

# Prague 11

HOW CAN I GET INVOLVED IN MY NEIGHBORHOOD?

# Foreword

You'll be reading a short guide on how each of us can get involved in Prague 11. Whether you want to participate in shaping the society in which you live, or you're interested in your surroundings, or if you want to meet new people, or offer help to your fellow citizens, be sure to read on!

In this guide, you'll find a range of tips and examples, a short explanation of what "getting involved" means, an introduction to some of the people active in Prague 11, what your rights and opportunities are, why involvement can be of great benefit and, most importantly, how to get started.

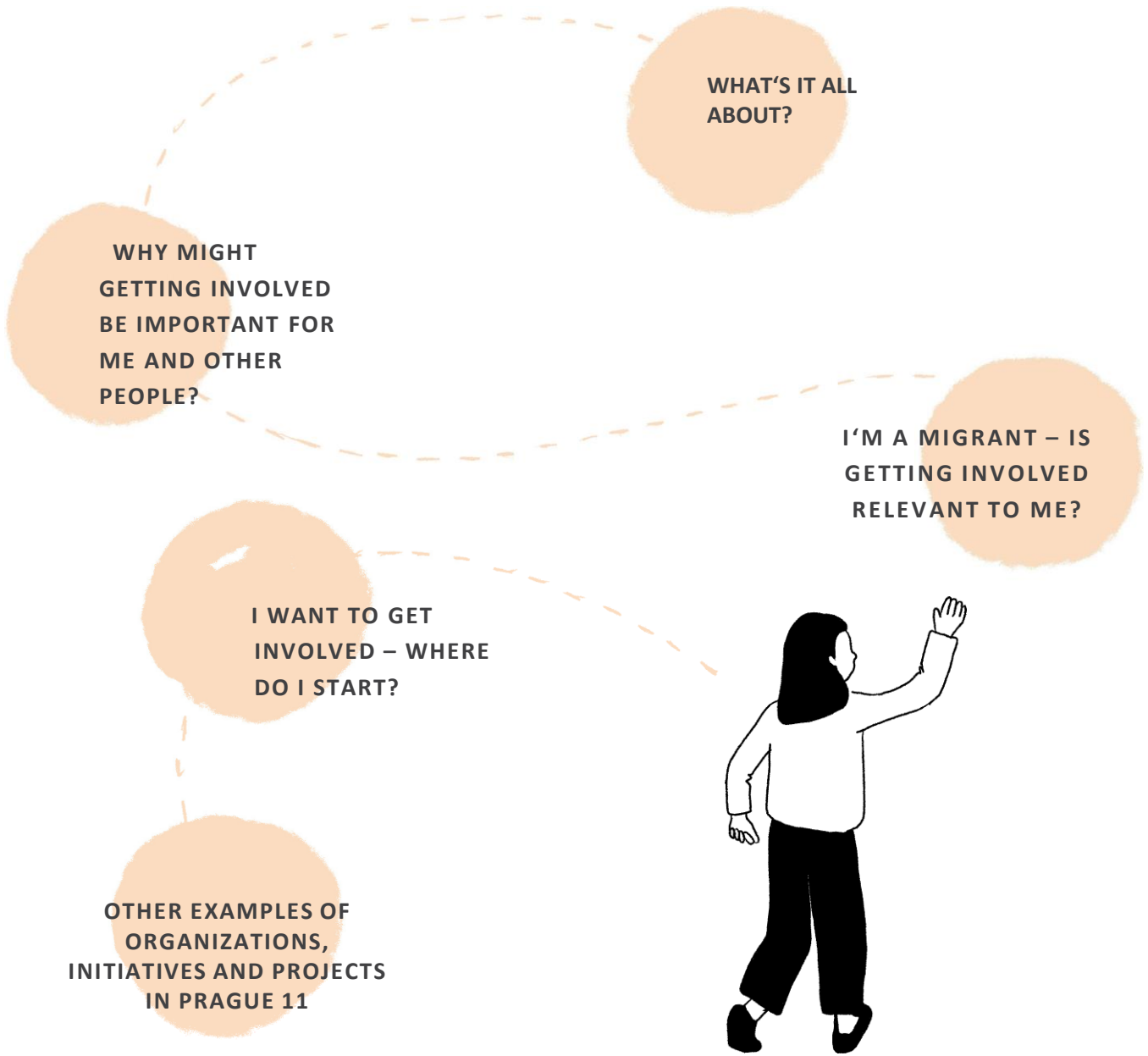
We hope that this guide will be a useful aid on your journey to active involvement. This is not an exhaustive list of all the ways in which you can become involved, but rather a series of examples that might serve as inspiration. In your own activities, you will undoubtedly come across other opportunities and initiatives, both from the people around you and also through various other organizations. Your neighbourhood is a living, constantly evolving organism, and you can make a significant contribution to it.

We would like to thank all organizations, civic initiatives and active individuals involved in the preparation of this guide.

On behalf of the authors

*Natalia  
a Mónica*

# Contents



# What's it all about?



Everyone contributes to and influences the place where they live in some way or other. By the very fact of living there, by your driving a car or through your decision about whether to sort out your waste. Each of these factors has a real impact on your environment. **Involvement means choosing to actively and consciously impact the community or place in which we live.**

It is very likely that many of us are already active in our communities without realizing it or without thinking of our actions as active citizenship. Even those smaller contributions, such as helping clean up the park, or making donations to good causes, can be described as civic participation!

**Involvement in public life genuinely comes in all shapes and sizes.** (You might also come across the terms "civic and political participation" and "active citizenship", which refer to the same concept.)

We'll look at a few of these a little later on in the brochure.



You can get involved, for example, in **non-profit organizations (NGOs)** such as voluntary associations, charitable foundations, and benefit corporations, etc. These organizations often work with **volunteers** and are open to all **new members and supporters**. NGOs deal with a great range of interests so there is sure to be one to cater to your passions (examples of such areas of interest include social and health care, community development, education, humanitarian aid, sports, environmental protection as well as many more).



#### EXAMPLE 1.

#### **HESTIA – CENTRE FOR VOLUNTEERING, registered institute**

*"We believe in a society where active involvement, and a willingness to initiate and implement positive change are a common part of life for us all. We at HESTIA contribute to this by supporting and developing volunteering in all its forms. We live by volunteering. We run our own volunteer programs and volunteering is rooted in the culture and daily life of the organization. We kindle the spark for volunteering. We inspire and enable individuals, groups and organizations to integrate volunteering of various forms into their lives over the long term. We bring a conscious approach to volunteering on the one hand and ensure a low-threshold for participation on the other. This means that anyone who is interested can volunteer. It's all down to your priorities, needs and capacities."*

#### WAYS OF GETTING INVOLVED

*"Residents can volunteer to take part in our programs. For example, we run long-term programs aimed at children from socially disadvantaged backgrounds - namely the "Pět P" (Five Ps) and "Compass" programs. Or, as part of corporate volunteer programs, employees can participate in various volunteer activities and help in a wide range of non-profit organizations, using either your particular professional expertise or any other skills you might have – or simply your own two hands."*

#### CONTACT US

[info@hest.cz](mailto:info@hest.cz), [www.hest.cz](http://www.hest.cz)

Another way of getting involved can be by **attending or helping organize various community events** that strengthen relationships between locals and improve the overall cohesion of local communities.

## EXAMPLE 2.

### JIŽNÍ MĚSTO NEIGHBORHOOD ASSOCIATION, registered association

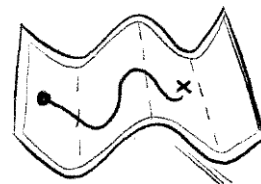
*"The neighbourhood association is a community space for meeting individuals and families from the area and spending time together through games, arts and crafts, work, entertainment activities, celebrations and other activities. The mission of the association is to create neighbourly relations, ensuring that all in the community feel at home."*

#### WAYS OF GETTING INVOLVED

*"We aim to build neighbourly relations through membership of the association. Members can use the association's facilities as their "living room" and can also participate in various activities, such as the morning community group (small children welcome too!), afternoon arts and crafts, exchange bazaars (swap meets), movie nights, playing board games, and so on. You can actively participate in organizing events for the public in the association's clubhouse and beyond. If you don't speak Czech fluently, you will be able to use your English to communicate."*

#### CONTACT US

sousedskaklubovnajm@gmail.com, Anička Černá tel.: +420 773 750 244



## EXAMPLE 3.

### JIŽNÍ MĚSTO CULTURE, benefit corporation

*"Jižní Město Culture runs the "Zahrada" and "Chodovská tvrz" Cultural Centres, as well as the Chodov Local Public Library, to deliver cultural programs and educational and leisure activities. Through these, it contributes significantly to the development, delivery and availability of cultural services for the inhabitants of the Prague 11 district and in general to the cultivation of the local environment and the support of community life."*

#### WAYS OF GETTING INVOLVED

*"We provide facilities for migrants with talents in the arts (for example musicians and artists), facilities for association activities and for language teaching. Artists are welcome to participate in our programs. The public can also participate in organizing community events (whether attending such events or helping to organize them; you can also approach us with your own ideas)."*

#### CONTACT US

Kulturní Jižní Město o.p.s./KC Zahrada  
Malenická 1784, 148 00 Praha 11, [www.kczahrada.cz](http://www.kczahrada.cz), [www.chodovskatvrz.cz](http://www.chodovskatvrz.cz)  
ivana.jirovska@kczahrada.cz, tel.: +420 271 910 246

Involvement in public activities is also possible on the premises of **state institutions, such as libraries, youth centres, retirement homes, and hospitals, etc.**



#### EXAMPLE 4.

### NOVÁ ŠKOLA, ("NEW SCHOOL") BENEFIT CORPORATION, PARTNERSHIP WITH THE MUNICIPAL LIBRARY OF PRAGUE (MLP)

*"The basis of the program is the regular provision of volunteer "intervention programs" which help prepare students for their studies in local primary schools and during the first years of secondary school. This is done in an open and neutral library environment, in a low-threshold form, i.e. without the need for prior registration or regular attendance. This support is open to all interested parties from local primary schools, and we pay special attention to foreign pupils and pupils with different mother tongues. Children can work on their particular needs with volunteers, including completing homework, practising and consolidating new concepts, and preparing for the transition to high school. Tutoring is followed by leisure activities intended to help these students integrate in their communities."*

#### WAYS OF GETTING INVOLVED

*"You can volunteer to tutor students. It is possible to teach in tandem (i.e. in pairs)."*

#### CONTACT US

Michal Kryl, [michal.kryl@novaskolaops.cz](mailto:michal.kryl@novaskolaops.cz), Nová škola, o. p. s.,  
[www.novaskolaops.cz/svk](http://www.novaskolaops.cz/svk)

Municipal Library of Prague, Opatov branch – Opatovská 1754/14, Praha 11  
[www.mlp.cz/cz/pobocky/opatov/#o-pobocce](http://www.mlp.cz/cz/pobocky/opatov/#o-pobocce)

#### EXAMPLE 5.

### HOME FOR THE ELDERLY AND RESPITE CARE CENTRE HELPING THE ELDERLY AND THEIR FAMILIES

*"We provide short-term and permanent residence for seniors who can no longer be alone in their own homes. We provide social counselling to families and others relevant to our services."*

#### WAYS OF GETTING INVOLVED

*"Volunteering can involve such activities as arranging walks for wheelchair-bound clients or for those who need assistance while walking. Providing company for seniors, talking to them, reading to them, or sharing a cup of coffee with them, are all ways of helping."*

#### CONTACT US

Jihoměstská sociální a.s, <https://jmsoc.cz>  
Mgr. Michaela Konvičná - manager of the Home for the Elderly and Respite Care Centre,  
tel. +420 603 205 399, [michaela.konvicna@jmsoc.cz](mailto:michaela.konvicna@jmsoc.cz)

# Another way of getting involved relates to **cooperation between the city district and its residents.**

Residents can be involved in city/district planning, for example during open days, by partaking in various consultations phases, and joining community outings, bike rides, round tables, online platforms, working groups, and neighbourhood meetings, etc. Involving residents can complement the work of state institutions and help reveal exciting new perspectives. It is useful to create a partnership between the state and its people, where both parties listen to one another and act in the best interests of society at large.

## EXAMPLE 6.

### ZDRAVÁ PRAHA 11 ("HEALTHY PRAGUE 11") (National Network of Healthy Cities of the Czech Republic )

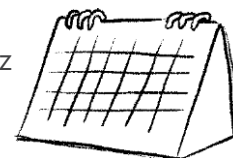
*"In this program, we encourage citizens to actively participate in public life. In cooperation with the public we identify priority areas for change, help solve the problems of those concerned and affected by this change, collect ideas and opinions on various topics, and build partnerships in the district, thus supporting community life. We also locally implement projects which have a proven record of success elsewhere in the Czech Republic or internationally."*

#### WAYS OF GETTING INVOLVED

*"You can personally participate in public planning meetings and sending feedback on specific topics using various tools (e.g., online or paper questionnaires, etc.). In addition, you can also participate in the public monitoring of the Prague 11 municipality (usually once a year), and in competitions for different age groups (for events such as Health Day and Earth Day, etc.)"*

#### CONTACT US

Ing. arch. Kristýna Jirsová, coordinator of Healthy Prague 11, [jirsovak@praha11.cz](mailto:jirsovak@praha11.cz)



## EXAMPLE 7.

### SPOLU ZA LEPŠÍ 11 ("TOGETHER FOR BETTER 11") Budget consultation for Prague 11

*"We look to involve citizens in improving their environment and surroundings. Citizens can make proposals on what they want to improve in their local area. Other citizens then vote on the proposals and the most popular of these are implemented by the Prague 11 council."*

#### WAYS OF GETTING INVOLVED

*"Residents of Prague 11 can submit project proposals. An understanding of Czech is, in this case, important for the processing of applications (so for possible support, you can contact the coordinator)."*

#### CONTACT US

Alžběta Plocová, tel.: +420 775 737 337, [www.participativni-rozpocet.cz/praha11](http://www.participativni-rozpocet.cz/praha11)

# **Schools are another very important place for getting to know each other.**

There are a number of schools that are excited about working with parents, supporting volunteering, leading their pupils in active citizenship, helping solve local social problems and providing opportunities for lifelong learning. Particularly for parents, schools can offer a number of opportunities to get involved.

## EXAMPLE 8.

### PRIMARY SCHOOL, PRAGUE 4, MENDELOVA 550

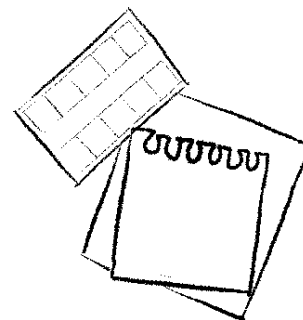
*"We call ourselves the 'School of the Successful Life'. Our goal is to make a difference for every student. We support equal opportunities for every child's education and we take heart from the success of every individual. Our priority is to provide skills that will serve students throughout their lives. We work very closely with parents: they are our helpers and advisors."*

#### WAYS OF GETTING INVOLVED

*"You can get involved in information sharing and community meetings, as well as school events such as festivals and exhibitions. You can also participate in the parents' association, which helps the school to run events and implement strategy."*

#### CONTACT US

Primary School, Prague 4, Mendelova 550, skola@zsmendelova.cz



## EXAMPLE 9.

### PRIMARY SCHOOL, PRAGUE 4, MIKULOVA 1594

*"We are a 'living school". We value education, inspiration and understanding."*

#### WAYS OF GETTING INVOLVED

*"Parents can take part in school events, class meetings, and various informal meetings. They can also get involved in the Association of Parents and Friends of the School, the School Board or help with class events. There is the opportunity to help prepare school events, and also to help in decision-making and problem-solving about the activities of the class or the running of the school."*

#### CONTACT US

Primary School, Prague 4, Mikulova 1594, lipertova@zsmikulova.cz

## EXAMPLE 10.

### PRIMARY SCHOOL, PRAGUE 4, DONOVALSKÁ 1684

*"Teaching and learning take place according to the school educational program which we call "Bridges to Knowledge". The focus of the school is on a broad education with particular emphasis on foreign languages, computer science and physical education."*

#### WAYS OF GETTING INVOLVED

*"You can help by running extra-curricular activities groups, giving talks, or inviting a class to your workplace for a trip."*

#### CONTACT US

[www.donovalskazs.cz/kontakt](http://www.donovalskazs.cz/kontakt), [marekt@donovalskazs.cz](mailto:marekt@donovalskazs.cz)



**We can also be active in society in more informal ways,** which means that we do not necessarily have to be involved in the activities of specific organizations or institutions. We can act on our own initiative, but also together with other people (such as our neighbours and friends).

# Why might getting involved be important for me and other people?

The reasons for civic or political involvement are very much related to what one expects from the activity. In other words, what motivates a person to actively participate? What are their needs? What are their interests and what specifically do they expect to get from participating? Most people are motivated by a number of factors at any one time and it is difficult to say which of these is most compelling.

**Practically speaking, we can say that active involvement allows us, as examples, the following opportunities:**

- **Gain** new knowledge, competencies or skills. For migrants, it is also a good chance to practice Czech.
- **Widen** our horizons and take pride in the knowledge that we are doing something to help.
- **Meet** other active people who share our values and who can support one another.

Besides the fact that it might benefit citizens on a personal level, it is also important to look at involvement from the point of view of local communities and the wider society. **So how does involvement actually benefit society?**

By getting involved, I show that **I care about my home, that I have an interest in how society evolves, and that I also take my share of responsibility for this development.**

With as many residents as possible getting involved, a range of different views finds its way into public debate and a **voice is given to all groups** in a community. In the context of migration, this is arguably of even greater importance, as a significant proportion of foreigners living in Prague are not politically represented and cannot influence political events through elections.

**You are still not sure if  
you can join the civil  
society.**

**Isn't this a privilege of  
the citizens of  
the Czech Republic?**



# I'm a migrant – is getting involved relevant to me?



Still you might ask whether involvement applies to you at all? You come from another country, and you have found your new home in Prague, but **perhaps you are still not sure if you can get involved as a citizen?** Isn't this a privilege of the citizens of the Czech Republic?

People from abroad living in the Czech Republic have the right to participate in society. Among the ways of getting involved, they can express their opinion on what is happening in the place where they live, they can offer support to others through volunteering, they can start their own associations, they can partake in their own community activities, and they can stay informed about and be part of the community in which they live. **The vast majority of opportunities to get involved are open to migrants.**

However, some important **political rights**, especially for **people from outside the EU, are still significantly limited**. These people do not have the right to vote, cannot participate in referendums, nor can they be members of political parties.

**EU citizens** with permanent residence (or even temporary residence if they are added to the electoral roll at a municipal office) have the right to vote at a local level and in elections to the European Parliament. EU residents can take part in referendums and can be members of a political party if statutes permit.

## I want to get involved – where do I start?



Becoming an active member of the community or neighbourhood in which we live can seem difficult at first, especially if we don't know anyone or if we have no previous experience in civic life. But don't be discouraged. There is always a way to access the relevant information and to create new contacts. Language can also be a limiting factor, but there are usually people willing to speak other languages – or it's just a matter of time before we learn to speak Czech. If you've already decided to try and get involved, here are **some tips** to help get you started.

# Tips and recommendations, including other examples of organizations, initiatives and projects in Prague 11.

## 1. TAKE A MOMENT TO THINK ABOUT WHAT REALLY INTERESTS YOU.

You can use these questions to help you, for example:

What interests me the most?

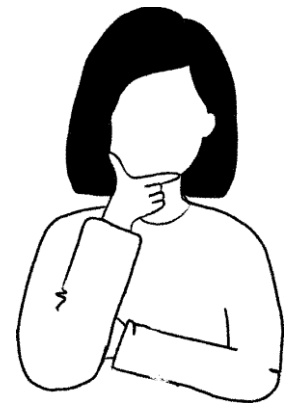
What do I have to offer, what skills do I have, what am I particularly good at?

What have I done in the past and enjoyed?

What do I want to learn?

What topics would I like to explore?

Try to choose the topic that resonates most with you. Of course, there might well be more than one topic you want to address.



## 2. FIND OUT WHAT ACTIVITIES ALREADY EXIST IN THE AREA THAT INTERESTS YOU, AND WHO IS ALREADY INVOLVED IN THE TOPIC.

For example, if you're interested in what's going on in the neighbourhood, you can start by simply finding out more about where you live. Start by going for a longer walk and making yourself more familiar with the city:

What do we have here?

Do we have a library, cultural centre or community garden here?

Who are my neighbours?

How do I interact with the area? How does it affect me?

What would I like to change?

What services does the local municipal office provide? Where is the office located?

Can I find out about anything from leaflets and posters in public spaces?



You can also start by regularly reading the newsletter published by the city district.

The internet is undoubtedly a great source of information. There are also a large number of multilingual clubs or support groups on social networks, and you can use these to ask specific questions or just keep up to date with what different organizations are preparing.

You can also get in touch with an intercultural worker, who will be able to provide you with basic information about ways of getting involved. A list of intercultural workers can be found by following this link: <https://metropolevsech.eu/cs/seznam-interkulturnich-pracovniku/>

## 3. FIND YOUR OWN WAY OF GETTING INVOLVED AND GET STARTED.

There really are countless opportunities. As we have mentioned, people can be involved in local politics and the activities of non-profit organizations, local community and neighbourhood events. You can take the initiative yourself or club together with a bunch of like-minded people and strive for change together.

If you need support or help getting started, **this brochure includes some examples of organizations and institutions that you can contact.** Of course, it's also always possible to **directly contact others** who are already active in a particular area. Connect with others who share similar interests or concerns, ask them for information, try things out.

The way we behave has a fundamental and profound effect on the society we live in. The more we show an interest in what's going on in our community, the more we connect with other people, the more we share what's really important to us, so the more we feel at home.

# Other examples of organizations, initiatives and projects in Prague 11

## RODIČE PRO JIŽŇÁK ("PARENTS FOR SOUTH TOWN") - A CIVIC ASSOCIATION FOCUSED ON COMMUNITY LIFE IN JIŽNÍ MĚSTO (SOUTH TOWN)

*"The purpose of Parents for South Town is to create a community of neighbours across Jižní Město in order to improve living conditions in Prague 11, and to build a place in which quality life is accessible not only to children, but also to their parents and grandparents."*

### WAYS OF GETTING INVOLVED

*"You can assist with events for children. You can help with organizing various games, designing and improving the environment, painting with children in public spaces, landscaping, and maintaining community gardens, among other activities.."*

### CONTACT US

info@rodiceprojiznak.cz, tel.: +420 725 946 461, [www.rodiceprojiznak.cz](http://www.rodiceprojiznak.cz)

## EDA CZ, REGISTERED INSTITUTE, HELPS CHILDREN WITH VISUAL AND MULTIPLE DISABILITIES, AND THEIR FAMILIES

**Our services include:** EARLY YEARS CARE – we offer social services including support from professionals, as well as help for families with children with visual or combined disabilities, from birth up to the age of 7 years. CRISIS HOTLINE - The EDA hotline (800 40 50 60) is available to caregivers and loved ones who have concerns about the health of their dependents. SPECIAL EDUCATION CENTRE EDA

### WAYS OF GETTING INVOLVED

*"You can assist in the following ways: landscaping, organization, administrative and artistic activities, helping out with the e-shop and bazaars, organizing charity events or in other ways upon agreement."*

### CONTACT US

EDA cz, registered institute, Filipova 2013/1, 148 00 Praha 4 – Chodov,  
tel.: +420 724 400 820, info@eda.cz

## **KLUB VOZÍČKÁŘŮ PETÝRKOVA - KVP ("Wheelchair Club Petýrkova"), charitable trust**

*"We help adults with physical disabilities in Prague 11 to lead an independent life. We are more than just a personal assistance service. The organization was established and operates in a complex of barrier-free apartments in Petýrkova Street in Prague 11. Our connection with this area is important for KVP and is reflected in the mission, activities and name of the organization. Our services are used by approximately 50 clients a year between the ages of 27 and 87, and since the early 1990s the organization has provided hundreds of thousands of hours of assistance to those in need."*

### **WAYS OF GETTING INVOLVED**

*"Our non-profit organization does not have a volunteer program. However, your involvement may take the form of a financial or material donation, for example the donation of a service or other types of support. Any support for our activities is welcome and meaningful."*

### **CONTACT US**

tel.: +420 727 821 669, info@kvp.cz

## **DEPARTMENT OF HEALTH AND SOCIAL AFFAIRS, MUNICIPAL OFFICE OF PRAGUE 11**

*"The Department of Health and Social Affairs independently provides services in the field of social care and health care, coordinates organizations established by the City District, monitors grant programs in social and health fields, as well as processing and submitting applications to the City District for grants, and providing methodological assistance to NGOs. Some of the outputs of the department's activities include: a catalogue of providers of social and related services (<https://www.praha11.cz/filemanager/files/32421.pdf>), a Focus Group for the Prevention of Social-Emotional Problems, and a Focus Group for the Integration of Foreigners."*

### **WAYS OF GETTING INVOLVED**

*"You can get involved in a number of ways, including: attending consultation meetings on how to develop social and related services in the Prague 11 district and meetings of social service providers - the outputs of the department's focus groups and regular networking are available to the public."*

### **CONTACT US**

Municipal Office of Prague 11, Ocelíkova 672/1, 149 00

Prague 4 Mgr. Barbora Matysová,

matysovab@praha11.cz

[www.praha11.cz/cs/media/foreigners-cizinci/](http://www.praha11.cz/cs/media/foreigners-cizinci/)

Van Anh Tranová, intercultural worker for the Vietnamese minority in the Prague

11 district, tranovava@praha11.cz, tel.: +420 778 527 939,

[www.facebook.com/%E1%BB%A6y-ban-Praha-11-104672784646928](https://www.facebook.com/%E1%BB%A6y-ban-Praha-11-104672784646928)



## SBOR DOBROVOLNÝCH HASIČŮ ("VOLUNTARY FIREFIGHTER UNIT") PRAGUE 11 – CHODOV

### ***The mission of the Voluntary Firefighter Unit is:***

- *to help protect citizens' health, lives and property against fire or other natural disasters during which life, health or property is in danger ("emergencies")*
- *to create and deliver activities for children and young people in order to develop their sense of responsibility, their character, and their respect for the country, nature and the whole human community. To help young people to understand how to prevent fires and how to respond to such emergencies;*
- *to support the general sports activities of its members and to enable the development of their personalities, their intellectual and physical abilities. We value the principles of sport, healthy lifestyle, representation and practice, and we provide a space for these activities to take place;*
- *to organize and support voluntary activities*

### WAYS OF GETTING INVOLVED

*"Among the ways in which you can get involved are: joining a team of young firefighters (including representing City District Prague 11 in sports activities); volunteering activities according to our current needs; getting fit. Note: Firefighting is a complex topic and so at least a basic knowledge of the Czech language is required in order to undertake learning about the subject."*

### CONTACT US

Bohůňova 1341/3, 149 00 Praha – Chodov, [starosta@sdhp Praha11chodov.cz](mailto:starosta@sdhp Praha11chodov.cz)

**PIONÝR, (“PIONEER”), registered institute  
213 PIONÝR GROUP UFO**

*“We are a cycling group and we get together every Wednesday on our bikes. Once a month we go on trips or expeditions, either by bike or on foot. In the summer we also have a two-week camp. We nurture children’s love of sports and nature. We encourage communication, collaboration and the natural playfulness of children. It is not our goal to create professional cyclists of children, but rather fostering the principles mentioned above is more valuable to us.”*

**WAYS OF GETTING INVOLVED**

*“Every year we organize a public event called “Spring Cyclo-cross”, which anyone is welcome to join. We don’t have any other activities yet, but we are already working on some ideas. We are happy to get involved in other activities with other groups!”*

**CONTACT US**

info@oddilufto.cz, tel.: +420 773 546 535



**MEZI NÁMI (“AMONG US”), benefit corporation**

*“Mezi námi is a benefit corporation that has been bringing together seniors and children for 8 years. We want the oldest in society to be able to meet the youngest, and to discover together how beautiful and enriched their worlds are when they are interconnected. In the intergenerational CHALLENGE program, we link kindergartens / primary schools with seniors’ facilities. We organize regular meetings of children with seniors and help create space for joint dialogue and activities. As part of these intergenerational meetings, children from kindergartens, primary schools and seniors from nursing homes meet regularly, do arts and crafts, and get to talk to one another and spend time together. The READ program connects the world of seniors, children and books. Senior volunteers regularly visit kindergartens to read stories to children. In this way, the children can “adopt” a magical fairy-tale grandmother or grandfather, and the seniors in turn can draw on the energy of the children they visit.”*

**WAYS OF GETTING INVOLVED**

*“You can volunteer to help in kindergartens and senior facilities, or in community intergenerational activities such as arts and crafts workshops, etc.”*

**CONTACT US**

[www.mezi-nami.cz](http://www.mezi-nami.cz), info@mezi-nami.cz, tel.: +420 604 356 300



**OKAMŽIK (“MOMENT”), registered institute; we help people with severe visual impairments in various areas of their lives.**

*“The mission of Okamžik is to support visually impaired people to live full, independent lives and to connect them with the world of people without disabilities through social services, as well as voluntary, cultural, educational and other activities.”*

OUR CURRENT PROJECTS INCLUDE:

**Volunteer Centre** (an accredited volunteer program)

**Centre for the Active Life of the Visually Impaired** (a registered social service) that organizes group events and delivers individual support.

**Counselling centre** (a registered social service) that provides individual and group counselling. Support for blind parents in the education of their children - helping families with in-school and out-of-school learning support for children.

#### WAYS OF GETTING INVOLVED

*“We are always looking for new volunteers for our Volunteer Centre to develop long-term working relationships with clients. Volunteers can help the blind with various leisure and practical activities (e.g. walks, sports, culture, shopping, accompanying clients to medical appointments). It is important that volunteers be able to communicate fluently in Czech to ensure the safety of clients.”*

#### CONTACT US

[www.okamzik.cz](http://www.okamzik.cz), [okamzik@okamzik.cz](mailto:okamzik@okamzik.cz), tel.: 775 209 055

#### **HORNOMLÝNSKÁ, benefit corporation - FILIPOVKA CENTRE**

*“We run the Filipovka Community, Integration and Leisure Centre, which offers various opportunities for all those who wish to spend their free time actively. In our activities, we focus mainly on families with children and seniors. The centre has a multifunctional room, a club room, and a games room, all fully equipped, as well as a large garden. Our premises are available to everyone to use, even for private events. Detailed information on the possibilities for using our facilities can be found at: <http://www.hornomlynska.cz/komunitni-integracni-a-volnocasove-centrum/>”*

#### WAYS OF GETTING INVOLVED

*“You can rent our premises for the organization of your own activities. You can also participate in our public events.”*

#### CONTACT US

Ing. Roman Mucha - [reditel@hornomlynska.cz](mailto:reditel@hornomlynska.cz), tel.: 733 553 105

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