



WELCOME

TO L'ARCHE SLOVENIA



Dear Friend,

we are very pleased you are interested in discovering more about our community. For this purpose, we have prepared a short description of our mission and community life.

Should you, at any given point, have any questions regarding joining our community, or anything else, please feel welcome to write to prostovoljstvo@skupnostbarka.si.

If besides this presentation you would like to get a better look into our community of love and prosperity, please find us on our social media accounts.

Looking forward to hearing from you.

L'Arche Slovenia (Društvo Barka)



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**L'ARCHE IS
STRONGER
TOGETHER**

ABOUT US

History

Barka community was established in Slovenia in 1997. It is a part of the International Association L'Arche, having the mission to empower people with intellectual disabilities to play an active and vital role in the society. First L'Arche community was established in a village of Trosly - Breuil in France, way back in the 1964. Two men with intellectual disabilities were simply invited to live with a Canadian philosopher and theologian and they soon realised they are all dependent on each other. He founded the first L'Arche community on a Relationship-based model, meaning he treated those two men as equals, learned from them, helped them with their everyday chores and vice versa. Soon after, new communities were being established all over the world. Today there are 154 L'Arche communities in 38 countries, on all 5 continents.

Who we are

Barka community addresses the life of adults with intellectual disabilities from different aspects: it provides a home-like residential houses for people to live in, and different workshops for people to develop their skills, be productive, and ultimately earn. Although this community is part of the International Association L'Arche, it is also very grass-root and independent of the international headquarters, which is the case with all L'Arche communities. Our mission is to make known the gifts of adults with intellectual disabilities, working together toward a more humane society. L'Arche creates and fosters residential family-like homes and programs of belonging for people with and without intellectual disabilities, where the differences are seen as a gift, not a burden. L'Arche's innovative and global relationship-based model received much recognition, including the prestigious Templeton Prize in 2015.

**L'ARCHE
THRIVES
TOGETHER**



WHAT WE DO

Residential houses

The community has two houses, the Sunny house and the Rainbow house, where adults with intellectual disabilities live together with assistants and where they jointly do the housework, or are simply spending time together and build a mutual friendship. Currently, five core members live in each of the houses, with a few »live in« volunteers from abroad.



RAINBOW HOUSE

SUNNY HOUSE



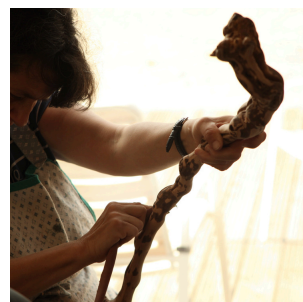
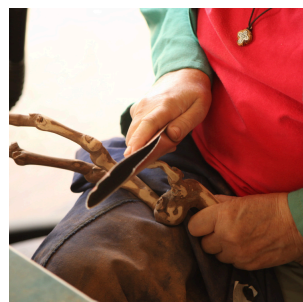
**L'ARCHE LIVES
TOGETHER**

Workshops

Workshops are a place where the skills and interests of people with intellectual disabilities are developed. There are four different types of workshops.

Wooden workshop

Hand-made wooden products are being made in this workshop, for example candle holders, wooden ties and bowties, little wooden planes, Christmas trees, crates, footstools, wooden keychains, jewelry, board games, etc.



Occupational workshop

Here core members make hand-made products from different materials, including fabric, paper, clay, etc. They produce greeting cards for different occasions, paintings, hand-made jewelry, hand bags, aprons, cushions, notebooks, candles and much more.

**L'ARCHE WORKS
TOGETHER**

Well-Being Program

Our Well-Being program, which we carry out alongside institutional care (residential units) and the occupational activity center (workshops), includes various activities, which volunteers are an important part of, besides friends, family and other community supporters.

Active Holidays

We organize active holidays with activities like horseback riding, swimming, and hiking to enhance physical, social, emotional, and cognitive well-being.



Horseback riding

As part of the Hi, Horses! project, we offer horseback riding and active holidays at Janhar farm in Slovenia and with partners in Croatia.

Dance Therapy

For 23 years, our members have attended weekly dance therapy with a dance instructor and volunteers, combining movement, relaxation, and dance steps.



Exercise

Members engage in various exercise activities tailored to their abilities, with a physiotherapist providing individual support.

Dog Therapy

Therapy dogs help improve members' physical, social, emotional, and cognitive functions.



Cinema Day

A weekly movie screening followed by group reflections on the film's messages and their relevance to daily life.

Healthy Cooking

Preparation of nutritious meals and teaching members cooking skills and the importance of a balanced diet for better health and independence.



Celebrations

We organize birthday and community celebrations to strengthen bonds and create lasting memories.

Volunteering

Barka is an international community, where volunteers from many different countries join us and bring their experience, expertise, passion and ideas. At the moment, there are volunteers from all ages, doing many different activities from many different countries.



Here are just a few examples of what you can do in Barka. However, feel free to just share with us what you would like to bring to the community. We would be more than happy to hear fresh ideas and welcome new people!

Cooking, gardening, hand-made jewelery, various hand-made products from wood, drawing, painting, knitting, dancing, yoga, horseback riding, playing an instrument, photography, fundraising, preparing materials for our website and social media ...

**YOUR OWN IDEAS
ARE VERY WELCOME!**

WE ARE LOOKING FORWARD
TO MEET YOU



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