



MENU

International

FORUM

CHANGE

LET'S REGENERATE THE EARTH
with HEADS, HEARTS and HANDS

26-28 January 2018 in Prague, Czech Republic

INFOPACK

Dear Participants,

Let us warmly welcome you to the International Forum Menu for Change: Let's regenerate the Earth with heads, hearts and hands taking place in Prague 26 -28 January 2018. In this info pack you'll find all the important information on the venue of the Forum, logistics as well as basic information on Prague transport.

We're looking forward to meeting you and spending a time full of precious experiences and exchange with you.

ABOUT THE FORUM MENU FOR CHANGE

The international Forum Menu for Change is a final event of the project [We Eat Responsibly: An action-oriented global learning program for EYD 2015](#) that has brought together more than 513 Eco-schools from 9 European countries in exploration how to make more responsible food choices and contribute to solving global challenges of our time.

The 2018 forum will gather Eco-schools teachers from nine European countries, food and farming experts and educators. The aim of the event is to celebrate positive changes that have taken place in the schools part of the project, debate how to further engage locally with youth in favour of responsible food systems that care for people and the planet and imagine how we can regenerate the Earth.

THE INTENTION OF THE FORUM IS CONCRETELY TO:

- deepen the knowledge of teachers and students about the links between food systems and global challenges such as food security, climate change, planetary boundaries, poverty, hunger, livelihoods, etc.
- inspire teachers about concrete ways how to work with their students on these topics in theory and practice like global issues, farming concepts, and connect to local farms, start organic food gardens, reform the school canteen menus, start a seed bank, etc...)
- make space for teachers to share their own ideas and good practices
- celebrate that food has now officially become one of the themes of the eco-schools network and that the project has won a European Global Education Innovation Award [GENE Award 2017](#)

OUTLINE OF THE PROGRAMME

The Forum will start at 8:30 AM on Friday 26 January and finish at 1PM on Sunday 28 January. For the full programme please refer to the programme document.

THURSDAY 25th JANUARY

Arrivals of participants

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FRIDAY 26th JANUARY

8:30 - 9:00 Registration

9:00- 18:30 Workshops, sessions, keynote speeches (incl. lunch, dinner and coffee breaks)

19:30 – 21:00 Optional: Prague tours

SATURDAY 27th JANUARY

8:30-9:00 Arrivals, registration

9:00-17:30 Workshops, sessions, keynote speeches (incl. lunch and coffee breaks)

19:30 Celebration

SUNDAY 28th JANUARY

9:00-9:30 Arrivals

12:30 - 13:30 Closure of the Forum, lunch

VENUE

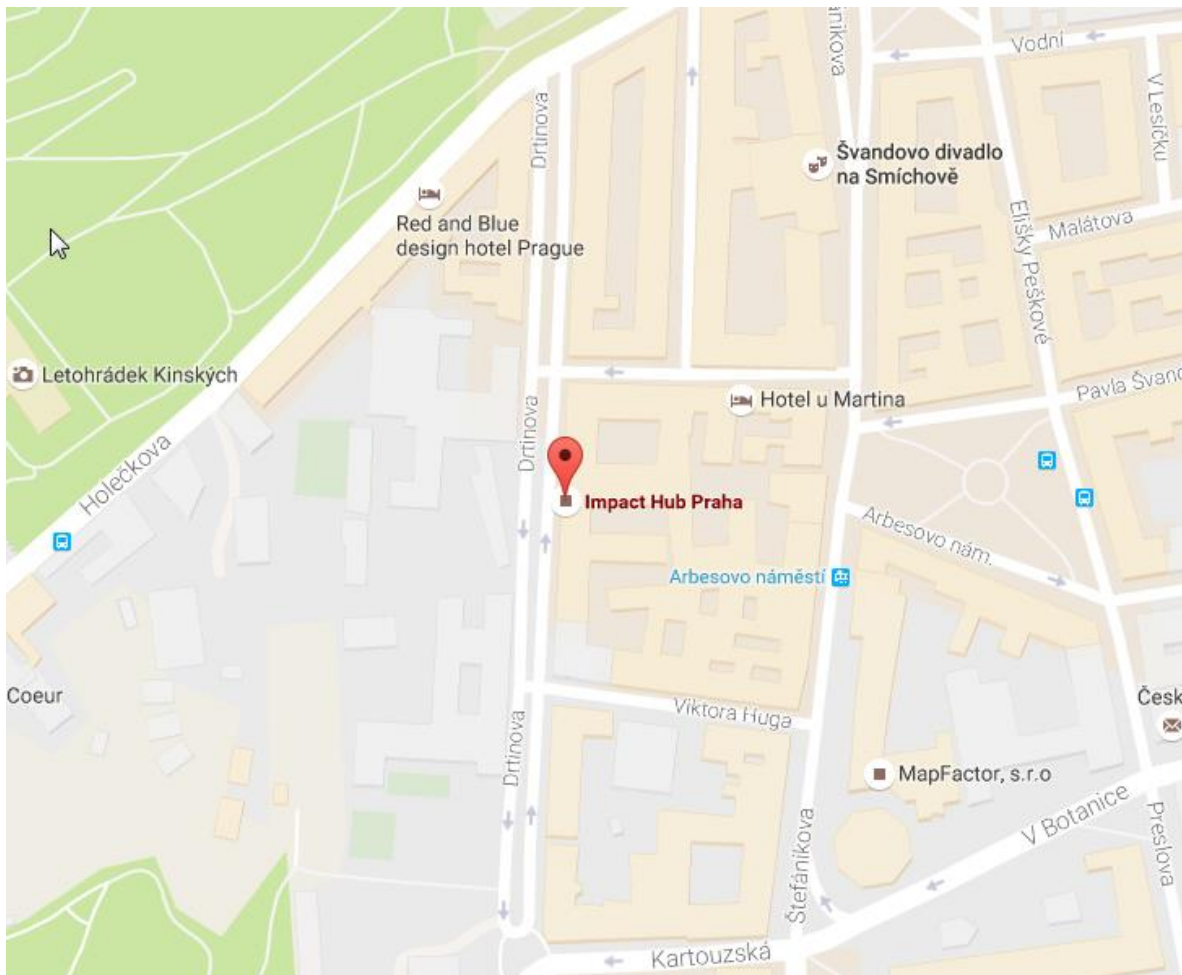
The whole forum will take place at the **Impact Hub Praha** (<http://www.hubpraha.cz/en/>). Hub is an inspirational co-working space in the heart of Prague with the closest tram station Arbesovo náměstí (trams 9, 15, 20, 12) within 2 min walking distance.

Impact Hub Praha

Drtinova 557/10

Praha 5 - Smíchov

150 00



ACCOMMODATION

1) Maltese, Latvian, Slovakian and part of Czech delegation:

HOTEL U MARTINA: <http://www.hotelumartina.cz/hotel-praha/en/>

Zubatého 289/3

150 00 Prague 5

Tel: +420 257 313 006

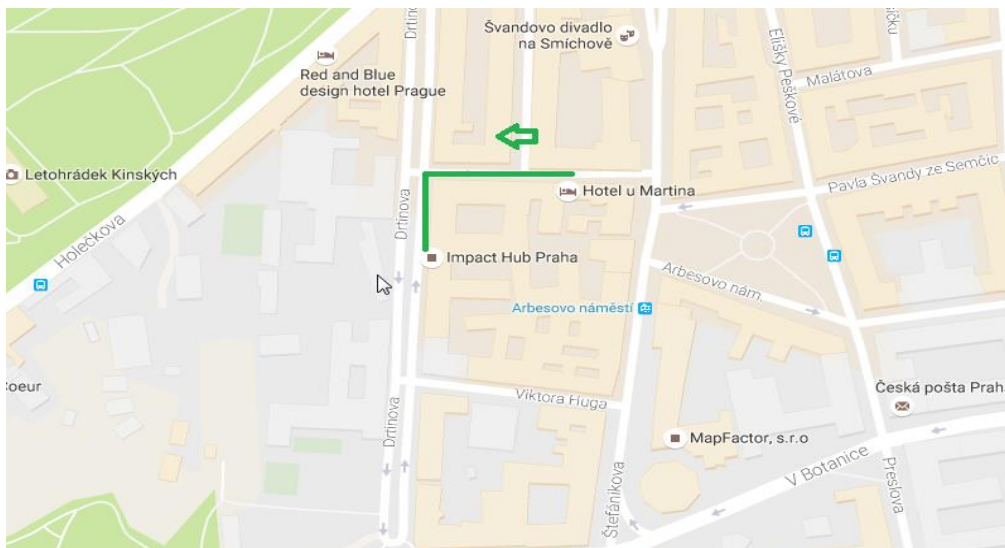
GETTING TO THE HOTEL U MARTINA FROM THE AIRPORT BY PUBLIC TRANSPORT

For connections you can check <http://spojeni.dpp.cz/ConnForm.aspx?cl=E5>

At the airport take **bus 119** and get off at **Nádraží Veveslavín** stop (the last stop). The price of the ticket is 32 CZK, you can buy it at the **Information Centre at the Airport**, in **yellow ticket vending machines** (cash and change is required) or **at the bus driver** (also cash and change is required). Validate your ticket when entering the bus – only validated tickets are valid.

At Nádraží Veveslavín take the **metro “A”** and go to **Malostranská stop** (direction Depo Hostivař) at the stop exit the metro and change to tram (there is only 1 exit). Take the **tram number 12, 15 or 20** and get off at Arbesovo náměstí stop. From there walk about 3 minutes in the opposite direction of the tram and then turn the first on the left on Zubateho street, Hotel u Martina is on the left side, number 3.

GETTING TO THE VENUE SITE



2) Romanian, Bulgarian, Slovenian, Croatia and part of Czech delegation:

HOTEL PETR <http://www.hotelpetr.cz/en/>

Drtinova 17

150 00 Prague 5

Tel.: +420 257 314 068

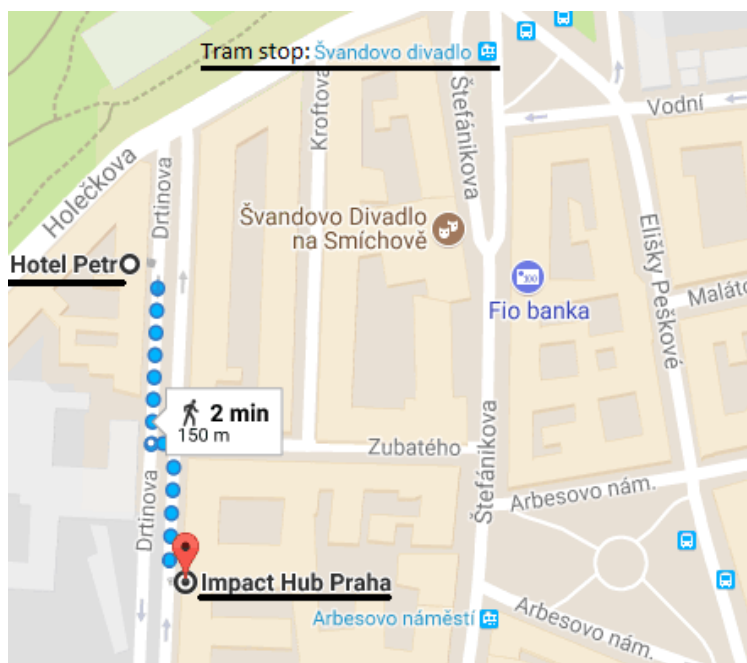
GETTING TO THE HOTEL PETR FROM THE AIRPORT BY PUBLIC TRANSPORT

- For connections please check <http://spojeni.dpp.cz/ConnForm.aspx?cl=E5>

At the airport take **bus 119** and get off at **Nádraží Veveslavín** stop (the last stop). The price of the ticket is 32 CZK, you can buy it at the **Information Centre at the Airport**, in **yellow ticket vending machines** (cash and change is required) or **at the bus driver** (also cash and change is required). Validate your ticket when entering the bus – only validated tickets are valid.

At Nádraží Veveslavín take the **metro “A”** and go to **Malostranská** stop (direction Depo Hostivař) at the stop exit the metro and change to tram (there is only 1 exit). Take the **tram number 12, 15 or 20** and get off at **Švandovo divadlo** stop. Walk about 50 metres in the opposite direction of the tram and turn left on **Holečkova** street, which is a bit uphill. Continue 150 metres and turn left on **Drtinova** street. Hotel Petr is on your right side, number 17.

GETTING TO THE VENUE SITE FROM HOTEL PETR:



TRANSPORTATION IN PRAGUE

In Prague there is a combination of transport system of 3 metro lines “A, B, C”, trams and buses. For a map of public transport in Prague please go to: <http://www.dpp.cz/en/transport-around-prague/transit-schematics/>

Connections of public transport can be found at <http://spojeni.dpp.cz/ConnForm.aspx?cl=E5>

Transport ticket fares

duration	price
30min	24 CZK
90min	32 CZK
24 hours	110 CZK
72 hours	310 CZK

Ticket sales:

- 1) **Yellow ticket vending machines** are installed in all metro stations and at selected bus and tram stops
- 2) **Info centres** - sell individual tickets and short-term (tourist) passes
- 3) **Tobacconists and wholesalers** - selected tobacconists and wholesalers sell individual tickets

GETTING FROM AND TO THE AIRPORT

To get to and from the airport you can choose public transport or taxi service.

Bus Lines to the Airport of Václav Havel (bus stops are located in front of both Terminal 1 and Terminal 2):

- 119: Prague Airport - Nádraží Veveř (metro line A) - 15 min (ticket 32 CZK)
- 100: Prague Airport - Zličín (metro line B) - 18 min (ticket 32 CZK)
- 191: Prague Airport – Anděl – 40 min (ticket 32)
- Airport express: Prague Airport - Prague Main Train Station (metro line C and connection to SC, EC, IC and EN trains) - 35 min (ticket 60 CZK)

Taxi services vary a lot in services and prices, we recommend:

Profi taxi: +420 261 31 41 51

AAA taxi: +420 14 014, +420 222 333 222, +420 729 331 133

REIMBURSEMENT OF YOUR TRAVEL

For reimbursement of your international and/or domestic travels please refer to your national coordinators. They will reimburse your travel expenses on a basis of original tickets. It is essential that you **keep all the original tickets from your travels.**

OTHER USEFUL INFORMATION

CURRENCY

The currency of the Czech Republic is Czech Koruna 1CZK (1 EUR = approximately 25,5 CZK). For getting cash you can either exchange directly as well as withdraw at a cash mashine at the airport. There are also cash machines at a walking distance from the Forum venue. The costs for withdrawing money depend on your bank card and bank account.

ABOUT THE WEATHER

January is the coldest month of the year for Czech republic. During this month, the average temperature starts off at -1.5°C, created by highs of 1°C during the daytime and lows of -4°C after dark. Please bring your warm clothes, wear shoes that can handle water or snow and check the weather forecast before you go (https://www.yr.no/place/Czech_Republic/Prague/Prague/).

ABOUT PRAGUE

If you wish to check out what are the main historical sites, galleries and events in Prague as well as history of Prague, please check out:

Official touristic site of Czech Republic:

<http://www.czechtourism.com/a/prague/>

Official tourism portal of Prague:

<http://www.prague.eu/en>

Lonely Planet on Prague:

<https://www.lonelyplanet.com/czech-republic/prague>

If you wish to have an offline map of Prague in your mobile phone/tablet we can recommend the mobile app 2GIS for android, where you can download an offline map of Prague

<https://play.google.com/store/apps/details?id=ru.dublgis.dgismobile&hl=cs>

FORUM CONTACT DETAILS

In case you have any questions please don't hesitate to contact Michaela Čermáková: cermakova@glopolis.org or Lucie Mullerová mullerova@glopolis.org

Contact numbers in the Czech Republic:

Michaela Čermáková: +420 774 866 264

Lucie Mullerová: +420 737 563 750