



DigiWise:

Guiding Youth
in a Connected World

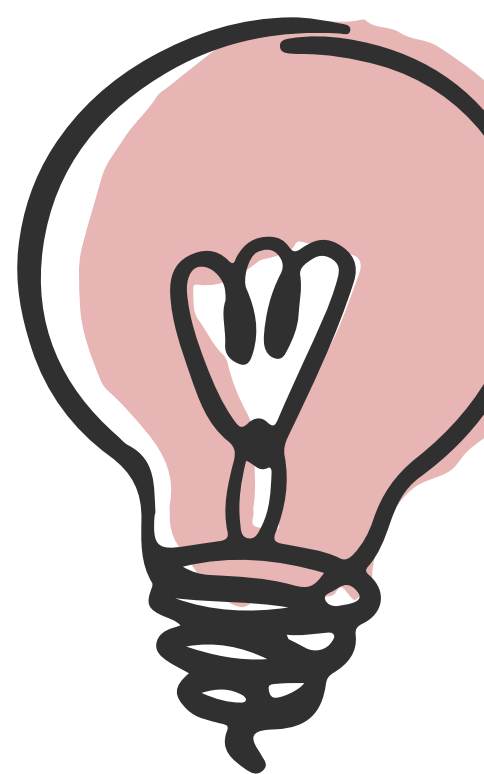
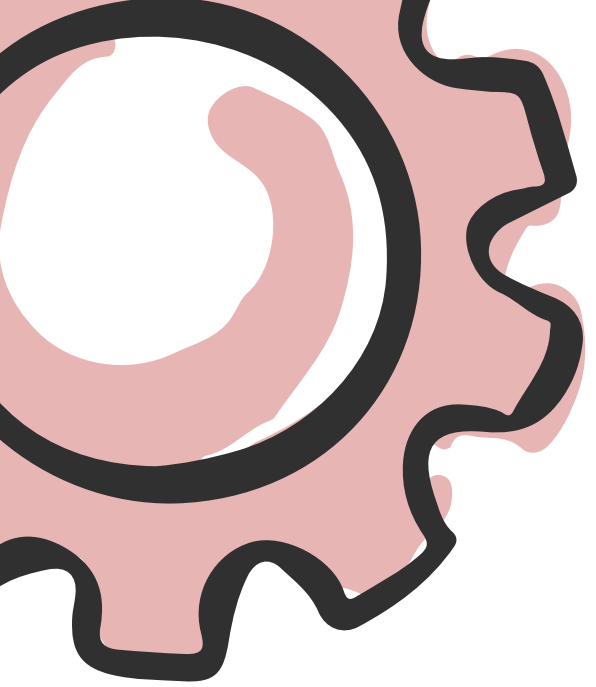
Erasmus+ Training

INFOPACK

March 18 – 24, 2024
Trnava, Slovakia



Co-funded by
the European Union



WELCOME TO SLOVAKIA!



AND OUR TRAINING COURSE **DIGIWISE: GUIDING YOUTH IN A CONNECTED WORLD**

Dear participant!

It is wonderful to have you join us for these 5 exciting training days! This training course for youth workers is organised and hosted by the European Dialogue (Slovakian NGO). It is supported by the Erasmus+ programme through the Slovak National Agency - NIVAM. The local partners are:

- InEdNet (Armenia)
- Forum Młodych Dyplomatów (Poland)
- Scambieuropei (Italy)
- Fak(e)ticky (Czech Republic)
- Belgium
- HIGGS (Greece)
- Medijpratējs (Latvia)

We hope you are looking forward to participating in this activity as much as we are.

Yours,

Denisa Karabová, Monika Kmeťová and Martin Maška

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In this document you can find all useful information. Please read through it carefully and if you have any questions, please write an email to Denisa:

d.karabova@europskydialog.eu

SUMMARY AND OBJECTIVES

In our rapidly evolving digital era, we are constantly confronted with challenges such as misinformation, hoaxes, and online hate, which can lead to significant mental health issues. Alongside these challenges, the emergence of Artificial Intelligence (AI) tools has become a reality in our daily lives and in youth work. AI is no longer a futuristic concept but a present-day tool that we cannot escape. Its influence permeates various aspects of life, making it essential for us to understand how to use it wisely and responsibly.

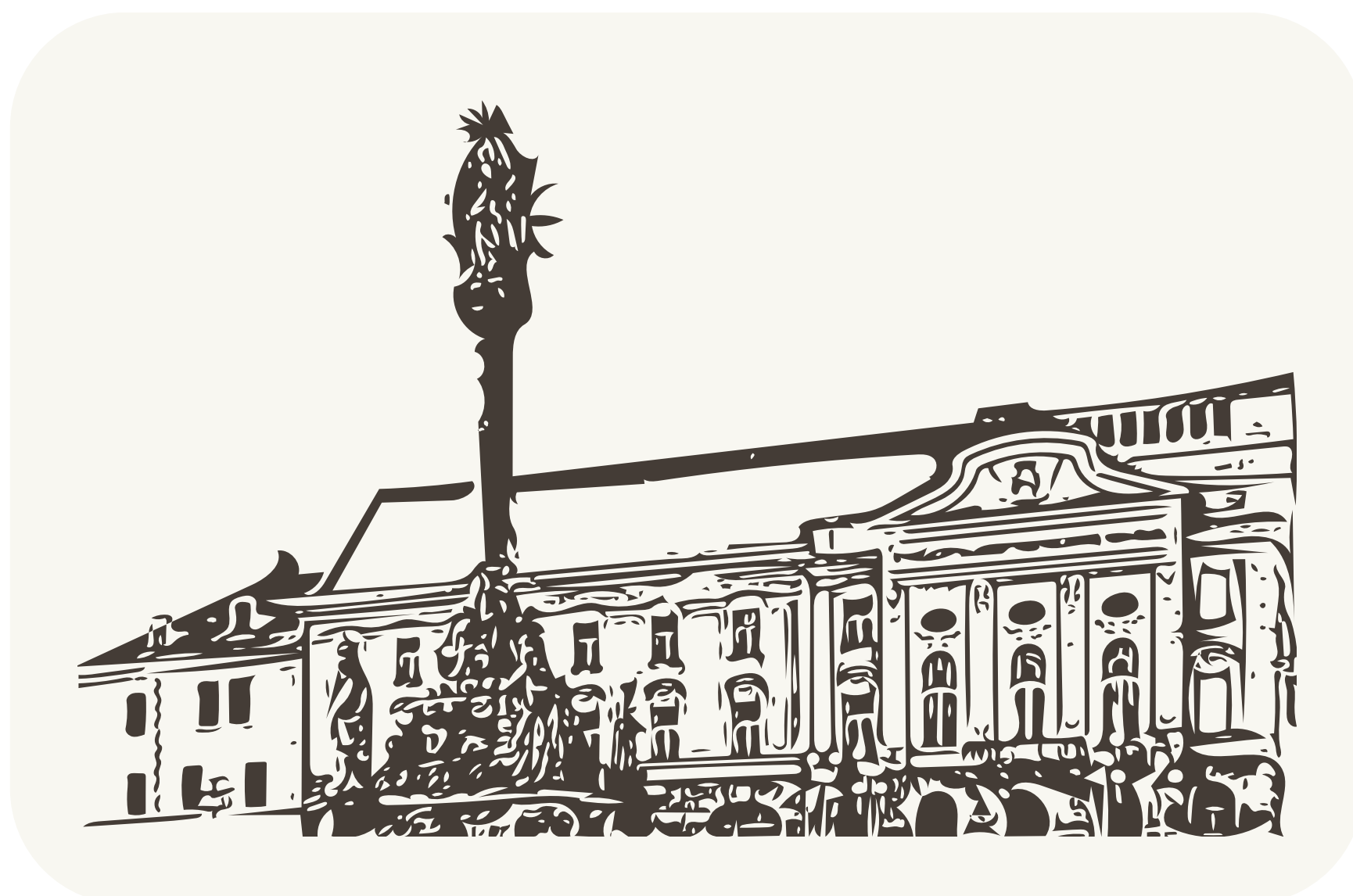
This Erasmus+ training, **“DigiWise: Guiding Youth in a Connected World”**, is designed to address these critical issues. It is specifically tailored for youth workers who are seeking to better navigate the complex world of media, digitalization, and AI. The program will equip participants with the necessary skills and knowledge to guide themselves and especially the young people in the media world and use digital tools and AI in a safe, effective, and ethical manner.

What will the participants get?

Participants in the **“DigiWise: Guiding Youth in a Connected World”** training course will develop a broad spectrum of skills to address the intricate challenges of our modern, digital-centric world. In a landscape where misinformation, digital risks, and ethical dilemmas abound, this training is essential. Throughout the program, participants will:

- **Cultivate Media Literacy Competences:** Develop the ability to critically analyse and navigate the digital media landscape. Equip participants with the skills to guide young people in effectively using media, recognizing reliable information, and understanding media influence.
- **Explore AI in Youth Work:** Gain insights into how AI tools and technologies are shaping youth work. Understand both the positive potential and the ethical considerations of AI in engaging and supporting young people.

- **Ensure Online Safety and Privacy:** Learn strategies for maintaining digital safety. Address issues such as cyberbullying, hate speech, and the importance of online privacy, especially for young individuals.
- **Understand the Impact of Digital Footprints:** Delve into the long-term implications of digital footprints and how they affect the lives of everyone, especially young people. They will be able to understand what is responsible digital behaviour and its consequences.
- **Promote Digital Well-being:** Discuss the importance of balancing online and offline life. Explore ways to encourage healthy digital habits among young people, focusing on mental health and well-being in the digital era.
- **Engage in Effective Online Event Management:** Acquire skills for organising engaging and impactful online events and activities. Learn how to create interactive and inclusive digital spaces for youth.
- **Foster Ethical Use of Digital Tools:** Emphasise the importance of ethical considerations in the use of digital tools and platforms. Guide youth workers in teaching young people about digital ethics and responsible online conduct.
- **Navigate the Complexities of Digital Communication:** Understand the nuances of communication in the digital world, including the challenges and opportunities it presents in youth work.



LOGISTICS

Our meeting will take place in **Trnava-Hrnčiarovce**, not far from the capital city of Bratislava. You are expected to arrive on

**the 18th of March before 19:00 and
leave on the 24th of March 2024**

at any time after breakfast.

We very much encourage you to choose a **green way of transport** - either train or bus. The easiest and most economical way to reach Trnava by plane is to fly to *Bratislava* (which is a very small airport and usually it is hard to find the flights there). Other very convenient option is to fly to *Vienna* (Austria), then take a bus from the airport to Bratislava (approx. 1 hour) and then bus or train to Trnava (approx. 30 minutes).

The limit for travel costs is the following:

Slovakia	180* EUR
Poland	180 EUR
Italy	275 EUR
Belgium	275 EUR
Greece	275 EUR
Latvia	275 EUR
Armenia	360 EUR
Czechia	180 EUR

***For participants from Slovakia: if the distance is more than 99 km**

Once you are selected and confirmed by the partner organisation, please check the most suitable travel tickets for you and consult it either with the sending organisation or directly with us. We can also talk about travel itineraries individually, and we can help you to find suitable bus/train itineraries for travel from Bratislava/Vienna to Trnava-Hrnčiarovce and back. **If you have confirmed the flight tickets by a representative of the European Dialogue, you can proceed with tickets booking.** Right after the training, you will be reimbursed directly on your bank account after providing all the original travel documents to organisers. The procedure of the reimbursement process will be explained to you during the first day of training.

HOW TO GET FROM BRATISLAVA AIRPORT TO TRNAVA



DIRECT BUS:

Outside the Bratislava airport (in front of arrivals) you will find a bus stop. Several times a day there are buses going to Trnava.

You can check it here:

<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

You have to search as follows:

from: Bratislava, letisko

to: Trnava

PUBLIC BUS -> TRAIN:

If there is no bus going to Trnava, you have to take the public transport number **61** which last stop is *Bratislava main train station (Bratislava, Hlavná stanica)*. Don't forget to buy the ticket in the machine outside and then to validate it in the machine inside the bus. Buy the 60 min ticket (the bus ride takes 24 minutes).

BRATISLAVA MAIN TRAIN STATION -> TRNAVA:

There are always trains going to Trnava from the Bratislava's Main Train station. Some of them are named Os, and they make stops in regional villages. Try to catch the fast train with its code starting with R, or REX, or Ex.

You can book your tickets in advance here:

<https://www.zssk.sk/en/>, but it is not

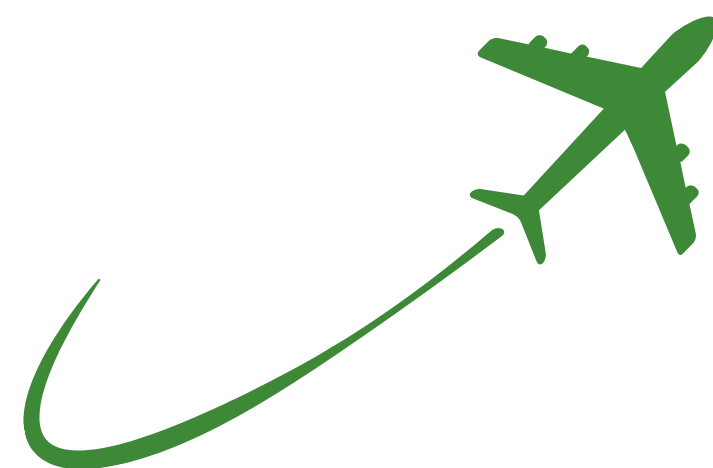
necessary. You can buy them at the station.

Your ticket is valid for 24 hours from the moment of purchase until validated.



**[Bratislava
Main Train
Station
on GMaps](#)**

HOW TO GET FROM VIENNA AIRPORT TO TRNAVA



TRAIN:

There is a train station the the airport, so you can reach Bratislava by train: from the *Flughafen Wien* trains go to the main *Wien Hauptbahnhof*, then you take another train to Bratislava, and another train to Trnava (see above). Check your way here: <https://www.zssk.sk/en/>

BUS:

We usually use buses though (it is cheaper) - there are several bus companies that go to *the Bratislava bus station Mlynské Nivy* or to the *Bratislava's Main Train Station*. You just have to get out of the airport arrival building and you will see the bus platforms on your right (see the map below). Buses go to Bratislava almost every 30 min. You can check it out on the websites and book the ticket in advance. Since you cannot know whether your flight is delayed or no, we would recommend you to buy the ticket online right before landing. Be careful, as buses get fully booked often.

Here are some bus companies:

[StudentAgency](#)

[Slovak Lines](#)

[FlixBus](#)



You can also check which bus from Vienna suits you the best here:
<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

**BRATISLAVA MLYNSKÉ NIVY ->
TRNAVA:**

The trip by bus takes up to one hour. You get to the Bratislava bus station and maybe you will be lucky and catch a bus going to Trnava. You can check it here:
<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>.

Note: don't forget to check **how long the ride is**, because it might be the bus stopping at every village, which can take up to two hours. In this case, please go rather by train.



Mlynské Nivy (AS)
on GMaps



Platform D
on GMaps

If there is no suitable bus, you need to get to the train station. Get on the bus number **40 (platform D)**, **destination:** *the Main Train Station (Hlavná stanica)*. The public transport stop is outside of the shopping centre and underground bus station. Don't forget to buy the ticket in the yellow machine outside and then validate it in the machine inside the bus. Buy the 30 min ticket (the bus ride takes 12 minutes). See above on how to get from **Bratislava Main Train Station -> Trnava**.

When you reach the train station in Trnava, please follow the below instructions on how to get to the accommodation.

*If you need any help with finding the best options,
let us know.*

*We can send you available train schedules
depending on your arrival times.*

HOW TO GET FROM TRNAVA TO ACCOMMODATION



When you reach Trnava, we will be organising pickups for you. Still, there are few ways how to reach the hotel by yourself:

BUS: Take a bus (number 666 or 207425) from the bus station, platform number 7. The bus station is a two minutes walk from the train station (see the map below). You can check the bus timetable here:

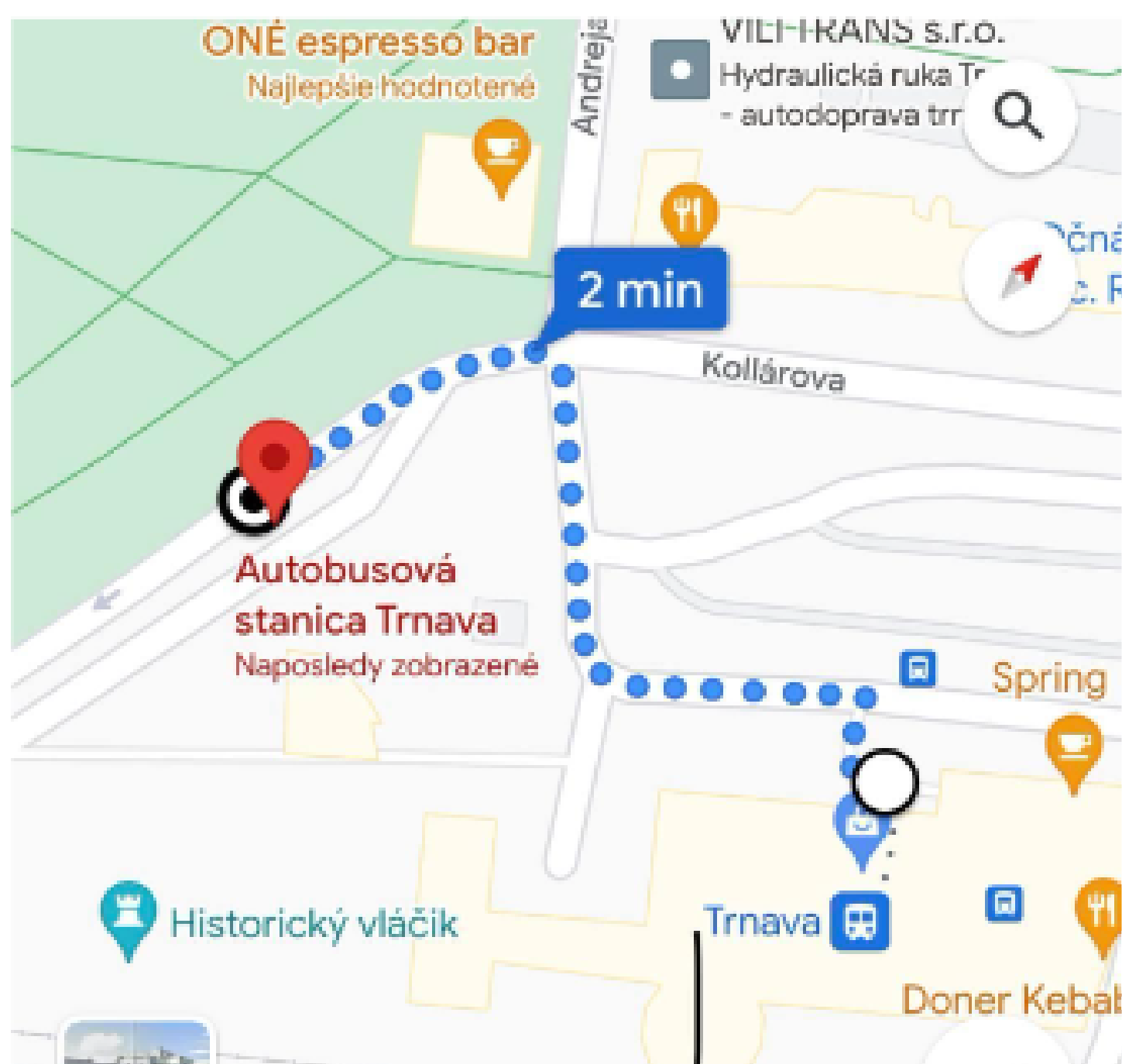
<https://cp.hnonline.sk/en/vlakbusmhd/spojenie/>

You have to search as follows:

from: Trnava

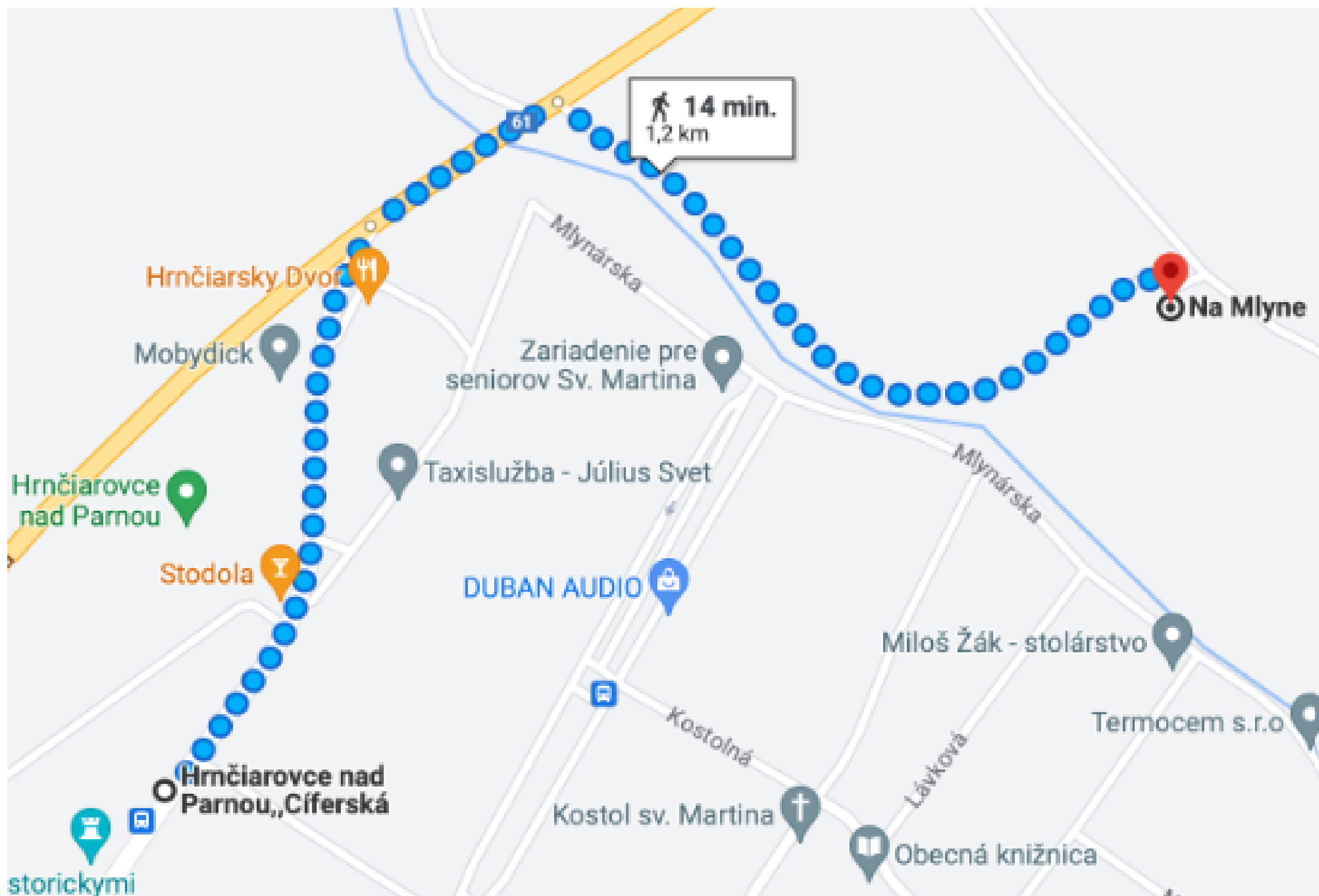
to: Hrnčiarovce n.Parnou, Cíferská.

Map: Route from Trnava's Train Station to Bus Station



Trnava's Bus station
on GMaps

Map: How to Get from Bus Stop to Accommodation



You cannot buy the ticket in advance. You need to buy it from a bus driver in cash (euro) asking for the adult ticket to *Hrnčiarovce*. The trip will take around **8 mins**. Once you get off the bus in Hrnčiarovce, you will reach the **Penzion Na Mlyne** by foot, which will take you around 14 mins (see the map above).

TAXI: You can take either a Bolt taxi from the train station by using the Bolt mobile app or you can call or message Denisa (+421908203410) and she will call the normal taxi for you. The accommodation address is:

*Na Mlyne, Mlynárska 4583/14,
919 35 Hrnčiarovce nad Parnou*



Na Mlyne on GMaps

BY FOOT: If you are a fan of walking, you can reach the accommodation by foot. It will take around 40 min (if you walk fast than less 😊).

ACCOMMODATION AND HOSPITALITY

We will be accommodated in **Penzion Na Mlyne** located in a pleasant green suburban area of the historical city of Trnava.

Participants will stay in shared rooms (2- 3 people in a room and one big apartment for 4 people) with their own bathroom. The meeting room where most of the activities will take place will be right in the pension.



Na Mlyne
on GMaps



This is the address of accommodation:

**Na Mlyne, Mlynárska 4583/14,
919 35**

Hrnčiarovce nad Parnou
<http://www.namlyne.sk>

Trnava is a beautiful and cosy regional city where you can find lots of nice places to go. You definitely won't be bored there in your free time.

LUNCHESES, DINNERS, COFFEE-BREAKS



The food will be provided by the organisers (breakfast, lunch, dinner and coffee breaks included each day). We will take into consideration your dietary restrictions that you **informed us about through the registration form.**

Any additional refreshments and food are on your own costs.



PROGRAMME



WHAT TO PREPARE?

We would like to invite you to fully engage with the program, so if you have any ideas for energizers, group discussions or games, they are much welcomed. Also, during two of our evenings we will organise an “intercultural night”, the aim of which is to present our countries and learn more about them. Therefore we would like to ask you to prepare a short presentation/quiz/talk about your country and if it is possible please bring with you some traditional snacks, drinks, or food which you would like to share with others.

FINANCES a.k.a Reimbursements

We would like to ask you to bring those documents for reimbursements that you don't need for your return trip to organisers in the beginning of the training. You can hand them to trainers each day during the training. European Dialogue will reimburse travel costs (flight + train or bus ticket, in a specific situation also taxi) from the place of your current residence up to the amount written below:

Slovakia	180* EUR
Poland	180 EUR
Italy	275 EUR
Belgium	275 EUR
Greece	275 EUR
Latvia	275 EUR
Armenia	360 EUR
Czechia	180 EUR

Although travel costs will be reimbursed, you are expected to make your own travel arrangements as soon as possible after receiving the acceptance email.

Please ask for the confirmation from someone of the European Dialogue contact persons on it, unless your local sending organisation is taking care of this for you.

You are expected to use following means of the transportation:

- **Train:** 2nd class ticket (normal as well as high-speed trains),
- **Flight:** return economy-class air ticket or a cheaper ticket,
- **Bus,**
- **Car,**

In specific situations you may use a taxi, but you should discuss this with us in advance.

European Dialogue (or your sending organisation) can help you with finding the most suitable travel plan.

If you don't have it already, you are expected to arrange adequate **medical and travel insurance**. Unfortunately, it cannot be reimbursed by organisers.

Please send the documents you need for your return trip by post to European Dialogue (reimbursement form and information about address will be given to you at training). If you have only digital tickets, it is enough to send them via email.

You are asked to do so within **three weeks** after the training. Without all documents required we cannot proceed with your reimbursement, so please keep all receipts, invoices, tickets or boarding passes!

Documents required for reimbursement

The documents that will be sent to you by the European Dialogue:

- Reimbursement form.

Other documents required for reimbursement:

- Invoices, where the price is stated;
- Original plane boarding cards, train/bus tickets.

For any further details concerning reimbursement arrangements, please write to d.karabova@europskydialog.eu or m.maska@europskydialog.eu.

IMPORTANT CONTACTS

Denisa Karabová - coordinator,
reimbursements, trainer

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+421 908 203 410

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+421 918 732 830

Martin Maška - trainer, reimbursements

m.maska@europskydialog.eu
+420 721 766 873

Stela Olejárová - trainer

s.olejarova@europskydialog.eu
+421 918 594 862



CHECKLIST

Time zone	Slovakia is located in the UTC/GMT + 1 hour
Currency	The currency in Slovakia is Euro - €
Weather conditions	Weather is expected to be still quite cold (from 5 - 10°C). So better bring some sweaters :) You can also check yourself here: https://www.yr.no/en
Venue and accommodation	Penzion Na Mlyne, Mlynárska 4583/14, 919 35 Hrnčiarovce nad Parnou, http://www.namlyne.sk
Arrivals Departures	Participants are expected to arrive on 18th of March, ideally before 19:00. Departure will be on 24th of March after breakfast.
Contacts on organisers	Denisa: +421 908203410 Monika: +421 918732830 Martin: +420 721766873 Stela: +421 594 862
Insurance	Make sure you get relevant travel and health insurance, if you don't have it yet!
Registration form	If you have been selected to participate, make sure you filled the registration form: https://forms.gle/YkUWe1iYqcwSwzx86
Don't forget as well	<ul style="list-style-type: none">* Shampoo and other toiletries (personal hygiene set);* Laptops, chargers, power cables (not obligatory);* Pocket money - Euros;* Personal Identification documents;* Ideas for energizers;* Your good mood! <p>You don't have to bring with you towels, as they will be provided to you by the accommodation.</p>