

UBUNTU

**International training
on personal and social
values**

Co-funded by the
Erasmus+ Programme
of the European Union



**Pension STYL,
Drmoul, Czech Republic**

16.-22.6.2019



Project Summary

UBUNTU project promotes personal and social values in order to empower healthy humanity.

Ubuntu is an ancient code of ethics, referring to the 'humaneness' of the human spirit. It's about goodwill, generosity, dignity, reconciliation, a feeling of responsibility for each other's well-being, and solving problems together. It's a way of life that has held families and communities together for centuries.

Currently values are something that we miss in our communities and it is time to explore them, develop them and live them in order to build strong and healthy relationships and well-being.

In this one year project, participants (youth workers) adopt new skills, approaches and activities of UBUNTU educational program and they will present them back in their countries among young people and public. Participants will also receive a guide book of UBUNTU that they can use for their lecturing purposes back home.

It is said that Ubuntu is not limited to Africa – that it is part of our common humanity. This project will use UBUNTU as inspiration to bring positive change in our society (in different countries / cultures) and see practical results.

Personal and social values for healthy humanity!

General information

Project hosting organization

Bampabura School, z.s. is a Czech based NGO that provides educational activities to children, young people and general public.

Facilitators

Africans of mixed Africans who are experienced youthworkers / educators and know the topic of UBUNTU.

Countries involved

Bulgaria, Croatia, Czech Republic, Greece, Lithuania, Portugal, Romania, Spain,

Number of participants

24 participants from 8 countries
(3 participants from each country)

Venue

Pension Styl, Drmoul, Mariánské Lázně
(150km from Prague / 80km from Pilsen)

When

16.-22.6.2019 (7 days)
Arrivals on Saturday 15.6.
Departures on Sunday 23.6.

Venue and Food

Pension Styl, Drmoul, Czech Republic (near Mariánské Lázně)

**Accommodation is organised in 3 bed rooms,
divided on gender basis
(unless you indicate otherwise in your application).**

<http://www.pension-styl.com/>

**Food is provided for the whole duration of the training
starting with dinner on Saturday 15th and
ending with breakfast on Sunday 23rd.**

**You will be served buffet breakfasts,
light snacks (in the mornings and afternoons)
African meals for lunches
Czech traditional meals for dinners**

We will respect your specific food needs and/or diets.

How to get there

According to information collected from you (arrival dates and times), we shall organize a group transport to the venue.

You will receive information on how to get to the venue by end of May 2019.

Before training

Join the facebook group:

<https://www.facebook.com/groups/2349634958651937/>

Fill in the online form for participants:
the link is here.

Local specificities

We use Czech Crowns. Yep, we still don't have euros.

Although food and accommodation is provided for you, you might feel a need to buy something extra.

Since not all the places accept credit cards and very little accept € it might be better to bring some Czech cash.

You can easily exchange euros for crowns in Prague, just beware of scammers – there are many out there.

The fair rate should be around 25 CZK per €, little less is okay but never less than 20!

The Honest Guide will tell you more: [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=BHNzBvFXmf4&list=PLM9_KZJw8qGuEHJf4lcfliGwpiRtcKAm&index=9&t=0s)

[v=BHNzBvFXmf4&list=PLM9_KZJw8qGuEHJf4lcfliGwpiRtcKAm&index=9&t=0s](https://www.youtube.com/watch?v=BHNzBvFXmf4&list=PLM9_KZJw8qGuEHJf4lcfliGwpiRtcKAm&index=9&t=0s)

Electric sockets in the Czech Republic are Central European - bring your own adapter if needed

Weather

As Czech Republic enters its summer season in June, the temperatures continue to warm up.

During this month, the average temperature for the day could be 15-20°C.

Trainers

- Hans J.W.B. Mwesigwa (Uganda)
- Tutuwa Sarpong (Ghana)
- Bleriot Kimuena (Congo)
- Yambi Mwesigwa (Uganda / Czech)

CONTACT

Yambi

(Liběna Kobuyambi Mwesigwová)

facebook: Yambi Mwesigwa

email: info@bampaburaschool.cz

phone: +420 734219354 (WhatsApp)