

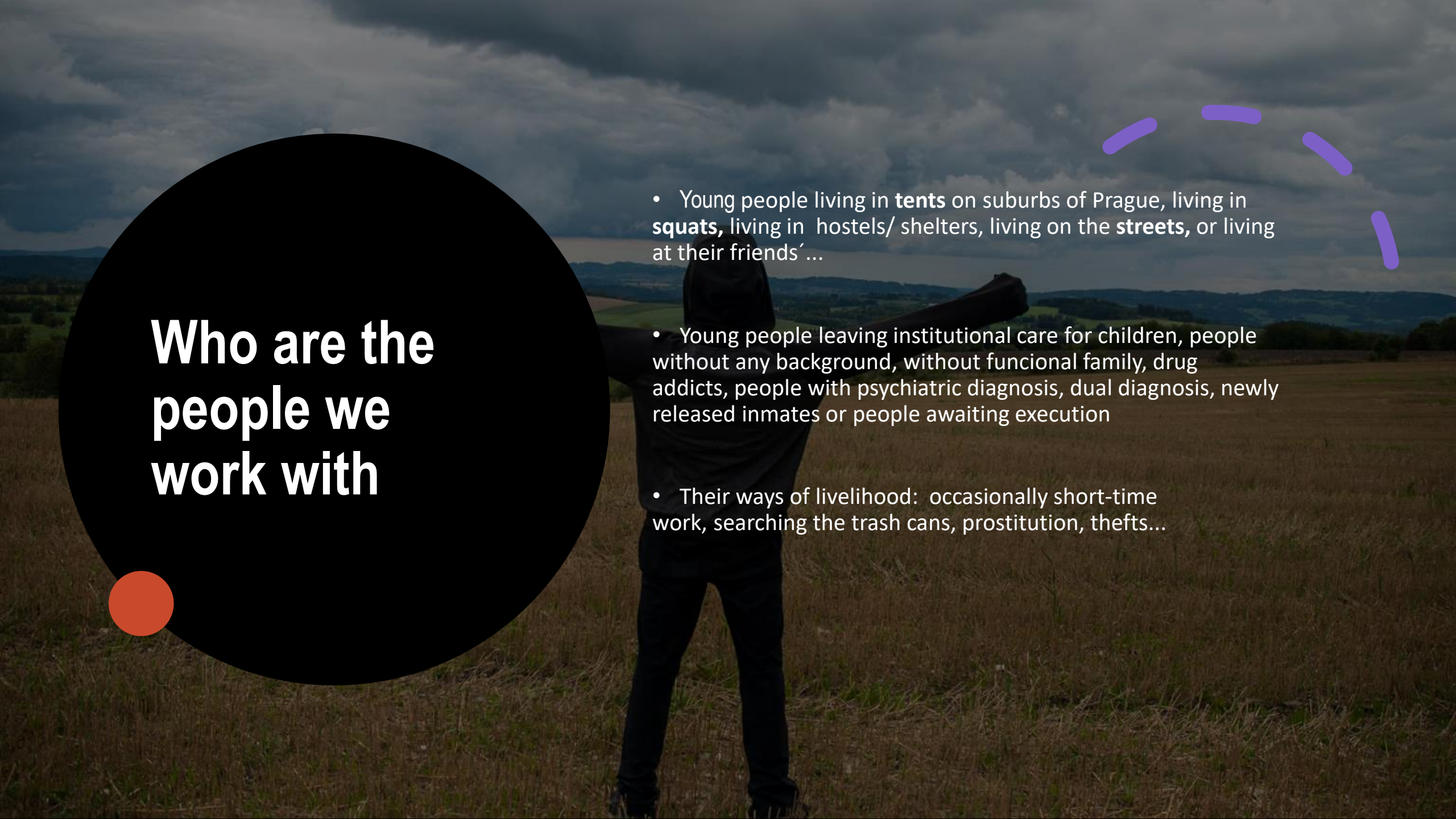


# NADĚJE, pobočka Praha - Bolzanova

Day Centre For Young Homeless  
People / 18- 26 yrs

\*NADĚJE





# Who are the people we work with

- Young people living in **tents** on suburbs of Prague, living in **squats**, living in hostels/ shelters, living on the **streets**, or living at their friends' ...
- Young people leaving institutional care for children, people without any background, without functional family, drug addicts, people with psychiatric diagnosis, dual diagnosis, newly released inmates or people awaiting execution
- Their ways of livelihood: occasionally short-time work, searching the trash cans, prostitution, thefts...



# We provide these services:

- Low-threshold services
- Social services
- Leisure activities





# Low-threshold services

- Hygiene service
- The possibility to get clean clothes, laundry
- Food, coffee and tea
- Internet, phone
- Time to relax
- Possibility of short-term work
- Mediation to contact family
- Buying a train ticket home, to work...





# Leisure activities in "Bolzanka"

- One day activities
- Visits to Theatre, Concerts, Cinemas - outdoor
- Courses of painting, Sociotherapy, Cooking, juggling – indoor
- Multi day activities
- Hero's Journey
- Social Circus
- Trips to the "Nature" - water, forest, rocks...





# Social circus

- modern tool to work with disadvantaged young people
- creativity is the key term
- All members respect each other
- They are creating their own story using circus techniques
- The joy of learning new skills and in the next phase they can teach someone else
- Cooperation





# Hero's Journey

- We work with the model of Hero's Journey by Bret Stephenson
- The "journey" is led by experienced lecturers
- Confidential and safe environment is essential
- Work with "transitional rituals"
- The safe space for contemplation about their past, present and future
- Using different technique, i.e. imagination in space...





# Trips to the nature

- The trips out of Prague to experience pure nature, physical activities.
- Discovering own personal sources
- Overcoming obstacles together
- Being important part of a community, part of a group
- Cooperation
- Rise of self-esteem



# Principles of our leisure activities

- Participants must be able to be drug-free for at least 4 days
- Max. 10 participants
- Voluntary engagement in each activity
- Professional lecturers
- Engagement of social workers in all activities
- Trip max. for 4 days
- We try to do everything together. Everyone helps the community according to their abilities





# Our experiences

- the opportunity to **get to know each other in new situations** ( clients and social workers )
- the opportunity to **learn something new, to meet new people...** Our professional lecturers can represent positive idols for young people
- **closer relation** with our young people, because we are "on the same level" - positive for our common future work
- gaining **more trust** - necessary for this work ( in relation to the young people )
- gaining **more self-confidence** – they have a chance to do various ordinary activities such as a cooking, chooping wood... for other people
- finding out that "**I do not belong here**" - motivation to the change
- Finding that **I am not alone**





# Our experiences

## Disadvantages

- **low responsibility and motivation** of participants
- **addiction** of our clients on drugs
- **difficult concentration**
- we never know **how many** people will attend
- **personal borders** of social workers
- **risks** associated with this group ( thefts at the trip...)





# Experiences of our lecturers:


- Get to know people who they would never meet with in their life...
- "One seed a day can help..."
- Realizing how many negative experiences they pass and how many obstacles they should overcome
- Determination to do everything
- Ability of abstract thinking ( lecturer of the Hero's Journey works usually with teens)
- The surprise of openness, the willingness to active engage
- Hard to keep their attention





# Experiences of our clients

- Possibility to change the way of life for a while
- Relax from their difficult way of life
- Relax from drugs
- To know something new – people, lecturers, skills
- To know something new about themselves
- Possibility to feel like a "normal" person...
- It is difficult to keep attention on the "work,, whole day
- Fatigue
- New experiences ( i.e. from theatre, movie making )



Zapíš si, jaká je  
tvoje současnost  
vlastně a co  
potřebuješ  
k jejímu zvládnutí  
Potom přideš  
k tomu ven.



# Summary

- Social workers and young people can create better, stronger relationship
- we can be certain support in their lives
- Realization they have some "adult" by their side
- 7 of the young people already have their training accomodation of Naděje. This is the important step in their lives. Almost all of them contacted their families, after years.
- Their experience created ability to overcome obstacles – in the trips, they overcome shyness and go to the stage with performance. Experienced succes...
- "when you have an accomodation, everything just begins."





The end :)

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