

Medzinárodné dobrovoľnícke tábory očami vedúcich a dobrovoľníkov v roku 2025

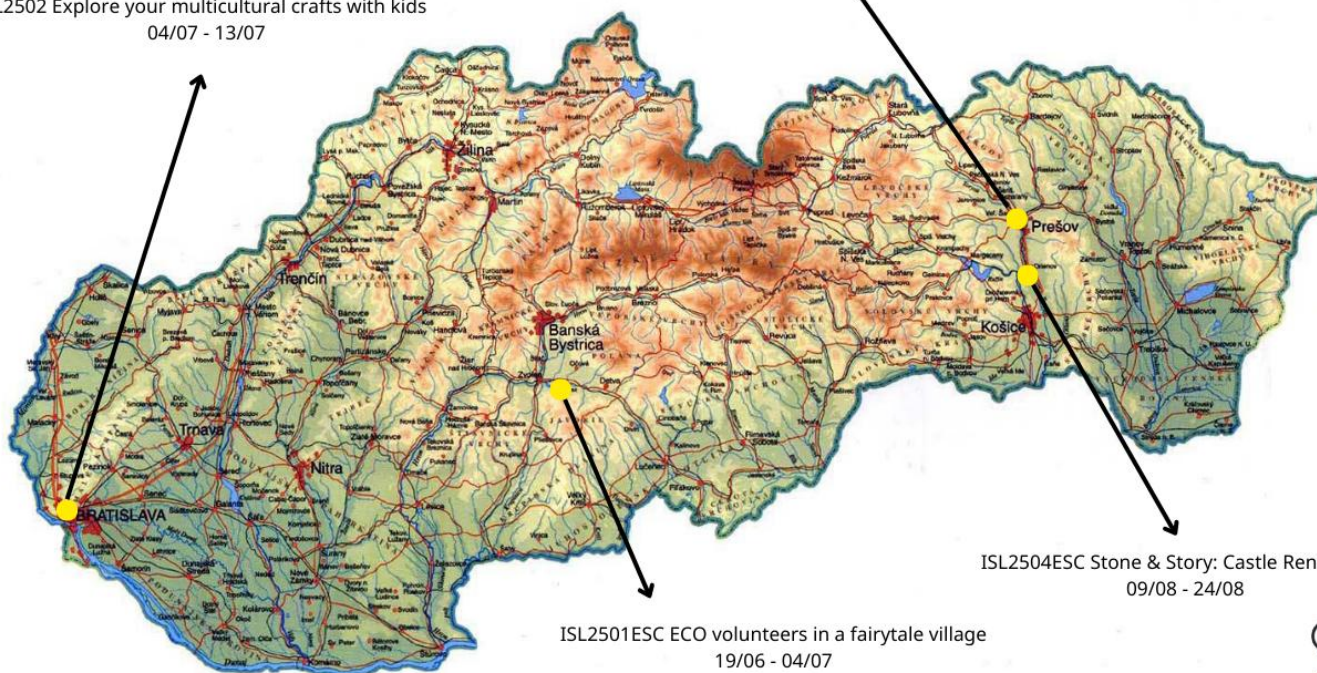


THE LIST OF WORKCAMPS 2025 OF INEX SLOVAKIA

CODE	NAME	LOCATION	TYPE	FROM	TO	AGE LIMIT	VOLS	Remarks
ISL2501ESC	ECO volunteers in a fairytale village	Slatinka	ENVI	19.06.	04.07.	18 - 30	10	ESC VT
ISL2502	Explore your multicultural crafts with kids	Bratislava	CHILD	04.07.	13.07.	18+	9	MOT, CGC
ISL2503ESC	Bring happiness to social centre in Slovakia	Prešov	DISA/SOCI	18.07.	02.08.	18 - 30	10	ESC VT, CGC
ISL2504ESC	Stone & Story: Castle Renovation	Kysak	RENO/ARCH	09.08.	24.08.	18 - 30	16	ESC VT

ISL2503ESC Bring happiness to social centre in Slovakia
18/07 - 02/08

ISL2502 Explore your multicultural crafts with kids
04/07 - 13/07



ABOUT US

INEX Slovakia (**IN**ternational **EX**changes) is a non-governmental civic organisation that offers young people extraordinary 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 for regular workamps, 18 – 30 for ESC Volunteering Teams

Common language used in the camps: English

CONTACTS:

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ISL2501ESC ECO volunteers in a fairytale village

SLATINKA, reg. ZVOLEN

19/06/2025 – 04/07/2025

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. The volunteers will help with cleaning the area in Slatinka: cutting the grass, taking care of the trees, collecting herbs. Help will include restoring the wetland and cleaning wells. 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. Volunteers will be responsible for cleaning the accommodation site. Meals will be prepared by the volunteers themselves. Volunteers will be divided in the kitchen teams and will 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.

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.

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 ISL2501ESC ECO volunteers in a fairytale village workcamp

There were 8 volunteers from Spain, Slovakia, Italy and Germany and 2 leaders from Slovakia and France. This is how they evaluated their time:

"What did you personally gain from the project?"

- *I practiced my English, learnt new skills.*
- *Living more isolated makes you appreciate the small things much more. I was never this excited and happy to take a shower at home. I also improved my cooking skills and feel more independent after each and every camp.*
- *Communication, groupwork.*
- *I gained experience in manual work and gained perspective on other people lives.*
- *Some really good new friends, learning from new cultures and improving with all of it.*
- *Some basic slovak, new friendships and skills in digging and painting, insight in Slatinka's history and nature and Slovakia's, good talks and discussions about all kinds of interesting stuff.*

"Should we continue with this project?"

- *Yes, it helps the local (I hope at least) also helps us to disconnect from our normal life.*
- *Yes, Slatinka is beautiful place, it would be a shame not to, the work done is always appreciated and helpful. After a few adjustments the workcamp will be perfect.*
- *Yes*
- *Yes, the work here is important and rewarding.*
- *Yes, it should. Because it gives a lot of life to the village and everyone related to it enjoy it a lot.*
- *Yes, the people in Slatinka and from INEX managing this project are great. Also the work here is important for keeping this village alive.*

"Would you recommend a workcamp to your friends?"

- *Yes, new opportunity to meet people, learn about them and their cultures + challenge yourself*
- *Yes, workcamps are always great experiences, memories and are a great way to help communities.*
- *Yes*
- *Yes, same as before, you feel great after.*
- *Yes, definitely. It's a must-have experience.*
- *Yes, see upper question. Also it feels like a retreat from lousy every day life and makes you appreciate the little things.*

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

- *To enjoy every minute because it will fly very fast.*
- *Do it! And thank you! It might seem difficult but it is a beautiful experience, which you will remember for your lifetime!*
- *You will stay in a beautiful village far away from city and it will be very very purification you won't regret it*
- *Have fun, disconnect from the world a bit and help the community.*
- *Enjoy nature and most important, the people that is around you.*
- *Enjoy every minute, don't be a-holes and be prepared to miss this place and the people! ♥*

ISL2502 Explore your multicultural crafts with kids

BRATISLAVA

04/07/2025 – 13/07/2025

Type: CHILD

Vols: 9

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 20 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 local 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. On the Saturday 05.07., the volunteers together with camp leaders will plan the activities and program for daily summer camp. 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 shared rooms in a 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 ;)

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 topic in Europe. Our camps will follow the rules of Sustainability campaign.

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 ISL2502 Explore your multicultural crafts with kids workcamp

There were 7 volunteers from Spain, Mexico, Slovakia, Turkey, Czechia and Ukraine and 2 leaders from Slovakia and Portugal. This is how they evaluated their time:

"What did you personally gain from the project?"

- *I gained knowledge about different cultures, how to communicate with the kids without knowing the language.*
- *I develop myself because I learned to communicate without talk.*
- *Making new international friends and gaining experience with the kids (how to take care of them).*
- *International experience, new friends.*

"Should we continue with this project?"

- *Yes, because it's amazing, all things was planned, we have a lot of activities and we had a choice what we can do.*
- *Yes, because it has a lot of benefits for the children and volunteers.*
- *Yes, it's a great project and works really well.*
- *Yes, I think it is really good opportunity not only for the volunteers but mostly for the children that they can meet people from all around the world and learn something new.*

"Would you recommend a workcamp to your friends?"

- *Yes, because it's a great opportunity to gain new skills and have a great experience.*
- *Yes, because it is in a good place and with good people.*
- *Yes, because it was a really nice experience for me.*
- *Yes, I think it is a rare experience.*

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

- *Don't be scared of kids, ask about the help if you need.*
- *Learn some Slovak words and have fun. I am so happy to meet amazing people.*
- *Try to have as more fun as possible and enjoy the experience. I had a great time.*
- *Don't be scared of foreign people and English. Just try to be yourself. Do your job as good as you can.*

ISL2503ESC Bring happiness to social centre in Slovakia

PRESOV

18/07/2025 – 02/08/2025

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 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 Saturday 19.07., the volunteers together with camp leaders will plan the activities and program for daily summer camp. 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. 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 shared rooms. However, they need to bring their **sleeping bag**. Kitchen facilities, washing machine and two shared 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 3rd biggest city in Slovakia located in the Eastern part of the country. The volunteers can enjoy the old historical centre, the castles around Presov and the cultural life in the city.

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 topic in Europe. 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.

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 ISL2503ESC Bring happiness to social centre in Slovakia workcamp

There were 8 volunteers from Spain, Portugal, Slovakia, Ukraine, Czechia and Germany and 2 leaders from Slovakia and Portugal. This is how they evaluated their time:

"What did you personally gain from the project?"

- *Many friendships and different cultures and traditions. I have also empathised a lot with clients, and understood better their situations.*
- *Experiences in the work with old or disabled people, international experience - living in a flat with people from different countries.*
- *More empathy.*
- *A lot of memories and people that I will never forget. Also, a lot of experiences that will help me in the future.*
- *Experience, knowledge, new friends.*
- *In this last day of this project I can feel that I grew as a person, gained passion and patience, learned words from a new language, have tried new foods, met new people that I hope it can develop in true friendships.*

"Should we continue with this project?"

- *Yes! I think the clients were very happy and grateful :)*
- *Yes. It is nice project. Maybe you can make more projects with this topic here.*
- *Yes! I think the clients enjoyed the 2 weeks with us, they were really happy and grateful. The volunteers gained a lot of insight and had fun.*
- *Yes. However there should have been more help from the social workers to the volunteers.*
- *Yes, INEX should continue with this project. Because I think we had a very good impact with the clients, they were very happy and I think that doing this is important for them.*
- *Of course, it's an incredible opportunity for everyone. Help, learn and discover new cultures.*
- *I believe INEX Slovakia should continue with the project as I could see that the clients really enjoyed our presence, even the seniors just by being there. It brings a funnier and joyful environment.*

"Would you recommend a workcamp to your friends?"

- *Yes, because it is really rewarding and you feel you really are bringing happiness to people.*
- *Yes, this is nice topic of workcamp. I learned lot of things. I recommend it.*
- *I would :) It is great opportunity to travel, meet new people, work in other country, do something meaningful.*
- *Yes, I loved the experience.*
- *Yes, I would recommend it. Because it's an experience that you will carry with forever.*
- *Yes, it was an amazing time. Now I have more knowledge about volunteering.*
- *I would recommend a workcamp to my friends as I believe it opens your mind and gives you new and unique experiences.*

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

- *To be open-minded and friendly and not to be afraid of feeling alone or other things because once you're here you immediately find out that it's all ok and that there's no need to worry.*
- *It's nice workcamp. Don't be afraid of it and enjoy it. It was nice to be here.*
- *Enjoy the time!*
- *Do it!*
- *I would tell them to enjoy every moment and maybe to learn all the old Slovak song because we sang a lot with the seniors :) But also to be prepared to work a lot in group!*
- *Be creative, don't afraid to meet new people.*
- *I hope the next generation can have patience and be open to learn about new cultures as in from Slovakia and their fellow teammates, even if sometimes is too weird.*

ISL2504ESC Stone & Story: Castle Renovation

KYSÁK

09/08/2025 – 24/08/2025

Type: RENO/ARCH

Vols: 16

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. There is possibility that the volunteers will help also at the other castle closed to Kysak Castle – Obisovce or Hanigovce Castle. 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 in shared room on the beds and mattresses. A **sleeping bag** is required. Shared bathroom with shower, 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.

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. There will be also an educational workshop about current topic in Europe. 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.

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!



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SUMMARY OF ISL2504ESC Stone & Story: Castle Renovation workcamp

There were 14 volunteers from Spain, Germany, Ireland, Belgium, Poland, France, Portugal and 2 leaders from Slovakia and France and this is how they evaluated their time:

"What did you personally gain from the project?"

- *I improved my English, I made friends for life, I chilled down and had to learn to just go with the flow.*
- *I learnt about Slovak cultures, capacity of adaptability, I also learnt some basics of archeology.*
- *Gain confidence in myself and archeologic knowledge.*
- *I gained lots of friends that I hope to see again soon, learned a lot about archaeology, languages and food and also about Slovakia.*
- *Friends, new abilities and knowledge, archaeological experience that I will use while studying at university.*
- *Knowledge of archaeology improve my English skills, I met new people.*
- *Good memories, friends, knowledge of archaeology.*
- *Friends, new knowledge*
- *A greater understanding of other people from living together i.e. timeliness, honesty, cleanliness in relation to people's abilities*
- *I gained a lot of confidence and understanding of who I am in a group.*

"Should we continue with this project?"

- *Yes please! Although it is a small village...there's a lot to do ♥ Especially when you've got a lovely group of volunteers.*
- *Yes, I believe that preserve the testimony is really important and if there is no intervention it would p degrading and never saved. It is also a good opportunity for young people around Europe to connect with each other.*
- *Yes, I think that is a very good experience.*
- *Yes, because I think Kysak Castle has a very interesting stay and it needs to be reconstructed or at least studied more.*
- *Yes, it could help Kysak's tourism and Slovaks to learn more about their heritage.*
- *Yes, because it is interesting and after some time it will be very fruitful for local community.*
- *Yes, it is interesting both for participants and the local partner.*
- *Yes, it's good opportunity for the volunteers to travel in a country different of their own.*
- *Yes! Forming relationships with local community proved a very valuable part of the experience and brought together communities to gain greater understanding of each other i.e. political and historical history.*
- *INEX should definitely continue with this workcamp because the castle is not yet fully uncovered, and it would definitely be a great symbol for the town Kysak.*

"Would you recommend a workcamp to your friends?"

- *Yes...it's cheap way of discovering the world... and also do something good for local community. And you discover places you otherwise would never see.*
- *Yes because it is a awesome way of meeting new people and it is a really interesting work.*
- *Yes, because it is very positive for yourself.*
- *Yes, because it has been one of the best experiences in my life and I've learned a lot.*
- *Yes, it was a lot of fun and eye-opening.*
- *Yes, because it was cool.*
- *Depending on the friend, I don't think this would be fun for all of them.*
- *Yes, I already did it, because a workcamp being so much for yourself.*
- *Yes, being in close quarters with 12 strangers challenges you in a necessary way for the adult world.*

- *For sure I would recommend a workcamp because it is a great way to get new experiences in meeting people and discovering new country.*

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

- *Come! Enjoy! And don't be scared, just because of the fact that it's small village and not Bratislava BTW.*
- *Bring an umbrella.*
- *They dare to do it, it is a very good experience*
- *I would encourage them to do it. At first Kysak looks like a boring small village but I had a lot of fun here and I will have it in my heart forever. Archaeology is really interesting, and I think everyone will enjoy it.*
- *It will be some hard work but it's worth it and it's really fun to do.*
- *At first, I thought archaeology was like fishing - you catch something once a day. But it turned out to be much more interesting.*
- *Just enjoy*
- *Be serious when you need to be, and have fun when you can. Be yourself and be greater. Enjoy!*
- *Try everything with open mindedness and appreciate anything that returns :)*
- *Have as much fun as you could possibly can!!*

Leaders of the workcamps 2025

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 grew quite a lot personally. I had never lead a project like this, and now I know I am able to and feel more confident about myself.

I gained knowledge about environment protection, experience to live deep in the nature but not alone, with a community and it felt great I think i want something like that in my future, i gained friends and to share experiences with them, i gained self confidence when I was seeing that everything were doing well day by day, also I practiced conflict resolution and communication, so a lot of new skills!

Myslím, že toto bol jeden z najlepších workcampov, aký som mal a to aj vďaka mojej kolíderke Sarah, ale aj typom práce, akú sme mali. Naučil som sa niečo o novej Gen Z generácii a lepšie plánovanie Hodov kultúr.

Získala som priateľstvá, cenné spomienky:). Naučila som sa trpezlivosti. Jediné očakávanie, ktoré som pred projektom mala, súviselo s tým, že som dúfala, že to bude fajn projekt s fajn ľuďmi, a to sa aj splnilo:)

I gained some new friends and a lot of good memories.

Určite to bola neuveriteľne obohacujúca skúsenosť. dalo mi to veľa insightov do toho ako fungujú ľudia v skupine a ako to všetko zmenežovať. rozhodne som bola konfrontovaná aj so svojimi zlými vlastnosťami. Musela som sa naučiť pracovať v teame. a myslím si že som si zlepšila aj svoje prezentačné schopnosti. Čiže áno splnili sa všetky moje očakávania, ba dokonca boli prekonané.

New friends, leadership skills, discovering archeology. It met my expectations.

