

Call for EVS volunteers in the Czech Republic

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 the area of Moravian-Silesian region. We also provide services in 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, almost 100 volunteers contributed to these services and brought light into life of their users.



What is our project about?

Our EVS project for 2016/2017 is called *International Voluntary Year – Explore and Inspire Yourself and Others!* This project was written for a total of 30 volunteers from Austria, France, Germany, Hungary, Italy, Poland, Slovakia, Spain, and Ukraine. Volunteers will be hosted by 21 hosting organisations that are located in Moravian-Silesian region of the Czech Rep.

The project is following a ten 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 for 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 'appointed friend' that will help you to get inside of 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 coordinator take place every 3-4 months. The frequency can of course change, 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 in the weekend but in some cases at some hosting organisations, you will have an opportunity to participate in various events during 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 the learning, you will have at least 1,5 hours of Czech language lessons every week and possibly a 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 90% of travel costs to the Czech Republic and back. Other official travelling is reimbursed in full.

What are the positions about?

Eden

<i>Name of the hosting organisation</i>	Eden
<i>Address</i>	Frýdecká 34, 737 01 Český Těšín
<i>Type of service</i>	day care centre
<i>People you will work with</i>	people with middle-severe mental disabilities
<i>Period of service</i>	1 st September 2016 – 31 th August 2017
<i>Number of open positions / number of volunteers</i>	1/1
<i>Place of accommodation</i>	Town of Český Těšín + basic orientation map
<i>Number of volunteers in Český Těšín</i>	9
<i>Additional information</i>	-

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.

Your accommodation is something that we unfortunately cannot specify right now because it can change. You can find an address of a flat that we count on right now [here](#). This flat is usually shared by two volunteers. It would take you at about 10 minutes to get from your flat to Eden.

What are the main activities?

You will participate in everyday services 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 another cultural and social events. You will also have an opportunity to realize your own activities and make your own miniproject. You can find more information about the hosting organisation [here](#) under activity 5.



Harmonie - sheltered housing

<i>Name of the hosting organisation</i>	Harmonie – Sheltered housing
<i>Address</i>	B. Smetany 35, 793 95 Město Albrechtice and others (see webpages)
<i>Type of service</i>	Sheltered housing
<i>People you will work with</i>	Adults with mental and multiple disabilities who require additional support
<i>Period of service</i>	1 st September 2016 – 31 st August 2017
<i>Number of open positions / number of volunteers</i>	1 / 2
<i>Place of accommodation</i>	Town of Krnov + basic orientation map
<i>Number of volunteers in Krnov</i>	12
<i>Additional information</i>	Webpages / Facebook



Harmonie – Sheltered housing focuses on work with adults with mental and multiple disabilities. 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.

Your accommodation is something that we unfortunately cannot specify right now because it will most probably change from

the last year. Our current plan is to provide accommodation in a flat with a 3+1 disposition (3 rooms + kitchen + restroom and bathroom) for 3 volunteers.

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, visiting shops, organising various games and sports with users, 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](#) (the information is combined with 2 other volunteer positions) or [here](#) under activity 8.

Rodinná kavárna

<i>Name of the hosting organisation</i>	Rodinná kavárna
<i>Address</i>	Dvořákův okruh 21, 794 01 Krnov
<i>Type of service</i>	Family café
<i>People you will work with</i>	Children, families with children, general public
<i>Period of service</i>	1 st September 2016 – 31 st August 2017
<i>Number of open positions / number of volunteers</i>	1 / 1
<i>Place of accommodation</i>	Town of Krnov + basic orientation map
<i>Number of volunteers in Krnov</i>	12
<i>Additional information</i>	Facebook



Family café 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.

Your accommodation is something that we unfortunately cannot specify right now because it will most probably change from the last year. Our current plan is to provide accommodation in a flat with a 3+1 disposition (3 rooms

+ kitchen + restroom and bathroom) for 3 volunteers.

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



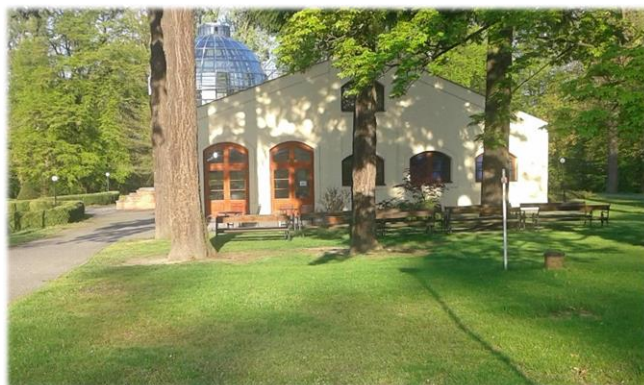
own miniproject according to your interests (organised events in the café) or you can organise language course open to the public. You can find more information about the hosting organisation [here](#) under activity n. 14. Based on the character of main activities and work of the café, the future volunteer should be able to approach children and to be proactive and initiative.

Zámek Dolní Životice

<i>Name of the hosting organisation</i>	Zámek Dolní Životice
<i>Address</i>	Zámecká 1, 747 56 Dolní Životice
<i>Type of service</i>	Home for people with disabilities
<i>People you will work with</i>	Adults with mental and other disabilities who require additional support
<i>Period of service</i>	1 st September 2016 – 31 st August 2017
<i>Number of open positions / number of volunteers</i>	1 / 1
<i>Place of accommodation</i>	Town of Opava
<i>Number of volunteers in Krnov</i>	12
<i>Additional information</i>	Webpage / Facebook

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 and support living.

Your accommodation is something that we unfortunately cannot specify right now because it will change from the last year. Essentially there are two options. Either you will live in Opava and you will share a flat/house with local people or you will live in the area of Zámek. As soon as we will have more information, we will specify.

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). 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 – 30%

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 – 30%

You will participate and assist the users during experiential therapies – these activities are perceived as relaxing activities. The techniques such as basal stimulation, using different balls, positioning, canine therapy, music therapy 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%

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



Kindergarden, Primary School and Secondary School

<i>Name of the hosting organisation</i>	Kindergarden, Primary and Secondary school
<i>Address</i>	You can find it below in the basic orientation map.
<i>Type of service</i>	Kindergarden and school
<i>People you will work with</i>	Children and adolescents
<i>Period of service</i>	1 st September 2016 – 30 th June 2017
<i>Number of open positions / number of volunteers</i>	1/6 – Open position in Bohumín Nursery and Elementary School
<i>Place of accommodation</i>	Town of Český Těšín + basic orientation map , Karviná + basic orientation map , Bohumín and Ostrava + basic orientation map
<i>Number of volunteers in Bohumín</i>	4
<i>Additional information</i>	-

What is the position about?

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.



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.

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.

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?

Activities usually vary according to the level of pupils' disabilities however the main tasks of the volunteer at kindergarten, primary and secondary school are 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



Secondary school in Bohumín

educational programmes adapted for pupils with special education need such as drama 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. 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. You can find more information about the hosting organisation [here](#) under activity 17.

Your accommodation is something that we unfortunately cannot specify right now because it can change. At the moment, we can provide only following information: You can find an address of a flat that we count on right now in Karviná [here](#).

educational programmes adapted for pupils with special education need such as drama 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. 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



Primary and secondary school in Karviná



Primary school in Ostrava

This flat is usually shared by two volunteers. The journey from the flat to school will take you at about 10 minutes. As for the volunteers working in a school in Ostrava and Bohumín, they usually live in a [flat](#) in Bohumín. This flat is shared by four volunteers, each of them has its own room. Kitchen and bathroom are shared. Volunteer working in Ostrava travel to the school at about 40 minutes. As for the volunteers from Český Těšín, accommodation will be specified later.

How is the town you would stay in? Český Těšín! (written by our current 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.

How is the town you would stay in? Krnov! (written by our current 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!

How is the town you would stay in? Opava! (written by our current 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 [@ 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!

How is the town I would stay in? Bohumín! (written by our current 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 ☺.