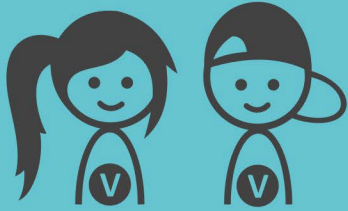




JORDÁN

Day care centre



Term project

1st September 2019
– 31st August 2020

Address

Hraniční 280
Třinec 739 61



Target group

People who experienced
psychiatric treatment

Activities

Your main task will be to participate in numerous activities organized by the centre. Our users are people with various mental illnesses but who are in a stabilized condition. Twice a week there are so-called morning meetings for users, where they share feelings about their everyday struggle and experience or they can simply describe their day and plan the activities with you. Then you will have an opportunity to run the literary and geography clubs (e.g. watch documentaries about nature, travelogues, prepare presentations about culture, sports and other interesting topics). You will participate in sport activities, group therapies with a psychologist, the music club, activities with horses, zumba practicing, exercises for memory training and in therapeutic workshops such as ceramics and other forms of art therapy. You will also have an opportunity to accompany users to museum exhibitions, fairs and trips. Regularly (every month) you may create a presentation about your country, hobbies, traveling etc.



Challenges

The aim of the centre is to provide a socio-activation service and an individual approach for users suffering above mentioned illnesses and to help them live their lives as unaffected as possible - and you will be an integral part of our team. You can gain knowledge about these illnesses, learn teamwork and the Czech language. It is possible that during autumn you will care about fewer users than usual as this season is not favourable for people with psychical disabilities. You will also have an opportunity to plan and realize your own activities and make your own mini project.



Your profile

To make your service as useful as possible it is important to be proactive and have willingness to learn Czech. You also need to be responsible, independent and able to work in team, patient, empathic and tolerant. For sure, you need to have a good relationship to the target group in our centre. Working experiences with or playing a musical instrument is an advantage.

