

TOPIC

Interactive virtual installation featuring real Ukrainian contemporary gallery

PROBLEM

Lack of exposure of contemporary cultural reality during active warfare in Ukraine and limitations on international artistic societal exchange.

WHY

- Better understanding of social reality and erasure of culture during the age of material and digital colonialism
- Facilitating environment of empathy and cultural equity
- Bridging contemporary art in Czech, Ukrainian, and international communities

ACTIVITIES

- Hosting an event on the exhibition opening (facilitating cultural exchange)
- Exhibiting contemporary ukrainian artists (refugees and the ones based in Ukraine)
- Providing an interactive virtual experience of visiting a gallery in Kyiv

GET INVOLVED

For volunteer opportunities contact us via email

TOPIC

Supporting Women in Their Postpartum Journey

PROBLEM

Postpartum women often lack emotional, psychological, and community support.

WHY

- Supports mental health and reduces postpartum depression.
- Strengthens family bonds and early childhood development.
- Creates a supportive network, reducing isolation.
- Benefits Czech society through healthier families and empowered women.

ACTIVITIES

- Psychological workshops for new mothers
- Peer support groups and community meetings
- Expert-led discussions on postpartum care
- Volunteer programs for mentorship and guidance

GET INVOLVED

Follow us on social media: @cuokd_prague

Scan the QR code for volunteering and support opportunities.

WHERE

In community centers across Prague and online.

CONTACT

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MigAct

TOPIC

Building Community Connections in Nusle through a Buddy Program

PROBLEM

Urban social isolation and lack of intercultural connection between locals and people with migration backgrounds.

WHY

It will:

- Reduce social isolation and mental health risks
- Encourage cultural understanding

- Strengthen the local community network
- Support inclusion of people with migration backgrounds

ACTIVITIES

- Monthly community gatherings (e.g. picnics, movie nights, workshops, cultural evenings)

- Paring locals and people with migration background based on shared interests
- Suggestions for pair activities
- Encouraging exploration of Nusle together

GET INVOLVED

Contact Raquel

WHERE

Prague 4 – primarily in Nusle

CONTACT

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Raquel Falcão

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TOPIC

Sustainability & climate change

PROBLEM

- low awareness on the topic of sustainability and climate change
- difficulty in knowing practical solutions to be more sustainable
- few engaging ways to bring people together on these issues

WHY

- climate change is a global emergency
- a green transition is based on the exchange of good practices
- Czech citizens can benefit from the experience of foreign citizens
- foreign citizens can benefit from points of view other than their own

ACTIVITIES

- workshops based on gamification
- documentary screening

- webinars on sustainability and sustainable tourism
- CSR solutions for companies
- volunteering opportunities

GET INVOLVED

- www.travapowa.eu
- Support LinkedIn: TravaPowa
- donations (tax deductible)
- volunteering
- hosting events
- funding youth mobility



WHERE

- Prague
- Czech Republic
- Europe
- Online

CONTACT

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TEMA

Zapojení nově naturalizovaných českých občanů do aktivní účasti ve volbách

PROBLÉM

Vzestup populismu a antidemokratických tendencí v společnosti.

PROČ

- Společná účast je odpověď na rozdělující politiku
- Lepší integrace migrantů do české společnosti
- Omezení vlivu populismu a dezinformací

AKTIVITY

- Multijazyčné volební průvodce s informacemi o politické scéně ČR a motivačními nástroji k účasti ve volbách
- Vytváříme volební kalkulačku s tématy důležitými pro nové občany, aby se léape orientovali v české politice

JAK SE ZAPOJIT?

www.volbyprovsechny.cz

KDE

Praha a online

KONTAKT

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TOPIC

Kindness Exchange Box in Žižkov (specific location to be defined)

PROBLEM

By creating a **kindness hub**, we connect communities (Czechs and foreigners), combat isolation, and help to promote cultural exchange and understanding.

WHY

It connects communities, celebrating differences while uniting us through a shared value: kindness.

- Builds a sense of community and belonging.
- Creates a welcoming space for foreigners to connect with locals
- Strengthens kindness, empathy, and cultural bridges within society.

ACTIVITIES

- Installing kindness exchange boxes (starting with one in my neighborhood) in local businesses/public spaces.
- Promoting the initiative and encouraging people to share notes, gestures and stories.
- Curating content to ensure positivity and inclusivity.

GET INVOLVED

I'm still in the process of setting up the project's social media platforms and would love to engage Czech speakers to help me.

WHERE

Place to be defined, but the box can be installed in a local café or public space.

CONTACT

 kindness.laskavost@gmail.com

TEMA

Odborně zaměřené workshopy pro ženy uprchlice z Ukrajiny s dětmi do a vč. 12 let

PROBLÉM

Nízká míra profesního uplatnění na Českém trhu práce vysoce kvalifikovaných žen, které s dětmi uprchly před válkou, způsobena především logistickými překážkami v novém prostředí.

PROČ

Uprchlci:

- Čas pro kariérní rozvoj (pomoc s hlídáním dětí),
- Důstojné uplatnění na trhu práce ČR,
- Lepší integrace do hostitelské společnosti.

Zaměstnavatelé:

- Uspokojení poptávky po kvalifikovaném personálu.

Stát:

- Efektivní využití pracovní síly.

AKTIVITY

Souběžné workshopy:

- Pro ženy (dle odvětví): legislativa a regulativní normy ČR a EU; odborná čeština; využití typických softwarů zavedených v českých firmách.

- Pro dětí (dle věku): vzdělávací hry, tvůrčí aktivity, základy efektivní komunikace

JAK SE ZAPOJIT

Kontaktujte mě na emailu: marharyta.golobrodska@gmail.com

Budu ráda za finanční nebo materiální podporu, a také za nabídku znalostí, dovedností a zkušeností, které byste mohli na workshopech předat

KDE

Nejdříve v Praze, potom doufám v rozšíření do dalších krajských měst.

TOPIC

Postcards from Foreign Czechs

Let's send a Go Vote! Postcard to every household in Prague in September!
That's 600.000 cards!!!

PROBLEM

Czech politics are increasingly divisive, with migrants scapegoated.
Populist rhetoric fuels mistrust, ignoring real issues while pushing Czechia toward oligarchy and authoritarianism.

WHY

- Countering divisive narratives and mistrust
- Shifting political focus toward real societal issues
- Fostering a culture of dialogue, understanding and participation
- Empowering PMBs as active participants
- Reaching a broad audience in everyday spaces
- Promoting democratic engagement and informed voting

ACTIVITIES

- Messaging workshop → 8 April, see
 - What would 'foreign Czechs' want to tell 'voting Czechs' about the upcoming elections?
 - How would voting Czechs receive those messages?
- Postcarding party - foreign Czechs and voting Czechs write postcards together
- Distribution day!

GET INVOLVED

- Join me on Tuesday 8 April for an Intercultural Messaging Workshop!
- Organize a party or coffee morning and write!
- Buy some postcards when they are ready!
- Come and organize with me!

<https://www.suzanneverhaar.eu/postcards-from-foreign-czechs>