

# Risks of the Internet and Communication Technologies

# INFOPACK

**E-SAFETY TRAINING**

**5.9. - 14. 9. 2021**

**Ostrava / Beskydy Mountains, Czech Republic**



Co-funded by the  
Erasmus+ Programme  
of the European Union





# PROJECT

## THE PROJECT

The project aims to help trainers, youth workers and young people to develop their skills in preventing potential risks of the Internet and modern communication technologies. The main topics of the project are: *cyberbullying, sexting, stalking, digital dementia, hoaxes, cybergrooming, netholism, happy slapping and porno watching*. An extra topic is *online wellbeing and the feeling of happiness without controlling social media and the web generally - healthy usage of the Internet*.

The main activity of this project is a **training course for youth workers and trainers** who want to be better informed about risks of the Internet and learn new tools, games, methods and how to implement them to their projects and activities. They will also share their experiences and good practices with other participants.

The participants will **gather more comprehensive knowledge about proposals and innovations in the field of online risks, safe usage of the Internet and modern technologies**. The main goal for them will be to **become more efficient in influencing target groups**. During the course they will experience different functional methods, theories, information, tips and techniques which can be used to **improve effectiveness of their daily work with youths**. After the training they will be better prepared for prevention and effective usage of tools to use in their classes, events, lessons, training, etc.

The training will be taught in the framework of non-formal education and led in English. After the training the participants will receive the *Youthpass Certificate, Europass Mobility certificate* as well as an *attendance certificate* issued by the coordinator and course provider.

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# COORDINATOR

## OUR ORGANIZATION

*Rizika internetu a komunikačných technológií, z. s. (Nebud' oběť!, ang. Risks of the Internet and Communication Technologies, Don't be a victim!)* is a non-profit organization which focuses on preventive education in the issue of unsafe use of the Internet and communication technologies.

The association helps especially children and teenagers to use modern communication technologies safely by informing them, their parents, teachers and other adults about the risks of the internet in the best possible way. It offers and provides opportunities to support these people through training, transfer of innovation and lifelong learning education.

The association is run by a number of employees who are experts with knowledge, experience and good results especially in education. In cooperation with many organisations, they are dedicated to creating educational programs, lectures and implementing effective projects in a variety of ways.

**We invite you to check our social media to find more information about us!**





# PARTNERS

## PROJECT PARTNERS

### ITALY:

ASSOCIAZIONE EUROPALMENTE

### BULGARIA:

BODY, MIND AND SOUL TRAINING - BULGARIA

### SPAIN:

KAEB-NAI KULTUR ARTEKO EKINTZA BERRIA NUEVA ACCION  
INTERCULTURAL

### POLAND:

STOWARZYSZENIE INICJATYW REGIONALNYCH

### LITHUANIA:

VSL INCEPTUS

### ROMANIA:

ACTION FOR PEOPLE

### LITHUANIA:

TARPTAUTINIS BENDRADARBIAVIMO CENTRAS

### GREECE:

GREEK YOUTH MOBILITY - GYM

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# PROGRAMME

## PROGRAMME SUMMARY

### OSTRAVA

**DAY 1** arriving day: welcome gathering and programme presentation, city tour, ice breakers and partnership creating

### ŠVARNÁ HANKA

**DAY 2** topic of the day - sexting: presentations, workshops, games

**DAY 3** topic of the day - netholism: presentations, games, discussions

**DAY 4** topic of the day - cyberbullying: group workshops, videos watching, games

**DAY 5** topic of the day - hoaxes: presentations, workshops, games

**DAY 6** topic of the day - happy slapping: presentations, workshops, games

**DAY 7** topic of the day - stalking: presentations, workshops, games

### OSTRAVA

**DAY 8,9** topic of the day - digital dementia, happy offline: presentations, conference

**DAY 10** traveling day

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# TRAVELING

We would like you to come to the city called Ostrava where you will spend the first day. Then we will provide a transportation to transport you to the place of training in Beskid Mountains.

Below you can find some information on how you can get to Ostrava in Czech Republic.  
Before booking any tickets, please contact us to confirm it.

Click on the icons to check the websites.

## CLOSEST AIRPORTS

You can travel to and from Ostrava choosing one of these airports:



Ostrava



Katowice



Krakow



Prague



Bratislava



Vienna

## BUSES & TRAINS

You can get from and to the chosen airport using one of the following companies:



FlixBus



LeoExpress



České dráhy



RegioJet

## PUBLIC TRANSPORT

The public transport in Ostrava contains a network of trams, buses and trolleys lines. More informations about timetables and connections you can find on <http://mapy.idos.cz/ostrava/>.

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# OSTRAVA

Ostrava, the third largest city in the Czech Republic, is located in the heart of the Moravian-Silesian region and close to the Polish and Slovak borders. It is famous for its industrial history, but today Ostrava becomes an increasingly modern city developing in its own way.

## THE MAIN ATTRACTIONS

- Dolní Vítkovice
- New Town Hall Lookout Tower
- Mining museum Důl Michal
- ZOO ostrava
- The House of Art
- Mining Museum Lanek Park
- Silesian Ostrava Castle
- The Ema Heap
- Stodolní Street



# BESKIDS

## ŠVARNÁ HANKA

**Address:** Staré Hamry 69, 739 15 Staré Hamry, Czech Republic

Built in the 19th century, *Švarná Hanka* is the **oldest cottage house** located in the beautiful area of the Moravian-Silesian Beskydy mountains. During the First World War the cottage played an important role in the **history of this area** by providing the shelter for the Beskids poet Petr Bezruč.

*Švarná Hanka* is located in a **beautiful healing environment** of Moravian-Silesian Beskids, in a protected landscape area along the tourist route of the most beautiful ridge in the Beskid Mountains between Gruň and Bílý Kříž.

One of the greatest attraction provided by *Švarná Hanka* is **watching the night sky**. Because of its great location the observations are **organized regularly** in the presence of astronomers.





# ACCOMMODATION

## OSTRAVA

Our organization can offer accommodation in apartments in the center of Ostrava. The apartments are renovated and fully equipped. There are comfortable beds, a place to work, a dining area with tables and chairs, a relaxing area with sofas flat-screen TVs and a good WIFI connection. The apartments have fully equipped kitchens and private bathrooms with free toiletries with a shower or a bathtub. Cleaning services, fresh linen and towels are provided.

## ŠVARNÁ HANKA

*Švarná Hanka* is a cottage/mountain house which can offer accommodation for up to 50 guests. It is taken care of and served by a group of enthusiasts, so it is filled with a relaxing family atmosphere. Facilities include equipped rooms, dining room, social rooms, bathrooms, toilets, showers, Wi-Fi, etc. The meals and snacks are also provided at the mountain cottage.

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## DOCUMENTS & INSURANCE

You need to have a valid ID card or passport to enter Czech Republic. Health and travel insurance is your responsibility, so remember to take care of it. The good solution is the European Insurance Card which should cover expenses of illness and accidents in the same way as they are covered in your country. So do not forget to bring the card with you, but also consider other insurance options. Rules connected to COVID19 will be clarified shortly before the training. However, it is highly predictable that the vaccination or/and the PCR test will be a must.

## CURRENCY

The Czech Koruna is the currency of Czechia. You can bring your currency and exchange it in Ostrava. You will need to bring the money only if you would like to buy something during your trip or some personal gifts. In many places you can also pay by card.

## WEATHER & CLOTHES

The weather in September can be tricky. The temperature can be between 15 and 26 degrees, but it is usually a month when it rains. It will be useful to bring comfortable clothes for indoor and outdoor activities as well as slippers and comfortable shoes. If the weather is nice, we will go on hiking tours in the mountains during the free time. Additionally, it will be useful to bring your and personal hygiene products.

## YOUR CULTURE AND WORK

We would like you to bring something which represents your culture. It can be: food, clothes, music, crafts, pictures or games, etc. This way you can share some stories with us and introduce us your culture. We would also like each participant to present themselves, their organisation, work, best practices, interests and expectations, etc.

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# SEE YOU SOON!

