



INEX-SDA

WORKCAMPS



CZECH REPUBLIC

2019

INEX-SDA WORKCAMPS IN 2019

ABOUT INEX-SDA

INEX – Association of Voluntary Activities is a non-governmental not-for-profit organisation founded in 1991 to carry out and support international voluntary work and intercultural education. We arrange voluntary placements abroad for Czech volunteers and organise voluntary projects in our country for incoming foreign volunteers. Annually we send almost 500 volunteers abroad to short-term or long-term projects and welcome around 300 volunteers in the Czech Republic.

The mission of INEX-SDA is to:

1. encourage development of a respectful and open society,
 2. promote an active and responsible approach to the world around us both locally and globally.
- Our tools are international voluntary projects, educational programs and campaigns.

We create space in which especially people can gain new experience, expand their skills and develop their own views of the complexity of the world around them.

BASIC GENERAL INFORMATION FOR WORKCAMP PARTICIPANTS

Age limit: Minimum age is 18 years. If not stated differently, there is no maximum age limit. For teenage workcamps, the age limit is 15-17. For family workcamps, the age limit for children is 5-12.

Duration of the projects: 8 - 24 days

Number of volunteers per project: 5 - 15 volunteers + 1-2 campleaders

Project language: English

Working hours: Approximately 6 hours per day with 1-2 free days/week

Study part:

Depending on the local possibilities: excursions, discussions, workshops, guided tours or intercultural evenings for public are planned as part of each project. In this way INEX-SDA supports non-formal (intercultural) learning in relation to the projects' topics.

Insurance:

INEX-SDA provides basic liability insurance for the project participants above 15 years old, covering the costs of damages up to about 2,900 EUR. INEX-SDA does not provide any health insurance for the workcamp participants. Volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to arrange additional travel insurance. Volunteers need to bring all the necessary documents along with them.

Other requirements:

No special knowledge or skills are required, but enthusiasm and interest in the project is necessary. For some projects we ask for a motivation letter, a certificate of good conduct and/or a medical form. The motivation letter needs to be handed in with the application form. The certificate of good conduct must be sent as a scan 4 weeks before the project starts and brought by the volunteer to the project. The medical form will be sent after acceptance of the volunteer to be filled in and signed by a doctor. Please note the additional information in the project descriptions.

Teenage workcamps:

INEX-SDA teenage workcamps are open for participants from 15 to 17 years old. We require from each underage participant to send us a **parental authorisation** and a **medical form** filled and signed by a parent or a legal guardian. Both documents will be provided after acceptance and must be sent as scan copies no later than 4 weeks before the start of the workcamp (by email) and then brought to the workcamp (in hard copies).

Participation fee:

Due to limited access to public resources INEX-SDA has in 2019, we kindly ask participants to contribute 20 EUR towards the costs of general administration at some of our workcamps. The fee

will be collected upon arrival. Please note that this fee does not directly contribute to the workcamp budgets.

For teenage and family workcamps, we ask participants to contribute with a fee which covers the costs of some free time activities and/or accommodation, food, and costs of local leader/main campleader. The fee needs to be sent to us by a bank transfer in advance. Bank details and deadline for payment will be provided in the acceptance email.

Cancelation policy:

In case of last minute cancelation (less than 3 weeks before the start of the camp), cancelation policy applies: 35 % of the fee is non-refundable. We refund the fee upon request.

Campleaders:

Our workcamps are led by one or two campleaders who coordinate the everyday life in the group. They cooperate with the local partners and facilitate decision-making in the group. Our campleaders are required to complete an intensive 3-day training especially designed to their needs. Our campleaders also have basic first-aid training.

Reservations:

Please note that your reservations finish on May 1st for all projects stating before July 1st and on May 30th for all project starting after July 1st.

Alliance Access 4 All Campaign:

We welcome volunteers with fewer opportunities at our workcamps. Placement to the right project will be based on volunteers' needs and cooperation between all the parties involved. We use A4A tools.

CLASSIFICATION OF THE INEX-SDA WORKCAMPS

Our workcamps can be classified into four thematic groups:

1. Help the Community (project code starts with 1)

The projects take place in small rural communities and focus on the sustainable development of the villages and the surrounding countryside (there are also projects in cities). Volunteers support local municipalities and non-governmental organizations by helping with renovation, organization of local festivals and events and by preparing activities for children and youth.

2. Protect Cultural Heritage (project code starts with 2)

The projects focus mainly on the preservation and renovation of historically significant objects such as castles, historical cemeteries, churches and other monuments. The volunteers will get familiar with the history of the Czech Republic. Through their practical work awareness for the importance to preserve historically and culturally important sites is raised.

3. Care for Others (project code starts with 3)

The volunteers support various social projects which offer help to people facing social exclusion, children and youth, the elderly, people with special needs and others. According to the needs of the local partner, the volunteers do manual work (e.g. renovation, maintenance, construction work) or work directly with the projects' clients.

4. Protect the Environment (project code starts with 4)

The projects aim at environmental protection and education towards an environment-friendly lifestyle. The volunteers will do practical environmental work in natural preserves, forests and other environmentally important areas. Most of work takes place outdoors and can include planting trees, scything protected meadows or reviving springs etc.

OUR CONTACT DETAILS

INCOMING contact persons:

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INEX-SDA

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Workcamps 2019

- Help the Community
- Protect Cultural Heritage
- Care for Others
- Protect the Environment



OVERVIEW OF INEX-SDA WORKCAMPs IN 2019

Code	Name	From	To	Type	Vols+ leaders	Special remarks
SDA 100	Discover and Enrich the Life in Mezno	15.6.	29.6.	KIDS/RENO	8+2	ML, 20 €
SDA 101a	International Summer in Stolmir	21.6.	14.7.	RENO	10+2	new
SDA 101b	International Summer in Stolmir	21.6.	14.7.	RENO/KIDS	3+2	new , ML
SDA 102	Let s Renovate the Food Bank	29.6.	12.7.	RENO	9+1	new
SDA 103	Get Involved in Odolena Voda	27.7.	10.8.	CONS/ENVI	12+2	
SDA 104	Renovate Art Centre in Prague	12.8.	18.8.	RENO/ART	5+1	ML
SDA 105	Volunteering in Kysice	17.8.	1.9.	KIDS/ENVI	10+2	TEEN, PA, MFS, 85 €
SDA 106	Support Local Community in Hlasnice	18.8.	1.9.	ENVI/RENO	10+2	wheelchair accessible
SDA 107	Rock Summer in Kozolupy	23.8.	2.9.	RENO/FEST	15+2	new
SDA 108	Volunteering in Dysina	25.8.	14.9.	ENVI/RENO	7+2	
SDA 201	Teens at Hauenstejn Castle	2.7.	17.7.	RENO	10+2	TEEN, PA, MFS, 95 €
SDA 202	Grabstejn Castle I	8.7.	20.7.	ENVI/RENO	10+2	20 €
SDA 203	Friendly Hospitality House	14.7.	28.7.	RENO	10+2	
SDA 204	Jewish Holesov	16.7.	28.7.	RENO/FEST	15+2	new
SDA 205	Veseli Castle	4.8.	17.8.	RENO/ENVI	6+2	20 €
SDA 206	Grabstejn Castle II	5.8.	17.8.	ENVI/RENO	10+2	20 €
SDA 207	Volunteers for Porta Coeli Monastery	6.8.	20.8.	RENO/ENVI	15+2	new
SDA 208	Renovate a Historical Brewery	28.7.	9.8.	RENO/ENVI	8+2	20 €
SDA 301	Back to Nature Summer Camp	27.6.	19.7.	KIDS	2+0	new , only F 20-28, ML
SDA 302	Children Summer Camp	4.7.	17.7.	DISA/KIDS	10+2	ML, med.form
SDA 303	Organic Farming at Camphill Community I	14.7.	27.7.	AGRI/RENO	10+2	
SDA 304	Fight Social Exclusion	15.7.	28.7.	KIDS/FEST	10+2	ML, 20 €
SDA 305	English Summer Camps for Kids	21.7.	4.8.	KIDS	5+1	ML, CGC, med.form
SDA 306	Help the Elderly in Prague 15	4.8.	11.8.	SOCI	6+1	ML, CGC, med.form
SDA 307	Centre for All	15.8.	28.8.	DISA/KIDS	10+2	ML, med.form
SDA 308	Organic Farming at Camphill Community II	15.9.	28.9.	AGRI/RENO	10+2	
SDA 400	Revive the Vitice Springs	1.7.	14.7.	ENVI/CONS	10+2	new
SDA 402	Bees Education Centre Chlebovice	25.7.	5.8.	RENO	8+2	
SDA 403	Eco Centre Horni Marsov	28.7.	8.8.	RENO/ENVI	12+2	20 €
SDA 404	BumbleBEE Part of Nature	11.8.	25.8.	ENVI	14+2	20 €
SDA 405	Family Workcamp on Educational Farm	17.8.	25.8.	FAM/ENVI	20+2	kids 5-12, 100/60 €
SDA 406	Back to Nature for Families	18.8.	25.8.	FAM/ENVI	25+2	new , kids 5-12, 32/16 €
SDA 407	Back to Nature	25.8.	8.9.	ENVI	10+2	

Please note that some workcamps are still in making and will be confirmed after the TM.

INEX-SDA WORKCAMPS IN 2019

1. Help the Community

SDA 100 Discover and Enrich the Life of Mezno

15/06 – 29/06/2019

KIDS/RENO

Vols 8 + 2 team leaders

Age 18+

ML, 20 €

Project: The project takes place in a little village of Mezno, about 70 km south from Prague. It is organized by a local NGO Mezenak in cooperation with the municipality of Mezno. Mezenak aims at creating opportunities for local people to meet, to get closer to each other and to the place where they live by organizing different non-formal, cultural and leisure-time activities (both for children and adults). This year, the workcamp will be held in Mezno already for the 9th time. The aim of the workcamp is to present different cultures of volunteers and the idea of volunteering to the local community, to do different activities with children and to help with maintenance of public spaces in the village.

Work: Your work will prepare interactive presentations to local children and adults about yourselves, your culture and volunteering. You will prepare international evenings for locals in 2-3 close-by villages (and probably also in local schools) and organize a summer celebration for children. Together with local children, you will also work on your own project. You will present the outcome to the locals at the end of the workcamp. You will also help to clean a water tank and beautify public areas in the village. During the whole workcamp, you will write a blog on the community website.

Study part: You will have the chance to get to know a small village and learn a lot about local culture, history and lifestyle. There will be a possibility to visit local farmers. You can also take part in a wire art or quilling workshop or cook with locals in their homes.

Leisure time: Possible free-time activities include a visit of the historical town of Tabor and other sights according to your own interest, trips in the surroundings on bikes provided by the local partner, swimming in a natural quarry or a pond, etc. You can also play football or tennis in the village.

Accommodation/Food: In a local football clubhouse. You will sleep on mattresses, but you need to bring your own sleeping bag. Toilets and showers are available. Please be ready for very basic living conditions. You will prepare your breakfast and dinner together as a group. Lunch will be provided on working days, during weekends, you will prepare it together. There will be a small kitchen at your disposal.

Location: Mezno. It is a small village (about 180 inhabitants). There is a shop, a doctor, a post office and a restaurant. There are also some sports facilities. It is located about 20 km from the historical town of Tabor.

Meeting point: Mezno. The meeting time is usually in the afternoon. Please note that it takes about 2 hours to get there from Prague. The exact info will be provided in the infosheet.

Requirements: Please send us a short motivation letter explaining why you want to join this workcamp. You should be ready and willing to spend a lot of time with local people from the village, mainly with kids and teenagers who do not speak perfect English. We are looking for outgoing and communicative volunteers who are not afraid of speaking in public and who do not mind manual work, too.

Participation fee: 20 EUR. Due to limited access to public resources INEX-SDA has this year, we kindly ask participants to contribute 20 EUR towards the costs of general administration. The fee will be

collected upon arrival. Please note that this fee does not directly contribute to the workcamp's budget.

Note: The workcamp is mainly about meeting people, but manual work can be sometimes physically demanding. Creative ideas for a common project with outcomes that will stay in the village are welcome! You can see photos from previous workcamps here: <http://www.mezno.cz/fotogalerie?i=69>

SDA 101a International Summer in Stolmir

21/06 – 14/07/2019

RENO

Vols 7 + 2 team leaders

Age 18+

NEW

Project: The workcamp is held in a small village Stolmir in cooperation with a non-profit organization Mamaloca who work for the community, without prejudices, and in a harmony with the nature. The organization devotes itself to education, supporting the community and the culture life not only in Stolmir. They organize IT clubs for elderly, children groups and suburban camps. They try to save the local Saint Havel's church, organize concerts, theatre performances and festivals. Every month, they open a big traditional oven for public which can be used for baking homemade bread. The aim of this workcamp is to help to renovate St. Havel's church, create some outdoor furniture in the village and help with the artistic suburban camp for children.

Work: You will engage in different types of activities: a) preparing a small festival (22.6.); b) work in the area of the church (removing invasive plants, cleaning gravestones, cleaning attics, building scaffolding etc.); c) creating and installing the public components of outdoor furniture in the village e.g. outdoor bowling, painting the trash containers, creating a barefoot path and flowerbeds etc. Some of the public space improvements will be done together with children from a summer camp which will take place in the hosting organization from 8th to 12th July.

Study part: A visit to a blacksmith workshop, an excursion to a brewery, baking bread, involving in a ceramic's shop, many manual activities, getting to know the host organization and its activities, a guided visit of the St. Havel's Church.

Leisure time: A bike trip in the surroundings, a trip to Prague, hiking, swimming in the Chrasnice quarry, projection of movies. In the accommodation, there is a piano and a projector.

Accommodation/Food: In the building of the hosting organization. There is a large attic with a small kitchen and a bathroom. Toilets are on the ground-floor. The facilities include a workshop and a big garden. You will sleep on mattresses, but you need to bring your own sleeping bag. There is a possibility of sleeping in tents or yurts in the garden. In the garden, there is a place for campfire and a summerhouse for evenings. During the children camp, meals will be provided by the organizers. In the remaining days, you will prepare breakfast and dinner together as a group, home-made lunch will be provided by hosting organization. You can see the photos of Mamaloca here: <https://www.facebook.com/pg/osmamaloca/photos/>.

Location: Stolmir (101 houses). It is about 1 km from the town of Cesky Brod which is about 10-15 minutes on foot. In the village, there is a public football pitch and a pond. Prague is about 35 minutes far by train from Cesky Brod.

Meeting point: Stolmir. The meeting time is usually in the afternoon. Please note it takes about 35 minutes to get there from Prague. The exact info will be provided in the infosheet.

Requirement: We are excited to meet passionate volunteers. We welcome your own initiative, creativity and artistic skills. No alcohol is allowed during work and around children.

Note: Dates of your arrival are flexible, but it is necessary to join the workcamp latest on 28th June. During the first week, you will prepare a local festival (22.6.) and you will also work in the area of the church. Please write the date of your arrival in your application. Warning for people with allergies: in the surroundings of the organization, there are cats, dogs, horses, and cows. Please note that SDA 101a and 101b are the same workcamp, divided according to the topic and related tasks. Altogether there will be 10 volunteers.

SDA 101b International Summer in Stolmir

21/06 – 14/07/2019

KIDS/RENO

Vols 3 + 2 team leaders

Age 18+

NEW, ML

Project: The workcamp is held in a small village Stolmir in cooperation with a non-profit organization Mamaloca who work for the community, without prejudices, and in a harmony with the nature. The organization devotes itself to education, supporting the community and the culture life not only in Stolmir. They organize IT clubs for elderly, children groups and suburban camps. They try to save the local Saint Havel s church, organize concerts, theatre performances and festivals. Every month, they open a big traditional oven for public which can be used for baking homemade bread. The aim of this workcamp is to help to renovate St. Havel s church, create some outdoor furniture in the village and help with the artistic suburban camp for children.

Work: You will engage in different types of activities: a) preparing a small festival (22.6.); b) work in the area of the church (removing invasive plants, cleaning gravestones, cleaning attics, building scaffolding etc.); c) assistance with organizing workshops during a children camp held from 8th to 12th July, every day from 8:30 AM to 5:30 PM (hosting organization will choose 3 volunteers based on the letter of motivation). Before and during the children camp, you can also be involved in creating and installing outdoor furniture and other elements in the village, e. g. outdoor bowling, painting the trash cans, creating a barefoot path and flowerbeds etc.

Study part: A visit to a blacksmith workshop, an excursion to a brewery, baking bread, involving in a ceramic's shop, many manual activities, getting to know the host organization and its activities, a guided visit of the St. Havel s Church.

Leisure time: A bike trip in the surroundings, a trip to Prague, hiking, swimming in the Chrasnice quarry, projection of movies. In the accommodation, there is a piano and a projector.

Accommodation/Food: In the building of the hosting organization. There is a large attic with a small kitchen and a bathroom. Toilets are on the ground-floor. The facilities include a workshop and a big garden. You will sleep on mattresses, but you need to bring your own sleeping bag. There is a possibility of sleeping in tents or yurts in the garden. In the garden, there is a place for campfire and a summerhouse for evenings. During the children camp, meals will be provided by the organizers. In the remaining days, you will prepare breakfast and dinner together as a group, home-made lunch will be provided by hosting organization. You can see the photos of Mamaloca here: <https://www.facebook.com/pg/osmamaloca/photos/>.

Location: Stolmir (101 houses). It is about 1 km from the town of Cesky Brod which is about 10-15 minutes on foot. In the village, there is a public football pitch and a pond. Prague is about 35 minutes far by train from Cesky Brod.

Meeting point: Stolmir. The meeting time is usually in the afternoon. Please note it takes about 35 minutes to get there from Prague. The exact info will be provided in the infosheet.

Requirement: We are excited to meet passionate volunteers. We welcome your own initiative, creativity and artistic skills. Please send us a motivation letter explaining why you want to join this

workcamp, what is your experience working with kids and what artistic skills you have. No alcohol is allowed during work and around children.

Note: Dates of your arrival are flexible, but it is necessary to join the workcamp latest on 28th June. During the first week, you will prepare a local festival (22.6.) and you will also work in the area of the church. Please write the date of your arrival in your application. Warning for people with allergies: in the surroundings of the organization, there are cats, dogs, horses, and cows. Please note that SDA 101a and 101b are the same workcamp, divided according to the topic and related tasks. Altogether there will be 10 volunteers.

SDA 102 Let's Renovate the Food Bank

29/06 – 12/07/2019

RENO

Vols 9 + 1 team leader

Age 18+

NEW

Project: The workcamp is held in cooperation with the Food Bank of Prague and Central Bohemian Region in the village of Premysleni near Prague. The food bank prevents food waste, collects food from retail chains and producers and distributes it to non-profit organizations that take care of people in need and socially disadvantaged people. It fights against food waste using trainings, lectures, workshops and social networks to raise awareness about environmental issues. The aim of this workcamp is to renovate the ground-floor of the storehouse so that the food bank has more quality storing space and can help more people.

Work: You will help with the renovation of the ground-floor of the storehouse. You will do some construction works and tidying (cleaning out the storehouse, masonry works, taking off old tiles, building an issue counter for dispensing food, painting and final cleaning). Bring working clothes that can get dirty. Protective gloves and tools will be provided.

Study part: Getting to know how a food bank works, workshops and seminars on the topic of food waste (e.g. how to cook without leftovers, how to use unusual vegetables etc.). Getting to know the local community and visiting the cooperating organizations where food from the bank is distributed.

Leisure time: You can go on a trip to Prague and learn about its history and present life. You can go swimming or sing by a campfire together. International evenings, where you can present your country and cuisine, will be organized.

Accommodation/Food: In the building of the food bank. You will share one room in a renovated part of the bank, and you will sleep on camping beds. Please bring your own sleeping bag. There are toilets and a shower with hot water in the building. You will prepare meals together as a group from the food provided by the food bank. Everyday there will be food available from the supermarkets which would be thrown away otherwise despite being completely fine. You will save this food and learn how to cook without wasting food. There will be a well-equipped kitchen at your disposal.

Location: Zdiby-Premysleni. A small village located about 20 minutes from the outskirts of Prague by public transport. The workcamp is held in the area of the office building and storerooms of the food bank.

Meeting point: Zdiby, Premysleni. The meeting time is usually in the afternoon. Please note it takes about 35 minutes to get there from the centre of Prague. The exact info will be provided in the infosheet.

Note: This workcamp is perfect for young people who are interested in topics of food waste and sustainability and who want to get to know the Czech Republic, do something beneficial, meet like-minded people and enjoy summer in a different way.

SDA 103 Get Involved in Odolena Voda

27/07 – 10/08/2019

CONS/ENVI

Vols 12 + 2 team leaders

Age 18+

Project: The workcamp takes place in a small town of Odolena Voda in cooperation with the local municipality. The town hall aims at creating good conditions for living, working, spending free time and enjoying the environment for its inhabitants. The main focus is on landscape regeneration and leisure time activities, such as social and cultural events or sports facilities. The aim of the workcamp is to help with renovation of the public space in the town, to create new play structures for children and maintain local green areas. This year, the workcamp will be organized for the 5th time.

Work: The work will manual and it can be physically demanding, so get ready for some hard work. The tasks can include: creating simple play structures for children from natural materials and maintenance of public areas (painting fences etc.). You will also work in the local green areas to make the places attractive for locals by creating paths (e.g. by cutting grass or branches), by marking paths and collecting garbage. You will also paint municipal composters and turn them into a piece of art in the street. A lot of work will be done outside in all kinds of weather, please bring solid shoes.

Study part: Meeting the locals (e.g. local firemen), getting to know the local culture. During the workcamp, an international literary evening „Meeting of Languages“ will be organized in a house where a significant Czech poet Vitezslav Halek was born. You can get involved in the program by reciting short extracts of your favourite book or poem to the other volunteers and the public (in English or even in your native language). Please bring your favourite novel or book of poems, preferably in hard copies, which you would like to present at the event.

Leisure time: You can visit the local baroque church, fortress and museum; go on a hiking trip to close-by volcanoes, a trip to Prague, to the Veltrusy castle or a cycling trip to the town of Melnik. There is a possibility to use the community sports facilities for playing football, basketball, volleyball and beach volleyball and tennis. A BBQ party with locals will be organized during the workcamp. There is also a natural swimming pool in Odolena Voda. Please bring a swimming suit.

Accommodation/Food: In the local primary school. A kitchen, a bathroom and the gym will be available. You will sleep on gym mats in classrooms or the gym. Please, bring your own sleeping bag and a light mat! You will cook your own meals as a group.

Location: A small town of Odolena Voda (population of 6,000 inhabitants), located approximately a half an hour drive from the outskirts of Prague.

Meeting point: Odolena Voda. The meeting time is usually in the afternoon. Please note it takes around 30 min to get there from Prague (there are many buses going every day). The exact info will be provided in the infosheet.

Requirements: This workcamp needs volunteers who aren't afraid of physically demanding work and who enjoy working outdoor in all kinds of weather (it can get quite hot in summer). You can learn to work with different tools under supervision. Some work tasks will involve minor construction so you can use your skills or learn new ones.

Note: See photos from the previous workcamp: goo.gl/zfa9Cm.

SDA 104 Renovate Art Centre in Prague

12/08 – 18/08/2019

RENO/ART

Vols 5 + 1 team leader

Age 18+

ML

Project: Studio ALTA is a multicultural space and a creative hub focused on contemporary dance. Located in four industrial halls with a total area of 1,800 square meters, you will find a theatre, two rehearsal rooms for artistic research and creative workshops, ateliers, a café and shared offices. The artistic program of Studio ALTA emphasizes courageous and innovative pieces that encourage engagement, creativity, sharing, and an open minded and constructive dialogue. The theatre is closed during summer, so can have a look behind the curtain and see what ordinary visitors cannot. The aim of the workcamp is to renovate the space and get it ready for the new season.

Work: The work will be manual and it will take place both indoors and outdoors. The tasks can include: painting walls in the theatre, cleaning ceiling beams in the café, installing lights, planting bushes, flowers and herbs in the courtyard, repairing benches, repainting the outside navigation signs etc. Bring some comfortable working clothes which can get dirty or damaged. The work is not physically demanding or complicated, but any DIY skills are welcome. Also note that due to the glass ceiling in the building, it can get hotter inside than outside during summer, so get ready for that.

Study part: Look behind the scenes and learn what is necessary to run a theatre, studios and the entire community center. Every morning, you can take part in warm-up exercises with a professional lecturer (physical activities strengthening your body and mind). A guided tour around Prague can be arranged as well.

Leisure time: A ping-pong table is available in Studio ALTA. In Stromovka Park, close to the centre, you can walk on a slackline, do different sports, go jogging, take a sunbath or play board games. You can also go to a theatre, cinema or visit a concert. It is also possible to go for a trip outside Prague (have a barbecue or bath in a lake). Right next to ALTA, there are two climbing walls (rope and boulder), a swimming pool etc.

Accommodation/Food: In Prague, accommodation will be arranged in one of the halls of Studio ALTA (100m²) – please, bring your own mat, a sleeping bag and a pillow. 1-2 showers and 4 toilets are available. In the café, there will be an improvised kitchen where you can cook. You will prepare meals together as a group. There will be also be one common dinner prepared by the local partner to get to know each other.

Location: Prague-Holesovice is an attractive part of Prague with active alternative cultural scene. It is a place where young creative people such as artists, designers or café owners are currently based. Studio ALTA is located in a large industrial complex bordering both active urban zone and the biggest park in Prague.

Meeting point: Studio Alta, Prague-Holesovice. The meeting time is usually in the afternoon. The exact information will be provided in the infosheet.

Requirements: This workcamp is mainly for people who are interested in culture and arts. We welcome responsible, skillful and independent people, who can sensitively combine work and fun. We prefer communicative and courageous people who can easily fit into new environments and collectives. People only interested in visiting Prague are advised to choose another type of program. Please send a short motivation letter with your application with your motivation for joining the project and working with us in Studio ALTA. Thank you.

Note: There is a cat called Cica living in the Studio ALTA (in case you are allergic). Also note that due to the glass ceiling in the building, it can get sometimes hotter inside than outside during summer. Fans will be available. See photos from last year's workcamp: goo.gl/J4kztp.

SDA 105 Volunteering in Kysice

17/08 – 01/09/2019

KIDS/ENVI

Vols 10 + 2 team leaders

Age 15-17

TEEN, PA, MFS, 85 €

Project: Kysice is a village about 10 km from the city of Pilsen – the regional capital and the European Capital of Culture in 2015. About 900 inhabitants live in Kysice. It is an active village which emphasises cultural and community life and involvement of its citizens. The municipality of Kysice has organized 7 workcamps so far and it was the first one to organize teenage workcamps in the Czech Republic. There will be plenty of opportunities to meet the locals, especially children and youth but also adults who like to take part in different activities connected to the workcamp. The aim of the workcamp is to enrich the cultural and social life in the village, promote volunteering and international cooperation.

Work: The main aim of this workcamp is to help organize 2 summer programs for local children and teenagers to develop English skills of the youth. You will play games and go on trips together with local youth. You will engage in English-teaching games, quizzes and competitions which you can also help to organize. The summer programs welcome children from 7 to 12 and youth from 13 to 18. Together you will also organize international evenings and a traditional event for children Good-bye, Summer Holidays (31.8.). These activities will take up about 70% percent of the workcamp. The rest of the activities will be manual, such as cleaning the forest and maintaining green areas in the villages. Please bring solid shoes and working clothes that can get dirty or damaged.

Study part: Two international evenings will be organized during the workcamp so that local people can learn more about volunteers countries and towns where they come from. There is also a possibility to attend creative workshops or to arrange visit to the local bakery, brewery or fire station. You can also attend a small show organized by the local music school.

Leisure time: Various sports, a golf lesson, football or volleyball tournament with the locals, visit to the city of Pilsen (historical city centre, museum, observation tower, science centre, zoo), visit to nearby castles, campfire, movies, swimming or hiking.

Accommodation/Food: In one big room of a local cultural centre. There are showers, toilets, a small kitchen and a common room with a piano. Boys and girls share the same space. Please bring your own sleeping bag and sleeping mat as you will sleep on the floor. Lunch will be provided in a local restaurant and you will prepare your own breakfast, snacks and dinner together as a group (1 kitchen team per day). Shopping is organized by the local partner and campleaders. There is no wi-fi in the building. Please bring simple recipes from your home country.

Location: The village of Kysice near Pilsen. In the village, there is a cultural centre which will serve as accommodation for volunteers as well as a meeting place during summer camps. Near the cultural centre, there is a multipurpose playground, a small rope centre and a place for a campfire. In the ground floor of the culture centre, there is a local pub, a small convenience store and a gym. In the surroundings, there are a lot of forests, rivers and ponds with educational paths.

Meeting point: Pilsen. The meeting time is usually in the afternoon. Please note that it takes at least 1 hour to get there from Prague. The exact info will be provided in the infosheet.

Requirements: Parental authorisation and medical form is strictly required! The forms will be provided after the acceptance to the workcamp. We are looking forward to hosting active and communicative participants who would like to discover new things and meet new people. You should expect to interact a lot with local children and youth. Please bring some ideas for games and activities for children and youth. If you play any musical instrument, you are welcome to bring it. Please note that some children don't have good level of English or rich vocabulary, however, there are keen on meeting new people. This workcamp is particularly suitable for volunteers with experience with

working with children and youth and enjoy being part of a group. We don't expect special skills, but we count on your interest and enthusiasm. No smoking or alcohol is allowed during the workcamp.

Participation fee: 85 EUR. The fee covers the main leader's salary, free-time and educational activities, travels within the project and it contributes to INEX-SDA's coordination costs. We require the volunteers to send the fee directly to INEX-SDA by a bank transfer before the workcamp starts. Bank details and deadline for payment will be provided in the acceptance email.

Note: Please prepare a presentation about your town and yourselves (e.g. hobbies etc.), or a dance or traditional games. Volunteers will also learn more about Kysice and the Czech Republic. You should expect to interact a lot with local children and youth. Please bring some ideas for games and activities for children and youth. If you play any musical instrument, you are welcome to bring it. Please note that some children do not have good level of English or rich vocabulary, however, there are keen on meeting new people. See photos from the 2018 workcamp in Kysice: goo.gl/bLdKNn

SDA 106 Support Local Community in Hlasnice

18/08 – 01/09/2019

RENO/ENVI

Vols 10 + 2 team leaders

Age 18+

Wheelchair accessible

Project: This workcamp takes place in a small village of Hlasnice in the northern part of Moravia in cooperation with the local municipality. The village and its citizens try to revive public places for relaxing and leisure activities – the community centre with playground and sports equipment, and hiking and cycling trails in the surroundings of the village. Students of Mendel University in Brno created landscape proposals for opening these trails to the public. Since 2016 local volunteers have been preparing the first trail in order to create a connection with neighbouring villages. International workcamps have been organized in Hlasnice ever since 2017. The aim of this workcamps is to help with revitalization of the area around the community centre, making the trails accessible for public, and to create space for exchange of experience with the local community.

Work: You will mainly work manually and outdoor. The tasks will include: 1) getting the area of the community centre ready for a traditional cultural event for children Good-bye, Summer Holidays, helping during the event and cleaning the area afterwards; 2) maintaining public spaces (esp. green areas) and hiking and cycling trails, installing signs and benches, renovating rest areas, planting trees etc. depending on the current needs. In case of bad weather, you will clean up the attic of the community centre and/or paint walls inside the centre or other municipal building. Bring working clothes and waterproof shoes. Some activities will be physically demanding, some of them will be more relaxing.

Study part: Excursion to the historical town of Sternberk (4 km) – castle, monastery, unique exposition of time. There will be at least one meeting with the local community – an international evening with presentations of various cultures and countries. Please bring something traditional from your country or prepare a presentation.

Leisure time: You can use sports equipment in the area of the community centre (football, volleyball, tennis), do a barbecue party, go swimming, try horse-riding, visit the nearby historical towns of Sternberk and Olomouc, go hiking to the Jeseniky Mountains and to the Sovinec Castle, etc.

Accommodation/Food: In the community centre. You will sleep on mattresses in 1 room with a carpet. Bring your own sleeping bag! Several toilets and showers are available, in the community centre and a building next door. There is a fully equipped kitchen in the centre. You will cook your own meals as a group from food supplies provided by the local partner.

Location: Hlasnice (215 inhabitants) in the Olomouc region. It is located 20 km to the west from the city of Olomouc, at the foot of Low Jeseniky Mountains. It is possible that for 1 or 2 days you will

work in one of the surrounding villages (according to their interest and needs).

Meeting point: Hlasnice. The meeting time is usually in the afternoon. Please note it takes at least 3 hours to get there from Prague. The exact info will be provided in the infosheet.

Requirements: This workcamp is perfect for everyone who wants to volunteer in the countryside, to take a part in renovation of public space and who is interested in discovering rural life in the Czech Republic. Volunteers interested in working with children during the traditional event are welcome. Allergies notice: pollen. No alcohol is allowed while working.

Note: See photos from the 2018 workcamp: goo.gl/Cy1w3H. At the end of the workcamp, you can attend a traditional race of historical cars in Sternberk. The community house is equipped with barrier-free entrance and toilets – project is open to wheelchair users.

SDA 107 Rock Summer in Kozolupy

23/08 – 02/09/2019

RENO/FEST

Vols 15 + 2 team leaders

Age 18+

NEW

Project: The workcamp is held in cooperation with Local Action Group (MAS) Radbuza and the municipality Kozolupy. The aim of MAS Radbuza is the protection of regional values such as well-preserved nature, rich culture and healthy environment, and supporting citizen initiatives at a local and regional level. Kozolupy is a small but active village and the 2017 Village of the Year Award winner for their social life. The aim of the workcamp is to help the municipality with maintenance of a church, revitalization of orchards and preparations of a rock festival. You will also have an opportunity to experience life in the countryside.

Work: You will help to maintain the local church which will include for example cleaning statues, washing tiles, sanding benches or painting beams. You will also work in an old municipal orchard where you will repair fences, cut old trees and bushes and clean the area. There will be other tasks in the village, depending on the current need. At the ending of the workcamp (31st Aug.), there will be a traditional one-day festival Rock Summer on the Mze River, where the volunteers will help mainly with preparations of the event (building stalls and fences) and with cleaning afterwards. You will not have to work a lot during the event, so you can enjoy yourselves during the festival.

Study part: Meeting local children at a summer camp and getting to know each other through games, having discussions with local people and the members of the local action group, organizing a football match with the local team, having an international dinner or a barbecue.

Leisure time: You can go on a trip to the city of Pilsen (guided tours, visiting the famous brewery etc.), do hiking trips in the countryside, explore the region (e.g. Chotesov Monastery, a historical town of Dobruška, Krizovy Vrch observation tower), swim in the Hracholusky Dam, or do other sport activities etc.

Accommodation/Food: In the local cultural centre. You will sleep in one of the halls of the centre on mattresses or gym mats. Please bring your own sleeping bag. There are toilets and showers in the building and also a small improvised kitchen. You will prepare breakfast together as a group, lunch and dinner will be provided in a local restaurant, so you can taste traditional Czech cuisine.

Location: Kozolupy (1,100 inhabitants) in the Pilsen Region. It is located near the Hracholusky Dam and about 10 km from Pilsen.

Meeting point: Kozolupy. The meeting time is usually in the afternoon. Please note it takes nearly 2 hours to get there from Prague. The exact info will be provided in the infosheet.

Requirements: We are looking for responsible and passionate volunteers.

SDA 108 Volunteering in Dysina

25/08 – 14/09/2019

RENO/ENVI

Vols 7 + 2 team leaders

Age 18+

Project: The workcamp is organized in a small village of Dysina, Western Bohemia, in cooperation with the local municipality. The village has an industrial history and nowadays, there is a strong connection to the personality of the U.S. General Patton who freed Western part of Czechoslovakia at the end of WWII with the troops (there is even a statue of the general in the village). There are several active associations in the village. The aim of this workcamp is to help to maintain green areas and other public places in the village, to organize a traditional beer festival and to prepare local primary school and kindergarten for the beginning of new school year. Volunteers are invited to Dysina for 14th time this year.

Work: The work will be mainly manual and outdoors. You will do different gardening works (cutting bushes and grass, raking etc.) and some other renovation and maintenance tasks (around the local kindergarten and primary school). You will also help to prepare a beer festival. Bring solid shoes and working clothes for different kinds of weather. The new school year will start at the beginning of September, so you will have a chance to meet local school children and prepare some presentations and activities about your country and culture. Bring something special from home which could be suitable for such an activity (games, music, pictures, etc.).

Study part: You can get familiar with the local history and culture by meeting local community. During the beer festival, you will get the opportunity to present your town or country to locals. You will have a chance to learn some basics of golf, there will be a two-hour lesson of golf provided for the volunteers in the golf terrain nearby. You will also visit the local horse stables.

Leisure time: Excursion to Pilsen (European Cultural Capital 2015), trips to the surrounding countryside, visit of cultural and historical sights, campfire, going swimming, doing sports in the sports ground near the accommodation, playing board games, etc.

Accommodation/Food: In a local community centre on (gym) mattresses. There is 1 room for sleeping (women and men share the same room) and 1 common room with a kitchen corner. Please bring a sleeping bag and be ready for basic conditions – the showers are in cabins of the football pitch about 10 mins walk from the accommodation. There is a possibility to have your clothes washed. Most meals will be served in the local school canteen and some will be prepared by the group. Vegetarian diet is possible.

Location: Dysina (about 1500 inhabitants) is located at about 10 km from Pilsen in the western part of Czech Republic.

Meeting point: Dysina. The meeting time is usually in the afternoon. Please note that it takes almost 2 hours to get there from Prague. The exact information will be provided in the infosheet.

Requirements: Project is suitable for volunteers who like gardening, are interested in getting to know the life of a small Czech village and who are ready to be in tight contact with the local community, especially children and youth.

Note: See photos from the previous workcamp: goo.gl/mci6Dr

2. Protect Cultural Heritage

SDA 201 Teens at Hauenstejn Castle

02/07 – 17/07/2019

RENO

Vols 10 + 2 team leaders

Age 15-17

TEEN, PA, MFS, 95 €

Project: The workcamp is organized in cooperation with organization Opri se at Hauenstejn Castle. The castle was founded in 13th century. After World War II, the whole castle slowly fell into ruins. The castle has been under reconstruction since 2000 thanks to the NGO who owns the castle, Opri se and other volunteers. Thanks to volunteers the castle can be open to public all year round. The aim of this workcamp is help with reconstruction of the castle and everyday tasks and maintenance. Volunteers will also get to know about history of the castle and its nearby surroundings. This is the 2nd teenage workcamp organized at the castle.

Work: The main aim of the workcamp is to help to revive the castle and to enable youth from foster care institutions, who will be your fellow volunteers, to meet people from different parts of the world, to practice English and to break stereotypes. Your tasks will be mainly manual and carried out outdoor. You will be engaged in cutting and preparing wood for winter, cleaning the castle and its surroundings (e.g. the arboretum), basic landscaping and renovations (digging, preparing paths etc.), painting, everyday tasks at the castle (helping at the refreshment stall, tidying guest rooms, washing windows etc.) and other tasks related to the general maintenance and reconstruction of the castle. You will also help during an art symposium.

Study part: Guided tour of the castle and learning about its complicated history. Lectures on various environmental topics. Meeting people from different countries and cultures. Discovering local countryside.

Leisure time: Trip to Karlovy Vary and nearby castles (e.g. Loket, Becov nad Teplou), hiking trips in the surrounding of the castle, rock climbing etc. Playing sports and games in the area of the castle, playing board games, making a campfire and getting to know each other.

Accommodation/Food: Volunteers will be accommodated in the castle hostel, you will sleep on beds. You need to bring your own sleeping bag. There are toilets and showers (indoor and outdoor) available. Lunch and dinner will be prepared by the castle cook, breakfast and snacks will be prepared by the local partner. Volunteers will have an opportunity to prepare national dishes. Bring your favourite recipes!

Location: Hrad Hauenstejn, a 13th century castle. It is situated in settlement of Horni Hrad, not far from Straz nad Ohri in The Ore Mountains, Karlovy Vary region.

Meeting point: Karlovy Vary. It takes approximately 2 hours to get there from Prague. In Karlovy Vary, there will be a minibus which takes volunteers to the castle. More info will be in the infosheet.

Requirements: This workcamp is suitable for participants who enjoy nature, outdoor activities, history and being off-line. Parental authorization and medical form are required. The forms will be provided after the acceptance to the workcamp. No alcohol or smoking at the workcamp is allowed.

Note: See photos from the 2018 workcamp: goo.gl/DaivaU. The group will consist of 10 international volunteers, 3 Czech camp leaders and about 10 Czech volunteers from Opri se organization, aged 13-18 years old (youth from foster care institutions) and their team leaders. Czech and international volunteers will spend time together during work and free-time activities. Allergies notice: volunteers will work a lot outside (allergies to hay, pollen etc.), there are cats and peacocks in the castle.

Participation fee: There is a participation fee of 95 EUR. The fee covers the main leader's salary, free-

time and educational activities, and travels within the project. We require the volunteers to send it to us directly by a bank transfer before the workcamp starts. Bank details and deadline for payment will be provided in the acceptance email.

SDA 202 Grabstejn Castle I

08/07 – 20/07/2019

ENVI/ RENO

Vols 10 + 2 team leaders

Age 18+

20 €

Project: Grabstejn is a former medieval castle which was later rebuilt as a renaissance chateau. It was severely damaged under the communist regime but has gone through reconstruction since. Now it is an example of care for historical heritage presenting the life of high society through centuries to the wide public. The castle visitors are offered classical guided tours but also different cultural and educational activities. The castle is state-owned and is run by National Heritage Institute under the Ministry of Culture. The aim of the workcamp is to help local staff to maintain the castle park and its surroundings.

Work: Volunteers will work mainly in the castle park: maintaining paths and roads, removing invasive plants (e.g. nettles), cutting grass and branches, collecting garbage, removing wood or stones and gardening. The work is manual, physically demanding and sometimes you will need to work in a very steep slope because the castle is located on top of a hill! You will also help in the castle area (basic renovation and maintenance tasks – cleaning, painting). Bring working clothes that can get dirty or damaged and good solid shoes. It's also good to have long pants to protect you from nettles.

Study part: Learning more about the castle and its park (a guided tour around the castle). There will be an opportunity to organize a community dinner with local guides. Please bring recipes for your favourite meals and some pictures or music from your country/region of origin.

Leisure time: You can go hiking in the beautiful hilly countryside surrounding the castle and climb the famous mountain Jested (1012 m) with a unique mountain hotel on the top. The nearest city is Liberec (ZOO, botanical garden and much more). It is possible to visit a regional brewery and many other interesting sights, go swimming or boating, and/or visit a neighbouring dog-training army unit. Please bring some games and musical instruments.

Accommodation/Food: You will sleep directly in the castle in one big room with bunk beds. You need to bring your own sleeping bag. There is a toilet and a shower with hot water. Next to the bedroom, there is a small kitchen where you will prepare your meals together as a group. A common room is also available. There is a fireplace outside in the backyard of the castle where you can have barbecue.

Location: Grabstejn castle. It is in the village of Chotyne (860 inhabitants) in Northern Bohemia. The nearest town is Hradek nad Nisou (about 7,500 inhabitants) which is connected to Chotyne by public transport. The castle is located in a beautiful mountainous countryside which is perfect for hiking.

Meeting point: Chotyne train station. The meeting time is usually in the afternoon. Please note it takes at least 2 hours to get there from Prague. The exact info will be provided in the infosheet.

Requirements: This camp is especially suitable for volunteers who like gardening and want to explore the history of the castle. Please note that work will be physically demanding, so it's perfect for hardworking individuals. Smoking is limited to designated areas. Allergies notice: pollen, bees, and wasps.

Participation fee: 20 EUR. Due to limited access to public resources, INEX-SDA kindly asks participants to contribute 20 EUR towards the costs of workcamp coordination and administration. The fee will be collected in cash upon arrival. Please note that this fee doesn't directly contribute to the budget of

the workcamp itself.

Note: Visit the website of the castle: <https://www.hrad-grabstejn.cz/en>. See photos from the 2018 workcamp: goo.gl/yCwv2Q

SDA 203 Friendly Hospitality House

14/07 – 28/07/2019

RENO

Vols 10 + 2 team leaders

Age 18+

Project: The workcamp is held for 4th time in a little village of Skalka u Doks in Northern Bohemia in cooperation with a local NGO The Friendly Hospitality House. Its name refers to the ancient tradition of mutual help of pilgrims. They focus on revival of natural, cultural and spiritual heritage and on personal and community development. They own and renovate a traditional rural house which will one day become a facility for pilgrims, neighbours and volunteers. The intention is to create a welcoming cultural and crafts centre. This workcamp aims to restore relations between the place and its inhabitants, both of today and the past, mutual understanding and respect. You have an opportunity to learn about each other's perspectives and to help renovate several culturally significant buildings.

Work: The work will be manual and sometimes demanding, it will take place at several locations. In Skalka u Doks, the tasks can include renovation and cleaning of the house, working in a permacultural garden, and renovation of the municipal fire station. In the nearby village of Borejov, you will clean interior of a church and prepare it for a special St. Jacob's pilgrim mass, clean the cemetery surrounding the church and renovate its wall and tiles under the church's tower. In Bezdez, you will treat the wooden interior of St. Giles's church against woodworm. Finally, you will help to renovate a historic log building in a heritage protected area of Zdar. Bring solid work shoes, clothes that can get dirty and a raincoat. All the tasks will depend on the current needs and weather.

Study part: Getting to know the history of the region from old photos, film screenings and lectures, an organ recital in the Bela church, attending a special Roman Catholic Pilgrim Mass on Sunday 20th July in Borejov, meeting the local permaculture community, learning about farming in harmony with nature – it will be possible to spend one day with the community and take part in their daily program (work activities, discovering their lifestyle). It is possible to organize an international evening with presentations about different countries.

Leisure time: Visiting beaches of the Macha Lake, evening activities on the beaches and in the town of Doksy, visiting the Houska and Bezdez castles, hiking in the countryside, mushroom and blueberry picking, a barbecue, a party at a fisherman's cottage on the banks of the Macha Lake with a steamboat cruise at sunset. There will be 2 free days (21st, 27th July) available for one-day trips.

Accommodation/Food: In the main building of the traditional house that is under reconstruction, so the conditions are basic. You will sleep on mattresses, but you need to bring your own sleeping bag. There are 2 showers, a washbasin, toilets and an equipped kitchen. You will prepare your own meals as a group; you are invited to prepare a traditional dish from your country when it's your turn in the kitchen. Bring simple recipes from home. For cooking, it's also possible to use the outdoor fireplace.

Location: A small village of Skalka u Doks (170 inhabitants) and its neighbourhood. The village is located in a Protected Landscape Area near the Macha Lake which is a popular tourist attraction. When we work at more distant places, transport by car will be arranged.

Meeting point: Duba. The meeting time is usually in the afternoon. Please note it takes at least 1 hour to get there from Praha-Holesovice station. The exact info will be provided in the infosheet.

Requirement: This workcamp is perfect for curious, open-minded and hard-working people or those who are motivated to be. Please get ready to share your experience and opinions.

Note: There is friendly, but big old dog living in the house (it is strictly forbidden to feed it!). See photos from the 2018 workcamp: goo.gl/1WNqx8

SDA 205 Veseli Castle

04/08 – 17/08/2019

RENO/ ENVI

Vols 8 + 2 team leaders

Age 18+

Project: The workcamp takes place in the village of Veseli nad Uhlavou in Western Bohemia in cooperation with the local association Tvrz Veseli. This association was founded with the aim of restoring the ruin of a castle in Veseli nad Uhlavou, to make it open for the public and for cultural and educational purposes. Its activities involve maintenance and fundraising to renovate the castle. The castle has a disturbed past and is now in a very bad state. Past three workcamps helped to clean an overgrown castle park and supported the renovation activities. This year, the workcamp will focus on removing rubble from the part of the castle which is being renovated and on maintenance of the park.

Work: The work will be manual and it will be done at the castle and in the castle park. The tasks in the castle will include: separating construction material from the ruins (tiles, beams, boards etc.) which can be reused and removing rubble. The work can be physically demanding, but everyone will contribute as much as they can. In the park, you will rake and collect grass, remove invasive plants and bushes. You will get protective gloves and appropriate tools from the local host. Bring working clothes which can get dirty, solid shoes and waterproof jacket or raincoat (in case of bad weather). Be prepared for all kinds of weather.

Study part: Presentation of the castle and its troubled history, excursion to Klatovy underground, getting to know history of the region, meeting locals during a music evening at the castle etc.

Leisure time: Trip to Chodsko region and participation in a local festival in Domazlice. Volleyball tournament with local players, trip to a pilgrimage place of Dobra Voda (5km by forest road), trip to Klenova Castle and Kanice, swimming, making a campfire with locals, excursion to the local brewery, organizing a fun afternoon for local children etc.

Accommodation/Food: You will be hosted in the house of the local association's member in the village of Pocinovice (about 6 km from the workplace). Sleeping on mattresses in your own sleeping bags. There are two big rooms, WC, a bathroom and a kitchenette. If you need more privacy, you can sleep in a tent in the garden. Lunch will be provided at the workplace every day. You will prepare other meals on your own as a group. A washing machine is available.

Location: Veseli nad Uhlavou - a small village (about 58 inhabitants), a part of the Janovice nad Uhlavou municipality. The village of Pocinovice (around 548 inhabitants). Both are located at the foothills of Sumava National Park, close to Klatovy. From the place of accommodation (Pocinovice) to the workplace (Veseli) you will go every morning by train (20 min), related travel costs are covered. The train station is near the castle. In Pocinovice, there is a bakery, pub, library, some small shops and sports grounds.

Meeting point: Pocinovice. The meeting time is usually in the afternoon. Please note that it takes at least 3-4 hours to get there from Prague. The exact info will be provided in the infosheet.

Requirements: Workcamp is suitable for history lovers and people interested in living in the countryside. Due to living in a house with a host you will have a unique opportunity to experience local culture and customs, at the same time we ask you for respectful behavior.

Note: See photos from the previous workcamp: goo.gl/HMc3sr

SDA 206 Grabstejn Castle II

05/08 – 17/08/2019

ENVI/ RENO

Vols 10 + 2 team leaders

Age 18+

20 €

Project: Grabstejn is a former medieval castle which was later rebuilt as a renaissance chateau. It was severely damaged under the communist regime but has gone through reconstruction since. Now it is an example of care for historical heritage presenting the life of high society through centuries to the wide public. The castle visitors are offered classical guided tours but also different cultural and educational activities. The castle is state-owned and is run by National Heritage Institute under the Ministry of Culture. The aim of the workcamp is to help local staff to maintain the castle park and its surroundings.

Work: Volunteers will work mainly in the castle park: maintaining paths and roads, removing invasive plants (e.g. nettles), cutting grass and branches, collecting garbage, removing wood or stones and gardening. The work is manual, physically demanding and sometimes you will need to work in a very steep slope because the castle is located on top of a hill! You will also help in the castle area (basic renovation and maintenance tasks – cleaning, painting). Bring working clothes that can get dirty or damaged and good solid shoes. It is also good to have long pants to protect you from nettles.

Study part: Learning more about the castle and its park (a guided tour around the castle). There will be an opportunity to organize a community dinner with local guides. Please bring recipes for your favourite meals and some pictures or music from your country/region of origin.

Leisure time: You can go hiking in the beautiful hilly countryside surrounding the castle and climb the famous mountain Jested (1012 m) with a unique mountain hotel on the top. The nearest city is Liberec (ZOO, botanical garden and much more). It is possible to visit a regional brewery and many other interesting sights, go swimming or boating, and/or visit a neighbouring dog-training army unit. Please bring some games and musical instruments.

Accommodation/Food: You will sleep directly in the castle in one big room with bunk beds. You need to bring your own sleeping bag. There is a toilet and a shower with hot water. Next to the bedroom, there is a small kitchen where you will prepare your meals together as a group. A common room is also available. There is a fireplace outside in the backyard of the castle where you can have barbecue.

Location: Grabstejn castle. It is in the village of Chotyne (860 inhabitants) in Northern Bohemia. The nearest town is Hradek nad Nisou (about 7,500 inhabitants) which is connected to Chotyne by public transport. The castle is located in a beautiful mountainous countryside which is perfect for hiking.

Meeting point: Chotyne train station. The meeting time is usually in the afternoon. Please note it takes at least 2 hours to get there from Prague. The exact info will be provided in the infosheet.

Requirements: This camp is especially suitable for volunteers who like gardening and want to explore the history of the castle. Please note that work will be physically demanding, so it's perfect for hardworking individuals. Smoking is limited to designated areas. Allergies notice: pollen, bees, wasps.

Participation fee: 20 EUR. Due to limited access to public resources, INEX-SDA kindly asks participants to contribute 20 EUR towards the costs of workcamp coordination and administration. The fee will be collected in cash upon arrival. Please note that this fee doesn't directly contribute to the budget of the workcamp itself.

Note: Visit the website of the castle: <https://www.hrad-grabstejn.cz/en>. See photos from the 2018 workcamp: goo.gl/kMNBqY

SDA 207 Volunteers for Porta Coeli Monastery

06/08 – 20/08/2019

RENO/ ENVI

Vols 15 + 2 team leaders

Age 18+

NEW

Project: The workcamp takes place in a former school in the Cistercian monastery Porta Coeli in Predklasteri near Tisnov (30 km from Brno). During the communist era, it was used by a collective farm and as a book storehouse. With the help of volunteers, some of its old classrooms were rebuilt in the late 90's and then used as a base for volunteer events. The aim of the workcamp is to help restore the monastery as well as the surrounding gardens and orchards and make it open to public. You will work in the area of the monastery and prepare some of its parts for reconstruction works. This international workcamp is organized for the first time but the hosting organization has experience with organizing volunteer days.

Work: You will mainly do some smaller works in the area of the monastery and prepare some of its parts for reconstruction works. The task will include for example removing old plaster, cleaning bricks or pulling out old floors. You will also work in an old orchard: removing invasive plants, piling up hay, cleaning the millstream, doing some landscaping or gardening etc. You will also prepare an event called Feast of Cultures where you will introduce your countries, cultures and traditional cuisine. Some days you will also help on a local horse farm and also work for the municipality. The work will be varied and adjusted to physical abilities of the volunteers.

Study part: You will have an opportunity to visit the monastery on a tour that goes across the most valuable Romanesque parts. You have an opportunity to see the parts of the monastery that aren't open to public. You will learn about the history of the monastery connected to the history of Moravia and the Czech Republic.

Leisure time: Sightseeing in the region (the Pernstejn Castle and religious sights in the valley of the Svatka River between the towns of Tisnov and Pernstejn). Hiking in the countryside or a guided tour in Brno city centre can be arranged. You can also visit local caves, a horse riding hall or 3D archery range. Fun games and activities will be prepared for you by the organizers.

Accommodation/Food: In the former monastery school. You will sleep in three rooms with bunk beds. Every room has its own bathroom with a shower and a toilet. There is electricity and hot water available in the building. Please bring your own sleeping bag. You will prepare your meals together as a group in an equipped kitchen. A team of two volunteers will prepare each meal so that you can present your home cuisine. Please bring your favourite recipes. If you have a special diet, please let us know in advance. There is a washing machine and wi-fi in the building.

Location: Predklasteri. A small village (1,400 inhabitants) about 30 km from Brno. It is situated in a picturesque landscape and it is considered to be the gateway of the Bohemian-Moravian Highlands.

Meeting point: Predklasteri. The meeting time is usually in the afternoon. Please note it takes about 3,5 hours to get there from Prague and about 40 minutes from Brno. The exact info will be provided in the infosheet.

Requirements: The workcamp takes place in the area of the monastery with a community of three nuns still living there, so it is necessary to behave respectfully. The place where the nuns live is not in the same building as the accommodation for volunteers, but it is necessary to respect the quiet hours at night and not to consume hard alcohol. You will have an opportunity to enjoy the night life during your trip to Brno.

Notes: Protective equipment (gloves, glasses, respirators) will be provided by the hosting organization. Please bring working clothes, headwear, sunscreen and sturdy shoes.

3. Care for Others

SDA 301 Back to Nature Summer Camp

27/06 – 19/07/2019

KIDS

Vols 2

Age 20-28

Only female, ML

Project: The workcamp is organized in co-operation with the Czech national section of EUROSOLAR and Nature Conservation Agency. EUROSOLAR promotes renewable energies, sustainable lifestyle, it engages in youth environmental education and organizes environmental summer camps for children and families. EUROSOLAR is looking for 2 independent volunteers to support their team of animators during a summer camp for children. The project takes place in an abandoned but exceptionally beautiful, hilly area of Bohemian Forest, near the western border of the Czech Republic. The campsite is totally isolated from civilization (the nearest Czech village is 11 km away), so we welcome volunteers that are fond of trying out a basic lifestyle in the forest and do not mind longer walks.

Work: You will assist a team of animators with preparing activities for children (9-18 yo) during a summer camp. The idea of the camp is to show the children how to take care of themselves and be independent. Therefore, for example, children prepare their own lunch in small groups. There will be various creative and manual workshops, such as building a canoe, making candles, pencils or dream-catchers. There will also be various games prepared for the children, such as a treasure hunt or different sports. Every morning we will practise yoga (sun salutation) and every evening there is going to be a short meditation.

Study part: Evening discussions about environmental and intercultural topics, learning to recognize stars, watching wild animals. As you will live in close contact with the nature you will improve your camping skills as well.

Leisure time: Hiking in the surrounding countryside. In your free time, you can play board games, experience Indian sauna and try out archery.

Accommodation/Food: In tee-pees (Indian tents with a fireplace in the centre) on wooden pads. You will cook together as a group on a fireplace. The food is only vegetarian. Nights in the forest are very cold, even frosty, so bring a very warm sleeping bag, a camping mat, an extra blanket and/or sheet to cover a hay mattress. You will wash yourself in a small river with cold water next to the camp, toilets are dry and outdoor. Please see photos of the place here: goo.gl/UDGSqc

Location: GPS coordinates: 49°43'11" N, 12°26'19" E. The campsite in the valley of the Celni stream, an isolated part of the village of Lesna in the Bohemian Forest near the German border. The nearest bus stop is Stara Knizeci Hut and the nearest bigger town is Tachov.

Meeting point: Stara Knizeci Hut, part of the village Lesna. The public transport to Stara Knizeci Hut during summer holidays is very limited – there is only one connection from Prague on 29th June – the last train leaves Prague train station at 10.45 a.m. and arrives in Stara Knizeci Hut at 15:50 so it is strongly recommended to arrive in Prague one day before the workcamp starts to make it on time. Detailed travel advice will be provided in the infosheet.

Requirements: We expect volunteers to enjoy camping and being outdoors in simple conditions, close to nature. We also expect you to enjoy working with children. Please send us a short motivation letter and explain why you wish to participate in this project. Please note that this project is only open for female volunteers.

Note: As the meadows can be very wet, bring waterproof working shoes (or rubber boots), and rain-gear. Please note that there are going to be maximum 2 international volunteers, the rest will be Czech animators who speak English. This is not a traditional workcamp, but you will have a chance to

live in the middle of forest and be part of a local team. Please see the photos from previous years before you apply: goo.gl/UDGSqc

SDA 302 Children Summer Camp

04/07 – 17/07/2019

KIDS/DISA

Vols 10 + 2 team leaders

Age 18+

ML, med. form

Project: This workcamp takes place in the town of Nymburk and in a small village of Jizbice (Central Bohemia region) in cooperation with the local NGO Centre for All. Centre for All organizes free time activities and summer camps for children and youth with and without disabilities. The activities take place in a reconstructed barn with a pretty garden in Jizbice and in the centre of the organization in Nymburk. The aim of the workcamp is to help Centre for All to prepare and run a children summer camp for autistic children. It is not a problem at all if you do not have any previous experience working with children with autism or disabilities. You will receive a training course as well as you will always work together with Czech assistants who have years of experience.

Work: You will do both manual tasks and work with autistic children. 1st week: getting the campsite and the barn ready for the arrival of the children (moving furniture, cleaning, decorating and preparing material, games and activities). 2nd week: you will work with children with autism and other disabilities who spend their vacation at the camp in Jizbice (personal assistance to children, organization of activities, going on walks, helping in the kitchen, washing dishes cleaning etc.). During the children's camp, you will work longer hours, but you can enjoy more free time during the first part of the workcamp. Throughout the workcamp, you will cooperate with Czech assistants – every child will be taken care of by 1 Czech and 1 international volunteer. Bring games and ideas for activities.

Study part: During the first week, you will get a lecture on autism and a workshop on methods how to work with autistic children and youth. Some materials will be already provided to all participants before the workcamp. Please be ready to read them in advance! There will be some teambuilding activities together with the Czech assistants. You will have the chance to learn some basic Czech phrases – it will be helpful during the children's camp. You will also learn about the famous Czech author Bohumil Hrabal who was born in Nymburk – you can visit his birth house or see films based on his novels.

Leisure time: Tour around the spa town of Podebrady, excursions to the complex of labyrinths and the castle of Loucen, to a local brewery and to the surrounding countryside are planned. An international evening can be organized.

Accommodation/Food: In Jizbice: in big tents in the garden. Please bring a sleeping bag and a torch. There is a bathroom with toilets and showers at the campsite. You will have meals together with the children and organizers. In Nymburk: in an international scouts' centre – in rooms on mattresses in own sleeping bags. There are 2 bathrooms, a kitchen, a dining room and a big garden. You will prepare your own meals as a group.

Location: Nymburk and the village of Jizbice (8 kilometres from the town of Nymburk). The campsite in Jizbice is located in a garden with a big barn. There is a playground, forests and an outdoor swimming pool.

Meeting point: Nymburk. The meeting time is usually in the afternoon. Please note it takes at least 1 hour to get there from Prague. The exact info will be provided in the infosheet.

Requirements: We ask you to send a short motivation letter together with the application form. We are especially looking for outgoing and creative volunteers with good communication skills who enjoy

working with children. All the volunteers have to bring a doctor-approved certificate stating that they are fit to work with children. The form will be sent to you after acceptance. Smoking and drinking alcohol is forbidden while working with children.

Note: We will also ask you to cooperate before the workcamp and read the materials that will be sent to you. Bring working clothes with you that can get dirty! You will need clothes for all kind of weather (swimsuit, warm clothes, raingear and waterproof working shoes). See photos from the 2018 workcamp: goo.gl/ig8vFu

SDA 303 Organic Farming at Camphill Community I

14/07 – 27/07/2019

AGRI/RENO

Vols 10 + 2 team leaders

Age 18+

Project: The workcamp is organized in cooperation with the Free Farm, an NGO which is part of the Camphill Community movement. This family-like community provides space both for people with special needs and for those without disability to work and live together. The community members can develop their skills in agriculture, bee wax candle making and cooking. The farm grows organic vegetables and herbs. It promotes the importance of biodynamic agriculture and the role of farmers in today's world. The host organization considers the farm and the countryside to be one living organism which needs to be taken care of responsibly with human touch and heart. The Free Farm sells vegetables that it produces, but making profit is not its main goal. It strives to develop cooperation with other farmers and to create direct relationship with individual consumers using the concept of community-based agriculture.

Work: Manual work is highly appreciated at the Free Farm. Its agricultural project couldn't be maintained without volunteers. Firstly, you will be helping on the organic farm: weeding, planting, hoeing, harvesting, cleaning, storing, watering, collecting herbs, etc. The work is usually physically demanding, but it is manageable if we all work together. You can also enjoy fresh air, while working outside. Secondly, the house and its surroundings are being renovated on regular basis, so some minor construction and renovation works can be done depending on current needs. Bring good working clothes, solid shoes, a hat and a raincoat. The fields are located within walking distance (app. 500m) from the accommodation.

Study part: Learning about the Camphill movement, Rudolf Steiner's anthroposophy, living in a community, and biodynamic agriculture. Learning about Czech Republic, each other's cultures and other related topics. It will also be possible to organize workshops on e.g. bee wax candle making, eurythmy and intuitive pedagogy. If you are interested in organizing an international evening for everyone to present their national cuisine and culture, there will be space for it. It's up to your initiative. Bring your favourite recipes and some specific ingredients if needed.

Leisure time: Barbecue with the members of the community, playing football, visiting the local pub, swimming in the river, visiting the nearby Terezin Memorial at the location of the former concentration camp for Jews – the Terezin Ghetto, going for trips to the nature protected area of Ceske Stredohori (historical cities of Litomerice, Usti nad Labem, castles, beautiful countryside) etc.

Accommodation/Food: In 1 attic room on mattresses. Bring a sleeping bag! A common room, 2 showers with hot water and 2 toilets are available. Local partner will provide food and vegetables from the farm for cooking (vegetarian diet is possible). You will prepare breakfasts and dinners on your own as a group, lunches will be prepared by all the members of the community with help of volunteers.

Location: Ceske Kopisty - a small village near the historical town of Litomerice. The farm uses 11 hectares of fields; there is a garden and a yard with a couple of animals (a cow, a horse, chicken, ducks,

pigs). The area is quite vast – there are 3 residential houses, a candle workshop and a common hall. There are 8 adults, 4 children and 7 people with special needs living there. You might meet around 10 other external co-workers.

Meeting point: Bus station Terezin u Pamatniku (1,6 km walk to Ceske Kopisty). The meeting time is usually in the afternoon. Please note it takes 1 hour to get there from Praha - Nadrazi Holesovice station. The exact info will be provided in the infosheet.

Requirements: The workcamp is suitable for people who are interested in farming and learning about the community. Please bring enthusiasm and good mood. As you will stay in the place for people with mental disabilities, there are certain rules you are asked to respect: smoking and consumption of alcohol within the community area are restricted, and it is necessary to respect the privacy and night rest of the inhabitants. Be aware that some members of the community don't speak English.

Note: You can learn more about the Free Farm on: www.svobodny-statek.cz. See photos from last year's workcamp: goo.gl/GyvbrE

SDA 304 Fight Social Exclusion

15/07 – 28/07/2019

KIDS/FEST

Vols 10 + 2 team leaders

Age 18+

ML, 20 €

Project: The workcamp is organized in co-operation with a local branch of People in Need (PiN), a Czech non-governmental, non-profit organization founded on the ideals of humanism, freedom, equality and solidarity. It is one of the biggest NGOs in Central Europe engaged in humanitarian aid and development projects. In Czech Republic, PiN targets education and helps people who live in social exclusion. Workcamps in Usti nad Labem have been organized for 20 years. This year, the goal is firstly to prepare meaningful free-time activities for children and youth living in the socially excluded area of the town, present different cultures to them and give them a chance to get new experience. Secondly, volunteers will prepare workshops for the public together with a local association Hranicar which supports and connects contemporary art and culture with everyday life.

Work: You will work in a several socially excluded neighbourhoods of Usti nad Labem. Local children have very limited opportunities during summer holidays. You will prepare and organize free-time activities for children and teenagers from the area coming to the afternoon club. The program for children will include trips and outdoor games and sports. You will also organize two fun days with games for children and help during a small dance and music festival in the neighbourhood. Apart from the activities mentioned, you are expected to participate in beautifying the public space. Your own ideas are welcome. You will also help to prepare workshops within Summer in the Streets, a small local festival organized by a local cultural association Hranicar. The workshops will focus on improving public space. You will also make a presentation about your country. Bring a flag or something traditional with you.

Study part: There will be a guided tour around different workplaces of PiN in Usti nad Labem organized for you at the beginning of the workcamp. You can also learn about the Roma culture, social exclusion in the Czech Republic, welfare system and the activities of the hosting NGO PiN. You can participate in a workshop focused on connecting football and social inclusion.

Leisure time: Trips to the surrounding countryside (nature parks, castles, close-by mountains and historical cities – e.g. Prague), weekend on a farm etc. It will be possible to go swimming or enjoy other activities, such as bowling, rafting or hiking. Bring good shoes for hiking.

Accommodation/Food: In the premises of PiN. You will share one room in the attic. Please bring a sleeping bag and a mat. For participants with children, a separate room can be arranged. There is a

bathroom (1 shower, 4 toilets) and a kitchen. Please note that you will share the premises with the employees of PiN and clients. Hosting organization will provide a budget for you to buy food and cook meals together as a group.

Location: Usti nad Labem (city of 100,000 people), Northern Bohemia – in particularly three locations of Predlice, Krasne Brezno and Mojzir (areas of the city that have a high percentage of socially disadvantaged people).

Meeting point: Usti nad Labem. The meeting time is usually in the afternoon. Please note it takes at least 1 hour to get there from Prague. The exact info will be provided in the infosheet.

Requirements: Please send a short motivation letter sent with the application form. Describe your experience with or interest in working with children. Give us one example of an activity you can organize for children or teenagers. We are looking for volunteers that love working with kids. You should be independent, creative, and preferably also have artistic skills and new ideas which can be implemented in different kinds of workshops.

Participation fee: 20 EUR. Due to limited access to public resources INEX-SDA has this year, we kindly ask participants to contribute 20 EUR towards the costs of general administration. The fee will be collected upon arrival. Please note that this fee doesn't directly contribute to the workcamp's budget.

Note: See photos from the 2018 workcamp: goo.gl/DXDDVr. Bring some ideas or equipment for games and activities for children with you. Please note that most of the children speak only Czech so be ready for the language barrier and think of other means of communication.

SDA 305 English Summer Camp for Kids

21/07 – 04/08/2019

KIDS

Vols 5 + 1 team leader

Age 18+

ML, CGC, med. form

Project: The workcamp is organized by the NGO Parents and Children of Kadan (RADKA) which provides a variety of services for families with children (maternal, swimming, volunteer, social and educational centres, more on: www.radka.kadan.cz). During summer holidays RADKA organizes suburban and outdoor camps for children of different ages. There will be 2 such camps during the workcamp – the urban one in the 1st week in Kadan, and the outdoor one in the 2nd week near a small village of Kotvina. RADKA wants to bring international dimension to the camps and enable children to practise English. That's why international volunteers are invited for 6th time. The aim of the workcamp is to help with the preparation and running of an interesting intercultural program in both camps.

Work: During 1st week, you will work at the suburban camp in the premises of RADKA. Children stay at the camp from 8am to 4pm but they sleep at home. You will mainly work with children (preparing games, arts, dancing activities and interactive English lessons). During the outdoor camp (2nd week) you will help with the all-day program managed by RADKA's organizers. The program will include trips, swimming, sports competitions, campfire, night games, etc. You will get involved in the sports games and other activities (including daily routine tasks such as cleaning, etc.). In both camps, you will be asked to present your countries and to prepare playful English lessons for kids. Please bring your favourite games, music and other ideas and most of all - lots of energy.

Study part: You will learn to prepare a program for children and see an example of how children camps are organized in the Czech Republic. You will meet the local community from Kadan, especially during the final international party for children and their parents. You will have an opportunity to present your home towns/countries in an interactive way. On regular basis, you will meet EVS and FSJ international volunteers hosted by RADKA.

Leisure time: During your stay in Kadan, you will have many possibilities to spend your free time: visiting the town of Kadan and its monuments, visiting cultural events, trips to the countryside, swimming, doing sports. During the outdoor camp, you will have 1 day off when you can organize an excursion to Karlovy Vary or Loket Castle. Apart from that you will be able to spend your free time at the campsite and in the surrounding (relaxing, swimming, walks, visit of nearby sights...).

Accommodation/Food: 1st week: in a local youth club: 2 rooms with sleeper sofas, a kitchen and a bathroom. There is also wi-fi. You will cook together as a group. Lunch can also be provided in a local restaurant. 2nd week: in a campsite with tents, no electricity, no internet, limited access to hot water, dry toilets. Prepare yourself for a real outdoor adventure! Bring a sleeping bag, a mat and some warm clothes! You will be provided full board by the camp cooks (vegetarian meals are not always possible).

Location: First, the historical town of Kadan (20,000 inhabitants), in West Bohemia, not far from the Ore Mountains; then the campsite near the village of Kotvina (about 15 km from Kadan). There is a beautiful countryside around Kadan and Kotvina.

Meeting point: Kadan. The meeting time is usually in the afternoon. Please note it takes at 2-3 hours to get there from Prague. The exact info will be provided in the infosheet.

Requirements: During the workcamp, you will spend a lot of time with children aged 9-14. This is why we require a short motivation letter, a certificate of good conduct and a medical form. We look for communicative and creative volunteers. Please note that children have different levels of English, so you will have to use non-verbal communication too. The workcamp is suitable for non-smokers. Smoking is not allowed on the premises. No alcohol allowed near children. Please note you will also work during weekends but you will get some days off during the week instead.

Note: See photos from last year's workcamp: goo.gl/vvX6i2

SDA 306 Help the Elderly in Prague 15

04/08 – 11/08/2018

SOCI

Vols 6 + 1 team leader

Age 18+

ML, CGC, med. form

Project: This workcamp takes place in Prague 15 (at the outskirts of the city) in cooperation with the Centre for Social Care and Nursing which offers social services to the people who need care and help of the others due to their age or illness. The aim of this workcamp is to support intercultural and intergenerational exchange of experience, to get to know each other, discover something new and foster mutual understanding and respect. This year the workcamp will be organized for the 10th time.

Work: You will work with the elderly and get a fixed part in their daily program. You will organize art workshops, leisure time activities (board games) and a garden party for them and assist with occupational therapy and outdoor-activities (going for walks, etc.). You will also assist the nurses in taking care for the clients and potentially do some manual work (e.g. gardening, cleaning, helping in the kitchen etc.). It is very much welcome if you come with your own ideas and initiative on what can be done. Please bring your favourite music, pictures or simple games with you to share with the elderly.

Study part: Learn more about social care in the Czech Republic and meet with seniors. You can practise Czech if you speak some. There will be workshops on ethical approach to social services and on communication in the environment with language barriers.

Leisure time: Prague 15 has a lot of green areas and good facilities for sport. There is a swimming pool in the neighbourhood. Besides you can visit Prague city centre, see exhibitions, visit nearby

castles or go hiking in the countryside.

Accommodation/Food: In a nearby hostel, in rooms with beds and linen. Each room also has its own bathroom. You can see the photos of the accommodation here: <https://www.nasancich.cz/ubytovani/hotel>. Lunch will be provided at the canteen of the social centre and will not be always suitable for vegetarians. Breakfast will be provided at the accommodation; dinner will be given to you in a package by the social centre and will usually be cold.

Location: Prague 15, a residential quarter at the outskirts of Prague.

Meeting point: Prague. The meeting time is usually in the afternoon. Please note that it takes around 30 min to get there from Prague city centre. The exact information will be provided in the infosheet.

Requirements: We prefer highly motivated, outgoing and creative volunteers. A relevant motivation letter needs to be sent with the application form. Before arriving at the project, you will be required to submit a Certificate of Good Conduct and a medical note stating you have no infectious diseases. If you speak some Czech, it will be very helpful in communication with the elderly.

Note: Please bring something traditional from your country which you can share with the clients. Volunteers can get a certificate confirming your voluntary service in the Centre for Social Care and Nursing. You can see the photos from the 2018 workcamp here: goo.gl/UqD5DM.

SDA 307 Centre for All

15/08 – 28/08/2019

KIDS/DISA

Vols 10 + 2 team leaders

Age 18+

ML, med. form

Project: This workcamp takes place in the town of Nymburk and in a small village of Jizbice (Central Bohemia region) in cooperation with the local NGO Centre for All. Centre for All organizes free time activities and summer camps for children and youth with and without disabilities. The activities take place in a reconstructed barn with a pretty garden in Jizbice and in the centre of the organization in Nymburk. The aim of the workcamp is to help Centre for All to prepare and run a children summer camp for teenage children with or without disability.

Work: You will do both manual tasks and work with children. 1st week: getting the campsite and the barn ready for the arrival of the children (moving furniture, cleaning, decorating and preparing material, games and activities). 2nd week: you will work with children with or without mental and/or physical disabilities who spend their vacation at the camp in Jizbice (personal assistance to children, organization of activities, going on walks, helping in the kitchen, washing dishes cleaning etc.). During the children camp, you will work longer hours but you can enjoy more free time before or after the camp. Throughout the workcamp, you will cooperate with Czech assistants – every child will be taken care of by 1 Czech and 1 international volunteer. Bring games and ideas for activities. This year's theme is Games without Borders.

Study part: During the first week, you will get a lecture on autism and a workshop on methods how to work with disabled children and youth. Some materials will be already provided to all participants before the workcamp. Please be ready to read them in advance! There will be some teambuilding activities together with the Czech assistants. You will have the chance to learn some basic Czech phrases – it will be helpful during the children's camp. You will also learn about the famous Czech author Bohumil Hrabal who was born in Nymburk – you can visit his birth house or see films based on his novels.

Leisure time: Tour around the spa town of Podebrady, trip to Prague, excursion to a local brewery and to the surrounding countryside can be planned. We will also organize an intercultural day/evening in

Nymburk together with Czech volunteers.

Accommodation/Food: In Jizbice: in big tents in the garden. Please bring a sleeping bag and a torch. There is a bathroom with toilets and showers at the campsite. You will have meals together with the children and organizers. In Nymburk: in an international scouts' centre – in rooms on mattresses in own sleeping bags. There are 2 bathrooms, a kitchen, a dining room and a big garden. You will prepare your own meals as a group.

Location: Nymburk and the village of Jizbice (8 kilometres from the town of Nymburk). The campsite in Jizbice is located in a garden with a big barn. There is a playground, forests and an outdoor swimming pool.

Meeting point: Nymburk. The meeting time is usually in the afternoon. Please note it takes at least 1 hour to get there from Prague. The exact info will be provided in the infosheet.

Requirements: A short motivation letter sent with the application form is strictly required. We are especially looking for outgoing and creative volunteers with good communication skills who enjoy working with children. We will also ask you to cooperate before the workcamp and read the materials that will be sent to you. All the volunteers have to bring a doctor-approved certificate stating that they are fit to work with children. The form will be sent to you after acceptance. Smoking and drinking alcohol is forbidden while working with children.

Note: You can see photos from last year's workcamp here: goo.gl/z3UmVx

SDA 308 Organic Farming at Camphill Community II

15/09 – 28/09/2019

AGRI/RENO

Vols 10 + 2 team leaders

Age 18+

Project: The workcamp is organized in cooperation with the Free Farm, an NGO which is part of the Camphill Community movement. This family-like community provides space both for people with special needs and for those without disability to work and live together. The community members can develop their skills in agriculture, bee wax candle making and cooking. The farm grows organic vegetables and herbs. It promotes the importance of biodynamic agriculture and the role of farmers in today's world. The host organization considers the farm and the countryside to be one living organism which needs to be taken care of responsibly with human touch and heart. The Free Farm sells vegetables that it produces, but making profit is not its main goal. It strives to develop cooperation with other farmers and to create direct relationship with individual consumers using the concept of community-based agriculture.

Work: Manual work is highly appreciated at the Free Farm. Its agricultural project couldn't be maintained without volunteers. Most common tasks on an organic farm are: weeding, planting, hoeing, harvesting, cleaning, storing, watering, collecting herbs, etc. The work is usually physically demanding, but it is manageable if we all work together. You can also enjoy fresh air, while working outside. In the autumn, you will help mainly with the harvest, cleaning and storing vegetables, or gardening (e.g. planting trees or bushes). You can also help with preparing herb mixtures. The house and its surroundings are being renovated on regular basis, so some minor construction and renovation works can also be done depending on current needs. Bring good working clothes, solid shoes, and a raincoat. The fields are located within walking distance (app. 500m) from the accommodation.

Study part: Learning about the Camphill movement, Rudolf Steiner's anthroposophy, living in a community, and biodynamic agriculture. Learning about Czech Republic, each other's cultures and other related topics. It will also be possible to organize workshops on e.g. bee wax candle making, euryth-

my and intuitive pedagogy. If you are interested in organizing an international evening for everyone to present their national cuisine and culture, there will be space for it. It's up to your initiative. Bring your favourite recipes and some specific ingredients if needed.

Leisure time: Barbecue with the members of the community, playing football, visiting the local pub, swimming in the river, visiting the nearby Terezin Memorial at the location of the former concentration camp for Jews – the Terezin Ghetto, going for trips to the nature protected area of Ceske Stredohori (historical cities of Litomerice, Usti nad Labem, castles, beautiful countryside) etc.

Accommodation/Food: In 1 attic room on mattresses. Bring a sleeping bag! A common room, 2 showers with hot water and 2 toilets are available. Local partner will provide food and vegetables from the farm for cooking (vegetarian diet is possible). You will prepare breakfasts and dinners on your own as a group, lunches will be prepared by all the members of the community with help of volunteers.

Location: Ceske Kopisty – a small village near the historical town of Litomerice. The farm uses 11 hectares of fields; there is a garden and a yard with a couple of animals (a cow, a horse, chicken, ducks, pigs). The area is quite vast – there are 3 residential houses, a candle workshop and a common hall. There are 8 adults, 4 children and 7 people with special needs living there. You might meet around 10 other external co-workers.

Meeting point: Bus station Terezin u Pamatniku (1,6 km walk to Ceske Kopisty). The meeting time is usually in the afternoon. Please note it takes 1 hour to get there from Praha - Nadrazi Holesovice station. The exact info will be provided in the infosheet.

Requirements: The workcamp is suitable for people who are interested in farming and learning about the community. Please bring enthusiasm and good mood. As you will stay in the place for people with mental disabilities, there are certain rules you are asked to respect: smoking and consumption of alcohol within the community area are restricted, and it is necessary to respect the privacy and night rest of the inhabitants. Be aware that some members of the community don't speak English.

Note: On 28th September, a Thanksgiving celebration will take place on the farm. You are welcome to stay till 29th, accommodation can be provided for you. You can learn more about the Free Farm on: www.svobodny-statek.cz. See photos from last year's workcamp: goo.gl/ZJbDTd

4. Protect the Environment

SDA 400 Revive the Vitice Springs

01/07 – 14/07/2019

ENVI/CONS

Vols 10 + 2 team leaders

Age 18+

Project: This workcamp takes place in a small village of Vitice in the central part of Czech Republic in cooperation with the local municipality. Vitice has a rich cultural and social life that is organized by the municipality and local associations. Vitice administers other 5 villages in whose surroundings you can find abandoned springs. The municipality wishes to revive these springs with the help of volunteers and make them a part of the local ecosystem and countryside again.

Work: In the surroundings of the village, there are multiple abandoned springs that you could bring back to life. You will do some landscaping and small construction works near the springs (e.g. cleaning the springs, building paths, panelling the springs with stones, installing benches, etc.), remove invasive plants, make the springs accessible for public and create a system of paths between the springs. Bring working clothes that can get dirty and solid shoes.

Study part: You will meet local associations, such as firefighters, gamekeepers or fishermen, who will present their activities to you. You can also play a match with the local football team. You will visit a nearby Battle of Lipany Memorial which plays an important role in the local history. If you are interested, you can also attend an organ concert in a local church. There will be some space for organizing an international evening where you can present yourselves and your countries.

Leisure time: You can visit an open-air museum of traditional houses in Kourim, a historical town of Kutna Hora or go on a trip to Prague. You can also go hiking in the countryside or go swimming in a nearby pond. In the garden of the community centre, there is a possibility to do barbecue.

Accommodation/Food: In the municipal community centre. You will sleep on a carpet in the main hall of the centre. Bring your own sleeping bag and a camping mat. There are showers (in the centre and the neighbouring building), toilets and a small kitchen. Next to the hall, there is a small restaurant where most of the meals will be prepared for you. Get ready for traditional Czech cuisine. You will get to prepare some meals together as a group.

Location: Vitice (261 inhabitants) near Kolin. The village is 45 km away from Prague. In the village, there is a historical church of Saint Simon and Jude from the 13th century.

Meeting point: Vitice. The meeting time is usually in the afternoon. Please note it takes about 1 hour to get there from Prague. The exact info will be provided in the infosheet.

Note: The workcamp is suitable mainly for those who want to get to know the life in a small village and help the nature.

SDA 402 Bees Education Centre Chlebovice

25/07 – 05/08/2019

RENO

Vols 8 + 2 team leaders

Age 18+

Project: The workcamp takes place in a small village of Chlebovice in cooperation with a local branch of the Czech Association of Beekeepers which is focused on beekeeping and it is also very active in organizing public events and environmental education activities for youth. They also host summer camps for children, take care of a unique museum of beekeeping and offer excursions to tourists. The Association runs The Bees Education Centre (a renovated historical building with a nice garden and

apiary). This year's workcamp will be the 5th. The goal will be to help with the renovation of the Bees Education Centre and organization of an educational event for children and parents.

Work: Volunteers will take part in maintenance activities in the Bees Education Centre which can include: cleaning and maintenance of exhibits in the museum, painting of rooms, fences and benches, reparations, or gardening. Volunteers will also prepare and organize a small educational event for children and parents with a campfire at the end. Please bring working clothes that can get dirty.

Study part: Presentation of the activities of the Bees Education Centre, getting to know beekeeper's work (introduction to the acquisition of bee products and their impact on human health, work in colonies), trip to a beekeeping farm.

Leisure time: Various activities can be planned that include trips, workshops or hiking. Volunteers can go on a trip to Pustevny (in the mountains), Panorama observation tower, Hukvaldy Castle, Frydek Castle, Ostrava or go to the Tarzanie outdoor centre. There is a possibility to use the local sports area.

Accommodation/Food: In the building of the centre. Volunteers will sleep in 1 room with beds. There are toilets in the building; showers are located 5 mins away at the football ground. Volunteers will prepare meals as a group in the kitchen in the centre.

Location: Chlebovice (800 inhabitants), Northern Moravia. The village itself is located 3km away from the city of Frydek-Mistek (60,000 inhabitants) and 25km from Ostrava (3rd biggest city in the country) which is known for its museums of hard industry and mining industry. The region is also famous for the Beskydy Mountains.

Meeting point: Frydek-Mistek train station. The meeting time is usually in the afternoon. Please note that it takes almost 4 hours to get there from Prague by train. The exact information will be provided in the infosheet.

Requirements: This workcamp is perfect for volunteers interested in the topic of bees and anyone who enjoy working with youth. Allergies notice: in the workcamp site, there are several beehives so the workcamp is not suitable for volunteers that are allergic to bee stings.

Note: See photos from the 2018 workcamp: goo.gl/CVtVCA

SDA 403 Eco Centre Horni Marsov

28/07 – 08/08/2019

RENO/ENVI

Vols 12 + 2 team leaders

Age 18+

20 €

Project: The workcamp takes place in a small town of Horni Marsov situated in the Krkonose (Giant) Mountains in cooperation with the local NGO Centre for Environmental Education and Ethics – SEVER. SEVER focusses on environmental education and the promotion of responsible behavior towards nature and among people themselves. It cooperates with schools and it organizes environmental programs for students and teachers. It also organizes educational and cultural events for the public. The aim of the workcamp is to renovate facilities of the residential centre which is used as accommodation for students and volunteers. You will also have a chance to discover a sustainable way of living and the beauty of Czech mountains.

Work: You will mainly help with the renovation of the residential centre. This will involve tasks such as painting walls, brushing and painting furniture, window ledges, handrails, etc. All the necessary work tools, including gloves, will be provided. Please bring old clothes that can get dirty with paint. You will also work in the premises of an eco-centre run by SEVER. Some tasks can be physically demanding, such as working with wood (cutting and storing). Other tasks will be less demanding, such

as working in the natural garden (weeding, mulching, creating garden beds and maintenance of walking paths, painting fences etc.).

Study part: Presentation of the organization SEVER (what they do to be sustainable), possibility to try environmental education programs for students and tourists, cooking evenings (local and international meals), trip to the Krkonose National Park etc.

Leisure time: Hiking in the beautiful Krkonose National Park and visiting other interesting sights (a town of Trutnov, the Arspach-Teplice rocks, etc.), using outdoor fireplace, borrowing materials for creative workshops, organizing film screenings etc.

Accommodation/Food: in the residential centre. There will be 2 rooms with beds available, WC, bathroom, a common room and a small kitchen. Please bring your own sleeping bags! You can see photos of the residential centre here: <http://sever.ekologickavychova.cz/ubytovani-na-severu/>. You will prepare your own meals as a group in the kitchen of the residential centre. Sometimes lunch will be provided in the canteen of the TOUCH eco-centre. The canteen operates for all the staff of the eco-centre. Please bring your own national recipes to share with others.

Location: Horni Marsov. North-eastern part of Bohemia, near the border with Poland. The town of Horni Marsov has around 1,000 inhabitants and it is located near the Krkonose National Park. Krkonose are the highest mountains in the Czech Republic and very attractive for hiking. Volunteers will work in two places – the eco-centre TOUCH (seat of the organization) and the residential centre (in the local school). Both places are within walking distance. The area has a bit colder climate even in summer and a beautiful countryside.

Meeting point: Horni Marsov. The meeting time is usually in the afternoon. Please note it takes at least 3 hours to get there from Prague. The exact information will be provided in the infosheet.

Requirements: Participation fee: 20 EUR. Due to limited access to public resources, INEX-SDA kindly asks participants to contribute 20 EUR towards the costs of workcamp coordination and administration. The fee will be collected in cash upon arrival. Please note that this fee doesn't directly contribute to the budget of the workcamp itself.

Note: We are looking for volunteers who like nature and are eager to learn how to be more sustainable. The local partner would like to show volunteers how to be more sustainable in everyday life (sorting out waste, cooking with local and organic products – no palm oil or fried food). Please note that there are cats in the area. You can see photos from the last year's workcamp here: goo.gl/Z536dJ

SDA 405 Family Workcamp on Educational Farm

17/08 – 25/08/2019

FAMILY/ENVI

Vols 20 + 2 team leaders

Age 18+

Kids 5-12, 100/60 €

Project: The workcamp is organized in cooperation with Environmental Centre Podbransky mlyn (PROUD). On their educational farm, PROUD provides environmental education courses for school groups. These courses focus on environmental education, in direct contact with nature and animals, local learning and experiential education. The educational farm is not only for children of all ages but also for adults from the town and the region. The goal of the programs is to show the beauty and the variety of nature to students and teachers. The aim of this workcamp is to improve surroundings of the educational farm, to carry out everyday tasks on the farm and enable contact with animals to families. This is the second time that a family workcamp is organized here.

Work: Volunteers will be involved in everyday activities of the farm – preparing the food for animals

and feeding them in the morning and in the evening, cleaning animal shelters. You will also do some gardening work: watering, weeding, harvesting fruits and vegetables, maintaining garden beds, cutting grass and raking, and cleaning outdoor areas. All these activities are suitable also for children and we expect them to participate together with parents. Occasionally, you will do small repairs on a farm and the environmental centre, cut wood, remove invasive plants, prune bushes, or prepare educational components. Most of these activities are outdoor regardless of the weather. We recommend you to bring old clothes for the work that can get dirty, working shoes (waterproof if possible) and a raincoat with you. Working gloves will be provided. The educational farm is located 500m from the accommodation and volunteers will get there by foot. Volunteers will work for 4-5 hours per day.

Study part: PROUD is equipped with a lot of tools for free-time and scientific activities. Children and adults can also try some of their educational activities – catching terrestrial or water invertebrates, working with microscopes etc. Volunteers will experience how the education farm works. There will be an introductory evening with presentation about Environmental Centre PROUD's activities as well as an international evening where volunteers will present their countries and prepare some traditional dishes for the local community.

Leisure time: A trip to the ruin of Rabi Castle (by train and walking) with a guided tour will be organized for you. There will also be a creative workshop on painting T-shirts. If the water levels allow, you can go on a short rafting trip on the Otava River. There is also a possibility of a half-day hike to nearby ruin of Prachen Castle or a treasure hunt around the town of Horazdovice. Volunteers can borrow board games and equipment for sports games (badminton, petanque), you can also borrow bikes or scooters. In Horazdovice, there is an aquapark, several playgrounds and cafés and restaurants. You can go swimming in the Otava River which is by the accommodation.

Accommodation/Food: Volunteers will be accommodated in 3 rooms for 6 people and in 1 room for 11 people in a reconstructed former mill. Large families will have their own rooms, smaller families will share rooms together. Sanitary facilities are shared (toilets, showers, hot water), there are 2 common rooms, a dining room, outdoor green area with a fireplace. Bed linen is available. All participants are expected to participate in keeping the place clean. More info here: <https://www.envicentrum.eu/en/about-us/proud-en>. Volunteers will divide in cooking teams and make a common menu for the week. The hosting organization will then assist with shopping. A fully equipped kitchen for big groups is available. We appreciate your own recipes and interesting ingredients.

Location: Horazdovice, Pilsen Region. The town (5,000 inhabitants) is situated on the left side of Otava River. The accommodation and educational farm are situated near the historical centre of the town. Along the river, there is a big English garden called Ostrov which is a great place for relaxing. Sumava National Park is about 30 km from the town.

Meeting point: Horazdovice. The town is accessible by train or by bus (direct buses from Prague). More info will be provided in the infosheet.

Note: This workcamp is available for families or individuals with 5 – 12 years old children. We expect participants to share the enthusiasm for nature, animals and getting to know new places and people. The workcamp will be focused on everyday work with animals. Please note that there is a risk of allergies to hairs, dust, hay etc. We recommend you to bring old clothes for the work which can get dirty or damaged, working shoes, wellingtons, raincoat and also slippers with you. You can see the photos from the last year's workcamp here: goo.gl/aGAR65

Participation fee: 100 EUR/adult, 60 EUR/child. Environmental Centre PROUD is an educational institution and it is difficult to accept donations, INEX-SDA is an NGO with limited access to funding from public resources. Therefore, we ask you to contribute to cover the costs of accommodation and food and the coordination costs. We require the participants to send the fee directly to INEX-SDA by

a bank transfer before the workcamp starts. Bank details and deadline for payment will be provided in the acceptance email.

SDA 406 Back to Nature for Families

18/08 – 25/08/2019

FAMILY/ENVI

Vols 25 + 2 team leaders

Age 18+

Kids 5-12, 32/16 €

Project: The workcamp is organized in co-operation with the Czech national section of EUROSOLAR and Nature Conservation Agency. EUROSOLAR promotes renewable energies, sustainable lifestyle; it engages in youth environmental education and organizes environmental summer camps for children and families. EUROSOLAR started organizing workcamps 20 years ago! The workcamp takes place in an abandoned but exceptionally beautiful, hilly area of Bohemian Forest, near the western border of the Czech Republic. The campsite is totally isolated from civilization (the nearest Czech village is 11 km away) and we welcome volunteers that are fond of trying out a basic lifestyle in the forest and do not mind longer walks. The goal is to help maintain meadows in a nature protected area, maintain the campsite and to enable volunteers with children to meet and to enjoy nature.

Work: You will work in a nature reserve about 3 km from the campsite and in the campsite. Some of you will cut grass on meadows and in the campsite. Please note that the meadows can be very wet; bring waterproof working shoes (or rubber boots), rain-gear and gloves. Others will work in the campsite - cooking, collecting wood, and doing maintenance tasks, working in the nearby forest and other manual work. Children and parents will work together when possible (e.g. raking grass, helping with cooking, collecting wood, harvesting vegetables and gardening).

Study part: Evening discussions about environmental and intercultural topics, learning to recognize stars, watching wild animals. A visit to nature reservations in the neighbourhood can be planned. As you will be living in close contact with the nature, you will improve your camping skills as well. Every evening, there is going to be a group meditation and sticktalking in a tee-pee.

Leisure time: Hiking in the surrounding countryside. Trips to Czech towns in the neighbourhood (e.g. Mariánské Lázně) and as the project is situated directly at the border on Germany, a trip to Germany can be organized as well. In your free time, you can play games, do creative workshops or experience Indian sauna and try out archery.

Accommodation/Food: In tee-pees (Indian tents with a fireplace in the centre) on wooden pads and mattresses filled with hay. Large families will have their own tee-pees, smaller families will share tee-pees. You will cook together as a group on a fireplace. The food is only vegetarian. We try to buy only local and seasonal food. Nights in the forest are very cold, even frosty, so bring a very warm sleeping bag, a camping mat, an extra blanket and/or sheet to cover a hay mattress. You will wash yourself in a small river with cold water next to the camp, toilets are dry and outdoor. The source of water is analysed by the authorities every year to meet the standards.

Location: GPS coordinates: 49.721559, 12.468716. The campsite in an isolated part of the village of Lesná in the Bohemian Forest near the German border. The nearest bus stop is Stara Knizeci Hut and the nearest bigger town is Tachov. The campsite is located about 30 minutes-walk from the nearest bus station. The landscape is hilly but most of the important places of the camp are situated in the valley near the stream.

Meeting point: Stara Knizeci Hut, part of the village Lesná. The public transport to Stara Knizeci Hut during summer holidays is very limited - there is only 2 connections from Prague on 18th August - the last train leaves Prague train station at 12:45 p.m. and arrives in Stara Knizeci Hut at 16:15, but we recommend taking an earlier train from Prague to Plana u Mariánských Lázní not to miss the connecting train. Therefore, it is strongly recommended to arrive in Prague one day before the

workcamp starts to make it on time. Detailed travel advice will be provided in the infosheet.

Requirements: This camp is perfect for volunteers who want to enjoy living and working in basic conditions in close touch with nature. This project is not suitable for people with hay allergies. There is a strict no alcohol and drugs policy in the campsite. Please see the photos from the campsite before you apply: goo.gl/UDGSqc

Participation fee: 32 EUR/adult, 16 EUR/child. EUROSOLAR is a NGO with limited resources, therefore, we kindly ask participants to contribute to the budget of the workcamp. The fee must be covered in advance by a bank transfer to the account of INEX-SDA.

Note: This workcamp is available for families or individuals with 5-12 years old children. We expect participants to share the enthusiasm for nature, to be open-minded, flexible and interested in eco-friendly and community way of living. We recommend you to bring old clothes for the work which can get dirty or damaged, solid shoes or wellingtons, warm sleeping bags and a raincoat. We expect volunteers to enjoy camping and being outdoors. Every year, there are several children and family-friendly camps organized, so even if the accommodation and facilities are basic, they are suitable for children. On 25th August, there are only 2 connections from Stara Knizeci Hut to take you back to Prague. The first one arrives in Prague at 15:20, the later one at 20:00.

SDA 407 Back to Nature

25/08 – 08/09/2019

ENVI

Vols 10 + 2 team leaders

Age 18+

Project: The workcamp is organized in co-operation with the Czech national section of EUROSOLAR and Nature Conservation Agency. EUROSOLAR promotes renewable energies, sustainable lifestyle; it engages in youth environmental education and organizes environmental summer camps for children and families. The workcamp takes place in an abandoned but exceptionally beautiful, hilly area of Bohemian Forest, near the western border of the Czech Republic. The campsite is totally isolated from civilization (the nearest Czech village is 11 km away) and we welcome volunteers that are fond of trying out a basic lifestyle in the forest and do not mind longer walks. This year the workcamp will be organised for 20th time! The goal is to help maintain meadows in a nature protected area and maintain the campsite.

Work: You will work in a nature reserve about 3 km from the campsite (you will walk there on foot). The main work will consist of cutting grass on protected meadows and the campsite, raking and collecting grass. This work is physically demanding but on fresh air. As the meadows can be very wet, bring waterproof working shoes (or rubber boots), rain-gear and gloves. You will also work directly in the campsite on maintenance tasks which can include repairing fences, preparing garden beds for winter, working in the nearby forest and other manual work. At the end of the workcamp, you will help to dismantle the campsite and to transport all the material to Prague where it will be stored during winter.

Study part: Evening discussions about environmental and intercultural topics, learning to recognize stars, watching wild animals. A visit to nature reservations in the neighbourhood can be planned. As you will be living in close contact with the nature you will improve your camping skills as well. Every evening, there is going to be a group meditation and sticktalking in a tee-pee.

Leisure time: Hiking in the surrounding countryside. Trips to Czech towns in the neighbourhood (e.g. Mariánské Lázně) and as the project is situated directly at the border on Germany, a trip to Germany can be organized as well. In your free time, you can play games, experience Indian sauna and try out archery.

Accommodation/Food: In tee-pees (Indian tents with a fireplace in the centre) on wooden pads. You will cook together as a group on a fireplace. The food is only vegetarian. Nights in the forest are very cold, even frosty, so bring a very warm sleeping bag, a camping mat, an extra blanket and/or sheet to cover a hay mattress. You will wash yourself in a small river with cold water next to the campsite, toilets are dry and outdoor. Please see photos of the place here: goo.gl/UDGSqc

Location: GPS coordinates: 49°43'11" N, 12°26'19" E. The campsite in the valley of the Celni stream, an isolated part of the village of Lesna in the Bohemian Forest near the German border. The nearest bus stop is Stara Knizeci Hut and the nearest bigger town is Tachov.

Meeting point: Stara Knizeci Hut, part of the village Lesna. The public transport to Stara Knizeci Hut during summer holidays is very limited – there are only few connections from Prague on 25th August. The last train leaves Prague train station at 12:45 and arrives in Stara Knizeci Hut at 16:15 so it is strongly recommended to arrive in Prague one day before the workcamp starts to make it on time. Detailed travel advice will be provided in the infosheet.

Requirements: This camp is perfect for volunteers who want to enjoy living and working in basic conditions in close touch with nature. If you are ready for this, an amazing experience is waiting for you! This project is not suitable for people with hay allergies. There is a strict no alcohol and drugs policy in the campsite.

Note: We expect volunteers to enjoy camping and being outdoors. Please note that last three days are dedicated to dismantling the campsite and transporting all the material to Prague. Volunteers will be divided in groups helping with different stages of moving – some will travel to Prague by van and car on Thursday 5th, some by bus one day later. All the volunteers will meet again in Prague on 6th Sept. in the evening. Accommodation in Prague will be provided. The departure day is 8th September, please arrange your travel plans accordingly. Please see the photos from previous years before you apply: goo.gl/UDGSqc

SDA 204 Jewish Holesov

16/07 – 28/07/2019

RENO/FEST

Vols: 6 + 2 team leaders

Age: 18+

Requirements/note: Participation fee: 20 EUR

Project: The workcamp takes place in Holesov, a small Moravian town, known for its large pre-war Jewish community. The community was wiped-out during World War II and has only very few members today. There is an important synagogue and also a grave of one of the biggest Jewish scholars - rabbi Sach. The workcamp supports the work of the Cultural Centre of Holesov which maintains the local Jewish cemetery and other Jewish monuments in the town and organizes the festival of Jewish culture called Jewish Culture Festival which will take place during the workcamp. The aim of the workcamp is to maintain the Jewish cemetery, to help organize the festival and to get to know the local culture.

Work: You will work at the local Jewish cemetery and in the Sach synagogue (about 90% of working time) where you will help to maintain outdoor areas. The work can include cleaning of pavements, weeding, working with brush cutter, cutting and raking grass, maintaining graveyards, etc. Furthermore, you will prepare the Jewish Culture Festival which takes place in Holesov during the workcamp (10% of working time). Bring suitable working clothes with you. The work might be physically demanding, weekends are usually working days (because of the festival) but you will get

days off during the week.

Study part: You can learn more about Jewish culture, visit local monuments and see concerts, performances and films during the festival. You will have a chance to meet local community during a barbecue in the garden of a local castle or at a traditional lunch with the representatives of the town. It is also possible to prepare some activities with and for the local community (such as visiting a summer camp for children).

Leisure time: Trips to sights of interest in the region (e.g. UNESCO site of Kromeriz, pilgrimage hill of Hostyn, open-air museum etc.), free entrance to cultural activities organized by the local cultural centre, free access to the local swimming pool.

Accommodation/Food: In a hostel in the centre of Holesov. There are beds but you have to bring your own sleeping bags. You will prepare your own meals together as a group.

Location: Holesov (12,000 inhabitants), a historical town located in the south-east of the Czech Republic

Meeting point: Holesov. The meeting time is usually in the afternoon. Please note it takes at 3-4 hours to get there from Prague. The exact info will be provided in the infosheet.

Requirements: Volunteers interested in the Jewish culture are especially welcome!

Participation fee: 20 EUR. Due to limited access to public resources, INEX-SDA kindly asks participants to contribute 20 EUR towards the costs of workcamp coordination and administration. The fee will be collected in cash upon arrival. Please note that this fee doesn't directly contribute to the budget of the workcamp itself.

Note: See the photos from the 2018 workcamp: <https://goo.gl/br2nNo>

Camp advert: Do you want to learn more about Jewish culture and history? Join the Jewish Holesov workcamp and help to maintain local Jewish cemetery and support the Jewish Culture Festival.

SDA 208 Renovate a Historical Brewery

28/07 – 09/08/2019

RENO

Vols: 8 + 2 team leaders

Age: 18+

Requirements/Note: Participation fee: 20 EUR

Project: This workcamp is held in cooperation with a non-profit organization Association of Semik from Cechtín in a small village. The association is focused on supporting culture, social and craft events in the region, aiming at connecting people. It also renovates a cultural monument - a site of an old brewery in Cechtín that is currently in a bad state. The association organizes historical fashion shows and craft workshops, and manages a museum of wedding dresses. The aim of this workcamp is to contribute to the renovation of the brewery, reviving the site and making it accessible for public. This year volunteers will help to remove concrete from the granary floor and return it to its original state.

Work: Under the supervision of the hosting organization, you will start removing concrete floor in an old granary in order to recover the original wooden floor. You will also help to clean different areas in the site and prepare them for reconstruction. The activities might include masonry, painting, renovating floors, or taking down walls. The work will be

specified based on the current needs but also abilities and interests of the volunteers. The work might be physically demanding. Apart from this, you will have a chance to help with cataloguing showpieces in the museum of wedding dresses, finalize its concept or design the museum labels and signs.

Study part: A guided tour of the historical brewery, meeting locals and members of the association, a lecture on the history of wedding dresses, possibility of organizing a fashion show in historical costumes.

Leisure time: Swimming in a local swimming pool (200 metres from the accommodation), a trip to the historical town of Trebic (UNESCO), a trip to the Stranecka Zhor Castle, making campfire or an international evening. You can also play ping-pong, darts, or badminton etc.

Accommodation/Food: In the building of the historical brewery. You will sleep in beds or on mattresses in rooms for 2-3 people. Bring your own sleeping bags. There are toilets and a shower. Please note that accommodation is located in the building which is currently under reconstruction. It is not suitable for people with dust allergies. Home-made meals will be provided by the hosting organization (3 times a day). You will help with cooking. During the international evening, you will have a chance to present your national cuisine. Bring your favourite recipes.

Location: Cechtin (300 inhabitants). The village is situated in the Vysocina Region, 30 km from Jihlava and 12 km from Trebic (UNESCO). In the village, there is a public swimming pool, a shop, a pub and a post office.

Address: Cechtin 2

Meeting point: Jihlava. The meeting time will be in the evening. The hosting organization will pick up the volunteers with car and take them to the workcamp site. Please note it takes at least 1,5 hours to get there from Prague. More information will be provided in the infosheet.

Requirements: The workcamp is not suitable for people with allergies to dust. You will live in the same building as a family with kids so it is necessary to behave respectfully.

Participation fee: 20 EUR. Due to limited access to public resources, INEX-SDA kindly asks participants to contribute 20 EUR towards the costs of workcamp coordination and administration. The fee will be collected in cash upon arrival. Please note that this fee doesn't directly contribute to the budget of the workcamp itself.

Note: We welcome skilled and passionate volunteers, especially with interest in historical buildings.

Camp advert: Did you know that the Czech Republic is the country where people drink the most beer? Do you want to help in the renovation of a historical brewery in a small Czech village? Then join Renovate a Historical Brewery workcamp!

SDA 404 BumbleBEE Part of Nature

11/08 – 25/08/2019

ENVI

Vols: 14 + 2 team leaders

Age: 18+

Requirements/note: Participation fee: 20 EUR

Project: The workcamp is organized in cooperation with the local NGO Cmelak - Friends of Nature Society whose activities are focused on the support of a sustainable way of life, practical nature protection and environmental education. They transform environmentally damaged and abandoned areas into locations that are attractive for both people and the nature. In one area of the Jizera Mountains they create a New Virgin Forest - a location where unnatural spruce tree monoculture is being replaced by seedlings of original trees. In another area, they maintain wetlands. The aim of this workcamp is to help with practical nature protection in several different locations that Cmelak takes care of (both forests and wetlands). Volunteers will learn about the local region and its flora and will spread the idea of volunteering among locals. Cmelak has organized 17 workcamps so far.

Work: You will have opportunity to discover different places of the Liberec region, working in the valuable areas the hosting organization takes care of. The tasks will consist of 1) work in the forests: work in the tree nurseries including preparation and weeding of beds and repairing fences; cutting and collecting grass and branches, collecting garbage etc. 2) maintenance in the wetlands (cutting grass, cutting reed; removing reed and other plants from water pools, deepening water pools, cutting out wood). Be ready to work manually and outdoors, in wet areas, under all types of weather (rain, wind). Waterproof clothes with long sleeves, long trousers, a raincoat and rubber boots are necessary. These clothes will protect you against insects and plants.

Study part: There are some interactive field excursions planned for volunteers to get to know the locations where they are going to work, to understand why their work is needed and beneficial.

Leisure time: You can go hiking in the beautiful surrounding landscape, visit nearby castles and climb the Jested mountain - the highest peak in the region. The city of Liberec offers many possibilities to enjoy culture, visit the local zoo, botanical garden go-carts etc. Trips outside Liberec will also be organized, volunteers can visit for example: Sloup rock castle, Lemberk castle; or they can go canoeing or hiking in the Jizera Mountains.

Accommodation/Food: You will stay at 3 different places: Jablonne, Novy Bor and Padouchov. You will sleep on beds or mattresses. You will spend the last days in a historical mountain cottage. Bring your own sleeping bag. There will always be showers, toilets and an equipped kitchen. You will prepare your meals together as a group and you will bring snacks and lunch to the workplace. Bring a lunchbox with you.

Location: Jablonne, Novy Bor and Padouchov - areas of the Jizera Mountains in the north of Bohemia. The area is known for its surrounding mountains that are easily accessible.

Meeting point: Jablonne v Podjestedi. The meeting time is usually in the afternoon. Please note it takes 2,5 hour to get there from Prague. The exact information will be provided in the infosheet.

Requirements: We are looking for volunteers who like nature, being outside and are eager to learn new things about nature protection and contribute. Please bring a backpack instead of a suitcase as we will move a lot during the workcamp.

Participation fee: 20 EUR. Due to limited access to public resources, INEX-SDA kindly asks participants to contribute 20 EUR towards the costs of workcamp coordination and administration. The fee will be collected in cash upon arrival. Please note that this fee doesn't directly contribute to the budget of the workcamp itself.

Note: You will spend a lot of time outdoors so you can get into contact with different kinds of plants, herbs, pollen and insects. Work can be physically demanding. See photos from the 2018 workcamp: <https://goo.gl/G2dE9u>

Camp advert: Go green and join BumbleBEE Part of Nature workcamp. Help endangered tree species and protect biodiversity!

Looking forward to welcoming your volunteers!

INEX-SDA team



International WorkCamp