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# The Talented Palacký program



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# Volunteering Centre



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## Volunteering Centre

- Cooperate with NGO's who ask for students/volunteers
- Promotes volunteering as part of student's experiences during their studies at the Palacký university





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## Volunteer coordinators

**Mary**



**Sandra**





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# What we do? Volunteering

... wherever it is possible and we also run our own volunteer events.



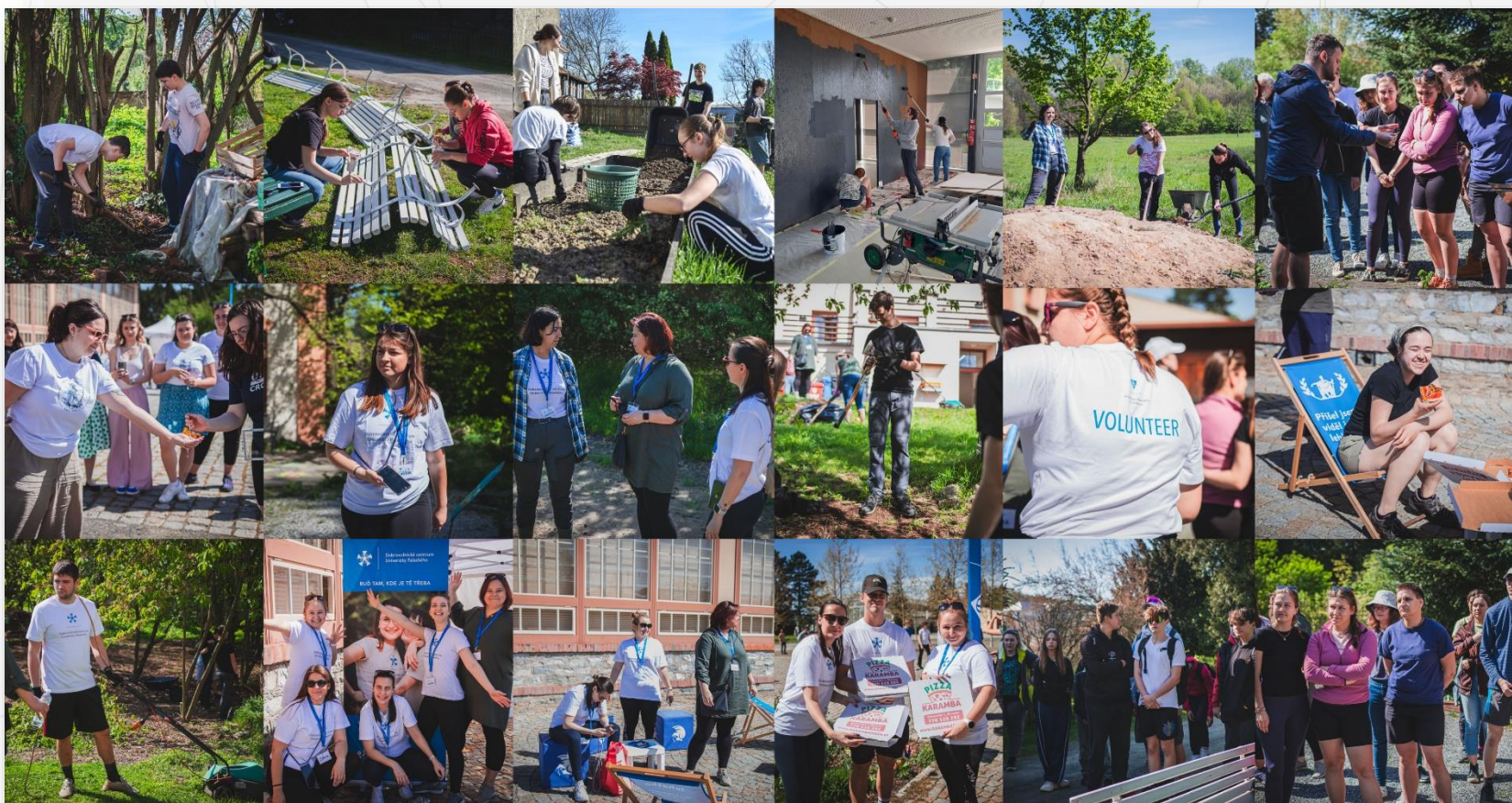


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# What we do? Springtime Student Volunteer Event





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## Even at the University Representative Ball





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# What we do? Rector's Volunteer Awards

[https://www.youtube.com/watch?v=qNxOGNh\\_MuY](https://www.youtube.com/watch?v=qNxOGNh_MuY)







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## What we do? Engage high school students





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## What we do? We create community





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## What we do? Motivate new people to volunteer

 Univerzita Palackého  
v Olomouci

 Olomoucký kraj

*Být dobrovolníkem znamená  
myslet nejen na sebe.*

[dobrovolnici.upol.cz](http://dobrovolnici.upol.cz)

ROZHOVORY





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## Benefits of volunteering

- Meet new people
- Create new contacts
- Make new friends
- Earn new knowledge and experiences
- Experience new adventures
- Space for selfdevelopment and creativity
- Be part of volunteering events



**"If you became a volunteer with us, it will get you out of your comfort zone, sometimes it will be hard, sometimes you will feel adventure, but we will be always by your side."**



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Dobrovolnické centrum  
Univerzity Palackého



Univerzita Palackého  
v Olomouci



Udržitelná  
univerzita



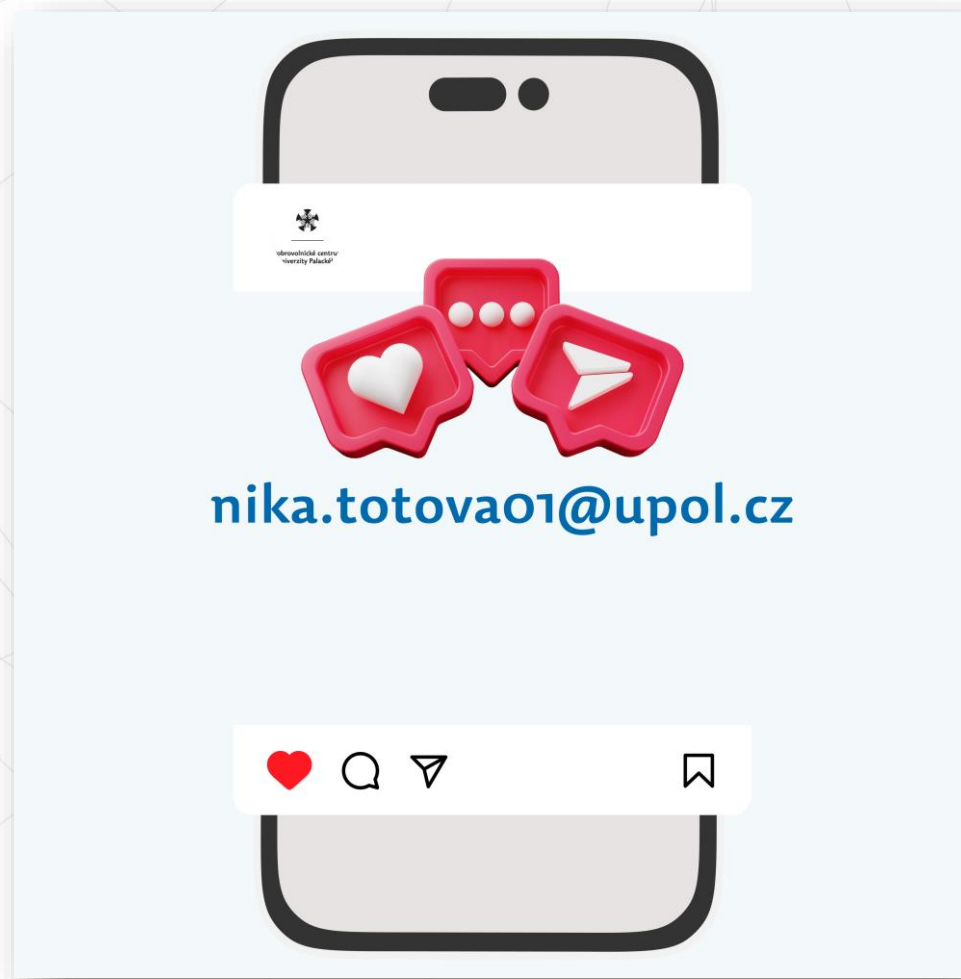
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**Now prepare your  
phone and take a  
picture**

**If you want to join our  
community...**





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# Career Centre



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**We are here to help you find answers to  
yours questions**







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## Career Centre

We offer:

- Individual consultation in field of career development
- Career consultation and coaching
- Development courses, trainings, workshops, lectures

**OUR SERVICES ARE COMPLETELY FREE FOR STUDENTS**





## Coaching

- Coaching helps you open new horizons and clearly see your goals.
- We offer coaching in different areas, for example motivation, lifestyle or help with planning your diploma theses and others.





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## Career consultants

**Jitka**



**Katrin**



**Nika**





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## Mindfulness

What can you expect?

- Reduce stress
- Get better focus and memory
- Support your mental health
- Improve quality of your sleep



Where: building at the address - Pedagogical faculty, ul. Purkrabská 2  
(room 1.21)

Capacity is limited to 15 students.

**From 30. September 2024 till 9. December 2024 – every next  
monday from 5 pm**



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**Feel free to come  
and ask or.... :D**





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**Thank you for your attention**



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KDE POROSTEŠ



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