

Café AdAstra

We employ unemployable, we connect unconnectable...

Per aspera ad astra- Through hardships to the stars - this is not only our café's motto but also motto of our clients' lives.

How do people with special needs work at our café?

At this moment, the café employs 36 people with special needs. They work as waiters and waitresses, an extra help in the kitchen and at the bar. Six of them have their jobs suspended.

Recently we have officially become a part of the sheltered employment. Like this, we can offer a substitute performance to the companies who use our services and products performance (<https://www.mpsv.cz/plneni-povinneho-podilu-ozp>).

Our employees have either DPP or part-time contracts. Some of them come to work in the café as their school work experience. It was 28 employees in total last year, and thanks to your support we have been able to increase the number this year!

These are individuals with serious physical or mental health conditions for whom interaction and communication with other people is crucial. We employ all those who need it, which makes us unique. We choose their tasks carefully with regards to the clients' existing abilities and their progress.

Our café employers are divided into two groups, based on their abilities, skills and health conditions:

Training group - work skills practice, experiences for next job (mainly for clients with less serious handicaps), a smaller group than the socialising group.

Socialising group - the biggest importance is to become a part of the society. For these clients the work in the café is a part of a therapy and a participation in a common life. Thanks to you all, this is a very large group.

## František A.

**Handicapped employee - intellectual disability, mental stress**

Frantisek doesn't deal well with stress, he needs a calm and balanced environment. It took him a long time to get used to his work - washing dishes. Now he's shown an interest in trying to wait the tables so we are trying to get him comfortable at his task with an assistant. Frantisek likes dancing, sports, tv show Kobra 11, trekking with his mum.

# Michal B. - 27 years

**Handicapped employee - intellectual disability, mental stress**

Michal is a very nice, clever and smiley young man. He washes the dishes but we would like him to try waiting tables too. He likes watching Youtube videos and drawing. He is very polite and always in a good mood.

# Petr C. – 33 years

**Handicapped employee - combination handicap**

He is very communicative and likes to help other people. That's why he likes his job in the café. He studied practice school - shoemaking and gardening. His hobbies are sports and music.

# Martin Č. – 29 years

**Handicapped employee – epilepsy**

Martin's task in the café is washing the dishes, and he is very good at it. He likes to read books and watch 40's films with Elizabeth Taylor, or directed by Francis Ford Coppola. He also likes fantasy.

# František D. – 28 years

**Handicapped employee - Autism, heart defect, intellectual disability**

He can only say simple words but he understands everything. He knows the basics of sign language. He likes socialising, usually starts a contact by touching - he likes shaking hands. His favourite topics are: how old are you, what is your name, when are you going home. He's been working in the café from the very beginning - year 2011. His aim is to save money for sweets, DVDs and music CDs, a trip to Croatia - he loves the sea.

# Karolína H. – 27 years

**Handicapped employee - intellectual disability, Epilepsy**

Karolína likes solving crosswords, walking around Prague, listening to music and making arts for the shop. She enjoys riding a bike but because of her illness she is not allowed to do that. Karolína is very chatty and has a beautiful smile that she doesn't like showing very much. Her aim is to try waiting tables, which she's very excited about.

## Zuzka H. – 31 years

**Handicapped employee - intellectual disability**

Zuzka is a lovely and communicative girl. She's been working in the café since September 2016 and has improved a lot. At the beginning, she was very nervous and scared but now the café is her second home. Her waiting skills are perfect. She likes music, dancing, sports (sometimes behind the bar too) and small children.

## Viktor H. – 31 years

**Handicapped employee - mental illness**

Viktor used to work as a potter, and he likes working with various materials. He's working on an album with acoustic music.

## Šimon H. – 19 years

**Handicapped employee – cognitive deficit**

Šimon likes watching ice hockey. He also likes gardening, but only after the hockey match :) Hockey is everything for him. Regarding gastronomy, his favourite thing is pancakes.

## Michael H. – 27 years

**Handicapped employee- mental handicap, weak immunity**

He likes to communicate with people and he enjoys working in the café very much. He studied working with ceramics and then also hospitality services. Michael collects car models and magazines about motoring. Everyday he walks his dog Nelly. In his free time he likes to swim and ride a bike.

## Martin J. – 41 years

**Handicapped employee**

In the café he folds the napkins, prepares fresh herbs and marinated cheese. He likes it here. In his free time he attends concerts, enjoys all sorts of music. Sometimes he goes to see a theatre play or a film in a cinema. He likes puzzles like sudoku and Rubik cube. He's learning English and French.

# Tereza J. – 26 years

**Handicapped employee - Down syndrome**

Happy and smiley young lady who is shy at first, but soon she starts communicating just fine. She likes sport, mainly bike riding, skiing, swimming and yoga. She also likes horseback riding and rock climbing. She loves trips to nature and camping. She's attending an apprentice school,

# Petr J. – 21 years

**Handicapped employee - intellectual disability, ADHD, Autism**

Petr helps prepare things in the café. He likes transport- buses, trams, trains. He knows many time tables by memory. He dislikes mushy peas and dill sauce.

# Pepa K.

**Handicapped employee**

Excited employee, always smiling, optimistic. He helps create goods for the shop, and folds napkins for the café.

# Oleg K. – 44 years

**Handicapped employee**

Oleg is always making sure that things are as agreed. He likes to read crime novels and to watch sports. He would eat everything, from goulash to ice cream. He enjoys relaxing. He is good at working in the café, he can even draw a beer.

# Michaela M. - 30 years

**Handicapped employee – vision impairment, Epilepsy**

Michaela plays the piano in the café. He is able to get to the café on her own, which she is very proud of, and we applaud her :) She is happy to be a part of the café. She is very active and has a lot of hobbies.

# Daniel M. - 24 years

**Handicapped employee - cerebral palsy**

Daniel is originally from Poland. He is very intelligent and entertaining. His task is to add a new weekly menu and photos on the website. He helps with other things too. His nickname is Tazz and he has a lot of interests. His biggest is his son, programming, languages and books. He personally met a genius physicist Stephen Hawking.

## Štěpán M. – 32 years

**Handicapped employee - Schizophrenia**

He enjoys running errands for his mum. He's saving money for holiday, tickets to trips to his grandma and to the swimming pool. He's bought a TV already. He likes sports - plays basketball with his friends or on his own. He's completed a fishing and painting course, among others.

## Marie N. – 28 years

**Handicapped employee - Down syndrome, Autism, heart defect**

She doesn't speak often, but when she does, she enjoys it. Her three main hobbies are: nature, travelling and music. She loves animals, mainly horses, and she has a dog Aram who's training to become an assistance dog. She's learning to play the guitar and the drums. She's worked in the café since the very beginning, year 2011.

## Marcel N. - 22 years

**Handicapped employee - intellectual disability, speech impairment**

He is a waiter in the café. Always smiling, kind and communicative. He enjoys attending concerts and musicals from the saved money. He likes taking photographs and watching TV. He enjoys his job in the café.

## Jan P. – 23 years

**Handicapped employee – vision impairment, phobic disorder, ADHD**

Jan likes animals, especially dogs. He likes visiting ZOO, and is interested in public transport - trams, buses. He knows all lines by memory. He likes to listen to Český rozhlas. He loves lasagna and mashed potatoes.

## Michal Ř. – 32 years

**Handicapped employee – intellectual disability, cerebral palsy**

Michal prepares the café for the opening. Recently he's started waiting tables, with assistance. He enjoys it very much. It can appear that Michal's hearing is not good but usually it depends on what he wants to hear :) He likes gingerbread and watching baking recipe videos.

## **Pavína S. – 24 years**

**Handicapped employee – intellectual disability, speech impairment, attention deficit**

Smiley and always in a good mood, she helps with preparations. She likes to go for trips to nature with her parents, and listening to songs from musicals. Her favourite dish is cream sauce.

## **Barbora S. – 45 years**

**Handicapped employee – attention deficit, nerve system disorder, light form of cerebral palsy**

Barbora likes to laugh, she prepared the café for opening, cleans the tables. She likes watching TV, internet. She enjoys spending time with her niece and nephew. Her favourite meals are cream sauce, tomato sauce, sweets and tea with milk.

## **Michaela S. – 32 years**

**Handicapped employee**

A chatty mum who has a six years old son with a handicap. All her free time is consumed by taking care of him. She likes to take him for walks and trips. Michaela is trying to lose weight but if she could she would eat chocolate :)

## **Adam T. – 27 years**

**Handicapped employee – intellectual disability, speech impairment**

Adam is nice, hardworking and he likes to discover new places - by foot, car or bike. He admires agricultural techniques of all kinds - mostly tractors and harvesters. He likes to take photographs and send text messages. He loves mountains and skiing. He's been working in the café since March 2012.

## Tomáš V. – 32 years

**Handicapped employee - Epilepsy, Autism, intellectual disability**

He is smiley, happy, communicative and hard working. Tomáš likes to look at the books - mainly about animals, and he collects stickers. His other big passion is calendars. He remembers all name days. He loves visiting ZOO and botanical gardens where he admires all the plants and learns their names. He takes photos of all of this, which is his big hobby too. In the café he is not able to be a waiter because of his health condition but he helps with other things. He is always accompanied by his mum, he wouldn't be able to cope without her.

## Veronika V. – 24 years

**Handicapped employee - intellectual disability**

Practical, sociable and chatty young lady with many sports interests. She loves skiing the most, then trekking, swimming, bike riding, horse riding and even sailing. She is a very good chef at home which her family loves. She loves animals and has pet dogs, cats and fish. Veronika loves little children very much, and her dream is to own a café where mums with children would visit. She is married to one of our employees.

## Václav V. – 36 years

**Handicapped employee - intellectual disability**

Václav is a great reinforcement for our café team. He washed dishes and now he is a waiter too. He helps other colleagues with their tasks. He likes to ride a bike, swim, play football. He would like to set up a football club for children. He likes motorbikes and his wife Veronika, who's brought him to the café originally. They are saving money for their holiday.

## Lukáš V. – 27 years

**Handicapped employee - OCD**

He washes the dishes very thoroughly. Lukáš has phobia from raw meat so he is unable to work in the actual kitchen. He is always on time which shows how serious he is about his job in the café.

## Cooperating organisations

**SŠT Zelený pruh** about 4 pupils

**Lyceum Rooseveltova (praktická škola)** - 1 pupil

**Odborné učiliště Vyšehrad** – about 18 pupils