



# VOLUNTEER'S GUIDE

## From volunteers to volunteers



### The city: CADCA

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

Approximately 30000 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.



**Cadca and some things you can do here:** 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. Bicycle is a great means of transport for summer and spring time and there are

lots of nice tracks you can take.

Cadca 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.

### 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.

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.

## ACCOMMODATION



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.

## TRANSPORT

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.

TIP! If you are under 26 years old get your EURO 26 card (in the train station with: one photo, passport and 16 Euros more or less) 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](http://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.

Also don't forget to check in Prague airport and Vienna.

## SPORTS

You can practise beach volleyball, football, basketball, riding bike, tennis (in Zilina), but also squash, hiking, swimming.

There are some fitness centers also.

## WHAT TO BRING

### About health:

If you need some medicine bring it from home so you will not have to fight against language barrier and changes in medicine names, drugs and laboratories.

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 guide although is toooo long yes! so you can use your insurance card in public and private medical services, usually they will ask for your passport or if you are European citizen for your identity card. For specific treatments or expensive ones please read the guide or send the insurance company an email.

### **General:**

- 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)

## **TRAVELING INSIDE AND OUTSIDE 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.

## **WINTER AND SUMMER**



In winter it is very cold outside although inside usually in every house and office it is very pleasant.

Bring big warm coat, gloves, scarf and winter hat and you will be fine. Or, you can also buy them here. If you have also bring winter boots for the snow, will help you to walk in the frozen roads. For sure you will find your favourite winter sport or you will improve yours in Slovakia!

Summer is hot, so bring your T-shirts, shorts, sandals, and swimming suit as you can visit outside swimming pools and lakes.

## **GOING OUT**

There are plenty of bars, pubs and restaurants in Cadca. In summer it is possible to go to all kinds of music festivals from electro music to typical Slovak rhythms.

## **USEFUL WEBSITES**

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

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

**Good luck and have fun!!!**

*Volunteers 2009- 2010*