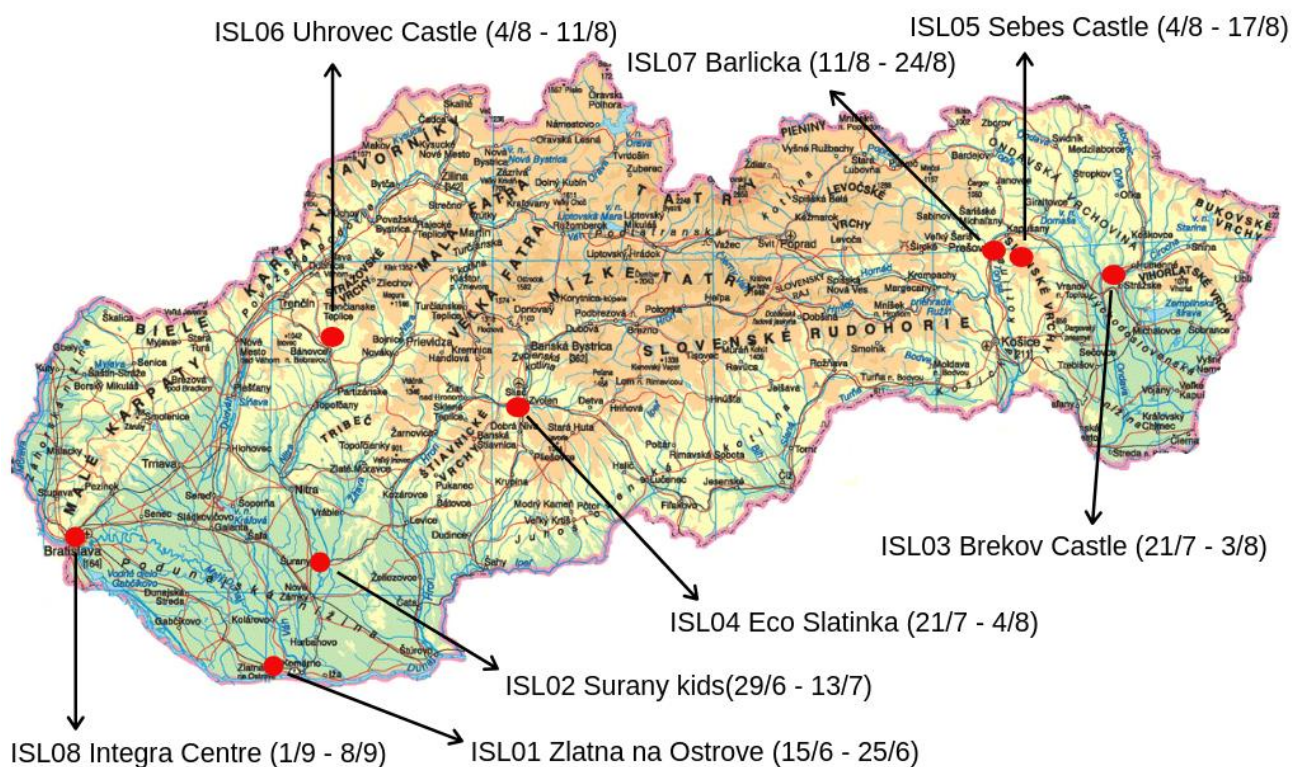


Medzinárodné dobrovoľnícke tábory na Slovensku 2019 a ich hodnotenie očami dobrovoľníkov a koordinátorov



The list of workcamps 2019 of INEX Slovakia

CODE	NAME	LOCATION	TYPE	FROM	TO	AGE LIMIT	VOLS	Remarks
ISL01	Zlatná na Ostrove	Zlatná na Ostrove	AGRI/ENVI	15.6.	25.6.	18+	10	
ISL02	Šurany Kids	Šurany	KIDS	29.06.	13.07.	18+	8	MOT
ISL03	Brekov Castle	Brekov	RENO/ARCH	21.7.	3.8.	18+	4	
ISL04	ECO-Slatinka	Slatinka	ENVI	21.07.	4.8.	18+	10	
ISL05	Sebes Castle	Podhradik	RENO/ARCH	04.08.	17.8.	18+	10	
ISL06	Uhrovec Castle	Uhrovec	RENO/ARCH	04.08.	11.08.	18+	10	HLC
ISL07	Barlicka	Prešov	DISA	11.8.	24.08.	18+	10	MOT
ISL08	Integra Centre	Bratislava	DISA	01.09.	08.09.	18+	6	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 - 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

Prokopova 15, 851 01 Bratislava, Slovakia

www.inex.sk, Facebook: INEX Slovakia

Tel.: +421 905 501 078

Working days and hours: Mon. – Fri., 9:30 – 15:30

General e-mail:

Outgoing, YE, Trainings abroad:

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Monika MUDRONOVA

Jaroslava VANJO

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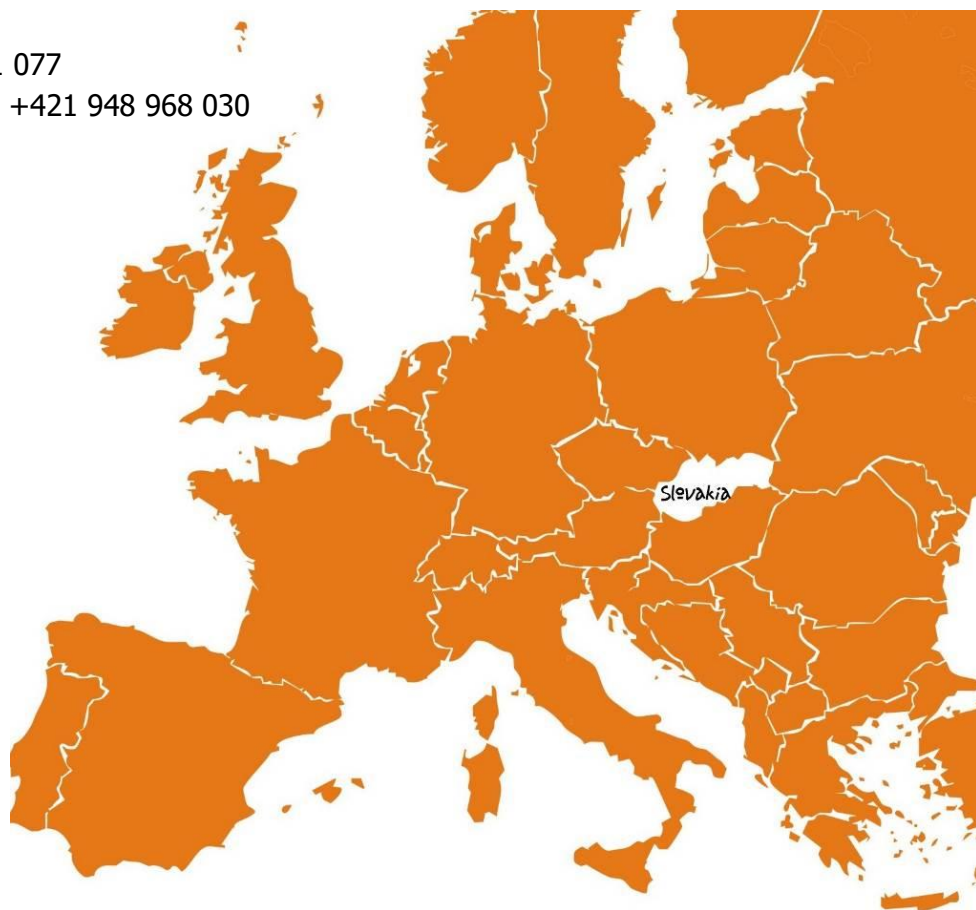
in@inex.sk

esc@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: 3

DISA camps: 2

ENVI camps: 1

KIDS camps: 1

AGRI camps: 1

*Total number of **incoming volunteers: 59**

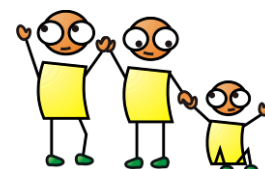
*We accept **4–10 international volunteers per camp** (Slovak volunteers in some camps)

*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 welcome 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 of 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 in our camps and we will be preparing leaders for them thoroughly. We are looking forward to hosting volunteers who are interested in learning something new :).

Workcampy 2019 - summary:

8 organized workcamps

72 accepted application forms

8 volunteers needed the visa, 1 canceled their participation

13 volunteers canceled their participation before the start of the workcamp

59 volunteers have participated in the workcamps:

22 men (37%) and 37 women (63%)

23 countries had their volunteers on our workcamps

most volunteers came from Russia and France - 7

27 years was the average age of the volunteer

78 years old was the oldest volunteer

14 unique coordinators of workcamps

8 workcamps were visited by INEX Messenger with workshops about Time management/Non-violent communication/Team work

8 workcamps were part of the:

Volunteering footprint campaign, Sustainability campaign, Feast of cultures

5 workcamps were part of the CCIVS campaign Clean Up Day 2019

ISL 01 ZLATNA NA OSTROVE

ZLATNA NA OSTROVE, KOMARNO

15/06/2019 – 25/06/2019

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 (sheep, horses, cows, goats), help with cleaning the stalls and will help with the environmental conservation efforts of the local nature protection areas. Volunteers will help with preparation of the event "horse day".

Accommodation & Food: The volunteers will stay in the local farm house where beds for sleeping are provided. **A sleeping bag is needed.** The house 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 3 km 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 can travel directly from Bratislava or from Komarno where they 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, rubber shoes, 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 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 01 Zlatna na Ostrove

There were 8 people participating at the camp from these countries: Serbia, Portugal, France, Slovakia, Turkey, Korea, Poland, Denmark + 2 coordinators from Slovakia and Estonia and this is how they evaluated their time:

"What did you personally gain from the project?"

- *Solving problems in a group, helping an injured cat with just a bandage and sanitizer.*
- *I learn how to deal with problems in a pacific way and to relax.*
- *An ability to be more tolerant.*
- *I enjoyed the work, bike driving, and good atmosphere in the group.*
- *I think I can speak english better than before.*
- *I learned different cultures.*

"Should we continue with this project?"

- *Yes, even more often to help in the farm as much as they can.*
- *Yes, if it will be more organized.*
- *They should, they do useful activities. Are tryinmg to connect people.*
- *Yes, it should continue this project.*
- *Yes, it will be help for many of other people.*
- *Yes, deffinatly.*

"Would you recommend a workcamp to your friends?"

- *Yes.*
- *Of course!*
- *I recommend.*
- *Yes, I would.*
- *Yes, it can experience a lot of special things (new friends, new culture)*
- *Yes.*

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

- *Help as much as you can!*
- *Have fun!*
- *To have a chance see farm animals, farmers common life.*
- *Keep it going.*
- *I think it´s really nice experience in my life but there are so many mosquitos and bug. You have to be careful of them.*
- *Take repelent for mosquitos.*

ISL 02 Surany Kids

SURANY

29/06/2019 – 13/07/2019

Type: KIDS

Vols: 8

Language: English

Age: 18+



Partner: Zdruzenie rodicov pri ZS na ulici SNP is an NGO established in 2003. Aim of this NGO is to help primary school ZS SNP in Surany with providing educational, cultural and sport events. Members of this NGO are parents of kids attending school ZS SNP.

Work: The work will be focused on preparation of free time activities for group of 40 children. The children will be divided into 2 groups of 20, first one aged 8 – 11 years and the second one aged 12 – 15 years. These groups will be running at the same time. The main purpose of the camp is to give an opportunity to local children aged 8 to 15 years to improve their English skills and create environment for communication in English. The volunteers will help with organising activities, games, creative workshops and intercultural program for children. The workday last 6 hours, lunch included. The material will be provided by local partner.

Accommodation & Food: Lodging will be provided in the classrooms of elementary school on mats, a **sleeping bag** is needed. Volunteers will be in charge of preparing the food – breakfast, dinner. Lunch will be provided in the restaurant. On demand, vegetarian meals can be provided.

Location and leisure: The camp will be organized in the town of Surany – a railroad hub in the Nove Zamky District, Nitra Region, southern Slovakia. There is a trip planned during the weekend to Banska Stiavnica – a beautiful mining city in the heart of Slovakia. Volunteers can learn to bake traditional Slovak baked goods with a local skilled grandma, or can go swimming into a lake or just walk around the town. In addition, during the stay in Surany there is a possibility to visit a former local sugar factory, which now hosts the biggest bike hall in central Europe and a private exposition of veterans.

Terminal: Airport – Vienna or Bratislava; then train to Surany.

Meeting point: train station Surany, 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 workshops and games with kids, 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! Good level of English and previous experience with work with children are welcome. As volunteers are staying in the school and will work with children, alcohol, cigarettes and other drugs are not allowed.

For more info about Zdruzenie rodicov pri ZS na ul. SNP v Suranoch: <http://www.zsnpsu.edu.sk/>

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

SUMMARY OF THE ISL 02 Surany Kids

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

“What did you personally gain from the project?”

- *Positive emotions and experience in communication with kids of different age, new techniques of teaching English for kids, cooperation in a group*
- *I take with me a great experience, I learnt a lot with the kids and the volunteers.*
- *Cultural insights, friendship, unforgettable summer.*
- *I learn from others languages, cultures, tradition, I made friends from over the world and learned how to deal with children speaking English.*
- *Memories with children and some words in Slovak.*

“Should we continue with this project?”

- *Yes, because of positive results*
- *Of course yes. The community was so thankful about these two weeks. They enjoyed, learnt and we all think is a good idea to continue with it.*
- *Yes, because it is a form of helping children and people all over the world understand each other.*
- *It should continue cause it's a good cause and there are always volunteers with disposition to do it wherever.*
- *Yes, it really helps children to have fun and learn.*

“Would you recommend a workcamp to your friends?”

- *Yes, it's a good chance to participate in such kind of international project, exchange your knowledge*
- *Yes. Especially if you want to do something by your own. I feel now very useful and the experience is unforgettable.*
- *For sure. The people they are going to meet will make them appreciate their life.*
- *Yes, cause it's a unique experience.*
- *Yes, I think it's a good way to travel and feel part of the group with the same aim.*

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

- *Yes, it's a good chance to participate in such kind of international project, exchange your knowledge*
- *Yes. Especially if you want to do something by your own. I feel now very useful and the experience is unforgettable.*
- *For sure. The people they are going to meet will make them appreciate their life.*
- *Yes, cause it's a unique experience.*
- *Yes, I think it's a good way to travel and feel part of the group with the same aim.*

ISL 03 BREKOV CASTLE

BREKOV, HUMENNE

21/07/2019 – 03/08/2019

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: Accommodation will be provided in the house in the village Brekov. In case of good weather there is a possibility to sleep in tents near the castle. It is necessary to bring a **sleeping bag and a mat**. Showers and facilities, hot water and fully equipped kitchen are provided in the house. Groceries will be provided by the local community. Food 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 around 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: 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 2019 and find photos and videos from previous workcamps on the Facebook group „IVW Brekov 2019“.

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 03 Brekov Castle

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

“What did you personally gain from the project?”

- *Local experience, warmly hearty people.*
- *More open-minded, discover slovak and gipsy culture, tradition, experience.*
- *Good atmosphere, good relationship in the group and to the slovak workers.*
- *Have new experiences and help the construction of the castle.*

“Should we continue with this project?”

- *Yes, but I think we need more information of the work.*
- *Yes. Bring something new during the hard work that the workers do in the castles.*
- *For the group like us there are many forms of getting in the contact to the workers and the people of Slovakia.*
- *Yes, is a good project with a useful purpose.*

“Would you recommend a workcamp to your friends?”

- *I would because it was an unforgettable memory to my life.*
- *Yes, it´s not just seeing landscape and monument but understand a little more the way of the life of the citizen.*
- *Yes, is a good experience to work in the castle and know new people.*

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

- *Just join. It´ll change your life.*
- *Don´t expect to renovate a castle, if you come it´s to share moments as a team with people from different country.*
- *Is a nice experience to live and you can help others.*

ISL 04 ECO-SLATINKA

SLATINKA, ZVOLEN

21/07/2019 – 04/08/2019

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 in the garden behind the Eco Center and with reparation of the building of the Eco Center. 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. 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. Drinkable water will be provided by local partner. On-site access to electricity is available. There are two bedrooms with mattresses, but **a sleeping bag** is 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 Zvolen 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, warm clothes, raincoat, strong boots, swimming suit, headlamp and a smile on your lips :). You may also bring musical instruments and USB 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 the 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,
<https://www.facebook.com/zdruzenieslatinka> or <https://www.instagram.com/slatinkaassociation/>

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 04 ECO-Slatinka

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

“What did you personally gain from the project?”

- *I brought my good mood.*
- *I learned how to work and communicate with people from various countries and what sustainable life is.*
- *I can take happy time with others.*
- *Memories, open mind, people, and for sure environmental issues. I will travel more.*
- *Skills in taking care of a garden, muscles, new friends.*
- *To improve my english, to meet and exchange with people, to work for a village and for a local community, to spend times and laughing around the fire.*
- *New emotions about certian events, learing slovak language, new friendships.*

“Should we continue with this project?”

- *Yes.*
- *Yes, it ´s very helpful to local people.*
- *Yes. It ´s not any good for local but also for volunteers who want to experience new thing.*
- *Yes, it ´s a great opportunity to open your eyes.*
- *Yes, because it is an important project for Slatinka, it bring life and youth to the village.*
- *Yeah, i think it ´s a good project but maybe do this project on different places in Slovakia.*
- *Yes. I think INEX Slovakia do good job (helping) in Slatinka.*

“Would you recommend a workcamp to your friends?”

- *Yes.*
- *Yes, because we can learn many things.*
- *Yes. It was really happy time to me during two weeks.*
- *Yes.*
- *Yes, of course, you learn a lot about yourself and about the life in a group and it is a rewarding experience, new friendships and new skills.*
- *Yeaaaaah! For sure it was very good experience to discover new places, new people, sharing times, laughing and work together.*
- *Yes, due to beautiful nature.*

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

- *Yes continue work in the correct mood.*
- *Don ´t worry, challenge it. You will grow after this workcamp.*
- *Join! Play! And dancing with others.*
- *Open your eyes, listen to others, learn from every person and make good memories.*
- *Life is single, we have only one, if you like to travel, discover new places, new cultures and meet people the workcamp it ´s for you. It ´s a very good experience, now I have a lot of memories in my brain. Thanks you INEX Slovakia!*
- *Take small, positive, nationale music and have fun.*

ISL 05 SEBES CASTLE

PODHRADIK, PRESOV

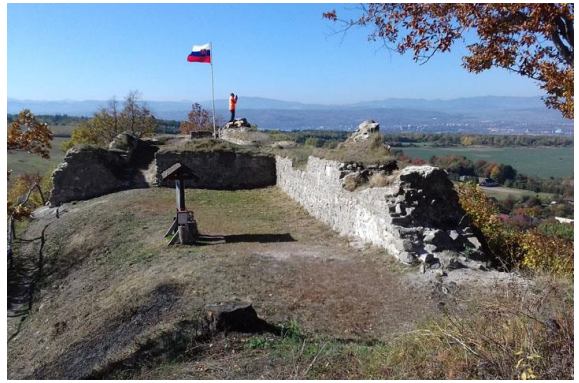
04/08/2019 – 17/08/2019

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 Sebes Castle from 13th century, one of the smallest castles in Slovakia: 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 to repair the fence for the goats which are „cleaning“ area around castle from grass and scrubs. The volunteers will learn about castles in Eastern Slovakia. During the workcamp there will be a castle festival where volunteers will help with preparation.

Accommodation & Food: Volunteers will stay at a gym in a Cultural House in the village Podhradík. Facilities, a fully equipped kitchen and hot water are provided in the house. The showers will be provided on the farm close to Cultural House. **A sleeping bag and a mat** are 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 at the bus stop next to the Cultural House in the village Podhradík 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 Podhradík (13 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 Podhradík. 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: Cultural House, Podhradik, around 5 pm.

Remarks: Bring a sleeping bag and a 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 05 Sebes Castle

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

"What did you personally gain from the project?"

- *I know more the other cultures, I´m more patient and now I´m able to appreciate to work made by other people.*
- *New friends, new knowledge about slovak castles.*
- *Knowing the country and contact to the local people.*
- *New knowledge about Slovakia, castles and the slovak language, new friends.*
- *Knowing that you can help even from a distant place.*
- *I get better in communication with people, get to know more conform.*
- *Good experiences with diversity, very good experience with local people!!!*
- *English, openness.*
- *Self-control, more patiente, new friends, new memories for the future.*
- *I gained a new experience, trying to be positive even in situations that I don´t really like. Nice country and culture.*

"Should we continue with this project?"

- *Yes, because in my opinion is very important to help local people to revitalize the history of their birthplace.*
- *Yes, castles are the history of the country. It is very important.*
- *Yes, it is usefull for the village.*
- *Of course, it is a big cultural part of Slovakia and also each region, I was glad to be a small part of it. Keed going!*
- *They should continue and recieve more support to achieve better things.*
- *Maybe.*
- *The major and local people are great! With another local partner it will be a very good experience.*
- *Yes.*
- *Yes, because it was useful and helpful.*
- *Yes, I think it is really interesting and local villagers are really happy that volunteers come.*

"Would you recommend a workcamp to your friends?"

- *Yes, because it is a very interesting experience, but I´ll warn they about the food.*
- *Yes, time spent here was very helpful.*
- *Yes, because of the good experience with local people.*
- *Yes, I will do.*
- *Of course I would recommend it and give you advice to move on.*
- *Yes, because it´s the best way to meet new people and help somewhere where it´s need.*
- *They are too old for this.*
- *Maybe.*
- *Yes, because thanks to the camp I made new friends and I found new parts of my personality.*
- *It depends, but I think yes.*

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

- *They at the first maybe will be scared of the difficult work but later few days will be fine.*
- *Castles are living withnesses of a bygone era, symbols of the history and architectural monuments. Therefore our work is necessary.*
- *It is a good chance to learn about other cultures, countries and myself.*
- *Be ready for hard work and beautiful landscapes of Slovakia!*
- *That give the best of them that are always willing to give more to progress.*
- *Do your best everytime.*
- *Get your good matrasses with you, your best air matrasses.*
- *To not be afraid to interact and even if the first days might be confusing it will get better.*
- *Try to get to know more about locals and enjoy every little thing, even if you feel at first that is not for you.*

ISL 06 UHROVEC CASTLE

UHROVEC, BANOVICE NAD BEBRAVOU

04/08/2019 – 11/08/2019

Type: RENO/ARCH

Vols: 10

Language: English

Age: 18+



Partner: The association *Obcianske združenie*

Hrad Uhrovec was established in the year 2015 and since then their main goal is the reparation of the ruins and promoting the Uhrovec Castle. The association works as an information and promotional centre providing information about the Uhrovec Castle and the area where it is located.

Work: Work will be aimed at help with renovation of the ruins of the Uhrovec castle from 13th century. The volunteers will help with archeological activities and they will learn about the castle's history. The volunteers will help with cleaning the area of the castle.

Accommodation & Food: The Uhrovec Castle is situated on the Strazovske vrchy. This is an unique possibility for volunteers to experience one week in beautiful surrounding of the castle without electricity and wifi signal, 2 km far from the civilization. Accommodation is in the tents in forest camping place. There is a possibility to sleep in the attic of the castle tower. The building has 2 floors; you need to climb upstairs using a wooden ladder. There is no heating and the nights are cold. Bring a warm **sleeping bag and a mat**. There is no electricity in the castle - only candles and torches (it is highly recommended to bring your own). A kitchen with 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 village Uhrovské Podhradie. The castle is surrounded by beautiful nature and with several possibilities for hiking.

Terminal: Airport – Bratislava; then train or bus to Trenčín, continuing by the bus to Uhrovské Podhradie. Please keep in mind that the journey could take around 4 hours, so please plan your journey to Bratislava with arrival in the morning.

Meeting point: Uhrovske Podhradie, local pub, 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**, 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 one week surrounded by beautiful nature!

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

<http://www.hraduhrovec.sk/>

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

SUMMARY OF THE ISL 06 Uhrovec Castle

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

“What did you personally gain from the project?”

- *Knowledge about the job that had to be done, also knowledge about other cultures and different opinions and points of view.*
- *Learnt how archeologist works, spent some nice time "in the woods".*
- *Friends, knowledge, experience, detox from city life, clear mind and healthy body.*
- *Positive vibes.*
- *I met a lot of nice people and I also learnt how to appreciate more what I have.*
- *Openes.*
- *I´ve met new people, improved my language and discovered a new and amazing place.*
- *New experience.*
- *Archeological information from archeological community, bettering my english language, fun, intercultural experience.*
- *I have an idea what archeological work is. I wish I can take my students to do archeological work.*

“Should we continue with this project?”

- *I absolutely think so. It is a great way of getting people to know the country.*
- *Yes.*
- *Yes! Because the cause it´s good, the venue is beautiful, hosting people are hospitable, and it is a unique camp. Please continue with it!*
- *Yes.*
- *Yes, I think it was a very good experience and everyone should try it.*
- *Yes, because it´s original and important for history.*
- *Yes, it´s an amazing experience, the people that work on this project are really nice and the work is very interesting.*
- *Yes, I think it is good project for development. Volunteers gain a experience with archeological and life in the mediaval castle.*
- *Yes, it is useful.*
- *Yes, because it is very meaningful.*

“Would you recommend a workcamp to your friends?”

- *I would recommend it to some of them considering the accommodation but for the rest I´d absolutely recommend it.*
- *Yes - nice way to meet people from other countires, learn a do new things.*
- *YES, YES, YES!!!!*
- *Yes, it is a very nice experience and you can also learn a lot.*
- *Yes, because it´s really a wonderfull experience. No if they don´t like simple life.*
- *Yes, because it´s an experience that changes the perception of ourselves and the others. It makes you grow a lot.*
- *Yes, it is good spend time.*
- *I would recommend it to my students. It is because it will brouden the vision of students.*

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

- *To know how important their job is for the local people and to enjoy and get the best of the experience.*
- *Enjoy ;) Don´t miss the sunset from the castle.*
- *If you want a runaway from everyday life far away from the civilization in an ecological environment with a historical story and venue, Uhrovec is the right place!*
- *Preserve our heritage.*
- *Try to connect with nature even if it´s hard at first, you´ll be satisfied at last.*
- *Don´t be afraid to dig in slippy place.*
- *Don´t worry and try it. It is amazing.*
- *It is beautiful place.*
- *I would recommd them to join. In Hong Kong there are only a few archeological work. So it is great opportunity to join this particular workcamp.*

ISL 07 BARLICKA

PRESOV

11/08/2019 – 24/08/2019

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. **A sleeping bag** is needed. Volunteers will be in charge of preparing the food – breakfast, dinner. Lunch will be provided. 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 10 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, a 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/>, <https://www.facebook.com/ozbarlicka/>

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 07 Barlicka

There were 9 people participating at the camp from these countries: Mexico, Turkey, Russia, Czechia, Italy, Spain + 3 coordinators from Greece and Slovakia and this is how they evaluated their time:

"What did you personally gain from the project?"

- *I felt satisfied and happy because if you can't help yourself, help others.*
- *This made me hungry for helping other people. I really want to continue doing things like this.*
- *I think now I want more to help other people and I want to do more workcamps. It makes me know more about myself, learn to be with other people, learn other cultures, ...*
- *Understanding people with special needs better. New vision on life. Importance of a group work.*
- *The feeling of feeling myself useful for every part in the work, that no matter from where you are you are able to make a difference all around the world and I get the knowledge of how I can improve this kind of project in my country.*
- *Zlepšení v angličtině, nové zkušenosti do života a přátelé.*
- *Experience.*
- *I have experienced new perspectives of myself. Now I think I know myself better in terms of the things that I can do and I can't.*

"Should we continue with this project?"

- *Yes, it makes a difference.*
- *Yes!! At least for me it has changed my life and I think the clients had a lot of fun.*
- *Yes, I think that is very positive to the people with disabilities and the volunteers can learn a lot too.*
- *Sure, especially this particular camp.*
- *Yes, because the social projects don't do an impact just in the society in general, they also do it in the personal theme.*
- *Ano, protože práce s postiženými lidmi je velká zkušenost a jen tak někdo to nezládně.*
- *Yes.*
- *Definetely. The organization is very successful in terms of organizing projects, workshops, etc.*

"Would you recommend a workcamp to your friends?"

- *This was the happiest place of my life.*
- *Yes!! It was a great experience not only for the work but also in the free time.*
- *Absolutely yes. I think it's a very good experience you meet new people and learn of them, you learn what are the important things in life and you improve yourself.*
- *I would definitely recommend it.*
- *Yes, it's an unforgettable experience and makes you grow up as a person.*
- *Ano 100%*
- *Yes, it's an unforgettable experience and makes you grow up as a person.*
- *Yes of course, Helping people who needs a hand is one of the most meaningful things in life while sharing distinct cultures with other volunteers.*

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

- *Be kind. Be patient. Be positive. Although you've been discriminated you will be loved at the end of the day :)*
- *I believe we come to this world to share and sharing this experience with these people will change your life forever :)*
- *They just need his energy and motivation to help these people, they just have to be themselves this experience probably change his minds.*
- *It would change the way you look on your own life" Thanks to both INEX and Barlička for this opportunity for me it was really a life changing experience.*
- *Let your soul be full of experiences like this because when you do it you realize that you were made to do incredible things for a better world.*
- *Toto byl můj první workcamp a nečekal bych že mi toho tolik při nese a dá do života.*
- *Spend as much time as possible knowing your clients.*
- *Don't be afraid of experiencing differences while you are helping people, stay volunteer.*

ISL 08 INTEGRA CENTRE

BRATISLAVA

01/09/2019 – 08/09/2019

Type: DISA

Vols: 6

Language: English

Age: 18+



Partner: Social centre Integra provides care for their clients – young people 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, sport activities, etc.) for people with mental and physical disabilities. 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 with social integration. The camp is THE event of the year in the life of youngsters and adults with disabilities and the whole Integra centre.

Accommodation & Food: Lodging will be provided directly in the building of the Integra centre. **A sleeping bag** is needed. Volunteers will be in charge of preparing breakfasts and dinners by themselves, lunch will be provided. On demand, vegetarian meals can be provided.

Location and leisure: The capital of Slovakia – Bratislava is situated in the south-western part of Slovakia next to the border of Austria and Hungary. It has a fascinating history and culture, a magnificent Old Town, a 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 a sleeping bag, a swimming suit, some info, materials and pictures of your country, materials which you could use in your workshops, games, activities for clients, a musical instrument to play nice music, some ideas for games with the youngsters and adults, 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.dssintegra.sk, <https://www.facebook.com/dssintegra/>

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

SUMMARY OF THE ISL 08 Integra Centre

There were 6 people participating at the camp from these countries: Japan, France, Russia, Great Britain, Ireland + 2 coordinators from Ukrain and France and this is how they evaluated their time:

“What did you personally gain from the project?”

- *I gained experience with adults with disabilities, and I could compare how it works comparint to Russia where I worked with kids with disabilities.*
- *It changed my perspective of people with disabilities. I appreciate that these centres exist and the staff must be so patient and caring, and also that their job is not easy. I also appreciate more the simple things in life - for example just being able to bring a smile to the clients face is amazing moment.*
- *Knowledge, experience, inspiration - in the related field and very nice connections.*
- *Lot, I became more confident in myself.*
- *Personal experience in working with people with disabilities, I knew slovakian culture, cuisine, people and that was very interesting.*
- *It´s awareness I usually don´t speak many person and speak English. However I must speak with people more. I must speak English more.*

“Should we continue with this project?”

- *Yes! Because we feel very useful for clients and they were very happy to see us.*
- *Defitely! It was a life-changing experience - not only because I learnt a lot about people with disabilities but also because I learnt a lot about Bratislava (which is not well known in England)*
- *Yes, please) The project is amazing I would come next year :)*
- *Yes.*
- *Yes, of course. It´s very important to fulfill life of clients of Integra with emotions and activities. I think they need it a lot.*
- *Yes, because I want people from many countries to know about wonderful things here and change to think to disabled people.*

“Would you recommend a workcamp to your friends?”

- *Yes, because it is a good opportunity to meet foreigners, share experiences, travel and discover new places and to feel useful for something or someone.*
- *Yes. It is a shame that not many British people do workcamps - its really important in bridging the gap between Britain and the rest pf the world, meet new people and learn about different cultures.*
- *Yes, absolutely - it is very peaceful and makes you so much that not every wrpkcamp can give.*
- *Yes.*
- *Yes, because they will spend a good time here.*
- *Yes, because we can speak English many times. Also I think their thinking change.*

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

- *You should enjoy 100% this camp becuae when you will leave it you will feel yourself like a different person.*
- *Do this workcamp because it will change your perspective on lots of things - you will learn about the small, lovely, beautiful country Slovakia and make friends you will never forget with the clients, staff and other volunteers.*
- *Don´t hesitate.*
- *You will have a lovely time here.*
- *Be ready for great discoveries and enjoy!*
- *If Japanes come here, I want to tell her/him not to be afraid of speaking English! Also you will learn many things!*

Coordinators of the workcamps 2019

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 learn a lot on different cultures of the volunteers countries, but also I had some experiences on disable people.

Ako menežovať skupinku deviatich ľudí, vybavovanie dopravy až po plánovanie a rezervovanie aktivít. Najdôležitejšie pre mňa, ako viesť skupinu a získať si ich dôveru navyše skvelé skúsenosti na prácu s postihnutými. Ďaleko prekonané, lebo som neočakával nájsť ľudí, ktorých by som sa nebál spýtať či nemôžem u nich prespať.

Moje očakávania sa nenaplnili úplne, vyskytlo sa veľa vecí, s ktorými som nepočítala. Naučila som sa hlavne oveľa väčšej tolerancie a trpezlivosti, aj voči deťom ale aj voči dobrovoľníkom.

I learned that making people with disabilities happy doesn't need to speak the same language . You just have to be creative and yourself . I learned that you can dance even if you're in a wheelchair . That you can draw no matter if you can barely move your hands .

I met some people that I wish to meet again. That they told me to meet again in the same camp the next year . I got to know people with many interesting stories and I shared a part of myself.

Sorry for being emotional , but this camp has left a stamp in my heart!

Vždy som sa chcela naučiť viac o hrách a organizovať ich, to sa mi splnilo. Rada vysvetlujem a organizujem druhých, teraz som sa naučila, ako to robiť vo dvojici.

Opäť som stretla rôzne typy ľudí, rôzne povahy a naučila som sa ako s nimi jednat', lebo každý si vyžaduje iný prístup. Takisto ma naučil, že človek musí vedieť povedať nie a treba nájsť už len správny spôsob ako to spraviť, aby to nikoho neranilo. Tábor naplnil moje očakávania.

I learned that I need to explain myself more, I need to give reasons for my decisions and opinions in order to prevent misunderstandings. It's also very important to know people and accommodate to their particular characters - to give more freedom and be more flexible when necessary.

I got to see many beautiful places in Eastern Slovakia, learned about the Roma culture and lifestyle during work and the Feast of Cultures, also about the lifestyle, traditions and values of Slovak people in Eastern Slovakia.

With this project it's important that you are into hiking or physical activity in general, then it's more enjoyable. It was a great project and experience. Even though I was an only leader, I felt supported by the local partner a lot in the sense of organisation. It was physically end emotionally demanding for me but I learned a lot.

I learned that I could achieve more than I believed I'm able to. I deal with difficult issues and I overcame my limits. I was so calm when the Italian boy was angry to me and I gave my best when we had to kick him out. When I organise other people I can organise myself better . So the main things I learned were how to motivate people, to stay patient and calm , to raise my voice in order to attract their attention oh and to use many tools of course!

I didn't have a lot of expectation before the camps, i was just afraid that kids didn't speak English and it would be complicated for talking with them and for teaching English. And also if a kids had a problem and he couldn't explain or i couldn't understand but I was very surprised of the English level even for the younger one (6 years old). And I think we didn't learn them a lot of English but just the idea to speak and to listen English during two weeks maybe it will be useful.

I learned that I need to learn more about following and leading group dynamics and conflict management. I learned to accommodate to quick changes and to be more patient. I didn't expect to have a camp where three participants left before the end but it wasn't in my power to change it. I'm glad I had an experienced co-leader for support as it was my first camp.

I gained new friends and knowledge about the work with animals. Also I think I'm less afraid of big animals now.

