

ESC Info Pack

International Forum of Solidarity - EMMAUS

Hey There!



- We can't wait to welcome you to IFS Emmaus! 🎉🎊
- This booklet is your quick guide to everything you need to know about your ESC volunteering experience with us.
- Inside, you'll find all the essentials: who we are, what kind of activities you'll get to join, where you'll be staying, and cool tips about the city, the environment, and how to get around.
- We hope it helps you get excited about the adventure ahead and makes you feel at home even before you arrive. 🚀✨

About IFS-EMMAUS



IFS-EMMAUS is a local NGO born back in 1999, with one clear goal – to stand by people who need support the most.

Today, we're one of the biggest self-sustaining NGOs in Bosnia and Herzegovina, with more than 260 employees, 50 super-active volunteers, and offices in Doboj Istok, Sarajevo, Srebrenica, Velika Kladuša and Zvornik.

We're proud to work across the whole country (and beyond!) on projects that truly change lives.

Here are just some of them:



- Scholarships – supporting 3000 kids in BiH without one or both parents, plus 6,012 kids in Burkina Faso
- Boarding School Potočari (Srebrenica) – helping children from Srebrenica
- Daily Centres – in Srebrenica, Zvornik, and Doboj for kids to learn, play, and grow
- Community Services for the Elderly
- Football for Homeless Youth – using sports to bring hope and new opportunities

From food and education to safety, sports, and solidarity – we believe in giving people not just help for today, but real chances for a better tomorrow.



Bosnia and Herzegovina
Homeless Representation



Flood Relief



Burkina Faso Support



Daily Center



Community Services
for the Elderly



Children Daily Center



Flood Relief



Meal Preparation



Community assistance



Entertainment Programs



Boarding Accomodation



Humanitarian Aid for
Gaza



Entertainment
Programs

Activities



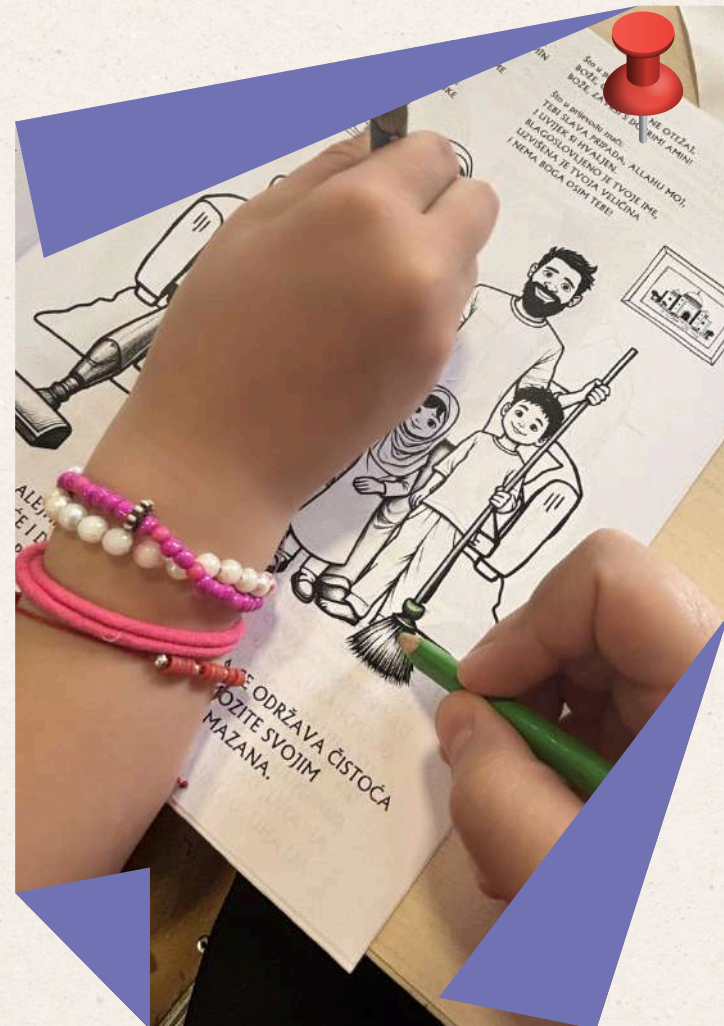
The first week is dedicated to orientation. During this time, volunteers get to know the foundation's team, committees, and areas of activity.

After the orientation, each volunteer receives a weekly plan. They participate as supporters in various fields such as social media, humanitarian aid, assisting at the children's center and offices, psycho-social support for disadvantaged people, sports, arts, culinary activities, language courses, sewing, project management and development, environmental activities, and cultural trips.

From Our Volunteers Daily Works



INTERNATIONAL FORUM OF SOLIDARITY - EMMAUS
BOSNIA AND HERZEGOVINA



After Arrival



Don't worry about transportation to Doboj Istok!

After your arrival at the airport (the one listed on your ticket), one of our colleagues will be there to welcome you. They will drive you directly to Leptir, Doboj Istok, where you will stay for the duration of the project. During the trip, you can relax, and if you have any questions or need assistance, your colleague will be happy to help. This way, you don't need to worry about buses or finding your way on your own.



Accommodation in Dobož Istok

Each Room Includes:

- Private shower & toilet
- Bed linen set
- Towels
- Small desk
- Heater
- Wardrobe
- Self-service laundry
- Internet access
- Kettle

Additionally, a shared room with a kitchen and a living area will be available, where meals can be prepared.



Accommodation in Srebrenica



Our accommodation is located in a beautiful area and includes sports fields as well as rooms for other sports and various activities. It is situated in Srebrenica, where most of the volunteer activities, as well as the winter and summer camps, take place.



Near the accommodation, we also have a special sports and recreational center and a picnic area where various activities are organized.

Accommodation in Srebrenica



Each Room Includes:

- Private shower & toilet
- Bed linen set
- Towels
- Small desk
- Hair dryer
- Wardrobe
- Internet access
- Housekeeping every day
- Laundry by employees

Where is IFS-Emmaus



DOBOJ ISTOK - DUJE

This is the main area where our volunteers are highly involved and actively participate. Our offices, tailoring workshop, health centers, and therapy rooms such as music therapy and occupational therapy are located here, along with rooms for the beneficiaries.

Advices from Volunteers



- Firstly, if you will be assisting at the offices, you will need to get used to different keyboard layouts. I'm still confused sometimes. I keep mixing up the Y and Z keys all the time! 😂😂
- You will have a chance to learn how to sew, cut fabrics to make clothes, and even repair your favorite clothes. If you say "Volim Te" (I love you) to Sena and Valerija (the tailor ladies), you might become their favorite volunteers! 🧵❤️
- Bosnian people have a lot of delicious dishes, so don't worry, you won't go hungry! You might even gain a little weight before you leave. 😊 Especially Advija (the chef) who will always ask if you want more food. 🍴
- And if you want to learn some phrases, just ask your colleagues, they are very helpful if you want to learn their language. 😊

Useful Tips Before Volunteering in Emmaus



- Volunteers will work with disadvantaged groups, including people with mental health conditions or disabilities. All activities ensure their physical and emotional safety.
- You must be ready early to go to Duje Center. Shifts start at 7:00 a.m., and a colleague will pick you up at 6:45 a.m.
- A washing machine is available, so you can do your laundry when it is free.
- We recommend downloading the Bosnian language on Google Translate to communicate with locals and colleague.

Learn Before Coming Bosnia



Famous foods

- Ćevapi – Grilled minced meat sausages
- Burek – Savory pastry with meat, cheese, or spinach
- Sogan-dolma – Stuffed onions with meat and rice
- Begova čorba – Creamy chicken soup

Sarma – Cabbage rolls stuffed with meat and rice
Baklava – Sweet layered pastry with nuts and syrup
Klepe / Hurmašice – Traditional Bosnian desserts

LandMarks

- Stari Most – Iconic 16th-century Ottoman bridge in Mostar.
- Baščaršija – Historic bazaar and cultural center in Sarajevo.
- Latin Bridge – Site of the assassination that triggered World War I.
- Potočari Memorial Center – Memorial for victims of the Srebrenica genocide.
- Vrelo Bosne – Beautiful park at the spring of the Bosna river.
- Blagaj Tekke – Historic Dervish monastery by the Buna river spring.
- Kravice Waterfalls – Scenic waterfalls near the town of Ljubuški.



Learn Before Coming Bosnia



Basic Phrases

Greetings & Basics

- Dobar dan – Hello / Good day
- Zdravo – Hi / Hello (informal)
- Kako si? – How are you? (How are you feeling?)
- Dobro – Good / Fine
- Vidimo se – See you

Polite Words

- Molim – Please / You're welcome
- Hvala – Thank you
- Oprostite / Izvini – Excuse me / Sorry (formal / informal)

Yes & No

- Da – Yes
- Ne – No

Useful Phrases

Volim ovo! – I love this!

Super! – Great! / Awesome!

Dobar tek! / Prijatno! – Enjoy your meal! 🍴🍷

Thank You!

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For more information, you can contact the coordinator at: sabahudin.mujkic@mfs-emmaus.ba