

# Volunteer infokit

Volunteer activities in  
Ústí nad Labem



dobrovolnické  
centrum

# About us

Our Volunteer Centre in Ústí nad Labem, Czech Republic was established in 1999 and since its foundation it has been focused on working with volunteers in various areas such as sports, culture, hospitals or mentoring programs for children.

We connect volunteers with organisations which need their help and provide them with a comfortable environment and enjoyable activities.



**Our team**

# Volunteering activities



**Volunteer Centre**



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**Community club**



**Youth mentoring**



**Sports**



**Culture**



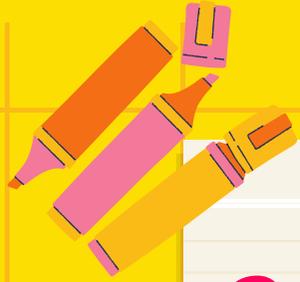
# Volunteer centre



dobrovolnické  
centrum

We need your help with educating the public about our volunteer projects, administrative day-to-day activities in the office, developing our online presence and helping run our social media accounts and accompanying our staff on various missions and initiatives. These activities will help you get familiar with the daily life of our organisation.





# Community club

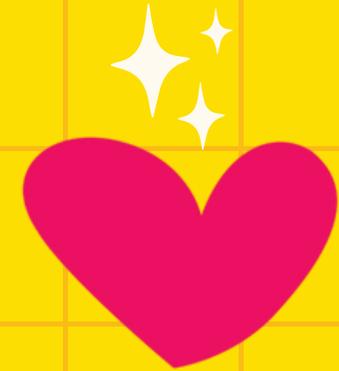


Our organisation runs a local community club called Enter 22. It provides a safe and modern community space for the local youth who lack opportunities in the developing region of Ústí nad Labem. Your task will be to help run the centre and you will be encouraged to carry out activities of your own interest.





# Youth mentoring



Dobrovolnické centrum offers two government accredited mentoring programmes for children and youth. You will regularly meet with children aged 7 – 15 that need special educational or social support.

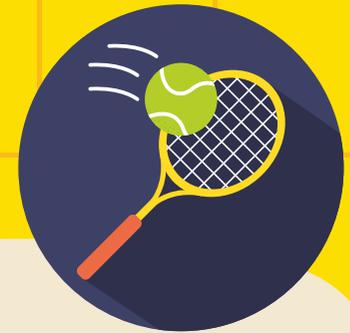
Big Brothers Big Sisters (Pět P) – this programme offers individual work, providing the “big sibling” – the volunteer, and one “small sibling” with quality time to spend on improving each other’s lives.

KOMPAS – this programme is a group activity, where two volunteers work with a group of six children.





# Volunteer in Sports



Apart from taking part in large sports events around the town, you can become a sports coach for the local youth. You can choose your favourite sports and teach the local children and youth. We provide all necessary equipment and give you great freedom in the way you want to choose to organise your volunteering activities. Want to organise a charity run? We've got you!





# Volunteer in Culture

You will take part in planning and carrying out cultural activities in Ústí. You can organise your own events, meet professionals, and cooperate with the local community cinema, museum, library, or art galleries. You can take part in organising charity events such as concerts, clothes and plant swaps and many more.



# More info

Your travel, accommodation, bus pass, food allowance and monthly allowance are all provided. You will receive a monthly allowance of 150 EUR and live in the local dormitories. There is a rich network of buses and the surroundings of Ústí nad Labem are beautiful.

## What can you visit?



**Local ZOO**



**Museum**



**Library**



**Chateau Větruše**



**Community Cinema**



**Art Galleries**



**& MORE ...**



# About Ústí nad Labem



The city of Ústí nad Labem lies in the north of the Czech Republic in the marvellous countryside of the Bohemian Uplands (České středohoří), where the River Bílina flows into the mighty River Elbe. It is almost 90 km from the capital of the country, Prague, and only 70 km from Dresden in Germany and is home to more than 100,000 people, making it the 7th largest city in the Czech Republic and the capital of the Ústí nad Labem Region. The city was once well-known for its industry, but is now a hub of culture, sport and commerce.





**dobrovolnické  
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# Contact us!



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