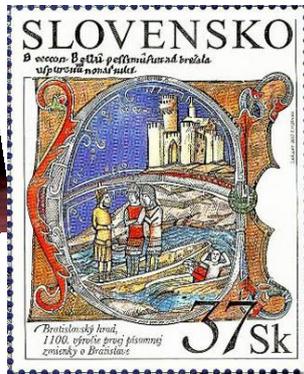


Slovenia



Slovak Republic - SR

Official name: Slovak Republic

Location: state situated in central Europe

Total area: 49 035 km²

Population: 5,5 million inhabitants

Ethnic groups: Slovak 80,7%, Hungarian 8,5%, Roma 2,0%, other 1,8%

Borders: with the [Czech Republic](#) (251,8 km), [Austria](#) (107,1 km)

[Poland](#) (541,1 km), [Ukraine](#) (97,8 km) and [Hungary](#) (654,8 km)

Capital city: Bratislava.

Official language: Slovak

Currency: Euro - since 1.1.2009

Religion : Roman Catholic **62,0%**, Greek Catholic **3,8%**, Evangelical Church **5,9%**, Calvinist **1,8%**, No religion belief **13,4%**, other **2,5%**



National parks in Slovakia:

Malá Fatra · Muránska planina · Nízke Tatry · Pieniny · Poloniny · Slovenský kras · Slovenský raj · Veľká Fatra · Vysoké Tatry

- highest elevation point: [Gerlachovský štít](#) (2 654,4 m n. m.)

- lowest elevation point: river [Bodrog](#) near [Strede nad Bodrogom](#) (94 m n. m.)

- middle of Europe (geographical): St. John Church in Kremnické Bane

Protected landscape areas:

- Protected landscape area Biele Karpaty
- Protected landscape area Cerová
- Protected landscape area Dunajské luhy
- Protected landscape area Horná Orava
- Protected landscape area Kysuce
- Protected landscape area Latorica
- Protected landscape area Malé Karpaty
- Protected landscape area Poľana
- Protected landscape area Ponitrie
- Protected landscape area Strážovské vrchy
- Protected landscape area Štiavnické vrchy
- Protected landscape area Vihorlatské vrchy
- Protected landscape area Východné Karpaty



- Protected landscape area Záhorie

Slovakia is attractive due to its natural beauty, especially mountains, caves and skiing areas as well as cultural and historical sights, such as medieval castles, chateaus, spas and towns.

Towns with the highest population:

Bratislava



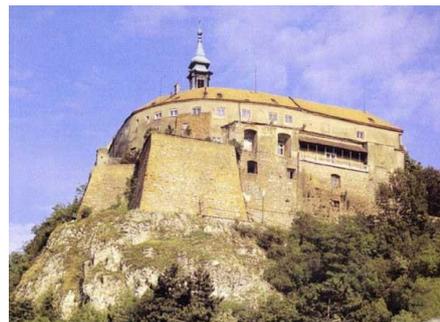
Košice



Prešov



Nitra



Žilina



Banská Bystrica



from volunteers to volunteers – lots of pieces of friendly advice

ČADCA



If you would like to travel to Čadca, first of all, you have to know, how to pronounce the word Čadca. It sounds something like CHATSA, starting like Chelsea. Never pronounce it KATKA 😊 otherwise you will not get there.



It might be useful to learn a few basic phrases before arrival because it will be difficult to find people who speak English, in the streets.

A FEW USEFUL EXPRESSIONS :

Dobré ráno : **Good Morning**

Ahoj : **Hello**

Ďakujem : **Thank you**

Prosim : **Please**

Koľko je hodín ? **What time is it?**

Koľko to stojí ? **How much does it cost?**

Prosim vás, potrebujem pomoc ! **Please I need help !**

Halušky. **That is the name of our national food**

Kde je...?. **Where is...?**

Ja som sa stratila : **I got lost**

Hovoríte po anglicky? **Do you speak English?**

There are 30 000 inhabitants in Čadca. They live in a place surrounded by wonderful countryside, hills and small villages worth visiting. Čadca is situated in the region Kysuce. It is a border region, neighbouring on the Czech Republic and Poland. The majority of the people are of Catholic religion. You will probably be surprised when you are awoken on Sunday morning by the church

bells. When you look out of the window, you will see a lot of people walking to church early in the morning.

KERIC team

If you manage to reach Čadca, and we hope you do, the second step is to find the KERIC building and meet the amazing KERIC team which is your support during your whole EVS.



KERIC CONTACTS

Mirka Petříková - 0908 913 995 mirka@keric.sk

Ivka Hrušková - 0908 913 994 ivka@keric.sk

WHERE?

Address: Nábrežná 1351, Čadca 02201 Slovakia

Point A on the map is the train station and point B is KERIC, the distance on foot is about 10 minutes),



WHAT / WHO IS KERIC ?

KERIC is a non-profit non-governmental youth organisation working with kids and youth aged 4 - 30 as well as with adults from the region Kysuce. We offer a variety of activities with an international dimension, which develop the personality of children and youth. The activities differ based on the needs of individuals and groups. Our mission is to connect our region with Europe and the whole world.

KERIC was founded in February 2003

Our main activities:

- Language courses – English conversation for children, youth and adults
- Conversation courses in French, Spanish, Italian, German and Portuguese
- International youth exchanges
- Trainings and seminars for youth workers from the whole world
- Club activities, international evenings
- workshops
- summer camps
- hosting and sending volunteers to and from the whole world
- creative workshops for children and youth (guitar workshop, European cuisine, juggling, handcrafts ...)

www.keric.sk

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

Hosting opportunities for volunteers in KERIC

KERIC is a host, sending and coordinating organisation for EVS. We have been involved in EVS since 2003 and until now we have hosted over 80 volunteers and have sent an approximately the same number of volunteers abroad.

The volunteers are involved in activities with children and youth - leading language courses, doing creative workshops, leisure time activities, leading summer camps, etc.

We usually host 6 to 8 volunteers from different countries of Europe, Africa, Asia or Latin America at the same time.

The most convenient time to start EVS in KERIC is September and the preferred length of the service is 10 – 12 months.

The schedule of regular activities of the volunteers is (mid-September to end of June):

- Helping in conversation English course for children (between 2 to 6 hours a week, lessons prepared and run together with a Slovak teacher. Before starting to teach, the volunteers receive a special methodology training.)
- Leading a conversation course for teenagers / adults in own language of the volunteer (between 2 to 6 hours a week, own activity)
- Creative activities for children and youth in KERIC or at partner organisations (between 1 to 6 hours a week, choice of activities is up to the volunteer – music, arts, sports... , activities are run independently or together with other volunteers)
- support work at local elementary or secondary schools (between 1 to 2 mornings a week, the volunteer is in the role of an assistant to the teacher, choice of subjects, activities and responsibility range are upon agreement between the volunteer and his/her contact teacher at school. If possible, the volunteer takes part in the life of the school – trips, excursions, cultural and sports events)
- European workshop (approx. two mornings a month, presentation of own country in a non-formal way, games, discussions, presentation of own activities and EVS)
- Street campaigns, concerts, promotion activities – approximately once in every four months
- help to run KERIC – small daily chores when needed - administration work, cleaning, looking after the building, etc.)
- the volunteer will be involved in youth exchanges, international seminars and trainings organised by KERIC or by partners of KERIC abroad

Summer schedule (July and August): preparation and running of summer camps, sailing trips and daily camps for children. The summer schedule of each volunteer will be discussed with him/her in detail personally.

Practical arrangements of the project:

The volunteers share a flat situated on a hill in a housing estate in Čadca. It is about 20 minutes from KERIC on foot or 5 minutes by bus. Depending on the number of volunteers we currently host, they either have their own room or share it with another volunteer. The flat has 3 rooms, a furnished kitchen and a bathroom. The volunteers receive money for food and pocket money via bank transfer every month.

The volunteers can use wifi internet connection in KERIC.

The volunteers interested to do EVS in KERIC are expected to send a motivation letter and CV to keric@keric.sk as well as the contact to their sending organisation.

Selection criteria:

- interest in work with children and youth
- interest in foreign languages and in teaching languages
- enthusiasm, creativity and responsibility



Activities in Čadca:

Swimming pool – an indoor pool (with low prices - around 1€ for two hours), sauna, gym, massage, sun beds. If you like hiking or seeing the sights, you are very lucky. Without having to go far from the town, you can go for a walk or hike in the surroundings – Husárik, Zákopčie, Tri kopce, Bukov, Čadečka, Raková... There are lots of opportunities. However, do not ask how long it takes to get there. Slovaks might have a different notion of time than you.

The Cultural House is a cinema and theatre which sometimes also offers club activities where Slovak is not necessary - aerobic, zumba, yoga, dancing classes.

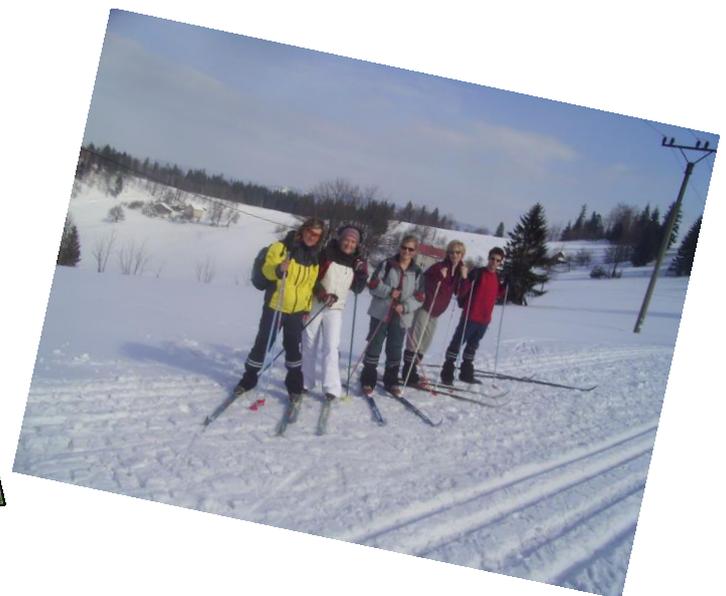
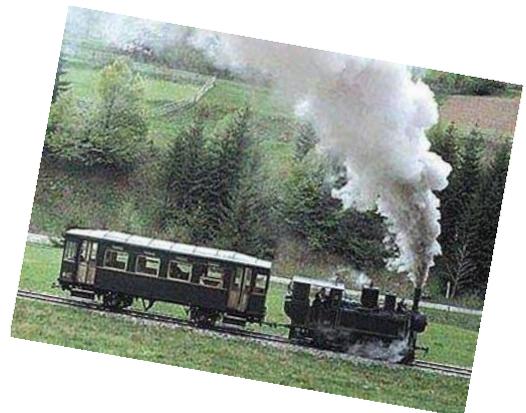
Šeríkov okruh is a great forest area for those who are keen on jogging

Bicycle is a great means of transport during the whole year, apart from winter, of course, when you can come directly to KERIC on your cross-country skis.

Čadca is a peaceful town full of shops where you can find cheap (as well as expensive) clothes, there are hairdressers, lots of restaurants and pubs.

If you get bored with Čadca, you can visit some urban civilization: Žilina, see some historical places and have contact with urban lifestyle there. It offers shopping opportunities, cultural events and performances, historical points of interest. You will probably make friends with the volunteers hosted in the organisations there – in Stanica, Nadácia Krajina Harmónie and Žirafa.

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



The majority of Slovak people have breakfast very early, because they start work already at 6:00 or 7:00 in the morning. Therefore, they have lunch from 11:30 and dinner around 6:30 in the evening. The main meal of the day is lunch, dinner is usually something light, but home-cooked.

The Slovak diet consists mainly of milk, potatoes and cabbage – combination of which is used to prepare various tasty dishes (e.g. **strapačky** - halušky with cabbage, etc.). Slovak national dish is **bryndzové halušky**, which are for Slovak people as important as sushi for the Japanese or pizza for the Italian. There are various types of cheese prepared in Slovakia – bryndza – used for halušky, as well as korbáčiky, syrové nite, oštiepok, parenica. All of them are worth trying.

When visiting a Slovak family or taking part in a guláš-making party, you will probably be welcome upon arrival with a drink of borovička or slivovica – which are strong alcohol. Be careful! Slovakia is also a country of wine, so we recommend to visit one of the wine cellars in the south of Slovakia. If you are a vegetarian, you will probably be disappointed with the selection of vegetarian dishes in restaurants. Some common vegetarian dishes in Slovakia are fried cheese with potatoes, variety of salads, vegetarian pizza and pasta. Some restaurants even consider ham or fish as vegetarian dishes.

And what about poppy seeds?? In Slovakia, it can be bought in shops, it is not opium – as some people think, just try the poppy seeds cake and you will see.

If you would like to learn how to cook Slovak dishes, Mirka (your boss) might invite you round to her house and teach you how to make Slovak halušky or potato pancakes ☺



Korbáčiky



And drinks? Cola, vinea, kofola – try them!

Various types of coffee and tea are offered in all restaurants, cafés and bars. The selection is usually really wide.

Slovak and Czech beer is worth trying.

During your EVS you will probably also try strong local spirits - borovička, slivovica, vodka, fernet, um, hruškovica, demänovka...



KERIC – Nábrežná 1351, 02201 Čadca

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.

Flat is placed in the same building as KERIC office..



Čadca train station

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 Euro ! 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 ! If you are planning to go somewhere, check the website <http://cp.atlas.sk/vlakbus/spojenie/> (the website for trains and buses), because you will not find much information at the train station and the lady selling tickets does not speak English. Travelling is bound to create lots of funny and crazy memories for you.

So don't worry, you have everything here to be able to move no matter where you want to go! **The 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.

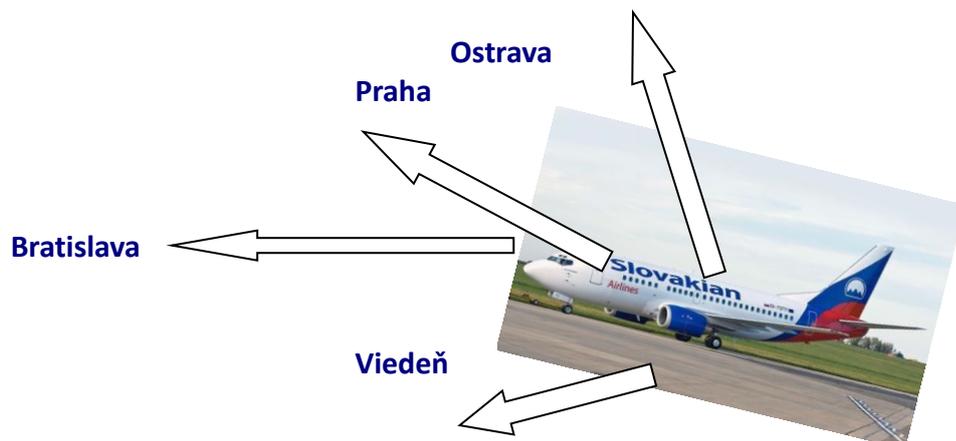
The discount is less than 50% but it is worth it, also there are some discounts in some services, check the web site. www.euro26.sk

Be careful with using the IC trains – you need a seat reservation for these.



The bus is 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.

The plane: The nearest airport is in the neighbouring city: **Žilina**, it is small but you can find connections. From **Bratislava** you will find a lot of services including low price airlines. Other airports are in **Ostrava**, **Prague** and **Vienna**. However, the connections there from/to Čadca are a bit more complicated so we recommend checking out the bus/train connections before booking the plane ticket.





You can :

- play beach volleyball (Elementary school Rázusova)
- play football and basketball (playgrounds near Elementary school Komenského)
- ride a horse (Raková, Makov),
- go roller-blading (Krásno n/Kysucou)
- ride a bike (various tracks for cyclists)
- play tennis (Čadca, Žilina)
- play squash (Martenz)
- go hiking (all over Slovakia)
- go swimming (swimming pool in Čadca)
- go to the gym (various gyms and fitness centres in town)
- dance zumba, Slovak folk dances or other types of dance (Cultural House)
- do yoga, pilates or calenetics (Cultural House)
- go skating (winter stadium Žilina)
- go skiing (Veľká Rača, Jablunkov, Čierne pri Čadci, Makov, Turzovka)
- go cross-country skiing (on the nearby hills when there is snow)

If you are interested in theatre and would like to do some acting as well, go to Stanica (an organisation in Žilina – check out <http://www.stanica.sk/>) and speak to Kristína, who is in charge of theatre courses there. She speaks English and French. It is interesting and it is ok if you do not speak fluent Slovak. The lesson lasts 2 hours every week and costs 4€. Highly recommended! In Žilina, you can also try to dance capoeira. It does not matter, if you have never tried it before.

Čadca is also a wonderful town from this point of view: there are a lot of bars, pubs and restaurants. Our favourite bar this year is MÁJ. However, it is not one of the cheap places. What about lunch? City restaurant, Lipa or Fontána. These are places with daily menu around 3€. Or, you can just go to Tempo or Tesco and buy whatever you feel like eating.

What places do we recommend when going out? Our favourite ones are Zion and A-café! If you wish to dance in Latino rhythm, go to Hurricane! Please do not go to Tasso «Čadca disco», you will not find nice people there. Smoking is allowed in almost all bars. So... NA ZDRAVIE !



Health

If you need some medicine, bring it with you from home so that you will not have to face the language barrier and changes in medicine names, drugs and laboratories. Common painkillers or medicine against sore throat, headache or cold are available in any pharmacy.

If you do get ill, the medical insurance works very well, so don't be afraid to ask for help with translating and communication and go to the doctor when you need it.

It is good to read the insurance guide although is toooo long! You can use your insurance card in public and private medical services, usually they will ask for your passport or if you are a European citizen for your identity card. Your medical treatment is covered by AXA during all of your EVS stay.

For more info you can check out http://global.msh-intl.com/index.php?option=com_content&view=article&id=52&Itemid=160&lang=en

Important phone numbers:

112 – Emergency calls

150 – Fire brigade

155 – Health emergency calls

158 – Police

159 – Čadca town police

18 155 – Helicopter emergency service

18 300 – Mountain emergency service

Useful websites:

- www.pohodafestival.sk (the most popular music festival)
- www.ticketportal.sk (website for concerts, cinemas, theatres, festivals)
- www.janosikovedni.sk (folk festival)

Things to take with you

Of course, you can take anything you want with you provided that your air company and the size of your suitcase let you do so.

Things that we be definitely useful:

- Towels
- Sleeping bag - if you have enough space in your suitcase is very convenient to have one to use when travelling or for summer sailing or 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)
- If you play the guitar, or another musical instrument, bring it along
- Sheets and bed covers are provided by KERIC, but if you prefer your own ones, bring them

Visa, permant stay and vaccination

- You do not need any vaccination to come to Slovakia
- You will be registered at the foreign police department upon arrival (during the first week). You will need: your passport, two photos and official stamps
- Volunteers outside of Europe will need the Criminal records statement from their own

- country
- Advice: always carry your passport or ID with you

TRAVELLING INSIDE AND OUTSIDE OF SLOVAKIA



Slovakia has a lot of wonderful places to visit during your EVS. There are beautiful mountains, rivers, lakes, caves, castles, chateaus, historical towns and sights and picturesque small villages. It is advisable to speak to the locals and get information from them about these places and especially how to reach them. Usually it is by train, but not all places are reachable by it so sometimes you will have to use the bus or walk.

You can like different things and go everywhere, but let us give you some tips of places that we have visited. In Slovakia, you will definitely fall in love with Banská Štiavnica and its surroundings. We also recommend to visit Kremnica, Zvolen and Banská Bystrica. Do not miss out on Košice, Rajec, Trnava, and of course, Bratislava, the capital of Slovakia.

Slovenský Raj (Slovak Paradise) and its caves are beautiful to visit during spring or autumn. High Tatras and Low Tatras are a great place to visit, we recommend to go with somebody who knows them at least a bit. But we are not worried about 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 team can give you advice also !

And here is advice on travelling outside of Slovakia and how to manage it fast:

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 part 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.

Winter and summer in Slovakia

The winter in Slovakia is very cold! You will realise this quite early. Sometimes, the winter starts already in November and lasts as long as April. There is so much snow that it could be exported abroad. Did you think that -30 degrees Celsius exists only in films or in Greenland? No! Welcome to Slovakia. In 2012, the temperature in the early morning was -32 degrees and icicles were as long as 1m! In this weather, you can't stay outside longer than a few minutes, but inside it is really warm and cosy because of the central heating. Warm winter shoes, warm clothes, gloves, caps, stockings and underpants for boys will come handy in this weather. Get ready for spending the winter with three pairs of stockings under your trousers and four jumpers on 😊



One piece of advice: Bring a big warm coat or jacket, gloves, scarf and cap and you will be all right (we have survived!). Winter shoes suitable for walking on the snow will help you manage the journey down from the Kyčerka hill without falling down all the time. Does it sound like a nightmare? No, that is just winter 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 than snow boots and winter jackets! Take also a swimming-suit since you can visit outside swimming pools, thermal spa, and aquaparks – you can go swimming there also in winter.

Hope you will have a nice time during your EVS!!