

Referencia: 1

Code: SDA107-14

Year: 2014

Name: VOLUNTEERING IN REGION OF LIVING WATERS

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-ENVI - Restoration-Environmental

Initial Date: 03/08/2014

Final Date: 16/08/2014

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 107 Volunteering in Region of living waters
3.8. - 16.8.

RENO/ENVI Vols 13 + 2 Team leaders Age 18+

Project: The workcamp is located in the Carlsbad region, Western Bohemia, also called ¿region of living waters¿ thanks to its many water springs and spa towns. It is organized by the Association of municipalities Slavkovsky les dealing with sustainable rural development, protection of the landscape, preservation of regional cultural sights, organic farming and ecotourism. It will take place in several communities of the region depending on which municipalities of the Association will get involved. Part of the activities will take place in Becov, a beautiful historical town with a famous castle.

Work: The work will be manual: You will help to preserve the local natural and cultural heritage including the historical botanic garden in Becov. Your work includes to plant trees and other plants, cut grass, clean, help with the maintenance of the touristic infrastructure and natural trails. You will do some adjustments of sacred buildings. You could also help on an organic farm. The tasks can change according to current needs of the communities involved and the weather conditions. Take suitable working clothes, good working boots and rain-gear.

Study part: Guided tours to regional historical and cultural sights such as castles and monasteries, excursions with a lecturer to the protected countryside surrounding Becov, discovering local folkloric festivals and traditions and non-formal meetings with the locals.

Leisure time: You can visit famous spa towns in the region (e.g. Carlsbad/Karlovy Vary or Mariánské Lázně), do some sports and go hiking in the surrounding countryside. It is possible to have a campfire, go swimming and on bike trips, try horse riding and visit some local cultural events. Bring also some of your favourite local recipes and games.

Accommodation/Food: Premises of the local football club in a small village of Otrocin in a big room on the floor. Mattresses will be provided but please bring your own sleeping bag! There is a common room for eating (but not a kitchen!), a shower and two toilets. Please be ready for basic conditions. The food will be partly prepared by yourselves (breakfasts, snacks) and partly provided by the local partners (lunches and dinners).

Location: different communities of the microregion Slavkovsky les, Western Bohemia and a town of Becov nad Teplou (the site of the botanical garden).

Note: Bring warm clothes in case of bad weather and a swimsuit.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 2

Code: SDA110-14

Year: 2014

Name: SUMMER IN HISTORICAL PISEK

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-KIDS - Restoration-Work with kids

Initial Date: 09/08/2014

Final Date: 23/08/2014

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 110 Summer in Historical Pisek
09/08 ¿ 23/08
RENO/KIDS
Vols: 10 + 2 team leaders
Age: 18+

Project: The workcamp will take place in the South Bohemian town of Pisek. There will be two local partners ¿ the local primary school and the Jewish community. The first week of the workcamp, the main focus will be on the Jewish synagogue which has an important historical value and which should serve in future as an educational community centre. At the moment, it is under reconstruction after years of neglect. For the second week, the workcamp focus will be on the primary school. Volunteers will give an intercultural dimension to the the summer week-long program for children that will be organized there. The aims of the workcamp are double: to contribute to the renovation of the synagogue and to meet and exchange with the local community, mainly school children.

Work: During the 1st week, you will help with the maintenance of the synagogue and its surroundings. The work will include tidying up and cleaning the outer surroundings. It is necessary to remove the old and worn floor and take to the dump old parquet blocks. In the 2nd week, you will take part in a local summer camp organized by the primary school. You will help to prepare program in which children will learn English. Main focus will be put on the communication with them, on helping them not to be afraid to speak in English. Bring some games from your country that can be used. You will also help with additional work tasks around school such as repairing a playground, painting fences etc.

Study part: Lecture on the history and original function the Jewish synagogue, visit to the local Jewish cemetery and a practical demonstration of renovation by the main restorer. We will also organize an international evening for local people. Please bring something that represents you and your culture/region ¿ e.g. clothes, music, dance, games, etc. Also please bring some ingredients that are not usually available in foreign countries to prepare some traditional meals.

Leisure time: Excursion around Písek (oldest bridge in central Europe, etc.), smaller trips in and around Písek - brewery in the near town Protivín, hiking in Písek forests, swimming in the Otava river. At the weekend, we can also go to Český Krumlov, Plzeň or ¿umava mountains. The primary school lets you use tennis courts, volleyball and football grounds. In the school area, there is also a possibility to have a campfire.

Accommodation/Food: In the primary school. You need to take your own sleeping

bag but mattresses will be provided. It will be possible to use school computers. Meals will be prepared by the volunteers themselves in a school training kitchen. It would be nice to try new, different kinds of meals so bring your own recipes.

Location: Historical town Pisek (30 000 inhabitants) which was built in the first half of 13th century. The town is located in Southern Bohemia.

Note: Please note that the workcamp will stay in the primary school so smoking will be forbidden in the premises. The camp is suitable for outgoing volunteers with a good attitude towards children and who have ideas for activities to be done with them. Experience with English teaching is an advantage but not a requirement.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 3

Code: SDA201-14

Year: 2014

Name: Castle Grabstejn

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO - Restoration renovation

Initial Date: 14/07/2014

Final Date: 27/07/2014

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 201 Castle Grabstejn
14.7. - 27.7.

RENO Vols 10 + 2 Team leaders Age 18+

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 located in Northern Bohemia and it is surrounded by a beautiful mountainous countryside which is perfect for hiking.

Work: The nature of your work depends on what is actually needed to do according to castle revitalisation plan. This includes cutting grass and wood, removing of invasive vegetation in the forest surrounding the castle, some basic renovation of paths, walls and balustrades, cleaning inside the castle, etc. The work is manual and physically very demanding. Volunteers will need working clothes that can get dirty or damaged and good solid shoes.

Study part: Learn more about the castle and meet local castle staff.

Leisure time: You can go hiking in the beautiful hilly countryside surrounding the castle and climb a famous mountain Jested (1012 m) with a hotel on the top representing typical socialist architecture. It's possible to go swimming in a nearby lake (don't forget your swimsuit) or play some games and music (please take some musical instruments with you if you can play on them). The nearest city is Liberec with a zoo and a botanical garden. It is possible to visit a regional brewery and many other interesting sights.

Accommodation/Food: You will sleep directly at the castle in one big room on foam mattresses or beds. Therefore you will need to bring a 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 the meals by yourselves, so please bring some interesting recipes with you.

Location: Castle Grabstejn in the small village of Chotyne (860 people) in Northern Bohemia. The nearest town is Hradek nad Nisou (about 7500 people) which is connected with Chotyne by public transport.

Note: This camp is especially suitable for hard-working volunteers who also like nature, hiking and want to discover closely the castle.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 4

Code: SDA202-14

Year: 2014

Name: CASTLE KYNZVART

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: ENVI-RENO - Environmental-Restoration

Initial Date: 19/07/2014

Final Date: 02/08/2014

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 202 Castle Kynzvalt
19.7. - 2.8.

ENVI/RENO Vols 11 + 2 Team leaders Age 18+

Project: The workcamp takes place at the site of the famous castle Kynzvalt which belonged to the councillor Metternich in the 19th century. The neo-classical castle has a charming park and an amazing history going back to the 13th century. It is situated in the westernmost corner of the Czech Republic, near the spa towns Karlovy Vary - Mariánské Lázně - Františkovy Lázně.

Work: The volunteers will work in the castle park and in the surrounding forest park. They will mainly perform maintenance and gardening tasks such as cleaning paths, weeding, removing fallen branches and leaves, making wood etc.

Study part: Get to know the history of the place while taking part in a guided tour of the Castle Kynzvalt. We plan an intercultural evening, so take some pictures and music that represents you and some interesting recipes with you.

Leisure time: Different kinds of sports, swimming in the nearby ponds, trips to the nearby spa towns and the surrounding countryside. Take some games for the evenings after work.

Accommodation/Food: In the castle area in a house. Take your sleeping bag and sleeping mat. A bathroom and a small kitchen are available. The volunteers will prepare their meals on their own.

Location: Lázně Kynzvalt (area of castle Kynzvalt), about 11 km from the well-known spa town Mariánské Lázně.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 5

Code: SDA203-14

Year: 2014

Name: JEWISH HOLESOV

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-CULT - Restoration-Cultural

Initial Date: 21/07/2014

Final Date: 04/08/2014

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 203 Jewish Holesov

21.7. - 4.8.

RENO/CULT Vols 8 + 2 Team leaders Age 18+

Project: The project 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. The workcamp supports the work of the Culture 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 Week¿ which will take place during the workcamp.

Work: The volunteers will work on the local Jewish cemetery and in the synagogue (about 90% of the working time) where they will help to maintain outdoor areas. The work can include cleaning of pavements, liquidating of invasive plant, painting, grinding off, etc. Furthermore, they will help with the technical preparations of the festival ¿Jewish Culture Week¿ which is taking place in Holesov during the workcamp (10% of the 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 and visit concerts, performances and films during the festival. Visit to local monuments.

Leisure time: Trips to the surroundings, free entrance to cultural activities organized by the local cultural centre, free access to the local swimming-pool.

Accommodation/Food: In the former gamekeeper¿s lodge belonging to the park of a local castle. Please bring a sleeping bag. The participants prepare their own meals.

Location: Holesov, a middle-sized town with around 12.000 people in the south-east of the Czech Republic

Note: Volunteers interested in Jewish culture are especially welcome!

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally

arrange travel insurance and bringing the necessary documents with them.

Referencia: 6

Code: SDA204-14

Year: 2014

Name: INTERNATIONAL VOLUNTARY ACADEMY HARTENBERG

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-CULT - Restoration-Cultural

Initial Date: 02/08/2014

Final Date: 16/08/2014

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 204 International Voluntary Academy Hartenberg
2.8. - 16.8.

RENO/CULT Vols 12 + 2 Team leaders Age 18+

Project: The workcamp is organized in cooperation with the local NGO Hartenberg which supports the development of volunteering in Western Bohemia and takes care of the remains of castle Hartenberg. The castle was purposely set on fire several times in the past and is now in a very bad state. With the help of volunteers it is being gradually reconstructed. Today, parts of the castle (mainly the big courtyard) are being used for cultural, ecological and educational activities. In 2010, the International Voluntary Academy of Hartenberg was established as the idea of volunteers. Its main task is to spread volunteering activities in the region as well as organize international projects together with the NGO Hartenberg.

Work: The work will be varied and adjusted to the abilities and preferences of volunteers but also according to current needs of the partner organization. Firstly, volunteers will be helping with the preparations of a traditional event, the outdoor Holly mass (15th August), which takes place in the courtyard of the castle. The work will include cleaning and other technical and manual tasks. Secondly, volunteers will be working according to a concept of the 'voluntary academy' - this work can range from creative and artistic activities to manual work at the castle and in the garden. Creative part can include making info panels, preparing materials and presentations, writing articles for the website or artistic activities (drawing, ceramics, etc.). The manual part will be most of the time physically demanding and can include reconstruction and renovation works (with stones, bricks and other materials) and gardening works (cutting and collecting grass, arrangement of the ground, etc.).

Study part: Discover the history and current intercultural atmosphere of the Hartenberg castle. It will be possible to organize intercultural evenings so please bring some materials that represent your culture (music and musical instruments, films, pictures, recipes, small objects, etc.). You can also be part of a workshop on sustainable practices.

Leisure time: You can go hiking in the mountainous countryside, visit some of the famous spa-towns in the region, go canoeing, do some sport activities and play music. During the weekends there will be time to go on whole-day trips, too.

Accommodation/Food: The accommodation will be very basic; please don't expect any comfort! You will sleep in a cottage near the castle in two common rooms. Take a sleeping bag and a sheet to cover the mattress with you. The toilet and

showers will be provided in a container that is located in the courtyard. The participants will cook some meals for themselves in a small kitchen and some meals will be prepared by a cook. Bring your local recipes.

Location: The castle ruin is situated near the village Hrebeny in western Bohemia and other villages in the region.

Note: We are looking for flexible and sociable volunteers with an interest in cultural heritage and nature. The workcamp can suit both people with artistic skills and also people who like manual work. The focus of the work will depend a lot on your own abilities and interest. Please take good walking boots, warm cloths and raingear with you.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 7

Code: SDA303-14

Year: 2014

Name: ORGANIC FARMING AT CAMPHILL COMMUNITY II

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: AGRI-RENO - Agriculture - Restoration renovation

Initial Date: 06/07/2014

Final Date: 19/07/2014

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 303 Organic Farming at Camphill Community II
6.7. - 19.7.

AGRI/RENO Vols 10 + 2 Team leaders Age 18+

Project: The workcamp takes place in the village of Ceske Kopisty where the local NGO Camphill Ceske Kopisty runs a family-like community centre both for people with (mental) disabilities and for those without any kind of disability who work and live together. The Camphill community in Ceske Kopisty is inspired by the Camphill movement and the ideas of anthroposophy. Besides therapeutic activities for the clients (including pottery and textile workshops), the community runs an organic farm focused on vegetable production and based on the rules of bio-dynamic farming. Camphill has recently set up a social enterprise which helps to sustain the community centre by selling agricultural products.

Work: The organic farm of Camphill is very dependent on manual work and it would be impossible to maintain the agricultural project without the voluntary work. The volunteers will perform two different kinds of manual work. Firstly, they will be helping on the organic farm - planting, watering, weeding, harvesting, cleaning, storing. Secondly, some minor construction and renovation works will be done (e.g. building and demolishing of walls, cleaning bricks, reparations). Bring good working clothes and shoes.

Study part: Lectures and discussions about the Camphill movement, anthroposophy and organic farming. It is possible to visit the nearby Terezin Memorial at the location of the former concentration camp for Jews & the Terezin Ghetto. Workshops on different handicraft techniques (making carpets, wooden jewellery or special natural soaps) can be organized for you.

Leisure time: You can make trips to the surrounding towns (a historical town of Litomerice, Usti nad Labem with a brewery and a zoological garden and Zernoseky with a wine cellar) and visit some summer cultural events. Then you can go hiking in the nearby beautiful hills, swimming in the river just behind the centre, have boat trips, do some sports (football, volleyball, table tennis) and go on a cycling tour along the river...

Accommodation/Food: In a big hall on mattresses. Bring a sleeping bag! One shower with hot water and a toilet will be available. There is also a kitchen & products for cooking will be provided by the local partner. Volunteers will prepare their breakfasts and dinners on their own, for the lunches they will assist the community cook with the preparation of the meal.

Location: Ceske Kopisty & a small village near the historical town of Litomerice.

Note: As you will stay in a community for people with mental health issues, smoking and the consumption of alcohol and drugs are forbidden within the community area. Please respect night-time peace and the privacy of the clients; accommodation.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 8

Code: SDA304-14

Year: 2014

Name: THERAPEUTIC CENTER LEDOVEC (ICEBERG)

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-FEST - Restoration renovation - Festival

Initial Date: 19/07/2014

Final Date: 01/08/2014

Min Age: 18

Max Age: 30

Places: 1

Description of Workcamp: SDA 304 Therapeutic Center Ledovec(Iceberg)
19.7. - 1.8.

RENO/FEST Vols 5 + 1 Team Leader Age 18+

Project: Ledovec is a non-governmental organization offering support to people with psychiatric diseases or mental health handicaps. For their clients it works as a ¿rural training home¿ and assists them to keep or improve the quality of their everyday lives. As a part of the centre there is a big garden and a farm with goats, sheep and chicken. The centre organizes a number of interesting activities for the public as well. Since 2002 the centre has organized a voluntary project where volunteers from the Czech Republic and from abroad work together with the centre¿s therapists to improve the area of an old parish house in the village Ledce where the centre is situated.

Work: The workcamp takes place in the Therapeutic centre when it is closed for the majority of the clients. Volunteers help with the running of the centre at that time (taking care of the animals, the garden and the house). They perform general cleaning of the house and assist at current reconstruction work (reconstruction of the barn, walls, an outside area of the centre, painting). Take working clothes and working boots. Part of the work is to help with the preparation and organisation of the ¿Traditional Fair Celebration¿ ¿ a cultural one-day event for the public (Sunday 27th July), where different handicrafts are presented and various kinds of traditional fair entertainment will be seen. Volunteers will have a chance to actively participate in the program of the celebration by preparing a small circus performance.

Study part: Volunteers will receive an introductory lecture on the centre¿s activities and principles of the psychosocial support offered to the clients. During the project, the centre¿s therapeutic workshops will be open for you (weaving, bread making, candle workshop).

Leisure time: The centre will organize trips with their own minibus, often to cultural events in Pilsen ¿ Cultural Capital 2015 or other places of interest. For everyday time off after work the centre provides juggling equipment, 5 bikes, 4 canoes and maps for trips to the surrounding countryside.

Accommodation/Food: In the main building in beds or on mattresses; bring a sleeping bag. Hot water, one shower and three toilets are available. You will receive homemade food three times a day in the centre (vegetarian dishes available). The volunteers will be involved in preparing the meals.

Location: The village Ledce, about 8 kilometres to the north-west from Pilsen

(Plzen). In the village you find Ledovec in the old parish house in the very centre of the village close to the church.

Note: The group will consist of 10 international volunteers, 5 from a partner organization of the centre and 5 international volunteers that will be placed by INEX-SDA. There will be only one shower for the group. The group will be responsible for itself and organize itself under the supervision of the centre's manager.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 9

Code: SDA305-14

Year: 2014

Name: ONE FLEW OVER THE SWALLOW'S NEST(CART. DE MOTIVAC)

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-ENVI - Restoration-Environmental

Initial Date: 20/07/2014

Final Date: 02/08/2014

Min Age: 18

Max Age: 30

Places: 1

Description of Workcamp: SDA 305 One Flew Over the Swallow's Nest

20.7. - 2.8.

RENO/ENVI Vols 7+ 2 Team Leaders Age 18+ ML

Project: The project takes place in the little village of Vlastovický (part of Opava) where the local NGO HOLOS runs a therapeutic and educational centre. The aim and activities of HOLOS are oriented towards the holistic approach to the human health. Its clients are mostly the inhabitants of Opava and the surroundings ¿ children, the youth and even the adults in hard life situations. The association offers a wide range of activities: therapeutic, educational, self-cognitive and self-experiential. Besides, HOLOS runs a school of dance (Latin-American, standard, sport and jazz dances), organizes art workshops (art therapy) and a club of martial arts (traditional Japanese martial arts of Iaidó and Jódó using arms).

Work: Volunteers will work in the centre HOLOS which is under reconstruction. It will be mainly manual ¿ they will perform minor construction and renovation works in the former barn (in the future, there will be rooms for therapy, accommodation and a kitchen). Secondly, they will work in the garden (digging, preparation of flower beds, planting of flowers, maintenance) and in the yard (renovation of the pavement). It will be also possible to try and restore some historic furniture. Besides the work in the centre HOLOS, part of the group will help with some works in the village of Vlastovický. This can include maintenance of the public green areas, planting of flowers, painting of children¿s playground, agriculture works on a farm or other tasks needed by the municipality at the time.

Study part: Volunteers can learn about the holistic approach to human health and try different meditation and relaxation techniques. There will be creative workshops prepared for volunteers ¿ dancing, arts and martial art. During the workcamp some international evenings are planned for the local community ¿ bring some interesting pictures, music or musical instruments and also traditional recipes from your home to be able to introduce your culture to the other volunteers and local people.

Leisure time: You can spend free time by playing games, singing at the camp fire (musical instruments are welcome), swimming, relaxation in the Indian sauna (sweatlodge) in the garden of the HOLOS centre and making some trips in the surroundings. The nearby city of Opava offers a wide range of activities (sights, museums, galleries, cinema, etc.). You can also visit some other regional sights (Museum of Silesia ¿ Holasovice, castles, the Slezska Harta Dam, Jeseníky Mountains, etc.). You can also try horse riding on a nearby farm.

Accommodation/Food: In the centre HOLOS in several rooms on mattresses or in the garden in your own tent (if you wish). There are two bathrooms with the shower and hot water. Bring your own sleeping bag and a mattress (or your own tent if you want to sleep outside). You will eat home-made food in the centre HOLOS (suitable also for vegetarians). The food will be prepared by the local partner and you will assist. It will be possible to cook national specialities, bring some traditional recipes from your country.

Location: The village of Vlastovický is located about 4 km to the north-west of Opava, near the border on Poland. The seat of HOLOS is situated in a farmhouse which formerly served as a school. It is a very little village but the centre of Opava is accessible within 20 minutes by bus.

Note: The group will be composed of 10 volunteers, 7 foreign and 3 local. In the HOLOS centre, it is forbidden to smoke and drink alcohol. The workcamp is suitable for volunteers who are hard-working, like arts and dogs (there are English cocker spaniels living in the centre in the close contact with the residents). We require a short motivation letter!

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 10

Code: SDA310-14

Year: 2014

Name: ORGANIC FARMING AT CAMPHILL COMMUNITY IV

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: AGRI-RENO - Agriculture - Restoration renovation

Initial Date: 17/08/2014

Final Date: 30/08/2014

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 310 Organic Farming at Camphill Community IV
17.8. - 30.8.

AGRI/RENO Vols 10 + 2 Team leaders Age 18+

Project: The workcamp takes place in the village of Ceske Kopisty where the local NGO Camphill Ceske Kopisty runs a family-like community centre both for people with (mental) disabilities and for those without any kind of disability who work and live together. The Camphill community in Ceske Kopisty is inspired by the Camphill movement and the ideas of anthroposophy. Besides therapeutic activities for the clients (including pottery and textile workshops), the community runs an organic farm focused on vegetable production and based on the rules of bio-dynamic farming. Camphill has recently set up a social enterprise which helps to sustain the community centre by selling agricultural products.

Work: The organic farm of Camphill is very dependent on manual work and it would be impossible to maintain the agricultural project without the voluntary work. The volunteers will perform two different kinds of manual work. Firstly, they will be helping on the organic farm - planting, watering, weeding, harvesting, cleaning, storing. Secondly, some minor construction and renovation works will be done (e.g. building and demolishing of walls, cleaning bricks, reparations). Bring good working clothes and shoes.

Study part: Lectures and discussions about the Camphill movement, anthroposophy and organic farming. It is possible to visit the nearby Terezin Memorial at the location of the former concentration camp for Jews & the Terezin Ghetto. Workshops on different handicraft techniques (making carpets, wooden jewellery or special natural soaps) can be organized for you.

Leisure time: You can make trips to the surrounding towns (a historical town of Litomerice, Usti nad Labem with a brewery and a zoological garden and Zernoseky with a wine cellar) and visit some summer cultural events. Then you can go hiking in the nearby beautiful hills, swimming in the river just behind the centre, have boat trips, do some sports (football, volleyball, table tennis) and go on a cycling tour along the river...

Accommodation/Food: In a big hall on mattresses. Bring a sleeping bag! One shower with hot water and a toilet will be available. There is also a kitchen & products for cooking will be provided by the local partner. Volunteers will prepare their breakfasts and dinners on their own, for the lunches they will assist the community cook with the preparation of the meal.

Location: Ceske Kopisty - Camphill village near the historical town of Litomerice

Location: Ceske Kopisty ¿ a small village near the historical town of Litomerice.

Note: As you will stay in a community for people with mental health issues, smoking and the consumption of alcohol and drugs are forbidden within the community area. Please respect night-time peace and the privacy of the clients¿ accommodation.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 11

Code: SDA402-14

Year: 2014

Name: NEW FOREST

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: ENVI - Environmental

Initial Date: 17/08/2014

Final Date: 30/08/2014

Min Age: 18

Max Age: 26

Places: 1

Description of Workcamp: SDA 402 New Forest
17.8. - 30.8.

ENVI Vols: 14 + 2 team leaders Age: 18 - 26

Project: The project 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. The goal of their projects is to restore the natural woods on specific pieces of land and to save endangered tree species. They also maintain wetlands. The workcamp takes place on one of those pieces of land and in the wetlands in a mountainous area at the foot of the Jizerske Mountains which are situated in the North of Bohemia, close to the Polish border.

Work: This year, volunteers will work in two different localities in the forestlands and in the wetlands. Firstly, you will be helping to restore the woodland and allow the growth of a mixed forest which should resemble to the natural state of a forest. The main part of your work will take place in the tree nurseries and will include preparation and weeding of beds, planting of seedlings, building of small fences, setting up of individual protection elements. Secondly, you will help with the maintenance of the wetlands (cutting of grass, cutting of reed followed by raking; removing of reed and other plants from water pools; cutting out of wood). The work will be manual and physically demanding. Be prepared to work outdoors, in wet areas, under all types of weather (rain, wind). Waterproof clothes (with long sleeves and long trousers), a raincoat and rubber boots are necessary.

Study part: During several evenings on the weekdays, lectures, presentations and workshops on ecological topics including an excursion to protected forest lands will take place. The local NGO will suggest the topics of those activities in advance to the team-leaders and volunteers (i.e. forest-management in the past and today, the idea behind the 'New forest' project etc.). You will also prepare activities with/for the local community such as international breakfast on a Sunday morning. The project includes a trip to the city Ceska Lipa as well.

Leisure time: You can go hiking in the beautiful surrounding landscape, visit castles and climb the Jested - the highest peak in the region. The city of Liberec, where you will be accommodated during part of the project, offers many possibilities to enjoy culture or do different kinds of sport. Trips to nearby towns and other interesting sites are possible.

Accommodation/Food: Volunteers will stay in two different places depending on where they will work. During the work in the forest, you will be in a dormitory at the outskirts of Liberec. For the work in the wetlands you will move to a smaller

town (probably Jablonne v Podjestedi) where you will be in a hostel. Both accommodations will have a bathroom with showers, a kitchen and a dining room. Bring a sleeping bag as you will sleep on beds without linen! You will prepare your meals on your own. You are invited to prepare traditional meals from your country. Bring some special ingredients that might be hard to get abroad.

Location: Liberec and other areas of the Jizerske Mountains in the north of Bohemia. You will use mini-buses to get to the place of work in the surrounding forests.

Note: This project is realized with the support of Johnson Controls.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Referencia: 12

Code: SDA403-14

Year: 2014

Name: PRESERVE THE UNIQUE LANDSCAPE OF PALAVA

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: ENVI - Environmental

Initial Date: 02/08/2014

Final Date: 16/08/2014

Min Age: 18

Max Age: 26

Places: 1

Description of Workcamp: SDA 403 Preserve the unique landscape of Palava
2.8. - 16.8.

ENVI Vols: 12 + 2 team leaders Age: 18 - 26

Project: The workcamp takes place in the Nature Protection Area of Palava in Southern Moravia close to the Austrian border. The project is dedicated to the preservation of the unique landscape of Palava and will run in close cooperation with the local *¿Centre of Ecological Education¿*.

Work: Volunteers will work at different places of the Nature Protection Area Palava, mostly in those parts, which are particularly protected as nature reserves and which have the character of steppe. The aim is to maintain and clean the area thus contributing to practical nature protection. The work will be manual: raking and removing invasive plants, maintenance of some public areas (such as weeding and collection of garbage). Furthermore, volunteers will help several days with the maintenance of a local historical Jewish cemetery (one of the most-interesting and oldest in the country), this work will consist mainly of raking and liquidation of plants and collecting of stones.

Study part: Several excursions and lectures on environmental protection and a presentation about the former Jewish community in Mikulov are planned. Besides, you can take part in handicraft workshops.

Leisure time: The region is ideal for hiking and you can visit numerous sites of interest in the surroundings. It is possible to have a guided tour through the historical centre of Mikulov and visit castles and caves nearby. You can prepare an intercultural evening for the locals, giving them an insight into your cultures and talk about ecological issues, which are discussed at your homes. Bring some games, pictures, recipes and songs which are typical for your cultures to be used during the intercultural evening. Part of the project will be a one-day trip to Bratislava (Slovakia) and a trip to the UNESCO site of Lednice-Valtice Area.

Accommodation/Food: In the accommodation facilities of the local primary school in Mikulov. There will be a kitchen for volunteers to prepare meals. The meals will be prepared by the volunteers themselves, so it would be great to bring your local recipes. During the working days on the Jewish cemetery, the group will have lunches provided by the partner organization.

Location: Mikulov, Southern Moravia. The region is known as one of the most beautiful protected areas in the Czech Republic.

Note: This project is realized with the support of Johnson Controls.

Insurance: INEX-SDA provides a very basic accident and liability insurance for the project participants, covering the costs only for minor accidents and damages. INEX-SDA does not provide any health insurance for the workcamp participants. We expect volunteers to arrange their own health insurance and bring the necessary documents along with them. The volunteers cannot stay at the workcamp without this insurance! We strongly advise volunteers to additionally arrange travel insurance and bringing the necessary documents with them.

Codes Order

Workcamp	Code	Type	Ages	Date	Places	Ref.
República Checa						
VOLUNTEERING IN REGION OF LIVING WATERS	SDA107-14	RENO-ENVI	18 - 30	03/08/2014 - 16/08/2014	2	1
SUMMER IN HISTORICAL PISEK	SDA110-14	RENO-KIDS	18 - 30	09/08/2014 - 23/08/2014	2	2
Castle Grabstejn	SDA201-14	RENO	18 - 30	14/07/2014 - 27/07/2014	2	3
CASTLE KYNZVART	SDA202-14	ENVI-RENO	18 - 30	19/07/2014 - 02/08/2014	2	4
JEWISH HOLESOV	SDA203-14	RENO-CULT	18 - 30	21/07/2014 - 04/08/2014	2	5
INTERNATIONAL VOLUNTARY ACADEMY HARTENBERG	SDA204-14	RENO-CULT	18 - 30	02/08/2014 - 16/08/2014	2	6
ORGANIC FARMING AT CAMPHILL COMMUNITY II	SDA303-14	AGRI-RENO	18 - 30	06/07/2014 - 19/07/2014	2	7
THERAPEUTIC CENTER LEDOVEC (ICEBERG)	SDA304-14	RENO-FEST	18 - 30	19/07/2014 - 01/08/2014	1	8
ONE FLEW OVER THE SWALLOW'S NEST (CART. DE MOTIVAC)	SDA305-14	RENO-ENVI	18 - 30	20/07/2014 - 02/08/2014	1	9
ORGANIC FARMING AT CAMPHILL COMMUNITY IV	SDA310-14	AGRI-RENO	18 - 30	17/08/2014 - 30/08/2014	2	10
NEW FOREST	SDA402-14	ENVI	18 - 26	17/08/2014 - 30/08/2014	1	11
PRESERVE THE UNIQUE LANDSCAPE OF PALAVA	SDA403-14	ENVI	18 - 26	02/08/2014 - 16/08/2014	1	12
Total N° Campos: 12					Total N° Plazas: 20	

Dates Order

Workcamp	Code	Type	Ages	Date	Places	Ref.
ORGANIC FARMING AT CAMPHILL COMMUNITY II	SDA303-14	AGRI-RENO	18 - 30	06/07/2014 - 19/07/2014	2	7
Castle Grabstejn	SDA201-14	RENO	18 - 30	14/07/2014 - 27/07/2014	2	3
THERAPEUTIC CENTER LEDOVEC (ICEBERG)	SDA304-14	RENO-FEST	18 - 30	19/07/2014 - 01/08/2014	1	8
CASTLE KYNZVART	SDA202-14	ENVI-RENO	18 - 30	19/07/2014 - 02/08/2014	2	4
ONE FLEW OVER THE SWALLOW'S NEST (CART. DE MOTIVAC)	SDA305-14	RENO-ENVI	18 - 30	20/07/2014 - 02/08/2014	1	9
JEWISH HOLESOV	SDA203-14	RENO-CULT	18 - 30	21/07/2014 - 04/08/2014	2	5
INTERNATIONAL VOLUNTARY ACADEMY HARTENBERG	SDA204-14	RENO-CULT	18 - 30	02/08/2014 - 16/08/2014	2	6
PRESERVE THE UNIQUE LANDSCAPE OF PALAVA	SDA403-14	ENVI	18 - 26	02/08/2014 - 16/08/2014	1	12
VOLUNTEERING IN REGION OF LIVING WATERS	SDA107-14	RENO-ENVI	18 - 30	03/08/2014 - 16/08/2014	2	1
SUMMER IN HISTORICAL PISEK	SDA110-14	RENO-KIDS	18 - 30	09/08/2014 - 23/08/2014	2	2
ORGANIC FARMING AT CAMPHILL COMMUNITY IV	SDA310-14	AGRI-RENO	18 - 30	17/08/2014 - 30/08/2014	2	10
NEW FOREST	SDA402-14	ENVI	18 - 26	17/08/2014 - 30/08/2014	1	11
Total Nº Campos: 12				Total Nº Plazas:	20	