

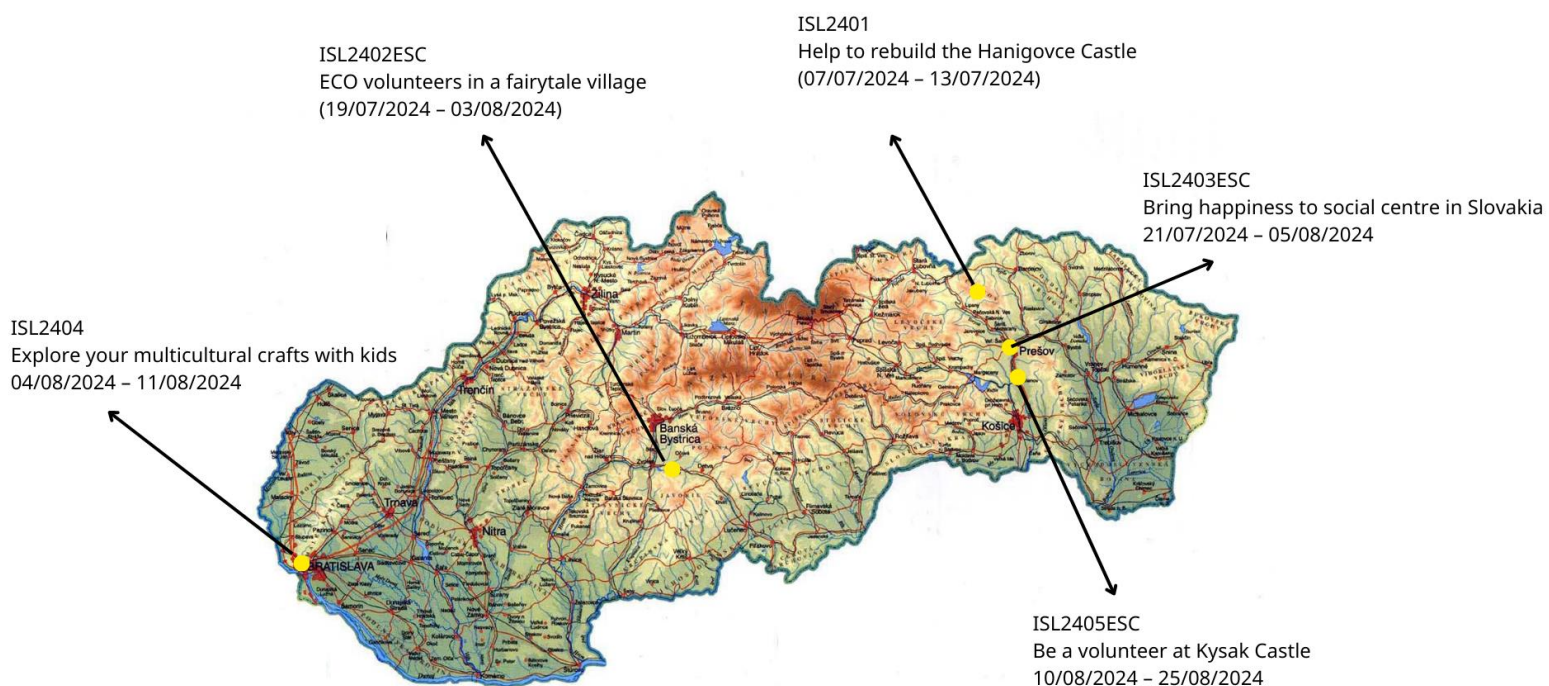


# Medzinárodné dobrovoľnícke tábory očami vedúcich a dobrovoľníkov 2024



## THE LIST OF WORKCAMPS 2024 OF INEX SLOVAKIA

CODE	NAME	LOCATION	TYPE	FROM	TO	AGE LIMIT	VOLS	Remarks
ISL2401	Help to rebuild the Hanigovce Castle	Lutina	RENO/ARCH	7.7.	13.7.	18+	8	
ISL2402ESC	ECO volunteers in a fairytale village	Slatinka	ENVI	19.7.	3.8.	18 - 30	12	Only EU
ISL2403ESC	Bring happiness to social centre in Slovakia	Presov	DISA/SOCI	21.7.	5.8.	18 - 30	10	Only EU, MOT
ISL2404	Explore your multicultural crafts with kids	Bratislava	KIDS/SOCI	4.8.	11.8.	18+	5	MOT, no pairs
ISL2405ESC	Be a volunteer at Kysak Castle	Kysak	RENO/ARCH	10.8.	25.8.	18 - 30	12	Only EU



## ABOUT US

**INEX Slovakia** (**IN**ternational **EX**changes) is a non-governmental civic 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**.

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## ISL2401 Help to rebuild the Hanigovce Castle

Lutina, reg. Sabinov

07/07/2024 – 13/07/2024

Type: RENO/ARCH

Vols: 8

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 have been organized with the association since 2008.

**Work:** Volunteers will be helping with revitalizing the old ruins of the small Hanigovce Castle in Eastern part of Slovakia. The Hanigovce Castle was built as wooden castle in the 13<sup>th</sup> century. Later, the castle was rebuilt in stone. The goal of the camp will be to help with the renovation of the castle ruins. Volunteers will help with masonry work, preparation and sorting of stones, preparation of mortar, transfer of mortar and stones to masonry sites. Help with maintenance of tourist infrastructure - information boards, signposts, fireplace, benches, well, etc. They will take care about the herd of 30 goats that are kept at the castle for the purpose of grazing the bushes. Part of the work will be help with the construction and repair of a shelter for goats. For those interested, there is the opportunity to learn how to milk and process goat milk for cheese production. In case there will be children's summer camp organized in the next village and they will visit the castle location, the volunteers will help for 1 day with the organization of the games, funny activities, sport activities. In case there will be castle festival organized, the volunteers will help with preparation of the stands and cleaning the area. The ruins of the castle are 40 minutes by walk from the village Lutina where volunteers will be accommodated. By participating to this project, you contribute to protecting the local cultural heritage (UN SDG 11).

**Accommodation & Food:** Volunteers will stay at a local pension in the village Lutina. Volunteers will sleep on beds in the rooms. Showers, toilet facilities 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. On request, vegetarian meals can be provided.

**Location and leisure:** Lutina is a village in the Eastern part of Slovakia in the Sabinov district. Lutina is the largest pilgrimage site of the Greek Catholic Church in Slovakia. The volunteers can visit the oldest minor Greek Catholic basilica in Slovakia which is located in the village. The mini-museum in Lutina with the replicas of wooden temples is also open for tourists. The village is surrounded by beautiful nature with many touristic routes and hiking opportunities.

**Terminal:** Airport – Vienna, Bratislava or Kosice. You have to travel to Sabinov and from Sabinov to Lutina village. Please keep in mind that the journey from Bratislava to Sabinov takes around 6 hours and the last bus to the meeting point is leaving at 5 p.m. So please plan your journey to Bratislava with arrival in the morning or try to find the flight connection directly to Kosice and then bus/train to Sabinov.

**Meeting point:** A local pension in the village Lutina, on 07.07.2024 around 6 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 gloves, 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 volunteers will prepare the "Feast of cultures" - an international food evening. Part of the program is "volunteering footprint" workshop and an educational workshop about current events in Europe. Our camps will follow the rules of Sustainability campaign.

**Participation Fee:** 20 EUR

Due to limited resources we kindly ask the volunteers to contribute 20 EUR that partly covers the costs of accommodation. The fee needs to be sent to us by bank transfer in advance. Bank details and the deadline for payment will be provided in the acceptance email.

**Summary:** Spend a week in eastern Slovakia and find the treasure at the ruins of the castle.

## **SUMMARY OF THE ISL2401 Help to rebuild the Hanigovce Castle**

There were 8 volunteers from Spain, Vietnam, Slovakia, Japan, Hong Kong, France and Germany and 2 leaders from Slovakia and Spain and this is how they evaluated their time:

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

- *Meet new people and practise English*
- *I feel myself connected to nature, I become less feared of insects, I learn a lot about Slovak culture*
- *I learned how to organise an nearly abandomend area. Got to know Slovakia.*
- *Learning of new cultures. Better English, better social skills, mental peace.*
- *I learned a lot of things about other cultures and that was super cool :) Open-minded personality.*

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

- *Yes, because to continue Slovakia's heritage*
- *Yes, because it is wotrh to conserve heritage*
- *Yes, but with proper kitchen (usually in workcamps cooking is a way to know the cultures by cooking by pairs we exchange while cooking, which was not possible here because of the kitchen facilities and food)*
- *Yes. It's nature friendly and positive for the village. Volunteers get so many positive things out of this workcamp.*
- *Yes, it is a part of the history and I think that not many people know about but with the castle it will get more known.*
- *Yes, it's a great opportunity for young people to visit rural area and wonderful castle. Also we can learn countries each other.*

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

- *Yes*
- *Of course, joining a workcamp is a once-in-a-lifetime opportunity to meet with people from all walk of life and to experience something cool and different*
- *Yes! They just have to love hiking which I do!*
- *Yes. You enjoy yourself, make connections while making a positive impact.*
- *Yes, because you meet a lot of nice people.*
- *Yes. It was amazing experiences for me. Everything was new to me and so exciting.*

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

- *You can do it!*
- *Please don't just play with phone or electronic devices, meet new friends in person and connect to nature.*
- *Enjoy the moment. Ever climbing up the castle is fun. Just try it. You'll love it.*
- *Wear a sun hat.*
- *This is wonderful workcamp and you're a very lucky person to be able to join this workcamp :)*

## ISL2402ESC ECO volunteers in a fairytale village

SLATINKA, reg. ZVOLEN

19/07/2024 – 03/08/2024

Type: ENVI

Vols: 12

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. Part of the help will be mapping and cleaning of wells and springs and maintenance of the new memorial site on the site of the demolished birthplace of the writer Jan Beno. 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 19.07.2024 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. Part of the program is "volunteering footprint" workshop and an educational workshop about current events in Europe. 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). 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.

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

## **SUMMARY OF THE ISL2402ESC ECO volunteers in a fairytale village**

There were 12 volunteers from Greece, France, Spain, Croatia, Poland, Germany, Latvia, Denmark and Belgium and 2 leaders from Slovakia and Spain and this is how they evaluated their time:

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

- *I gain a a life long experience that I will cary in the future. I have the experience in volunteering and know how I could lead the team because I have learned a lot from leaders.*
- *I became more confident and understanding towards people with cultural differences.*
- *Experience of working in intercultural group.*
- *New experiences, friends, knowledges and the desire to be part of a similar project in the future.*
- *Valuing every modern technology we have.*
- *I opened my mind and learnt a lot of things that I enjoy and of course 13 new friends.*
- *Experience, I learned things about Slovakia and nature.*
- *Good experience*
- *A german guy*
- *A belgium guy.*
- *I gained a valuable experience of selfreflection through people I've never met.*
- *Adaption to simple things. English improving. Meeting very good people.*

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

- *Yes, because it is a great experience for young people.*
- *Yes, it should because is helpful for the local community.*
- *Yes.*
- *Of course, they should continue.*
- *Yes, it is important to protect the area and making young people sensible for this matter.*
- *Yes, cause it helps the community and we had a really good time that new volunteers need to experience.*
- *Yes, because the aim is good. Nature needs to be protected and preserved.*
- *Yes, perfect.*
- *Yes, because it was amazing.*
- *Of course.*
- *I think it should because the goal and experience is very unique and important.*
- *Yes, it has to continue. There is a unique atmosphere and some leaders are loving this project!*

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

- *I would because of the experience and networking you gain in the project.*
- *Yes, to meet new people.*
- *Yes, I think everyone should try it because it is an experience that can teach you a lot.*
- *I would definitely recommend it.*
- *Yes, I would. I believe everyone should have this experience.*
- *Yes, I think it's a lifechanging experience and helps you to analyze everything from other perspective.*
- *Yes, everyone should do one, to learn from the others, open their mind.*
- *Yes, experience.*
- *Yes, it was one of the best experiences of my life.*
- *Yes, because you can learn a lot, gain experience and meet new people.*
- *I would not because my friends don't like outdoors.*
- *I would recommend a workcamp to my friends just because it's awesome! I feel usefull, improved my English and social skills and finally, I learned a lot.*

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

- *Be prepared for different conditions and great friendships!*
- *Be careful of the water.*
- *It is a fulfilling experience to help out these kind of activities. You also learn a lot of things and meet nice people.*
- *Value what you have and do not focus of what you don't have.*
- *Enjoy and don't be afraid of being who you are.*
- *Congratulations to have choosen to be part of a meaningful and beautiful project.*
- *Enjoy the time together.*
- *Enjoy and don't trust slovak people about food.*
- *Always close the toilet seat.*
- *Work together, feel the nature around you.*
- *Be ready to be sad, two weeks is very quick, and you'll only have good memories!*

**Other comments:**

- *This was one of the best experiences, I ever had and I am grateful that I had the possibility to participate in the workcamp because I met amazing new people and found a cute belgium guy.*



## ISL2403ESC Bring happiness to social centre in Slovakia

PRESOV

21/07/2024 – 05/08/2024

Type: DISA/SOCI

Vols: 12

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 volunteers will be helping with activities for young people with disabilities and senior. The activities will be organized during the daily summer camp – summer activities, trips, competitions, and games. Most of the young people and 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 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 flat. Volunteers will sleep on beds in 3 rooms. However, they need to bring their **sleeping bag**. Kitchen facilities, washing machine and two bathrooms are provided. There is also a living room with sofa and TV for free time activities. 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 21.07.2024 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 workshop, musical instrument to play nice music, some ideas for games with the young people and seniors, your enthusiasm and a smile on your face :)

**Study Part:** The volunteers will prepare the "Feast of cultures" - an international food evening. The volunteers will prepare the "Feast of cultures" - an international food evening. Part of the program is "volunteering footprint" workshop and an educational workshop about current events in Europe. Our camps will follow the rules of 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. As the volunteers are staying in the social centre, alcohol, cigarettes and other drugs are not allowed in the centre.

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.

**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 ISL2403ESC Bring happiness to social centre in Slovakia**

There were 11 volunteers from Spain, Portugal, Finland, Belgium, Sweden, Ireland, Ukraine and France and 2 leaders from Slovakia and Latvia and this is how they evaluated their time:

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

- *Advocacy for people with disabilities.*
- *All good things.*
- *Better understanding of the client's situation and their day to life challenges.*
- *I have met amazing people, both volunteers, patients and social workers. I have learnt about many cultures; how social centres of this type work and I feel very satisfied with our work.*
- *Understanding slovak culture.*
- *Opening about others health conditions.*
- *Learned about working with people with disabilities and learned about different cultures.*
- *Make other people happy, be more empathetic, learn languages and meet great people.*
- *Socialising, new friends, learning more about different countries and cultures.*
- *I gain the experience in working with people with disabilities and the love they gave us. And also I learned about the other cultures and traditions from other volunteers.*
- *I have learned a lot about other cultures and how to deal with different people from different backgrounds.*

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

- *Yes, good work is being done. However time could be used more efficiently.*
- *Yes, we need to help people.*
- *Yes. Positive impact in the clients life.*
- *Yes, I think it contributes a lot, especially to the patient and that is the most important thing. They get away from the monotony.*
- *Yes, it is useful for the clients.*
- *I liked it but better knowledge about the disabilities before the start would have been nice.*
- *Yes, this project should continue because it helps and make people happy, also volunteers can eliminate prejudices and more inclusive people in society.*
- *Yes! Definitely!!! Very good initiative.*
- *Yes, I find it a really good initiative.*
- *I think it should because I think that the people in Barlicka really enjoyed us being here and were looking forward to it.*

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

- *Yes, enjoyed the difference we made on individuals lives.*
- *Yes, I met good people and I helped people also.*
- *Yes. Truly impactful experience.*
- *Yes, if there were other leaders. The work is amazing and the experience of meeting international people also.*
- *No*
- *Yes, it's an experience worth living.*
- *Yes, I liked it.*
- *Yes, because it makes you more inclusive and at the same time helps you learn and spreads the world.*
- *Yes!*
- *Yes, I like it is a great experience to help and contribute to society. You meet a really nice group of people and you discover new place or country. Great plan for summers.*

- *Yes I would because this has been a memorable experience that I have enjoyed despite the troubles we had.*

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

- *Enjoy the experience.*
- *Don't overthink about barrier language.*
- *Be open minded and give out the best version of yourself.*
- *It is very important that you have initiative. Enjoying this experience depends 99% on your desire to participate and make a change.*
- *Dobre - okay. Dakujem - thanks.*
- *Have fun!*
- *Enjoy :)*
- *Enjoy yourselves, be respectful and try to help as much as you can.*
- *Help, smile, bring happiness to people and enjoy your life! ♥*
- *Prepare for an amazing experience.*
- *Don't be afraid to interact with the people even if they don't speak English.*

## **ISL2404 Explore your multicultural crafts with kids**

BRATISLAVA

04/08/2024 – 11/08/2024

Type: CHILD

Vols: 5

Language: English

Age: 18+



**Partner:** *Presporkovo family centre* is a civic organisation established by mothers on a maternity leave from the city Bratislava – Old Town 19 years ago. The aim of the centre is to provide meaningful program for families with children from 0 months to 6 years and more. Presporkovo organizes cultural, sport and educational activities and events for children and their parents. All the activities are organized directly by the mothers free of charge and on a voluntary basis. Approximately 40 families visit the centre each day. We have been cooperating with Presporkovo since 2014 organizing the workcamps and other events.

**Work:** The volunteers will help with organisation of activities, games, creative workshops and intercultural program for children and parents. They will share their cultural values and traditions that are connected to history of their country through specific crafts. The activities will be organized during the daily summer camp for kids. There are no special skills required. Important is motivation and empathy. The local volunteers from family centre will be guiding the volunteers during the work. The working hours are from Monday to Friday divided as follows: 8:30 – 11:30 and 12:30 – 15:30. By participating to this project you contribute to reducing inequality within and among countries (UN SDG 10).

**Accommodation & Food:** Volunteers will be accommodated in fully equipped flat in Bratislava with all the needed facilities. 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.

**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 (Vienna, Bratislava), bus and train station in Bratislava.

**Meeting point:** Family Centre Presporkovo, on 04.08.2024 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, comfortable clothes for playing with the kids, a swimming suit, some info materials and pictures of your country, musical instrument to play nice music, some ideas for games with the children, your enthusiasm and a smile on your face :)

**Study Part:** The volunteers will prepare the "Feast of cultures" - an international food evening. Part of the program is "volunteering footprint" workshop and an educational workshop about current events in Europe. Our camps will follow the rules of Sustainability campaign.

**Attention:** MOTIVATION LETTER IS NEEDED. As the volunteers are staying in the family centre and will work with children, alcohol, cigarettes and other drugs are not allowed in the centre.

For more information about Presporkovo: [www.presporkovo.sk](http://www.presporkovo.sk)

**Participation Fee:** 20 EUR

Due to limited resources we kindly ask the volunteers to contribute 20 EUR that partly covers the costs of meals. The fee needs to be sent to us by bank transfer in advance. Bank details and the deadline for payment will be provided in the acceptance email.

**Summary:** Do you want to spend week working with children in the beautiful capital of Slovakia with people from all over the world? This is your chance!

## **SUMMARY OF THE ISL2404 Explore your multicultural crafts with kids**

There were 5 volunteers from Spain, Czech Republik, Mexico, Italy, Japan and 2 leaders from Hungary and Italy and this is how they evaluated their time:

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

- *I can improve my language skills, especially listening skills.*
- *That being a volunteer is a very fun thing to do and that you learn a thing every day.*
- *I learned that the language is not the only way to communicate, especially with kids. Their energy reminded me what person I want to be in modern society.*
- *Confidence, new friends from other countries, a great memories to remember, laughing with kids*
- *Your culture, your kindness, I'm glad that I have the opportunity to do this workcamp, it's AMAZING. The kids, the people, the Zdenka family, everything was perfect. The teamwork, you exceeded all my expectations.*

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

- *Yes. Because they give valuable experiences to local.*
- *Yes, because is a really good experience.*
- *Yes. Because it inspires kids to learn more about the world and its cultures.*
- *I think yes because from my point of view it is a very enriching experience to kids, they can learn a lot about the world, countries, cultures.*
- *Yes, because the kids learn other cultures but also we learn about your culture. Everybody have fun.*

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

- *Yes. Because you can improve the language skills and the solving problem skills.*
- *Of course, it was very fun and interesting.*
- *Yes, because it's an active way of helping the society and an amazing experience.*
- *Yes, a 100%.*
- *Yes, they're gonna have the best experience ever.*

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

- *Just enjoy and play with kids!*
- *Don't be scare to go alone, because the people that are going are very nice.*
- *Be energetic and don't worry about "failing" because kids are amazing and they will not care about your mistakes.*
- *Do it, it was a great experience for me it gave me a lot and I am sure I will think about it often.*
- *Enjoy everything, play with the kids, listen them because the kids are amazing. I'm sad that 5 days is too short of the time.*

### **Other comments:**

- *Thank you for everything! I want to participate in the volunteering again.*
- *Thank you for everything, you will always in my heart and my brain ♥*

## ISL2405ESC Be a volunteer at Kysak Castle

KYSAK

10/08/2024 – 25/08/2024

Type: RENO/ARCH

Vols: 12

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 have been organized with the association since 2008.

**Work:** Volunteers will be helping with revitalizing the old ruins of the small Kysak Castle in eastern part of Slovakia. Kysak Castle was a medieval castle. Nowadays there are only ruins left underground. Be aware that you will not be able to see the castle. The town Kysak is trying to preserve cultural heritage. The goal of the camp will be to explore the foundations of the castle tower, which are located below the surface. The work will be part of the archeological research. The volunteers will also be involved in renovation work, cleaning the area, transport of the material (like sand, rocks, and water). The volunteers will learn about the history of the castles in Eastern Slovakia. In case, there will be a cultural event, the volunteer will help with its organization. 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 town Kysak in the eastern part of Slovakia. The volunteers will sleep in the local town house. There are 2 bedrooms with beds but a **sleeping bag** is required. Showers, toilet facilities and fully equipped kitchen are provided in the house. 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.

**Location and leisure:** Kysak is a small town and railway hub close to second biggest city in Slovakia - Kosice. There is a good train connection from Kysak to Kosice and Presov. There is possibility to visit castles Obisovce and Sokol. 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 Kysak. Please keep in mind that the journey from Bratislava to Kysak 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 and then bus/train to Kysak.

**Meeting point:** Local town house in Kysak, on 10.08.2024 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, flashlight 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. INEX Messenger will visit the workcamp.

**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.

**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 ISL2405ESC Be a volunteer at Kysak Castle**

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?”**

- *Some friends, better psysical condicion, more knowledge about archeologies and about Slovakia*
- *I don't want to be an archeologist anymore. But Slovakia history is very interesting.*
- *Hiking skills, cool friends, archeology knowledge.*
- *Friends, patience with some people and situations and knowledge related to work.*
- *I learnt a lot about archeology. Archeologists got us through the whole proces of uncovering parts of a historical building.*
- *New experiences, multinational friends and overcome the stress of trying unusual and foreign things.*
- *Knowledge about archeological research, getting used to different cultures, fun experience.*
- *Confidence, new friendships, patience*
- *I am grateful and fully satisfied with this camp and everything I have gained as a result: friends, an understanding about Slovakia, all its culture and valuable experiences.*
- *Learned slovak a bit, did interesting work at Kysak Castle, learned more about other cultures and about Slovakia. Trained myself.*

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

- *Yes, I think that the local community only will have benefits of our work when the reconstraction finish.*
- *Yes.*
- *Yes, otherwise the work will be useless, and the castle won't be found.*
- *Yes, so in future castle could be a cultural attraction for tourism.*
- *Definitely YES! That's so much more work to be done at the castle. But we already made much progress and found a lot of valuable artefacts.*
- *Yes, it will bring a lot to the village, castle and also passionate people behind this idea.*
- *Yes. Restored castle Kysak can be great tourism visit and archeological finding could give insight on past of Slovakia.*
- *Yes, INEX Slovakia should because the Kysak project is of cultural and historical importance.*
- *Yes, but working should never feel forced and more break should be impemented.*
- *Yes, because after visiting Slovakia I've gained an awareness of the importance of maintaining Slovak cultural heritage. Kysak Castle is one of the many wonders that remain in this country and make it worth visiting.*
- *Yes, it has great potential and I see that people are interested in it. And I hope to see the Kysak castle in all its glory in 10 - 20 years.*

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

- *Yes, it's a unique experience.*
- *Yes, it is a nice way to travel and to meet new people.*
- *Yes, if it's more organised than this one. It's very interesting and you meet cool people.*
- *For sure, it's a nice way to spend part of the summer and useful for community.*
- *Yes, I would. Especially to people interested in history.*
- *I would. You will give nothing for it. And they would either dislike it and their volunteering path or they will find great interest in this!*
- *Yes, it was great experience.*
- *Yes, I would.*
- *Of course, I already do.*

- *Yes. It is a great opportunity to contribute to meaningful projects while creating new experiences and connecting with diverse communities.*
- *Yes. Great location, interesting work, nice local partner, amazing food, beautiful country.*

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

- *Little by little, lets reconstructed this castle for the Kysak people.*
- *Be fit.*
- *Be prepared for hiking a lot and live with people that have different habits and education than you.*
- *Trust the process.*
- *Get yourself working shoes and some durable gloves. And immerse yourself in Slovak history! :)*
- *You are uncovering the history for the future and it will make a difference.*
- *Life gave you a opportunity, so use it to the fullest.*
- *Be patient, this type of work requires time but it is totally worth it.*
- *Be prepared for unexpected situations but embrace every moment and make the most of it. If you do, these camps are lifechanging.*
- *Enjoy Slovakia. Rebuild the Kysak Castle.*



## Leaders of the workcamps 2024

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?

*From this workcamp, I have met many people from different cultures, with whom we have shared many good moments and I could be more open-minded.*

*Spoznanie nových ľudí je asi to najviac čo sa dalo z tohto získať a takisto pre mňa aj istá brána do dospelosti a ako potenciálne môže moja budúcnosť vyzerat' (dost' som sa zľakla v niektorých prípadoch...). Takže určite moje judgments sú based heavily on people there. Zistila som, že sa dokážem viac osamostatniť ako som si myslela, keď je to potrebné a že niektoré náročné situácie sú ako tá túra každé ráno - krásne a zvládnuteľné. Nevieam, celý ten tábor mi prišiel taký ľudský v najlepšom slova zmysle, takže ja som spokojná.*

*The project itself was quite okay, but it didn't meet all my expectations, because at times it was really difficult. I would say that I gained the perspective on how ones empathy can help others.*

*The project has exceeded my expectations. There were some difficult moments, for example when we had to go to the doctor. We had to manage to go first to Zvolen and later to Banska Bystrica by taxi. And to manage the situation with the language barrier. However, we were lucky because some doctors spoke English. About what I learn from this project, I think I could be patient and calm, even if the situation wasn't the best, and I tried to offer "this calm" to the volunteers.*

*Naucila som sa veľmi veľa, vzhľadom na to, že som mala na starosti komunikáciu s LP, tlmcenie a finančný rozpočet (ktore som mala až 3), takže bola na mne aj vacsina organizacie casu, vyletov a nakupovania. S niektorými situáciami som sa stretla prvý krát, musela som veľa komunikovať a vysvetľovať, preco robime veci tak ako robime a preco su niektore veci dolezite. Takže som sa veľmi zlepšila v manažmente konfliktov a skupiny a finančnom manazmente, čo boli moje hlavne ocaakavania. No na druhej strane som myslela, že si to trochu viac uzijem a že budeme s druhou liderkou tim.*

*I learnt that is not important that friendships can became very strong even in a very few time.*

*Veľmi veľa som sa naučil, aj z pedagogického hľadiska. Áno, boli naplnené všetky očakávania.*

*Veľa som sa naucil o krizovych situaciach, riesit niekoľko krizovych situacii naraz ale napriek rok 2024 na Slatinke povazujem za jeden z najlepsich taborov ak nie najlepsi ako som kedy mal, dobrovolnici a zaujimava praca boli fantastickou inspiraciou.*

*Naucila som sa byť lepším poslucháčom, a riešiť problémy keď sa vyskytli.*

*Naucil som sa že málo spánku a práca s 12mi ludmi 24/7 nie je úplne práca pre mna. Myslím si že som dosiahol svoju kapacitu. Lídri napr. vo Francúzsku casto dostali veľa kritik od dobrovolnikov a mám pocit že s Johankou sme spravili vsetko v nasich silách aby ten camp fungoval tak ako by to malo. Mali sme veľa dobrovolnikov ktorí boli na campe prvýkrát a mozno mali trosku vyssie ocaakavania, ale stále by som tvrdil že sme dosiahli vsetko čo sme predbezne plánovali a že vsetci dobrovolníci sa nakoniec vrátili domov s pozitivnými zážitkami.*