

# Medzinárodné dobrovoľnícke tábory na Slovensku v roku 2023 a ich hodnotenie očami dobrovoľníkov a vedúcich



## THE LIST OF WORKCAMPS 2023 OF INEX SLOVAKIA

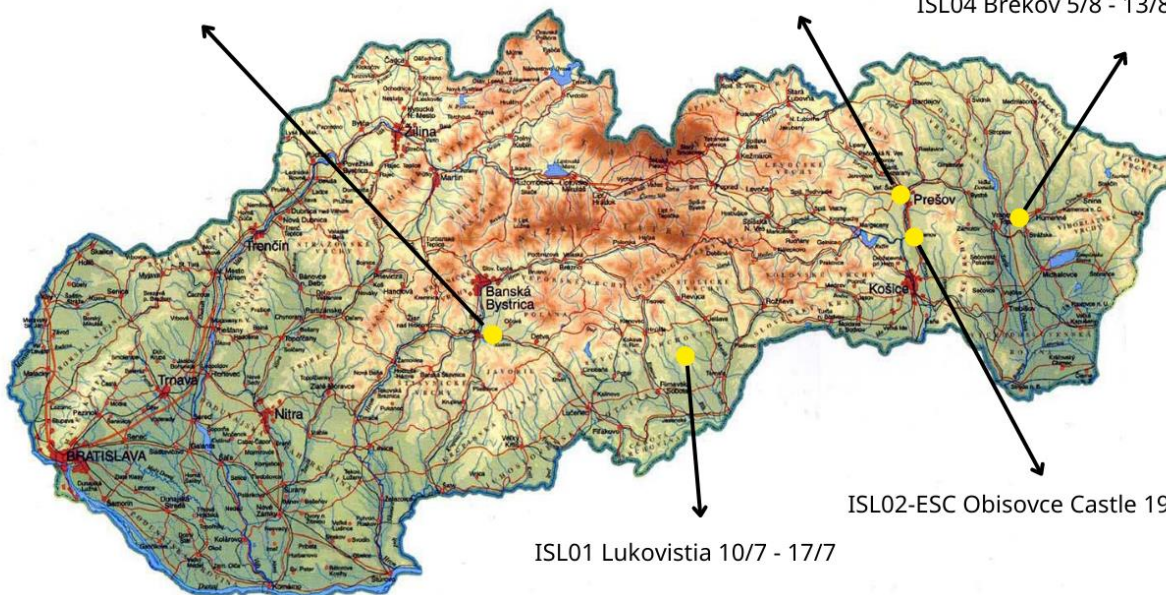
CODE	NAME	LOCATION	TYPE	FROM	TO	AGE LIMIT	VOLS	Remarks
ISL01	Lukovistia	Lukovistia	RENO/ENVI	10.7.	17.7.	18+	6	
ISL02-ESC	Obisovce Castle	Obisovce	RENO/ARCH	19.7.	3.8.	18 - 30	10	Only EU
ISL03-ESC	ECO Slatinka	Slatinka	ENVI	21.7.	5.8.	18 - 30	10	Only EU
ISL04	Brekov Castle	Brekov	RENO/ARCH	5.8.	13.8.	18+	4	No pairs
ISL05-ESC	Barlicka	Presov	DISA/SOCI	7.8.	22.8.	18 - 30	10	Only EU, MOT



ISL03-ESC ECO Slatinka 21/7 - 5/8

ISL05-ESC Barlicka 7/8 - 22/8

ISL04 Brekov 5/8 - 13/8



ISL02-ESC Obisovce Castle 19/7 - 3/8

ISL01 Lukovistia 10/7 - 17/7





## 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**.



## ISL 01 LUKOVISTIA

LUKOVISTIA, reg. RIMAVSKA SOBOTA

10/07/2023 - 17/07/2023

Type: RENO/ENVI

Vols: 6

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. By participating to this project you contribute to protecting the local cultural heritage (UN SDG 11).

**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 10.07.2023 around **5 pm**. More info will be provided to accepted volunteers in the infosheet sent at least 4 weeks before the start of the workcamp.

**Remarks:** Sleeping bags, mat, working clothes, warm clothes, raincoat, strong boots, flashlight, cap and good spirit :) are needed. You can also bring some games from your country.

**Study Part:** 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 01 LUKOVISTIA**

There were 5 volunteers from Belgium, France, Germany and Slovakia and 2 leaders from Slovakia and Belgium and this is how they evaluated their time:

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

- *Learned about a new culture/land, went out of my comfort zone and met amazing people.*
- *I learned to let go. I think I have improved my English skills. I discovered other cultures. I experimented with manual work and I discovered that I really liked it.*
- *I gained experience, I practiced my English, I learned how to use certain machines at work and how to include myself in a group.*
- *Met new amazing people from different countries learned how to work as a member of the team stepped out of the comfort zone.*
- *I met great people I discovered more about the leaders. I discovered a real workcamp for the 1st time. And learned about Lukovistia and the former school.*

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

- *Yes, we help the local culture in the long-term and make amazing, new experience.*
- *Yes! It is a very complete and very rewarding project.*
- *Yes. It is a project open to all with its own characteristics. And the project for long-term is interesting.*
- *Yes. This activity is a great opportunity for many young people, as well it has positive effects on local community.*
- *Yes, it's a beautiful project not finished yet.*

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

- *Yes, if they are ready to be uncomfortable, but rewarded for it.*
- *Yes, but I would specify how the accommodation is and the type of work carried out, the degree of difficulty.*
- *Yes. It can be a project that is not for everyone about the work because it's physical work but it's a perfect project for those who looking for that.*
- *Yes, because it is perfect opportunity to meet new people and do the right thing.*
- *Yes, it's not like vacation but it's a real break in the life where you gain skills.*

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

- *You will be cold in the tent; your arms and legs will hurt from work, BUT You will grow as a person.*
- *Enjoy and do not hesitate to communicate and propose little games.*
- *Be yourself, do your best and don't hesitate to communicate with the leaders.*
- *If you sign up, you won't regret it.*
- *Don't hesitate to join this workcamp, you will have nice time and feel useful.*

## ISL 02 - ESC TIBAVA CASTLE

PODHOROD, reg. SOBRANCE

19/07/2023 – 03/08/2023

Type: RENO/ARCH

Vols: 10

Language: English

Age: 18 – 30



**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:** Volunteers will be helping with revitalizing the old ruins of the small Tibava Castle in east part of Slovakia. The Tibava Castle was probably built at the turn of the 13<sup>th</sup> – 14<sup>th</sup> centuries. There are only two reliable mentions of it, one from 1337 and one from 1345. Association Rákociho cesta prepared plan to restore the castle to save this heritage for future generations. The volunteers will be involved in renovation work, cleaning the area, help with masonry work using the traditional techniques, transport of the material (like sand, rocks, and water.) The volunteers will learn about the history of the castles in Eastern Slovakia. No building and archeological experience are needed. The working hours will be from Monday to Friday, approximately 8:30 – 15:00, including a lunch break. By participating to this project you contribute to protecting the local cultural heritage (UN SDG 11).

**Accommodation & Food:** The volunteers will stay in the village Podhorod' (90 km from Kosice, 50 km from Humenné) in the eastern part of Slovakia. The volunteers will sleep in the house with beds but it is necessary to bring the **sleeping bag**. Meals will be prepared by the volunteers themselves. Volunteers will be divided in the kitchen teams and cook together; the groceries will be provided. Vegetarian catering is possible. Showers, toilet facilities and fully equipped kitchen are provided in the house.

**Location and leisure:** Podhorod' is a small village in eastern part of Slovakia, it is located in Kosice region, 90 km from Kosice (second biggest city in Slovakia). There is possibility to visit Lom Beňatina, lake Zemplínska Šírava where you can go swimming or take a trip to Morské Oko.

**Terminal:** Airport – Košice, then bus to Sobrance where you need to change bus to Podhorod'. Please keep in mind if you arrived to Bratislava, that the journey from Bratislava to Košice takes around 5 hours. So please plan your journey to Bratislava with arrival in the morning or try to find the flight connection directly to Kosice.

**Meeting point:** Podhorod', on 19.07.2023 around **5 pm**. More info will be provided to accepted volunteers in the infosheet sent at least 4 weeks before the start of the workcamp.

**Remarks:** Bring a **sleeping bag**, working clothes and gloves, warm clothes, raincoat, strong boots, swimming suit, insect repellent and a smile on your lips :) You can also bring some games from your country.

**Study Part:** The volunteers will prepare the "Feast of cultures" - an international food evening for the local community and will join the "volunteering footprint" workshop. Our camps will follow the rules of Sustainability campaign.

**Important:** This project is supported by the program European Solidarity Corps (ESC) for young people between 18 and 30 years. It is open to all volunteers that fit the ESC criteria. Volunteers will receive a financial support for their travel, according to a maximum amount established in accordance with their travel distance and upon the presentation of original tickets; volunteers need to enrol in the PASS, the ESC Portal; then INEX Slovakia will organise their matching, on the online system, with the volunteering project. Volunteers will receive pocket money once they arrive on the project in Slovakia.

**Summary:** Would you like to spend 2 weeks helping with the renovation of a castle in the middle of the beautiful nature in Slovakia? Get ready for the adventure, open your mind and develop yourself!

## **SUMMARY OF THE ISL 02-ESC TIBAVA**

There were 10 volunteers from France, Germany, Croatia, Spain, Serbia, The Netherlands, Poland and Slovakia and 2 leaders from Slovakia and France and this is how they evaluated their time:

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

- *English level, knowledge about Slovakia and castle*
- *Being more open minded, knowing how to built a wall, more selvalue/confidance*
- *Experience in socializing, learning languages and about other cultures, getting in shape due to the physical work, learning about building techniques.*
- *New skills, netter English level, learning new things, friends!!!*
- *I discover local community and worker in NGO projects. I also know now much more about Slovakia.*
- *Amazing experience, friends, learnined new things about a new country.*
- *I met a lot of people from different countries which I enjoyed very much and I also got to meet local people which were very welcoming.*
- *I've learned a lot about building, I've learned that I'm capable of much more than I thought. I've learned to be more comfortable in my own skin. I've also learned so much about other people and countries!*
- *Great friends and memories I won't forget and I will share.*

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

- *Yes sure, but like I said with a little bit more organisation*
- *Yes of course, its a great opportunity to meet people, work in nature and it shows how capabal you are by doing the work.*
- *They should at both castles I would just like a brader explanation and more picture to know what to expect.*
- *Yes!*
- *Yes, should continue. There is so many to do near the castle that this help is really meaningfull.*
- *Yes, amazing local partners, fulfilling work.*
- *I think it should continue it in Turňa because it's really interesting and there's plenty of world to do but not in the Tibava one.*
- *Yes, definitely! This project was very ambitious, enriching, fulfilling and happy. The works benefited local communities in so many levels!*
- *Yes. I think it's great way to get in contact with the locals with something they know and care about and a great project in the sense of repairing something that was and is meaningfull to them.*

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

- *Yes, it's a seat and unforgettable experience to do on our lives.*
- *Yes, it was great time spended with nice people fixing an old castle.*
- *I would to meet people and cultures and to have fun.*
- *Yes! Of course*
- *Yes, I would recommend especially a young friends who want to spend some time in international environment and do something usefull.*
- *Yes, was a very positive experience with amazing people.*
- *Yes, I would. It was really fun and I had a great time.*
- *I always do because it's so enriching, you make unforgatable memories and friendships for life!*
- *Yes, I've already did. I think its a great way of meeting people and learning.*

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

- *Enjoy it and measure the chance you have to be part of the project.*
- *You should have the will to work heavily and being exhausted afterwards.*
- *Don't think too much, just make decision and join to the workcamp. That will be a great adventure and you collect many good memories!*
- *Enjoy it while it lasts, make the most of it, don't be afraid to be open to other people and connect deeply.*
- *Enjoy every moment of your workcamp because time flies away.*
- *This workcamp is for you, whoever you are! It might take you out of your comfort zone but it's all worth it!*
- *Do it, even if it might look hard because it is a construction project, the experience and the people you are going to meet, local people and other volunteers, make it worth it!*



### ISL 03 - ESC ECO-SLATINKA

SLATINKA, reg. ZVOLEN

21/07/2023 – 05/08/2023

Type: ENVI

Vols: 10

Language: English

Age: 18 - 30



**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. By participating to this project you contribute to protecting sustainable use of terrestrial ecosystems (UN SDG 15).

**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 21.07.2023 around 5 pm. More info will be provided to accepted volunteers in the infosheet sent at least 4 weeks before the start of the workcamp.

**Remarks:** Bring a sleeping bag, working clothes, warm clothes, cap, raincoat, strong boots, swimming suit, headlamp and a smile on your lips :) You can also bring some games from your country.

**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 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 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=>

**Important:** This project is supported by the program European Solidarity Corps (ESC) for young people between 18 and 30 years. It is open to all volunteers that fit the ESC criteria. Volunteers will receive a financial support for their travel, according to a maximum amount established in accordance with their travel distance and upon the presentation of original tickets; volunteers need to enrol in the PASS, the ESC Portal; then INEX Slovakia will organise their matching, on the online system, with the volunteering project. Volunteers will receive pocket money once they arrive on the project in Slovakia.

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

## **SUMMARY OF THE ISL03-ESC ECO-Slatinka**

There were 10 volunteers from France, Germany, Spain, Italy, Hungary and Slovakia and 3 leaders from Slovakia and Belgium and this is how they evaluated their time:

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

- *My social confident and self-perception improved a lot as I was feeling involved in the group and very comfortable. I could talk about everything in English, there was not communication wall. And being in nature just makes me happy.*
- *2 weeks away from my daily life. Being in nature makes me feel so good and don't looking at my phone every 10 times. It feels good to experience that I'm able to socialize quickly and get in contact with new persons without problems.*
- *Better English, practise with tools, know about different plants and learnt about the environment.*
- *I given all my self with my fears and energy.*
- *Make new friends, memories.*
- *Experience, meeting new people.*
- *Experience.*

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

- *Definetly YES, because this house in Slatinka has something magic, like if all the histories and memories that happend here were in touch with you when you cross the main door.*
- *YES! I think it's a nice experience for everyone spending some time in an old-chool village and caring about nature.*
- *Yes, that place is beautiful and need continue help for keep all right.*
- *If some things change, yes (more organized, better communication between local partner and leaders)*
- *Yes. Nice place to discover.*
- *No, because I don't like the treatment of me.*

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

- *I will recommend my family and friends to have a look at volunteering programs in general. I would only recommend this particular project to those that likes nature, physical work and a modest way of living.*
- *Yes! If you like intercultural experiences workcamps are perfect for you!*
- *Yes, is soo funny and good life experience.*
- *Yes, I recommend workcamp because it is good opportunity to grow like a person.*
- *Probably yes.*
- *Yes, because it's a really nice place to gain experience.*
- *Depends of the character of my friends.*

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

- *Let Slatinka to show you all his paths, his stars nights, the river and all the creatures that are living here. Take part of the history of this place and volunteers and leave your foot together.*
- *Please come only if you are motivated to work. Slatinka is not hotel nor a restaurant but a cute place in Slovakia with a nice local partner.*
- *Enjoy it.*
- *Most of the times the tasks they ask us to do are imposible to be done by human hands and need machines (like carrying big trees).*
- *Enjoy :)*

## ISL 04 BREKOV CASTLE

BREKOV, reg. HUMENNE  
05/08/2023 - 13/08/2023  
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:** Volunteers will help with reconstruction work in the ruins of medieval castle Brekov from the 13<sup>th</sup> century. The castle has become an important military castle for the Hungarian empire and the whole region. Its history has been long and rich, from its very origin to present day. Lots 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. No building and archeological experience are needed. The volunteers will be helping from Monday to Friday for 6 hours, including a lunch break. By participating to this project you contribute to protecting the local cultural heritage (UN SDG 11).

**Accommodation & Food:** Accommodation will be provided in the house in the village Brekov. In the house with showers, toilet facilities, hot water and fully equipped kitchen are provided. Meals will be prepared by the volunteers themselves. Volunteers will be divided in the kitchen teams and cook together; the groceries will be provided by local partner. Vegetarian catering is possible.

**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 Brekov, train stop. Please keep in mind that the journey from Bratislava to Brekov takes around 6 hours. Plan your journey to Bratislava with arrival in the morning, or try to find flight connection directly to Kosice.

**Meeting point:** Brekov – train stop, on 05.08.2023 around 5 pm. More info will be provided to accepted volunteers in the infosheet sent at least 4 weeks before the start of the workcamp.

**Remarks:** Working clothes, warm clothes, raincoat, strong boots and good spirit :) are needed. You can also bring some games from your country.

**Study Part:** The volunteers will prepare the "Feast of cultures" - an international food evening 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 watch video from last year workcamp Brekov 2019:

<https://www.youtube.com/watch?v=IPFgupn5qko&t=3s>

**Summary:** Explore nature and history while helping with archaeological research and reconstruction of a 13<sup>th</sup> century castle in the east of Slovakia!

## **SUMMARY OF THE ISL04 BREKOV CASTLE**

There were 5 volunteers from France, Spain, Italy, Slovakia, Estonia and 1 leader from France and this is how they evaluated their time:

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

- *I learned a lot about life in community.*
- *Friends and knowledge of a country I'd never visited before.*
- *I met beautiful souls, learnt about Slovakia, personal development, soft skills.*
- *A great personal experience.*

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

- *I think it should continue because it brings a lot of personal enrichment for volunteer.*
- *Yes! I think it makes it easier for the local partner to get funding for its projects.*
- *Yes.*
- *Yes, it is a very nice project.*

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

- *I would cause this is an other way of travelling that brings more than a "standard travel".*
- *Yes! It was a great experience all in all.*
- *Yes.*
- *Yes, I take my good times that more should live.*

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

- *It is an adventure! You will feel enriched when you will be back home!!*
- *Check/ask if the house has a bathroom door (before going).*
- *Just go for it.*
- *You will enjoy it a lot!*



## ISL 05 - ESC BARLICKA

PRESOV

07/08/2023 – 22/08/2023

Type: DISA/SOCI

Vols: 10

Language: English

Age: 18 - 30



**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 and seniors from the NGO Barlicka. The young people from Barlicka are 18+ years old. The centre has been working with people with disabilities and seniors for 16 years, trying to help them to live independently. The activities for young people with physical disabilities and seniors will be organized during the daily summer camp – summer activities, trips, competitions, and games. Most of the seniors and young people 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 young people and 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. By participating to this project you contribute to reducing inequality within and among countries (UN SDG 10).

**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 07.08.2023 around 5 pm. More info will be provided to accepted volunteers in the infosheet sent at least 4 weeks before the start of the workcamp.

**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 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.

**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: <https://barlicka.sk/>

**Important:** This project is supported by the program European Solidarity Corps (ESC) for young people between 18 and 30 years. It is open to all volunteers that fit the ESC criteria. Volunteers will receive a financial support for their travel, according to a maximum amount established in accordance with their travel distance and upon the presentation of original tickets; volunteers need to enrol in the PASS, the ESC Portal; then INEX Slovakia will organise their matching, on the online system, with the volunteering project. Volunteers will receive pocket money once they arrive on the project in Slovakia.

**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 and seniors!

## **SUMMARY OF THE ISL05-ESC BARLICKA**

There were 13 volunteers from Belgium, Sweden, Poland, Greece, France, Spain, Italy, The Netherlands and Slovakia and 3 leaders from Slovakia and Estonia and this is how they evaluated their time:

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

- *Lot of memories, hapiness, discovering myself, learning from experience, self confidence, so much love, lofe advices, ...*
- *More confidence, teaching skills, self-competence and social, personal development*
- *Learn new games, new skills, new laughter and see new cultures.*
- *More self-confidence, positivity, spontaneity*
- *Patience, empathy, understanding about disable people.*
- *Amazing life experience*
- *I gained a sense of purpose, empathy skills, friends and unique adventure moments.*
- *Meeting new people, gaining new skills and in general having a new experience.*
- *English level, living with people who have different backgrounds, the importance to continue to the group.*
- *Languagfe skills, using wheelchair, being patient.*
- *Experience at working with the people, friends. I have been happilly surprised with some partners.*
- *I learnt so much about life in different countries/cultures. Meet people who I'd usually not meet, Slovakia is beautiful, more independence and increased self confidence, fun, I learnt a lot about social work.*

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

- *Yes! Grand-parents (seniors) and juniors need to have this amount of fun the whole year!*
- *Yes, because the aim and support it's really important.*
- *Because the organisation give joy and happiness.*
- *Yes, because it's an important and great project*
- *Of course yes! It's a very nice project.*
- *Of course yes! Barlicka place is wonderful ♥*
- *Yes! I believe that the clients of Barlicka gain so much from this workcamp.*
- *Yes, I think it's a good thing for people with disabilities or old people.*
- *Yes, because I think this program give learning for each other.*
- *Yes, because people need to see people.*
- *Of course. Volunteers are needed here. Seniors are so happy to see us every day and juniors meet new people and have so much fun.*
- *Yes, we had a lot of fun with local community and it felt like a summer vacation camp for both of us.*

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

- *Yes! For all it brings to me.*
- *Yes, because it's a way to meet people, do a social task for not so much money.*
- *Yes, because it a good workcamp and you meet new amazing people.*
- *Yes, because it's an experiebnce that can change you positively.*
- *Yes. For the aim of the project and the very good local partner.*
- *Yes, this kind of volunteering can change a life into a better one.*
- *Yes! It's a lifetime experience that aenables you to grow and see the world.*
- *Yes, I had a lot of fun and it was nice to be a part of the activities.*
- *Yes, because this experience was so essential for me.*
- *Yes, for meeting people and discover Slovakia.*
- *Yes. It opens your mind, you meet new people, enrich yourself.*

- *Absolutely! I'd never imagined all the things I learnt during the past (only) 2 weeks.*

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

- *This workcamp is about giving love and receiving love.*
- *Be kind, open minded, smile and coordinate with other people activities.*
- *To do you best and not be afraid of doing mistake.*
- *Live this workcamp to the fullest*
- *Do not hesitate and enjoy!*
- *Join the workcamp!*
- *See life from a different perspective, join!*
- *If you want to have an active part into the lives of people, this is definitely the right workcamp.*
- *You can contribute to the group even if you feel not have confidence to your self.*
- *Come on discovered a new country and help and give fun to people.*
- *Open your mind, trust and enjoy your experience.*
- *Relax, have fun. Enjoy! What you give is what you get :)*

## Leaders of the workcamps 2023

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?

*Nové kontakty, spoznal som bližšie pre mňa doposiaľ nepoznaný región.*

*Project management and leadership but I think INEX should precise how this project can cost a lot of energy.*

*Naučila som sa, že si treba lepšie organizovať prácu a upratať si niektorých ľudí okolo seba. To chce prax v komunikácii.*

*For me it was nice to work in environmental activities in the field and not behind a desk*

*I learnt a lot about different cultures and countries (and even about East of Slovakia). I've also met people with whom I'll keep in touch. I learned more about different personalities of people and how to deal with.*

*Veľa som sa toho naučila hlavne zvládať náročné situácie.*

