

INVY IN SLEZSKÁ DIAKONIE

If your heart is open, you're curious about life, and you're ready to grow personally or professionally, then you're in the right place. **INVY** is an international voluntary service program at **Slezská diakonie** in **the Czech Republic**. Slezská diakonie is a non-profit organisation providing **social services** based on Christian values. Since 2005, we have been running long-term and short-term voluntary projects in our hosting centers. We have already hosted more than **350** international volunteers.

✨Come and join us! ✨

WHAT WILL BE COVERED FOR YOU?

- 🏠 **Accommodation** with the Internet connection
- 💰 **Pocket money:** 7 EUR per day
- 🍴 **Food allowance:** 4200 CZK per month
- ✈️ **Travel costs to your project** and **back home**
- 🚗 **Travel costs to your workplace** and **seminars**
- 📖 **Czech language course** (60 minutes per week)
- 🛡️ **Health insurance**

WORKING HOURS

- 6 hrs a day
- 5 days a week
- 2 days a week off
- 2 more days off each month

OUR EVENTS

- seminars
- day with
- mini-projects
- team project

WHO WILL SUPPORT YOU ON YOUR JOURNEY?

- 👤 **your SUPERVISOR** at your hosting placement
- 👤 **your COORDINATOR** from the InterVIA team
- 👤👤👤👤👤👤 and of course **your fellow VOLUNTEERS!**



Find our more about us!



AND WHERE CAN YOU VOLUNTEER?

SAREPTA KOMORNÍ LHOTKA

SAREPTA Komorní Lhotka is a **retirement home** (aged 65 and over) providing **accommodation services** to **seniors** whose health and social situation requires assistance from another person. This **newly renovated** centre helps its residents maintain the highest possible level of **independence** in their daily activities and live **dignified** and **contented lives**.

Name of the centre: SAREPTA Komorní Lhotka

Address: Komorní Lhotka 210, 739 53

Komorní Lhotka is a small village in the foothills of the Beskydy Mountains, with around 1,500 residents. It's a popular spot for hiking, outdoor sports, and relaxation. There are several guesthouses, restaurants, a Finnish sauna, and even herbal healing baths. Nearby towns: Třinec (10 km), Český Těšín (11 km), and Frýdek-Místek (13 km). The closest train station is in Hnojník (2.5 km). There are regular bus connections to surrounding towns.

Website: [SAREPTA KOMORNÍ LHOTKA](http://SAREPTA.KOMORNÍ.LHOTKA)

Program length: 1st September - 31st August



SCOPE OF VOLUNTEER WORK:

- **help** the residents help with their daily activities
- **assist** and **support** them during activation activities, physical and breathing exercises
- **be involved** in memory and musical activities with the residents
- **read** books and magazines for the residents, **listen** to music, TV or radio with them, **talk** to them, listen to their life stories and **learn** from them - similar to grandparent-grandchild relationship you might know
- **take part** in seasonal events for the residents and use your own talents



✨ **SAREPTA Komorní Lhotka is waiting for you!** ✨