

“Blue Hearts“

Summer camp

11 July to 25 July 2020 Terchová - Šípková, Slovakia

S.P.O.S.A. - Spoločnosť na pomoc osobám s autizmom/Society for the Help of people with Autism

We are pleased to welcome you to our Summer Camp “Blue Hearts” which will take place in Terchová. Activities start on 11 of July, finish on 25 of July 2020 and include 14 volunteers from 2 countries: Czech Republic and Slovakia.



About the Hosting organization:



S.P.O.S.A Bratislava (Spoločnosť na pomoc osobám s autizmom - Society for the Help of people with Autism) is a parental non-governmental organization which has two main aims: to help autistic clients to improve social and daily living skills and to support their families.

SPOSA was established in 1994. Nowadays, it consists of 22 regional organizations throughout Slovakia. In the organizational unit of Bratislava we offer each day a lot of

various activities based on volunteering and non-formal education to help our clients to develop daily skills, useful for an independent life.

SPOSA runs a centre where young people with autism can also develop their social skills by being part of an open minded and friendly community, mainly consisted of EVS volunteers.

Every summer, SPOSA organizes a summer camp for families and children with autism that also promote cultural exchange through the presence of foreign volunteers.



About our summer camps:

Summer camps are a long tradition in our organization. During the past years we have been enriched by the number of foreign volunteers who always brought a fresh energy to our community.



The project's objectives are to teach volunteers some leadership skills, teamwork, adaptation to challenging environment, non-formal learning about people with disabilities. Our project also aims to help to develop tolerance, empathy, and mutual understanding, promote knowledge about disabilities and encourage their active participation in the integration process of people with special needs.

Foreign volunteers coming to this project want to broaden their horizons, enrich their experience, and learn something new. For young volunteers, it is an opportunity to:

- ✓ Meet new people and to be involved in the life of diversity.
- ✓ Express their creativity and initiative.
- ✓ Share their experience and knowledge.
- ✓ Analyse problems of people with autism.

Families with an autistic member are often socially excluded. It is difficult to go on a vacation for some families because they are afraid to not be accepted by others. Parents need someone to take care of their children so they can relax. They also want to meet other families with the same problem and share their experiences and ideas. This applies to siblings as well. They want to be in an environment which accepts their autistic brother or sister and they do not have to explain anything to peers.

The first week of the camp will be only for volunteers, we will have time to introduce to each other, have information about coming children and start to plan the second week. During the second week we will welcome autistic youth and children, their parents, and siblings.

Our target group consists in young people who are from 6 to 30 years old.

About the volunteers

We generally look for volunteers who are:

- Flexible, societal, patient and interested in working with people with special needs.
- Positive and Creative
- Imaginative and watchful
- Sportive or artsy



○ Experience on this field is not necessary but positive attitude is important. Also, if you play some musical instruments do not hesitate to take it with you and if you have other ideas related to sports and art, please let us know what you need to make your own ideas happen. The workshops of the summer camp facilitate everyone to present new skills and we hope that it will be inspiration for the families, the people with special needs and the volunteers as well.

○ Volunteers will be chosen according to their motivation to join our Project “Blue Hearts”. We will examine their Cvs (that volunteers will send at the email Sposa.bratislava@gmail.com), ask questions about missing details via e-mail and if it is

necessary have some Skype calls. Afterwards, we will compare the applications with the SPOSA team and choose.

The Location: Terchová



The summer camp, like the previous years, will take place in **Terchová**. It is a village in the north of Slovakia, in Žilina district. It is a typical Kopaničiarska community with a large number of settlements. Its geographic location is known as the tourist centre of Mala Fatra and cultural area of the Žilina region with regular events.

In Terchová we will stay in a big and nice cottage. If you want further info about it, please check in this site:

➔ http://www.megaubytovanie.sk/chaty-sipkova?gclid=Cj0KEQjw-tSrBRck8bzDiO_gbwBEiQAk-D31S6CLJ3fAxttai08g4EcmDXIi0KTyTYQPC5ax-fDySsaApDA8P8HAQ

Please take into consideration that volunteers have to share the rooms (there are 3 beds room, 4 beds room, and 5 beds room)

TRAVEL:

If your flight is not coming directly to Bratislava, you can check out these websites to get there:

Buses:

www.slovaklines.sk

<https://bustickets.regiojet.com/?1#id2>

<http://www.crnja-tours.hr/>

<https://global.flixbus.com/>

● To go from Bratislava to Terchová (the travel cost will be maximum 32 euros both ways).

LIMITS OF TRAVEL COSTS (TO TERCHOVA AND BACK, including airport pick-up fee)

Country of origin	Country of destination	Distance Band	N. of participants	Travel grant per participant	Total travel grant requested
Slovakia	Slovakia	10-99^ 100-499*	7	EUR 20 per participant^ EUR 180 per participant*	
Czech Republic	Slovakia	10-99^ 100-499*	7	EUR 20 per participant^ EUR 180 per participant*	

*For travel distances between 100 and 499 KM: EUR 180 per participant

^For travel distances between 10 and 99KM: EUR 20 per participant

▲ Please, in order to receive the reimbursement, remember to collect:

-Travel Tickets (all)

-Boarding passes



What to bring?

- Your signed original Activity Agreements.

- What you want to show us for cultural day (flag, national clothes, dance, food, pp presentation etc.).

- Hiking shoes, not only summer clothes but also some sweatshirts, old shirt, and shorts if you have.

- Towels, raincoat or umbrella, hair dryer, mosquito cream and sun protection cream (the cottages are in the nature).

- One blue shirt

Weather

July is mostly a warm period in Slovakia, in Terchová the temperatures are usually between 25-29 degrees, but sometimes rainy days are forecasted as well. So please also bring raincoats and comfortable shoes with you.

Useful words in Slovak

Hi, Bye – Ahoj! 🖐️

Please – Prosím 😊

Sorry – Prepáč 😞

Thanks – Ďakujem 💜

Where is the bus station? - Kde je autobusová stanica? 🚏?

What is that? - Čo je to? ❓

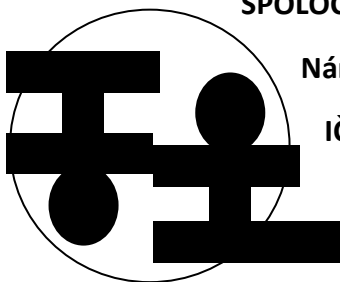
I need help - Potrebujem pomoc. 🙏

I don't understand – Nerozumiem. 🙄🚫

If you are interested, you can check out this website to learn a bit more about Slovak Language:

 <https://slovakie.eu/en>

We are waiting for you ❤️



SPOLOČNOSŤ NA POMOC OSOBÁM S AUTIZMOM

Nám. 1. mája č. 1, P.O.BOX 89, 810 00 Bratislava 1

IČO: 317 47 973, www.sposa.sk, sposa@changenet.sk,

Sposa.bratislava@gmail.com

tel. 0915703709

 <https://www.facebook.com/sposa.sk/>
