

CALL FOR INVY VOLUNTEERS IN THE CZECH REPUBLIC

Slezská diakonie, International Voluntary Year 2017





Welcome!

Welcome to reading our Call for volunteers! We are glad that this document reached you. You maybe noticed that this document is quite big and so we would like to give you a small overview what you can find in it.

The first part of the document is focused on our organisation and our international volunteering programme called International Voluntary Year (or INZY for short). In this part you will find out [who are we](#), [what our current project is about](#), [how does INZY work](#), as well as [what do we expect from you](#) and [what you can expect from your voluntary service](#). The second part of the document is devoted to the individual positions that we offer. We have many open positions and so to make it easier for you, we have an [overview](#) of the hosting organisations that will help you to navigate through them. If you just want to browse through them, you can go directly to the [list](#). Just before the end, we present you with the description of towns of [Český Těšín](#), [Karviná](#), [Bohumín](#), [Krnov](#), [Nový Jičín](#) and [Opava](#), which are the towns where you would live during your service. In the end we provide you with information about [what to do next](#).

Before you will start with the text, please, have a look at a [video](#) of one of our former volunteers, because a picture is worth a thousand words!

Who are we?

"Bringing light into life of the needy." – Our motto

Our name is Slezská diakonie and we are a non-governmental and non-profit organisation residing in Český Těšín in the Czech Republic. Our organisation is based on the Christian values and we are one of the biggest providers of social services in Moravian-Silesian region. We also provide services in the fields of health and education.

We provide the above-mentioned services to people in need and we strive to help children and adults with mental and physical disabilities, socially excluded youth and families, elderly people, members of minority groups, people without home, and others who have been caught in various difficult situations of life.

In 2005, we became a coordinating organisation in the EVS framework and established our International Voluntary Year programme (INVY). In the course of time, we developed partnerships with other organisations that provide social services in our region. Since then, more than 100 volunteers contributed to these services and brought light into life of their users through INVY and our projects.



What is our current project about?

Our EVS project for 2017/2018 will include around 30 volunteers that will come from the countries of EU (Germany, France, Hungary, and others) as well as possibly from other countries (Ukraine, Turkey). The whole project will be coordinated by Slezská diakonie and volunteers will be hosted by hosting organisations in Moravian-Silesian region of the Czech Republic.

The project is following an eleven-year long tradition of INVY in our organisation and partner organisations throughout the Moravian-Silesian region of the Czech Republic. Our projects aim to provide additional support to the users of our services, and to provide a chance and support of learning and development of young people – you.



For many of our users, an international volunteer is one of the best (if not the only) chances to get to know a different country and culture with all their specifics. And for our volunteers, it is an opportunity to grow, develop, learn more about themselves and others, and explore different countries, cultures, and customs.

How does INVY work?

In order to achieve our aims and to help you achieve yours, we will provide you with support. This is how we handle things.

Personal support is mainly provided by three people. First of them is your **supervisor** who is named by the hosting organization and who works there. S/he will be responsible for your support at the hosting organisation. The second person is your **mentor** who is a sort of 'an appointed friend' that will help you to get inside the local community, find various interesting places, and connect with new friends and locals. The third person will be your **coordinator** who will take care of organising your voluntary service and coordinating all its participants.

Supervision is how we call a meeting with your **supervisor** or **coordinator** that focuses on evaluation of your service. We use various creative methods to assess your wellbeing and to help you to reflect how the things are going. Supervisions with supervisors are on monthly basis, and supervisions with a coordinator take place every 3-4 months. The frequency can change of course, depending on how much support you need.



Seminars are events we organise for our volunteers and supervisors. During your service, you and your fellow volunteers will participate in three of these seminars - On Arrival seminar, Midterm seminar, and Evaluation seminar. During seminars, you will enjoy various activities, processes, and games focused on your expectations and fears from the service, your motivation, reflection of your service and your learning outcomes, and many other topics.

Activities at the hosting organisations are performed 6 hours a day, 5 days a week, followed by 2 free days. The free days are usually at the weekend but in some cases at some hosting organisations, you will have an opportunity to participate in various events during some weekends. In such case, the 2 free days will be rescheduled accordingly. For every month of service, you will be entitled to 2 days of vacation.

Czech language will be an important part of your learning here. To support you in learning, you will have at least 1,5 hours of Czech language lessons every week and possibly an intensive crash course at the beginning of your service.

Financial support for you consists of two parts, pocket money and food allowance. Pocket money is 90 EUR per month and food allowance is approx. 130 EUR per month. We send it at the beginning of each month to your Czech bank account that will be set up at the beginning of your service.

Accommodation is provided by us in flats that are usually shared by 2 to 4 volunteers. We strive to provide an individual room for every volunteer but unfortunately such an option is not always available for everyone.

Travel costs to the Czech Republic, to all official events connected, and possible commuting to the hosting organisation are reimbursed. We reimburse full amount of travel costs to the Czech Republic and back as well as other official travelling connected to the project.

What do we expect from you?



Our main requirement is your motivation. We want you to be motivated to do your EVS and to be open to everything that comes with it. To a certain degree, you should also be determined, self-reliant, and willing to adapt to a new environment. You should be ready to face challenges and count with the fact that sometimes you will need to compromise and cope with various situations. You should be also prepared that during your experience you will come in contact with people who are in difficult life situations, and

thus you will have to deal with things like poverty, exclusion, position of people with disabilities in society, and others. Important aspect is also your willingness to learn Czech language because it will become the key to better integration and connection to others. Our future volunteers should be also tolerant to the Christian profile of our organisation.

What can you expect from your service?

As already mentioned, we will provide you with appropriate support during your stay in the Czech Republic. INVY is a great opportunity when it comes to learning which we encourage with the use of our own learning concept. You will grow during the whole service and we will help you to reflect and plan your learning. You will be an important part of your hosting organisation's activities, you will have a certain degree of responsibility and people will count on you. This way, you will learn about teamwork, responsibility and you will be able to test yourself before the start of your real work life. You will also learn how to work (and how we work in Czech Republic) with people to whom we provide our social services (people with disabilities, children, seniors, and others). The group of volunteers will be big and the amount of Czech people around even bigger, and so you will have an opportunity to make a lot of new international friends as well as learn Czech and develop your English.



Overview of our volunteering positions

In order to navigate more easily in the Call, we are giving you an overview of our hosting organisations (and their services) as well as information about people they work with.

Target group	Adults with disabilities	Adults with mental illness	Children with disabilities	Socially excluded children (including Roma)
Type of service				
Socio-therapeutic workshops	Effatha Krnov Effatha Nový Jičín Eben-Ezer Zámek Dolní Životice	--	--	--
Home	Betezda Eben-Ezer Harmonie Krnov	--	--	--
Social assistance	--	--	--	We are not alone
Day care centre	Benjamín Duhový dům Eden Český Těšín Eden Nový Jičín Eunika Zámek Dolní Životice	Jordán	Eunika Salome	--
School	--	--	Schools in Krnov, Schools in Český Těšín and vicinity	--
Low-threshold centre	--	--	--	Low-threshold centre in Město Albrechtice Klub OnLine
Street work	--	--	--	Klub OnLine
Community centre	--	--	--	Community centre Mojská Community centre Pro bohatší život
Sheltered housing	Harmonie – M. Albrechtice	--	--	--
Target group	Elderly people	Children, youngsters, and adults	Youth with drug addiction	Children with learning disorders or difficulties
Type of service				
Home	Sarepta Siloe	--	--	--
Social assistance	--	We are not alone	--	We are not alone
Day care centre	Siloe	--	--	--
School	--	--	--	Schools in Krnov (Hlubčická school)
Social enterprise	--	Rodinná kavárna	--	--
Street work	--	--	Klub OnLine	--
Community centre	--	Community centre Mojská Community centre Pro bohatší život	--	--

Benjamín

Type of service	Day care centre
Address	SPC N 454/54, 794 01 Krnov
People you will work with	Adults with mental and multiple disabilities who are highly dependent on assistance and care
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	2/2
Place of accommodation	Town of Krnov . You can find description of volunteers here .
Number of INVY volunteers in Krnov	11
Additional information	Webpage / Facebook / Map for volunteers
Specifics of the placement	Only two people in Benjamín speak English – you will have to have high motivation to learn Czech in order to integrate



Benjamín day care centre focuses on work with adults with mental and multiple disabilities (mental disabilities combined with physical or vision impairments, epilepsy, etc.). The mission of the centre is to provide support to its users so they can live an active life. The centre also focuses on development of skills and capacities of its users through educational, therapeutic, leisure time, and other activities.

What are the main activities?

Your main task will be to provide individual and personal support to people using Benjamín's services. You will support and assist them during practical activities like pottery and textile workshops, gardening or art workshop. You will accompany them during experiential therapies such as basal stimulation, canine therapy and others. You will take part in activities outside placement (trips, walks, various events). You will also accompany and assist users during activities necessary for everyday life, such as basic education, development of motor skills, memory trainings, care of one's own body and look, and others. You will cooperate with social workers and workers in social services. You will also have an opportunity to make your own miniproject. You can find more information about the hosting organisation [here](#) under activity n. 1.



Betezda

Type of service	House for people with disabilities
Address	Komorní Lhotka 68, 739 53 Komorní Lhotka
People you will work with	People with mild and moderate mental disability
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Český Těšín . You can find description of volunteers here .
Number of INVY volunteers in Český Těšín	8
Additional information	Map for volunteers
Specifics of the placement	--



Betezda centre is a house for people with disabilities that provides long stay living service for about 20 users with mild and moderate mental disability. Betezda center provides accommodation and food to its users, it also provides assistance during care and hygiene, it organizes various educational activities, social events, socio-therapeutic workshops, and also counselling about users' rights. Its

mission is to provide help and assistance to users in everyday situations, develop of their skills and competences and fulfill their individual needs.

What are the main activities?

In Betezda you will help with everyday activities such as serving food and providing support of users during self-service. You will assist during educational and activation activities – for example, you will accompany the users to social meetings, to the cinema, theatre, sport events and other cultural programmes. You'll help to organize social events,



such as meeting of families and friends. You will have a chance to prepare some freetime activities, games or competitions for users according to your interests. You will also have an opportunity to realize your own activities and do your own miniproject.

Duhový dům

Type of service	Day care centre, socio-therapeutic workshops, respite services, housing services
Address	Klostermannova 1586/25, 709 00 Ostrava
People you will work with	People with different levels of mental, physical and combined disabilities
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	City of <u>Ostrava</u>
Number of INVY volunteers in Ostrava	3
Additional information	Video / Map for volunteers
Specifics of the placement	--



Duhový dům is a place where four types of social services are provided: day care centre, social therapeutic workshops, respite and housing services. Day care centre strives to support people with mental, physical and combined disabilities (aged 15-50) throughout various educational, manual or free time activities so they could use their talents and skills as independently as possible. Social therapeutic workshops support people with mental and combined disabilities in acquirement and development of basic work and social habits and skills on the basis of their

individual needs and abilities. Users learn to be independent and self-sufficient. Duhový dům also offers respite services to children and adults (aged 5-65) with mental, physical or combined disabilities. The centre can temporarily deputize a caregiver who needs time to rest, regenerate or deal with personal affairs. Finally, it provides housing services to people with severe physical and combined disabilities (aged 18 - 50) for whom an unassisted life would be too challenging. The centre offers support in basic life competences, however the cooperation with family is very important.

What are the main activities?

Your task will be to provide necessary assistance and support mainly within different activities of day care centre and social therapeutic workshops such as art lessons, hand-craft activities, reading, work on a PC, singing, playing various musical instruments (you are more than welcomed to bring your own) and motoric activities. You will accompany users in the placement but also to different cultural and social events, trips, shops etc. Regarding sport, preparing different types of warm-up exercises will also be very helpful (e.g. ball games, morning exercises etc). If you are interested you can be also involved partly in activities of respite and housing services.



Eben Ezer

Type of service	Community residential facility and social therapeutic workshop
Address	Vělopolská 243, 737 01 Horní Žukov
People you will work with	People with mental and combined disabilities
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town Český Těšín . You can find description of volunteers here .
Number of INVY volunteers in Český Těšín	1
Additional information	Map for volunteers
Specifics of the placement	--



Eben Ezer is a community residential facility with social therapeutic workshops for people with mental and combined disabilities. The mission of the centre is to provide users with support in acquirement and development of social habits and skills on the basis of their individual needs and abilities.

The main aim of Eben-Ezer is to support the independence and self-sufficiency of each user and to teach them to take responsibility for some daily life activities. Eben-Ezer offers services in the therapeutic workshops for at the most 35 users a day. Most of the users are either residents of Eben-Ezer or they come

from Betezda centre of Slezská diakonie. Workshops are also attended by students of the Secondary school of Slezská diakonie once a week where other volunteer works.

What are the main activities?

Your main task will be to provide support to users during work in therapeutic workshops (ceramics, weaving, art therapy, etc.). You will have an opportunity to know more about various methods of work. You will participate in activities of both, service provided by Eben-Ezer-social therapeutic workshops and community residential facility. You will accompany users during afternoon activities and leisure time activities, including sport and cultural activities and events, trips, and travels, participate in preparing various meetings, events, and celebrations. You will participate in teaching the users and supporting them during the practice of new skills (work, daily activities, etc.) You will help with shopping for the residential facility. You will have an opportunity to plan, prepare and realize activities and do your own miniproject.



Eden Český Těšín

Type of service	Day care centre
Address	Frýdecká 34, 737 01 Český Těšín
People you will work with	People with middle-severe mental disabilities
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Český Těšín . You can find description of volunteers here .
Number of INVY volunteers in Český Těšín	8
Additional information	Map for volunteers
Specifics of the placement	--

Eden is a day care centre for people with middle-severe mental disabilities. Its mission is to integrate the users to the local community. The aim is to provide individual support, develop their self-sufficiency in the field of self-attendance, work skills and education. Eden offers its users an individual stimulation plan aimed at developing their knowledge, communication, and self-service. Eden offers services to 25 users a day at the most. Users are taught reading, writing, and counting in two classrooms. Users are also taught more practical 'skills' as shopping, orientation in the town, and others. Manual abilities are practiced in therapy workshops such as ceramics, weaving, joinery, creative art, etc.

What are the main activities?

You will participate in everyday activities of the centre and support users during workshops such as ceramics, weaving, work with textiles, woodwork and artwork. You will have an opportunity to talk to users and accompany them during walks. You will help with organising various activities focused on integration of people with disabilities into local society, for example you can help with sport or musical activities, drama club, cooking, gardening. You will help with the organization



of Christmas and Easter celebrations, and accompany users during trips and other cultural and social events. You will also have an opportunity to realize your own activities and create your own miniproject.

Eden Nový Jičín

Type of service	Day care centre
Address	Beskydská 274, 741 01 Nový Jičín-Žilina
People you will work with	Adults with mental (moderate to severe) and multiple disabilities who need high degree of assistance and support. Approx. half of the clients are immobile.
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of <u>Nový Jičín</u> . . You can find description of volunteers here .
Number of INVY volunteers in Nový Jičín	2
Additional information	Map for volunteers
Specifics of the placement	People you will work with require intense support.



The mission of Eden day care centre is to support people with mental and multiple disabilities who need regular assistance with everyday activities, such as self-care, hygiene, mobility and communication related to active lifestyle. Basic services of Eden are: assistance with everyday self-care, assistance with personal hygiene/ ensuring suitable conditions for personal hygiene, meals supply/feeding, educational and activation activities, facilitating contacts with social environment, and others.

What are the main activities?

Your main task will be to provide individual and personal support to people using Eden's services. You will support and assist them during practical activities like pottery and art workshops, cooking, baking and others. You will also participate in everyday activities of the centre, especially those focused on direct work with users, like helping immobile users to move around the compound, helping during meals, accompanying users during walks and various visits. You will also participate in various events organised at the placement and outside it. You will cooperate with social worker and workers in social services. You will also have an opportunity to make your own miniproject. You can find more information about the hosting organisation [here](#) under activity n. 4.



Effatha Krnov

Type of service	Socio-therapeutic workshops
Address	Hlubčická 294/9, 794 01 Krnov
People you will work with	Adults from 18 years of age with mental and multiple disabilities
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Krnov . You can find description of volunteers here .
Additional information	Facebook / Map for volunteers
Number of INVY volunteers in Krnov	11
Specifics of the placement	--



Effatha socio-therapeutic workshops focus on work with adults with mental and multiple disabilities in such a way, to allow them to gain and maintain work habits and skills. Effatha gives its users an opportunity to spend their time in an active and enjoyable way while learning new things, meeting new people and gaining interesting experience. In the workshops, Effatha users and staff produce many interesting things like small gift items, decoration items, ceramics, and others.

What are the main activities?

Your main task will be to provide individual and personal support to people using Effatha's services. You will support and assist them during various therapeutic workshops like: pottery, creative workshop, textile workshop, and others. Accompanying and assisting users during various activities and events like: cooking, gardening, trips, memory trainings, relaxation activities, and others. You will also assist in preparing materials and workspace, and scheduling of the work of service users. You will cooperate with social workers and workers in social services. You will also have an opportunity to make your own miniproject. You can find more information about the hosting organisation [here](#) under activity n. 6.



Effatha Nový Jičín

Type of service	Socio-therapeutic workshops
Address	U Jičínky 25, 741 01 Nový Jičín Pod Lipami 19, 741 01 Nový Jičín
People you will work with	People with mental and multiple disabilities, people with autism spectrum disorders aged between 15 and 80 years
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of <u>Krnov</u> . You can find description of volunteers here .
Additional information	Facebook / Map for volunteers
Number of INVY volunteers in Nový Jičín	2
Specifics of the placement	--



demands and expectations on him/her.

What are the main activities?

Your main task will be to provide individual and personal support to people using Effatha's services. You will support and assist them during various therapeutic workshops like: pottery, textile workshop, basketry workshop, **woodworking** and others. You will also accompany and assist users during various activities and events like: cooking, gardening, trips, memory trainings, relaxation activities, and others. You will also participate in regular discussions and presentation for Effatha users on various topics (such as health, relations, rights of citizens and others). You can find more detailed description of activities [here](#) under activity number 7.



Eunika

Type of service	Day care centre and an early intervention consultancy
Address	Horova 654/4, 734 01 Karviná
People you will work with	Children and adults with physical disabilities
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Karviná . You can find description of volunteers here .
Number of INVY volunteers in Karviná	3
Additional information	Webpage / Map for volunteers
Specifics of the placement	Eunika will host a volunteer for the first time.



Eunika is a day care centre and an early intervention consultancy located in the town Karviná. The day care's main objective is to provide regular service and support to children and adults with physical disabilities aged between 2 and 45, according to their individual needs, demands and possibilities. Eunika personnel concentrate their effort on helping their users to develop skills that make them more independent in their everyday reality.

The early intervention consultancy supports families and their children with disabilities from their birth to the age of 7. The purpose of this service is to ensure that the child can grow up in the family where its members possess strength, knowledge and necessary skills to deal with the special tasks related to the particular condition of the child.

What are the main activities?

Frequently, activities depend on the users and their imminent mood. Some of them want to rest and watch TV or read magazines, others prefer to spend their time more actively. You will empathically react to users' needs and accompany them. The list of activities that will involve you: walks in the park, assistance in workshops that specialize in the production of decorative or practical items, desk games, singing or playing the instrument. Eunika offers hippotherapy and dog therapy where you will also take an active role. You should pay attention to non-communicative users and find an individual approach. About 60 percent of users are non-communicative, immobile and unable to take care of themselves. You can produce communication workbooks in an alternative language. It is also possible to be involved in an early care where most of the children are autistic. 5 times a year the centre organizes meetings for parents and their children. You will be asked to babysit during this time.



Harmonie – home for people with disabilities

Type of service	Home for people with disabilities (housing)
Address	Chářovská 85, 794 01 Krnov
People you will work with	Adults with mental and other disabilities who require additional support aged from 18 to 86 (currently)
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Krnov . You can find description of volunteers here .
Additional information	Webpage / Facebook / Map for volunteers
Number of INVY volunteers in Krnov	11
Specifics of the placement	Volunteer should be independent. Harmonie workers don't speak English - you will have to have high motivation to learn Czech in order to integrate or be willing to use alternative communication on daily basis.



Harmonie – home for people with disabilities focuses on work with adults with mental and multiple disabilities. The mission of the home is to provide all year long support and care to people with disabilities to meet their individual needs and wishes. Workers of the home delicately support and maintain family, friendship, and partner relations of people living in the home, and enable them to use usual services (shop, hairdresser, contact with authorities, various establishments, etc.) in their usual environment. Harmonie clients live in 5 households, the average age

of the clients is 57 years. Majority of clients are female. Harmonie environment is nice, clients have big households and a garden is at their disposal as well.

What are the main activities?

Your main task will be to provide individual and personal support to people living in the home. You will assist during various activities (singing, visiting shop, cooking, serving food, etc.) and you will have an opportunity to plan your own activities for them. You will also have a chance to present your country, traditions, national food, and others. You will cooperate with social workers and other workers. You will also have an opportunity to make your own miniproject. You can find more information about the hosting organisation [here](#) under activity 8.



Harmonie – sheltered housing

Type of service	Sheltered housing
Address	B. Smetany 35, 793 95 Město Albrechtice and others (see the webpages)
People you will work with	Adults from 18 years of age with mental and multiple disabilities who require additional support
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of <u>Krnov</u> . You can find description of volunteers here .
Additional information	Webpage / Facebook / Map for volunteers
Number of INVY volunteers in Krnov	11
Specifics of the placement	Harmonie workers and clients don't speak English - you will have to have high motivation to learn Czech in order to integrate.



Harmonie – Sheltered housing focuses on work with adults with mental and multiple disabilities. The housing provides home and support to people who need help with taking care of themselves and their household. The mission of the housing is to provide support to people with disabilities to such an extent, so they are able to live in regular households. Workers support the users in making their own decisions about things that concern them and they respect users' needs and support them in their fulfilment.

What are the main activities?

Your main task will be to provide individual and personal support to people living in individual houses. You will assist during various activities (cooking and serving food, visiting shops, organising various games and sports with users, help them with cleaning etc.) and mainly help the clients to spend their free time in a meaningful way (talking, playing games, singing, drawing, solving crosswords and rebus puzzles, going for walks, and others). You will plan your own activities for them and so you will also have a chance to present your country, traditions, national food, and many others. You will cooperate with social workers and other workers. You will also have an opportunity to make your own miniproject. You can find more information about the hosting organisation [here](#) under activity 8.



Jordán

Type of service	Day care centre
Address	Hraniční 280, 73961 Třinec
People you will work with	People who went through psychiatric treatment
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Český Těšín . You can find description of volunteers here .
Number of INVY volunteers in Český Těšín	8
Additional information	Map for volunteers
Specifics of the placement	--



Jordan is a day care centre for people who went through psychiatric treatment. It provides service to 31 users (daily 10 – 12 users who take turns on particular days) with various mental illnesses, who are in a stabilized condition. Due to their illness, the users lost their social contacts and it is very difficult for them to reintegrate to the society. The aim of the centre is to provide socio-activation service and individual approach for users suffering above mentioned illnesses and to help them live their lives as unaffected as possible.

What are the main activities?

Your main task will be to participate in numerous activities organized by the centre. Twice a week there are so called morning meetings for users where they share feelings about their everyday struggle and experience or they can simply describe their day and plan the activities with you. Then you'll have an opportunity to run the literary and geography clubs (e.g. watch documentaries about nature, travelogues, prepare presentations about culture, sports and other interesting topics). You will participate in sport activities, group therapies with a psychologist, music club, exercises for memory trainings and in therapeutic workshops such as ceramics and other forms of art therapy. You will also have an opportunity to accompany users to museum exhibitions, fairs and trips. Your team will encourage you to plan, prepare and realize your own miniproject.



Community Centre Mojská, o.s. DEN

Type of service	Community Centre
Address	Slezská 874, 737 01, Český Těšín
People you will work with	Excluded youth, Roma, families with children
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	2/2
Place of accommodation	Town of Český Těšín . You can find description of volunteers here .
Number of INVY volunteers in Český Těšín	8
Additional information	Map for volunteers
Specifics of the placement	--



The Community centre is a civic association, which includes a total of 5 branches in the Czech Republic and its work is based on voluntarism. Centre is visited by school children and young people from socially excluded families. The centre was established in 2007 as a voluntary initiative of the members of the Christian assembly (Krestansky sbor) and it provides services in form of different clubs taking into account users' age and interests. Each day, the centre is visited by approximately 10 children

and young people ranging from 8 to 22 years of age. On a weekly basis, the centre is visited by approximately 10 adults who take an active part in various activities and clubs. There are approximately 12 volunteers involved in the centre's activities.

What are the main activities?

Your main task will be to prepare and lead free-time activities for children and young people, you will have an opportunity to talk and listen to them. You will watch children during the morning club for mothers with pre-school children. Then you will work in the office and the library (photo and video processing, preparing posters, filling in documents, cataloguing in the library). You will prepare your own workshop according to your skills and abilities or an activity for the local community (e.g. language course - German, English, and French). You will do a bit of gardening (cutting grass, raking leaves, cleaning-up snow in winter), help by preparing refreshments for KC events followed by cleaning. You will have space to plan, prepare and realize activities and do your own miniproject.



Community Centre Pro bohatší život

Type of service	Community centre
Address	Druzstevni 767, Bohumín
People you will work with	Children, youngsters and adults
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Bohumín . You can find description of volunteers here .
Additional information	Webpage / Facebook / Map for volunteers
Number of INVY volunteers in Nový Jičín	3
Specifics of the placement	Community centre is a newly accredited placement. It however follows the tradition and experience of the Community Centre Mojska which hosts volunteers since 2010.



Pro bohatší život (For a Full Life) community centre is a Christian NGO that focuses on enhancing the quality of public life in terms of culture, education and personal growth. The target group of the centre are pre-school and elementary school children, as well as grammar school students and adults. The centre cooperates with schools, social care institutions, health and charitable organizations.

What are the main activities?

You will be involved in numerous activities organized by the community centre such as the language club where you can give conversation classes to children as well as general public. The community centre also runs the theatre club Mraveneček where you can help with the preparation of performances, props, games for kids etc. During the summer time the centre organizes a Fulhaus summer language camp with workshops, canoeing trip and other activities.



As for the life of the centre during the week, you will prepare program for kids that visit the centre after school, you can give cooking classes, presentations on various topics, prepare posters and graphic invitations for events. The idea is to give you a chance to show your creativity and enthusiasm to work with young people. Often during the events, you will be asked to take photos, shoot videos and prepare refreshments. Other tasks might include gardening, help with cleaning after events. Many activities are group activities, you can therefore learn new skills of group leading and presentation. It is crucial that you have a positive attitude towards sport in general as sport activities form an integral part of the centre's life.

Low-threshold centre in Město Albrechtice

Type of service	Low-threshold centre
Address	Lázeňská 119/2, 739 95 Město Albrechtice Holčovice 8, 793 91 Holčovice Jindřichov 191, 793 83 Jindřichov Vysoká 34, 793 99 Vysoká
People you will work with	Children and youth living in or threatened by unfavourable social conditions aged from 6 to 20 years
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of <u>Krnov</u> . You can find description of volunteers here .
Additional information	Facebook / Map for volunteers
Number of INVY volunteers in Krnov	11
Specifics of the placement	Due to the nature of the service, the volunteer should be independent to a certain degree, reliable, have a pro-active approach and be motivated to learn Czech quickly (children speak only Czech).



Low-threshold centre for children and youth in the region of Město Albrechtice offers wide range of ambulatory, outreach, group and individualized activities for children and youth aged 6 – 20. The centre is focused on children and youth living in or threatened by unfavourable social conditions brought about by social conflicts, unforeseen events, life-limiting conditions, specific lifestyle, emergency situations or other serious reasons.

The service tries to achieve positive changes in the lives of children and youth, provide information, professional assistance and support in difficult life situations, as well as conditions for establishing new contacts, thus preventing the children and youth from being socially excluded. The objective of the service is to guide children and young people through the period of their adolescence, showing them alternative solutions for their situation and alternative leisure time activities, thus creating suitable conditions for their healthy development and personal growth. While doing this, it is important to not impose our own ideas about what life of other people should look like. Another objective consists in enhancing the users' capacities to make decisions on their own and to assume responsibility for their own acts.

What are the main activities?

- Participation in usual activities offered by the centre (table football, board games, conversations) – 60%
- Preparation and implementation of group activities for service users - 10%
- Presentation of various features of volunteer's native country (cuisine,





education system, institutions, leisure time activities, plays and games typical for the country, etc.) – 10%

-Teaching foreign language (English or volunteer's native language) in an entertaining manner – 10%

-Tidying-up with service users – 5%

-Mini-project of the volunteer according to her/his interests – 5%

OnLine

Type of service	Low threshold facility and street work
Address	V Aleji 435, 734 01 Karviná
People you will work with	Excluded youth and kids, Roma youth and kids, unemployed young people, youth with personal problems and drug addicted youth
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of <u>Karviná</u> . You can find description of volunteers here .
Number of INVY volunteers in Karviná	3
Additional information	Facebook / Map for volunteers
Specifics of the placement	--



Club OnLine is a centre which provides low threshold facility and street work for socially excluded youth and kids, Roma youth and kids, unemployed young people, youth with personal problems and drug addicted youth. The low-threshold facility Klub OnLine creates a place of security and trust for adolescent youth in the town of Karvina from the age of 14 to 22. The programme is focused on contacting youth in the club and in their natural environment. Street work programme attempts to create rapport with kids and young people in their natural

environment (housing estate, parks, and skate-parks) and offers them social support. Street workers tutor children and youth, play various games, teach them social skills, and others. Street work is divided into two programmes: 'Teenstreet' for young people from 13 to 20 of age, and '6ka' for kids in Roma ghetto at the age of 6 to 13 years.

What are the main activities?

The activities will be divided between the Klub Online and street work. Your main task will be to supervise users in the PC nook and observe if they follow Klub's rules. You will have an opportunity to seek active contact with users during leisure time activities, therefore it's really great if you start to learn Czech language as soon as possible. You will participate in counselling with users (after user's permission).



Occasionally, you will help with administration, creation of propagation materials and others. As for the street work, you will talk with children and listen to them. You will create leisure time activities, play games, draw, you will be engaged in sports, tutoring, you will also practice reading and writing. You will have an opportunity to realize your own activities and do your own miniproject.

Rodinná Kavárna

Type of service	Social enterprise – café for families with children
Address	Dvořákův okruh 21, 79401 Krnov
People you will work with	Children, families with children, general public
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Krnov . You can find description of volunteers here .
Additional information	Facebook / Map for volunteers
Number of INVY volunteers in Krnov	11
Specifics of the placement	The volunteer should be pro-active in connecting and playing with children in Kavárna.



Family café (or Rodinná kavárna in Czech) is a café that focuses on families with small children aged from 0 to 6 years. The premises of the café are adjusted to this target group and so the café encompasses a spacious kid's corner full of toys. Purpose of the café is to provide families with children a space, where the parents can rest and children play. The café employs people who deal with social exclusion from various reasons (limited capability to work due to disability, long-term unemployment, etc.). The café is also frequently visited by Slezská diakonie international volunteers in Krnov.

What are the main activities?

The main two tasks will be to provide help to the headwaiter to prepare drinks and attend customers (person with limited capability for work), and to provide (and plan) activities for children that visit the café with their parents. You will have an opportunity to play games with them, draw, make paper cut outs, and others. Help by assisting employees with cleaning will be also one of your tasks. You will also have an opportunity to make your own miniproject according to your interests (organised events in the café) or you can organise language course open to the public. You can find more information about the hosting organisation [here](#) under activity n. 14. Based on the character of main activities and work of the café, the future volunteer should be able to approach children and to be proactive and initiative.



Salome

Type of service	Day care centre
Address	Náměstí Svobody 7, 735 81 Starý Bohumín
People you will work with	Children and adolescents
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Bohumín . You can find description of volunteers here .
Number of INVY volunteers in Bohumín	4
Additional information	Map for volunteers
Specifics of the placement	--



Salome is a day care centre which provides services to children and adolescents from 2 to 26 who have mental and physical disability; multiple disability including combination with sensory disability if the sensory disability is not decisive for the child or parents; developmental disorders, including autistic spectrum disorders; severe communication disorders (e.g. dysphasia, dysarthria, dysphagia, aphasia).

Capacity of the day care centre is 35 persons. Maximum of 17 persons is daily using Salome's services.

Operation of the centre is similar to usual kindergarten. Additionally, employees use various therapies, e.g. music therapy, canine therapy, hippotherapy. Children and adolescents take part in activities according to their possibilities. Centre works with users individually and develops their motor, speech, social and physical skills. One of the centre's goals is to enable children to attend kindergarten or elementary school (e.g. integration into regular class or to class with special educational programme).

What are the main activities?

Your main tasks will be to prepare, lead or assist educational and leisure time activities on various topics - game, pictures, theatre, music therapy (play on the musical instruments), hippo therapy (riding horses), taking a walk, work with ceramic clay or drawing, etc. according to the timetable. You will participate in the organisation of special events such as Easter and Christmas meetings, Abilympics, visiting of culture events – theatre and sport events outside. You will help during self service activities (serving food, changing clothes), accompany users during different events and walks. You will have space to plan, prepare and realize activities and realize your own miniproject.



You will have space to plan, prepare and realize activities and realize your own miniproject.

Sarepta

Type of service	House for seniors
Address	Komorní Lhotka 210, 739 53 Hnojník
People you will work with	Elderly people
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of Český Těšín . You can find description of volunteers here .
Number of INVY volunteers in Český Těšín	8
Additional information	Map for volunteers
Specifics of the placement	Sarepta is a placement that will host an international volunteer for the first time. However, they have extensive experience with the national volunteering.



Sarepta is a centre for the elderly whose health and social conditions require assistance and their situation cannot be resolved by family members or by home care service. On the other hand, Sarepta personnel encourage the users to maintain their already accustomed way of life, taking into account safety measures and capacities. The centre stresses individual approach with regard to users' needs and preferences so that they can continue with a dignified and contented life.

What are the main activities?

Among your most typical tasks will be the support of seniors in their frequently complicated life situations. In practise, it is your presence and time investment that is most valuable. By quality time is meant listening, reading, watching old photo albums, playing cards and other board games, engaged talks about subjects that have beneficial influence to the well-being of the senior. You should bear

in mind that frequently the senior does not have a supportive family, so this interaction and concern are extremely important. Reading aloud and singing accompanied by playing the instrument, are invaluable services. The seniors also like walking in the garden and in the surroundings of Komorní Lhotka (a picturesque sub mountain village that offers beautiful views). Accompanying the senior in the open air will therefore be a frequent activity. You will quickly improve Czech language as communication is an important part of the work with seniors.



Kindergarden, Primary School and Secondary School

Type of service	Kindergarden and Primary School and Secondary School
Address	You can find them below in the basic orientation map.
People you will work with	Children and adolescents
Period of service	1 st September 2017 – 30 th June 2018
Number of open positions / number of volunteers	6/6
Place of accommodation	Towns of Český Těšín , Bohumín and Karviná
Number of INVY volunteers in ...	Český Těšín – 10 Karviná – 3 Bohumín – 4 Ostrava - 3
Additional information	Webpage / Video / Map for volunteers
Specifics of the placement	School in Karviná does not have English speaking personnel. You will have to have high motivation to learn Czech in order to integrate or be willing to use alternative communication on daily basis.

The school provides children and pupils with education in a kindergarden, primary school and secondary school for children and pupils with special education needs. The school runs detached facilities in the towns of Český Těšín, Karviná, Bohumín and Ostrava.

Kindergarden is attended by children aged 2 – 7 with mental disabilities, autism spectrum disorders, communication and speech impairments, physical disabilities, multiple disabilities and other impairments. There are 6 – 10 children within the class.

They are mostly communicative and active. Task of the teacher is to find out which kind of education will be best for every child.



Secondary school in Český Těšín



Primary school in Bohumín

Primary school offers education to pupils aged 6 – 26 with moderate, severe and profound mental disabilities, as well as to pupils with autism spectrum disorders. There are 6 - 14 pupils within the class. Currently, most pupils aren't communicative, they use alternative ways of communication. Activities in primary schools are focused on e.g. development of communication, sensory perception, movement etc., pupils get the lowest level of education.

Secondary school: 1-year practical programme and 2-year practical programme

provides education to pupils aged 15 – 26 with moderate and severe mental disabilities, autism, multiple disabilities or mild mental disabilities combined with other physical disabilities.

There are also 6 – 14 students within the class accompanied by one teacher and 1 – 3 assistants. Students are being prepared for daily life e.g. how to take care of their household, cooking, cleaning etc.

Schools combines educational activities and social services of Slezská Diakonie. Children are thus provided both with education and with comprehensive social services. The school is focused on inclusive education. Staff members participate in thematic educational events and the school acts as regional promoter of the idea of including pupils with mild mental disabilities in the mainstream education.

What are the main activities?



Secondary school in Bohumín

activities, art lessons, dressing trainings, walks, locomotor skills games, working with interactive board, working on PC, singing, listening to relaxation music, you will help pupils to play musical instruments. You will have an opportunity to work with educational tools adapted for children with limited fine motor skills.

Activities usually vary according to the level of pupils' disabilities however your main tasks will be following: you will accompany and assist immobile pupils during movements within the school premises and during trips and events organized by the school. You will assist teacher and pupils during lessons and educational programmes adapted for pupils with special education need such as drama



Kindergarden, Primary and secondary school in Karviná



Primary school in Ostrava

You will talk to pupils, listen to them, assist during conflicts among pupils, and help them to develop their social skills. You will supervise the safety of children and their behaviour, help pupils to do their homework and assignments, accompany pupils to physiotherapy sessions, prepare and participate in events organized by the school (Christmas meeting, New Year's concert, Mother's Day, etc.) You will have an opportunity to plan, prepare and realize activities and make your own miniproject.

Special Kindergarten and Elementary school, Elementary School, Practical Secondary School

Type of service	Special Kindergarten and Elementary school, Practical Elementary School, Practical Secondary School
Addresses	SPC N 454/54, 794 01 Krnov (Special Kindergarten and Elementary School) Hlubčická 9, 794 01, Krnov (Practical Secondary School) Hlubčická 11, 794 01, Krnov (Elementary School)
People you will work with	Pupils with more serious forms of mental and combined disabilities, and different kinds of autism + pupils with special education needs and learning difficulties or mild forms of mental disabilities
Period of service	1 st September 2017 – 30 th June 2018
Number of open positions / number of volunteers	3/3
Place of accommodation	Town of Krnov . You can find description of volunteers here .
Number of INVY volunteers in Krnov	11
Additional information	Webpage / Facebook group / Video / Map for volunteers
Specifics of the placement	--



Special Kindergarten and Elementary School of Slezská diakonie in Krnov focuses on the education of children with graver forms of mental and combined disabilities, and different kinds of autism. Some of the school's pupils have to use wheelchairs, have problems with verbal communication or need to wear nappies.

The whole education facility comprises of the Elementary School, the after-school care centre, and the preparatory

class for pupils with special needs, and the Kindergarten for children with special needs. Education provided by the school follows individual lesson plans or individual education plans, which are adapted to the needs of pupils.

Elementary School provides education to pupils with special education needs who have learning difficulties and/or mild forms of mental disabilities. The school includes after-school care centre. Classes are attended by a smaller number of pupils which enables more personal approach and better atmosphere. The school provides pupils with a slower pace of teaching and simplified curriculum. The work with this group of pupils requires better language skills, because these pupils can communicate normally (it could be demanding but on the other hand you will improve your Czech language faster).

Practical Secondary School educates pupils (age 15 +) with severe mental and combined disabilities, it is a next level of education for students from Elementary school. Our students are mostly from Krnov,

but some of them are commuting from near towns (Bruntál etc.). The curriculum is based on developing their basic skills and competencies, the aim of the school is to prepare our students for their future adult's life (for example they learn the cooking, the housekeeping). There are 2 classes with 13 students in 2016/2017.

What are the main activities?

The activities of your service will be divided between two schools – Special Kindergarten + Elementary School and Practical Secondary School. At the beginning of the service, you will participate only in these two buildings. After your Czech language skills get better, you will be involved in the activities at the Practical Elementary School as well – working with the pupils in the lessons or attend the afternoon club and help there. All your activities will be done in cooperation with teachers or assistant teachers.



Your main task will be to provide individual and personal support to pupils during classes and in between. What does it mean exactly? You will assist pupils with severe disabilities during meals (serving, feeding, cleaning), help them to participate in lessons (drawing, counting, working with various educational tools), art therapy, music therapy, rehabilitation, practice of delicate motor activity and others. You will cooperate with teachers and their assistants on preparation of various products and artwork for future lessons. You will help immobile students to move. You will also have an opportunity to realize your own activities and make your own miniproject.

Siloe Ostrava

Type of service	Day care centre, respite services and housing for people with memory disorders
Address	Rolnická 55, 709 00 Ostrava – Nová Ves
People you will work with	People with memory disorders
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	City of Ostrava
Number of INVY volunteers in Ostrava	3
Additional information	Webpage / Map for volunteers
Specifics of the placement	--



The day care centre Siloe, situated in Ostrava, strives to provide dignified and empathetic support and care to people with memory disorders such as Alzheimer's Disease, Parkinson's Disease and different forms of dementia. The target group are residents of Ostrava region aged 50 and over. They are trained and treated to maintain their abilities for the longest time possible. Siloe emphasizes good cooperation with caregivers to whom it provides quality consulting through the contact place of Czech Alzheimer Society. Siloe is also active in raising public awareness of the

type of support people with memory disorders require.

What are the main activities?

Your main task will be to provide support to people with memory disorders. This work might be challenging, especially mentally. You will usually work within the group of 10 users, however it may vary. There are 24 users staying permanently within Siloe. You will assist during various activities: walking with users, reading, chatting, sharing, and cognitive exercises (e.g. Bingo, word formation, identification of shapes, animals etc.). In this area your imagination can flourish because you can come up with ideas for new games and memory exercises that



will stay around even after you finish your service. Art and music lessons are also popular among users. Other creative activities relate to participation in workshops which specialize in making seasonal articles, decorations for holidays such as Christmas or Easter. The regular activities also incorporate fitness exercises, you can prepare a warm-up morning exercise. You can also help with the organization of various events at the placement.

We are not alone to deal with it and tutorial club of Slezská diakonie

Type of services	We are not alone to deal with it – support of families and children in difficult social situations Support of inclusive education in Krnov – tutorial club of Slezská diakonie
Address	We are not alone to deal with it – Náměstí Míru 13, 794 01 Krnov Tutorial club of Slezská diakonie – Náměstí Míru 13, 794 01 Krnov
People you will work with	We are not alone to deal with it – families and children in difficult social situations Tutorial club of Slezská diakonie – children and pupils with socioeconomically disadvantaged and culturally different background
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1/1
Place of accommodation	Town of <u>Krnov</u> . You can find description of volunteers here .
Number of INVY volunteers in Krnov	11
Additional information	Map for volunteers
Specifics of the placement	The volunteer should be creative, able of elementary multitasking and open to our wide target group (children, parents and grand-parents).



We are not alone to deal with it (We are not alone) is project that is organised by the Social Assistance of Slezská diakonie in Krnov. Tutorial club of Slezská diakonie is realised by Reintegra organisation in cooperation with Social Assistance of Slezská diakonie in Krnov, Rýmařov and Elementary school in Krnov at Smetanův okruh 4. Both Tutorial club of Slezská diakonie and We are not alone are focusing on work with families and children who are going through certain difficulties in their lives. We are not alone project is focused on activities which

allow parents in unfavourable social condition and their children to spend their time in a purposeful way. The project aims to support interpersonal relations, personal development of children within safe environment, due parental care and prevention against further deterioration of the family's social condition. Mission of Tutorial club of Slezská diakonie is to support children in their preparation for schooling. The project focuses on activities supporting quality education of children and pupils with socioeconomically disadvantaged and culturally different background. These activities will be balancing pupils' differences in education.

What are the main activities?

You will participate in both Tutorial club of Slezská diakonie and We are not alone. You will spend most of your time at Tutorial club of Slezská diakonie (approx. 85%) and smaller portion at We are not alone (approx. 15%). The description of activities is following:

We Are Not Alone to Deal with It

- Educational activities: activities focused on psychomotor development of children, such as puzzle, cubes, board games, storytelling, rhymes, fairy tales, drawing, colouring books, paper cut outs, ball games, rope skipping, and other – 40%
- Training activities: e.g. preparation of meals, money management, communication with children, hygiene habits and other – 18%
- Psycho-social activities: interaction with other service users – communication, learning from one another, sharing experience e.g. in the fields of children's upbringing, family relations, money management, etc. – 35%
- Activities outside the placement: project activities organized twice a year: one of them consists in spending night in the premises of games room. The second one is a 2-day event with thematic programme focused on visits to interesting places. Volunteer is involved in organizing competitions, trips, cooking practices and he/she is also responsible for supervision during the events – 2%
- Mini project of the volunteer according to her/his own interests

Tutorial club of Slezská diakonie

- Playing with children: mostly individual activities with didactic games; however, the volunteer also helps children to interact during social games - 30%
- Art activities for children: volunteer helps children and their parents to schedule activities where art tools are used and he/she also supervises the children's safety – 20%
- Art activities for children: explaining proceedings and playing with children – 20%
- Helping children with preparation for school, especially with foreign languages (English and German), supporting them in practicing subject matter and reinforcing knowledge – 20%
- Helping with organisation of workshops for parents – 3%
- Trips – 2%
- Miniproject of the volunteer according to her/his own interests – 5%



Zámek Dolní Životice

Type of service	Home for people with disabilities and social therapeutic workshops
Address	Zámecká 1, 747 56 Dolní Životice
People you will work with	Adults with mental and other disabilities who require additional support
Period of service	1 st September 2017 – 31 st August 2018
Number of open positions / number of volunteers	1 / 1
Place of accommodation	City of Opava . You can find description of volunteers here .
Number of INVY volunteers in Opava	1
Additional information	Webpage / Facebook (pages of EMA workshops) / Map for volunteers
Specifics of the placement	In case that you will live in Opava, you will have to be prepared that you will commute for approx. 50 minutes to Zámek and back every day.



Zámek Dolní Životice is a semi-budgetary organisation which is established by the municipality authority of Moravian-Silesian region. The organisation provides social services to adults with mental disabilities, namely to adults with combined disabilities (mental, physical and mental, sensory), who need different kinds of support.

The mission of the organisation is to provide daily support and care on the basis of individual needs and wishes of the users. The idea is to empower the individuals for living independently as much as possible. The users are also trained to use their skills and abilities in order to be integrated in local community activities. The dignity of each individual is protected and their competences are strengthened.

The organisation provides social services as followed: community residential facility, sheltered housing, support living and social therapeutic workshops EMA.

What are the main activities?

You will assist the users during common activities of everyday life according to the individual plan of each user in order to support his/her independent living by getting to know and using his/her rights and responsibilities and making decisions by themselves. This also includes the training and educational activities (e.g. training of memory, development of already gained knowledge and skills, using of practical skills in everyday life). You will participate and assist the users during work activities – e.g. in pottery, art and textile workshop, gardening. The activities focus on the development of motor activity, coordination of the movements, development of aesthetic perception and expression and communication with the external environment –50%

You will participate and assist the users during experiential therapies – these activities are perceived as relaxing activities. The techniques such as using different balls, positioning, singing and playing instruments, as well as others are used – 25%

You will participate and assist the users during individual activities – individual motoric activation, exercises, stretching, making the users familiar with assistive devices, individual meetings with the users in order to plan user's service – 10%

To develop the individual skills, the facilities such as shops, public transport, cultural and sport centres, restaurants, excursions are used. Here are involved as well the activities which will be organized outside of the placement, for example walks and trips with the users and participation in different events – 10%

You will have an opportunity to realise a mini project according to your interests – 5%



What is the town I would stay in like? Český Těšín! (written by our former volunteer Jojo)



Český Těšín is a town exactly on the border with Poland. With around 25.000 inhabitants, it is quite a small town. Czech people have the honour to live on the industrial side. The Polish side is more historical and therefore nicer. The river Olza separates the city into two parts.

There is a square, where is free WIFI, a lot of restaurants, cafes and pubs. „Sports Bar“ is a quite modern one, with cheap beer and cocktails. The best thing which we have on the Czech side is the „Dobra Čajovna“. It is a teahouse, where you can drink tea (but first you have to choose just one, there are too much possibilities), and eat very delicious food. There is a menu in English and the staff will know you after some visits (there is at least one guy who speaks English). Also there are vegetarian restaurants in Český Těšín on the Polish side „Wegechatka“ (inexpensive), or in Trinec „Harmonie“.

Near to the square is a nice pizzeria (Pizzeria Verdi), which is also not really expensive. Next to the blue bridge of Cieszyn is a kavarna which is called „Avion“ it has everything what a kavarna should offer. In addition it has a library and sometimes there are some events inside. But if you need a coffee just after travelling there is also one in front of the train station called „San Pietro“.

In case you prefer to cook for your own they are a lot of supermarkets. Tesco is quite central, Lidl in Svibice (the „ghetto“), Kaufland and Billa (next to the train station). Tesco and Kaufland have also some shops around them like dm, Deichmann, Kik, Takko, Elektronik etc. The opening hours appreciate every lazy one, because even on Sundays they are open.

Take your friends outside and go with them in a park (there is a new one next to the river) or to the lake (next to Kaufland). You can go bowling, play squash, Billiard, go to the little Český Těšín cinema (but first check the movies if they are with subtitles etc. On Friday evenings you can party in „Metro“ on the Polish side. But there are better clubs in Trinec (Carky) or in Ostrava. The neighbour city Trinec is famous for Ice Hockey. So when there is the season, go for a match!

Czech Republic is maybe not that big, but there are a lot of cities to visit. Olomouc, Brno, Prague, Ostrava and in the West of Czechia there are some points on the Czech “To do list”. When you travel alone, buy an Inkarta 25 for “250 korun” because then you get 25 percents off of each ticket you buy. And also there are group tickets which you can save the money with.

What is the town I would stay in like? Karviná (written by our former volunteer Fede)

The first "rules" you have to keep in mind when you leave for an EVS are:

- 1) Don't have too many expectations: let the circumstances surprise you!
- 2) Appreciate every little things that will surround you.

Karviná looks like a quite big city: actually there are 60000 inhabitants, the university and a lot of buses to move inside the city...but don't expect such a chaotic city! Here people are really quite, like the atmosphere in general.

The architectural style surprised us (volunteers) a lot: Karviná is full of panelaki (big buildings builded in the communist era with a lot of flats) coloured with so many different beautiful colours, and everything is immersed in the nature. Trees and green spaces are everywhere: if you like being relaxed or do some sports in the nature, the HUGE park behind the -beautiful- city center, with the lake and the deers (oh yes, you'll meet them!), it'll be perfect for you.

The center (especially in spring and summer) is the best place to enjoy good meals or a drink. There's also a good pub (that unfortunately closes at Midnight) in the main street...but you will get used to Czech time, especially in winter, when the city falls in a silent hibernation. (You will love the arrival of spring like you never did before, trust us! The waiting will worth it!).



Don't forget to discover ALL the parts of Karviná: in "Raj" you'll find also beautiful houses with gardens and green spaces. In "Hranice" there are SPA, the swimming pool and the super important Kaufland (the best place to buy food with discounts!). In "Nove Město" enjoy the alive and happy atmosphere you'll breathe with Roma families.

The city is well connected with buses and trains to other cities (check the website idos.cz: it will be the most useful website during your experience!). Český těšín is 20 minutes far from Karviná, and Ostrava only 30 (there you'll enjoy *Stodolní street* with its pubs, clubs and young people...especially on Friday!). Besides, there are lot of cheap supermarkets (Kaufland, Tesco) and the shopping center in front of the station.

Try to enjoy everything even if sometimes it will be hard, discover, travel a lot and be always grateful: that's the best attitude to enjoy your stay here!

What is the town I would stay in like? Bohumín! (written by our former volunteers Lea, Antonia, Clemence and Anna)

We are currently four volunteers living in this flat. Everyone has its own room. The rooms are all big and furnished. We do have a shower and a washing machine. We share our big kitchen with the church community and since we clarified with them it's working quite well. We only recommend you to do it really in the beginning. ☺ If you want to smoke, you can do so on the balcony. The garden that is also shared is perfect for having a barbecue in summer.

Coming to Bohumín as a city: When you think about Bohumín having only around 25.000 inhabitants it has a lot to offer and especially the train connections are perfect (you can go by one train to cities like Warsaw, Vienna, Prague or Bratislava)



In Bohumín you can go everywhere by foot, bike or inline skaters. The city offers a nice park, an aqua centrum and you can go to the library or the cinema. There are also several opportunities to do sports. There are also a lot of supermarkets: Kaufland, Lidl, Penny and some other supermarkets close to the house. And if you want to go out in the evening, there are many

cheap and really good restaurants. Perfect for volunteers ;)

The last thing why we really love Bohumín is the short way to Ostrava. Ostrava is the third biggest City in Czech Republic and just seven minutes by train. Ostrava has really everything you need: a big shopping center, nice Pubs and Clubs, theaters, etc.

We really enjoyed our year in this town and hope so will you ☺.

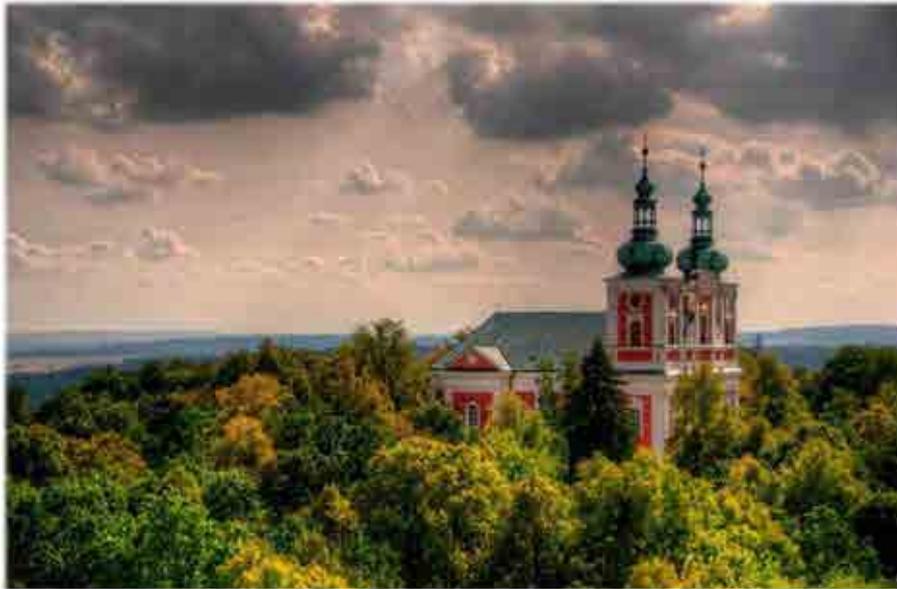
What is the town I would stay in like? Krnov! (written by our former volunteers Hanna, Marie, and Konrad)



Author: Michaela Germušková Source: <http://m-gallery.cz/krnov-a-okoli/>

Welcome to **Krnov**. Krnov is a small town near the Polish border. It is located in the north of the Silesia region surrounded by hills and forest. The town has roughly 25,000 inhabitants, quite many of them are young. The heart of the city centre is the typical styled town hall which is visible from everywhere in Krnov. One of the reasons for that could be that Krnov is quite small which means you can reach all the interesting places comfortably by foot. Nevertheless, you can go for long walks through the forest. In the midst of the forest is a small hill, on top you can find another important symbol of Krnov – the beautiful church of Cvilín. But there is more than just forest, lakes and rivers, if you should prefer activity inside Krnov has a lot of nice coffees, pubs, bowling centres and even a cinema.

Furthermore, there is no need to starve. In Krnov you can find various places to buy groceries. We have got two hypermarkets Kaufland, Albert and two supermarkets Lidl, Billa as well as some smaller shops. Can't cook? No problem, you can get fast food almost everywhere. On the other hand if you want to go shopping Krnov does not offer good possibilities and you have to go to the big shopping centres in Opava



Author: Michaela Germušková Source: <http://m-gallery.cz/krnov-a-okoli/>

or Ostrava. Another great thing about Krnov is that plenty of volunteers are located here. That's pretty nice because you will never be alone, if you don't want to and you have a lot of possibilities to check out all the various interesting places and establishments.

To be honest you better like the local places because going to visit other places is kind of difficult. Krnov is far away from everything! OK, it only takes 30 minutes to Opava and at least one and a half hours to Ostrava by train, but between 10pm and 5am the train station is closed. So you are somehow isolated in Krnov. Whenever you'll have a seminar, you will be the first ones to get up and the last ones to return home. Despite that most volunteers agree that Krnov is at least one of the best locations for your EVS with Slezská Diakonie. If you don't believe us experience it yourself!

What is the town I would stay in like? Nový Jičín! (written by our former volunteers Marion and Pauline)



The town of Nový Jičín is located in the north-east of the Czech Republic in a picturesque basin of the southern edge of the Moravian Gate.

Nový Jičín is still called « the town of hats » because in the middle of the 19th century major textile mills and subsequently factories were built here. It's possible to visit a hat museum and buy hats at the square.

In its centre, Nový Jičín has a splendid historic area, Masaryk square. At the square, you can see wonderful monuments such as Statue of Saint Nicholas, Plague Column and fountain of time. Sometimes, various events are organised at the square (e.g. markets during Christmas and Easter, and various sport events). The most important event is on the 30th April « burning of the witches » and « Summer of Nový Jičín » (Novojičínské léto) in July and August. Among typical events are also « Festivities of the city » in the beginning of September.



You can find more information about the town at a tourist office, a free newspaper that you'll receive every month, at website and public address system at 17 o'clock. You can visit many restaurants, coffee houses and shops. You can also do activities like bowling, swimming, or golf. In the town, there are sports associations (aikido, football, handball...). You can also go for a hike to Svinec hill and to ski during the winter. During the summer you can swim at Čertův pond.

In the vicinity of the town, there are interesting places to visit, like Starý Jičín and its castle, château in Kunín, and others. Bigger cities like Ostrava, Brno, or Olomouc are only 1-2 hours away by public transport.

What is the town I would stay in like? Opava! (written by our former volunteers Fruzsina and Nika)

Opava is a city in the northern Czech Republic on the river Opava, located to the north-west of Ostrava. The historical capital of Czech Silesia, Opava is now in the Moravian-Silesian Region. You can have a look [here](#) how beautiful Opava is.

Opava is a city with many interesting attractions like the [Silesian Provincial Museum](#) (the oldest museum in Central Europe), the [Concathedral of the Assumption of Virgin Mary, Breda & Weinstein](#) department store, and many others. If you will just walk around Opava, you will find many different cafés (like a cat café [9 životů](#)), pizzerias, restaurants, and others, and you will have the chance to enjoy a nice architecture.



Opava also offers a lot of events and festivals during the whole year. For example, Christmas and New Year celebration, Opava Cultural Summer, Open Night, a cycle of chamber, orchestral and organ concerts and many others. You can find all information about the city here on its [website](#).



You can also visit a lot of beautiful places around Opava. One of them is [Zámek Hradec nad Moravicí](#). It's a red-white castle located nearby Opava.

Have a good day and good time in Opava!

What is the next step?

If we and the positions we offer are what you have been looking for, please, contact the organisation/person that shared this call with you. They will provide you with additional information how to continue and if everything goes well, we will have an interview via Skype or phone soon! :)

If you do not know the origins of the document, but you are interested in the opportunities we offer, please, contact us and we will see what we can do for your participation in the INVY programme.



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If you did not find the right thing at all, we hope that you will be more successful next time!