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Erasmus+ Programme
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mladi!info
www.mladiinfo.me MONTENEGRO



BDC: BECOMING DIGITALLY CONSCIOUS

INFORMATION PACK

**Training course
31. October – 06. November 2022**

hosted by Mladiinfo Montenegro

HERCEG NOVI, MONTENEGRO

Project type

Erasmus+ Programme

Key Action 2: Cooperation for innovation and the exchange of good practices

Capacity Building for Youth in Neighboring and Enlargement Countries - Western Balkans Window

Duration

January 2022 – June 2024

About us



Mladiinfo Montenegro (m!M) is a youth-led NGO founded in 2011 in Podgorica, Montenegro. The organization's mission is to improve the position of young people in Montenegro, and through information and education stimulate their active participation in the society. The vision of m!M is "Young people as key actors for development of Montenegrin society". m!M has significant experience in informing and educating youth. Through the web portal www.mladiinfo.me and social media channels, m!M informs youth about different learning possibilities, but also about grants, scholarships, internships etc. As part of its activities, it also educates youth about journalism, media, youth work, entrepreneurship, human rights, addictions prevention, anti-discrimination and active participation.

Project Aim and Objectives

“Becoming Digitally Conscious” is a Capacity Building project targeted to the promotion of healthy digital habits among young people (between 18 and 25 years old) living in the European and Western Balkans area. European society is progressively incorporating digital devices in all areas of life, which is leading to the spread of pathological internet use. With the development of non-formal tools that support youth workers in the promotion of digital competences, the idea is to make young people aware of the potential dangers of making an excessive use of digital devices, and how incorporating physically active and expressive activities in their routines can reduce their screen time and benefit their mental health and overall wellbeing.

Partners

- L'ORMA, Italy
- MLADIINFO MONTENEGRO, Montenegro
- NGO NEST Berlin, Germany
- NEW VISION, Albania
- CENTER FOR SOCIAL INNOVATION - CSI, Cyprus
- BRAVO, Bosnia and Herzegovina



About training



This training has the purpose of preparing trainers and youth workers to deliver the educational program at different contexts, making use of the non-formal methodology. Participants will learn about restrictions on the digitization of education and how to overcome them, positive and negative effects of technological innovations in the teaching process, how to organize a high-quality workshop, digital transformation, digital devices: how to integrate them into the

learning process and in the education system, positive and negative effects of technological innovations in the teaching process, etc.

Venue

Training will be held in Bijela, Herceg Novi. Herceg Novi is a city you cannot love. Many consider it the most beautiful city on the Adriatic shore and always come back because of its pleasant climate, beautiful sea and iconic architecture that is almost endemic in a way, because numerous different civilizations had control of the city during the centuries and all left a distinguished footprint on all spheres of society, including architecture. The city itself is located between the mountain Orjen and the entrance to the Bay of Kotor. Herceg Novi is recognizable by the abundance of mimosa trees and its numerous flights of stairs. It's often called 'The City of the sun', thanks to the large number of sunny days all year round. The centre of Herceg Novi is its Old Town (Stari Grad), decorated with buildings dating back to the epochs of Sahat – Kula (1667) and Kanli – Kula (1483). Fortress Spanjola (1538) and Fortress Forte Mare (1687) are only a part of the cultural heritage of this renowned town.

Carine Hotel Park: At the entrance to the Boka Bay, surrounded by ancient trees, they built a new hotel, but kept original name.

Besides the outstanding location near the sea, the content of each offer something, they offer you the opportunity to enjoy organic food from farm Pišče, prepared in the traditional way by team of chefs. For guests who want to discover the beauty of our country, we offer

various kinds of excursions throughout Montenegro, as well as activities such as riding bikes, hiking, rafting on Tara, diving locations around the bay.



You can read more about the hotel here: <https://carinehotels.me/en/carine-hotel-park/>



Traveling to Herceg Novi, Montenegro



The Airports: There are two airports in Montenegro, one in Podgorica and the other in Tivat.

Podgorica airport is about 133 kilometres away from Ulcinj and the one in Tivat 20 kilometres away.

If you are coming to the Podgorica airport, the best way is to let us find you transfer from the airport to the hotel.

Second way is to take taxi to the bus station which will cost max 10 euros one way and then take bus to Herceg Novi which cost 8-10 EUR one way per person, and just tell bus driver that you will leave at Hotel Park.



You can check bus on this link:

https://busticket4.me/MNE/1121-1148-132-0-0/0-1/Podgorica-Herceg_Novi/13-10-2022/



Taxi numbers in Podgorica:

- Alo taxi – 19700
- Peugeot taxi – 19723
- In taxi – 19755
- Red taxi – 19714

If you are coming to the Tivat airport, also the best way is to let us organize you transfer to the hotel. If you want to go by bus you must first take taxi which will cost must 10 EUR or walk 18min and then take bus to Herceg Novi which will cost 3-5 EUR one way per person.

Link: https://busticket4.me/MNE/1142-1148-132-0-0/0-1/Tivat_Herceg-Novi/13-10-2022

In Herceg Novi you have local bus Blue Line, ticket price is 1 EUR and there is buses every 30 min except Sundays when you have bus every one hour.

Weather in Herceg Novi

The weather for the 31 October to 6 November is expected to be cloudy and not so cold, with temperatures around 10 °C to 17 °C. Please check the weather forecast before arrival and wear suitable clothes:

<https://www.aladin.info/sr/crna-gora/herceg-novi-dugorocna-prognoza-vremena>

Preparation

Intercultural night - There will be intercultural night, where every country will present its

culture. Do not forget to bring some traditional music, food, drinks and other stuff representing your country and culture in some way.

What to bring?

- warm shoes and clothes
- Swimsuit for the pool
- And a lots of good mood! ☺

Note 1: Participants that don't participate at 80% of the program will have to pay for their participation costs by themselves.

Note 2: You are recommended to bring at least one lap top per group.

Contact info

Milica Zugic
+38268569146
mladiinfomontenegro@gmail.com

Bojana Zugic
+38268090970
bojanazugic6@gmail.com



DRAFT AGENDA

Day 1 (31.10.2022)

- 10 - 13h Arrival of participants
- 13 - 14h Lunch
- 14 - 17h Free time
- 17 - 18h Ice breaking activities
- 18 - 19h Dinner
- 19:00 – 20:00 Project Aim, Project Activities, Agenda presentation
- 20:00 – 21:00 Getting to know each other

Day 2 (01.11.2022)

- 07 - 09h Breakfast
- 09 - 10h Ice breaking and Team Building Activities
- 10:00 - 11h Fears, contribution, expectations
- 11 – 11:30 Break
- 11:30 – 13:00 Internet & Information Technology basics
- 13:00 – 14:00 Lunch
- 14:00 – 16:00 Information security
- 16:00 – 16:30 Break
- 16:30 – 18:30 Data security and digital trails
- 18:30 – 20:00 Dinner
- 20:00 - ... Free evening

Day 3 (02.11.2022)

- 07:00 – 09:00 Breakfast
- 09:00 – 10:00 Team building activities
- 10:00 – 11:00 Digitization of knowledge
- 11:00 – 11:30 Break
- 11:30 – 13:00 Digitization of learning and teaching
- 13:00 – 15:00 Lunch
- 15:00 – 16:00 Ice breaking activities
- 16:00 – 18:00 Usage of digital devices & online world
- 18:00 – 20:00 Dinner
- 20:00 – 23:00 Intercultural evening

Day 4 (03.11.2022)

07:00 – 10:00 Breakfast
10:00 – 10:30 Ice breaking activities
10:00 – 12:00 How to organize a high-quality workshop
12:00 – 14:00 Lunch
14:00 – 14:30 Ice breaking activities
14:30 – 17:00 Teamwork: Organisations digital fair
17:00 – 17:30 Break
17:30 – 18:30 Mid term evaluation
18:30 – 20:00 Dinner
20:00 - ... Night out

Day 5 (04.11.2022)

07:00 – 10:00 Breakfast
10:00 – 10:30 Ice breaking activities
10:30 – 12:00 How to promote the online learning process on youth values and activism
12:00 – 14:00 Lunch
14:00 – 16:00 Best practices related to technological innovations in the learning process
16:00 – 16:30 Break
16:30 – 18:00 Digital devices: how to integrate them into the learning process and in the education system
18:00 – 20:00 Dinner
20:00 – 22:00 Movie night

Day 6 (05.11.2022)

07:00 – 10:00 Breakfast
10:00 – 10:30 Ice breaking activities
10:30 – 12:30 Going back offline (debate)
12:30 – 14:30 Lunch
14:30 – 15:30 Team building activity
15:30 – 16:30 Presentation of next project activities
16:30 – 18:00 Evaluation
18:00 – 20:00 Dinner
20:00 - ... Farewell party

Day 7 (06.11.2022)

07:00 – 10:00 Breakfast

10:00 – 11:30 Training closure

11:30 – 14:00 Participants departure