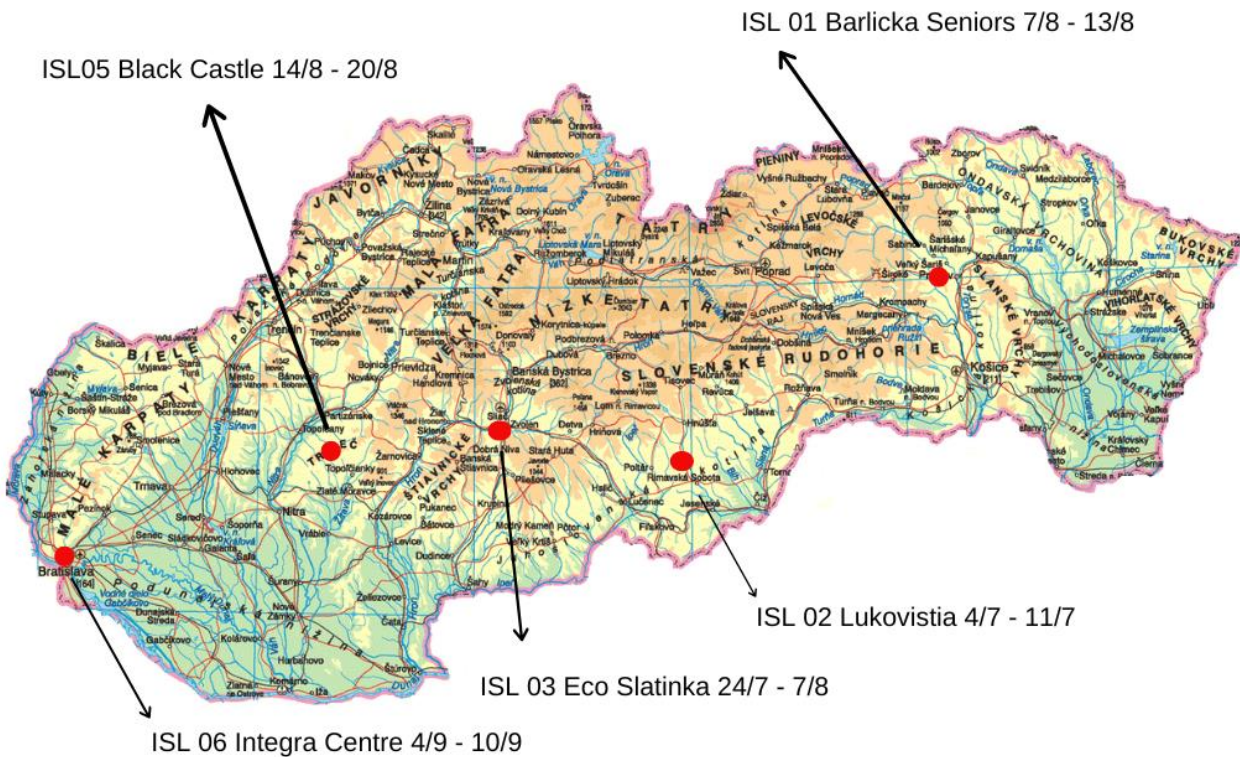


# Medzinárodné dobrovoľnícke tábory na Slovensku v roku 2022 a ich hodnotenie očami dobrovoľníkov a vedúcich



## THE LIST OF PLANNED WORKCAMPS 2022 OF INEX SLOVAKIA

CODE	NAME	LOCATION	TYPE	FROM	TO	AGE LIMIT	VOLS
ISL 01	Barlicka Seniors	Presov	DISA/SOCI	7.8.	13.8.	18+	10
ISL 02	Lukovistia	Lukovistia	RENO/ENVI	4.7.	11.7.	18+	7
ISL 03	ECO-Slatinka	Slatinka	ENVI	24.7.	7.8.	18+	10
ISL 05	Black Castle	Zlatno	RENO/ARCH	14.8.	20.8.	18+	6
ISL 06	Integra Centre	Bratislava	DISA/SOCI	4.9.	10.9.	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 02 LUKOVISTIA

LUKOVISTIA, reg. RIMAVSKA SOBOTA

04/07/2022 - 11/07/2022

Type: RENO/ENVI

Vols: 7

Language: English

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 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 10<sup>th</sup> 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. Volunteers will help also with environmental work, such as building fence of the tree garden and cleaning the forest. The working hours are from Monday to Friday divided as follows: 3 hours in the morning and 2,5 hours in the afternoon. There are no special skills required.

**Accommodation & Food:** Accommodation will be in the house in village Lukovistia. Volunteers will be sleeping in two rooms with mattresses, but a **sleeping bag** is required. Showers, toilet facilities and fully equipped kitchen are provided in the house. The volunteers divided in the kitchen teams will cook together, the groceries will be provided. On demand, vegetarian meals can be provided. There is possibility to sleep in tents for those who would like to try this experience.

**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. Close to je village, there is Teply vrch, known for the warmest geothermal lake in Slovakia (27 °C, 80 F).

**Terminal:** There are multiple options to come by plane, bus and train to Budapest, Bratislava or Kosice. When you arrive at one of the cities mentioned, you have to go by bus or train to Rimavska Sobota. The local partner will arrange the transport from Rimavska Sobota to Lukovistia. Please keep in mind that the journey from Bratislava to Rimavska Sobota takes around 5 hours. The best is to plan your journey to arrive in the morning in Bratislava or try to find flight connection directly to Kosice.

**Meeting point:** Rimavska Sobota, on 04.07. around **5 pm**.

**Remarks:** Sleeping bags, mat, working clothes, warm clothes, raincoat, strong boots, flashlight, cap and good spirit :) are needed. Also, if possible, music instruments and games 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 evening, and will join the "volunteering footprint" workshop. Our camps will follow the rules of the Sustainability campaign.

**Summary:** Take the opportunity to do and experience amazing and unusual things that you would not normally get to do in your everyday life.

## **SUMMARY OF THE ISL 02 Lukovištia**

There were 5 volunteers from Czech Republic, Ukraine, Belgium, Italy and 2 leaders from Slovakia and Serbia and this is how they evaluated their time:

### **“What did you personally gain from the project?”**

- *Meeting people from Italy, Spain, Ukraine, comparing them with stereotypes about these countries.*
- *Making new friends, learning a lot of information about many different countries, experiences.*
- *New friends, teamwork, different cultures, living with different people,*
- *Spend good time with new people, traveling in Slovakia, new knowledge.*
- *Learn about local and eastern culture, manual work experience, organisation skills.*

### **“Should we continue with this project?”**

- *Yes, I like the vision the local partner has for this place.*
- *Yes, I love the idea of making the school alive and the local partner is so kind and generous.*
- *Yes, the aim of the project is beautiful, Lukovistia is a really nice place and the local partner is excellent.*
- *Yes, it is good to help people and good opportunities to volunteers from abroad to know about Slovakia more.*
- *Yes, the rebuilding is only at its beginning.*

### **“Would you recommend a workcamp to your friends?”**

- *Yes, for meeting new cultures.*
- *Yes, it's beneficial for both the volunteers and the host.*
- *Yes, it is the best way to live and learn about people, different cultures as well as learning new skills and manual works.*
- *Yes, because it is interesting and good activities.*
- *Yes, good project and no, Slovakia is too dark and far away.*

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

- *Bring more long pants :)*
- *Don't be afraid to participate, try it, it will be fun, I promise.*
- *Work hard, don't be shy to meet new people and have fun :)*
- *Be prepared to meet different people than you.*

### ISL 03 ECO-SLATINKA

SLATINKA, reg. ZVOLEN

24/07/2022 – 07/08/2022

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 and in the city park in Zvolen. The volunteers will help with cleaning the area in Slatinka: cutting the grass, taking care of the trees, cleaning the educational trail. They will be helping also at the park of Lanice, close to the town of Zvolen. The working hours are from Monday to Friday divided as follows: 4 hours in the morning and 2 hours in the afternoon. There are no special skills required.

**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 and mobile signal is available. There are two bedrooms with mattresses, but a **sleeping bag** is required. Meals will be prepared by the volunteers themselves. Volunteers will be divided in the kitchen teams and cook together; the groceries will be provided. 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 – Vienna or Bratislava; then train or bus to Zvolen. Please keep in mind that the journey from Bratislava to Zvolen takes around 3 hours. So please plan your journey to Bratislava with arrival in the morning.

**Meeting point:** Bus station in Zvolen, on 24.07.2022 around 5 pm.

**Remarks:** Bring a sleeping bag, working clothes, warm clothes, cap, 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 evenings, 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](http://www.slatinka.sk),

<https://www.facebook.com/zdruzenieslatinka> or <https://www.instagram.com/slatinkaassociation/>

You can also watch video from workcamp in Slatinka: <https://www.youtube.com/watch?v=hgtH03v7310&t=>

**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 03 ECO Slatinka**

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

### **“What did you personally gain from the project?”**

- *I liked most of the psysical work and learned a lot about Slovakia. It is always a good challenge for me to meet new people and to communicate in English.*
- *I learned a lot about environment protection in Slovakia and had interesting conversations about history and culture.*

### **“Should we continue with this project?”**

- *Yes, there is a lot of different work to do. It is imporant to make people knowing about protection of environment in Slovakia.*
- *Yes, because Slatinka is a nice place and the accommodation is perfect for a summer camp. But there should be more participants.*

### **“Would you recommend a workcamp to your friends?”**

- *Yes, because I like the international exchange and the way of getting an impression of the country while working.*
- *It was my 6th workcamp and I got many impresions of different cultures. I also found new international friends.*

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

- *Slatinka is a beautiful little village and it is cool to live so close to nature. The group dynamic might be better with more participants.*
- *Enjoy the beautiful nature in Slatinka and be concious about its particularity!*

## ISL 01 BARLICKA SENIORS

PRESOV

07/08/2022 – 13/08/2022

Type: DISA/SOCI

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 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. Seniors were for the long time isolated because of pandemic restrictions and now it's time to break the stereotype of their days. The activities will be organized during daily summer camp for clients – summer activities, little trips, competitions, creative activities, sport activities, games, walks. Most of the seniors are on the wheelchairs. On the first work day volunteers will have short training how to manage the wheelchair and they will get information about seniors from Barlicka. There are no special skills required. Important is motivation and empathy. The staff of social centre will be guiding the volunteers during the work. The working hours are from Monday to Friday divided as follows: 9:00 – 12:00 and 13:00 – 15:30.

**Accommodation & Food:** Lodging will be provided in the centre of the NGO Barlicka. Volunteers will sleep on beds in two rooms based on gender. However, they need to bring their **sleeping bag**. Kitchen facilities and bathrooms are provided. Volunteers divided in the kitchen teams will be in charge of preparing the food for breakfast and dinner, the groceries will be provided. The lunch will be provided by local partner. On request, vegetarian meals can be provided. Wifi is available.

**Location and leisure:** The camp will be organized in the city of Presov – the 3<sup>rd</sup> 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 6 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:** Social centre NGO Barlicka, on 07.08.2022 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 young people, 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 evenings, and will join the "volunteering footprint" workshop. Our camps will follow the rules of the Sustainability campaign.

**Attention:** MOTIVATION LETTER IS NEEDED – write why you want to participate and how you want to contribute on this workcamp on at least ¾ A4.

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 seniors!



## **SUMMARY OF THE ISL 01 Barlicka Seniors**

There were 5 people from Slovenia, Mexico, Italy, Israel, Spain participating at the camp + 2 coordinators from Italy and Ukraine and this is how they evaluated their time:

### **“What did you personally gain from the project?”**

- *That in my life I was very lucky.*
- *New friends, knowledge of other cultures, value the present.*
- *The nice feeling that I able to connect with the residents and thar I have things to pict them.*
- *Unforgettable experience, seeing how such an institution functions in other country, meet new people, get inspired.*

### **“Should we continue with this project?”**

- *Yes, because it is highly valued by the community.*
- *Yes, is a good way to connect with other people and I feel that is something that really helped and changed the day of youth and elderly.*
- *Absolutely. Barlicka needs the volunteers to give the juniors and seniors what the staff isn't able to do and under my point of view is necesseary such as taking them out, talking, ...*
- *YES, I think I hope it's beneficial for both sides.*

### **“Would you recommend a workcamp to your friends?”**

- *Yes, because I enjoyed this experience.*
- *Yes, it's an unique experience.*
- *Absolutely, because it gives another point of view and change our values . World needs that.*
- *YES, I think they would enjoy it, to gain experience.*

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

- *Make the most of this adventure.*
- *Don't pressure yourself everything will go right and just enjoy the moment cause time flies.*
- *You have things inside that people of INEX really need.*
- *Don't be scared, every little gesture, positive thought, hug will be appreciated.*

## ISL 05 BLACK CASTLE

ZLATNO, reg. ZLATE MORAVCE

14/08/2022 - 20/08/2022

Type: RENO/ARCH

Vols: 6

Language: English

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 from 13<sup>th</sup> century – “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, carrying materials (rocks, sand, ...) to the castle, cutting grass. No building and archeological experience are needed. The working hours will be from Monday to Friday, approximately 9:00 – 15:00, including a lunch break.

**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 house in the forest. Volunteers will sleep on 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. There will not be access to running water, so water will be delivered or taken from a well. Food will be cooked by leaders and the volunteers themselves. They will be divided in the kitchen teams and will prepare meals together; the groceries will be provided. On request, vegetarian meals can 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:** Airport, bus, train in Bratislava, then 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 bus stop, on 14.08.2022 around 5 pm.

**Remarks:** Sleeping bags, working clothes, gloves, warm clothes, raincoat, strong boots, flashlight and good spirit :) are needed. Also, if possible, music instruments and games 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 evenings, and will join the "volunteering footprint" workshop. Our camps will follow the rules of the Sustainability campaign.

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

For more info about the project, please visit: [www.ciernyhrad.sk](http://www.ciernyhrad.sk)

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

## **SUMMARY OF THE ISL 05 Black Castle**

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

### **“What did you personally gain from the project?”**

- *I learned a lot about other cultures.*
- *A new understanding of Slovakia culture, as well as practical knowledge about how to build and rebuild walls and make mortar.*
- *I gained social strategies and work strategies.*
- *Learned about cooperating with different people.*
- *I met new cultures.*

### **“Should we continue with this project?”**

- *Yes!*
- *Yes, because the people of Zlatno deserve to know their history and historical buildings should always be known again.*
- *Yes, please. Because the idea to do social work and restore a castle is just perfect.*
- *Yes, it's fun and a nice project not something you usually get a chance to do.*
- *Sure!*

### **“Would you recommend a workcamp to your friends?”**

- *Yes!*
- *Yes, especially if they want to be archeologists. It takes you out of your comfort zone, as well as making you gain knowledge.*
- *Yes, because I want them to see the other side of the world.*
- *Yes, because it connects people from all the world and show how to walk on a historic important objekt.*
- *Yes, see my answer to Q10.*
- *Yes, it's a great experience.*

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

- *Just enjoy, ask about other cultures to the other volunteers.*
- *It's fun! :D*
- *Have fun, be happy and like a lot everything! Thank you!*
- *Do it with fun :)*
- *The work is fun and interesting. Enjoy.*
- *Live it all, every moment of it.*

## **ISL 06 INTEGRA CENTRE**

BRATISLAVA

04/09/2022 – 10/09/2022

Type: DISA

Vols: 6

Language: English

Age: 18+



**Partner:** Social center Integra provides care for young people and adults with heavy mental and physical disabilities and in lots of cases also for people with inhibited senses. Most of the people in social centre are in wheelchairs and visit the centre on daily, weekly or annual bases. The volunteers in the centre are breaking down the routine in the centre. The workcamps have been organized together with Integra since 2005. The young people with disabilities 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 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 in social integration. There will be one trip for volunteers and people from Integra organized by our local partner. The camp is THE event of the year in the life of the people with disabilities and not only for them but also for the whole Integra centre. The staff of social centre will be guiding the volunteers during the work. The working hours are from Monday to Friday divided as follows 4 hours in the morning and 2 hours in the afternoon.

**Accommodation & Food:** Lodging will be provided directly in the building of the Integra centre. The volunteers will be sleeping on the mattresses which include pillows and blankets. Breakfasts, lunches and dinners will be taken care off and on request, vegetarian meals can be provided. The centre has showers, facilities, hot water and wifi connection.

**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, on 04.09.2022 around 5 pm.

**Remarks:** Bring swimming suit, materials and pictures of your country, material which you could use in your workshops, games, activities for clients, 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 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: <http://www.dssintegra.sk/> or <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 gain deeper understanding about differences and similarities between us all!



## **SUMMARY OF THE ISL 06 Integra Centre**

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

### **"What did you personally gain from the project?"**

- *An idea of what I don't want to do in my professional life, a severe "mental slap", a new look on disabled people.*
- *Patience and understanding.*

### **"Should we continue with this project?"**

- *Yes, it helps people to understand that disabled are almost normal.*
- *I think it should continue but with more attention given to the volunteers.*

### **"Would you recommend a workcamp to your friends?"**

- *I probably won't, because it is a very hard but full of learning experiment and not everybody is type for this type of work.*
- *I would cause it's challenging in a good way but not for everyone.*

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

- *Just do it but be prepared to be challenged!*
- *A week goes fast so don't hold back and give it your all!*

## Leaders of the workcamps 2022

Not only volunteers evaluated their activities during the workcamp, but we are asking a feedback also from the leaders 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 a lot about myself, other people, how to organise things, cook for more people, what i need to do better. Still i have really nice memories and my expectations were fulfilled.*

*I had relatively new experience to lead small group of people. I learned how to communicate with different group of people and languages.*

*The project ticked all the boxes. I found that I can use my professional skills to manage situations outside of work environment, learned to understand people with disabilities, saw how initiative is rewarding and found an ideal which I know now exists...*

*Precvicila som si znova cudzie jazyky, zazila po dlhej dobe "taborovy zivot", spoznala novych ludi, tabor naplno splnil moje ocakavania.*

*Vyskúšala som si prakticky organizáciu takéhoto tábora. Zistila som čo všetko to obnáša. a Vyskúšala som si prácu na stavbe, čo som tiež chcela veľmi skúsiť. A zistila som, že treba spraviť aj tú menej záživnú prácu.*

*The project met all my expectations and I learned a lot of things. It was my first time renovating some ruins of a castle I learnt a lot from different cultures and countries. I met wonderful people and I lived an unique experience in nature, without phones.*

*Overall the project meets all my expectations, in a positive way but also in a "negative" way. I learnt a lot form the clients and the important of helping, include them in the society and it was amazing to break that barrier. On the other hand there were challenging moments but I tried my best and I learned that there is always a way to fix and improve what you are doing.*

