

## **Don't let them mess with you! across the border**

**7 – 14 July 2015, Prague (Czech Republic)**

### **Project description**

The aim of the project is to create common way how to inform youngsters in Visegrad countries about ICT (especially about cyberbullying, bullying, human rights). Through 7-day exchange we want to discuss with the youngsters several topics:

- What is ICT?
- How to effectively use ICT in our future life?
- What is cyberbullying, NO hate speech (how to behave to support this idea)?
- How can we protect ourselves before cyberbullying, bullying? How can we help to other youngsters?

Another objective of the project would be how to make a workshop via peer learning. All the participants are going to learn through this exchange more about their cultures and what are their common problems. All the participants will be able to do workshops about the project topics in their regions and communities and they will be able to organise their own activities based on the project topics.

### **Participants**

- Age of participants: between 16 and 25 (max up to 30)
- Take into account the gender balance!

### **Application form**

- Czech participants: <https://change-it.cz/projekty/20>
- Foreign participants: <https://change-it.cz/en/projects/20>
- Please fill in the application form and send us your travel itinerary until **25 June 2015**.

### Participation fee

- 60 EUR (including travel costs up to the country budget, accommodation, meals, materials). Participation fee will be charged after your arrival.

### Travel budget

- You can travel by train, bus or also plane but be aware of the travel budget. If you need our help, please let us know as soon as possible.

Country	Travel budget per participant
Poland	80 EUR
Hungary	80 EUR
Slovakia	40 EUR
Czech Republic	8 EUR

### Accommodation

- We are going to stay in Hotel Prokopka (<http://prokopka.cz/en/>) near to the city centre – just 2 stops by tram or 20-minute walk.

### What to bring with you?

- Nice clothes, swimming suit, national food and drinks for intercultural night and GOOD MOOD ☺

If you have any questions, please contact us on e-mail [botlik@change-it.cz](mailto:botlik@change-it.cz).

**See you in Prague!**

Your project team of Change it!

## **Schedule of the training course**

*Breakfast, coffee breaks, lunch (usually at 12:30) and diner (usually at 18:30) are included.  
Each day starts with icebreakers and ends with reflection group.*

### **Tuesday, 7 July 2015**

- 15:00 – 16:30      Arrival and registration of the participants
- 16:30 – 19:00      Information about project and program of the meeting
- 20:00 – 21:30      Mission Impossible: Teambuilding activities, Prague visiting

### **Wednesday, 8 July 2015**

- 9:00 – 12:00      Workshops of the project Don`t let them mess with you!
- a. Convention on the Rights of the Child
  - b. Bullying – news in topics
  - c. How to make a workshop about these topics
- 14:00 – 18:00      Workshop of the project Don`t let them mess with you!
- a. Cyberbullying
  - b. How to make a workshop about this topic

### **Thursday, 9 July 2015**

- 9:00 – 12:00      Workshops connected to the project topics
- a. No Hate Speech Movement
  - b. How to make a workshop via peer learning
- 14:00 – 18:00      Excursion
- 20:00              Intercultural night (*please bring your national food and drinks*)

**Friday, 10 July 2015**

- 9:00 – 12:00 Discussion with representatives of Czech opinion making body
- 14:00 – 18:00 Differences between V4 countries (e.g. in law or education system)
- 20:00 “Czech culture” evening

**Saturday, 11 July 2015**

- 9:00 – 12:00 Project Lab 1: *How can we cooperate in the future?*
- 14:00 – 18:00 Discussion: *Empowerment in my community/NGO*

**Sunday, 12 July 2015**

- 9:00 – 12:00 Workshops of your preferences (You can prepare your own workshop in connection to the project topics, please **send us your ideas until 25 June 2015**)
- 14:00 – 18:00 Summarising of the final standpoint

**Monday, 13 July 2015**

- 9:00 – 12:00 Excursion
- 14:00 – 18:00 Project Lab 2: *How can we cooperate in the future?*
- 20:00 Final evaluation

**Tuesday 14th July 2015**

- 10:00 Departure of participants

*Schedule can be changed and for sure there will be some small changes because we are still waiting for some confirmations.*