



Hodina H opens the call for the European Solidarity Corps ([https://youth.europa.eu/solidarity\\_en](https://youth.europa.eu/solidarity_en)) volunteers for 2025/2026. Hodina H is a non-profit non-governmental organisation with 23 years of experience in international youth cooperation and volunteering.

Hodina H established in 2002 is the non-profit non-governmental organisation located in the centre of Czech Republic. The mission, work, activities of Hodina H are based on non-formal education. Hodina H is actively contributing to field of education, culture, sport, community development, volunteering, participation and international cooperation.

Activities of Hodina H has non-formal educational background and base and due to this nature also culture, dance, creativity and other areas are used as a tool for personal development of the target groups.

Mission Hodina H is to support the development, decision which are never correct or wrong but bring the change. The first step is reflected in information, to get, elaborate and provide information, to ensure in this way the right to have information, support permanent and sustainable learning and personal development, full-valued time and access. The following steps are needs, interest, inspiration in the community, participants, partners and anybody coming to Hodina H. In this regards Hodina H is developed and shaped by every unique person who get in contact with.

Hodina H is active at local, regional, national and transnational level.

Hodina H believes in synergy of cooperation, partnership and networking and that's why cross-sectorial, cross-thematic, dialogue are important part of projects, events and activities.

Main target groups are children and youth, special emphasis is put on the services for children, young people, young people with fewer opportunities, adults, NGOs working with children, youth and adults, the seniors – elderly people, parents with children and general public are not missed out.

**Call is addressed to young people:**

- who knows what is the mission of the ESC
- interested in diverse activities
- open to learn and experience new things
- ready explore the organisation and to be part of it
- who wants to learn and support, leave the impact and bring their motivation, ideas and initiative

**Duration to apply for:**

09/2025 - 01/2026

Volunteers' schedule:  
Monday - Friday  
30 - 35 hours/week  
exceptionally Saturday events

**Costs:**

- travel costs to the project and back according to the plum sums of Erasmus+
- food allowance and pocket money/months according to the Erasmus guidance

**Activities the volunteers are involved:**

- non-formal education experience:
- cooperation with the teachers in connecting formal and non-formal education (English lessons, STEM lessons, informatics, physical education, etc.)
- local events
- social media
- photos and videos
- campaigns and thematic workshops
- foreign language conversations
- Seniorpoint activities - dance, yoga, English conversations, cooking, other themes and areas
- leisure time clubs and workshop
- space for own ideas and activities of volunteers
- Erasmus+ projects

**Other opportunities - according to experience and interest:**

- cooperation with the local sport clubs - basketball, football, archery, martial arts
- art activities (art lessons, cooperation with hotel art school)
- cooperation with the organisations working with the people with mental and combined disabilities
- others according to the volunteers interest
- space for other interest and experience

**To explore Hodina H:**

<https://www.flickr.com/people/hodinah/>

<https://www.facebook.com/oshodinah>

<https://www.instagram.com/hodinah/>

**ESC principles in Hodina H**

1. **Finding the meeting point with the volunteers** – aim, mission, target groups, priorities (NFE, information, personal development, volunteering, international cooperation), activities and traditional events, all what Hodina H is doing
2. **ESC in Hodina H**
  - a. coordination of the ESC
  - b. experience of 22 year work in EVS field, hosted, sent, coordinated over 220 volunteers
  - c. we believe in cooperation with volunteers and find the best way for fruitful and valuable cooperation – that includes the openness to get to know each other, starting to be involved in planned activities and support the

volunteer to choose the main focus and individual project, important is that the volunteer knows why he/she wants to do this particular ESC and ESC in Hodina H, Hodina H as hosting organization consider ESC as learning experience for the organisation and mainly and especially for the volunteer, the key to success is the decision and commitment of the volunteer to come +to do/to be engaged + be be part of Hodina H + to learn + to contribute x just to come and do and have other priorities has impact to the flow and result which is not best for anyone

### **3. Main principles**

- a. Communication – we cannot read the mind and we prefer to know about any little thing (the volunteer miss home, doesn't understand, is not sure about some activities, etc., we communicate about it meaning the volunteer find the person to tell it we can always find solution together! Otherwise is pity that volunteer is missing something and we miss the volunteer in the activities and in ESC in general, better to ask and check more time, ask for support than to improvise and be confused, lost, etc.
- b. Health, mental health and safety = this points is our priority, all information related to this point will be kept as private and not shared, all details are very welcomed - based on information related to health the coordinator and Hodina H can ensure relevant support in case of need or specific care or even prevention (please understand injury, illness, mental health, addiction, allergy and so on), this point is essential to make sure Hodina H is ready to support you in case of urgent health care, emergency or even prevention, privacy of these information ensured, you will start your life in other country and culture with new people around and we would like to create safe environment and support you with you supporting us to do so!
- c. Trust – we wish to start to build the trust with the volunteer from the very beginning, in this way we can work together, support each other and find always the best ways to do things and create comfortable environment for the volunteer, share and talk instead of “going around” (e.g. as volunteer tell one thing and then other people said “he/she told ...” and it is something different)
- d. Openness and interest to be part of Hodina H, learn and get experience, find the best together, we are flexible and ready to adapt all what is needed and make all “work” for the volunteer
- e. Mutual support – suggestion to always think also about other side “to be in the shoes of organisation/volunteer”, we can understand each other better, to make decision, changes
- f. Patience – at the beginning of ESC things can be different than expectation, things go faster or slower, there is the hosting country language, volunteer and us should be patience to “get into all” and synchronize, follow the flow, to get familiar and oriented step by step
- g. Individual approach – we don't take all volunteers as the same, when we are getting to know each other we also want that the things are working for each unique personality, we prefer and are ready for individual approach

#### **4. Practicalities which are clarified and agreed, all information provided when the project starts (more details in the ESC Hodina H Guide)**

- a. Working place – Hodina H and partner organisations (kindergarten, secondary grammar school, etc.)
- b. Team of Hodina H
- c. Budget – beginning of the month – pocket money + food money (according to the application and the AA)
- d. Accommodation – students' dormitory, all facilities, kitchen, meeting room, wi-fi, there are some rules to be followed
- e. Rules (Hodina H, working places, accommodation)
- f. Insurance – for any case of medical care, CIGNA + guide
- g. General safety and protection- not allowed any illegal substances, no alcohol and smoking during activities – out of activities even in the free time the volunteer still represents Hodina H so important to take it into consideration
- h. Free time – different possibilities (sport clubs, gym, swimming pool, trips, ... - depends on interest)
- i. Mentor – what does it mean, meetings, contact for support in free time, questions, etc.
- j. Travel plan and tickets, agreement about arrival with Hodina H and the sending organisation

#### **5. Activities of this project**

- a. Time schedule – according to the agreement and activities
- b. Activities: according to the type of the project for each volunteer
- c. Youthpass – reflection and mapping of learning process during the whole duration of the ESC project, Learning diary – flexible self-assessment learning tool
- d. Dissemination – the format decided with each volunteer – e.g. regular articles or weblog or other way to show the experience from ESC, FB, Instagram – promotion, visibility, living example to inspire young people, etc. and other social media
- e. Planning and evaluation meetings – every week
- f. ESC Online language tool + Czech lessons and conversations – once a week
- g. Personal priorities and interest – during the ESC and regular meeting we will check if there is anything specific the volunteer is interested and want to learn, get experience, try as other activities of Hodina H or withing the partners network
- h. Individual project – space and possibility for own idea/own project

Possible end of the ESC – end of the agreement in case of contravention of the agreed rules and framework without the travel costs reimbursement!

According to the interest and need Hodina H can provide the contacts of the former or current ESC volunteers in Hodina H.

In case of interest contact the ESC coordinator Iva Maciá:  
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