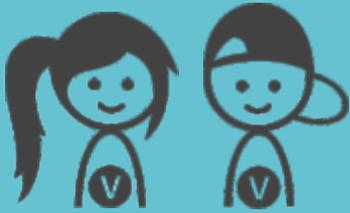




EDEN

Day care centre



Term project

1st September 2019
– 31st August 2020

Address

Frydecká 34
737 01 Český Těšín



Target group

People with middle-severe
mental disabilities

Activities

This placement gives volunteers the opportunity to actively participate in all the activities (handicraft, garden work, music therapy, sports activities, educational activities, cooking, etc.).

In the previous years, the volunteer was involved in: cooking - preparation of meals typical for their country, sport - physical activity with the users in the gym on the playground, music - conducting music therapy, drumming, work in the garden, planting, photography etc. As a part of volunteer's mini project, the volunteer will be able to improve the skills in their hobby (playing guitar, photography, dance). The placement offers space for developing your own creativity. A volunteer spends part of the day on individual work with a single user, playing social games, using tools for developing fine motor skills or memory exercises. Volunteers will learn to observe the details, the small achievements. They will learn to focus on the little things that other people's attention often escapes, but they are important to our users. In our work, even simple things require a longer time. The volunteer will be practicing their communication skills. Some users don't communicate verbally, they use pictures - pictograms to communicate.



Challenges

At the beginning it is maybe difficult to work with people who have a mental disability. There will be a communication barrier in an environment that does not communicate in English. Some users do not communicate verbally, or they have limited vocabulary. The target group requires assistance and support from a second person in everyday tasks - support for dressing, hygiene, eating etc. Practicing patience and empathy is important.



Your profile

To work in our centre, it is important not to be afraid to communicate (verbally and non-verbally). Users of the centre appreciate a positive attitude to life, the ability to be excited yourself in the things you are doing, whether it's drawing, walking, etc. The users easily reflect your mood. Patience is also important, not to be afraid of repetitive and simple activities. It is very important that you will be motivated to learn Czech language.

