Train the trainers summer school

2018

INFO PACK

August 18th - August 26th

www.efpsa.org
Dear trainers-to-be,

First of all, congratulations on being selected as a participant for the Train the Trainers (TtT) Summer School 2018!

We are very happy to welcome you to this year’s TtT, in our lovely country. We have prepared this info pack for you with, in our opinion, everything you need to know for a smooth start to this amazing adventure. You will find all the information about the venue, transport and the Czech republic in the following pages.

If you have any further questions after reading this info pack, please do not hesitate to contact us! You can find our contact information at the end of this pack.

Kind regards,

The TtT 2018 Organising Committee
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Welcome to the Czech Republic

The territory of the Czech republic has a long history but the Czech Republic as a state is quite young. The current Czech Republic was established in January 1st 1993 when Czechoslovakia was divided into two separate states. Although Czech and Slovakia has divided, we still believe that slovaks are our brothers and sisters and we still have a great relationship.

Maybe you have already heard that Czech Republic is heart of the Europe with our neighbors - Germany, Austria, Poland and Slovakia. Czechia is inland state, so we have no sea, just a lot of protected landscape areas with beautiful nature (for example, Narnia was filmed in Českosaské Švýcarsko).

The capital city is Prague with a population of 1 milion people. Prague is the city that a lot of students and ambitious people, but also a lot of tourists. Fortunately, you can find many smaller cities which are not crowded with tourists and one of them is our student city – Olomouc.

We speak czech and therefore, we have provided a small dictionary in this infopack, we hope you will find it useful.

You can find our cuisine a little bit unhealthy, so brace yourself and get ready to try some of our typical food such as dumplings.

One last note in this long introduction, czeck people may seem detached, but do not be afraid to ask politely and they will help, even though not every person is able to speak English.

In conclusion, the Czech republic is beautiful country, where you can find lovely people, beatiful nature and a lot of beer and when we say a lot of beer mean it, the average beer consumption per person is 143 liters. But don't be afraid, beer is not obligatory.
**Practical information**

Now some practical information.

**Venue**

This year the Train the Trainers Summer School will take place in Petříkov, small village near Jeseníky Mountains.

The Jeseníky Mountains are located in the northwestern part of the Czech Republic, at the border, touching with Poland. Sometimes they are called the most beautiful mountains in the country and they really have a special charm.

Adress: Ostružná – Petříkov 46
Petříkov 788 26
Olomoucký kraj
Some house rules:

1. Between 22.00h and 06.00h it has to be quiet outside. Playing music outside is prohibited.

2. Smoking inside the building is prohibited.

3. You can bring your own alcohol, but please consume it only in our main building. Bringing your alcohol to restaurant near by is prohibited.

4. Furniture may not be removed from the rooms and the building.

5. Any damage caused in the room or in the building must be immediately reported to the Organising Committee.

6. Anyone who is somekind of damage will be solely responsible for the damage caused.

Also we would like to let you know, that you have to bring a deposit of 20 euros, but please ensure that it is in czech crowns. It is 520 czk. In case of damages, we will use this money. Otherwise you will get refunded at the end of the event.
How to get to the venue.

There are a lot of possibilities of how to get to Czech republic. If you need some further information, don’t be afraid to send us an e-mail.

..from Václav Havel airport

There are two options:

a) Bus AE
   - You can take bus AE from the bus station in front of the airport. One trip costs 60 crowns, but it is the most comfortable. The second option is more demanding, but cheaper. As a bonus you will get to know Prague metro.

b) Bus 119
   - You can also take bus 119. Make sure to buy a ticket before taking a bus. Go to the last stop of the bus – Nádraží Veleslavín. Then go to the subway. In Prague, there are 3 metro lines divided by colors – green, yellow and red. Also known as metro A, metro B and metro C. You will need to take green to the station Muzeum. There you have to transfer to red and you will get to Hlavní nádraží (Main station).

..from Hlavní nádraží to Olomouc

Congratulations. You got to Main station. We can recommend to you two carriers that you can use for your trip to Olomouc – České dráhy or RegioJet. We also recommend that you buy a ticket ahead. You can buy it on regiojet.cz or cd.cz. RegioJet is cheaper most of the time.

..from Olomouc to Pěčíkov

There is one last trip ahead of you. Buy a ticket from Olomouc to Ostružná. In case we meet at the station in a
similar time, we can go together. Otherwise we will meet in Ostružná.

Happy journey!

**Travel reimbursement**

You will be reimbursed up to 120 euro, meaning that you will be reimbursed the amount you spent up until 120 euro. For example, a participant who spends 60 euro on travelling cost, will receive a 60 euro reimbursement and a participant who spends 150 euro on travelling costs, will receive a 120 reimbursement. We invite you to be reasonable about your travel expenses and choose the most economical option.

To be able to be reimbursed please keep all receipts, tickets, boarding pass etc. The receipts/tickets and boarding pass need to include:

- The time
- The date of your travel
- The amount
- The name of the company you travelled with

Please send us your receipts/tickets via email and bring the receipts/tickets and boarding passes to the event and give them to Organising Committee.

**PLEASE REMEMBER: No receipt = no reimbursement!**

The reimbursements will take place after the whole project has finished (expected in January 2019).
The programme

Before we start explaining a little bit of the programme, we thought it would be nice to introduce the trainers and the Organising Committee.

We are six highly motivated, enthusiastic and a little bit of coffee overdosed people. We are very excited for TtT and we can’t wait to meet you all!

Eva Petrová

I’m from Nový Jičín, but this is the fourth year I have been living in the student city of Olomouc. I love hiking, traveling, spending time in nature and with friends, psychology and artistry (most paintings and theater). There is always something to discover in the world, which makes me very entertained. I think we should make a little space, to make this world a better place. ☺
Renata Bašová
I have been studying psychology for one year. I’m from Hradec Kralove, but I fell in love with Olomouc. In my spare time, I like to take trips and travel, or to participate in organising events like this one.

Vendula Říčařová
I live under the Orlické Mountains in a small village. I am a first year psychology student in Olomouc. I like to spent my time with friends and climbing mountains.

Tereza Šmejkalová
I was born in Prague and I’m 20 years old. I have just finished my first year in psychology. My hobbies are horse riding and swimming. I’m looking forward to meeting you all.

Helena Pipová
Hi there :) I am Helena, a PhD. student from Olomouc. I am just sending my greetings from volunteer work in the Jeseníky mountains, where we will meet soon - I hope we will have some time to talk about the complicated history of this area. Apart from meeting people and working on my obesity research, I love cycling, swimming, travelling (Asia), chilling out with close people and baking for them :)

Julie Hřebenová
I live in Prague, but I have been studying psychology for the first year in Olomouc. My hobbies include painting, singing, dancing and cello playing. I like dogs, time spent with friends, coffee and especially wine!
And now back to business.

The content of the training sessions

The social programme

When you are free of the training sessions, we have a nice social programme prepared for you. Of course, we are not telling you all the details, but we can tell you that there will be cultural evening, so bring something you would like to introduce to us as a part of your culture such as food and drinks. Which reminds us, prepare for the czech experience. But everything will be a secret until you get here. We are so excited!!!.

Some other things you might want to know

We know, we almost wrote a whole book, but no worries, you made it to the end. Now that you know where you will be and with whom. It is time to start packing.

Your packing list

- A valid passport or identity card (depends on your country)
- Health insurance information
- Towels for showering
- Shampoo, shower gel, toothpaste, toothbrush, make-up and remover, hairbrush, gel, sun block, deodorant and everything else you might need
- Medication (if applicable)
- Clothes, not just shorts etc. but also some warm clothes, there is a slight chance of cold weather
- Anti-mosquito stuff (for sure)
- Sunglasses and hat (maybe)
- Some food, drinks and other stuff for cultural evening
Shoes

- Money (you should exchange your currency to **czech crowns**, if you need some help, let us know because there won’t be any chance to take money from ATM a tour place).
- Phone and laptop chargers
- A socket converter (if applicable)
- Receipts, tickets and boarding passes for the reimbursement
- A good mood!

And some more practical information about our lovely country:

- The legal age to buy and drink alcohol is 18 years.
- This also is applicable to smoking and buying cigarettes.
- Normally, the temperature in August in the Czech republic is 20–25 degrees Celsius.
- The emergency services phone numbers are: 150 for the fire brigade, 155 for the ambulance, 158 for the police.
- We are normally 1 hour ahead of GMT, but during the summer months it is 2 hours.
- Our sockets look like this:

![Socket](image)

**Vocabulary**

<table>
<thead>
<tr>
<th>Slovak</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ahoj</td>
<td>Hi</td>
</tr>
<tr>
<td>Děkuji</td>
<td>Thank you</td>
</tr>
<tr>
<td>Dobrou chuť</td>
<td>Enjoy your meal</td>
</tr>
<tr>
<td>Jak se máš?</td>
<td>How are you?</td>
</tr>
<tr>
<td>Jak se jmenuješ?</td>
<td>What’s your name?</td>
</tr>
</tbody>
</table>
Contact information

We hope this info pack provided you with all the information you needed to prepare yourselves well for TtT 2018. If there is anything not covered in this info pack that you want to know, or if there is anything we should know, feel free to contact us!

ttt2018@efpsa.org

We are greatly looking forward to meeting you all.

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