

Referencia: 1

Code: SDA104-15

Year: 2015

Name: MORAVIAN COUNTRYSIDE

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: ENVI-CULT - environmental-cultural

Initial Date: 19/07/2015

Final Date: 03/08/2015

Min Age: 18

Max Age: 26

Places: 1

Description of SDA 104 Moravian Countryside**Workcamp:** 19.7. - 3.8. ENVI/CULT Vols 11 + 2 Team leaders Age 18-26

Project: The workcamp will take place in the small Moravian village of Tvarozna Lhota, situated in the White Carpathian Mountains, near the Slovak border. The region is famous for its folk traditions and its beautiful countryside. In the outskirts of the village, the local NGO "INEX-SDA Bile Karpaty" runs a small centre for rural development and sustainability called Cottage Travicna. The centre also hosts an outdoor museum with traditional cottages, some farm animals, a herbal garden and traditional fruit trees, showing how rural life in the mountains used to look like there in the past. The aim of the workcamp is to maintain the Cottage Travicna to be ready for annual event for children called "Ethnosalas".

Work: The work will be manual and outdoor. The tasks will include reparation of fences for animals and gardens, reparation of traditional houses and parts of play structures for children, general maintenance of the surrounding area, decorating. These tasks will vary according to the current needs. For the event Ethnosalas (the last Sunday of the camp), volunteers will help with organization and will prepare activities for the local kids. If the weather conditions allow, volunteers will also collect herbs in the surrounding meadows and in the nearby forest, herbs which will be used for the production of organic teas. Please note that the weather can be sometimes very hot and that you may have to work in the sun. Bring protective creams and a hat.

Study part: A guided excursion to the biosphere reserve "NPR Certoryje", a guided tour along the nature-trail "Oskeruse" (traditional regional fruit), a trip to the Bata Canal and sustainable tourism are planned. Learn more about local products, organic farming, the history and natural potential of the region. An international cooking evening with the local youth and workshops on batik with traditional colours are planned. The program includes a trip to Bratislava (Slovakia).

Leisure time: Trips to various sights of the regional cities of Straznice, Uherske Hradiste and Skalice; daily afternoon-program, including games and activities in the outdoor adventure park in the cottage Travicna and trips to the close-by countryside and sights; swimming in the lake.

Accommodation/Food: Volunteers will be accommodated in a building in the very centre of the village. You will need to bring your own sleeping bag and sleeping mat. Two small bathrooms are available. Please be prepared for basic living conditions as the house is very small. The volunteers will prepare their meals together & a small kitchen is available in the living area. Bring your national recipes.

Location: Tvarozna Lhota (bus stop in the village, next train stop Straznice). The nearby bigger cities are Straznice (5 km distance) and Uherske Hradiste (30 km). The region is famous for its folk traditions and beautiful countryside.

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

Referencia: 2

Code: SDA105-15

Year: 2015

Name: VOLUNTEERING IN REGION OF LIVING WATERS

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-ENVI - Restoration-Environmental

Initial Date: 02/08/2015

Final Date: 16/08/2015

Min Age: 18

Max Age: 30

Places: 1

Description of SDA 105 Volunteering in Region of Living Waters**Workcamp:** 2.8. - 16.8. RENO/ENVI Vols 10 + 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. The region has lots of interesting but abandoned sights. The project 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 need help. All the communities are very small villages so most of the activities will take place in rural areas, in the countryside. There will also be a cooperation with a historical botanic garden in the town of Becov.

Work: The work will be manual and will take place in different public spaces in different villages (forest, nature path, church, garden, etc.). The tasks will range from gardening, cutting and raking grass to cleaning and maintenance. With the exception of work in the church, most of it will be done outdoors, in green areas. Volunteers will move every second day to work in a new location within the region. 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 local people.

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 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 Otročín 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 in different villages (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: There will be 10 international volunteers in total, 6 of them will be from the UK (Wales). Bring warm clothes in case of bad weather and a swimsuit.

Referencia: 3

Code: SDA106-15

Year: 2015

Name: GET INVOLVED IN ODOLENA VODA

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: ENVI-KIDS - Environmental-Work with kids

Initial Date: 08/08/2015

Final Date: 22/08/2015

Min Age: 18

Max Age: 30

Places: 2

Description of SDA 106 Get Involved in Odolena Voda

Workcamp: 8.8. - 22.8. ENVI/KIDS Vols 13 + 2 Team leaders Age 18+ NEW!

Project: The project takes place in a small town of Odolena Voda in cooperation with the local municipal authority. The municipality aims at creating good conditions for living, working, spending free time and enjoying the environment for its inhabitants. The main focus of the municipality 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 the regeneration of the green vegetation around the town and with the activities for children during a children summer camp.

Work: The work will manual (in woods, forest park or in a bushy earthwork) and with children (at a children summer camp). Both types of work will be intertwined (summer camp is held during both weeks of the workcamp). The tasks can include levelling of the forest paths, raking leaves, laying pebbles, instalation of benches & digging, making foundations from concrete, cutting logs, creating simple playground object from wood. Moreover, there will be a forest cleaning organized together with children. You will also prepare and run 2-3 blocks of activities for children aged 6-11 depending on your creativity. Please, bring games, pictures, songs, poems you like and that can be used for the activities. As a lot of work will be done outside, please bring solid shoes. Some work tasks will be physically demanding.

Study part: Meet the locals, get to know the local culture and monuments (a church and a fortress). During the workcamp, an international literary evening & Meeting of Languages& will be organized in a house where a significant Czech poet Vítězslav Hálek was born. You can get involved in the program by reciting shorts 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 that you would like to present at the event.

Leisure time: 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 & a hall for basketball, voleyball, tennis and beachvoleyball courts.

Accomodation/Food: In the building of a kindergarten & there is one big room for sleeping, a kitchen, showers and toilets. You will sleep on mattresses in your own sleeping bags. Please, bring your sleeping bag and a light mat! You will cook your own meals in the kitchen, which is a part of the kindergarten.

Location: A small town of Odolena Voda (population of 5000), at approximately half an hour from the outskirts of Prague by bus.

Note: The workcamp is suitable for volunteers who like working in the nature but also are creative and enjoy activities with children. Moreover, if you like literature (prose or poetry reading), it is a perfect choice for you!

Referencia: 4

Code: SDA108-15

Year: 2015

Name: GREEN AND FESTIVE VILLAGE OF VRESKOVICE

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-FEST - Restoration renovation - Festival

Initial Date: 16/08/2015

Final Date: 31/08/2015

Min Age: 18

Max Age: 30

Places: 1

Description of SDA 108 Green and Festive Village of Vreskovice**Workcamp:** 16.8. - 31.8. RENO/FEST Vols 6 + 2 Team leaders Age 18+ NEW!

Project: The workcamp takes place in a small village of Vreskovice in Western Bohemia in cooperation with the municipal authority. Every five years, a small festival is organized in the local culture centre by the municipality. All the natives of the village (living sometimes far away) are invited and meet the current inhabitants. The festival is a sort of local social and cultural event with theatre and musical performances that are prepared by the local community itself. This year, the event will be held on Saturday 29th August and will involve for the first time international volunteers. The main aim of the workcamp is to help with preparation of the whole event. It will be also possible to actively participate in the program.

Work: The work will be mainly manual and will be done both outdoors and indoors. Firstly, you will do different maintenance tasks such as cutting the grass and branches of trees and cleaning in some public areas of the village. Secondly, you will work in the culture center where you will be painting furniture, cleaning, setting up decorations, etc.

Study part: Meet the local community and take an active part in the program of the local festival. It will be very much welcome if you prepare your own small ¿show¿ (e.g. music, theatre or dance performances) or a creative workshop. Please bring from your country some typical clothing, music instruments, traditional food ingredients or any other material that could be used for the activity.

Leisure time: Visit interesting sights in the surroundings (such as Pilsen, Klatovy, castle Svihov), participate in sports matches with the local community (volleyball, handball), go cycling, visit local families, make a campfire.

Accommodation/Food: In a small fully equipped house in the middle of the village. There are 2 rooms, a kitchen, a shower and a toilet available. It is necessary to have your own sleeping bag! Meals will be prepared by yourselves.

Location: The village of Vreskovice (300 people), Pilsen Region

Note: The workcamp is suitable for volunteers who look forward to living in a small Czech village and are ready to be in a tight contact with the local community that doesn't always speak English. Anyone creative or with some artistic skills is very welcome!

Referencia: 5

Code: SDA201-15

Year: 2015

Name: CASTLE GRABSTEJN

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO - Restoration renovation

Initial Date: 13/07/2015

Final Date: 26/07/2015

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 201 Castle Grabstejn
13.7. - 26.7. 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 aim of the project is to help with the maintenance of the castle and its surroundings.

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 and maintenance tasks (painting, cleaning inside the castle, etc.) The work is manual and physically 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. 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. Please bring some games and musical instruments.

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 and a bed sheet to cover the mattress. 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 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. The area is has a beautiful mountainous countryside which is perfect for hiking.

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

Referencia: 6

Code: SDA202-15

Year: 2015

Name: CONSERVE THE REMAINS OF CASTLE CIMBURK

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-CONS - Restoration-Construction

Initial Date: 13/07/2015

Final Date: 26/07/2015

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 202 Conserve the Remains of Castle Cimbuk
13.7. - 26.7. RENO/CONS Vols 15 + 2 Team leaders Age 18+

Project: The Cimbuk castle is situated in Southern Moravia. It is almost lost in the forest of the Chriby mountains and quite isolated from civilization. The castle was founded in the 14th century and abandoned in 1705. Now you can find only ruins of the castle, which form a significant landmark in the lovely countryside. The aim of the workcamp is to help the local NGO called Polypeje with the renovation of the ruins of the castle.

Work: The work will be manual and physically very demanding. You will work at the ruins of the castle. The tasks may include removing materials, work with wood, digging, etc. Please bring working clothes that can get dirty and good working shoes.

Study part: Lecture on the history of the castle Cimbuk and on the conservation of historical monuments in general; excursion to one of the surrounding castles. The local NGO will prepare some creative workshops for the volunteers (stonemasonry, wood crafting).

Leisure time: In your free time you can make trips to the surrounding countryside, visiting nearby historical towns and monuments (Kromeriz - UNESCO town, monastery Velehrad, castle Buchlov), get to know traditional Moravian music and even do some wine tasting in a wine cellar.

Accommodation/Food: In a big tent on mattresses. In case you need more privacy, you can bring your own tent. Please take a warm sleeping bag and a light mattress! You will help with preparing meal for the workcamp. At the camp, there are only dry toilets. There is no running water at the castle and no electricity. You will also need a torch and a pocket knife. Showers are provided at the swimming pool in the town of Korycany which is 5 km away (usually it is needed to go there on foot).

Location: ruins of castle Cimbuk, isolated place in the middle of a forest, 5 km away from the town of Korycany, Southern Moravia.

Note: The accommodation is very basic, please don't expect too much comfort. The camp is a good choice for people who are fond of the medieval way of a living. It is necessary to have good physical condition.

Referencia: 7

Code: SDA203-15

Year: 2015

Name: JEWISH HOLESOV

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-CULT - Restoration-Cultural

Initial Date: 20/07/2015

Final Date: 03/08/2015

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 203 Jewish Holesov

20.7. - 3.8. RENO/CULT Vols 8 + 2 Team leaders Age 18+ A4All

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 plants, painting, grinding off etc. Furthermore, they will help with the technical preparations of the festival "Jewish Culture Week" which takes 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 the 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 organized in the garden of a local castle or at a traditional lunch with the representatives of the town of Holesov. It is also possible to prepare some activities with and for the local community (such as visiting summer camp for children or a community centre for seniors).

Leisure time: Trips to the surroundings (e.g. UNESCO site of Kromeriz), 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 please bring a sleeping bag. The volunteers will 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 the Jewish culture are especially welcome!

Referencia: 8

Code: SDA204-15

Year: 2015

Name: INTERNATIONAL VOLUNTARY ACADEMY HARTENBERG

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-FEST - Restoration renovation - Festival

Initial Date: 27/06/2015

Final Date: 17/07/2015

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 204 International Voluntary Academy Hartenberg
27.6. - 17.7. RENO/FEST/STUDY Vols 13 + 2 Team leaders Age 18+

Project: The workcamp is held on a castle Hartenberg in Western Bohemia. It is organized in cooperation with the local NGO Hartenberg that supports the development of volunteering in the region and looks after the ruin of the castle. With the help of workcamps, the ruin has been renovated since 1999. Today, parts of the castle, mainly the courtyard and the nearby old school, are used for educational, social, cultural and ecological activities. In 2010 the project of International Voluntary Academy was created. The main aim of the Academy is to spread the idea of volunteering on local and international levels. This year, the workcamp will be for 3 weeks and will be focused on 3 different activities - renovation, organization of a festival and studying of the theme health and environment in today's world.

Work: Approximately a third of the activities within the Academy will consist of manual work on the castle. The tasks can include e.g. digging, working with different materials (bricks, stone, sand, wood, etc.) and will be physically demanding. Other activities will have organizational and educational character - you will help with the festival Football for development and with some exhibitions at the castle. You will learn a lot about the surrounding nature, the region, its past and present and you will help where it is needed. Please bring clothes and shoes that can get dirty.

Study part: The workcamp will be connected for a few days with the INEX-SDA project Football for development. Every summer, a group of Czech and Kenyan volunteers travel for 1 month around the Czech Republic and run a festival of fair football, workshops and culture events for the public including children with socially disadvantaged background. You will have a chance to take part in some activities of the festival (put up a football team, make a workshop for kids). You can learn about the Kenyan culture but also about the social problems in the region. The study theme of health and environment will be explored through workshops, lectures, excursions, arts, etc.

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: In a cottage near the castle in 2 common rooms. The accommodation is very basic; please don't expect any comfort! 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 tiny village of Hrebny in western Bohemia.

Note: The workcamp is especially suitable for active, outgoing volunteers who are willing to help with manual work but also enjoy working with people (especially children). You should also be ready to enrich the place and yourself spiritually, with your creativity and ideas. The activities will be adjusted according to your own abilities and interests. Please take good walking boots, warm cloths and raingear with you.

Referencia: 9

Code: SDA303-15

Year: 2015

Name: ORGANIC FARMING AT CAMPHILL COMMUNITY II

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: AGRI-RENO - Agriculture - Restoration renovation

Initial Date: 12/07/2015

Final Date: 25/07/2015

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 303 Organic Farming at Camphill Community II
12.7. - 25.7. 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 depending on current needs. 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 beeswax candles) can be organized for you. It will be also possible to organize international evening to exchange about volunteers' nationalities.

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 newly renovated house that is part of the farm. Volunteers will sleep in attic room on mattresses. Bring a sleeping bag! A common room, two showers with hot water and two toilets will be available. There is also a kitchen - products for cooking will be provided by the local partner and will include bio vegetables from the farm. 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. You can bring your own ingredients for international cooking.

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.

Referencia: 10

Code: SDA304-15

Year: 2015

Name: THERAPEUTIC CENTER LEDOVEC

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: RENO-FEST - Restoration renovation - Festival

Initial Date: 19/07/2015

Final Date: 01/08/2015

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: The workcamp is held in a small village of Ledce in cooperation with the NGO Ledovec. Ledovec provides support to people with psychiatric diseases or mental health handicaps and organizes different activities for the public. In Ledce, it runs a centre that serves to the clients as a ¿rural training home¿ and assists them to keep or improve the quality of their everyday lives. The centre is composed of an old parish house, a garden and a farm with goats, sheep and chicken. Since 2002 Ledovec has organized a workcamp every year to improve and maintain the area of the centre. This year, the workcamp will help with the renovation of a new building belonging to Ledovec ¿ an old mill that will serve as a local tourist sight and will be run by the clients as a part of their therapy.

Work: You will help with the running of the centre when the majority of the clients are away ¿ taking care of the animals, the garden and the house. You will perform general cleaning of the house and assist at current reconstruction work ¿ mainly at the mill (cleaning of different parts of the building and the equipment; cutting and liquidation of plants, repairing of fences). Take working clothes and working boots. You will also help with the preparation and organisation of the ¿Traditional Fair Celebration¿ ¿ a cultural event for the public (Sunday 26th July) where different handicrafts and traditional fair entertainment are presented. You will have a chance to participate actively in the program of the celebration by preparing a small circus performance.

Study part: You 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 of 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.

Referencia: 11

Code: SDA306-15

Year: 2015

Name: ORGANIC FARMING AT CAMPHILL COMMUNITY III

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: AGRI-RENO - Agriculture - Restoration renovation

Initial Date: 02/08/2015

Final Date: 22/08/2015

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 306 Organic Farming at Camphill Community III
2.8. - 22.8. 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 depending on current needs. 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 beeswax candles) can be organized for you. It will be also possible to organize international evening to exchange about volunteers & nationalities.

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 newly renovated house that is part of the farm. Volunteers will sleep in attic room on mattresses. Bring a sleeping bag! A common room, two showers with hot water and two toilets will be available. There is also a kitchen & products for cooking will be provided by the local partner and will include bio vegetables from the farm. 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. You can bring your own ingredients for international cooking.

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. As the project is for 3 weeks, it is suitable for people that are fond of (or want to learn about) organic farming, sustainability and the Camphill approach to life.

Referencia: 12

Code: SDA401-15

Year: 2015

Name: ECO CENTRE HORNI MARSOV

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: ENVI-RENO - Environmental-Restoration

Initial Date: 18/07/2015

Final Date: 01/08/2015

Min Age: 18

Max Age: 30

Places: 2

Description of SDA 401 Eco Centre Horni Marsov**Workcamp:** 18.7. - 1.8. ENVI/RENO Vols: 14 + 2 team leaders Age: 18+

Project: The workcamp will take place in the small town Horni Marsov in the Krkonose moun-tains. The local partner is the Centre for environmental education called SEVER. SEVER is focused on practical nature protection and environmental education. They promote responsi-ble behavior towards nature and the Earth and among the people themselves. They cooper-ate with primary and high schools and organize education camps for students and seminars for their teachers. They also organize educational and cultural events for the public. A reno-vated baroque parish in Horni Marsov hosts the eco centre called DOTEK (TOUCH ¿ mean-ing Tradition, Outdoors and Culture House) which is mostly built using natural materials and where most of the educational programs are taking place.

Work: The work will be mainly physically demanding. Volunteers will work in the eco centre TOUCH or in the surroundings and will do the following activities: e.g. preparation of woods for heating of the eco centre during winter, collecting woods from the forest, storing woods near the place of eco centre, gardening, hay harvesting and cutting the grass. They will also help with maintenance and renovation of the eco centre. Apart from that, volunteers will be asked to help with translation of some info materials from English to their native languages. The area of the mountains has quite a cold climate, even in summer and it often rains so it is necessary to have good waterproof shoes, raincoat and warm clothes.

Study part: During the workcamp, there will be a camp for children taking place in the centre. Volunteers will help to prepare an afternoon program for children mainly focused on practic-ing English using games. There will also be informal meetings with local community (e.g. during a football match). We especially welcome participants who are creative and enjoy ac-tivities with kids. It will be also possible to learn how to raise goats or discover local sophisti-cated system of monitoring weather conditions.

Leisure time: There are many possibilities how to enjoy your free time while discovering the nature and other sights. You can try to go down an educational path and discover the plants and animals. Besides, Krkonose are very popular for mountain hiking. The highest peak of the Czech Republic, Snezka (1602 m), is situated nearby. It is possible to have an excursion into an old underground mine or to a fortress.

Accomodation/Food: In the eco centre TOUCH in beds in two big rooms (each one for seven people). If you want, you can bring your own tent and sleeping bag ¿ it is possible to sleep outside in the garden. You will have meals with the rest of the people working in the eco cen-tre. The local cook will prepare the meals from local supplies and every day, two different pairs of volunteers will be asked to help in the kitchen.

Location: Horni Marsov (about 1000 inhabitants) in the Krkonose Mountains (Giant Moun-tains), Eastern Bohemia. It is a mountainous area with a cold climate and

beautiful nature.

Note: The workcamp is suitable for volunteers who like nature and mountains and are not afraid of manual work and enjoy contact with children. There will be 14 international volunteers in total, 6 of them will be from the UK (Wales).

Referencia: 13

Code: SDA402-15

Year: 2015

Name: NEW FOREST

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: ENVI - Environmental

Initial Date: 16/08/2015

Final Date: 29/08/2015

Min Age: 18

Max Age: 26

Places: 1

Description of SDA 402 New Forest**Workcamp:** 16.8. - 29.8. 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 wet-lands 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: You will work in two different localities - in forestlands and wetlands. Firstly, you will help to restore the woodlands and allow the growth of a mixed forest. You will mainly work in tree nurseries - preparation and weeding of beds, planting seedlings, building small fences, setting up individual protection elements. Secondly, you will help with the maintenance of the wetlands (pulling up the typha, scything the grass, cutting of reed followed by raking; removing of reed and other plants from water pools; cutting out wood; possibly also collection of garbage). The work will be manual and physically demanding. Be ready 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. Cmelak can offer these topics: forest-management in the past and today, the idea behind the 'New forest' project, development of forests after the arrival of men, current problems in the management of nature protection areas or the topic of containment of water in the nature and prevention of floods. You will also prepare activities with/for the local community such as international breakfast on a Sunday morning.

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. The project includes a trip to the city Ceska Lipa as well.

Accommodation/Food: First week: in the parish house in Vratislavice nad Nisou. Second week: in parish house in Jitrava. Both accommodations 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 meals on your own. You are invited to prepare traditional meals from your coun-try. Bring some special ingredients that might be hard to get.

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.

Referencia: 14

Code: SDA403-15

Year: 2015

Name: PRESERVE THE UNIQUE LANDSCAPE OF PALAVA

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: ENVI - Environmental

Initial Date: 01/08/2015

Final Date: 15/08/2015

Min Age: 18

Max Age: 26

Places: 1

Description of Workcamp: SDA 403 Preserve the Unique Landscape of Palava
1.8. - 15.8. ENVI Vols: 12 + 2 team leaders Age: 18 - 26

Project: The workcamp takes place in the Nature Protection Reserve (NPR) Palava in Southern Moravia close to the Austrian border. The project is dedicated to the preservation of the unique landscape of Palava (with the character of steppe) and will run in close cooperation with the local NGO "Centre of Ecological Education". The aim of the workcamp is to maintain and clean different areas in the NPR Palava thus contributing to practical nature protection.

Work: Volunteers will work mainly in different areas of the NPR Palava. The work will include raking and removing invasive plants, collection of garbage and changing of damaged protection elements. Outside of the NPR Palava, volunteers will also work in a herbal garden (weeding and maintenance) and in the 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. The work is physically demanding. Also be ready for hot weather.

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 creative 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. 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 that you like. 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.

Referencia: 15

Code: SDA405-15

Year: 2015

Name: NATURE AND NATURAL ARCHITECTURE IN JESENÍKY

Location: PRAHA 2

Address:

Url: www.inexsda.cz

Project: ENVI-RENO - Environmental-Restoration

Initial Date: 26/07/2015

Final Date: 09/08/2015

Min Age: 18

Max Age: 30

Places: 2

Description of Workcamp: SDA 405 Nature and Natural Architecture in Jeseníky
26.7. - 9.8. ENVI/RENO/FEST Vols: 15 + 2 team leaders Age: 18-26

Project: The project is organized by the NGO Hnutí Brontosaurus Jeseníky which is active in a remote and unprivileged region of Jesenícko. Brontosaurus is focused on the environment and sustainability; they maintain abandoned sights with respect to traditional methods and materials. One of the main projects is the transformation of the vast former military area MUNA - a forest area full of tiny alleyways, old buildings and newly installed exhibition of landscape art. Brontosaurus in co-operation with other NGOs has been creating there a space for environmental education, experiential programs, cultural events, etc. The aim of the workcamp is to help with this process of transformation of MUNA.

Work: You will work in the MUNA area. There will be different tasks ranging from renovation, construction and cleaning. Firstly, you will help to renovate an educational path and to rebuild one of the historical military storage houses using natural architecture techniques (materials such as straw, clay and wood). The house should serve for the organization of different public events for the youth and public. Secondly, you will help with different maintenance and cleaning tasks such as cleaning of the campsite, reparations of tools, moving and storing of material, etc. The area is mountainous and the forest can be very cold and wet so please bring good water-proof shoes and warm clothes, also clothes that can get dirty.

Study part: Learn more about the history since WWII and the current situation in the region and the MUNA: Brontosaurus plans to organize a seminar about MUNA and an excursion around the region including a visit of a former village which was abolished by the authorities in the 1960s and is now in the process of revitalization by Brontosaurus. There will be also a workshop on natural architecture so you can learn new techniques. You will also help with preparations of an international campfire which will be an occasion to meet local people and other NGOs. Please bring some national recipes.

Leisure time: Games, sports, sitting by the campfire in the MUNA area, swimming pool in Jeseník, etc. Besides, the region offers many interesting natural and cultural sights (the town of Jeseník, museums, natural beauties of the Jeseníky Mountains, etc.). There will be one weekend trip organized by the local partner. You will also visit the town of Rychnov nad Knežnou. For some of the activities, local people will be also invited to join.

Accommodation/Food: In a big tent put inside a partially roofless wooden building in the middle of MUNA. There will be mattresses but you need your own warm sleeping bag. There are dry toilets in the proximity; showers are situated in a

building at the outskirts of MUNA. You will cook for yourselves. Running water is not available; it will be brought every day in barrels. The conditions are very basic!

Location: MUNA Mikulovice, near Jeseník. The MUNA is vast; you will be able to use bicycles to move around. The surrounding countryside is mountainous and has beautiful nature.

Note: This project is realized with the support of Johnson Controls. During the stay in the forest, the access to electricity will be limited. Non-smokers or disciplined smokers are preferred. Consumption of alcohol is not allowed in the campsite. We especially welcome hard-working people interested in natural architecture and nature protection. If you are also interested in recent history of the Czech Republic, it is an ideal workcamp for you.

COOPERATION

INEX-SDA cooperates with the international company Johnson Controls.

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Codes Order

Workcamp	Code	Type	Ages	Date	Places	Ref.
República Checa						
MORAVIAN COUNTRYSIDE	SDA104-15	ENVI-CULT	18 - 26	19/07/2015 - 03/08/2015	1	1
VOLUNTEERING IN REGION OF LIVING WATERS	SDA105-15	RENO-ENVI	18 - 30	02/08/2015 - 16/08/2015	1	2
GET INVOLVED IN ODOLENA VODA	SDA106-15	ENVI-KIDS	18 - 30	08/08/2015 - 22/08/2015	2	3
GREEN AND FESTIVE VILLAGE OF VRESKOVICE	SDA108-15	RENO-FEST	18 - 30	16/08/2015 - 31/08/2015	1	4
CASTLE GRABSTEJN	SDA201-15	RENO	18 - 30	13/07/2015 - 26/07/2015	2	5
CONSERVE THE REMAINS OF CASTLE CIMBURK	SDA202-15	RENO-CONS	18 - 30	13/07/2015 - 26/07/2015	2	6
JEWISH HOLESOV	SDA203-15	RENO-CULT	18 - 30	20/07/2015 - 03/08/2015	2	7
INTERNATIONAL VOLUNTARY ACADEMY HARTENBERG	SDA204-15	RENO-FEST	18 - 30	27/06/2015 - 17/07/2015	2	8
ORGANIC FARMING AT CAMPHILL COMMUNITY II	SDA303-15	AGRI-RENO	18 - 30	12/07/2015 - 25/07/2015	2	9
THERAPEUTIC CENTER LEDOVEC	SDA304-15	RENO-FEST	18 - 30	19/07/2015 - 01/08/2015	1	10
ORGANIC FARMING AT CAMPHILL COMMUNITY III	SDA306-15	AGRI-RENO	18 - 30	02/08/2015 - 22/08/2015	2	11
ECO CENTRE HORNÍ MARSOV	SDA401-15	ENVI-RENO	18 - 30	18/07/2015 - 01/08/2015	2	12
NEW FOREST	SDA402-15	ENVI	18 - 26	16/08/2015 - 29/08/2015	1	13
PRESERVE THE UNIQUE LANDSCAPE OF PALAVA	SDA403-15	ENVI	18 - 26	01/08/2015 - 15/08/2015	1	14
NATURE AND NATURAL ARCHITECTURE IN JESENÍKY	SDA405-15	ENVI-RENO	18 - 30	26/07/2015 - 09/08/2015	2	15
Total Nº Campos: 15				Total Nº Plazas:		24

Dates Order

Workcamp	Code	Type	Ages	Date	Places	Ref.
INTERNATIONAL VOLUNTARY ACADEMY HARTENBERG	SDA204-15	RENO-FEST	18 - 30	27/06/2015 - 17/07/2015	2	8
ORGANIC FARMING AT CAMPHILL COMMUNITY II	SDA303-15	AGRI-RENO	18 - 30	12/07/2015 - 25/07/2015	2	9
CASTLE GRABSTEJN	SDA201-15	RENO	18 - 30	13/07/2015 - 26/07/2015	2	5
CONSERVE THE REMAINS OF CASTLE CIMBURK	SDA202-15	RENO-CONS	18 - 30	13/07/2015 - 26/07/2015	2	6
ECO CENTRE HORNI MARSOV	SDA401-15	ENVI-RENO	18 - 30	18/07/2015 - 01/08/2015	2	12
THERAPEUTIC CENTER LEDOVEC	SDA304-15	RENO-FEST	18 - 30	19/07/2015 - 01/08/2015	1	10
MORAVIAN COUNTRYSIDE	SDA104-15	ENVI-CULT	18 - 26	19/07/2015 - 03/08/2015	1	1
JEWISH HOLESOV	SDA203-15	RENO-CULT	18 - 30	20/07/2015 - 03/08/2015	2	7
NATURE AND NATURAL ARCHITECTURE IN JESENIKY	SDA405-15	ENVI-RENO	18 - 30	26/07/2015 - 09/08/2015	2	15
PRESERVE THE UNIQUE LANDSCAPE OF PALAVA	SDA403-15	ENVI	18 - 26	01/08/2015 - 15/08/2015	1	14
VOLUNTEERING IN REGION OF LIVING WATERS	SDA105-15	RENO-ENVI	18 - 30	02/08/2015 - 16/08/2015	1	2
ORGANIC FARMING AT CAMPHILL COMMUNITY III	SDA306-15	AGRI-RENO	18 - 30	02/08/2015 - 22/08/2015	2	11
GET INVOLVED IN ODOLENA VODA	SDA106-15	ENVI-KIDS	18 - 30	08/08/2015 - 22/08/2015	2	3
NEW FOREST	SDA402-15	ENVI	18 - 26	16/08/2015 - 29/08/2015	1	13
GREEN AND FESTIVE VILLAGE OF VRESKOVICE	SDA108-15	RENO-FEST	18 - 30	16/08/2015 - 31/08/2015	1	4

Total N° Campos: 15

Total N° Plazas:

24