**GENERAL INFO**

SFERA is an international social movement of support of voluntary initiatives. It has been established in March 2007 by uniting the efforts of youth non-governmental organizations from different subjects of Russian Federation. The headquarters are in Nizhniy Novgorod, Russia. The aim of the organization is the development and support of youth initiatives by providing young people with access to volunteering, regardless of nation, religious, social status, and disadvantage. Nowadays, there are 6 people in staff of SFERA and more than 500 volunteers regularly participate in different activities.

The main SFERA activities are:
- international voluntary workcamps,
- EVS projects,
- educational activities for youngsters and organizations involved in social service,
- promotions campaigns of volunteering,
- charity and social services.

Most of the organizational activities allow youth from Eu-Eastern Europe and Central Asia (EECA), European Union and other countries of the World to exchange experience, knowledge and skills with each other in order to inspire a sense of solidarity, tolerance and mutual understanding.

SFERA Movement is a member of Alliance of European Voluntary Organizations (Alliance) and Coordinating committee for international voluntary service (CCIVS) and a partner of Service Civil International (SCI). Since 2007 SFERA is one of the official multipliers of Erasmus+ (Youth in Action programme) in EECA countries.

**GENERAL CONDITIONS FOR PARTICIPATION IN SFERA WORKCAMPS**
1. Age – 18+
2. Camp language – English
3. No extra fee

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INVITATION PROCESS AND VISA TO RUSSIA

There are a lot of legends coming around visa process in Russian consulates which sometimes can take years because of Russian bureaucracy in general. We believe that these legends are just made up by humans and we think that by positive cooperation with your organizations and you we can invent other legends.

It is true that the invitation to Russian workcamps is a long process if compared with other countries. We are dependent on institutions like the Ministry of Internal Affairs and the Migration Service where we have to apply for official invitation letters for volunteers. The invitation process depends on from what country you are and that’s why it takes different time.

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<th>Time for invitation and visa process</th>
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<td>Invitation and visa process takes only 2-3 weeks for the post delivery of the invitation and a week for the visa issuing in Russian consulate.</td>
<td>Since the 1st of June 2007 according to the agreement between the European Union and Russian Federation on the simplifying the visa issuing to EU and Russian citizens SFERA as other Russian public and cultural organizations can invite EU citizens to Russia by its own organizational invitations for the period up to 90 days. The agreement is really working only since the beginning of 2008. It means that for this season 2013 we do not have to apply to the Migration Service for the invitations for volunteers coming from EU countries and can print our own invitations in our office. As the result visa process for EU volunteers has become easier and faster. We really hope that these changes would really allow more volunteers from the EU to come to Russian workcamps as well as we believe that once our country will be more opened for all citizens of the World!</td>
<td>Unfortunately for non-EU citizens we need to apply for invitation to Migration Service. It takes much more time. But in spite of this we wait for you, our dear volunteers. We believe that we will manage to overcome all difficulties and you will enjoy our workcamps!</td>
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| Deadline for application to camps | Deadline for applications to camps in Russia is 1 month before the start of each workcamp. | Deadline for applications to camps in Russia is 9-10 weeks before the start of each workcamp. |

| What do you need to do for getting visa | After you have received the conformation to our workcamp please: Contact Russian consulate in your country, and find out if you need to have the original invitation letter or the fax copy will be enough, and also find out what else documents you need to get visa. **The type of your visa is Humanitarian or Youth relationship!** And if it’s necessary to make appointment to Russian consulate. So in a time you get invitation you will be already prepared to apply for visa. |  |
The project will be organized in the south of Russia near of the Black sea. We organize this project together with experienced youth NGO with very serious name “Falcogroup”. This NGO works in the field of youth work and organizes such events like children and youth camps (www.mostcamp.org), conferences, art projects, trainings and seminars. This camp was organized already several times; many international volunteers came and spent their great time!

The camp is aimed at development of intercultural dialogue and tolerance, interest to different countries and cultures, intercultural learning, communication skills, sustainable friendship and study of the English language.

It was created for today's children and teenagers, who want to develop their communication skills, express and implement their ideas and creativity.

Work: The main tasks of volunteers are:
- organizing language workshops for children,
- playing in communicative games with children,
- making presentations about different countries,
- organizing cultural and art events for children,
- organizing and participating in sport activities.

Before coming to the workcamp volunteers will have Skype meeting with the organizers in order to be well-prepared for the programme tasks.

Leisure time: swimming in the Black sea, hiking, sport games.

Accommodation and food: Volunteers will leave in the rooms for 5-6 persons, shower and toilets are in every room, washing facilities, meal will be provided 3 times per day. Unfortunately we can’t provide vegetarian meal. There is a big kitchen and canteen and they cook for all people living there so the menu is not flexible and unfortunately we can’t provide meal for vegetarians and vegans.

Language: English.

Age: 18 - 30 years old.

Terminal: The nearest train station is Tuapse, the nearest airports are Sochi and Krasnodar.

Location: Krasnodar region, Tuapse. You will have a chance to visit Sochi where Winter Olimpic Games were organized.

Extra: Volunteers should provide the document from their doctor that they are healthy and can work with children.
The organizer of the camp is an independent nonprofit organization Informational and Educational Centre “Sodruzhestvo” located in Ryazan.

Our Camp has good traditions and long history. Over 2500 children from 30 regions of Russia and have participated in our programs. We also got help and support from volunteers from more than 20 countries representing Russia, Europe, Asia, Africa and the USA.

The participation in the camp’s program helps children to improve their knowledge in Economics and English, as well as creates intensive environment to develop the students’ talents. As for volunteers, our camp has a good opportunity for the exchange of teaching experience and original ideas in non-formal educational process and special cultural events. The camp place is situated in Ryazan region (90 km from Ryazan) in the national park Meschera so the participants will have an opportunity to enjoy the beautiful Russian nature. Ryazan is an ancient Russian town about 190 km southeast of Moscow. It is beautifully located on the Oka river, with a very romantic Kremlin, standing high above the city. Ryazan has a beautiful ensemble of churches and monastery buildings with typical Russian golden domes.

**Work:** The volunteers will be involved in organizing animating, educational activities for children. They are expected to conduct linguistic workshops, to prepare different events and lead them for children, to organize and judge the sport matches. Another task for the volunteers is to elaborate and organize the days of their own countries for the children.

**Accommodation:** The volunteers will live in two floored buildings on the territory of the camp (4 persons per room). A shower and a bathroom are available on the same floor with the living rooms. The food will be provided in the canteen.

**Language:** English, (any level of Russian is welcomed).

**Age:** 18+ years old.

**Leisure time:** Excursions to Ryazan city and settlement Konstantinovo (where the famous Russian poet Sergei Esenin was born) and ancient cloister named Poschupovo. Different sport games like football, volleyball, ping-pong and swimming are available for the volunteers.

**Terminal:** Moscow train station and airport. The volunteers will be met there.

**Location:** National park Meschera (90 km from Ryazan, 190 km from Moscow)
The camp is organized by governmental organization “The Center of culture and tourism” and youth NGO “World without borders”. The main aim of the both organizations is to promote the cultural diversity of Kirov region and to develop multicultural dialog between local young people and their peers from different countries. The camp orientated to the work with teenagers 12-17 years old from different regions of Russia through sport and non-formal education activities in order to develop their social skills in the multicultural group. Volunteers will work in the team of professional group leaders, sport trainers and instructors and animators.

The camp is located in the beautiful botanical and geological complex Chimbulatskiy that has river, mountain as well as forest and field landscapes. Volunteers will have a chance to be totally isolated from the civilization and feel a part of nature. During the days off in the middle of the camp (14/07 – 17/07) volunteers will visit the nearest city – Kirov and will have an opportunity to see the historical sites, museums and traditional handicrafts.

**Work:**
Volunteers can work in different fields according their interests and skills and support professional workers:
- support for instructors during touristic activities: climbing, rafting on catamarans, hiking;
- support for sport instructors: rope games, sport competitions (football, volleyball, physical training);
- non-formal education activities: implementing the workshops about different cultures and languages, healthy style of life etc.
- art activities: implementing art workshops, preparing evening concerts and performances.

**Leisure time:** swimming, sport activities, hiking. Volunteers will be able to visit places of pagan prayers Mari - sacred groves in that reserve.

**Language:** English, Russian is welcomed.

**Accommodation:** volunteers will live in the tents for 4 people, (you should bring a sleeping bag and a mattress). Toilets and showers will be organized in special cabins outside. A special cook will prepare food.

**Age:** 18-30 years old.

**Location:** Botanical and geological complex Chimbulatskiy, Kirov region, 185 km from Kirov. The transfer from Kirov will be provided.

**Terminal:** Kirov train station

**Extra:** Volunteers should provide the document from their doctor that they are healthy and can work with children.
The project is organized by Siberian Environmental Center - Inter-Regional Charity Organization “SibEcoCenter”. It was established in November 1999. The organization's mission is the preservation of nature and harmonizing with nature. SibEcoCenter works in Novosibirsk Region, Altai Krai and Altai Republic, as well as in other regions of Russia. Novosibirsk is one of the biggest and popular Siberian Russian cities. About 1.5 million people live there. Novosibirsk - is a scientific, cultural, industrial, transport, trade and business center of Siberia. Scientific Center, Siberian Branch of Russian Academy of Sciences is located in Novosibirsk. The biggest university is Novosibirsk State Technical University (NSTU), in which over 22 thousand students study. This city is called the center of science and students.

**Work:** Main objective of the camp - the ecological improvement of the Siberian river Izdrevaya and organizing events to save it. Volunteer tasks:
- cleaning the river banks of debris,
- rafting on the river and cleaning it (work in water in special costumes and rubber boots)
- installation of informational boards about the importance of preserving the river,
- carrying out environmental actions,
- organization of ecological events and festival for local people.

**Leisure time:** Volunteers will play in group and sport games, fish, walk in real Siberian forest, will have a chance to attend the workshops from biologists and ecologists about the flora and fauna of the region as well as non-formal educational activities on leadership skills.

**Accommodation:** The volunteers will live in tents for 2-3 persons. Breakfast, lunch and dinner will be cooked by cooks in the specially organized field kitchen. The camp will be provided by toilets and showers.

**Language:** English.

**Age:** 18+ years old.

**Terminal:** Novosibirsk train station or airport.

**Location:** Novosibirsk region.

**Extra:** Sleeping bags are necessary + medical insurance is necessary.
The camp will be organized together with the Foundation “Earth of Vologda”. This foundation aims on conservation of historical buildings and territories of Vologda region. The camp will be organized in old family estate what was built at the end of 18 century and it’s one of the best example of Russian noble life. Now this place it’s quite old and some of its parts are destroyed. Local initiative group of people try to restore and renovate this place and want to do it together with the group of international volunteers.

The camp will be organized near of the ancient Russian city Vologda. The city is very rich for museums and historical sights which help to discover real Russian life in the past. There is the Motherland of Russian Santa Clause not so far from Vologda (400 km). And volunteers if they wish can travel there after the camp days [http://www.dom-dm.ru/en/news](http://www.dom-dm.ru/en/news)

**Work:**
The main tasks of volunteers are:
- rehabilitation of the preserved natural park zone “Old park of Kurkino village”: cleaning and
- restoration of its alleys, trees, ponds and park vase ensemble,
- repairing and cleaning inside the house,
- participating in local events and organizing cultural events with locals.

**Leisure time:** hiking, sport games, cultural workshops, visits to local families, excursions.

**Accommodation and food:** Volunteers will live in the main manor house of the estate. All the boys will stay in the former masters’ bedroom and the girls – in the former ball room. Shower, toilets and washing facilities are provided on site. The meals will be cooked by the participants in the kitchen.

**Language:** English.

**Age:** 18+years old.

**Terminal:** The nearest train station is Vologda.

**Location:** Vologda region, village Kurkino, 20 km from Vologda.
The camp is organized by the private foundation “Astashovo and surroundings”. This foundation is an initiative of several people who dedicate their time to learning, conservation and development of the cultural heritage of Russia. Forest Tower-chamber in Astashovo is traditional mansion of 19-20 centuries, one of the best wooden houses in Russia, located in Kostroma forests. Tower-chamber have been renovated during 5 years by local activists and patrons and it is going to be a beautiful guest house and the museum, which offers all visitors the opportunity to plunge into the world of the Russian countryside, in the culture of the elusive Russian provincial life. And we hope that international volunteers will help to realize this aim.

The region where the camp is located is one of the richest in Russia in terms of traditional Russian handicrafts and wooden art. Natural surroundings have a real Russian spirit: forests, fields and lakes.

**Work:**
Volunteers will support professional restorers with their tasks: work with wood, decoration, painting. As well as that volunteers will help with gardening and improvement work.

**Leisure time:** excursions, workshops on Russian handicrafts, Russian sauna (banya), activities with local people, sport activities on fresh air.

**Accommodation and food:** Volunteers will live in a wooden house in the rooms for 5 persons. Toilets are outside. Instead of shower volunteers will have a chance to go to Russian sauna (banya).

**Language:** English.

**Age:** 18+ years old.

**Terminal:** Galich train station. It’s easy to get train there from Moscow or St. Petersburg.

**Location:** Astashovo village, Kostroma region.

**Extra:** Sleeping bags are necessary.
The workcamp aims to help to design and to build an ecological village residence for implementing the initiatives of different regional NGOs, active people, creative groups, where they can meet, conduct workshops, seminars and organize events, etc. It's called “Stupenki Village” (which means “Steps Village”). The project is run by initiative group of young people from Vologda who found countryside life interesting and amazing. They own a house in the village and also bought an extra piece of ground and now are constructing the residence by relocating and reusing old village houses. A lot of volunteers help them in this activity. The focus of his project is ecological approach, healthy life style, countryside life, nature and sustainable development. Traditions and modern things meet and interact there.

The main idea of the workcamp is come up with the visualization of the residence – how it will look like, what kind of benches, summer houses, decorations can be there, how everything will be located, what materials can be used, etc. Also volunteers are expected to create a public art object, which can stay there and be a memory of them. We are waiting for young architects, designers, public artists, etc. (preferably) as well as for everybody who is eager and motivated to take part in this amazing experience.

The camp will be organized near of the ancient Russian city Vologda. The city is very rich for museums and historical sights which help to discover real Russian life in the past. There is the Motherland of Russian Santa Clause not so far from Vologda (400 km). And volunteers if they wish can travel there after the camp days [http://www.dom-dm.ru/en/news](http://www.dom-dm.ru/en/news).

**Work:** The main tasks of volunteers are:
- Brainstorming, exchanging ideas,
- designing, project development,
- creation of a public art piece,
- construction work,
- cleaning

**Leisure time:** hiking, sport games, cultural workshops, visits to local families, excursions (to Vologda, monasteries, cultural sites).

**Accommodation and food:** Volunteers will live in several rooms of the two houses. The village outside toilets, sauna, washing clothes – by hands. The meals will be cooked by the participants in the kitchen.

**Language:** English.

**Age:** 18+ years old.

**Terminal:** The nearest train station is Vologda.

**Location:** Vologda region, village Pesochnoye, 32 km from Vologda.
The project is organized by ITMO University in St. Petersburg [http://en.ifmo.ru/](http://en.ifmo.ru/). It’s one of the leading Universities in Russia in the field of information and photonic technologies. In 2009 it got the status of National Research University. The University provides all needed conditions and support for research work for Russian and foreign students and professors in order to implement educational process for world-class professionals. Together with high level educational work University provides students with opportunities for social life. There are student government, student ecological group and voluntary organization dealing with different social issues. This camp will be a new step in development of voluntary movement in the University. International volunteers will cooperate with students involved in environmental voluntary work in order to exchange with the best practices, develop solidarity and mutual understanding between young people from different countries.

**Work:** Volunteers will work outside of the city in the University educational sport Center for students “Yagodnoe” (100 km from St. Petersburg). Volunteers will be asked to implement following tasks:
- to collect and separate garbage in the touristic area near the Center,
- to clean campfires in touristic places,
- organizing non-formal education ecological activities for tourists,
- paving and landscaping of hiking paths,
- renovating work in the Center.
Volunteers will work about 6 hours a day. In addition, volunteers will take part in lectures on medicinal plants and ecological features of garbage collection.

**Leisure time:** playing games, sport activities, excursions to St. Petersburg, visiting world-wide famous historical sites and museums.

**Accommodation and food:** Volunteers will live in wooden houses in the rooms for 2-4 persons. Showers and toilets will be provided in the separated houses. Breakfasts, lunches and dinners will be provided by canteen.

**Language:** English.

**Age:** 18+ years old.

**Terminal:** St. Petersburg train station or airport.

**Location:** Settlement Yagodnoe, 100 km from St. Petersburg.
The camp will be organized in the children Center “Berezka” that implements children camps and non-formal educational activities for children in Yaroslavl region since 1965 year. Every year the Center hosts more than 2000 children. During the every shift a lot of educational and entertaining activities are organized for children by professional educators and animators. The Center hosts international volunteers already 3 years. Volunteers from different countries support activities organized by Center staff workers and bring multicultural element into the events. The camp is located near Yaroslavl in very picturesque place near the river.

Yaroslavl - one of the oldest Russian cities, founded in the XI century and reached its heyday in the XVII century, in 2010 the city celebrated its millennium. The historic city center, situated at the confluence of the Volga and Kotorosl, a UNESCO World Heritage Site. Yaroslavl is traditionally considered one of the main objects of the Golden Ring of Russia.

**Work:** Volunteers will implement following activities:
- to make presentations about different countries,
- to organize English classes for children,
- to help to organize different educational, cultural and sport activities during the camp.

**Leisure time:** fishing, swimming, sport activities, excursions, learning Russian language.

**Accommodation:** Volunteers will live in the rooms for 2-3 people. The food will be provided by the canteen.

**Language:** English.

**Age:** 18-30 years old.

**Terminal:** Yaroslavl train station or airport.

**Location:** Settlement Toschiha, Yaroslavl region (34 km from Yaroslavl).

**Extra:** Volunteers should provide the document from their doctor that they are healthy and can work with children.
The camp is organized by the Centre of Culture and Tourism of the Kirov region, which aimed on the organization of projects to promote cultural and relevant historical objects of the region. This camp is organized for the second time. Last year it was attended by volunteers only from the Kirov region, and this year it was decided to make camp international.

The camp will be held in the ancient Russian city with a rich history - Kotelnich. The city was founded in 1459. In Russian history the city is known for the fact that there was one of the largest Russian Fair - Alekseevskaya. Now the city is a big transport hub in the European part of Russia. In Kotelnich there are a number of important natural sites one of which is the location of the remains of Pareiasaurus. There are only two places in the world of the location of remains of this type of dinosaurs. The second one, similar to the uniqueness and composition, is in South Africa. Now in Kotelnich there are Museum of paleontology and open-air Dino-park were built where volunteers suppose to work during the camp.

The main aim of the Camp is to involve young people to the study and preservation of historical and cultural heritage, to learn the features of the paleontological work and exchange of voluntary practices.

**Work:**
Volunteers will carry out ecological work in the open-air Dino-park:
- cleaning of the territory,
- cleaning the pond,
- gardening,
- taking care of exhibits.

During the working hours volunteers will have a chance to see the work of paleontologists and try it. Also volunteers will participate in the local conference on thematic tourism issues and will be asked to prepare some materials/presentation about unique touristic object of their countries: museum, event, festival etc.

**Leisure time:** excursions, workshops on Russian handicrafts, Russian sauna (banya).

**Accommodation and food:** The volunteers will live in the school building (female and male rooms). Shower will be provided. Breakfast, lunch and dinner will be organized in school canteen.

**Language:** English.
**Age:** 18+ years old.

**Terminal:** Kirov airport or train station.
**Location:** Kotelnich (Kirov region), 123 km from Kirov. Organizers will provide volunteers with transport from Kirov to Kotelnich.

**Extra:** Sleeping bags are necessary.
The camp is located in very famous Russian educational children center “Orlyonok” which has very rich history and traditions. The Center accommodates youth from the age of 11 to 16. It is located in one of Russia’s most beautiful areas along the shores of the Black Sea in the territory of Krasnodar, 45 km from big touristic center Tuapse.

The center can accommodate up to 3500 children in summer and 1200 in winter. There are seven camps in “Orlyonok” each having its unique name: “Strelitelny” (Sweepy), “Shtormovoy” (Stormy), “Solnechnuy” (Sunny). “Dozornuy” (Patrol), “Komosomolskiy” (Komsomol), “Zvyezdniy” (Star), “Olimpiskiy” (Olympic). Our camp will be organized in “Komosomolskiy” (Komsomol)” which is situated in architectural complexes with modern summer cabins and cottage-cabins. Each camp has showers, its own canteen, medical office, administration offices, special equipped places for team work, staff and utility rooms. Every camp also has its own sports grounds for volleyball, basketball and various outdoor activities.

There are 7 routes for walking and combined camping tours (getting to a particular place by bus). Some of them involve climbing mountains, visiting waterfalls, caves, dolmens, and picturesque sites of the Black Sea shore. During the tour children get acquainted with history and legends of the Black Sea shore and the Northern Caucasus.


**Work:** The main tasks of the volunteers will be to tell children about the culture of their countries, to make presentations of traditional games, tales, songs, organize “Days of cultures”. Volunteers will also teach children their mother tongues and organize different educational, cultural and sport activities during the camp.

**Leisure time:** Swimming in the Black sea, hiking to Mountains, sightseeing tours, picnics, sports games.

**Accommodation:** Volunteers will live in wooden houses in the rooms for 2-3 people. A shower and a bathroom are available. The food will be provided in the camp canteen. Unfortunately it will be very difficult to organize vegetarian meal.

**Language:** English. Russian is very welcomed.

**Age:** 18-30 years old.

**Terminal:** Tuapse or Krasnodar train station / airport.

**Location:** Krasnodar region.
**Extra:** Motivation letter is required.

Due to the fact that it is main and biggest Children Center in Russia there is very strong health control of all children and staff workers as well as volunteers. Every volunteer should have a medical certificate about his/her health conditions which is necessary for working with children. We kindly ask you to bring the following medical documents:

- fluorography,
- syphilis and HIV test,
- medical inspection of dermatologist,
- information about your vaccinations.

All tests will be written in the info-sheet. Be ready for the long list.