

# INVY IN SLEZSKÁ DIAKONIE

If your heart is open, you're curious about life, and you're ready to grow personally or professionally, then you're in the right place. **INVY** is an international voluntary service program at **Slezská diakonie** in **the Czech Republic**. Slezská diakonie is a non-profit organisation providing **social services** based on Christian values. Since 2005, we have been running long-term and short-term voluntary projects in our hosting centers. We have already hosted more than **350** international volunteers.

✨Come and join us! ✨

## WHAT WILL BE COVERED FOR YOU?

- 🏠 **Accommodation** with the Internet connection
- 💰 **Pocket money:** 7 EUR per day
- 🍴 **Food allowance:** 4200 CZK per month
- ✈️ **Travel costs to your project** and **back home**
- 🚗 **Travel costs to your workplace** and **seminars**
- 📖 **Czech language course** (60 minutes per week)
- 🛡️ **Health insurance**

## WORKING HOURS

- 6 hrs a day
- 5 days a week
- 2 days a week off
- 2 more days off each month

## OUR EVENTS

- seminars
- day with
- mini-projects
- team project

## WHO WILL SUPPORT YOU ON YOUR JOURNEY?

- 👤 **your SUPERVISOR** at your hosting placement
- 👤 **your COORDINATOR** from the InterVIA team
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## AND WHERE CAN YOU VOLUNTEER?

# ARCHA NOVÝ JIČÍN

A **sheltered housing ARCHA Nový Jičín** provides **adults** with **intellectual** and **combined disabilities** (aged 18-60) with housing in separate households with the possibility of using shared facilities and staff support. It guides the clients and prepares them to be able to lead **independent lives** in their own homes. The service is also provided to people with **mental illnesses** with the aim of supporting them to be as **independent** as possible. The centre cares for up to 17 residents.

**Name of the centre:** ARCHA Nový Jičín

**Address:** Beskydská 142, 741 01 Nový Jičín

**Nový Jičín** is a small town of about 23,000 inhabitants in the Moravian-Silesian Region. The town has a well-preserved historic centre, good infrastructure and convenient public transport.

**Website:** [ARCHA.NOVY.JICIN.cz](http://ARCHA.NOVY.JICIN.cz)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **provide** the service users with **personal support**
- **accompany** the clients to social therapy centre, on walks to the town, to the shop, post office, restaurant or café, or to the cinema and various cultural events
- **participate** in free time activities and board games
- **be involved** in special trainings teaching the clients to be more **independent** in daily routines, such as cooking, baking, shopping or laundry
- **be ready to help** with minor **repairs and maintenance work** in the centre

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## AND WHERE CAN YOU VOLUNTEER?

# BENJAMÍN KRNOV

**BENJAMÍN Krnov** is a **day-care centre** supporting **adults** with **intellectual** or **multiple disabilities** in an actively and well-spent day, using educational, therapeutic, rehabilitation and leisure activities, and **alternative forms of communication**. The service puts an emphasis on the **personal needs** and wishes of each client.

**Name of the centre:** BENJAMÍN Krnov

**Address:** SPC N 454/54, 794 01 Krnov

**Krnov** is a town in Bruntál District in the Moravian-Silesian Region on the border with Poland. It is located about 21 kms northwest of Opava and 49 kms northwest of Ostrava. It has about 23,000 inhabitants. The town is known for the production of the cola-based drink Kofola.

**Website:** [BENJAMÍN KRNOV](#)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **support** the clients in daily activities, such as eating, drinking, washing hands, or leisure activities
- use **alternative forms** of communication with the clients
- **help** to improve their motor skills and coordination
- **assist** during experiential therapies, such as basal stimulation, water bed therapy, ball therapy, positioning, or animal-assisted therapy
- **join** art therapy and music sessions
- **accompany** the clients during trips, outdoor activities and events

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## AND WHERE CAN YOU VOLUNTEER?

# BETEZDA KOMORNÍ LHOTKA

**BETEZDA Komorní Lhotka** provides a year-round **residential care for adults** (aged 18 to 55) with **intellectual or combined disabilities**. Due to their health conditions, the service users need a high level of support and aren't able to live independently. The centre offers a **safe** and **stable home** where they can grow, learn new skills, and feel part of a **community**.

**Name of the centre:** BETEZDA Komorní Lhotka

**Address:** Komorní Lhotka 68, 739 53 Hnojník

**Komorní Lhotka** is a small village in the foothills of the Beskydy Mountains, with around 1,500 residents. It's a popular spot for hiking, outdoor sports, and relaxation. There are several guesthouses, restaurants, a Finnish sauna, and even herbal healing baths. Nearby towns: Třinec (10 km), Český Těšín (11 km), and Frýdek-Místek (13 km). The closest train station is in Hnojník (2.5 km). There are regular bus connections to surrounding towns.

**Website:** [BETEZDA KOMORNÍ LHOTKA](https://www.betezda-komorni-lhotka.cz)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **help** the clients with daily activities based on their **individual needs**
- **talk** to clients, **listen** to them, **be there** for them
- **join** them on trips (e.g. to the zoo or swimming pool)
- **help** with cooking or preparing snacks
- if you **play** an instrument or you like to **sing**, you're welcome to join in
- **work here 2 days a week** - combination with the position of the **Volunteer Ambassador**



✨ **BETEZDA Komorní Lhotka is waiting for you!** ✨

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## AND WHERE CAN YOU VOLUNTEER?

# DUHOVÝ DŮM OSTRAVA

**DUHOVÝ DŮM Ostrava** offers four types of services: a **day care centre**, a **social therapy centre**, a **respite care centre** and a **residential home for adults** with **intellectual** or **combined disabilities**. The services aim to meet personal needs of the clients by providing **support, assistance** and **care**, in order to maintain or develop the abilities and skills of the clients, so that they achieve the highest possible degree of **independence** and **self-sufficiency**.

**Name of the school:** DUHOVÝ DŮM Ostrava

**Address:** Klostermannova 1586/25, 709 00 Ostrava

You'll be based in **Ostrava**, the third-largest city in the Czech Republic, known for its vibrant urban life and excellent public transport. It's easy to get around and explore the area!

**Website:** [DUHOVÝ DŮM OSTRAVA](https://www.duhovydom.cz)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **work** directly the clients of the centre
- **support** them in activities focused on their abilities to move and on their cognitive functions (such as puzzle, writing training, painting, counting, or memory training)
- **assist** them in ceramic, art, basket weaving and other creative workshops
- **join** them in musical activities and music therapy, or other activities such as cooking, reading, going on walks, or playing board games
- **accompany** the clients to social and cultural events and trips

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# EBEN-EZER ČESKÝ TĚŠÍN

**EBEN-EZER Český Těšín** is a **residential home** offering a year-round care to **adults** with **intellectual** or **multiple disabilities** (aged 18 to 55) who are no longer able to live independently, even with the support of outreach or outpatient services. The care is based on the **individual needs** of each client and aims to **support** the development of life skills and **independence**, as well as to enhance their chances of finding employment. The facility can accommodate 25 users.

**Name of the centre:** EBEN-EZER Český Těšín

**Address:** Vělopolská 243, 737 01 Český Těšín - Horní Žukov

**Český Těšín** is a town in the east of the Czech Republic, right on the border with Poland, with a population of 23,000. It's one of the busiest border crossings to Poland and has a rich cultural life, with regular festivals and events. The town has good infrastructure and convenient public transport.

**Website:** [EBEN-EZER ČESKÝ TĚŠÍN](http://EBEN-EZER ČESKÝ TĚŠÍN)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **support** the clients through creative activities in the **therapeutic workshops**
- **assist** with knitting, crocheting, sewing, and working with materials like clay, paper, fabric, and wood
- **join** clients in a variety of afternoon and **free-time programs** - from sports and cultural outings to trips
- **assist** with **alternative communication** methods such as pictograms, images, and non-verbal tools
- **chat** with clients, **listen** to them, **play** memory games or **read** stories to them

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## AND WHERE CAN YOU VOLUNTEER?

# EDEN ČESKÝ TĚŠÍN

**EDEN Český Těšín** is a **day-care centre** supporting **adults** with **intellectual disabilities** (aged 18–64) in living an active daily life. The centre helps the clients become more **independent** in self-care, learn practical and work-related skills, and **be part** of everyday social life. Up to 28 people can attend the centre.

**Name of the centre:** EDEN Český Těšín

**Address:** Frýdecká 34, 737 01 Český Těšín

**Český Těšín** is a town in the east of the Czech Republic, right on the border with Poland, with a population of 23,000. It's one of the busiest border crossings to Poland and has a rich cultural life, with regular festivals and events. The town has good infrastructure and convenient public transport.

**Website:** [EDEN ČESKÝ TĚŠÍN](http://EDEN.CESKY.TESIN)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **provide** the service users with **personal support**
- **help** to prepare snacks and **feed** the clients who need assistance
- **take part** in short morning devotions, where we sing and play music - if you have musical talents, you're more than welcome to join in
- **work one-on-one** with a client every day, focusing on specific activities such as arts and crafts, art therapy, ceramics, writing, reading, fine motor skills, or memory exercises
- **join** leisure activities like gardening, playing games, music therapy, sports, cultural outings, or day trips

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## AND WHERE CAN YOU VOLUNTEER?

# EFFATHA FRÝDEK-MÍSTEK

A **social therapy centre EFFATHA Frýdek-Místek** supports **adults** aged 18 to 65 with **intellectual** or **multiple disabilities** – including physical, hearing, visual, or mental health challenges. Its clients are partly independent in taking care of themselves, but they still **need guidance** in their daily lives. The centre gives them the chance to spend their time in an **active** and **meaningful way**.

**Name of the centre:** EFFATHA Frýdek-Místek

**Address:** Malý Koloředov 811, 738 01 Frýdek-Místek

**Frýdek-Místek** is a mid-sized district town with over 50,000 residents, located about 16 km southeast of Ostrava. Located at the foot of the Beskydy Mountains, it's the perfect spot for exploring scenic hiking trails and enjoying nature. The town offers good infrastructure, and getting around is easy thanks to a reliable public transport system.

**Website:** [EFFATHA FRÝDEK-MÍSTEK](http://EFFATHA.FRÝDEK-MÍSTEK)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **get hands-on experience** with a variety of **therapeutic workshop techniques** and support the clients during woodworking, arts and crafts (machine sewing, paper crafts or working with plaster or glue)
- **help the clients** build social skills and work habits in a relaxed, supportive environment
- **assist** them with everyday skills, such as getting dressed, tying shoes, preparing simple meals, locking doors, making phone calls, using household appliances, and managing money
- **join a debate and discussion club** where the clients learn how to express their opinions, practice communication, and talk about different topics

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## AND WHERE CAN YOU VOLUNTEER?

# EFFATHA KARVINÁ

**EFFATHA Karviná** is a **social therapy centre** supporting **adults** (aged 18 to 65) with **intellectual** or **multiple disabilities**, as well as people living with **chronic mental illness**. The goal of the centre is to help them **actively spend** part of their day in a supportive environment, **develop** work and social skills, and stay **connected** with others. The centre can work with up to 19 clients at one time.

**Name of the centre:** EFFATHA Karviná

**Address:** V Aleji 435, 734 01 Karviná - Ráj

**Karviná** is a city of about 50,000 people, located in the territory of historical Silesia. It's a modern university town with good infrastructure and public transport.

**Website:** [EFFATHA KARVINÁ](http://EFFATHA.KARVINÁ)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **support** and **assist** the clients during various creative and **therapeutic workshops**, such as pottery, art or basket weaving
- **learn** and practice various **hands-on techniques** like basket making, clay and plastic work, jewelry making, wool work, canvas painting, collage, marbling, or wax painting
- **create** small decorations and gifts together with the clients
- **join** group therapy sessions
- **assist** with daily tasks and **help** clients during mealtimes
- **help** clients build **social skills** by chatting with them about everyday topics

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# EFFATHA KRNOV

A **social therapy centre EFFATHA Krnov** supports **adults** aged 18 to 65 with **intellectual** or **multiple disabilities** to spend their day **actively** and gain and maintain **work habits** and skills. The centre also helps to develop their **social skills** and become more **independent** in daily activities.

**Name of the centre:** EFFATHA Krnov

**Address:** Hlubčická 294/9, 794 01 Krnov

**Krnov** is a town in Bruntál District in the Moravian-Silesian Region on the border with Poland. It is located about 21 kms northwest of Opava and 49 kms northwest of Ostrava. It has about 23,000 inhabitants. The town is known for the production of the cola-based drink Kofola.

**Website:** [EFFATHA KRNOV](http://EFFATHA.KRNOV)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **get hands-on experience** with a variety of **therapeutic workshop techniques** and support the clients during pottery, woodworking, textile workshops, production of candles or soaps, and other arts and crafts
- **assist** the clients during gardening, cooking, memory training games, or relaxation activities
- **help** the social workers to prepare materials and workspace
- **accompany** the clients during trips and outdoor activities and events
- help to **present** workshop products during various public events

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- 5 days a week
- 2 days a week off
- 2 more days off each month

## OUR EVENTS

- seminars
- day with
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- team project

## WHO WILL SUPPORT YOU ON YOUR JOURNEY?

- 👤 **your SUPERVISOR** at your hosting placement
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Find our more about us!



## AND WHERE CAN YOU VOLUNTEER?

# EUNIKA KARVINÁ

**EUNIKA Karviná** offers three types of services: a **day care centre**, a **social activation services** and **early care counseling**. The mission of the day care centre is to provide regular help and support to **adults** (aged 18-45) with **disabilities** – including intellectual and combined disabilities, cerebral palsy (CP), and autism spectrum disorders – based on their individual needs, wishes and abilities.

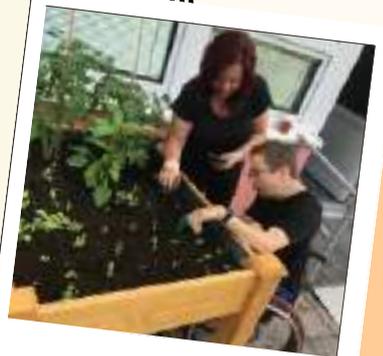
**Name of the centre:** EUNIKA Karviná

**Address:** Kašparova 2978/1, 733 01 Karviná - Hranice

**Karviná** is a city of about 50,000 people, located in the territory of historical Silesia. It's a modern university town with good infrastructure and public transport.

**Website:** [EUNIKA.KARVINÁ](http://EUNIKA.KARVINÁ)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **support** the clients in their **daily routines** and activities and in leading as independent and fulfilling a life as possible
- **assist** during **therapeutic sessions** like horse-assisted therapy (hipotherapy), kinesiology and ergotherapy
- **accompany** the clients on walks through the garden or around the centre, and help with hands-on tasks
- **work here 1 - 2 days a week** - combination with the position of the **Volunteer Ambassador**

✨ **EUNIKA Karviná is waiting for you!** ✨

# INVY IN SLEZSKÁ DIAKONIE

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## AND WHERE CAN YOU VOLUNTEER?

# EZRA ALBRECHTICKO, OSOBLAŽSKO

A **low-threshold centre EZRA Albrechticko, Osoblažsko** provides a wide range of activities for **children** and **youth** (aged 6 to 20) that live in or are threatened by **unfavorable social conditions** such as difficulties at school, conflicts in the family, bullying, aggressive behavior or difficulties to deal with emotions, and incapability of inclusion into society. The service offers children and young people a **safe environment** to deal with their individual situations, motivates them to make a **positive change** and take a more **responsible approach** to life.

**Name of the centre:** EZRA Albrechticko, Osoblažsko

**Address:** Lázeňská 119/2, 793 95, Město Albrechtice

**Město Albrechtice** is a small town with app. 3,400 inhabitants in the Bruntál District, situated in the foothills of the Hrubý Jeseník Mountains on the border with Poland. It offers a historic core with monuments and access to the surrounding nature.

**Website:** [EZRA ALBRECHTICKO, OSOBLAŽSKO](https://www.ezraalbrechticko.cz)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **spend** afternoons with children and youth and **take part** in leisure activities based on their interests or wishes (playing board games, doing art or sports, making decorations, tutoring)
- **help** with **outdoor activities** (football, summer barbecue, going to the cinema, gardening) and **indoor** ones (quizzes, tournaments, cooking, special events)
- **assist** with homework or **teach** foreign language
- **organize** discussions on various topics such as finance, drugs, alcohol, social networks, health and safety issues, or healthy relationships

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**Name of the centre:** EZRA Albrechticko, Osoblažsko

**Address:** Na Náměstí 104, 793 99, Osoblaha

**Osoblaha** is a village with app. 1,000 inhabitants in the Bruntál District near the border with Poland. It is located about 36 kms north of Bruntál and 85kms north-west of Ostrava.

**Website:** [EZRA ALBRECHTICKO, OSOBLAŽSKO](https://www.ezraalbrechticko.cz)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **spend** afternoons with children and youth and **take part** in leisure activities based on their interests or wishes (playing board games, doing art or sports, making decorations, tutoring)
- **help** with **outdoor activities** (football, summer barbecue, going to the cinema, gardening) and **indoor** ones (quizzes, tournaments, cooking, special events)
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## AND WHERE CAN YOU VOLUNTEER?

# JORDÁN TŘINEC

**JORDÁN Třinec** is a **social activation services centre** providing individual support to **adults** with **chronic mental illness**, and a **safe environment** in the company of other people for establishing new contacts, relationships, and friendships. The centre offers them a **space to meet** and spend their time **actively**, supporting them in solving the problems that life with mental illness brings.

**Name of the centre:** JORDÁN Třinec

**Address:** Konská 423, 739 61 Třinec - Konská

**Třinec** is a town in Frýdek-Místek District in the Moravian-Silesian Region on the border with Poland. It is located about 22 kms east of Frýdek-Místek and 30 kms southeast of Ostrava. It has about 34,000 inhabitants and it is notable for the Třinec Iron and Steel Works steel plant, the largest in the country.

**Website:** [JORDÁN TŘINEC](http://JORDAN.TRINEC)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **participate in** various activities in the centre, such as morning meetings, clubs on various topics (literature, music, geography, language, etc.), creative handcrafting workshops and art therapy, gardening, cooking, sporting activities, or games
- **accompany** the clients to events and trips
- **depending on your own skills and talents**, you will be given the opportunity for **your own** long-term or one-off **activities** for the clients

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AND WHERE CAN YOU VOLUNTEER?

# KINDERGARTEN AND PRIMARY SCHOOL NOVÝ BOHUMÍN

Kindergarten and Primary School Nový Bohumín provides high-quality, **personalized** education for children with **special educational needs**, using modern and creative teaching methods. It aims to help children actively participate in social life and **prevent** their **exclusion** from the wider community.

**Name of the school:** Kindergarten and Primary School Nový Bohumín

**Address:** Nerudova 1041, Bohumín 735 81

**Bohumín** is a town in the Karviná District of the Moravian-Silesian Region. It is located on the border with Poland, just 9 kms northeast of Ostrava. The town has a population of about 20,000 people. Public transport in Bohumín includes both bus and train services – and the town is an important railway hub, making it easy to travel throughout Czechia.

**Website:** [SCHOOL NOVÝ BOHUMÍN](https://www.schoolnovybohumin.cz)

**Program length:** 1st September - 30th June

## SCOPE OF VOLUNTEER WORK:

- offer **personal support to students** during their daily activities – from morning community circles and practical life skills to movement activities, relaxation techniques, music therapy, art therapy, and multi-sensory stimulation
- **provide** individual support to students and **assist teachers** in lessons such as math, reading, writing, music, art, crafts and practical subjects (such as cooking)
- **take part in extracurricular activities**, such as excursions, field trips, mini golf, swimming, and other sports and leisure activities
- **assist students** during everyday routines, such as moving around school, getting dressed, or during mealtimes

✨ **SCHOOL NOVÝ BOHUMÍN is waiting for you!** ✨



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AND WHERE CAN YOU VOLUNTEER?

# KINDERGARTEN AND PRIMARY SCHOOL ČESKÝ TĚŠÍN

**Diaconal Kindergarten and Primary School Český Těšín** provides high-quality education to **children** with **intellectual** and **physical disabilities**, using a personal approach and modern teaching methods. Beyond education and therapy, the goal is also to **prevent** the social **exclusion** of children with disabilities.

**Name of the school:** Kindergarten and Primary School Český Těšín

**Address:** Třanovského 10, 737 01 Český Těšín

**Český Těšín** is a town in the east of the Czech Republic, right on the border with Poland, with a population of 23,000. It's one of the busiest border crossings to Poland and has a rich cultural life, with regular festivals and events. The town has good infrastructure and convenient public transport.

**Website:** [KINDERGARTEN AND PRIMARY SCHOOL ČESKÝ TĚŠÍN](http://KINDERGARTEN.AND.PRIMARY.SCHOOL.CESKY.TESIN)

**Program length:** 1st September - 30th June

## SCOPE OF VOLUNTEER WORK:

- **learn** and **apply** various working methods, such as positioning, relaxation, feeding, supporting kids during performances and lessons, and helping out during therapies like multi-sensory stimulation, music therapy, and dog-assisted therapy
- **be involved** in music therapy, playing drums and rhythmic musical instruments (guitar, djembe, rain sticks), and reading time
- **help the students** with arts and crafts therapeutic activities based on the seasons
- **accompany students** on walks outside, work alongside teachers and assistants

✨ Kindergarten and Primary School Český Těšín is waiting for you! ✨

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AND WHERE CAN YOU VOLUNTEER?

# KINDERGARTEN, PRIMARY AND SECONDARY SCHOOL KRNOV

**Kindergarten, Primary and Secondary School Krnov** provides high-quality, **personalized** education for children with **special educational needs**. It is the only school in the Krnov region that also offers education to pupils with **severe disabilities** in combination with **rehabilitation care** and related services.

**Name of the centre:** Kindergarten, Primary and Secondary School Krnov

**Address:** SPC N 454/54, 794 01 Krnov

**Krnov** is a town in Bruntál District in the Moravian-Silesian Region on the border with Poland. It is located about 21 kms northwest of Opava and 49 kms northwest of Ostrava. It has about 23,000 inhabitants. The town is known for the production of the cola-based drink Kofola.

**Website:** [SCHOOL KRNOV](http://SCHOOL.KRNOV)

**Program length:** 1st September - 30th June



## SCOPE OF VOLUNTEER WORK:

- offer **personal support to students** during their daily activities — from morning community circles and practical life skills to movement activities, relaxation techniques, music therapy, art therapy, and multi-sensory stimulation
- **provide** individual support to students and **assist teachers** in lessons such as math, reading, writing, music, art, crafts and practical subjects (such as cooking)
- **take part in extracurricular activities**, such as excursions, field trips, mini golf, swimming, and other sports and leisure activities
- **assist students** during everyday routines, such as moving around school, getting dressed, or during mealtimes

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## AND WHERE CAN YOU VOLUNTEER?

# ON LINE KARVINÁ

**ON LINE Karviná** includes a **low-threshold centre KLUB ON LINE Karviná** supporting **socially excluded** young people (ages 14–22), giving them a safe space and reducing social risks they face during adolescence, a field work **STREETWORK ON LINE Karviná** reaching out to children and teens (ages 6–20) who mostly spend their time in the streets, and **STREETWORK GABRIEL Karviná** which works directly with young **substance users** from socially excluded areas.

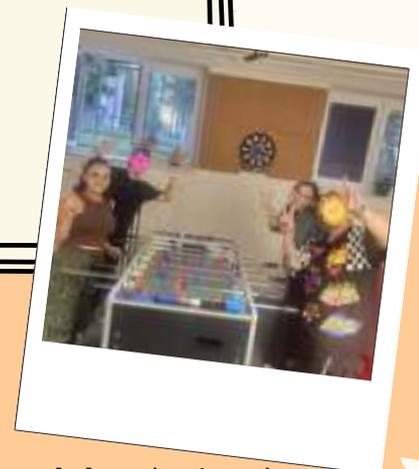
**Name of the centre:** ON LINE Karviná

**Address:** V Aleji 435, 734 01 Karviná - Ráj

**Karviná** is a city of about 50,000 people, located in the territory of historical Silesia. It's a modern university town with good infrastructure and public transport.

**Website:** [KLUB ON LINE KARVINÁ](#)  
[STREETWORK ON LINE KARVINÁ](#)  
[STREETWORK GABRIEL KARVINÁ](#)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **spend afternoons with kids in the club**, playing board games, foosball, doing art, making decorations, tutoring, and practicing reading and writing
- **help plan outdoor activities** (football, park games, gardening) and indoor ones (quizzes, tournaments, cooking, special events)
- **assist** in sessions and conversations with the kids
- join **preventive programs** on themes like drug use, healthy living, ecology, money management, and social media
- **help reach out** to youth at risk **in the town**
- **support** with admin work or creating promotional materials if needed

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## AND WHERE CAN YOU VOLUNTEER?

# POHODA KARVINÁ

A **low-threshold youth centre POHODA Karviná** supports **children** and **young people** (aged 6–13) who live in, or are at risk of living in **difficult life situations**. These children may live in socially excluded areas of the city, come from economically disadvantaged families, struggle at school, be exposed to socially harmful behaviours, or be victims of domestic violence. The centre offers a **safe** and **welcoming space** to them, an access to professional support and information, and opportunities to take part in preventive programs. Its mission is to help them navigate life's challenges and **prevent social exclusion**. It can hold up to 26 clients.

**Name of the centre:** POHODA Karviná

**Address:** V Aleji 435, 734 01 Karviná - Ráj

**Karviná** is a city of about 50,000 people, located in the territory of historical Silesia. It's a modern university town with good infrastructure and public transport.

**Website:** [POHODA KARVINÁ](https://www.pohoda-karvina.cz)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **connect** with children and teens through fun and engaging activities – such as **games, crafts** and **sports**
- **come up** with your own ideas or work as part of a team to create **leisure-time programs**: quizzes, sports tournaments, holiday events, cooking workshops, barbecues
- **help** with **school-related tasks**: homework, tutoring, preparing for tests, or assisting with presentations and other school projects
- **help** to create a space where children feel **safe, heard,** and **respected**

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## WHO WILL SUPPORT YOU ON YOUR JOURNEY?

- 👤 **your SUPERVISOR** at your hosting placement
- 👤 **your COORDINATOR** from the InterVIA team
- 👤👤👤👤👤👤 and of course **your fellow VOLUNTEERS!**



Find our more about us!



## AND WHERE CAN YOU VOLUNTEER?

# SALOME BOHUMÍN

**SALOME Bohumín** is a **social activation service** supporting **children** and **young people** with different levels of **mental, physical** and **combined disabilities**, with **autism**, or with **communication disorders** (aged 2-26) in developing their potential. Through targeted activities, the centre provides the clients with the opportunity to engage in **meaningful activities** and live a life like their peers.

**Name of the centre:** SALOME Bohumín

**Address:** Nerudova 1041, 735 81 Bohumín

**Bohumín** is a town in the Karviná District of the Moravian-Silesian Region. It is located on the border with Poland, just 9 kilometers northeast of Ostrava. The town has a population of about 20,000 people. Public transport in Bohumín includes both bus and train services – and the town is an important railway hub, making it easy to travel throughout the Czech Republic.

**Website:** [SALOME BOHUMÍN](http://SALOMEBOHUMIN.cz)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **work** directly with the clients depending on their **individual needs**
- help the clients to train **fine** and **gross motor skills**
- help the social workers **plan** all **specific activities** for the clients
- **participate** in the activities or just **observe** the work with the clients
- if the **Open Therapy for Autism** takes place, you might help the therapist with taking photos of it
- help to organize **leisure activities**, trips around the area, or visits to interesting places

✨ **SALOME Bohumín is waiting for you!** ✨

# INVY IN SLEZSKÁ DIAKONIE

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✨Come and join us! ✨

## WHAT WILL BE COVERED FOR YOU?

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- 💰 **Pocket money:** 7 EUR per day
- 🍴 **Food allowance:** 4200 CZK per month
- ✈️ **Travel costs to your project** and **back home**
- 🚗 **Travel costs to your workplace** and **seminars**
- 📖 **Czech language course** (60 minutes per week)
- 🛡️ **Health insurance**

## WORKING HOURS

- 6 hrs a day
- 5 days a week
- 2 days a week off
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## AND WHERE CAN YOU VOLUNTEER?

# SAREPTA KOMORNÍ LHOTKA

**SAREPTA Komorní Lhotka** is a **retirement home** (aged 65 and over) providing **accommodation services** to **seniors** whose health and social situation requires assistance from another person. This **newly renovated** centre helps its residents maintain the highest possible level of **independence** in their daily activities and live **dignified** and **contented lives**.

**Name of the centre:** SAREPTA Komorní Lhotka

**Address:** Komorní Lhotka 210, 739 53

**Komorní Lhotka** is a small village in the foothills of the Beskydy Mountains, with around 1,500 residents. It's a popular spot for hiking, outdoor sports, and relaxation. There are several guesthouses, restaurants, a Finnish sauna, and even herbal healing baths. Nearby towns: Třinec (10 km), Český Těšín (11 km), and Frýdek-Místek (13 km). The closest train station is in Hnojník (2.5 km). There are regular bus connections to surrounding towns.

**Website:** [SAREPTA KOMORNÍ LHOTKA](http://SAREPTA.KOMORNÍ.LHOTKA)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **help** the residents help with their daily activities
- **assist** and **support** them during activation activities, physical and breathing exercises
- **be involved** in memory and musical activities with the residents
- **read** books and magazines for the residents, **listen** to music, TV or radio with them, **talk** to them, listen to their life stories and **learn** from them - similar to grandparent-grandchild relationship you might know
- **take part** in seasonal events for the residents and use your own talents

✨ **SAREPTA Komorní Lhotka is waiting for you!** ✨

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## AND WHERE CAN YOU VOLUNTEER?

# SILOE OSTRAVA

**SILOE Ostrava** offers several types of services including a **day-care centre**, a **short-term respite care** and a **long-term residential care**. It provides care and support to **adults** aged 50+ living with **memory disorders**, primarily Alzheimer's disease or vascular dementia. These clients are no longer able to live independently and they need specialized daily assistance. Total residential capacity is 26 beds.

**Name of the centre:** SILOE Ostrava

**Address:** Rolnická 55/360, 709 00 Ostrava - Nová Ves

You'll be based in **Ostrava**, the third-largest city in the Czech Republic, known for its vibrant urban life and excellent public transport. It's easy to get around and explore the area!

**Website:** [SILOE OSTRAVA](http://SILOE.OSTRAVA)

**Program length:** 1st September - 31st August



### SCOPE OF VOLUNTEER WORK:

- **listen** and **talk** to the clients
- **read aloud** to them
- **help** them to solve crosswords, **play** simple board games, or participate in light exercises
- **assist** the clients during meals and daily activities
- **join** them on walks
- **support** one-off **events** at the centre (creative workshops, themed cooking, morning stretching) or **outside activities** (visits to museums, cultural events)
- **help** in the mobile **café** "U Lidušky"

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## AND WHERE CAN YOU VOLUNTEER?

# SECONDARY SCHOOL ČESKÝ TĚŠÍN

**Diaconal Secondary School Český Těšín** is designed for teenagers with **intellectual** and **physical disabilities**, as well as **autism**. The school provides high-quality, **personalized** education for children and young adults with **special educational needs**, using modern and creative teaching methods. It aims to **prevent** social and professional **exclusion** of the clients and **help** them actively **participate** in community life. The school fosters a friendly and calm, **family-like atmosphere** where creativity plays a key role.

**Name of the school:** Secondary School Český Těšín

**Address:** Dukelská 2096/5a, 737 01 Český Těšín

**Český Těšín** is a town in the east of the Czech Republic, right on the border with Poland, with a population of 23,000. It's one of the busiest border crossings to Poland and has a rich cultural life, with regular festivals and events. The town has good infrastructure and convenient public transport.

Website: [SECONDARY SCHOOL ČESKÝ TĚŠÍN](http://SECONDARY SCHOOL ČESKÝ TĚŠÍN)

**Program length:** 1st September - 30th June



### SCOPE OF VOLUNTEER WORK:

- **learn** about working methods and use them in a practice
- **offer** personal support to students throughout their daily activities – from morning community circles and practical skills training to movement sessions, relaxation techniques, music therapy, art therapy, or multi-sensory stimulation)
- **be involved** in reading books and playing musical instruments
- **cooperate** with teachers and assistants and become familiar with alternative forms of teaching
- **accompany** students during outdoor trips

✨ **SECONDARY SCHOOL Český Těšín is waiting for you!** ✨

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## AND WHERE CAN YOU VOLUNTEER?

# SECONDARY SCHOOL OSTRAVA

**Diaconal Secondary School Ostrava** is designed for teenagers with **intellectual** and **physical disabilities**, as well as **autism**. The school provides high-quality, **personalized** education for children and young adults with **special educational needs**, using modern and creative teaching methods. It aims to **prevent** social and professional **exclusion** of the clients and **help** them actively **participate** in community life. The school fosters a friendly and calm, **family-like atmosphere** where creativity plays a key role.

**Name of the school:** Secondary School Ostrava

**Address:** Štramberská 2871/47, Ostrava

You'll be based in **Ostrava**, the third-largest city in the Czech Republic, known for its vibrant urban life and excellent public transport. It's easy to get around and explore the area!

**Website:** [SECONDARY SCHOOL OSTRAVA](https://www.ostava.cz)

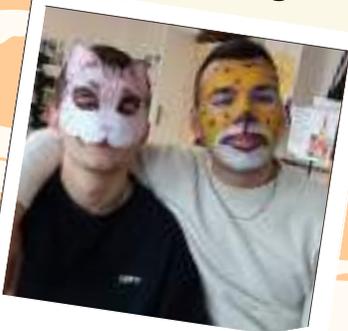
**Program length:** 1st September - 30th June



### SCOPE OF VOLUNTEER WORK:

- **offer** personal support to students throughout their daily activities — from morning community circles and practical skills training to movement sessions, relaxation techniques, music therapy, art therapy, or multi-sensory stimulation)
- **assist** teachers in subjects such as math, reading, writing, music, art, practical skills (including cooking), and crafts
- **take part** in various extracurricular activities — excursions, field trips, mini golf, swimming, and other sports activities
- **support** students during everyday routines, such as moving around school, getting dressed, or during mealtimes
- **share** your personal skills and talents

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AND WHERE CAN YOU VOLUNTEER?

# PRIMARY AND SECONDARY SCHOOL STARÝ BOHUMÍN

**Primary and Secondary School Starý Bohumín** provides high-quality, **personalized** education for **children** and **young adults** with **intellectual** and **physical disabilities**, using modern and creative teaching methods. It aims to help children actively participate in social life and **prevent** their **exclusion** from the wider community.

**Name of the school:** Primary and Secondary School Starý Bohumín

**Address:** Nám. Svobody 7, Starý Bohumín 735 81

**Bohumín** is a town in the Karviná District of the Moravian-Silesian Region. It is located on the border with Poland, just 9 kms northeast of Ostrava. The town has a population of about 20,000 people. Public transport in Bohumín includes both bus and train services – and the town is an important railway hub, making it easy to travel throughout Czechia.

**Website:** [SCHOOL STARÝ BOHUMÍN](https://www.schoolstarýbohumin.cz)

**Program length:** 1st September - 30th June

## SCOPE OF VOLUNTEER WORK:

- offer **personal support to students** during their daily activities – from morning community circles and practical life skills to movement activities, relaxation techniques, music therapy, art therapy, and multi-sensory stimulation
- **provide** individual support to students and **assist teachers** in lessons such as math, reading, writing, music, art, crafts and practical subjects (such as cooking)
- **take part in extracurricular activities**, such as excursions, field trips, mini golf, swimming, and other sports and leisure activities
- **assist students** during everyday routines, such as moving around school, getting dressed, or during mealtimes

✨ **SCHOOL STARÝ BOHUMÍN is waiting for you!** ✨



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## AND WHERE CAN YOU VOLUNTEER?

# PRIMARY SCHOOL OSTRAVA

**Primary School Ostrava** provides education for children aged 6 to 15 with **combined** moderate to profound **intellectual disabilities**, severe **physical disabilities**, and **autism**. By using modern and creative teaching methods, it aims to **prevent** the social **exclusion** of the children and **help** them build **confidence** and **independence**. The school fosters a family-like, calm, and **supportive atmosphere** in the classrooms where creative teaching approaches play a key role.

**Name of the school:** Primary School Ostrava

**Address:** Stojanovo náměstí 1, 709 00 Ostrava

You'll be based in **Ostrava**, the third-largest city in the Czech Republic, known for its vibrant urban life and excellent public transport. It's easy to get around and explore the area!

**Website:** [PRIMARY SCHOOL OSTRAVA](https://www.primaryschoolostrava.cz)

**Program length:** 1st September - 30th June



### SCOPE OF VOLUNTEER WORK:

- offer **personal support to students** during their daily activities, from practical life skills to movement activities, relaxation techniques, music and art therapy and multi-sensory stimulation
- **assist** students during everyday routines, such as moving around school, getting dressed, or during mealtimes
- **assist teachers** in lessons such as reading, writing, music, art, and other subjects
- **take part** in **sports** and **leisure activities**, such as excursions, field trips, mini golf, or swimming
- **share your own talents and skills** during classes!

✨ **PRIMARY SCHOOL Ostrava is waiting for you!** ✨