



Work Profile 2019 – 20



DEAR FUTURE KERIC VOLUNTEER

This is the 'KERIC Work Profile', which contains details of our projects in Slovakia. These projects have received international volunteers in the past. We continue to develop new projects throughout the year and so we may also recommend a new project to you if we think it matches your interests.

KERIC IS:

- Non-profit non-governmental organisation.
- Founded in 2003.
- Working mainly with children and youth aged 4-30 as well as adults from the Kysuce region.
- Activities with an extra added international dimension.
- Our projects involve some sort of education and social/care work.
- Our projects include things like working in education in the primary and secondary schools, lead conversation courses in foreign languages for children and young people, caring for elderly people in a senior houses or training to become an activity leader at an summer camps for the children.
 - All these projects involve working directly with people.
- Working hours for each project are explained in the profiles of each Project.

ACCOMODATION

The best sentence to describe this experience in general is "Living together", you share the flat with people from different parts of the world so as you can imagine it is a "life experience" with everything that this could mean... good and bad moments.

It helps to increase your tolerance and learning from each other. Something important to try to understand another 's person view is listening, also speaking honestly about how you feel in relation with some situation or episode can help "to clear the water" and start again from a better point. Respect other people's space, objects, religion and habits or at least try and you will be happy to live together during your EVS.

WHAT TO BRING:

- Towels.
- Sheets are provided by KERIC, but if you prefer your own ones, bring them.
- Sleeping bag - if you have enough space in your suitcase is very convenient to have one for your traveling and summer camps.
- Mobile phone.
- There is wireless internet connection in KERIC, so if you are an internet freak, bring your notebook.
- Materials and items you can use for presentation of your country or region.
- Materials you can use in language classes (teaching English or your own language).

USEFUL WEBSITES

- KERIC website www.keric.sk
- For the transport: www.cp.sk (also available in ENGLISH)

LOCATION



Our organisation is based in the centre of Čadca, a small town with a population of about 30,000 inhabitants.

Čadca is situated in the north of Slovakia, near the border with the Czech Republic and Poland. Čadca is the main town of a region called Kysuce, which is known for its beautiful countryside, with lovely mountains and excellent opportunities for skiing, hiking, sailing and mountain bikes trips. The climate is mild but with cold winters and a lot of snow. The summers are usually hot with a lot of sunshine.

The centre of the town is organised in such a way that all important facilities are within walking distance. There is a good train connection with other bigger towns as well as with Poland and the Czech Republic.



VOLUNTEER

Guide

GENERAL ASPECTS

Official Name of the Country: Slovenská Republika

Location: In the middle of Europe

Population: 5,45 million

Capital: Bratislava

Language: Slovak

Currency: Euros

Government: nothing special

Religion: Catholic

Weather: mild climate: spring (5- 15 degrees), summer (15- 30 degrees), autumn (+15--5 degrees), winter (5--30 degrees with lot of snow).



CULTURAL ASPECTS

Structure of Society:

What are the social classes that form the country's society?

Slovakia is so much closed society that even sometimes it becomes hard to establish different social structures within the community. However, sometimes you can be able to identify different structures in the society. You can find very young people in Čadca mainly teenagers (15-20 years) and the older people. This is because there is a big concentration of high schools and primary schools in this region.

What's the situation of gender equality?

There is high level of gender equality in this region. Both the female and male gender equally shares responsibility in all aspects of life. They share expenses together and rip the benefits together.

Are there any special ethnic / indigenous / minorities groups in the country?

The minorities groups in Slovakia are the Roma community. Most Slovakian feels that they are a nuisance to the society and they do not add value to the well being of the society. The mainly depend on the government social security and they have lots of children. In Čadca, the Roma community is not so big— there is street in Čadca called ROMA STREET (Moyzesova ulica) where most Roma people lives. There are also Africans but they presence in the country is so small that they cannot be noticed.



What's the situation of sexual orientation diversity (LGBT) in the country?

Sexuality in Slovakia is similar to most countries. There are some LGBT in the country but it's not that pronounced and it may not be easy to notice them. This is because most people in Slovakia are so closed that you may not even know what they think.

Are there any forms of discrimination in the country (racism, xenophobia, religious beliefs, etc.)?

Racism is not so wide spread in the country even though you may experience some forms of racism but not so aggressive. Xenophobia indeed is so much entrenched in this country as many people Slovaks are nationalist.

COMMUNICATION

First of all to get to Čadca you must know how to pronounce the word, it should be something like CHATSA starts like Chelsea.

And to go on in what you must know, you should really learn these few words before coming, because it will be hard to find people that speak English in Čadca!

SOME USEFUL WORDS

Dobre Rano: good morning

Ahoj: Hello

D'akujem: Thank you

Prosim: Please

Kolko je Hodin?: What time is it?

Kolko je stoï?: How much it cost?

Prosim vas, potrebujem pomoc!: Please I need help !

Halusky. It's the national food

Kde je...?: Where is...?

Ja som stratila: I am lost

Hovorite po anglicky?: Do you speak English?

Are there any particular gestures in the country (body language)?

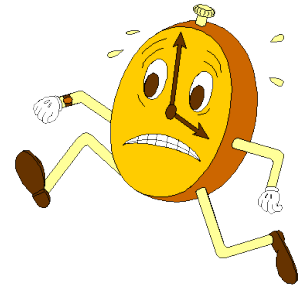
When you greet people, don't expect hug or kiss, just say "Ahoj" with the hand. The physical contact is not usual with people that you don't know so well. In KERIC, it's different, here you can expect, kiss, hug, smile.

When travelling in train or bus please get busy with a book or something else and when you reach your destination just say one simple word dovidenia or just dovi.

TIME CONCEPT:

What value do people attach to time?

Time is money and it's hard to come by! If you coming to volunteer in Slovakia please be on time not in time. Keep time or you will miss the train.



RESOLUTION OF CONFLICTS:

How do people face a common conflict?

Most people have amicable ways of resolving conflicts though just like any other parts of the world you may find some people who are aggressive.

WEATHER

The winter in Slovakia is very cold. You'll realize it quite early. You thought that minus 30 existed just in movies or in Groënland? No! Welcome to Slovakia. In 2017, we had temperature that went until -30 in the morning! You cannot stay outside more than few minuts, but inside is all the time really warm. So you spend your winter with three leggings under your trousers, four jackets, wearing everything when you go out, removing everything when you go in!

So one advice: bring big warm coat, gloves, scarf and winter hat and you will be fine (we survived!) If you have also bring winter boots for the snow, it will help you to walk in the frozen roads (does it sound like a nightmare?). For sure you will find your favourite winter sport or you will improve yours in Slovakia!



Summer is hot, really, but again, it's better to fill your luggage with winter clothes, since buying new T-shirts, shorts, sandals, and swimming suit is cheaper that snow boots and winter jackets! Take also a swimming-suit since you can visit outside swimming pools, terms, and lakes.



ČADCA

As we told you before you must to know how to pronounce the word, it should be something like CHATSA starts like Chelsea.

Approximately 30 000 people live here and is surrounded by mountains and small villages which are worth visiting. Čadca is situated in the region Kysuce, which is a border region with the Czech Republic and Poland. This region is really catholic, and i guess you'll be surprised also on Sunday, if you look through the window in your flat, the number of people going to the church, all the morning.

ACTIVITIES IN ČADCA

It has an indoor swimming pool with cheap prices, entrance around 1.2 euro for two hours. If you like hiking or sightseeing in the mountains you are lucky! Without going far from the city you can enjoy wonderful walks or hiking. Bicycle is a great means of transport for summer and spring time and there are Čadca is a quiet place in which you find the feeling of a little town, full of shops in which you can find cheap clothes (also expensive ones), hairdressers and also restaurants and bars.



But near us we have also some urban civilization: Zilina, around where you can visit some historical places and have a contact with urban lifestyle easily. You'll have probably friends among the volunteers there, in Stanica and Zirafa. Zilina is really nice city to hang around, to go out and to organize parties.



YOU CAN ALSO PRACTICE:

Volleyball, Football, Basketball, Riding bike, tennis (in Zilina), Squash, Hiking, Swimming, Climbing, Skating, there are some fitness centers also if you want to train.

Capoeira in Zilina and Folkore dance in culture house.

FOOD

Slovak food is based on potatoes, pork meat, chicken, cheese and vegetables. You can buy fish in the supermarket but unless you are in a big one you will find it only frozen, although some of them are very good. If you are vegetarian you can find in restaurants special meals mostly based on fried cheese with potatoes or/ and salad. In Slovakia they produce special cheese – **bryndza**.

Some typical meals are based on it such as "**Halusky**" the national dish. If you're nice, Mirka (your boss) will maybe invite you to cook it.

And for drinking they also produce their own Cola drink which in my opinion is great, the name? KOFOLA try it!! You can also find stronger drinks also typical here based on fruits, and plenty of Slovak and Czech beers. For coffee and tea drinkers you will find many options in supermarkets and tea is very popular so in restaurants you have a great variety and in almost every Slovak city there is at least one tea house.



If you want eat cheap pizza you can go to Pasáž or Fontana.

TRANSPORT

Cheap but crazy: good definition of slovak transports. You'll will not empty your purse by travelling, this is for sure: to cross slovakia, it will not be more than 15 euros, But you'll have to learn the lifestyle that fits with: you sleep on the trains and buses, you change five times and spend 6 hours to do 250 kms. We are not exaggerating. Also, you plan to go somewhere, you look on <http://cp.atlas.sk/vlakbus/spojenie/> (the website for trains and buses), you find a train, you go to the station, and it doesn't exist. This is the way of travelling, we promise that is only really funny, not bothering too much, it creates funny memories, when you spend 3 hours between 4am and 7am in a 24hours pub with strange drunk people.

So don't worry, you have everything here to be able to move no matter where you want to go. TRAIN: Takes you almost everywhere, of course not Brazil! usually cheaper than buses. Espacially if you are under 26 years old. Get your EURO 26 card (in the train station with: one photo, passport and 16 Euros) and you will get discounts every time you travel. The discount is less than 50% but it is worth it, also there are some discounts in some services, check the web site www.euro26.sk

BUS: Similar to the train, it helps you travel inside Slovakia and also outside with the international services. The tickets are bought on the bus from the bus driver. PLANE: From Bratislava you will find a lot of services including low price airlines. Also don't forget to check in Prague airport and Vienna.

PARTY

You can smoke in almost every pub. To drink beers, we spent our time in Zion and Acafe. And if you want to dance on latine rythms, go to Hurricane. We also found a pub in Zilina called "Enjoy club" we really reccomend it but its you need to pay entrance.



TRAVELING

Slovakia has plenty of places to visit; mountains, rivers, lakes, cities and lovely small villages. It is advisable to speak with locals to get information about the best destinations and how to get there. Usually train and/ or bus are a perfect solution.

You can like different things and go everywhere, but let us give you some tips that we found out this year: In Slovakia, the town we fall in love with is Banska Stiavnica. Don't worry with the training you'll do when you'll arrive, you'll have soon volunteers friends there (and everywhere) that will host you. Around, visit Kremnica, Zvolen and Banska Bystrica, really nice city as well. During spring, go to Slovak paradise and the caves, one is one of the most beautiful in the world, ice cave. You have also really nice hiking starts. But we are not worried for you, with the friendships you will get in Slovakia among volunteers or locals, you will know everything about where to travel and what to see, Keric can give you advices also.

<https://www.youtube.com/watch?v=egag5iZZqNQ>

To travel out of Slovakia, we give you our secrets to go faster:

GOING TO PRAGUE

There is a direct train from Cadca to Prague. Travel over the night, you'll need 6 hours more or less.

GOING TO BELGRADE

By train: Go to Bratislava. There, take the train to Budapest. From Budapest you have a direct connection to Belgrade. 70€ return ticket.

Option 2: find cheap airplane tickets from Bratislava – Nis, Serbia for 20€ after you can take a Bus Nis- Belgrade.

GOING TO BUDAPEST

By train: Cadca, Bratislava / Bratislava – Budapest. Also you can go to Bratislava by train and after you can take a bus by <https://www.flixbus.es/> or <https://www.eurolines.de>

Don't believe the websites that make you go through the north of Czech Republic, do like this, it's easier and cheaper.

GOING TO KRAKOW

Take a bus from Cadca to Cesky Tesin in Czech Republic. Then, you have to walk 20 minutes through the border with Poland, and in the Polish part of the town, take a bus to Krakow : 3 hours, 5 euros.

ACCOMMODATION

The accommodation conditions comply with the EVS rules. The host organizations provide accommodation in standard of the host country. The volunteers will be informed in the EVS Agreement in advance about the type of accommodation which they will receive.

When possible, the volunteers will stay in a flat together with the other volunteers. The volunteers will have own room and share the kitchen and bathroom with the others. In several cases, the volunteers will stay in dormitories. The food conditions for the volunteers comply with the EVS rules. The volunteers will receive extra money to cover food expenses. They will be informed in the EVS Agreement in advance about the amount which they will receive as well as the form how the money will be given as well as the date when. If possible, the volunteer will open a bank account in the host country. Each month, the volunteer will receive pocket money + money for food to his/her bank account.



The host organizations look for accommodation, where there is a kitchen where the volunteers can prepare meals. The best sentence to describe this experience in general is "Living together", you share the flat with people from different parts of the world so as you can imagine it is a "life experience" with everything that this could mean... good and bad moments... It helps to increase your tolerance and learning from each other. Something important to try to understand another's person view is listening, also speaking honestly about how you feel

in relation with some situation or episode can help "to clear the water" and start again from a better point. Respect other people's space, objects, religion and habits or at least try and you will be happy to live together during your EVS.

Since 2017 the volunteers live in the keric building, the first floor is for KERIC offices, the second floor is the flat for volunteers and the third floor is the "yellow submarine" a room for children.

The flat is very close to the main Street, also to some supermarkets: Kaufland, Tempo and Tesco. The train station is just in the other side of the river so you only need 5 minutes to go there.

SUPPORT

HOST FAMILY

The first two weeks, the volunteer will be host in slovak family. It's opportunity for volunteer to discorve the slovak life, create contact, spend time with slovak family and get to know the slovakian culture.

MENTOR OUT OF KERIC

Volunteers will have a mentor. It is a person/people identified by the host organisation, mostly local youngsters involve in KERIC, who is responsible for providing personal support during the Project.

There are 3 lines of mentor's activities:

- Help with domestic life: help in shopping, public transport, mobile phones using, explaining of rules of behaviour typical for the city, support with visits to doctor, library and other social institutes.
- Help with finding contacts in the local community and take part in leisure time activities and get to know the life of community.
- With emotional mood of volunteers: to spend celebrations together, to present culture and youth subculture of the city, to talk about problems, troubles etc.

MENTOR FROM KERIC

The volunteers will be supported by person from host organisation, who will be the contact person responsible for the overall running of the EVS project in terms of activities of the volunteer, learning process, practical arrangements, allowance, etc. The volunteers will have a weekly meeting with the mentor.

REGULARY MEETING

Every Monday morning (or on appointed days), the volunteers will take part in an evaluation and planning meeting of the whole team of the host organisation where space is provided for evaluation of the volunteer's project, giving feedback and suggestions.

LONG TERM PROJECT—SCHEDULE

REGULAR ACTIVITIES

(September to June)

- 2 to 6 hours- working with children and youth in the KERIC Underground club.
- 6 to 10 hours—European culture awareness and EVS promotion activities in local schools.
- 3 hours a week- Slovak.
- 2 to 6 hours a week – helping conversation courses in English (or other languages) to kids and youth If the volunteer is interested, he/she is welcome to organise conversational clubs in the native language of the volunteer and help the teacher to create informal atmosphere in the lessons – games, roleplays, etc.
- 2 hours a week- International chill-out evenings.
- 2 hours a week– Monday evaluation and planning meeting 5 to 7 hours a week– preparation for workshops, space for individual activities in KERIC.
- 2 hours a week– spreading information about EVS and the Youth in Action Programme.
- 1 to 2 hours a week– help in running the KERIC office.

SUMMER ACTIVITIES

As these are the summer holidays, KERIC organises outdoor adventure activities, summer camps and weekend trips for children and youngsters. The plan for the summer activities will be prepared in cooperation of the KERIC staff together with the volunteer. The volunteers' participation will be chosen according to her personal interests and preference. As these activities take part also during the weekend, the volunteers' working hours and personal holidays will be taken into consideration and agreed upon. We will ensure variability of tasks for the volunteer. These activities are:

- Summer camps for children in July and August.
- Summer trips for children and youngsters.
- Summer sailing trips.
- Summer weekend outdoor fun activities.
- Summer hiking trips.
- Summer cycling trips.
- Adventure outdoor activities in the countryside.

AN EXAMPLE OF A WEEKLY SCHEDULE OF THE VOLUNTEER

The working hours of the volunteers are between 30 to 35 working hours a week. 5 working days will normally be followed by 2 days off. The volunteer will choose activities according to their personal interests and preference. As some events take part also during the weekend, the volunteers' working hours and personal holidays will be taken into consideration and agreed upon with The outline of the weekly schedule has been made in agreement between the volunteer, the

sending organisation, the host organisation and the coordinating organisation. The volunteer will be given an opportunity to change and modify his/her weekly schedule of activities during their EVS according to the agreement with the host organisation and the coordinating organisation based on his/her personal interests and preferences.

	Morning 9:00 – 12:00	Afternoon 14:00 – 17:00	Evening 18:00 - 20:00
Monday	<i>weekly evaluation and planning meeting of the whole KERIC team</i>	<i>English club for children</i>	<i>optional Slovak lesson or free evening</i>
Tuesday	<i>Slovak lesson with the other volunteers</i>	<i>Language conversation club</i>	<i>optional choice to take part in a language course (English/German/Spanish / French...) or free evening</i>
Wednesday	<i>workshops and EVS promotion activities at a local primary school</i>		<i>free evening</i>
Thursday	<i>preparation for workshops, KERIC office work</i>	<i>workshops in KERIC Underground club</i>	<i>Chill out evening in KERIC Underground club</i>
Friday	<i>workshops and EVS promotion activities at school</i>	<i>Language conversation club / workshops in KERIC Underground club</i>	<i>free evening</i>
Saturday	<i>free time</i>		
Sunday	<i>(or activities upon agreement – in this case the volunteer gets extra time off during the week)</i>		

The volunteer has been informed about the opportunity to organise his/her own project / activities during the EVS project. The host organisations and the coordinating organisation will support the volunteer in this.

CONTACT KERIC

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<http://www.keric.sk>

<https://www.facebook.com/KERIC.Cadca>

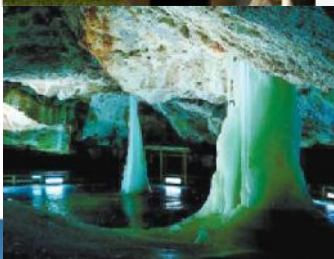
https://www.instagram.com/Keric_cadca

If you have some questions for the ex volunteers you can write to:

KENIA BANDA kenii_malle@hotmail.com

GUADALUPE CASCARDO guadalupelcv@gmail.com

Slovakia



General aspects

Official Name of the Country - Slovenská republika

Location – In the Middle of Europe

Population - 5,43 million

Capital - Bratislava

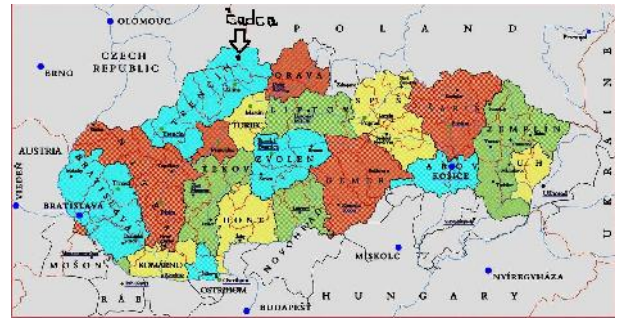
Language - Slovak

Currency - Euros

Government – nothing special

Religion - Catholic

Weather – mild climate: spring (5 - 15 degrees), summer (15 - 30 degrees), autumn (+15 - -5 degrees), winter (5 - -25 degrees with lot of snow)



Historic aspects

Important Historic Facts:

What have been the most important wars / disputes?

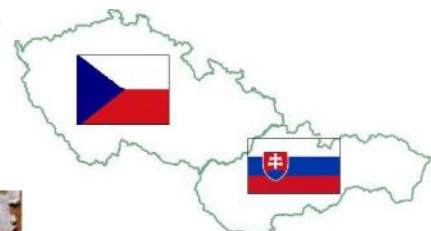
Rich history, lot of wars during historical period in the Europe; last war 2nd World War;

What has been the overall formation of the country?

After 2nd World War under heavy influence of Communist regime and Soviet Union; in 1989 Velvet revolution that started free market economy and democratic political system with widely famous activist and president Václav Havel; in 1993 peaceful split of former Czechoslovakia into Czech republic and Slovak republic; Nowadays a member of European Union



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of



Economic aspects

Socioeconomic Facts:

What are the main activities that give income to the population?

industry (heavy industry, machinery, cars – Škoda), engineering, food industry, sawmill...

Which social problems can you find in the country and how do they affect the people?

unemployment (app. 14% in Slovakia and 25% in Kysuce region), new ways of corruption in the political system

What is the security situation in the country?

secure country



What is the health situation in the country?

very well, health help is easily accessible through out the whole country

Cultural aspects

Structure of Society:

What are the social classes that form the country's society?

Slovakia is so much closed society that even sometimes it becomes hard to establish different social structures within the community. However, sometimes you can be able to identify different structures in the society. You can find very young people in Cadca mainly teenagers (15-20 years) and the older people. This is because there is a big concentration of high schools and primary schools in this region.



What's the situation of gender equality?

There is high level of gender equality gender equally shares responsibility together and rip the benefits to-



in this region. Both the female and male in all aspects of life. They share expenses together.

Are there any special ethnic / indigenous / minorities groups in the country?

The minorities groups in Slovakia are the Roma community. Most Slovakian feels that they are a nuisance to the society and they do not add value to the well being of the society. The mainly depend on the government social security and they have lots of children. In adca, the Roma community is not so big – there is street in adca called *ROMA STREET* (Moyzesova ulica) where most Roma people lives. There are also Africans but they presence in the country is so small that they cannot be noticed.



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Are there any forms of discrimination in the country (racism, xenophobia, religious beliefs, etc.)?

Racism is not so wide spread in the country even though you may experience some forms of racism but not so aggressive. Xenophobia indeed is so much entrenched in this country as many people Slovaks are nationalist.

Communication:

SOME USEFUL WORDS

Dobre Rano :	good morning
Ahoj :	Hello
D'akujem :	Thank you
Prosim :	Please
Kolko je Hodin ?	What time is it?
Kolko je stoï ?	How much it cost?
Prosim vas, potrebujem pomoc !	Please i need help !
Halusky.	It's the national food
Kde je... ?.	Where is... ?
Ja som stratila :	I am lost
Hovorite po anglicky?	Do you speak english?

Are there any particular gestures in the country (body language)?

When you greets people, don't expect hug or kiss, just say "Ahoj" with the hand. The physical contact is not usual with people that you don't know so well. In KERIC, it's different, here you can expect, kiss, hug, smile... :)

When travelling in train or bus please get busy with a book or something else and when you reach your destination just say one simple word *dovidenia* or just *dovi*

Time Concept:

What value do people attach to time?

Time is money and it's hard to come by!!!! If you coming to volunteer in Slovakia please be on time not in time. Keep time or you will miss the train.

Resolution of Conflicts:

How do people face a common conflict?

Most people have amicable ways of resolving conflicts though just like any other parts of the world you may find some people who are aggressive.

Weather

The winter in Slovakia is very cold ! You'll realize it quite early. You thought that minus 30 existed just in movies or in Groënland ? No ! Welcome to Slovakia. In 2012, we had temperature that went until -32 in the morning ! You cannot stay outside more than few minuts, but inside is all the time really warm.

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adca city !

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Approximately 30 000 people live here and is surrounded by mountains and small villages which are worth visiting.

Cadca is situated in the region Kysuce, which is a border region with the Czech Republic and Poland. This region is really catholic, and i guess you'll be surprised also on Sunday, if you look through the window in your flat (Kycerka!) the number of people going to the church, all the morning !

Second, we are nice, and we decided to give you some help to recognize Keric building and Keric Team, it's better not to get lost :



Activities in Cadca :

It has an indoor swimming pool with cheap prices, entrance around 1 euro for two hours. If you like hiking or sightseeing in the mountains you are lucky! Without going far from the city you can enjoy wonderful walks or hiking.

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Zilina is really nice city to hang around, to go out and to organize parties !

Food

Slovak food is based on potatoes, pork meat, chicken, cheese and vegetables.

You can buy fish in the supermarket but unless you are in a big one you will find it only frozen, although some of them are very good.

If you are vegetarian you can find in restaurants special meals mostly based on fried cheese with potatoes or/ and salad.

In Slovakia they produce special cheese – bryndza. Some typical meals are based on it such as “Halusky” - the national dish. If you're nice, Mirka



And for drinking - they also produce their own Cola drink which in my opinion is great, the name? KOFOLA try it!!

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TRAIN: Takes you almost everywhere - of course not Brazil! usually cheaper than buses.

Especially if you are under 26 years old !

Get your EURO 26 card (in the train station with: one photo, passport and 16 Euros) and you will get discounts every time you travel. The discount is less than 50% but it is worth it, also there are some discounts in some services, check the web site. www.euro26.sk



BUS: Similar to the train, it helps you travel inside Slovakia and also outside with the international services. The tickets are bought on the bus from the bus driver.

PLANE: The nearest airport is in the neighbouring city: Zilina, it is small but you can find connections. From Bratislava you will find a lot of services including low price airlines.

Sport and culture

You can practise:

- Beach volleyball,
- Football,
- Basketball
- Riding bike
- tennis (in Zilina)
- Squash
- Hiking
- Swimming
- Climbing
- Skating...
- There are some fitness centers also if you want to train.



You can also dance !

- Capoiara in Zilina, nice try if you never did !
- Folkore dance in culture house



Going out

Cadca is nice from this point of view : there are plenty of bars, pubs and restaurants. Our favourite this year : MAJ ! But not the cheapest ! For Lunch, Lipa's menu is good also, but we let you make your own ideas.

To drink beers, we spent our time in Zion and Alkatraz ! And if you want to dance on latine rythms, go to Hurricane ! Please don't enter in Tasso, « Cadca's disco », but a place that attracts wrong sort of people !

And also, you can smoke in almost every pub !



USEFUL WEBSITES

- **KERIC** website www.keric.sk
- for the transport: www.cp.sk (transport) – also available in **ENGLISH**
- www.pohodafestival.sk (most famous festival)
- www.ticketportal.sk (web site about concerts, theatre, festivals..in slovakia)
- www.janosikovedni.sk (famous folklore festival)



Traveling in and out of Slovakia

Slovakia has plenty of places to visit; mountains, rivers, lakes, cities and lovely small villages. It is advisable to speak with locals to get information about the best destinations and how to get there. Usually train and/ or bus are a perfect solution.



You can like different things and go everywhere, but let us give you some tips that we found out this year :

In Slovakia, the town we fall in love with is Banska Stiavnica ! Don't worry with the training you'll do when you'll arrive, you'll

have soon volunteers friends there (and everywhere) that will host you ! Around, visit Kremnica, Zvolen and Banska Bystrica, really nice city as well.

During spring, go to Slovak paradise and the caves, one is one of the most beautiful in the world, ice cave. You have also really nice hiking starts. But we are not worried for you, with the friendships you will get in Slovakia among volunteers or locals, you will know everything about where to travel and what to see ! Keric can give you advices also !

To travel out of Slovakia, we give you our secrets to go faster :

Going to Belgrade

By train – the easiest way:

Go to Bratislava. There, take the train to Budapest. From Budapest you have a direct connection to Belgrade. 70€-return ticket.

Going to Budapest

By train :

Cadca, Bratislava / Bratislava – Budapest. Don't believe the websites that make you go through the north of Czech Republic, do like this, it's easier and cheaper !

Going to Krakow

Take a bus from Cadca to Cesky Tesin in Czech Republic. Then, you have to walk 20 minutes through the border with Poland, and in the polish port of the town, take a bus to Krakow : 3 hours, 5 euros.

Going to Prague

There is a direct train from Cadca to Prague. Travel over the night, you'll need 6 hours more or less.



Host organization



is a non-profit youth organization that works with children, youth and adults from the region Kysuce. We organize educational activities in the field of languages, computers, European awareness and intercultural learning. The main aim of **KERIC** is to provide space for young people to realize their ideas and to receive education in a non-formal way in their leisure time. Furthermore, we try to provide opportunities for people from the Kysuce region to meet foreigners and people of different cultural background generally.

One of the is to provide young people learning and cultures and tolerant to other people. for fulfilling that are meet chil-the Kysuce activities in



close personal relations with them. This personal experience of young people is the best way to overcome barriers among different cultures. Furthermore, sending volunteers to other cultures fulfills this aim as well. After completing their EVS project, the volunteers come back full of new knowledge, experience, ideas and relationships. This experience is then transferred to their close family and friends through personal interaction.

main aims of **KERIC** opportunities for getting to know other thus becoming more the differences of EVS is an ideal way this aim. Volunteers, working in **KERIC** dren and youth from region during their **KERIC** and create

Our main activities are:

- creative workshops for children and youth (guitar workshop, European cuisine, juggling, Sunday workshops for children...)
 - European voluntary service - sending and also hosting volunteers
 - English conversation courses for children, youth and adults
 - Conversation courses in French, Spanish, German, Portuguese..
 - Computer courses
 - English on skis (winter camp for children and youth)
 - Summer camps for children
 - Summer sailing
 - irregular one-day activities for children and youth (Funny sailing, Building of snow statues, Kericovanie, International Christmas etc. and other street activities for children
 - Seminars and trainings
 - Adventure activities
 - Club activities in a newly opened centre Underground
- We are not a member of any umbrella organization.



www.keric.sk

<https://www.facebook.com/KERIC.Cadca>

Requirements (age, gender, studies, skills and attitudes, language)

Preference is given to volunteers with fewer opportunities (mainly coming from rural areas, unemployed, or coming from poor social background, etc.). The whole project is based on developing good cooperation between the organizations involved in the project. By knowing the cooperation, we can ensure stronger support to the organizations involved usually host 6 or more volunteers at the same time – always keeping the gender balance and overall accessibility of EVS to all young people in mind.



Hosting possibility (accommodation, food)

The accommodation conditions comply with the EVS rules. The host organizations provide accommodation in standard of the host country. The volunteers will be informed in the EVS Agreement in advance of which they will stay in a



with the other volunteers. The kitchen and bathroom comply with the EVS rules. The volunteers will stay in a dormitory. They will be informed in the EVS Agreement in advance about the amount which they will receive as well as the form how the money will be given as well as the date when. If possible, the volunteer will open a bank account in the host country. Each month, the volunteer will receive pocket money + money for food to his/her bank account. The host organizations look for accommodation, where there is a kitchen where the volunteers can prepare meals.

The best sentence to describe this experience in general is "Living together", you share the flat with people from different parts of the world so as you can imagine it is a "life experience" with everything that this could mean... good and bad moments...

It helps to increase your tolerance and learning from each other. Something important to try to understand another's person view is listening, also speaking honestly about how you feel in relation with some situation or episode can help "to clear the water" and start again from a better point.

Respect other people's space, objects, religion and habits or at least try and you will be happy to live together during your EVS.

More information about the accommodation you can find there:

<http://www.youtube.com/watch?v=uhxrsRbW7fo&feature=g-upl>

<http://www.youtube.com/watch?v=XFTcrMiDHF&feature=youtu.be>

Host organization

KERIC Team:

Miriam Petriková : mirka@keric.sk – Slovak – Speaking Slovak, English, Russian

Elena Badliková: elena@keric.sk – Slovak – Speaking Slovak, English, Russian

Ivana Hrušková: ivka@keric.sk – Slovak – Speaking Slovak, English, German

Lenka Zalubilová: lenka@keric.sk – Slovak – Speaking Slovak, English, German, Portuguese

Solene Mouton: solene@keric.sk – French – Speaking Slovak, French, English

Visa, residence permit, vaccinations

- Any vaccination needed
- **Residence Permit:** The first week, the volunteers will go to the foreigner police to do registration
- **Visa:** The volunteers need to come in Slovakia with this document:
 - ID / Passport actual
 - Criminal report confirm by super legalize from Slovak EmbassyThe volunteers need to keep all the built, and give us when they arrived. The expenses will be covered by the project.

LONG TERM PROJECT—SCHEDULE

REGULAR ACTIVITIES (September to June)

2 to 6 hours - working with children and youth in the KERIC Underground club

6 to 10 hours –European culture awareness and EVS promotion activities in local schools

3 hours a week - Slovak

2 to 6 hours a week – helping conversation courses in English (or other languages) to kids and youth

If the volunteer is interested, he/she is welcome to organise conversational clubs in the native language of the volunteer and help the teacher to create informal atmosphere in the lessons – games, roleplays, etc.

2 hours a week - International chill-out evenings

2 hours a week – Monday evaluation and planning meeting

5 to 7 hours a week – preparation for workshops, space for individual activities in KERIC

2 hours a week – spreading information about EVS and the Youth in Action Programme

1 to 2 hours a week – help in running the KERIC office

SUMMER ACTIVITIES:

As these are the summer holidays, KERIC organises outdoor adventure activities, summer camps and weekend trips for children and youngsters. The plan for the summer activities will be prepared in cooperation of the KERIC staff together with the volunteer. The volunteers' participation will be chosen according to her personal interests and preference. As these activities take part also during the weekend, the volunteers' working hours and personal holidays will be taken into consideration and agreed upon. We will ensure variability of tasks for the volunteer.

These activities are:

- summer camps for children in July and August
- summer trips for children and youngsters
- summer sailing trips
- summer weekend outdoor fun activities
- summer hiking trips
- summer cycling trips
- adventure outdoor activities in the countryside

AN EXAMPLE OF A WEEKLY SCHEDULE OF THE VOLUNTEER:

The working hours of the volunteers are between 30 to 35 working hours a week. 5 working days will normally be followed by 2 days off.

The volunteer will choose activities according to their personal interests and preference. As some events take part also during the weekend, the volunteers' working hours and personal holidays will be taken into consideration and agreed upon with

The outline of the weekly schedule has been made in agreement between the volunteer, the sending organisation, the host organisation and the coordinating organisation. The volunteer will be given an opportunity to change and modify his/her weekly schedule of activities during their EVS according to the agreement with the host organisation and the coordinating organisation based on his/her personal interests and preferences.

	<i>Morning</i> 9:00 – 12:00	<i>Afternoon</i> 14:00 – 17:00	<i>Evening</i> 18:00 - 20:00
Monday	<i>weekly evaluation and planning meeting of the whole KERIC team</i>	<i>English club for children</i>	<i>optional Slovak lesson or free evening</i>
Tuesday	<i>Slovak lesson with the other volunteers</i>	<i>Language conversation club</i>	<i>optional choice to take part in a language course (English/German/Spanish / French...) or free evening</i>
Wednesday	<i>workshops and EVS promotion activities at a local primary school</i>		<i>free evening</i>
Thursday	<i>preparation for workshops, KERIC office work</i>	<i>workshops in KERIC Underground club</i>	<i>Chill out evening in KERIC Underground club</i>
Friday	<i>workshops and EVS promotion activities at school</i>	<i>Language conversation club / workshops in KERIC Underground club</i>	<i>free evening</i>
Saturday	<i>free time</i>		
Sunday	<i>(or activities upon agreement – in this case the volunteer gets extra time off during the week)</i>		

The volunteer has been informed about the opportunity to organise his/her own project / activities during the EVS project. The host organisations and the coordinating organisation will support the volunteer in this.

Support

Mentor out of KERIC

Volunteers will have a mentor. It is a person/people identified by the host organisation, mostly local youngsters involve in KERIC, who is responsible for providing personal support during the project.

There are 3 lines of mentor's activities:

- **Help with domestic life:** help in shopping, public transport, mobile phones using, explaining of rules of behaviour typical for the city, support with visits to doctor, library and other social institutes.
- **Help with finding contacts in the local community and take part in leisure time activities and get to know the life of community**
- **with emotional mood of volunteers:** to spend celebrations together, to present culture and youth subculture of the city, to talk about problems, troubles etc.

Mentor from KERIC

- **The volunteers will be supported by person from host organisation, who will be the contact person responsible for the overall running of the EVS project in terms of activities of the volunteer, learning process, practical arrangements, allowance, etc.**
The volunteers will have a weekly meeting with the mentor.

Regularly meeting

- **Every Monday morning (or on appointed days) , the volunteers will take part in an evaluation and planning meeting of the whole team of the host organisation where space is provided for evaluation of the volunteer's project, giving feedback and suggestions.**

Host family

The first two weeks, the volunteer will be host in slovak family. It's opportunity for volunteer to discorve the slovak life, create contact, spend time with slovak family and get to know the slovakian culture.

CONTACT KERIC

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<https://www.facebook.com/KERIC.Cadca>



HOW TO GET TO ČADCA

THREE ESSENTIALS:

1. First of all, to get to Čadca you must know how to pronounce the word, it should be something like CHATSA (starts like Chelsea).
2. In Slovakia, train tickets are bought at the train station or online (for a cheaper price). The long distance train companies operating here are RegioJet and Leo Express.

<https://www.regiojet.com/> <https://www.leoexpress.com/en>

Bus tickets (for long distance buses) are bought at the driver of the bus.

Bus tickets for public transport are bought at a small kiosk or a ticket machine at the bus stop. In Bratislava, we recommend to buy a ticket for 0,90 € it is a ticket for 60 minutes of travelling, or 90 minutes during the weekend.

3. Please get off at the main train station in Čadca. There will be a sign saying **Čadca - Hlavna Stanica**. There are two train stations in Čadca and the slower trains also stop at the smaller one (Čadca mesto).

PLEASE REMEMBER TO KEEP ALL YOUR TICKETS FROM THE TRAIN AND THE BUS AND BOARDING PASSES FROM THE PLANE. OTHERWISE, WE CANNOT REIMBURSE YOUR TRAVEL COSTS.

IF YOU ARE ARRIVING IN BRATISLAVA

From Bratislava airport you will take bus number **61** which goes to the train station (ŽELEZNIČNÁ STANICA) - it is the last stop of the bus.

Then, you buy a ticket directly to Čadca at the railway station. The price of the ticket is approximately 10 €. There are no direct trains to Čadca, so on the train information board, you need to look out for fast trains to **Žilina** (red signs with R or intercity trains IC). Depending on which train you take, the journey to Žilina takes 2 to 3 hours. In Žilina, you take another train to Čadca.

If you are staying in Bratislava overnight, the hostel we recommend in Bratislava is <http://www.possonium.sk/> It is near the train station and the price is approx. 14 euros per person per night. If you would prefer a different place, you can have a look at <http://www.prenocuj.sk/accommodation/>

The time table of trains is at <http://cp.atlas.sk/vlakbus/spojenie/> The website is also in English.

IF YOU ARE ARRIVING IN VIENNA

From the airport in Vienna, there are two possibilities:

1. You can take a bus Flixbus - <https://global.flixbus.com/> directly from Vienna airport to Čadca. There is one bus per day. Departure is 12:40.
2. You can take a bus directly from the airport to Bratislava. The buses are operated by http://www.slovaklines.sk/index_en.html They run approximately every hour and the price is around 8 €. The journey takes approximately 60 minutes. You need to get off at the bus station in Bratislava (Mlynske Nivy). From the bus station, you can take a bus to Žilina (or directly to Čadca). If there are no buses at the moment, you can take the trolley bus 210 from bus station to the railway station and then take a train.

The time table of trains is at <http://cp.atlas.sk/vlakbus/spojenie/> The website is also in English.

IF YOU ARE ARRIVING IN ŽILINA

The train station and the bus station are within walking distance from each other. You can choose if you wish to travel to Čadca by train or bus. The tickets cost around 1,20 €. The journey takes around 45 minutes.

IF YOU ARE ARRIVING IN PRAGUE

The airport in Prague provides information on public transport from the airport to the train station at this website <http://www.praqueairport.co.uk/>

The journey from Prague takes approximately 5 hours and there are direct trains to Čadca every two hours.

The time table of trains is at <http://cp.atlas.sk/vlakbus/spojenie/> The website is also in English.