



INEX – Sdružení dobrovolných aktivit

Varšavská 30, 120 00 Praha 2

Tel.: (+420) 222 362 715, Fax: (+420) 222 362 711, E-mail: inexsda@inexsda.cz

Venkovské centrum Kostelecké Horky 25, 517 41

Tel.: (+420) 494 547 012 a 013, Fax: (+420) 494 547 024, E-mail: khorky@inexsda.cz

INVITATION

North-South exchange seminar

❖ Background

Through cooperation with voluntary organizations all over the world INEX-SDA makes volunteering possible for many Czech volunteers. Every year over 700 Czech volunteers participate in workcamps in different countries around the world.

Workcamps provide opportunities to explore the potential of an international group to work, to act together and to have fun. The group experience is a commitment to working out the decisions and problems together. The work is important and not a mere occupational time: all projects answer real local needs, with strong expectations by the sponsors (local communities and councils).

North South training is a weekend seminar run by INEX-SDA for volunteers wishing to take part in a project (workcamp or MTV/ LTV project) within the North-South Exchange. It is compulsory for all volunteers who are taking part in a North-South project to go through this preparation – we believe that good preparation of the volunteers is part of the success of the project. Majority of volunteers come to the training after they've applied, although some volunteers first come to the training and then they make decision to apply for a project.

❖ Aim and objectives of the Training

The aim of this training is to prepare all future volunteers for successful participation in the workcamps and volunteering projects that take place in developing countries or countries with significantly different culture.

❖ Objectives

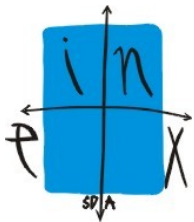
By the end of the training, participants should:

- Have basic knowledge about what is a volunteering project and get all the practical information;
- Be prepared for working in an international group of people
- Acquire skills that help them
 - reduce their fears
 - avoid cultural clashes
 - avoid health & safety troubles
 - overcome other possible challenges
- Get information on the country they are going to, and ways of finding out more info
- Meet other volunteers, exchange experiences, get to know each, make better knowledge about other cultures, customs, habits, etc.;



❖ Method

A wide variety of working methods will be used including audio-visual presentations, plenary sessions, group work, group discussions, team exercises, games etc.



INEX – Sdružení dobrovolných aktivit

Varšavská 30, 120 00 Praha 2

Tel.: (+420) 222 362 715, Fax: (+420) 222 362 711, E-mail: inexsda@inexsda.cz

Venkovské centrum Kostelecké Horky 25, 517 41

Tel.: (+420) 494 547 012 a 013, Fax: (+420) 494 547 024, E-mail: khorky@inexsda.cz

❖ Languages

The event will be implemented in **Czech and English language.**

❖ Participants and Participation FEE

There will be up to 25 participants on the Training.



The training is open for all volunteers accepted to projects to developing or culturally different countries (North-South), future mid term and long term volunteers, and also to anyone who is not yet accepted for any project but is thinking about it and wishes to find out more about workcamps and volunteering.

Participation fee is set to 250 CZK for the accepted volunteers for the projects and 500 CZK for other persons who are not yet accepted.

Deadline for applications is 21st of May 2010 (Friday). All the accepted applicants will be promptly informed with all other technical information about the training. We kindly ask you to use the application form enclosed and send it back no later than 21st of May on this e-mail: region2@inexsda.cz

❖ Venue and Time

The training will be held in Training Centre of INEX-SDA in Kostelecke Horky.

Kostelecké Horky is a small village in Eastern Bohemia near Choceň.

Venkovské centrum INEX-SDA

Kostelecké Horky 25

517 41

Arrivals: Friday (28th May or 25th June), 6pm (dinner included)

Departures: Sunday 31st May or 21st June), after lunch

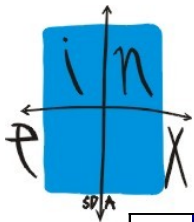
❖ Dates

First training:

28th to 30th of May 2010

Second training:

25th to 27th of June 2010



INEX – Sdružení dobrovolných aktivit

Varšavská 30, 120 00 Praha 2

Tel.: (+420) 222 362 715, Fax: (+420) 222 362 711, E-mail: inexsda@inexsda.cz

Venkovské centrum Kostelecké Horky 25, 517 41

Tel.: (+420) 494 547 012 a 013, Fax: (+420) 494 547 024, E-mail: khorky@inexsda.cz

❖ Accommodation

The building of the training centre in Kostelecké Horky is situated in a great surroundings and perfect nature and is offering a nice atmosphere for work, especially in this period of the year.

Participants will be accommodated in 15-bed rooms. Sleeping bags are necessary and please take your towels with you and all necessary things for your better stay there.

The prep-team will provide full meals during the training and of course a lot of coffee breaks with some snacks. Please take care about fulfilling the application especially the part connected with dietary and vegetarian food (please specify).

❖ Transport

Every participant is responsible for his/her trip. Travel expenses from your place of living to Kostelecké Horky and back will not be refunded.

The easiest way to reach Kostelecké Horky is to take train to Choceň and then with bus to the training centre in Kostelecké Horky.

We would like also to give you some possibilities about transport to Choceň and some bus connections to Kostelecké Horky.

TRAIN	departure -arrival	BUS	departure -arrival
Praha - Choceň	14,44– 16,18	Choceň – Kostelecké Horky	16,55 - 17,16
Brno – Choceň	14,44 – 16,27	Choceň – Kostelecké Horky	16,55 - 17,16
Olomouc - Choceň	13:07 – 16:27	Choceň – Kostelecké Horky	16,55 - 17,16

❖ Information and Contacts

For more information do not hesitate to contact Romana Duchoslavova on following contact details:

E-mail: region2@inexsda.cz

Phone (INEX-SDA, Prague Office) 222 362 715

Regards,
Planning Team

Těšíme se na Vás!