

COMPASS PROJECT



SKILLS, EMPOWERMENT AND ORIENTATION FOR YOUNG PEOPLE
THROUGH VOLUNTEERING ACTIVITIES
IN INTERNATIONAL GROUPS

ZAVOD MANIPURA, SLOVENIA



ABOUT US



Zavod Manipura is a small NGO with many years of experiences in international volunteering for young people.

We've been an accredited hosting & sending organisation from 2008 and each year we host volunteers from many different countries.

Solidarity activities in our organization are focused on different topics - we support charity organizations, help in the local community, support environmental organisations, NGOs for animals in need, we help elderly and families in need and we organize workshops for children, for young people and for people with special needs.

Next to the international volunteering projects we offer trainings for youth workers, trainings for parents, experiential learning projects, psychological counselling and psychotherapy.





HENK

is in charge for experiential learning projects and trainings for youth workers. He's also our director and he guides the practical work of the volunteers.



BARBARA

is the coordinator and the main mentor of the volunteers. Next to this, she's in charge for parenting trainings and psychotherapy.



DEJAN, TJAŠA AND LUKA

are mentors for the free-time activities. Dejan is a young man with a very big heart who loves to discover new places. Tjaša studies for a sport teacher and loves athletics.



Luka is a young police-officer and he loves to party.



SOLIDARITY WORK IN THE LOCAL COMMUNITY

We take care of the surroundings of the local church, and castle ruins. We help with cleaning actions and different non-profit events in our community: Celebration of the Liberation Day, Carnival for children, Midsummer's Eve Bonfire, Christmas programme for children, Day of Volunteering etc..



HELPING ELDERLY AND FAMILIES IN NEED

We help older people and families with practical work like mowing grass, preparing wood, small renovations, with work on the fields and on the farms.



SOLIDARITY ACTIVITIES FOR ANIMALS



Our volunteers regularly help in the shelter for rescued wild animals (www.facebook.com/Zoo.park.Rozman/) and in the shelter for horses with special needs (www.facebook.com/ckppalisa).



SOLIDARITY ACTIONS IN CHARITY ORGANIZATIONS

We support Caritas and other charity organizations during different charity actions:

- packing food and school items
- packing promotion materials for fund raising
- repairing old wheelchairs etc.



ACTIVITIES FOR PEOPLE WITH INTELLECTUAL DISABILITIES



Once or twice a week we go to Radovljica and spend some time with people with intellectual and physical disabilities. We go for a walk together, do some sports and play some simple games.

INCLUSION HIKES WITH ALPINE ASSOCIATION OF SLOVENIA

Volunteers assist people with special needs during the mountain walks, organized by Slovene mountain association, unit for inclusion hikes. Assistance consists of pushing the wheelchairs, guiding blind people and socializing with them.



WORKSHOPS FOR CHILDREN AND YOUTH

During the school holidays we organize free-time activities for children and for young people.

During school time we organize intercultural learning workshops for young people, and sport days for the high schools of Radovljica every autumn





HANDICRAFTS AND PRACTICAL WORK IN OUR CENTER

The volunteers help a lot with the construction work in the house, with work in the garden and with preparing wood for the winter. We also like to do wood & natural materials handicrafts.



HOUSE FOR THE VOLUNTEERS



Our new house is situated in the village Begunje na Gorenjskem, 6 km away from Radovljica. It's still work in progress and there is a lot of practical work around the house.

The flat for the volunteers has 5 bedrooms, kitchen with living room, 2 bathrooms with toilets and 2 separate toilets. There is also a free time room with table tennis and table football.

Each bedroom is for 2, 3 or 4 volunteers. The bus station, the shop and the pub are 15 minutes away.

There is no cleaning lady in the house and you can't bring your mother with you :). Therefore, the cleaning of the house is a part of our daily routine and each volunteer needs to do his/her part of the cleaning.

PRACTICAL INFORMATION

To ensure that everybody feels good, all of us follow some BASIC RULES:

- respect for each other, the house and environment
- smoking only outside
- no drugs
- no alcohol in the house
- respecting night silence and the neighbours
- taking care of the house (daily cleaning).



FOOD MONEY: 5 EUR PER DAY

POCKET MONEY: 4 EUR PER DAY

LOCAL TRAVELLING: 45 EUR per month (electronic bus card)

BED LINEN IS PROVIDED

WE RECOMMEND TO BRING YOUR OWN TOWELS

WORKING SCHEDULE

Our working week starts on Sunday and ends on Thursday.

On Sundays, we usually go to help in the horse shelter, we join the inclusion hike and we do handicrafts and practical work.

On Mondays we have an activity for people with intellectual disabilities and practical work.

On Tuesdays and Wednesdays we organize activity for young people, or we help families or Caritas, or we go to the shelter for wild animals, or we take care of the castle ruins and the local church yard, and we continue with practical work in the house.

On Thursdays we go to the day center for adults with intellectual disabilities, we have a workshop for the volunteers, the weekly groceries and the big cleaning of the house. Another option is to prepare an activity for elderly people.

Fridays and Saturdays are usually free. If there are some special activities in the community on Saturdays, volunteers get another day free.

The working day starts at 8. o'clock and finishes at 14.h. If we join the inclusion hike, we need to start early in the morning and we return later in the afternoon.

During the school holidays we organize activities for children.

The schedule of the activities can change, because we depend on the weather and the needs of other organizations.

WHAT TO DO IN YOUR FREE TIME



Our place is perfect for the volunteers who like nature. You can walk in the forests, hike in the mountains, bike, swim in the famous lake Bled which is less than 15km away, visit the Vintgar gorge...
And for the ones who prefer city life there is Radovljica and also Kranj and the capital Ljubljana is not far away.





CONTACT:

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<https://www.facebook.com/volunteeringinzavodmanipura>

WE ARE LOOKING FORWARD TO
MEET YOU IN SLOVENIA!

