

# 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 psychological mentor of the volunteers. Next to this, she's in charge for parenting trainings and psychotherapy.



## DEJAN AND TJAŠA

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



# WEEKLY ACTIVITY WITH PUM-O PROGRAMMES

Once a week we spend a morning together with young people who attend programmes for early school leavers. We have workshops, play games, do sports and out-door activities...




# HELPING ECOLOGICAL FARMERS, ELDERLY, AND FAMILIES IN NEED

We help at different ecological farms with their seasonal work. Occasionally we help older people and families with practical work like mowing grass, preparing wood, small renovations, with work on the fields and on their farms.



# ACTIVITIES FOR PEOPLE WITH INTELLECTUAL DISABILITIES



Every Friday 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.

# SOLIDARITY WORK IN THE LOCAL COMMUNITY

We help with different local festivals and 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, Chocolate festival, Beer festival etc..



# SOLIDARITY ACTIVITIES FOR ANIMALS



With each group of volunteers we pay at least one visit to the shelter for rescued animals, the farm for rescued animals and the shelter for horses with special needs.



# COOPERATION WITH RED CROSS AND CIVIL PROTECTION

Our volunteers participate in civil protection exercises with different scenarios. These exercises are crucial for the rescue teams to be prepared in case of natural disasters or other big scale accidents.

We also help the local Red Cross organisation with their event for children every spring.



# 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 HIGH SCHOOL STUDENTS

In the spring and in the autumn we organize several workshops for high-school students, aged 15 to 19. Every October we organise 2 sport days for almost 300 high-school students from Radovljica.



# PLAYING TIME FOR CHILDREN

During the school holidays we organize free-time activities for children. Our volunteers play with children and prepare creative workshops. If the volunteers are motivated, we also visit kindergartens and primary schools and prepare the activities for the children there.





## HANDICRAFTS AND PRACTICAL WORK

The volunteers help with the work in the garden, renovations in the house and with preparing wood for the winter.

We also like to do wood & natural materials handicrafts.



# HOUSE FOR THE VOLUNTEERS



Our 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 board games, 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: 7 EUR PER DAY

POCKET MONEY: 5 EUR PER DAY

BED LINEN IS PROVIDED

WE RECOMMEND TO BRING YOUR OWN TOWELS

# WORKING SCHEDULE

Our working week usually starts on Monday and ends on Friday.

On Mondays we have a weekly meeting, workshops for volunteers, practical work and a big cleaning of the house.

On Tuesdays, Wednesdays and Thursdays we have one of the many different activities each day: activities for young people, we help families, we go to the animal shelters or to the ecological farms, we do some handicrafts and we continue with practical work in the house.

On Fridays we organize activities for adults with intellectual disabilities. We finish with this part at 12.h and in the evening there is a language lesson and a meeting with Dejan and Tjaša.

Most working days start at 8.30 am and finish at 14.h (Fridays are exceptions). If we go to the animal shelter or join the inclusion hike, we need to start early in the morning and we return later in the afternoon. The inclusion hikes usually happen during the weekends. In this case the volunteers get the compensation day during the week.

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, 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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WE ARE LOOKING FORWARD TO  
MEET YOU IN SLOVENIA!

