



BENJAMÍN

Day care centre



Term project

1st September
- 31st August

Address

SPC N 454/S4
794 01 Krnov



Target group

Adults with mental and multiple disabilities who are highly dependent on assistance and care

Activities

Your main task will be to provide individual and personal support to people using Benjamin services. You will support and assist them during practical activities like pottery and textile workshops, gardening, art workshop, sport activities (Bocchia). You will accompany them during experiential therapies such as basal stimulation, canine therapy, therapy with horses 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 training, care of one's own body and appearance. You will cooperate with social workers and workers in social services. There will be an opportunity to make your own mini-project.



Challenges

Overcome the language barrier, overcome various prejudices and be prepared for individual work with the users according to your own imagination, the requirements of you as a volunteer or with the advice of the worker. It is necessary to 'tune in' to the service user, to be patient and emotionally stable and of course be proactive.



Your profile

The volunteer should have a little knowledge of the mental disability, or at least be comfortable with the fact that people with mental disabilities are part of the society - then they will be better able to work in this situation. It would be nice to have creative, extroverted and empathetic volunteer. Empathy is needed to overcome the language barrier - this is important. We will be also happy to have a responsible volunteer. It is hard and unpleasant to work with a demotivated volunteer who often gets sick.





Schools in Bohumín and Ostrava

Kindergarten and Primary School and Secondary School



Term project

1st September
– 30th June



Address

Nerudova 1041, 735 81 Bohumín
Náměstí Svobody 7, 735 81 Starý Bohumín
Stojanovo náměstí 1, Ostrava 709 00
Mariánské Hory a Hulváky



Target group

Children and adolescents with mental disabilities and physical disabilities.

Activities

The school provides children and pupils with special education needs with an education in a kindergarten, primary school and secondary school. Activities usually vary according to the level of pupils' disabilities however your main tasks will be the 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 teachers and pupils during English lessons and educational programmes adapted for pupils with special education need such as drama activities, art lessons, dressing training, walks, locomotor skills games, working with an interactive board, working on a 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. Furthermore, you will motivate our children in training for personal hygiene, dining and helping to feed pupils, if needed.



Challenges

Most of our team do not speak English. You will also face some cultural differences. Some of our pupils may initially refuse a volunteer (e.g. because of autism). Also, for example due to a higher sickness rate, you may sometimes care for a smaller group of children. During your service you will have an opportunity to plan and realize your own mini project.



Your profile

As a volunteer, you need to be open person with a good relationship with the target group in our schools. The children have a various type of disability, therefore you should be patient, responsible and able to react quickly in some crisis situations. You also need to be communicative, proactive and able to work in team.





DUHOVÝ DŮM

Day care centre, socio-therapeutic workshops, respite services, housing services



Term project

1st September
– 31st August

Address

Klostermannova 1586/25
709 00 Ostrava



Target group

People with different levels of mental, physical and combined disabilities

Activities

Your task will be to provide the necessary help and support. Work in the social-therapeutic workshop (ceramics, art, training workshop), participation in musical therapy, morning awakening and sports activities with users. You will accompany them in the centre activities such as canistherapy, morning and afternoon workshop, morning moments, reading, relaxing or music activities. Our users may visit various activities out of centre, for example cinema, theatre, exhibitions, hippotherapy, etc. Another important activity will be teamwork and also individual work with target group. You will participate in the development of the personality of people with mental disability, physical disability or combined disabilities and autism. You will participate in supporting the creative skills and social therapeutic workshop skills of our users. As a member of our team you will have a space to be creative and choose activities suitable for each user.



Challenges

In our centre you will work with a difficult target group (people with different types of disability) and not everyone in the team know English or German. You will also do individual work with larger or smaller groups of users (10-35 daily) and select a suitable project for them. Cooperation with associated workplace, school and our employees is important.



Your profile

We expect you to be independent, but also to have the ability to work in a team. The advantage is certainly that you will use creativity in work in the social therapeutic workshop or in music therapy and improve your language skills (willingness to learn Czech). You also need to be proactive, patient, empathic, respectful and have a good relationship to the target group.





EBEN-EZER

Community residential facility
and social therapeutic workshop



Term project

1st September
- 31st August

Address

Vělopolská 243
737 01 Horní Žukov



Target group

People with mental
and combined disabilities

Activities

Your task will be to work with users in the workshops and support or assist them during work in therapeutic workshops. You can work with different materials - ceramics, paper, cloth or wood. This will help you learn the different work techniques with the material. Sometimes there will be the opportunity to teach users to work on a PC or to organize work in social therapeutic workshops. 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 (memory games) and supporting them during the practice of new skills (work, daily activities, etc.) You will participate in activities of both, service provided by Eben-Ezer social therapeutic workshops and community residential facility. There will be an opportunity to plan, prepare and realize activities and do your own mini-project.



Challenges

The main challenge is communication with people with mental disabilities and that most workers do not know a foreign language. Be prepared for the first few weeks you will have to communicate with your foot and hands. Mainly you will work with one or small group of users individually.



Your profile

It is a good point for you if you are creative nature. Practical experiences with people with disabilities will be helpful. We would like a person with ideas what they want to do and which they could offer in a group of mentally disabled people.





EDEN

Day care centre



Term project

1st September
– 31st August

Address

Frydecká 34
737 01 Český Těšín



Target group

People with middle-severe
mental disabilities

Activities

This placement gives volunteers the opportunity to actively participate in all the activities (handicraft, garden work, music therapy, sports activities, educational activities, cooking, etc.).

In the previous years, the volunteer was involved in: cooking - preparation of meals typical for their country, sport - physical activity with the users in the gym on the playground, music - conducting music therapy, drumming, work in the garden, planting, photography etc. As a part of volunteer's mini project, the volunteer will be able to improve the skills in their hobby (playing guitar, photography, dance). The placement offers space for developing your own creativity. A volunteer spends part of the day on individual work with a single user, playing social games, using tools for developing fine motor skills or memory exercises. Volunteers will learn to observe the details, the small achievements. They will learn to focus on the little things that other people's attention often escapes, but they are important to our users. In our work, even simple things require a longer time. The volunteer will be practicing their communication skills. Some users don't communicate verbally, they use pictures - pictograms to communicate.



Challenges

At the beginning it is maybe difficult to work with people who have a mental disability. There will be a communication barrier in an environment that does not communicate in English. Some users do not communicate verbally, or they have limited vocabulary. The target group requires assistance and support from a second person in everyday tasks - support for dressing, hygiene, eating etc. Practicing patience and empathy is important.



Your profile

To work in our centre, it is important not to be afraid to communicate (verbally and non-verbally). Users of the centre appreciate a positive attitude to life, the ability to be excited yourself in the things you are doing, whether it's drawing, walking, etc. The users easily reflect your mood. Patience is also important, not to be afraid of repetitive and simple activities. It is very important that you will be motivated to learn Czech language.





EFFATHA

Socio-therapeutic workshop



Term project

1st September
– 31st August

Address

Hlubčická 294/9
794 01 Křnov



Target group

Adults from 18 years
of age with mental
and multiple disabilities

Activities

EFFATHA socio-therapeutic workshops focus on work with adults with mental and multiple disabilities in such a way as 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 service users and staff produce many interesting things such as small gift items, decorative items, ceramics, and others. 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 for instance: pottery, creative workshop, textile workshop, and others. Accompanying and assisting users during various activities and events such as: 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. You will also have an opportunity to make your own mini project.



Challenges

The main challenge is communication with people with mental disabilities and the fact that most workers do not know a foreign language. Be prepared for that for the first few weeks you will have to communicate with your feet and hands. Mainly you will work personally with one or a small group of users.



Your profile

You should be a positive and active person with interest in helping others. If you are creative and you like a handcraft it is a plus for you and us.





JORDÁN

Day care centre



Term project

1st September
– 31st August

Address

Hraniční 280
Třinec 739 61



Target group

People who experienced
psychiatric treatment

Activities

Your main task will be to participate in numerous activities organized by the centre. Our users are people with various mental illnesses but who are in a stabilized condition. 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 will 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, the music club, activities with horses, zumba practicing, exercises for memory training 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. Regularly (every month) you may create a presentation about your country, hobbies, traveling etc.



Challenges

The aim of the centre is to provide a socio-activation service and an individual approach for users suffering above mentioned illnesses and to help them live their lives as unaffected as possible - and you will be an integral part of our team. You can gain knowledge about these illnesses, learn teamwork and the Czech language. It is possible that during autumn you will care about fewer users than usual as this season is not favourable for people with psychical disabilities. You will also have an opportunity to plan and realize your own activities and make your own mini project.



Your profile

To make your service as useful as possible it is important to be proactive and have willingness to learn Czech. You also need to be responsible, independent and able to work in team, patient, empathic and tolerant. For sure, you need to have a good relationship to the target group in our centre. Working experiences with or playing a musical instrument is an advantage.





Low-threshold centre in Město Albrechtice

Low-threshold centre



Term project

1st September
– 31st August



Address

Lázeňská 119/2, 739 95 Město Albrechtice
Holčovice 8, 793 91 Holčovice
Jindřichov 191, 793 83 Jindřichov
Vysoká 34, 793 99 Vysoká

Target group

Children and youth
living in or threatened
by unfavourable social
conditions
(ages from 6 to 20 years)



Activities

The low-threshold centre for children and youth in the region of Město Albrechtice offers after school activities for children and youth aged 6 – 20. 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. You will participate in the usual activities offered by the centre (for example table football, board games, conversations). Your task will be the preparation and implementation of group activities for service users. Presentation of various features of volunteer's native country (cuisine, education system, institutions, leisure time activities, plays and games typical for the country, etc.) will also play a part. Teaching a foreign language (English or the volunteer's native language) in an entertaining manner would be welcome. Tidying-up with service users is expected. The volunteer will prepare a mini project according to their interests.



Challenges

At our service, we are never able to tell how many clients on the given day will come. This means that there may be 18 clients or only 2. This may complicate the volunteer's work. Especially if they prepare an activity for more users and then have to actively respond to fewer clients. Another problem is that 90% of users don't speak English. If the volunteer doesn't want to learn Czech language, work will be more complicated. A problem for the volunteer may also mean commuting to work (about 20 minutes by bus). Sometimes the work may seem monotonous.



Your profile

You should be open to work with the target group of teenagers and young adults and be pro-active, being able to apply some of your own skills. We will greatly appreciate it if a volunteer can play some of the musical instruments. We also need the ability to communicate and for the volunteer not to be too shy to talk. You should be able to learn Czech language fast. Creativity, art talent (drawing, cutting, gluing, manufacturing), working with a PC (at least Word and Power Point) are also appropriate.





KLUB ON LINE STREETWORK ON LINE

Low threshold facility
and street work



Term project

1st September
– 31st August

Address

V Aleji 435
734 01 Karviná



Target group

Excluded youth and kids, Roma youth and kids, unemployed young people, youth with personal problems and young people who are drug users.

Activities

The activities will be divided between the KLUB ON LINE and STREETWORK. You will participate in prevention programmes for children and youth, leisure activities (play games, drawing, tutoring and also practising reading and writing), events and trips with users, interviews with them – it would be great to start learning the Czech language as soon as possible. You will also participate in user consultancy (with the user's consent). For work with our target group, you will have a knowledge of field work with youth on the streets of Karviná – the environments of excluded young people, Roma culture and drug issues, socially excluded localities, socio-pathological phenomena. You will improve your skills in the area of methods of conducting interviews not only for work with youth, special social games of prevention character, etc. Sometimes you can help with administration, creating promotional materials and more.



Challenges

You will work in the field program for children and youth and in the low-threshold youth club. During the winter months there are fewer children in the field programme. However, in both services, your own activity is important, your initiative to engage in activities or to be inventive – as the English language level of users is not always sufficient (but the workers will help with interpretation). The supervisor and some of the team members can speak English without any problem, the rest of them can manage the basics of English and use a translator or similar support Apps.



Your profile

We will appreciate the working experience with and knowledge of programmes for editing photos or videos, which we use for preparing events or skills in any sport, the arts sector etc. You should be ready for active contact with young people, especially in the afternoon (ready for everyday for something a little different). It is very important to have the ability to accept others, and to show respect, interest and sincerity not only for working relationship and you should have a willingness to learn the Czech language.





SAREPTA

House for seniors



Term project

1st September
– 31st August

Address

Komorní Lhotka 210
739 53 Hnojník



Target group
Elderly people



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, viewing old photo albums, playing cards and other board games, engaged in talks about subjects that have a beneficial influence on 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. Accompanying the senior in the open air will therefore be a frequent activity. You will also cooperate with workers in social services.



Challenges

SAREPTA personnel encourage the users to maintain their already accustomed way of life, taking into account safety measures and capacities. As the users are elderly people, you will fully practise your empathy and help them to continue with a dignified and contented life. You will also quickly improve Czech language as communication is an important part of the work with seniors.



Your profile

We expect from you that you will be proactive, responsible, tolerant and will have a good relationship with our target group – seniors. This means you need to be also patient, careful and open to learn new things and the Czech language. Furthermore for the work with our users it is very important to be empathic to understand their needs.





SILOE

Day care centre, respite services and housing for the people with memory disorders



Term project

1st September
– 31st August

Address

Rolnická 55
709 00 Ostrava – Nová Ves



Target group

People with
memory disorders



Activities

You will participate in individual and group activities to help and support our users. From the very first time you need to start establishing contacts and relationships of trust. Also, you will assist during various activities - listening and individual reading, solving crossword puzzles and working with spontaneous interaction. You will accompany users during walks within the centre and assist with moving them (just help with moving, not driving the car), short-term escorts and helping with dining. You will also participate in activities such as simple exercises with seniors, board games or assist in organizing one-off events within centre (thematic cooking, art exhibition, morning warm-up with users) or out of centre (social events like visit a candy museum) and also preparation of a music programme with dance therapy.



Challenges

Our service provides specific target group care – people with dementia (memory impairment) whom we accompany to the very end of life. Therefore, it is necessary to expect that you may encounter a non-cooperative or aggressive user. Clients are disoriented by time, space and often by people, so it is important for you to communicate with them verbally, therefore we appeal to you to learn the Czech, Slovak or Polish language. The members of the working team generally do not speak English.



Your profile

As a volunteer, you need to be active, independent, however you should be able to work in a team too – and to be flexible and punctual. Awareness of the diagnosis of Alzheimer's or vascular dementia (manifestation, etc.) would be helpful. You should also have some experience with work with seniors and preferably a personal conviction that you want to work with them. An empathic approach without prejudice to old and sick people is required.





Schools in Český Těšín

Kindergarden and Primary School
and Secondary School



Term project

1st September
– 30th June



Address

Třanovského 10, 737 01 Český Těšín
Dukelská 2096/5a, 737 01 Český Těšín



Target group

Children and adolescents
with mental disabilities and
physical disabilities

Activities

You will learn how to communicate with children with disabilities. You will learn about and learn to use some methods of working with them in practice (positioning, relaxation, helping with feeding, aiding pupils during performances, teaching, snoozelen, music therapy, canisterapie) and learn how to use the aids in working with pupils (tablets, light column, chimes); so you will gain experience of special education. You will be involved in music therapy (active, relaxing), playing drums and natural rhythmic musical instruments (guitar, djembe drums, rain sticks) and reading books. You will participate in performances within the school and for other organizations (about 8-10x during the year). You will participate in art therapeutic activities (to create decorations according to the season). You will also participate in projects such as "Sports and Dance to Health". You will have the opportunity to showcase your skills and your country - to present the life in your country, the traditions, culture and traditional foods in various activities (in the cooking hours or on the occasion of "Volunteer Day" and our twice a year "Cafe for Parents"). You will be able to speak English to pupils during English classes and will improve your Czech language too. You will work with a teachers and assistants and become familiar with the alternative forms of teaching. You will also learn work discipline and solve situations with patience and humour.



Challenges

The biggest challenge is a better understanding of yourself and a willingness to work through providing a service to pupils who are a difficult target group - they differ in their appearance, behaviour and thought from the general population, which can be difficult. We educate mostly pupils with mental, physical and combined disabilities or autism. Pupils do not speak English, some do not speak at all. The challenge is to maintain healthy attitudes towards pupils (without prejudice, regret, resistance) and to manage change in the workplace (teaching organization, grouping pupils). The volunteer may be in 3 classes as needed within one day.



Your profile

We expect a positive relationship with our target group - children with disabilities. You need to be open, empathetic and communicative. You also have to be responsible, physically and mentally resilient. As a volunteer you should be capable of teamwork, creative, cheerful and entertaining, friendly and not afraid to learn new things. You can (but do not have to) play a musical instrument or sing.

