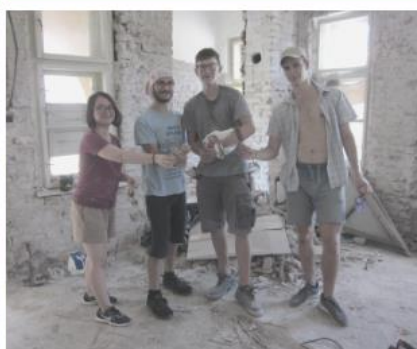


Medzinárodné dobrovoľnícke tábory na Slovensku v roku 2021 a ich hodnotenie očami dobrovoľníkov a koordinátorov



THE LIST OF PLANNED WORKCAMPS 2021 OF INEX SLOVAKIA

CODE	NAME	TYPE	FROM	TO	AGE LIMIT	VOLS	Remarks
ISL 01	Lukovistia	RENO/MANU	6.7.	11.7.	18+	5	
ISL 02	Black castle	RENO/ARCH	1.8.	6.8.	18+	5	
ISL 03	Barlicka seniors	DISA senior	1.8,	7.8	18+	6	
ISL 04	Uhrovec Castle	RENO/ARCH	2.8.	8.8.	18+	6	cancelled
ISL 05	Salt Castle	RENO/ARCH	16.8.	22.8.	18+	6	cancelled
ISL 06	Barlicka juniors	DISA junior	8.8.	14.8.	18+	6	
ISL 07	ECO-Slatinka	ENVI	15.8.	21.8.	18+	6	



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

CONTACTS:

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ISL 01 Lukovistia

LUKOVISTIA, RIMAVSKA SOBOTA

06.07. – 11.07. 2021

Type: RENO

Vols: 4

Language: Slovak

Age: 18+



Partner: The Association *NOX ET SOLITODO* was founded to support and initiate artistic activities in the village Lukovistia, the place where Slovak poet Ivan Krasko was born. One of the first activities of the association is the renovation of the historical building of the school. The main aim is to create the Regional Art Center.

Work: Help with the preparatory work for renovation of the old school building. The school was founded in 1928 as a part of the construction of many schools in Bohemia and Slovakia on the 10th anniversary of the establishment of first Czechoslovak Republic. Currently, the building has been abandoned for 20 years. Volunteers will help with easy demolition work, cleaning the walls and cleaning building material and area around the historical building.

Accommodation & Food: Accommodation will be in the tents in the camping site with dry toilets. Volunteers will be sleeping tents so a mat and warm sleeping bag is necessary. Showers, toilet facilities, hot water and fully equipped kitchen are provided in the house in village. The breakfast, lunch and the dinners will be provided. On request, vegetarian meals can be provided.

Location and leisure: Lukovistia is a village close to Rimavska Sobota in southern Slovakia. The village is the birthplace of Slovak writer Ivan Krasko. The house where he was born in is now used as a small museum. In Lukovistia there is a baroque church with a painted ceiling from 1794. Teply vrch, where volunteers will be accommodated, is known for the warmest geothermal lake in Slovakia (27 °C, 80 F).

Terminal: From Bratislava take bus or train to Rimavska Sobota. The local partner will arrange the transport from Rimavska Sobota to the accommodation place. Please keep in mind that the journey from Bratislava to Rimavska Sobota takes around 5 hours.

Meeting point: Rimavska Sobota, around **5 pm**.

Remarks: Warm sleeping bag, mat, working clothes, warm clothes, raincoat, strong boots and good spirit :) are needed.

Study Part: The workcamp will join the "volunteering footprint" workshop. Our camps will follow the rules of the Sustainability campaign.

SUMMARY OF THE ISL 01 Lukovištia

There were 2 people from Slovakia participating at the camp + 2 coordinators from Slovakia and this is how they evaluated their time:

“What did you personally gain from the project?”

- *Zoznámenie sa s novými ľuďmi.*
- *Spoznal som nových ľudí, kultúru v RS, možnosti využívania voľného času, ...*

“Should we continue with this project?”

- *Áno, pretože je to krásny projekt, ktorý by mal byť dokončený.*
- *Áno, pretože spája ľudí z iných miest s rôznymi zážitkami a skúsenosťami.*

“Would you recommend a workcamp to your friends?”

- *Áno, pretože je to zaujímavý workcamp.*
- *Áno, pretože sa môžu priučiť niečomu novému, môžu pomôcť komunitě vo svete (o ktorej možno ani nepočuli).*

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

- *Na začiatku, slovné spojenie "ľahké búracie práce" mali iný význam :)*
- *Bud'te pripravení na ľahké búracie práce.*

ISL 02 BLACK CASTLE

ZLATNO, ZLATE MORAVCE

01/08/2021 - 06/08/2021

Type: RENO/ARCH

Vols: 5

Language: English, Slovak

Age: 18+



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

Work: Reconstruction work in the area of perished medieval castle – “Black Castle”. It will involve manual work on the ruins of the castle, such as walling, preparing mortar, cleaning the working area in and around the ruins of the castle, sorting stores and carrying materials (rocks, sand, ...) to the castle.

Accommodation & Food: This is a unique possibility for volunteers to experience one week in beautiful surrounding of the castle without electricity and wifi signal. Accommodation will be provided in the wooden cottage with beds. It is necessary to bring a **sleeping bag**. The toilets are dry (outhouses) and the showers will be provided in the house in the village. The access to electricity is in the village. There will not be access to running water, so water will be delivered or taken from a well. Food for breakfast, lunch and dinner will be provided.

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

Terminal: From Bratislava train or bus to Zlate Moravce. Then continue by bus to Zlatno, last stop. Please keep in mind that the journey from Bratislava to Zlatno takes around 4 hours.

Meeting point: Zlatno - last stop, around 5 pm.

Remarks: Sleeping bags, working clothes, gloves, warm clothes, raincoat, strong boots and good spirit :) are needed.

Study Part: Volunteers will join the “volunteering footprint” workshop. Our camps will follow the rules of the Sustainability campaign.

Attention: On the first day, the temperature of the participants will be measured. Hygienic regulations will be followed during the camp according to the instructions of the Public Health Authority.

The camp is for history and nature lovers and for those who are not afraid to accept the challenge of living without electricity, running water and wifi for one week surrounded by beautiful nature!

For more info about the project, please visit: www.ciernyhrad.sk

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

SUMMARY OF THE ISL 02 Black Castle

There were 3 people participating at the camp from Slovakia, Estonia, Croatia + 2 coordinators from Slovakia and Estonia and this is how they evaluated their time:

“What did you personally gain from the project?”

- *Being able to talk in English with people, working with hands.*
- *New ideas, concepts when talking to people knowing that I´m not made for physical work staying in nature, getting away from the city seeing how old castles are being preserved.*
- *Learned a lot about castle renovation and archeology. Have a great memory now.*

“Should we continue with this project?”

- *Yes, because it was really good project.*
- *Sure, it is an interesting opportunity.*
- *Yes, it is a very nice local organisation and project.*

“Would you recommend a workcamp to your friends?”

- *Yes.*
- *Yes, if they are interested in this type of work and want to be in the nature. But if they don´t like working outside or carrying heavy weights, then no.*
- *Yes, because of answer above.*

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

- *Enjoy your time here.*
- *Make the most of it and don´t try to get internet!*

ISL 03 BARLICKA SENIORS

Prešov

01/08/2021 - 07/08/2021

Type: SOCI

Vols: 6

Language: English, Slovak

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 build 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 elderly clients of the NGO Barlicka. The activities will be organized during daily summer camp for clients – summer activities, little trips, competitions, creative activities, sport activities, games, walks.

Accommodation & Food: Lodging will be provided in the centre of the NGO Barlicka. Volunteers will sleep on beds. However, they need to bring their **sleeping bag**. Food for breakfast, lunch and dinner will 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: From Bratislava train or bus to Presov. Please keep in mind that the journey from Bratislava to Presov takes up to 8 hours.

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

Remarks: Bring a sleeping bag, musical instrument to play nice music, some ideas for games, your enthusiasm and a smile on your face :)

Study Part: Volunteers will join the “volunteering footprint” workshop. Our camps will follow the rules of the Sustainability campaign.

Attention: On the first day, the temperature of the participants will be measured. Hygienic regulations will be followed during the camp according to the instructions of the Public Health Authority.

MOTIVATION LETTER IS NEEDED

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

Summary: Pack your backpack, have an open mind and come to Prešov where you can really bring happiness to the lives of seniors!

SUMMARY OF THE ISL 03 Barlička seniors

There were 2 people from Slovakia participating at the camp + 2 coordinators from Slovakia and Greece and this is how they evaluated their time:

“What did you personally gain from the project?”

- *Nové skúsenosti, nový pohľad na život, spoznanie nových ľudí.*
- *Zážitky, skúsenosti, informácie a spoznala som nových ľudí a miesta.*

“Should we continue with this project?”

- *Áno, pretože je to veľmi dobrý nápad spríjemniť čas aj nám a ostatným.*
- *INEX by mal pokračovať, lebo aspoň mne tento projekt niečo dal.*

“Would you recommend a workcamp to your friends?”

- *Áno, lebo to pre nich môže byť praktická skúsenosť do života.*
- *Áno, lebo to bolo super a aj oni by tu mohli prísť.*

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

- *Nebáť sa ničoho, skúsiť niečo nové, otvoriť srdce a pomôcť ostatným.*
- *Aby sa prihlásili, lebo veľa vecí získajú a keď sa neprihlásia, prídu o mnoho.*

ISL 06 BARLICKA JUNIORS

PRESOV

08/08/2021 – 14/08/2021

Type: DISA

Vols: 6

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 build 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 young people from Barlicka are 18+ years old. 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 for clients – summer activities, trips, competitions, and games. The volunteers will use non-formal education activities.

Accommodation & Food: Lodging will be provided in the centre of the NGO Barlicka. Volunteers will sleep on beds. However, they need to bring their **sleeping bag**. Volunteers will be in charge of preparing the food for breakfast and dinner. The lunch will be provided by local partner.

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: From Bratislava train or bus to Presov. Please keep in mind that the journey from Bratislava to Presov takes up to 8 hours.

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

Remarks: Bring a sleeping bag, materials which could be used in your workshop with people from Barlicka, musical instrument to play nice music, some ideas for games, your enthusiasm and a smile on your face :)

Study Part: Volunteers will join the “volunteering footprint” workshop. Our camps will follow the rules of the Sustainability campaign.

Attention: On the first day, the temperature of the participants will be measured. Hygienic regulations will be followed during the camp according to the instructions of the Public Health Authority.

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 06 Barlička Juniors

There were 2 people from Slovakia participating at the camp + 1 coordinator from Slovakia and Spain and this is how they evaluated their time:

“What did you personally gain from the project?”

- *Actually, a lot, but I´m not going to write everything, I mean things like more smiling, this people learn me how to enjoy your like in full, it was amazing.*
- *A different view of people. Travelling. Slovak language training. Slovak culture. A lot of emotions!*

“Should we continue with this project?”

- *Stopercentne áno, bola to moja najlepšia skúsenosť, lebo iné prostredie, noví ľudia, nové zážitky,...*
- *Sure yes. Clients are happy to meet new people. They were very grateful.*

“Would you recommend a workcamp to your friends?”

- *Áno, lebo to bolo super takýto pobyt, urobiť niečo pre niekoho bez zisku (peňažného).*
- *Yes.*

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

- *Aj keď sú začiatky ťažké, na konci je to vždy super. Zažijete krásny týždeň/e na východe Slovenska, kde je nádherne a ešte k tomu so super ľuďmi. Užívajte si ♥*
- *Do not be afraid. Leaders and staff will help and support you always!*

ISL 07 ECO-SLATINKA

SLATINKA, ZVOLEN

15/08/2021 – 21/08/2021

Type: ENVI

Vols: 6

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 the renovation of the only bridge in the village. Cleaning the area in Slatinka, cutting the grass, taking care of the trees, cleaning the educational trail. 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 the 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 the local partner. On-site access to electricity is available. There are two bedrooms with mattresses, but a **sleeping bag** is required. 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: From Bratislava train or bus to Zvolen; and then bus to Slatinka, rázcestie. Please keep in mind that the journey from Bratislava to Zvolen takes around 3 hours.

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

Remarks: Bring a sleeping bag, working clothes, warm clothes, raincoat, strong boots, swimming suit, headlamp and a smile on your lips :) You may also bring musical instruments.

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. Volunteers will join the "volunteering footprint" workshop. Our camps will follow the rules of the Sustainability campaign.

Attention: On the first day, the temperature of the participants will be measured. Hygienic regulations will be followed during the camp according to the instructions of the Public Health Authority.

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/>

You can also watch video from last year workcamp in Slatinka:

<https://www.youtube.com/watch?v=hgtH03v7310&t=>

SUMMARY OF THE ISL 07 Eco - Slatinka

There were 5 people from Slovakia participating at the camp + 2 coordinators from Slovakia and Spain and this is how they evaluated their time:

"What did you personally gain from the project?"

- *I met great like minded people, had a lot of fun, spend a lot of time outdoors and learn something new about the country that I came from.*
- *Better skills.*
- *I learned new things about nature which is important. I learned that I can survive in basic living conditions and I can work hard if I have some goal and I can push myself up my limits.*
- *See new place in Slovakia, try different types of work, learn more about nature and live like "old time" without toilet and bath inside, signal, ...*
- *Skúsenosti (veľa ich), veľa nových známostí.*
- *Pracovitosť.*

"Should we continue with this project?"

- *Yes, it appears that the local people appreciate the work of volunteers and difference they make.*
- *Yes, because great place and people.*
- *Yes, please!*
- *Yes!*
- *Určite áno, pretože sám osobne si myslím, že väčšina vecí, ktoré sa tu nachádzajú boli postavené vďaka nim.*
- *Áno, lebo sú super a krásne miesto.*

"Would you recommend a workcamp to your friends?"

- *Yes! It is a great way to spend your annual leave, do something beneficial, spend time outdoors and have fun with lovely like minded people that you get to know there.*
- *Yes.*
- *To everybody I know because it was an amazing time for me.*
- *Yes, if they will be interesting in volunteering. It is an amazing place and very nice people from local partner and also work is interesting.*
- *Určite áno, pretože spoznajú úplne "iný vesmír."*
- *Áno, určite.*

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

- *Join workcamp in Slatinka, you will be satisfied.*
- *Do it, it's worth it. Start the change from yourself.*
- *Pridajte sa.*

Coordinators of the workcamps 2021

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?

My expectations were met and i learned so much about team work and how important it is to communicate properly.

Bol to test mojich schopností, za čo som určite rada, taktiež skvelý zážitok z práce so seniormi.

Yes, I met what I expected from the project and the team. The interesting thing is that you have in your mind a certain image of how to do things, but when you meet in person with the people and the program, you see that everything changes and can't be perfect. But you adapt to that and you have a nice time. :)

Prakticke znalosti o renovacnych pracach a novych kamaratov. Som velmi spokojna, ocakavania boli naplnene.

The project met more than my expectations! it was well organized from both sides and the place itself really is something else! keep doing it! We connected with the nature and people there and saw how solidarity works out!

Opäť ma to naučilo veľa, zmeniť pohľad na svet, viac si vážiť to čo máme, keďže to bolo veľmi narýchlo neočakávala som nič ale odnášam si odtiaľ veľa, mnoho šťastných momentov ale zopár aj tých smutných, kedy si uvedomíte ťažkú situáciu klientov.



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