

# eMotanice

## Úvodní slovo

[www.klubickokm.cz](http://www.klubickokm.cz)

### Milí Klubíčkáři,

rádi bychom s vámi v této nelehké době koronavirové epidemie sdíleli aktuální prožitky naše a také našich zahraničních dobrovolníků. Jsme s nimi neustále v kontaktu a chtěli bychom vás ubezpečit, že všichni naši zahraniční dobrovolníci jsou **zdraví a v pořádku**.

Jak se máme my v Klubíčku? Sžíváme se s novou situací, s omezeními, která přinesl nouzový stav a preventivními opatřeními přijatými ve snaze zabránit šíření koronaviru. Respektujeme doporučení Krizového štábu města Kroměříž uzavřít nejen centrum, ale také naše dětské skupiny. Snažíme se tento čas využít a nenechat si jej protéct mezi prsty. My v kanceláři podáváme zprávy k projektům v realizaci, podáváme i nové žádosti na nové aktivity. Máme další plány. Především však zjišťujeme, diskutujeme a plánujeme, **jak dál udržíme Klubíčko**, jak zajistíme chod a financování jednotlivých projektů bez propouštění našeho vybudovaného týmu, jak ufinancujeme výdaje, které běží dál, přestože jsou herny prázdné.

Lektorky a tety z odpolední družiny, z dětských skupin a volnočasových aktivit připravují videa, nápady, úkoly, inspirace pro jednotlivé skupiny, jen tak pro radost, pro zpestření a vzájemnou podporu vás i vašich dětí.

Připravujeme **on-line** výuku některých jazyků a také on-line seminář pro dospělé. Hledáme vhodná řešení a cesty, jak s vámi zůstat v kontaktu alespoň virtuálně. K dispozici jsou vám naši poradci v oblasti psychologické, pedagogické, z oblasti zdraví a zdravého životního stylu, sociální), jedná se poradenství bezkontaktní, telefonické či na e-mailu.

Klubíčko také **zvelebujeme**, postupně uklízíme, desinfikujeme, pečujeme zahradu, však nás znáte, budeme na vás připraveni.

Přejeme vám, ať se vám daří skloubit rodinu i práci. Myslíme na vás rodiče, **chybíte nám děti!** Přejeme vám pevné zdraví a klidnou mysl. Říká se, že radost vstupuje do našeho života, když máme co dělat, co milovat a v co doufat. Neztrácejme ji.



VÁŠ TÝM KLUBÍČKA



## Hola desde España

I am happy to hear from you that you are alright. As I told you, you can count on me always.

The situation here is worse than in any other country in Europe, we are with Italy the most infected countries. Also I was living in Madrid at the beginning of this problem and the difference was huge. I was doing my practices in a high school and suddenly they closed all the educational centres, I was in shock because I don't have TV and I was just focus on my work so everything happened out of the blue for me. I couldn't leave Madrid because everything was collapsed, shops, transportation... I decided to stay at first. With my flatmate I spent the days cooking, cleaning, playing games and watching movies. But the situation was completely normal. Then I started to see the shops crowded but with empty shelves, streets empty, not even a sound. Is a feeling of emptiness and that something wrong is going on. Once I decided to leave Madrid to come back home to stay with my mum I noticed the change. Military cars everywhere, empty buses, empty roads...not a single person in Madrid, trust me in a city with 6.5 millions people to see the streets like this makes you feel a whole in your heart.

At the shops I saw old ladies fighting for food, on the bus people were arguing with the bus driver because they are using just the sits at the back and we were all together with no security distance or whatever.... a chaos.

Here where I live is different, I live in a peaceful place so is harder to find the changes. The only thing that make me sad is that I am at home and I can't visit my sisters, brother or nephews, even though they are 5 minutes from me.

We have typical relationship, we make FaceTime all together once per week, and individually each one or two days. Also my mum and I called my aunts and uncles more often. I think everybody is spending more time in family what is the bright side of this quarantine. I send you also pictures of my family at home, spending time with the kids. Now all of them work from home or they signed what we call an "Erte", they fire you from now so you receive money from the government and when all of this is finish you can come back to work like nothing happened.

One thing that is completely moving is that everyday at 20:00 we go to the windows and clap for the sanitary workers, policemen, shop workers, etc. To say thanks for the work that they are doing. The kids are making rainbows with a message and they are putting them also at the windows to say thank you and that all of this will end soon.

From my part im taking advantage of this, working on my university projects, painting, playing the piano and spending all the time with my mum, time that I won't have once I move back to Madrid.

I wish you all the best, stay safe and happy and let's see the bright side of this because it will end soon so let's appreciate the time that the universe is giving us to spend with our beloved ones.

Big hug from my mum and I

RAQUEL



## Bonjour de France

I'm happy to get news from you, I hope you are all fine in Kromeriz, despite the fact that we all can't go out. Actually, it doesn't change a lot for me and my boyfriend because we both work from home, so the only thing that has changed is that I can't go shopping or do sports anymore.

We both work as web developers, meaning we create websites. I'm still studying (this month is my final assignment, I'm creating a website called "stardust", where people will be able to check a sky map and see the constellations above them + find info about astronomy). I'm working on this with 3 other students from my school, but we all study and work from home. And my boyfriend has been a web developer for almost 10 years and is also working from home. So our days are pretty much the same, I work from 9am to 3 or 4pm, then I take time to read, sunbath on the balcony when I can or play animal crossing on Nintendo Switch.

The situation is scary because here many people don't respect the security rules and think they can go outside without taking any risks, so we try to stay home as much as possible, I only go out when we need grocery shopping, and I won't see my family until a long time I think. We've heard we would be stuck at home until at least May or June.

LUCILE

## V Klubičku nezahálíme



## Hallo aus Deutschland

In Germany we are also facing the problems and trying to deal with Corona. The start of the new semester at my university has already been postponed until after the Easter holidays. Likewise, all schools and kindergartens are closed and most people are encouraged to walk from home. All my upcoming exams were cancelled, but my professors are working really hard to keep the learning going. For example, some written exams can be changed to oral ones, which we can perform via Skype. They are already filming the lectures for the upcoming semester, so that we can watch them online and communicate with each other.

With all this free time there is still lots of things to do. For example, we are doing the shopping for our grandparents, because for them it is far more dangerous to go outside.

Since all the gyms are closed and local sport teams are not allowed to meet up, we also had to get creative in order to maintain a healthy lifestyle. My father and sister started watching sport videos on YouTube and turning our living room into a gym from time to time. I am not completely convinced yet, but as long as I can still go running or for a walk outside, I am happy and satisfied.

At this point, in Germany everyone is still allowed to leave the house to go for a walk, but only the people who are living together or one additional person from outside the home can walk around together. Therefore, we try to go out every day and just explore our surroundings. Yesterday we walked to a nearby monastery, which I had never seen before.

My parents are both still working. My father mostly works from home. My mother is a pharmacist. The pharmacy, that she works in, has never been busier before. They get around 200 calls a day and 200-300 people are coming in for medication or asking for advice or information about Corona.

Also, I have much more time to read and bake now, which I very much enjoy. I even started a puzzle, a thing that I haven't done in years and I have come to quite enjoying it and even find it somewhat relaxing.

I hope that all of you are and will stay safe and healthy! Wish you all the best!

With love from Germany,

EMILY



## Hi from Prague (Conor Quarantine Story)

My name is Conor, I am 26 and currently live in Prague, originally from London. I was a volunteer at Klubíčko in 2018.

I would say the main feeling I have experienced in the last few weeks has been gratitude. I am grateful that I have not lost my job and I am able to work from home, I am grateful that I am not in a position of risk, either financially or health-wise, as I am not in an at-risk group. I am grateful for all of those people, who ordinarily are not the most valued in society; nurses, delivery drivers, supermarket employees, who are putting themselves in enormous risk, for little reward, so that we can all continue to live our lives as normally as possible.

I am also grateful that I am currently sat in Prague, and not London. The differences in the way which the UK Government and the Czech government has been shocking. The UK did not go into lockdown till 24 March, over two weeks later than in Czech. Now the UK lockdown has come into force, it is very strict, you can only leave your house once a day and only to buy food or exercise. You are not allowed to see any person who is not in your household, including relatives and family members.

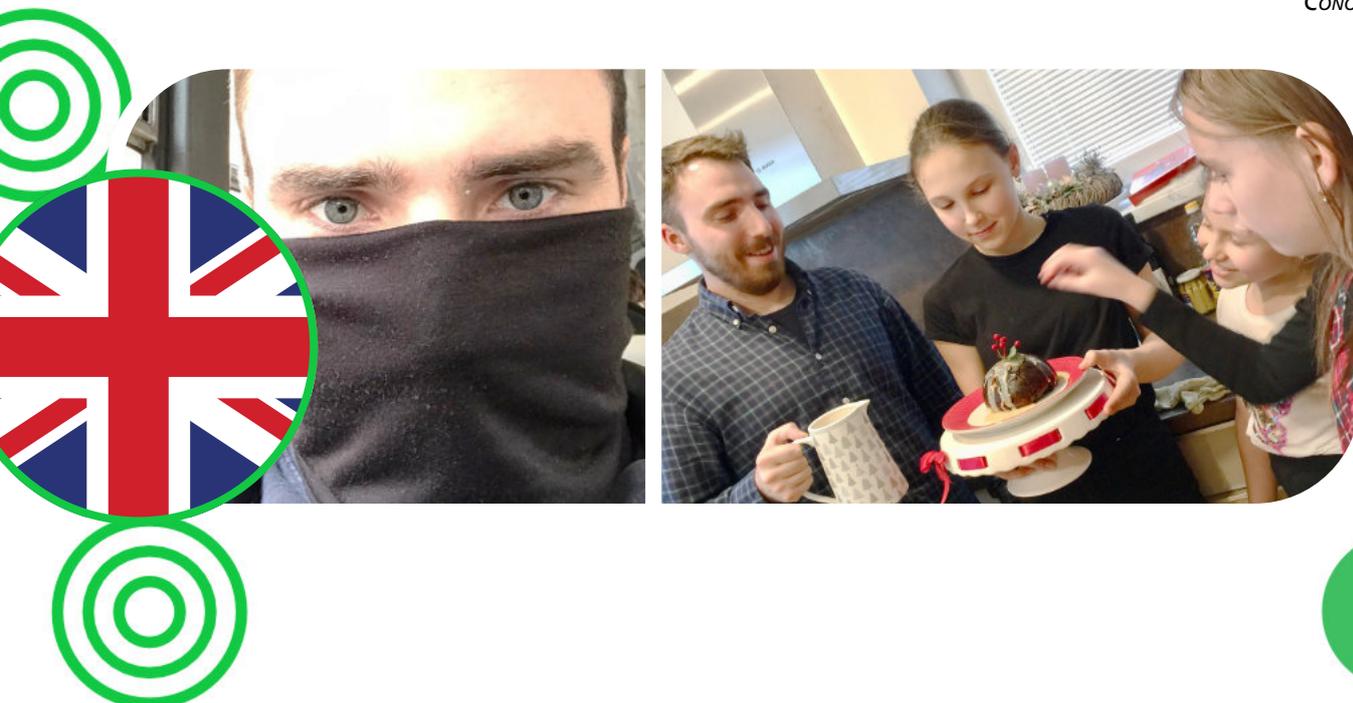
I have been speaking with friends in the UK, and the situation is far, far worse than it is here. My Dad had to wait more than two hours to enter the supermarket. When finally in the shop, most shelves are empty, it is very difficult to buy fruit and vegetables, dried and tinned food and almost impossible to buy toilet paper, due to people panic buying. Some of my friends could not buy toilet paper anywhere for the last four weeks. There are even stories of people having to throw away kilos of fruit and vegetables that they panic bought in such quantities, they could not eat them before they went rotten.

This is in stark contrast to Czech, where yesterday I went to the supermarket and they were not short of anything, it was completely normal.

My feelings are mixed, I am not (at least currently) too worried about my personal situation, but I am very worried about my friends and family in the UK, as the situation gets worse and worse. I also worry about how this will affect small businesses and the economy, how many small restaurants, cafes and pubs, which make the Czech Republic so special, could go out of business. How many people could lose their jobs?

I am doing my best to stay positive and to use this time to be more creative, to read more, to cook things I would never have been bothered to cook before. I am also speaking with my UK friends much more than I would have otherwise, yesterday a friend and I hosted an online pub quiz which was lovely. So although it is scary, I would encourage everyone to try and stay positive and be grateful for the positives.

CONOR



## Hola desde Tenerife

- 12th March, 15:10: I was getting into my car on my way to work, I had just started it when I received a Whatsapp from my boss informing all classes had just been canceled. I sent some texts to my students immediately, went back home and turned the TV on. There he was, the Spanish president in an extraordinary press conference admitting the magnitude of the problem and declaring the country on alert.
- 13th March, 17:00: I went to the supermarket in order to get some basics for the following uncertain days. I just couldn't believe my eyes so I took some photos for the record. Empty shelves, empty freezers, empty warehouse. I was able to grab the last packet of mushrooms and some chocolate.
- 14th March, 07: 00: The official quarantine started. Since then, a car with speakers warns people to stay home because of COVID-19 in Spanish and in English, all day and all night.
- 15th March, 20:00: Ovation to nurses, policemen, and supermarket staff. They are our new national heroes.
- First week: Anxiety. Wash your hands videos. Holy Netflix. Neighbours from all over the country playing and singing from their balconies.
- Second week: Keep calm and be positive. I designed a sport, study and work routine so my mind is busy and organized.
- 26th March, 2020, 09:00: "The worst is still to come", "The curve is not flattened yet", "The confinement must be extended".
- 27th March, 2020, 16:00: What book is next?
- 1st April, 2020, 10:00: I've never been so grateful for having so much homework to check.

I'm alive and kicking, friends. I know you are too!! This won't last forever and I'm looking forward to embracing life stronger than ever.

Regards,

VERÓNICA





## Cześć z Polski

„Můžeš balit kufry, jedeš domů!” To byla ta nejlepší věta, kterou jsem za poslední dny, kdy vypukla pandemie v Evropě, mohla slyšet.

Můj odjezd z Polska byl poněkud jiný, než jsme si všichni představovali. Během 24 hodin jsem si sbalila všechny věci, uklidila pokoj, ve kterém jsem strávila téměř 6 měsíců, a rozloučila jsem se se spolubydlícími. Naposledy jsem prošla kolem Paláce kultury a vědy, skvostu Varšavy.

14.3. den, před uzavřením hranic a dva dny po zrušení mezinárodní dopravy, jsem dojela vlakem do poslední polské vesnice jménem Chalupky, 8 km od Českých hranic. Tam na mě čekal přítel, který mě autem převezl přes hranice a pak až domů.

Jsem moc ráda, za to, že polská organizace byla natolik pohotová, že mi umožnili odjet během 24 hodin. Že měli pochopení a celou situaci nepodcenili a já jsem se mohla vrátit bez nějakých větších problémů.

SOŇA



EUROPEAN  
SOLIDARITY  
CORPS



## Hallo aus Deutschland



I hope you are all doing well. As many of you probably know, I'm currently living in Berlin. During the Coronavirus pandemic the Senat has decided to close all the schools and kindergartens from 17.3 till 17.4. Only the children whose parents are working in the social sector are receiving day care. This day care will be divided between the workers without children of their own. For me it means that I'll be working only two days during these few weeks. The playgrounds, restaurants, clubs and bars are all closed. Food home deliveries are allowed. People are requested to maintain 1,5 meter safety distance to one another and to avoid going out, only when necessary. Gatherings of more than two people at once are forbidden unless these people come from the same household.

During this time I've personally tried my best to keep my mind as positive as I can and not read too much things online. I've tried to keep my mind aware of what is going on without panicking. I've taken the time to do the things I'd otherwise love to do but in a normal work

week wouldn't have the time or energy to do. Kind of like mini holidays, except instead of going and discovering a new place, we have mainly chilled and enjoyed each others company with my boyfriend at home. I've painted, crafted, coloured, I've gathered big bags of clothes to donate, taken long baths, done some yoga, cuddled and played with my cats, I've talked to my family in Finland and friends all over the world, done some cleaning, watched Netflix and planned our weddings together!

I hope that the pandemic will soon turn it's course and that our lives would turn back to as normal as they can. Try to stay healthy and positive!

Greetings from Berlin

IDA



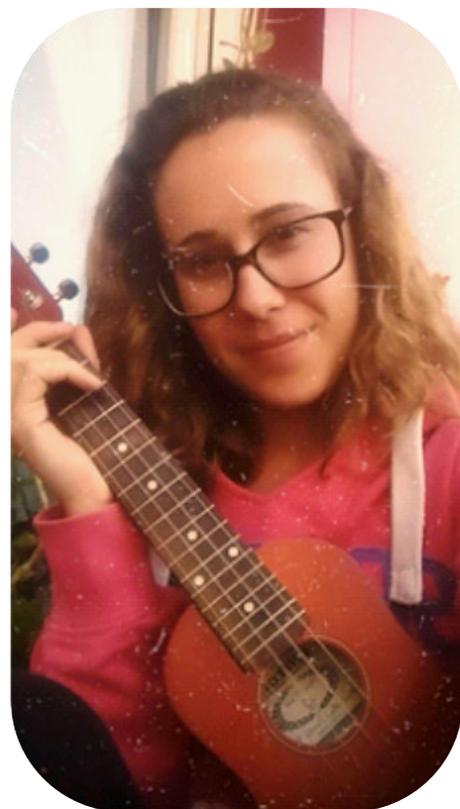
## Hola desde España

And, how is the quarantine in the Basque Country?

As you know, COVID-19 is expanding all around the world and the beautiful Basque Country is not an exception of the pandemic. All the countries in Europe are taking similar security measures to prevent the expansion of the virus. I'll show how it looks like in our city, San Sebastian.

It started the quarantine on the 15th of March. At the beginning everything were jokes in social media and memes, but then it started to be more strict and serious. It is typical Spanish to cheat the law, so jokes about going out with the dog 50 times per day, or going to the shop to buy single things 10 times per day became viral on the internet. Thrust me, I'd love to say they were just jokes... but the first weeks there were more fined people than infected ones.

The shops and economical activity didn't stop all in one, but as the days run they also started closing (firstly restaurants and pubs, then hairdressers and all kind of shops in the afternoon and finally this week the construction sector). It is remarkable to mention that we are not allowed to go out from home, not even to go and have a lonely and relaxing walk in the nature. Everyone, despite the age or special needs, must stay locked at home. In this difficult situation we started the habit of clapping at 8 pm from our balconies and windows in the honour of the healthcare professionals who are risking their live for us.



How do I live this entire situation? Well, it is not easy. I live with my grandma, Pauli and my uncle. I didn't have WiFi at home and all my activity stopped from one day to another. At the beginning I started learning how to play the ukulele which was an inspiring and relaxing activity. I think I couldn't survive without music. Then I started to engage more in the daily life activities at home such cooking, cleaning, going to the shop, attending my grandma...

As everyone else I guess, I went through different moods those last weeks, at the beginning I was happy to rest, then I felt anxious for being locked, I even felt anxious for going out for shopping, there were days I spend doing nothing and days I spend all day in call and videocalls. It is important to focus on what we feel, accept it and try to do things that give us wellness (dancing, singing, playing music, doing exercise...).

The latest update is that I got a job as a social worker in a homeless shelter, which changes all my routines and life organization. I'm very excited about it but I know it's going to be hard also. For the moment, I just want to give back to the society the best of me.

I hope you all are fine, safe at home, and taking care about the loved ones. This is a great chance to look inside of us and search what make us feel happy, see our priorities and what do we want in our life.

AMETS



## Bezplatné poradenství

Milé maminky, milí tatínkové, nabídka bezplatného poradenství v Klubíčku je již tradicí. Od dubna v této nabídce pokračujeme i letos, jen bude zatím poradenství realizováno **bezkontaktně**. V případě zájmu o poradenství (psychologické, pedagogické, z oblasti zdraví a zdravého životního stylu, sociální) prosím **kontaktujte poradce** z nabídky a dohodněte se na způsobu, jakým bude poradenství realizováno. Počet bezplatných hodin je omezen, neváhejte naši nabídky využít. Přejeme mnoho sil do dalších dní a těšíme se až budeme zase spolu :-).

Pro případné dotazy volejte 777 031 252 nebo pište na [habrova@klubickokm.cz](mailto:habrova@klubickokm.cz).



### V Klubíčku pomáháme rodině

**nabízíme odborné bezplatné poradenství,  
nyní bezpečně z pohodlí Vašich domovů  
(dle domluvy: mail, telefon, skype aj.)**

#### - Psychologie (dětská i pro dospělé)

PaedDr. Mgr. Hana Pašteková Rupertová,  
[uluru6@seznam.cz](mailto:uluru6@seznam.cz), 608516620 (v době 8:00-15:00)

#### - Pedagogika

Mgr. Pavlína Švecová, [svecova@zsoskol.cz](mailto:svecova@zsoskol.cz), 602936275

#### - Zdraví a zdravý životní styl

Bc. Radek Mlýnek, [rad.mlynek@gmail.com](mailto:rad.mlynek@gmail.com), 720219132

#### - Sociální a dluhová oblast

Mgr. Kamila Sýkorová, DiS., [adamo@email.cz](mailto:adamo@email.cz), 777804631

Bližší info: [habrova@klubickokm.cz](mailto:habrova@klubickokm.cz) nebo tel: 777031252

Projekt "Mateřství není handicap 2020" je realizován z dotace MPSV ze státního rozpočtu v oblasti podpory rodiny pro rok 2020. Veškeré osobní údaje, které požadujeme o všech, kdo se účastní naší programové nabídky a našich služeb, zpracováváme proto, aby všichni měli včasné informace o programech a službách našeho centra a mohli je využívat. Zpracování osobních dat podléhá pravidlům uvedeným na našich webových stránkách.



Klubíčko Kroměříž, z. s., Albertova 4062, 767 01 Kroměříž DIČ CZ26602024,  
Tel: +420 737 206 708, E-mail: [klubickokm@klubickokm.cz](mailto:klubickokm@klubickokm.cz)

## On-line beseda

Připravili jsme pro vás naši první on-line besedu na téma zdravého trávení.

Pro případné dotazy volejte 777 031 252 nebo pište na habrova@klubickokm.cz.



## Zdravé trávení u dětí i dospělých - vliv trávení na imunitní systém

On-line beseda ve čtvrtek 16. dubna 2020  
od 16:00 na adrese

<https://www.facebook.com/rad.mlynek>

### O čem si budeme na besedě povídat?

- Proč je trávení základ zdravého těla (všechny nemoci začínají ve střevech)
- Symptomy, které nejsou normální, ale jsou dnes zcela běžné
- Co tyto symptomy znamenají (jaká je příčina)
- Přírodní řešení trávicích obtíží
- Tipy jak trávení vylepšit u zdravého člověka a jak celkově s trávením pracovat během života

Provázet besedou vás bude  
Bc. Radek Mlýnek, propagátor  
zdravého životního stylu.



### Pokyny k účasti:

Pro přihlášení prosím použijte odkaz: <https://forms.gle/xAKcHFe3WV1WxLdE6>

Další info na: habrova@klubickokm.cz, 777031252.

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## Inspirace na radost

Když se nemůžeme teď potkávat osobně u nás v Klubičku, můžete se inspirovat nápady a tipy na společné tvoření na našem facebooku. Budeme rádi, pokud s námi budete sdílet, jak se vám daří a jak se vám s námi tvoří!



KDYŽ SE NEMŮŽEME TEĎ  
POTKÁVAT OSOBNĚ  
U NÁS V KLUBÍČKU,  
TAK ALESPŮŇ TAKTO NA FB:

KLUBÍČKO KROMĚŘÍŽ  
Z.S.  
VÁS ZVE

*na naše  
společné  
tvoření*

Klubičko  
Kroměříž



*Těšíme se na vás!*

