

ERASMUS+ YOUTH

Arts of Prevention

The art of doing prevention well

Prague, Czechia | 8–12 November 2026

Organised by **Lajfr z.s.**

Prague, Czechia | www.lajfr.com | erasmus@lajfr.cz



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About the activity

Arts of Prevention is a Partnership Building Activity for youth workers. It takes place in Prague, Czech Republic, from 8 to 12 November 2026 and is organised by Lajfr z.s. under our Erasmus+ accreditation.

The activity brings together **27 participants**. They are youth workers, project coordinators and artists who share an interest in creative and artistic approaches to primary prevention. The goal is simple. We want you to meet the right people, build trust and lay the foundations for future European cooperation.

Prague is not just a backdrop. It is one of the most creative cities in Europe and a great place to connect prevention work with art, culture and community.

The programme combines hands-on creative sessions, open discussions, peer learning and planning future projects together, all in a relaxed and open atmosphere. There will be some lectures and inputs from experts, but not much sitting around in a circle. Most of the time you will be active, trying things out and working with others. Just people, ideas and the beginning of something bigger.

You will leave with new contacts, concrete ideas for future projects and a network of people from across Europe who care about the same things as you. You will also take home a set of creative prevention tools and methods you can use in your everyday work with young people.

Accommodation, meals and the full programme are covered by Erasmus+.

Main objectives

1 Empowering youth workers in primary prevention

We want to give you concrete tools, methods and inspiration to bring creative and artistic approaches (such as expressive arts, storytelling and creative expression) into your everyday work with young people. We will look at topics like risky behaviour, unhealthy relationships, digital risks and gender stereotypes.

2 Using arts to challenge stereotypes and promote equal opportunities

We will share methods that connect creative expression with the prevention of gender stereotypes and discrimination. This is especially important for young people in artistic communities, such as dancers, actors and circus performers, who often face pressure around body image and gender roles.

3 Building European cooperation and inclusive prevention practice

We want to connect youth workers who care about quality and innovation in primary prevention and help them build lasting partnerships and follow-up projects. We also want to promote simple, accessible approaches that reach young people with fewer opportunities, including young people from rural areas, disadvantaged backgrounds and the LGBT+ community.

Who are the participants

We are looking for youth workers, project coordinators and decision makers from youth organisations who work with prevention or non-formal education. We also welcome youth workers with an artistic background, such as dancers, actors, circus performers or visual artists, who use their art in their work with young people.

We give priority to participants who have the power to plan and develop projects within their organisation. One of the main goals of this activity is to create real cooperation between participants after the activity.

YOU ARE THE RIGHT FIT IF YOU ARE

- curious about creative and artistic approaches to prevention and want to bring new methods back home
- interested in building European partnerships and future Erasmus+ projects
- working with young people with fewer opportunities, for example from rural areas, disadvantaged backgrounds or the LGBT+ community

GOOD TO KNOW

- a communicative level of English is required, as it is the working language of the activity
- you must be 18 or older at the start of the activity
- experience in youth work or non-formal education is expected
- no specific artistic skills are needed, just openness and willingness to try new things

The agenda

Arrival day — 8 November

After 15:00	Participants arrive, check in and get settled.
Evening	Welcome dinner and a light get-to-know session.

Day 1 — 9 November

09:30–11:00	Welcome and introductions / activity goals.
11:30–13:00	Expectations, contributions, fears and group rules.
13:00–15:00	Lunch.
15:00–16:30	Prevention across Europe: organisational presentations.
17:00–18:00	What makes prevention work? Shared understanding and common ground.
18:00–18:30	Reflection groups / daily evaluation.
Evening	Dinner, followed by a self-care evening.

Day 2 — 10 November

09:30–11:00	Innovation in prevention: new approaches and methods.
11:30–13:00	Workshop: non-formal learning tools in prevention practice.
13:00–15:00	Lunch.
15:00–16:30	Workshop: creative facilitation techniques for youth workers.
17:00–18:00	How do we use this at home? Transfer to practice.
18:00–18:30	Reflection groups / daily evaluation.
Evening	Dinner, followed by a self-care evening.

The agenda continued

Day 3 — 11 November

09:30–11:00	Gender stereotypes and equal opportunities in prevention work: how to address them with young people.
11:30–13:00	Working with sensitive topics: methods and approaches.
13:00–15:00	Lunch.
15:00–16:30	Partnership mapping: who does what across Europe.
17:00–18:00	Project planning session: developing concrete cooperation ideas.
18:00–18:30	Reflection groups / daily evaluation.
Evening	Dinner, followed by a self-care evening.

Day 4 — Last day, 12 November

09:30–11:00	From ideas to projects: pitching future cooperation.
11:30–13:00	Youthpass: reflecting on learning outcomes and competences.
13:00–14:00	Lunch.
14:00–15:00	Final evaluation, personal action plan and closing.

The programme ends on 12 November at 15:00. Please plan your journey home accordingly. The earliest train you can take is at 15:30 and the earliest flight at 17:00. Earlier departures are not possible for technical reasons.

Please note that the programme may change a little as we get closer to the activity. We will let you know about any updates.

Self-care evenings: the evenings are yours. Rest, explore Prague and take care of yourself. There is no mandatory programme.

Reflection groups / daily evaluation take place every day from 18:00 to 18:30. It is a short daily reflection on learning and group dynamics.

Selection process

You apply directly to us by filling in our online application form. You will find the link in our open call.

The deadline for applications is 10 October 2026. We will get back to every applicant by 15 October 2026 at the latest.

You must be 18 or older at the start of the activity.

Sending organisation: every participant must be sent by an organisation that is registered in the Erasmus+ system and has an Organisation ID (OID). You must live in the country where your sending organisation is based. Please include the name and OID of your organisation in the application form. If you are not sure whether your organisation is registered, ask them or write to us.

WHEN SELECTING, WE LOOK AT

- your motivation to explore new approaches to prevention
- your capacity to bring what you learn back to your organisation and community
- your ability to communicate in English at a conversational level
- your availability for the full programme, as partial participation is not possible
- your willingness to complete the evaluation and carry out a dissemination activity afterwards

WE GIVE PRIORITY TO PEOPLE WHO

- have the mandate to develop projects and partnerships within their organisation
- work with young people with fewer opportunities, for example from rural areas, disadvantaged backgrounds or the LGBT+ community
- have not yet had many opportunities to take part in international activities

One more thing: this is not a city trip. Prague is a beautiful city and we want you to enjoy it. But the programme is intensive and participation is mandatory. If you are joining mainly to explore Prague, this activity is not the right fit for you. The city is yours to discover in the evenings and in your free time. During the day, we work.

Important: please do not buy any tickets until we confirm your place. Once you are selected, send us your travel plans for approval before you book anything.

All selected participants will receive a confirmation email from us.

Accommodation, food & logistics

Accommodation and food are 100% covered for the full duration of the activity. Check-in is after 15:00 on 8 November. Check-out is on 12 November before 12:00.

Participants will stay at the **ibis Praha Wenceslas Square**, a three-star hotel in the centre of Prague. You will share a twin room with one other participant. If you have a preference for a roommate, let us know in advance.

There will be three meals per day (breakfast, lunch and dinner) and two coffee breaks per day. On 8 November only dinner is included. On 12 November breakfast and lunch are included.

Important: please tell us about any food allergies, dietary needs or preferences (vegetarian, vegan, gluten free etc.) before the activity. Send this information to erasmus@lajfr.cz.

WHAT TO BRING

- comfortable clothes for active workshops
- your laptop (at least 1 per national group)
- your national flag for the group photo
- your personal medicines if needed
- your European Health Insurance Card (EHIC) if you have one

Need support? If you need any kind of support to take part, for example accessibility, help with travel costs in advance, or anything else, write to us at erasmus@lajfr.cz before the activity. We will find a solution together.

Insurance & travel

INSURANCE

All participants are required to have valid travel insurance for the duration of the activity covering travel risks including loss or damage of luggage, third party liability, accident and serious illness, and death including repatriation.

If you are an EU citizen, we strongly recommend getting a European Health Insurance Card (EHIC) before travelling. It is free and gives you access to state-provided healthcare in all 27 EU countries under the same conditions as local residents.

TRAVEL DETAILS

Prague is well connected to the rest of Europe by plane, train and bus. We strongly encourage **green travel** (train or bus) wherever possible. It is better for the environment and comes with a higher reimbursement rate.

BY PLANE

- fly to Václav Havel Airport Prague (PRG)
- trolleybus 59 from the airport to Nádraží Veleslavín, then metro line A
- or bus 100 from the airport to Zličín, then metro line B
- Airport Express (AE) connects directly to Prague Main Station

BY TRAIN

- trains arrive at Praha hlavní nádraží (Prague Main Station)
- check connections and tickets at cd.cz
- compare prices across operators – e.g. MÁV or ZSSK can beat České dráhy (ČD) for the same international train
- also compare at raileurope.com

BY BUS

- international buses generally arrive at Florenc bus station (ÚAN Florenc), well connected by metro
- check connections and tickets at flixbus.com or regiojet.com

Detailed instructions on how to get from your arrival point to the venue will be sent to all participants after registration.

Extra days in Prague: arrive up to two days earlier and/or leave up to two days later – maximum two extra days in total. Accommodation and food for these days are not covered and are your own responsibility. Tell us about your plans when you send your travel plans for approval, and make sure your insurance covers the extra days too.

Reimbursement

Going home: the programme ends on 12 November at 15:00. Please book a train leaving at 15:30 or later, or a flight leaving at 17:00 or later.

Please note: all travel plans must be sent to erasmus@lajfr.cz for approval before you buy any tickets. Tickets must be as economical as possible – economy class only. Business class, premium fares and taxi are not eligible for reimbursement.

Travel costs are reimbursed according to the Erasmus+ Programme Guide 2026. The amount depends on the distance between the city of your sending organisation and Prague, calculated with the official Erasmus+ distance calculator. We reimburse your real travel costs up to the maximum amount for your travel distance shown below.

DISTANCE	STANDARD TRAVEL	GREEN TRAVEL
10–99 km	28 EUR	56 EUR
100–499 km	211 EUR	285 EUR
500–1999 km	309 EUR	417 EUR
2000–2999 km	395 EUR	535 EUR
3000–3999 km	580 EUR	785 EUR
4000–7999 km	1,188 EUR	1,188 EUR
8000 km or more	1,735 EUR	1,735 EUR

Your trip counts as **green travel** if you use train, bus or a shared car for at least half of the total distance there and back. You will sign a short declaration and keep your tickets, as we may need to show them.

TO RECEIVE YOUR REIMBURSEMENT, PROVIDE

- electronic tickets and booking confirmations in PDF
- all boarding passes including the return journey (can be sent after the activity)
- proof of payment (bank statement or receipt)
- the completed evaluation questionnaire (sent on the last day of the activity)
- proof of your dissemination activity within 30 days after the activity ends

Important: completing the evaluation questionnaire on the last day and sending proof of your dissemination activity within 30 days are both **mandatory conditions** for the reimbursement of your travel costs.

Dissemination & follow-up

We expect all participants to share the results of the activity and keep the momentum going after returning home.

- **Before the activity:** share the project on your organisation's social media, website or other communication channels.
- **During the activity:** post photos and updates from the programme on your social media and tag us — @lajfr_ on Instagram.
- **After the activity:** organise at least one dissemination activity in your home community — a workshop, a presentation, an article or a social media campaign about what you learned and the partnerships you built. Please document it with photos and a short report.

We also expect all participants to follow up on the partnership ideas and project plans developed during the activity and to stay in touch with the Arts of Prevention network.

Youthpass: every participant has the right to a Youthpass certificate. We will work on it together during the activity.

Please note: completing the evaluation questionnaire on the last day of the activity and sending proof of your dissemination activity (photos, links or a short report) to erasmus@lajfr.cz within 30 days after the activity are both mandatory conditions for the reimbursement of your travel costs.

Safer space policy

This document is an annex to your participant agreement. By signing the participant agreement, you confirm that you have read, understood and agreed to these principles. Participation in Arts of Prevention is only possible if you accept this Safer Space Policy.

We open difficult topics for a living. That is why we know how important it is to feel safe when doing it. This is not a list of rules — it is a shared commitment, and by joining Arts of Prevention you are part of it.

- **Do not assume anything about anyone.** We all carry different backgrounds, identities and experiences. If you are not sure about something, ask. If you make a mistake, own it and move on.
- **Be aware of how much space you take.** Some of us talk a lot and some of us listen. Both are valuable — make sure everyone has room to speak.
- **Disagree with ideas, not with people.** Debate is welcome. Disrespect is not. There is a difference between a challenging opinion and a discriminatory one.
- **Take care of yourself.** This programme deals with topics that can be intense. Step out or rest when you need to — your wellbeing always comes first.
- **If something feels wrong, say it.** If you witness or experience discrimination, harassment or anything unsafe, tell us. You will not be judged for it.
- **Privacy matters.** Do not record sessions without clear consent from everyone present. Always ask before posting photos of others.

Anyone who seriously or repeatedly breaks these principles will be asked to leave the activity.

About us | Lajfr z.s.

We started in 2019 with a simple idea. Young people deserve honest, open conversations about the topics that really matter in their lives: sex ed, relationships, digital safety, mental health and stereotypes. The stuff that schools often skip or get wrong.

Since then we have grown into one of the most active prevention organisations in the Czech Republic. Every year we deliver hundreds of workshops in schools and communities across the country and reach tens of thousands of young people. We also train youth workers and teachers, because good prevention starts with good people.

We work with young people who have fewer opportunities. With rural communities where prevention is often missing. With the LGBT+ community. With young artists dealing with stereotypes in their field. We believe that quality prevention should be a standard, not a luxury.

In 2023 we became an officially registered non-profit. In 2025 we received our Erasmus+ accreditation in the field of youth, and Arts of Prevention is one of the first activities we are bringing to Europe.

We are based in Prague and we are very happy you are joining us.

Web	www.lajfr.com
Instagram	@lajfr_
Email	erasmus@lajfr.cz

Questions? Contact us any time at erasmus@lajfr.cz. We are happy to help.



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