

HUMAN RIGHTS DEFENDERS

Societies in the Digital Era

Info-pack for participants

Erasmus+
Training for Youth Workers
December 02 – 08, 2024
Trnava, Slovakia



WELCOME TO SLOVAKIA!

AND OUR TRAINING COURSE



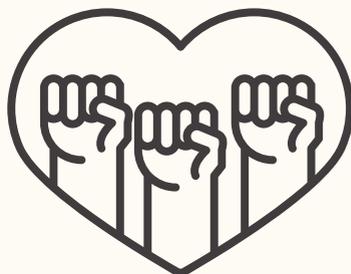
Dear participant!

It is wonderful to have you join us for these 6 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:

- ◆ Scambieuropei (Italy)
- ◆ Forum Młodych Dyplomatów (Poland)
- ◆ Infinity Greece (Greece)
- ◆ European Youth Center Brėclav (Czechia)
- ◆ Celje Youth Center (Slovenia)
- ◆ Tomorrow Hub (Romania)
- ◆ Tavo Europa (Lithuania)

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

*Your team,
Denisa Karabová,
Monika Kmetová,
Martin Maška
and Tomáš Jančí*



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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:

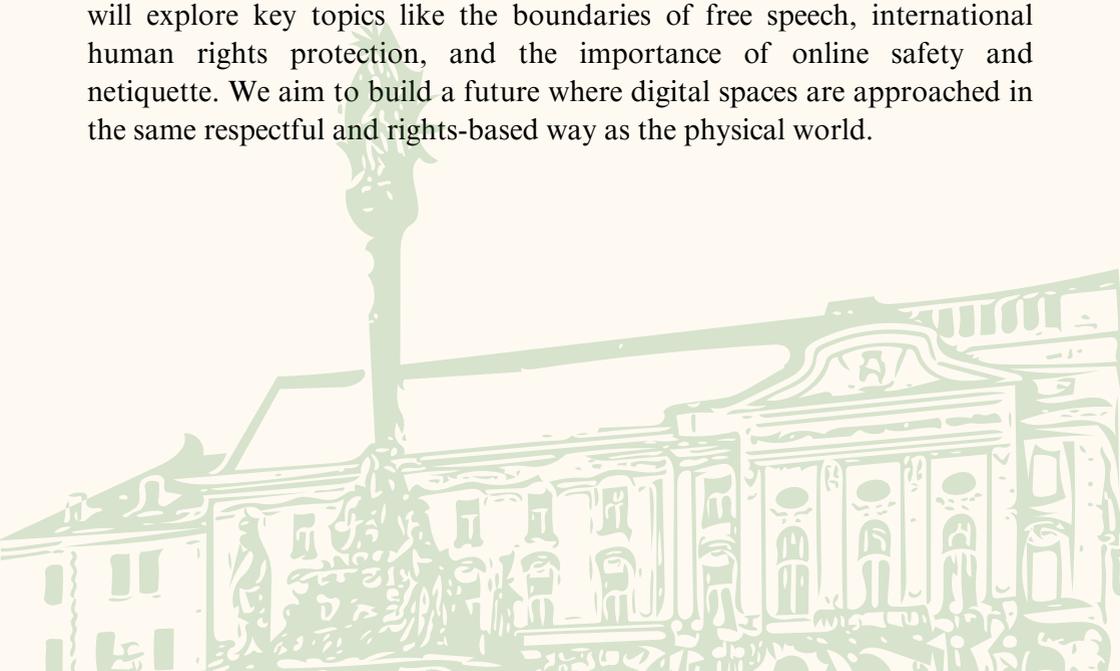
d.karabova@europskydialog.eu.

SUMMARY & OBJECTIVES

The internet is a central part of our daily lives, therefore understanding and protecting human rights in the digital space should be a crucial skill of our time. Youth workers today have an important role in empowering young people to be aware of their digital rights, the limits of free speech, and how to defend against online attacks.

This training will equip youth workers with the tools and knowledge to confront hate speech, manage conflicts in digital spaces, and foster a safe, respectful online environment.

Through interactive workshops and expert-led discussions, participants will explore key topics like the boundaries of free speech, international human rights protection, and the importance of online safety and netiquette. We aim to build a future where digital spaces are approached in the same respectful and rights-based way as the physical world.



COMPETENCES TO GAIN

What competences will the participants gain? Participants of the **“Human Rights Defenders: Societies in the Digital Era”** training program will acquire a diverse range of competencies essential for addressing the complexities of human rights protection, online conflict management, and promoting digital safety in current digital world.

Navigating Free Speech and Responsible Communication in the Digital Age:

Understand the legal boundaries of free speech and learn how to navigate the complex area where freedom of expression meets respect and responsible communication.

Human Rights in the Digital Era:

Gain insights into international human rights protection mechanisms through presentations and workshops focused on their relevance in the digital age.

Mastering Digital Safety and Netiquette

Master the principles of digital safety and netiquette to support young people in their online interactions and behaviours.

Countering Online Hate:

Learn strategies to counter online hate speech, cyberbullying, and digital harassment, ensuring a safer digital environment for all.

Fostering Respectful Online Interactions:

Develop conflict management skills tailored to the digital space, addressing disputes and fostering respectful interactions online.

Exploring Digital Citizenship in the 21st Century

Explore the concept of "my digital self," understanding the rights and responsibilities we hold as digital citizens in the 21st century.

Logistics

Our meeting will take place in **Trnava-Hrnčiarovce**, not far from the capital city of Bratislava.

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
Lithuania	275 EUR
Czechia	180 EUR
Greece	275 EUR
Slovenia	180 EUR
Romania	275 EUR

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

Please plan to arrive by **2nd December before 19:00** and depart anytime **after breakfast on 8th of December.**

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

FROM BRATISLAVA AIRPORT

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 (though online tickets are 1% cheaper).

Your ticket (digital/paper) is valid for 24 hours from the moment of purchase until validated.



HOW TO GET FROM VIENNA AIRPORT TO TRNAVA

FROM VIENNA AIRPORT

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/>

Here are some bus companies:

[StudentAgency](#)

[Slovak Lines](#)

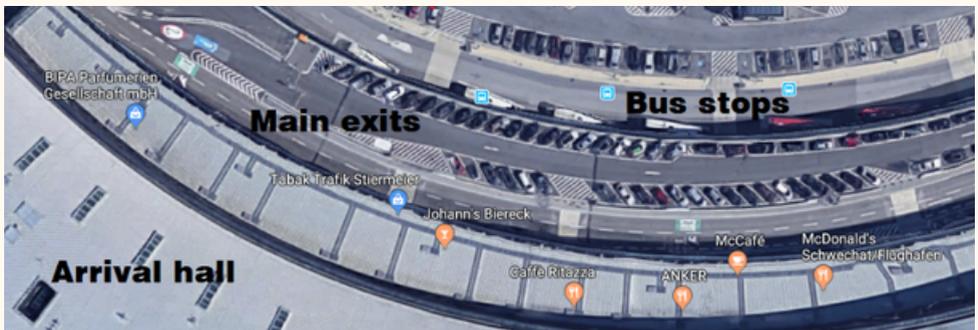
[FlixBus](#)

You can also check which bus from Vienna suits you the best here:

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

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.



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/vlakbus/mhd/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 Google Maps



Platform D
on Google Maps



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:

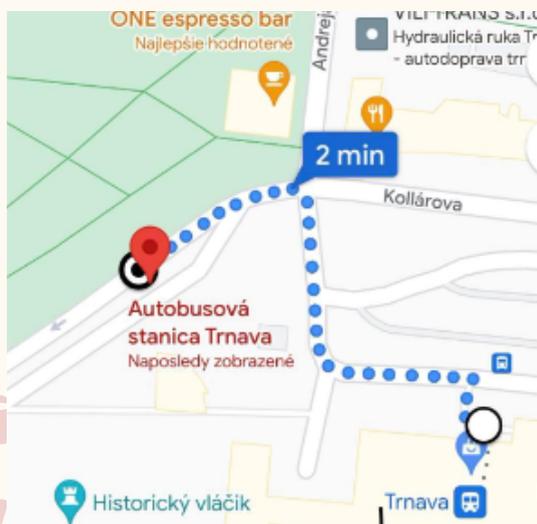
Take a bus (number **666** or **207425**) from the bus station, platform number 7. The bus station is a two minutes walk from the train station (see the map below). You can check the bus timetable here:

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

You have to search as follows:

from: Trnava

to: Hrnčiarovce n.Parnou, Cíferská.

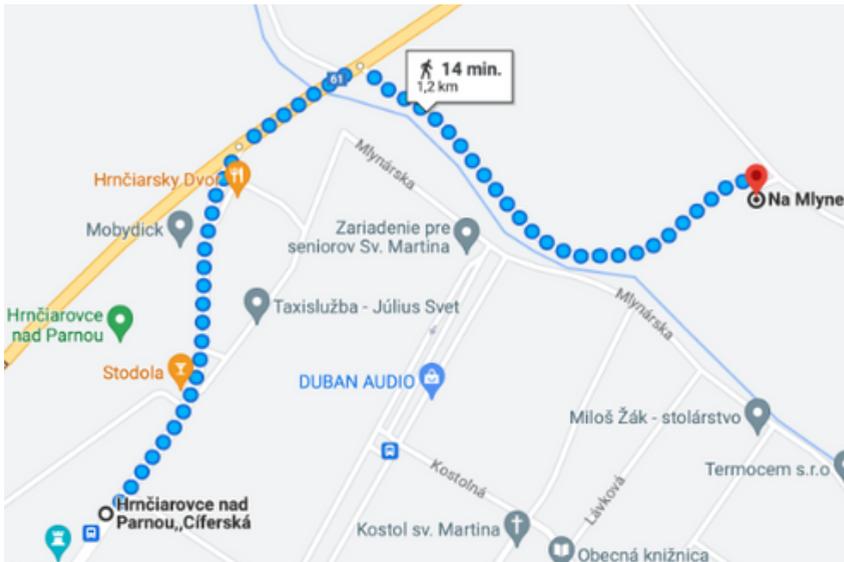


Map: Route from Trnava's Train Station to Bus Station



**Trnava's Bus station
on Google Maps**





Map: How to Get from Bus Stop to Accommodation

BUS (LAST STEPS):

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

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 😊).

ACCOMODATION & 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 are taking place is right in the pension.



<http://www.namlyne.sk>



Na Mlyne
on Google Maps



LUNCHES

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.

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.

PROGRAMME

2nd December, arrival day

Until 15:00	Arrival of Participants
19:00	<i>Welcoming dinner</i>
20:00	Informal Evening

3rd December, activity day - Tuesday

08:00	<i>Breakfast</i>
09:30	Energizer
09:40	Introduction, Fears and Expectations, House Rules, YouthPass
11:00	<i>Coffee Break</i>
11:30	Teambuilding, Introduction into Group Work
13:00	<i>Lunch</i>
15:00	Human Rights of the 21st Century, My Digital Self and Rights that Belong to Me I.
16:30	Coffee Break
17:00	Human Rights of the 21st Century, My Digital Self and Rights that Belong to Me II.
18:30	Daily debriefing
19:00	<i>Dinner</i>
20:30	Intercultural Evening

4th December, activity day - Wednesday

08:00	<i>Breakfast</i>
09:30	Energizer
09:40	How to Tackle Online Hate Speech Online
11:00	<i>Coffee Break</i>
11:30	Netiquette: What are the Rules of Online Communication?
13:00	<i>Lunch</i>
15:00	Freedom of Speech - Where are the Limits?
16:30	<i>Coffee Break</i>
17:00	Editorial Meeting I. (group work)
18:30	Daily debriefing
19:00	<i>Dinner</i>
20:00	Informal Evening

5th December – activity day - štvrtok

08:00	<i>Breakfast</i>
09:30	Online space and security, how to fight the online attacks and cyberbullying
09:40	<i>Coffee Break</i>
11:00	Gamification Theory and Human Rights Education
13:00	<i>Lunch</i>
15:00	International Human Rights Protection I.
16:30	<i>Coffee Break</i>

17:00	International Human Rights Protection II.
18:30	Daily debriefing
19:00	<i>Dinner</i>
20:30	Informal Evening
6st December, activity day	
08:00	<i>Breakfast</i>
09:00	Editorial meeting II. (group work)
10:00	<i>Coffee Break</i>
10:30	Study visit at Law Faculty of the Trnava university
13:15	<i>Lunch</i>
14:30	Sightseeing in Trnava (optional)
19:00	<i>Dinner</i>
20:00	Informal Evening
7th December, activity day	
08:00	<i>Breakfast</i>
09:30	Editorial meeting III. (group work)
11:00	<i>Coffee break</i>
11:30	Editorial meeting IV. (group work)
13:00	<i>Lunch</i>
15:00	Final Presentations of Teamwork Outcomes
16:30	<i>Coffee break</i>

17:00	Closure and Evaluation of the Training
19:00	<i>Dinner</i>
20:00	Goodbye party
8th December, activity day	
08:00	<i>Breakfast</i>
09:30	Departure



FINANCES & 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
Greece	275 EUR
Lithuania	275 EUR
Romania	275 EUR
Czechia	180 EUR
Slovenia	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 on your choice from someone of the European Dialogue contacts, 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.**

If you don't have it already, you are expected to arrange adequate **medical and travel insurance.**

Unfortunately, it cannot be reimbursed by organisers.

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.

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 to fill for reimbursement:

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

- ▶ Reimbursement form.

Documents you provide 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

d.karabova@europskydialog.eu
+421 908 203 410

◆ Monika Kmetová ◆

trainer

m.kmetova@europskydialog.eu
+421 918 732 830

◆ Martin Maška ◆

trainer, reimbursements

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

◆ Ali Honaramiz ◆

trainer

a.honaramiz@europskydialog.eu
+30 698 277 1488



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 cold (between 0° and 9°C). Check details upon arrival 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 2nd of December, ideally before 19:00. Departure will start on 08th of May after breakfast.
Contacts on organisers	Denisa: +421 908203410 Monika: +421 918732830 Martin: +420 721766873 Ali: +30 6982771418
Registration form	If you have been selected to participate, make sure you filled the registration form: https://forms.gle/maw3RtE6qYkdJt84A
Insurance	Please make sure you have a travel insurance in case of some emergency (organizers won't reimburse it though)
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>