*
- *Experience.*
- *I learned the language better, I had the chance to meet wonderful people, to have a different experience and to get to know different cultures.*
- *I participated in building a castle, learn from other cultures and try foods from different countries. Also the group was really nice.*
- *I met a very special person that I could use as a pillow during the night.*
- *New friends.*
- *Knowledge.*

“Should we continue with this project?”

- *Of course.*
- *Yes, because it ´s helpful.*
- *Definitely. This castle needs to be repaired. :)*
- *Yes.*
- *Yes, sure, because this particular project allows to know a different reality and to do something unusual.*
- *Yes, but with such hard work it would be great to have better accommodation.*
- *Yes, it helps small community.*
- *Yes, it ´s nice.*
- *Yes.*

“Would you recommend a workcamp to your friends?”

- *Yes.*
- *Yes, because it will open them to different scenarios.*
- *Only for friends who do some sport/hiking, because it is complicated physically.*
- *Yes.*
- *Yes, sure, because it was a beautiful experience.*
- *Maybe to some of them because it ´s hard and physical work. Not everybody would like it.*
- *Yes to visit other countries and meet new people.*
- *Yes, it ´s funny and demanding.*
- *yes, a nice way to know new people.*

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

- *You won ´t regret it(I hope).*
- *Forte.*
- *Good luck, prepare your muscles!*
- *Built the castle.*
- *Good luck and don ´t fuck it up.*
- *Don ´t eat the mortar.*
- *Mortar: 1 bucket of lime, 2 buckets of sand, 4 buckets of gravel, water.*
- *Bring a pan.*

ISL 05 BARLICKA

PRESOV

12/08/2018 – 25/08/2018

Type: DISA

Vols: 10

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 8 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 05 BARLICKA

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

“What did you personally gain from the project?”

- *Meeting new people, take part in a project with interesting and amazing people, discover myself a little bit more and live new experience.*
- *I can better accept other people with disabilities, get to know different people.*
- *Generate experience in the team that people with disabilities.*
- *knowledge how to work with people with disabilities.*
- *Because of my work I want to see many NGOs around world. So it was important for me.*
- *I learned a lot about myself and how much differences there can be between individuals.*
- *More experience, discover new awesome people, gain of understanding of the world.*
- *Unforgettable experiences.*
- *An experience with disabled people.*

“Should we continue with this project?”

- *Yes, because it's an opportunity to learn and grow up together, not only for the clients but also for volunteers.*
- *Yes, cause people can help each other and have fun.*
- *Totally, it's nice.*
- *Yes, very nice results for the clients.*
- *Of course, because of that you can help people*
- *Yes, the people are incredible.*
- *Yes, it is very useful and open minded*
- *Yes*
- *Yes, people enjoyed it.*

“Would you recommend a workcamp to your friends?”

- *Yes, absolutely.*
- *Yes, I will.*
- *Yes, this is a big experience in the medical team.*
- *Yes!!*
- *Of course, very good opportunity to do something for being a better world.*
- *Yes.*
- *Yes, very good experience.*
- *Yes.*
- *It depends on the friend...*

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

- *Be open-minded and respectful with everyone and you'll discover a great organization called Barlička.*
- *Have fun and enjoy.*
- *Patient, learning and live everyday.*
- *Be patient! :)*
- *help yourself and the others so do workcamp!*
- *Give your best. Don't worry about what you don't know.*
- *Organisation of activities is important but atmosphere and empathy with clients is more.*

ISL 06 INTEGRA CENTRE

BRATISLAVA

02/09/2018 – 09/09/2018

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 06 INTEGRA CENTRE

There were 5 people participating at the camp from these countries: Mexico, Slovakia, Germany, Czechia + 2 coordinators from Slovakia and this is how they evaluated their time:

"What did you personally gain from the project?"

- *Happiness, get more knowledge about people with disabilities.*
- *Learned the treatment of people with disabilities, shared daily life and struggle, lost my biggest fears.*
- *I learned about the special people, the care that should have and that we have to always smile.*
- *Stretla som úžasných ľudí ktorí ma naučili o živote a čo je v ňom dôležité.*
- *I take with me an excellent experience and I've learned a lot about what people with mental disabilities suffer from. It's necessary to be more organisations like this one.*

"Should we continue with this project?"

- *Yes!*
- *Yes!*
- *Yes! Because it's really amazing to know other people and spend time with clients.*
- *Určite lebo je to pre všetkých krásny zážitok.*
- *Yes, they need to continue. It is excellent. The organisation needs volunteers' help.*

"Would you recommend a workcamp to your friends?"

- *Yes!*
- *Yes.*
- *Yes, because I think it's great for knowing the world.*
- *Áno, lebo je to skúsenosť, ktorú by si mal každý vyskúšať.*
- *Yes, but only I could say them something about the language problems but I recommend it a lot.*

"What will be your message for the next generations?"

- *Smile.*
- *Go for it, it gives you so much!*
- *Always think that the person you're going to help is the one you love the most ♥ Be happy and make others happy.*
- *Neumri keď prvý deň uvidíš ročných klientov ale neboj sa všetko bude nakoniec fajn.*
- *Do it! It's amazing!*

ISL 07 ZLATNA NA OSTROVE

ZLATNA NA OSTROVE, KOMARNO

17/06/2018 - 29/06/2018

Type: AGRI/ENVI

Vols: 10

Language: English

Age: 18+



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 take care of the animals (sheeps, horses, cows, goats), help with cleaning the stalls 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 please visit: www.broz.sk and 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.

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 07 ZLATNA NA OSTROVE

There were 10 people participating at the camp from these countries: Macedonia, Mexico, Serbia, Spain, Italy, Ukraine, France, Germany, Czechia, Netherlands + 2 coordinators from Slovakia and Netherlands and this is how they evaluated their time:

“What did you personally gain from the project?”

- *I´ve learned about the different cultures, and how deep down we´re not that different. I´m now more open minded and also understand more about how farmers live.*
- *Met so many nice people with different behaviours and cultures, but we were working as a team and everyone was giving the best. So I would say I earn work abilities for me were really improved and taken to the next level.*
- *A lot of things: new experience and meeting other group.*
- *New communication skills, improving english, learning about the work in a farm, learning about the biodiversity in the Danube.*
- *Find some friends over Europe which I can visit, that I have some "power" to let people do what I want in good way, that I am quite practical and can take the lead when necessary.*
- *Experiences, memories, friends, farm life, animals, sun and fun.*
- *Lot of experiences, good friends and cultural awareness.*
- *New friendships, experiences, better knowledge, about life in the farm and nature, how to canoe better.*
- *A beter level in english, knowledge about others cultures, feeling to be useful to the environment.*
- *Language practice, inspiration how to lead a group, farm experience, new friends, lot of fun and many more.*

“Should we continue with this project?”

- *Yes, it´s a great opportunity for people to understand how farmers live.*
- *I believe it is a really great project which offers a lot of benefits both for the local partner (the farm) and the volunteers.*
- *Yes, absolutely.*
- *Yes, I think it´s good experience and the farm is a good place to do a workcamp.*
- *Yes, but with a better "planer" on the farm.*
- *Yes and improve it.*
- *Yes, to benefit the community and the environment.*
- *Definettley yes.*
- *Yes, it makes grow up people.*
- *Certainly, because it would be great if even someone else had the possibility to try what I had.*

“Would you recommend a workcamp to your friends?”

- *Yes, because I had so many new experiences and also learned a lot about other cultures.*
- *Definitely, cause there were a lot of usefull things we´ve done and learned here.*
- *I would reccomened because its possibility to grow.*
- *Yes, because it´s a way of learning about other lifestyles and cultures and to gain new skills.*
- *Yes, but you must be openmided for that.*
- *Yes, of course, it´s like a holiday guaranteed doing something good and get to know new people and stuff.*
- *Yes, it´s great experience.*
- *Definettley yes.*
- *Yes. Because I lived a good experience, they can improve their english´s level and meet foreigner.*
- *Yes, I would, becuase I enjoyed it very much.*

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

- *Enjoy it! And make sure to socialize with the other volunteers.*
- *Join it!!!*
- *To be open minded and not to act as a spoilt child.*
- *Enjoy!*
- *Be careful with the nature you have and know that everything has a consequence.*
- *Enjoy "be the change you want to see in the world" - Buddha*
- *Relax and enjoy beautiful peacefull nature and working with wonderfull people in the farm!*
- *this a neccessary experience in order to live in a peacefull world.*
- *Just go and enjoy!*

ISL 08 ECO-SLATINKA

SLATINKA, ZVOLEN

15/07/2018 – 28/07/2018 Type: ENVI

Vols: 10

Language: English

Age: 18+



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

Summary: Live in peace with nature and learn about other cultures at Eco-Slatinka! Don't miss your adventure in Slovakia!

SUMMARY OF THE ISL 08 ECO-SLATINKA

There were 8 people participating at the camp from these countries: Spain, Taiwan, Mexico, Belarus, Greece, Czechia, Slovakia + 2 coordinators from Slovakia and Netherlands and this is how they evaluated their time:

"What did you personally gain from the project?"

- *Confidence, love, calmness, joy, new skills, that have to do with work.*
- *Shower.*
- *The most important for me that I met a lot of new and wonderful people. I got positive impressions. Now I feel more confident about my English.*
- *Better English language*
- *Strength, personal skills, how to live without running water.*
- *Get used to countryside life, learn different cultures*
- *New friends, new values, strength, personal skills and how to be dirty and do not care.*

"Should we continue with this project?"

- *Yes, because the forest needs people to take care of it.*
- *Yes.*
- *Sure. Because it's real cool.*
- *Yes, I like it :)*
- *Yes.*
- *Yes, I think it is really beautiful and inspirational.*
- *Yes, of course. How special it is to live in Slatinka.*
- *Yes, the community gets benefits from it and volunteers enjoy the experience.*

"Would you recommend a workcamp to your friends?"

- *Definitely, because they will have the chance to learn how to cooperate with foreign people and manage to offer something with value to the others.*
- *Yes.*
- *Sure.*
- *Of course, because it changes your life.*
- *Yes.*
- *Yes, because it has been an unforgettable life experience and I have learned a lot.*
- *Yes, it will be an unforgettable memory.*
- *Of course, great experience, you can only get awesome things from it.*

"What will be your message for the next generations?"

- *Give your best effort and you will feel happy man or woman surrounded by beautiful nature and company.*
- *Read previous message from other volunteers and find local information about workcamp.*
- *Don't be afraid of your language problems or even smth new. You should go and try. Everything depends on you. Enjoy your life.*
- *Enjoy! This project is amazing and change your life.*
- *Learn song "house of gold" on youtube*
- *Girls are powerful and they can do the same as boys.*
- *This workcamp truly needs power.*
- *Be patient and positive and try to make it easy to leader even when you don't feel like it. Enjoy!*

Coordinators of the workcamps 2018

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?

I learned: How to be a leader. To switch roles. Take responsibility if necessary but also just let go some things. Not everything has to be perfect.

I practiced in communicating a lot, especially with volunteers. With Local Partner can be a bit better maybe. One expectation that some volunteers had was to interact with animals. That's also written in the description. I'm not sure if that is fulfilled. I'm personally okay with it, I just like a farming surrounding. But for other volunteers I'm not sure if it was enough.

Kopu nových kamarátov, nové nezabuditeľné zážitky, konečne som sa niečo naučila po tých rokoch o ochrane životného prostredia a ako je všetko prepojené, stále si zlepšujem na táboroch angličtinu a francúzštinu a v neposlednom rade aj keď som už lídrovala tábory, vždy je sa v čom zlepšovať a na tomto tábore som sa naučila ďalšie veci ako byť lepšia v tom čo robím.

Zas novú skúsenosť, ako reálne fungujú workcampy na Slovensku, aj z tej organizačnej stránky, koľko hradov máme vôbec na Slovensku :), moje očakávania boli naplnené.

Manual work techniques, programming, motivating others, intercultural communication.

A gained and learned a lot: Lovely nature, Beautiful place. Learned lots of manual work. How to work with concrete, use the grass cutter, fix walls, and more. Learned about the consequences of a water dam. Did a lot of experience in leading a group where it's not so easy for me. Learned how to communicate and cooperate, listen to the advices of the other (LP) when they are good but also stand for what I want. Moooooore, mostly in leadership, a lot of practising, but hard to exactly say what I learned.

Nové skúsenosti a veľa super zážitkov.

I learn better how to be a camp leader. I learn communication skills. It was really helpful to saw my mistake and I hope I will correct it. I worked on my diplomatic skills and flexibility. I maybe gained some confidence. It was not perfect but I really enjoyed this project. I met amazing people and discover a nice part of Slovakia.

Dúfam, že nejaké leadership skills :) Väčšina očakávaní nebola naplnená v dobrom slova-zmysle. Konkrétne tábor Čabrad' 2018 bol veľmi odlišný od všetkých work-campov na ktorých som bol. Očakával som niečo podstatne iné. Ale treba podotknúť aj to, že bolo na ňom veľmi dobre.

I improve as a leader and I learned how to manage a bigger group. I improve communication and organization skills. I also learned how to built a wall. Yes this camp met my expectations.

Získala som viac odvahy viest', naučila som sa pochopeniu ľudí s postihnutím, a áno boli dokonca prekonané.

Yes, all my expectations were met and it was like I thought it would be. I learnt so many new ways of communicating, leading a group and overcoming difficulties/ obstacles. Also, how to work and interact with people with physical and mental disabilities.

Nevedela som čo čakať od takejto práce, keďže som predtým nikdy nič takéto nerobila, ale môžem len odporúčať naozaj. Klienti sú veľmi vďační a to im stačí pustiť pesničku od Elánu alebo ich zobrať na kávičku a už sú z toho veselí. Taktiež nikto od vás neočakáva, že tam prídete a budete úplne dokonalí. Je to proces a už len to že máte záujem pomôcť a niekoho potešiť je veľká vec.

