

## International work camp – “Tramplin”

10-23 July 2014

Yoshkar-Ola – Russia

### Host organization

Regional youth public organization of Mari El Republic “OPORA”.

The main activity of the organization is work with children from disadvantaged families, orphans, inmates of the colony for juveniles, children with disabilities. Most of the projects and grants have a goal - to support children in difficult situations.

### The camp

All the organizing team (including foreign volunteers) will arrive to the camping place 3 days before children to set up the camp and to get to know each-other better. In fact the first days of camp will be intense and difficult (team building, camp training program, preparation of lessons about a native country, etc.), and after the arrival of children, the rhythm of life will go back to normal. Camp program for children includes:

- Ropes course.
- Role games.
- Educational games
- Sport and extreme activities: climbing, hiking, river crossing, terrain orientation, obstacle course, relay races, other sports games, (this program block will be provided by special instructors who have the appropriate level and qualifications).
- **Kaleidoscope of cultures:** the volunteers from different countries will lead master-classes/workshops and present their countries and culture to the children.
- Cultural Program: disco, singing songs near camp fire, making different kind of theatre performances est.



### Language

Working languages are English and Russian. It is important to understand that the main language of the summer-camp is Russian. There will be two camp-leaders who will translate for you and help with the cultural lessons. Knowing Russian is not necessary but it would be nice to have a basic communication level to talk with children and volunteers.



### Role of the volunteers

International volunteers are part of the camp so they can participate in activities with children, but their main task is to bring the information about their countries and cultures to the children. There will be time to make lessons\workshops about your culture and country. About half of the teenagers (12-17 years) in the camp are from disadvantaged background (orphans etc.) and they do not have many possibilities to travel, learn about foreign countries or meet people from other cultures. Just a presence of international volunteers already helps teens a lot. Getting to know someone from different country, listening to the stories about culture and traditions and going through the language barriers gives to children opportunities to see the world from different points of view.



### Accommodation

First night volunteers will sleep in a dormitory in Yoshkar-Ola. During the camp volunteers will live in tents. Place of camp is beautiful and in the middle of great nature, but quite remote, so you should be prepared that you will see almost **no civilization** during the camp. For example to get mobile phone signal, to call or send message you should do some walking and climbing (not dangerous). Basic hygienic (really clean river and fresh water spring) and medical needs (own medic in the camp) are provided. Electricity for charging devices is available only for limited periods of time when the generator is on.