

Soul Camp

European Solidarity Corps Team Volunteering
Smolenice, Slovakia

16 - 31
August



Co-funded by
the European Union

Hnutí
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ABOUT THE OPPORTUNITY

🌿 Reconnect with Nature – Reconnect with Yourself 🌿

The Soul Camp is an immersive two-week experience designed for individuals aged 18–30 who seek a deeper connection with nature, mental well-being, and self-discovery. In today's fast-paced world, we often forget to slow down and listen to ourselves. Soul is a space where you can pause, breathe, and rediscover what truly matters. For 14 days, we will live simply, surrounded by the forest, disconnected from digital distractions, and engaged in activities that strengthen our connection with nature and ourselves.

Do you want to meet like-minded people, challenge yourself, and experience personal growth in a supportive community?

Then this camp is for you!



Soul Camp is a great opportunity to meet new people and better understand their origins. Together, we will experience 14 days full of adventures, volunteer work, new experiences, and, most importantly, new friendships.

SOUL CAMP – A Journey to Nature & Self-Discovery

Soul is a volunteer summer camp designed for those who seek a deeper connection with nature, mental well-being, and self-growth. Set in a peaceful village Smolenice in Slovakia, this unique experience offers participants the chance to disconnect from technology, reconnect with themselves, and engage in meaningful activities that nurture the mind, body, and soul.

The camp welcomes 20 participants (10 from the Czech Republic and 10 from around the world 🌍), selected based on their motivation and willingness to embrace a simple yet enriching lifestyle. Together, we will explore mindfulness, practice sustainable living, and create a supportive community where everyone has something valuable to contribute.

Our program is carefully designed to foster cooperation, understanding, and personal reflection. Through shared experiences, we will break down barriers, challenge our own perceptions, and learn from one another. The camp will also focus on mental well-being and self-discovery, helping participants develop resilience, mindfulness, and deeper self-awareness. Each participant will play an active role in shaping the camp experience. From volunteering work to leading their own workshops and sharing their unique skills, everyone will contribute to making this an unforgettable journey.

Are you ready to step out of your comfort zone, reconnect with nature, and embark on a journey of personal growth and transformation?

Then join us at SOUL CAMP! 🌿🔥



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What you should know about ESC Team Volunteering Soul Camp



- The event will be **in English** (but no worries, we'll all be in this together to help with the translation and support each other)
- The camp is for participants between **18 and 30** years old
- At the end of this experience you will receive a valuable **Youth Pass Certificate**
- **All participants will be involved in the program preparation and group decision making**
- The menu will be **vegan** (but if you like to have a sip of milk, the shop is 3 minutes away from the eco-centre)
- We will reimburse your travel up to your budget based on the distance band - **Green Travel Mandatory** (distance calculator [HERE](#))
- Each participant will be supported with **7eur/day** in the form of pocket money (to be paid on the last day of the activity)

TRAVEL ALLOWANCE RATES (Green travel mandatory) Distance calculator		
Travel distance	Amount (standard trip)	Amount (Green travel)
Between 0 and 99 km	23 EUR	✗
Between 100 and 499 km	✗	210 EUR
Between 500 and 1999 km	✗	320 EUR
Between 2000 and 2999 km	✗	410 EUR
Between 3000 and 3999 km	✗	610 EUR
Between 4000 and 7999 km	820 EUR	✗
8000 km +	1500 EUR	✗

TIMEFRAME FOR THE ACTIVITIES

Activity period: **August 16- August 31, 2025** (14 days)

Arrival: **August 16**

Departure: **August 31**

NOTE: The number of travel days depends on the distance from where you will be travelling.

All information will be specified after your selection individually 😊

Please don't purchase tickets before our confirmation.



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Who we are looking for?

- Highly motivated young people aged **18 to 30**
- Country of residence in **one of the EU** (ESC) program countries is a condition (visa at your expense)
- Participants who are ready to **join volunteering activities** and willing to **stay for the entire duration** of the activity
- Participants who want to **contribute to the program** with their activity or **workshop**
- Participants who are not afraid of challenges, are open minded and seeking to meet new people, forge friendships, learn new skills, and create memories



Accommodation

During the Soul Camp, we will be staying in the Little Carpathians, a beautiful mountain range in western Slovakia known for its forests, vineyards, and peaceful atmosphere. Accommodation will be adventurous. Throughout the entire camp, we will sleep in tents, pitched on a meadow above the village Smolenice (with a beautiful view). Toilets and showers will be available at the nearby football stadium, just a few minutes away, across the cemetery.

Required equipment: a sleeping bag and hiking boots suitable for work and outdoor terrain.

Despite being in a more remote area, the nearby towns in the Little Carpathians are well-equipped with grocery stores, restaurants, public transport (buses and trains), and local shops.



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Volunteer Work

Working in the local protected area, approximately 10 days,
5-7 hours/day

Volunteer work will focus primarily on the restoration of meadow and forest habitats, which are important in terms of biodiversity and landscape conservation. The main task will be to restore the grassland area – mowing with hand scythes and brush cutters, raking the hay, and transporting it to the edge of the meadow. We will also be removing undesirable woody plants that have spontaneously spread, as they interfere with the natural structure of the meadow and reduce its ecological value. In the immediate vicinity of the meadow, there is a forest that is, in some parts, too dense and shaded. Our aim will be to thin it out – removing excess shrubs that hinder the natural growth of the understorey and reduce species diversity. The goal is to support a healthy and resilient forest ecosystem. In addition, we will construct simple wooden fences (so-called enclosures) in the meadow to prevent wildlife from entering sensitive areas where vegetation restoration is taking place.

Non-working program & activities

Since the work and commuting might get **quite challenging**, the rest of the program will not be too physically demanding. We will take it easy and focus on **spending quality time together**. Sharing, having interesting conversations, learning about and from each other, playing games, **getting to know various cultures**, exploring our values and ourselves. We will also welcome if you prepare some short **activity or workshop** for the rest of us.



In addition, we will have the opportunity to **swim in the local reservoir**, go on **hikes** together **in the Carpathian Mountains**, and enjoy interesting **excursions prepared for us by local organizations**. One of them will be a guided tour of the **Smolenice Castle**, and we'll also experience a tasting of local honey varieties at **Nektária**.



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