

Advocacy 4 Change

Training course

18.11.-22.11.2024, Olomouc, Czech Republic



Hello, it is a great pleasure for us that you will visit Olomouc very soon. In this info-pack, you can find some practical information regarding your stay and visit to Olomouc – a medieval city in the heart of Moravia region, a home of 100 thousand inhabitants and 23 thousand students. We are looking forward to meeting you!

Aim of the Course

Youth is a driver of change! The main aim of the 5-day long training course is to equip youth workers and young people with knowledge, skills, and competencies on how to work with the youth in a way that will enhance their participation in democratic processes. Becoming an active citizen, activist, inspiring leader, or future politician needs a special mixture of skills. The training course will be based on several interactive methods used by the university lecturers, which will be adapted to the more non-formal way of learning. This will include the Problem-Based Learning method (PBL), the “Giving voice to values” approach for developing dialogues, Design thinking, and simulation games. In other words, participants will actively

try to perform as active citizens and politicians, who will develop their professional skills useful for their future civic life and try, how to speak in public, manage stress, persuade, and negotiate in a safe and friendly environment.

The course is open for 30 participants, 6 per partner organization. **Participants shall be aged 18+ years and registered via a link which is communicated together with this package.**

Registration deadline: **28. 10. 2024 12:00 CET**

Link for registration:

<https://docs.google.com/forms/d/e/1FAIpQLSd9kVZetNL49Ovmr4wdyma46gCNTGj8tkYarzETQcTebSrM-Q/viewform?vc=0&c=0&w=1&flr=0>

Transportation

The best way to get to Olomouc is **by train** (from Vienna, Bratislava and Prague or Ostrava) or **bus** (from Brno, Katowice or Krakow). In all four mentioned cities, there are airports you can reach. You can search for connections via the Czech transport info site IDOS (www.idos.cz).

If you go via Prague Airport, you can take the Airport Express (bus) in front of the Airport and the bus will take you directly to Prague's main Railway Station. From here you can go to Olomouc, which is approx. 2,5 hours away with frequent trains. Be careful what train you are choosing as there is "České dráhy" (Czech Railways) – A national carrier, and some private companies like RegioJet or LeoExpress. Tickets bought for České dráhy are invalid for RegioJet or LeoExpress and vice versa.

Olomouc destination is reachable also by busses, including Flixbus or Regiojet from various destinations in Europe.

If you have doubts or questions regarding your travel, feel free to ask me (contact is at the end of this info-pack).

Venue

Most of the activities will take place at **Student Club** and Audiovisual Centre, Palacký University in Olomouc- one of the oldest universities in Central Europe. Our place will be at the heart of the university – the Library called "Zbrojnice" (Armory) – student club is located there. The address is Biskupské náměstí 842.

You can go there from the hotel Arigone or just use a tram from the Railways station (Tram 2, 4, 6) to go to the city center (station Náměstí republiky). You can buy tickets in the ticket machine at the station, in the magazine shops (using VISA credit card), or use SMS ticket, or directly in the tram to the driver (prepare small coins). Everything in Olomouc is within walking distance as well.

In the Czech Republic, we pay with Czech crowns (česká koruna). 25 CZK is approx. 1 EUR.

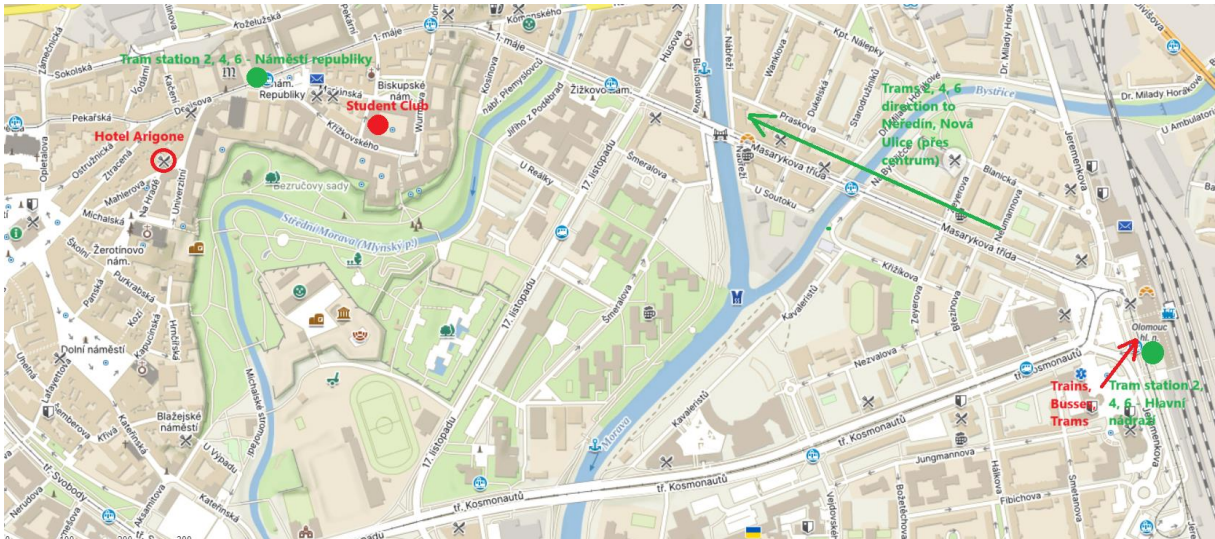
Address to remember:

Student club

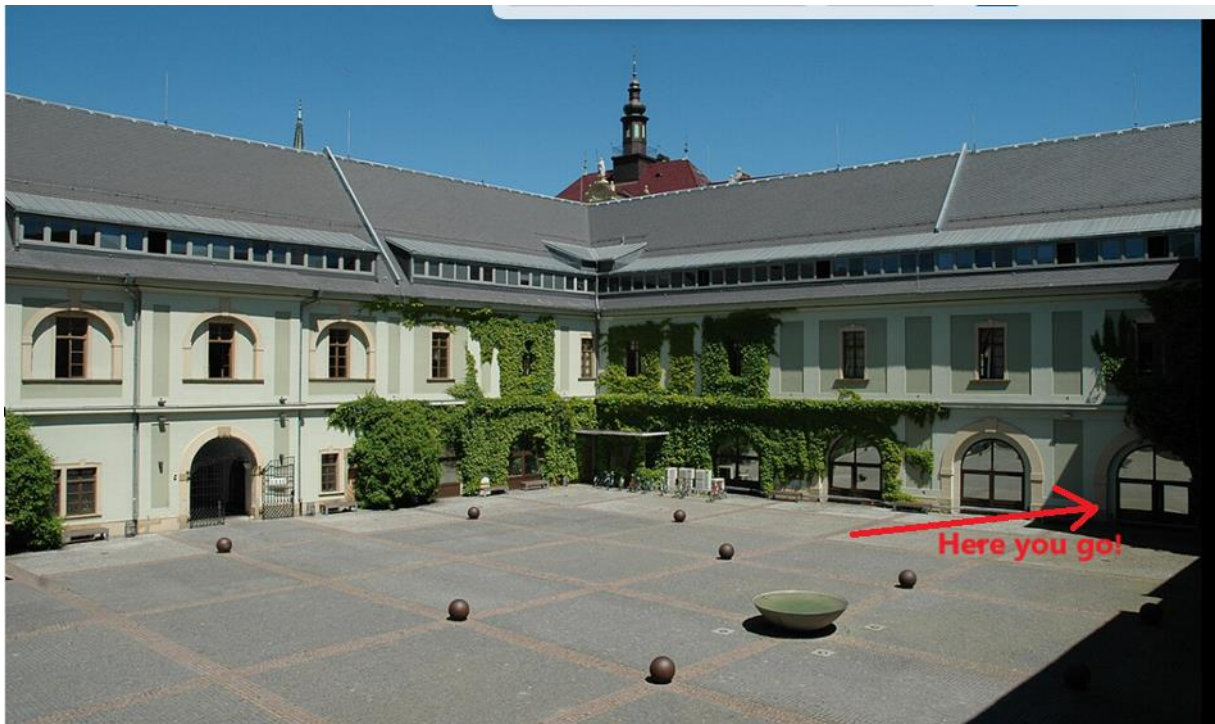
Street: Biskupské náměstí 842 (Bishop square)

Close to: Náměstí Republiky tram station (trams 2, 4, 6), walking distance from the Arigone hotel.

Note: You may enter the complex from Biskupské náměstí or Křížkovského street. The Student club is located right next to the Coffee Library.



Location of Student Club:



Accommodation

We advise you to book accommodation with us, as we have negotiated better prices for your group! Please note that Olomouc is a tourist hot-spot and accommodation may be hardly available. Accommodation will be provided to our group in the OREA Hotel Arigone. **Please indicate this option into the registration questionnaire.**

The training course is scheduled for 18. 11. - 22. 11. 2024, with 17. 11. as an arrival day and 23.11. as a departure day, with a networking and team building trip to Brno on 20. 11.

Hotel Arigone is located at the adress: Univerzitní 20, Olomouc.

OREA Hotel Arigone****



<https://www.orea.cz/en/hotel-arigone/contacts>

The price is **1650 CZK** (approx. 65 EUR) for a single room and **1950 CZK** (approx. 80 EUR) for a double room/per night. The price includes tourist tax and local fees.

Please note, that the hotel applies *Run of House* rules, so you will be accommodated first in the single room Classic, then Deluxe, and then standard double room, according to your preferences filled out in the registration form and availability of rooms.

As cancellation is not allowed, you will have to find a replacement in case you will not come to Olomouc. Rooms shall be paid in advance or directly at the place during check-in.

Food

There are many food options around the Student Club. During the day, some snacks and refreshments will be served. For lunch, there are several options:

- 1) Kebab House and Asian Food at 1st May Avenue
- 2) Svatováclavský pivovar (St.Wenceslau Brewery) at Mariánská street

- 3) Fresh UP bistro in the faculty
- 4) Coffee Library
- 5) Many restaurants and Pizzas in the direction to city centre
- 6) Supermarkets in the city centre

15 minutes from the student club there is the “Šantovka” shopping mall, where you can find a supermarket on the ground floor, McDonald's, Burger King, KFC, Subway, Lobster restaurant, Baguettes, Chinese food, Running sushi, and many other.

Tourist info packet: <https://www.olomouc.eu/administrace/repository/tourism/materialy-ke-stazeni/pruvodce-do-kapsy/pruvodce-do-kapsy-2012.en.pdf?srsId=AfmBOoqPK7pCA9FRF3aXH--LlnxQDLodMo5BxGOIVvm5NGaP7OgJpdTI>

Smart guide: <https://www.smart-guide.org/destinations/en/olomouc/>

Contact

Do you have any questions? Feel free to ask....

Ondřej Filipec

Tel.: +420 608 272 102

E-mail: ondrejfilipec@gmail.com

See you in Olomouc!