

*to get Equipped and Encouraged to Empower!*

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*Grassroots Capacity Building Seminar, November 4–6  
WCN Annual General Meeting, November 7-8*

Organised by;  
World Carfree Network Europe  
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## Wednesday, 4 Nov.

- 10:00 **Participants arriving;** registration & reception; coffee & tea
- 11:00 **Welcome;** WCN presentation; Participants' introductions
- 12:00 **Introduction to *Carfree Cookbook*;** Appetite for Action
- 13:00 **Carfree Cookings;** Creating the recipes
- 14:00 Lunch
- 15:00 **Carfree Cookings;** Identifying the Essential Ingredients: What is needed for organizing successful actions & events?
- 16:00 Coffee break
- 16:30 **ABC of the Essential Ingredients** from project management, to action coordination, promotion & press work by Lenka Kukurova
- 18 --> Dinner, drinks & informal networking; Possibility to take part in the **6th Prague DIY Bike Workshop**, a local bimonthly event organized by volunteers from Auto\*Mat and the Milada squat collective with their friends. (There's no entry fee, but a contribution for food is welcome)

## Thursday, 5 Nov.

- 10:00 **Communications Strategy Planning Part I** by Jason Kirkpatrick
- 12:00 Coffee break
- 12:30 **Carfree Cookings;** Revealing "the Secret" Carfree Ingredients from inspiration and ideas to statistics and other carfree content
- 14:00 Lunch
- 15:00 **Communications Strategy Planning Part II** by Jason Kirkpatrick
- 16:00 Coffee break
- 16:30 **Reviewing the recipes and compiling the Cookbook**
- 18 --> Dinner, drinks & **Carfree Films** @ Globe Bookstore & Café

## Friday, 6 Nov. | Carfree Visions from Europe Public Day

- 11:00 **Welcome by World Carfree Network Europe**  
by Tanja Eskola, Jane Harding (WCN, Prague, Czech Republic)

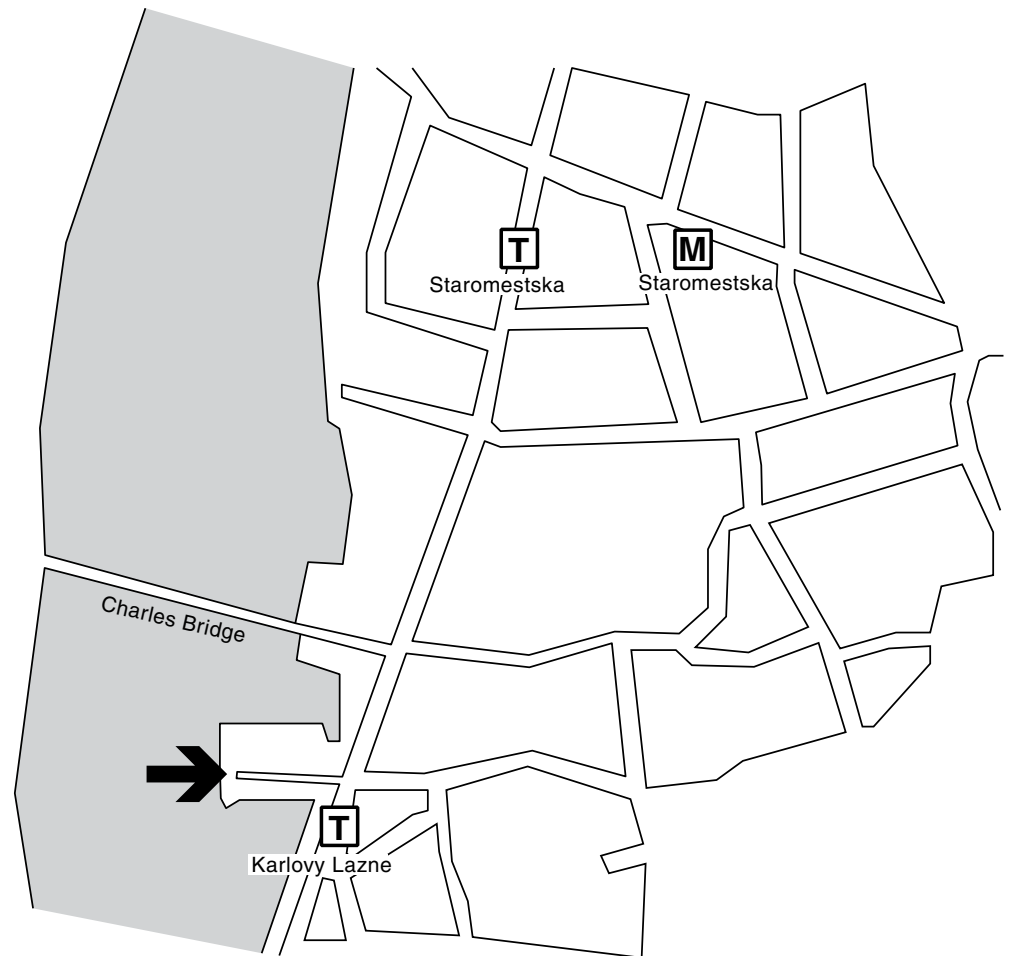
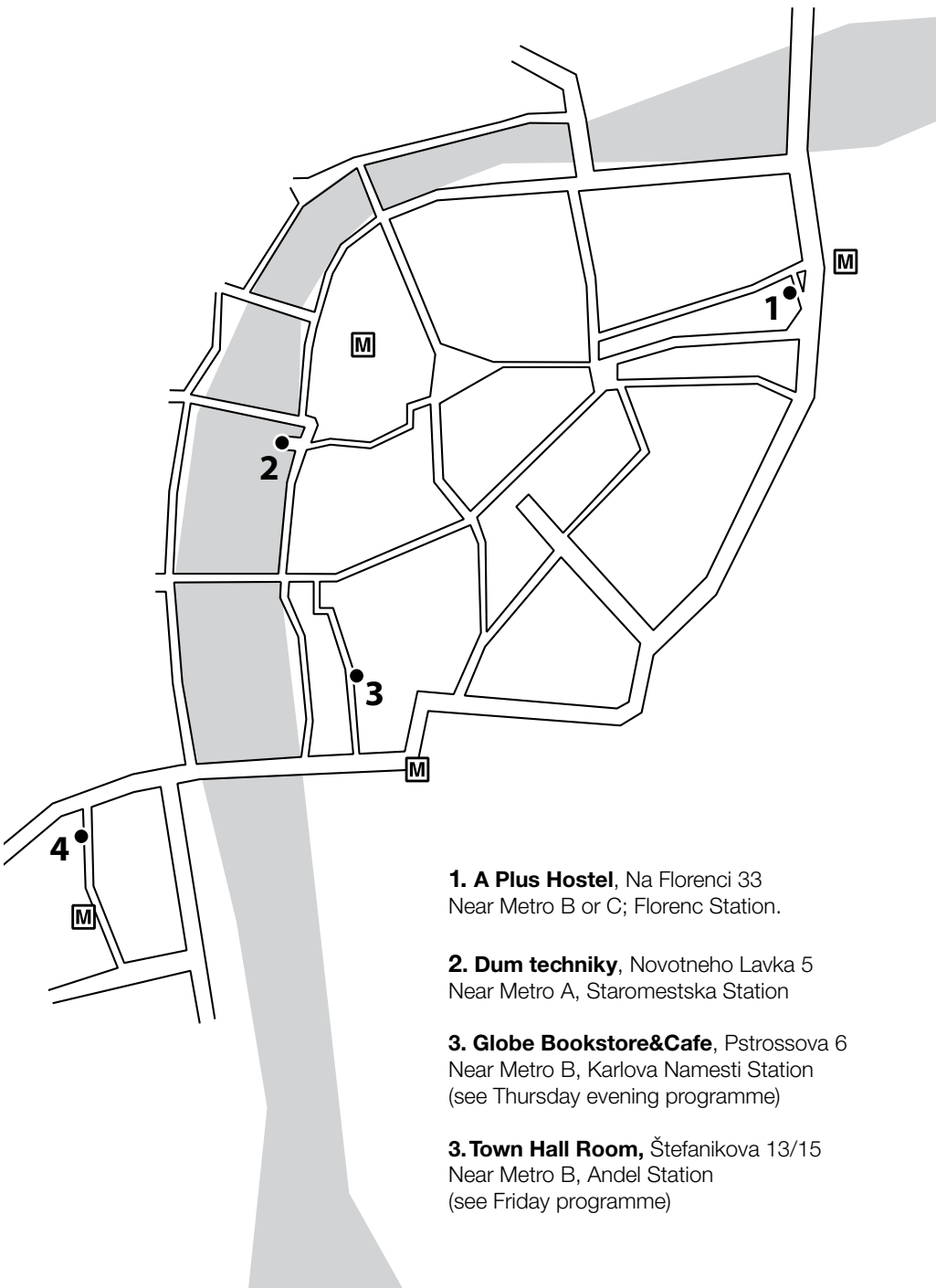
- 11:30 **Towards Carfree Cities Conference IX** by Simon Field (Carfree UK, York, UK)
- 12:00 **Auto\*Mat;** Campaign and actions for sustainable transport by Jakub Hradilek and Tereza Vohryzková (Auto\*Mat, Prague, Czech Republic)
- 13:00 **Green City;** Turning visions into positive reality for daily life, for the sake of people and the environment by Silvia Gonzalez (Green City e.V., Munich, Germany)
- 14:00 Lunch break
- 15:00 **Danube** by Bike Tour 2009 by Milan Boric (Yugo Cycling Campaign, Belgrade, Serbia)
- 16:00 **Free Public Transport - NOW!** Mass movement phenomena claiming free public transit in Sweden by Anna Nygard and Christian Tengblad (Planka.nu, Stockholm, Sweden)
- 18 ---> Dinner, drinks & informal networking

## Saturday, 7 Nov. | WCN Annual General Meeting

- 10:00 **WCN presentation & Review of the year**
- 11:00 **Introduction to facilitation and the decision-making process**  
by facilitator Jason Kirkpatrick
- 11:30 **AGM;** Changes to Statutes, Discussion and approval of Strategic Plan
- 14:00 Lunch
- 15:00 **AGM;** Project priorities for 2010, Election of SC and AB members, Any other business, Close
- 18 ---> Dinner, drinks & informal networking

## Sunday, 8 Nov. | WCN Project & Network Development (Venue tba)

- 11:00 **Session I**
- 14:00 Lunch
- 15:00 **Session II**
- 18 ---> Dinner, drinks, informal networking



# Prague Survival Guide

## ACCOMMODATION

A Plus Hostel, Na Florenci 33, [www.aplus-hostel.cz](http://www.aplus-hostel.cz), +420 222 314 272 Central location, close to Florenc bus and metro station and 1 metro stop from main train station Hlavni Nadrazi. Participants are booked into the dormitory and breakfast is included. Tell reception that you are coming for the World Carfree Network seminar.

## SEMINAR VENUE

Dum techniky (Technical house), Novotneho Lavka 5, [www.csvts.cz](http://www.csvts.cz). Located near the Charles Bridge in the center of Prague. Tell reception you are coming for the World Carfree Network seminar and follow the signs inside to find the conference room. From the hostel to the seminar venue: Walk out of the hostel turn left to the main street and take bus 133 (tram stop) to Staromestska. Walk down the big street with trams to the left towards the Charles Bridge. Walk around the building on the corner next to the river.

## FOOD

You will be provided with breakfast at the hostel and lunch at the seminar venue. The lunch will be vegetarian and vegan. Small refreshments will be available for the duration of the seminar. Participants have to cover their own dinner costs. Kitchen is available at the hostel.

## PUBLIC TRANSPORT

Prague has an excellent integrated public transport system that combines metro, tram and bus. Metro operates from 5am to midnight, trams and buses all day and night. You can buy tickets from vending machines and ticket offices at metro and major tram stops, newsstands, kiosks, and tourist information offices. Tickets are valid for all the means of public transport. Validate your ticket (yellow stamp machines) before or as soon as you are on board to avoid a fine. WCN cannot reimburse your public transport tickets. Check timetables, connections and prices: [www.dpp.cz](http://www.dpp.cz)

## BICYCLE

Prague is not the best city for getting around by bike. Traffic is heavy, exhaust fumes can be choking, tram tracks can be dangerous and there are few dedicated cycle lanes. That said, the city now has about 180km of signposted cycle routes and the popularity of cycling is steadily increasing. Maps and more information at: [www.doprava.prahamesto.cz](http://www.doprava.prahamesto.cz). Bike hire and tours available at: [www.citybike-prague.com](http://www.citybike-prague.com), [www.prahabike.cz](http://www.prahabike.cz)

## CHANGING MONEY

Czech currency is Czech koruna (CZK). There are many cash machines available in the city and in the metro, if you have a bank card. You can pay by card in majority of the bigger shops. You can change currency or travellers cheques in the main Czech banks,

or in a private exchange booth, but usually for a bad rate. Always ask how much you get before you change the money. Check exchange rates: [www.xe.com](http://www.xe.com)

## EMERGENCY NUMBERS

Ambulance: 155 Fire: 150 Municipal Police: 156 EU-wide emergency hotline: 122 Embassies and Consulates list: [www.myczechrepublic.com](http://www.myczechrepublic.com)

## USEFUL PHRASES

Hello **Dobry den** Hi **Ahoj** Goodbye **Na Shledanou** Bye **Ahoj/Cau**  
Please **Prosim** Thank you **Dekuji** Excuse me/Sorry **Prominte/Pardon**  
Yes **Ano** No **Ne** Where is...? **Kde je...?**  
I don't understand **Nerozumim** Do you speak English? **Mluvite anglicky?**

1 - jedna 2 - dva 3 - tri 4 - ctyri 5 - pet  
6 - sest 7 - sedm 8 - osm 9 - devet 10 - deset

## PHONES

You should be able to use your mobile phone without a problem. The country code: +420. There are payphones all over the city, which you can use with small change or a prepaid call card. Prague has dozens of Internet cafes, conveniently located ones: [www.globebookstore.cz](http://www.globebookstore.cz), [www.bohemiabagel.cz](http://www.bohemiabagel.cz)

## PLACES TO VISIT

### Breweries:

Pivovarsky Klub (near Florenc), Krizikova 17, [www.gastroinfo.cz/pivoklub](http://www.gastroinfo.cz/pivoklub)  
Pivovarsky Dum, Jecna 15, [www.gastroinfo.cz/index.php?content=pivodum](http://www.gastroinfo.cz/index.php?content=pivodum)  
U Fleku, Kremencova 11, [www.ufleku.cz](http://www.ufleku.cz)

### Vegetarian restaurants:

Clear Head, Borsov 2, [www.lehkahlava.cz](http://www.lehkahlava.cz)  
Maitrea, Tynska ulicka 6, [www.restaurace-maitrea.cz](http://www.restaurace-maitrea.cz)  
Beas, Tynska 19, Prague

### Music clubs:

Roxy, Dlouha 33, [www.roxy.cz](http://www.roxy.cz)  
Akropolis, Kubelikova 27, [www.palacakropolis.cz](http://www.palacakropolis.cz)

### Tea houses:

Amana, Zahoranskeho 6, [www.amana.estranky.cz](http://www.amana.estranky.cz)  
Dobra cajovna, Vaclavske namesti 14, [www.tea.cz/cajovna](http://www.tea.cz/cajovna)

## PRAGUE MAP

[www.mapy.cz](http://www.mapy.cz)