



ECPA/BPC 2011

Please answer the following questions in English.

1. Is this your country's ECPA entry or is it an additional project? (Only one ECPA entry per country plus up to two other projects.)

This project is an **official ECPA 2011 entry** for the Czech Republic.

2. What is the title of the project?

Healthy and Creative Free Time Activities

3. Please give general description of the project.

The Proxima Sociale civic association launched this project to provide **cultural sport and science-oriented activities to children and youth living in large housing estates in several Prague municipal districts or suburbs**, who spend most of their free time passively on the streets. These activities are focusing on the most natural needs of the young people which have not been fulfilled before. Moreover, these activities do not demand fixed or regular attendance, plus they do not require any sophisticated technical equipment or excessive financial contribution from participants. The project is based on the premise that **sport, science and art** belong among the basic factors according to which the quality of life is measured. Consequently, the aim of the project is **to include these factors into the everyday life of the target group and to help its members develop healthy and quality life-style, positive attitude towards life and find their own creative potential.**

With the help of activities listed below, the project intends to prevent young people from committing petty crimes, engaging in acts of vandalism, adopting violent behaviour, experimenting with addictive substances, and (last but not least) it also provides an adult "guidance" for non-organised young people.

The project takes place in five Prague urban quarters, the total area of which is 7 129 hectares, and the number of inhabitants reaches 253 198.

The project **target group** are children and youth from **13 until 19 years of age** living in five Prague urban quarters, who spend most of their free time passively on the streets without any adult guidance. They do not want or, because of their economic/social situation, they cannot join in officially organised free time activity venues or collectives. Yet, they still wish to be engaged in some sport or cultural activity. Furthermore, children at this age start to lose interest in long-term leisure activities because they require regular attendance, which is exactly what teenagers fail to fulfil. As a result of this, young people are thrown out from sport clubs or other leisure time oriented groups and spend most of their free time on the streets or parks where they sit on the benches, experiment with undesirable social phenomena, petty crime, alcohol and other addictive substances.

The project consists of **three parts**:

1. Art – "City Through Our Eyes" – sociological-photographic workshop

This part offers an interactive **sociological-photographic workshop** to the youth between 13 and 19 years of age. It takes place in the low-threshold club in Radotin¹. The theme of the workshop is so called "problem photography" because participants can take pictures of their favourite places from a different point of view than they are usually seen by everyday passers by and of the places which are

¹ Radotin is one of municipal districts of Prague



hidden for other citizens and which they would like to change, improve or share with other people. This part of the project is realised with the help of participants' own mobile phones or inexpensive photocameras which are lent to them by organisers. The authors' of the workshop are aware of young people's need to share their thoughts and feelings, life-space and viewpoints which are often very distinct and incomparable with those of adults. This workshop thus allows participants to present and share their own distinct universe with others and make it more familiar for them.

2. Sport – “Street Football”

This part of the project consists of a series of street football tournaments between small teams of young people (4+1 or 3+1 players). It has been organised by Proxima Sociale since 2005. The principal idea behind this event is to provide an accessible and attractive sport activity to young people. In fact, most members of the target group have some kind of relationship to football. They either used to play it actively but they had to leave the team (because of their inability to attend training sessions regularly), or because they participate in the fan clubs connected to the football scene. Consequently, the basic aim of this activity is to eliminate chances of the young people to get involved with undesirable social phenomena and to show them how to spend their free time in an active and not dangerous way. The authors of this project also plan to eliminate football “hooliganism” through close collaboration among participating teams on preparation and realisation of the tournaments. Moreover, the rules of the tournaments do not allow the teams to use any derogatory expressions as their names. All participants must reach agreement about who will act as a referee (it is always a player from other participating team) and about the rules alteration for each particular tournament. There is a ban on alcohol consumption and on the use any offensive or degrading banners, verbal expression or any other aggressive behaviour during the tournaments.

3. Science – “Cyberspace – Techniques of Social Networking”

The science part of the project focuses on the use of the modern information and communication technologies and social networking. During a number of educative blocks provided by Proxima Sociale in low-threshold facilities, all participants learn basic information about internet safety and expressions such as cyber-bullying, grooming, SPAM, malware etc. Social workers also teach young people how to set up safe internet profiles on social networks, explain them how to manage secure online communication, what to share or not to share on internet and how to protect oneself against cyber-bullying. During the course participants also become familiar with the system of network profiles set up by various organisations (low-threshold clubs and social-oriented programmes for children). Many of them use this opportunity to become “friends” of these network profiles, which have strict rules in order to eliminate common risks and dangers of social networking.

4. Please describe the objective(s) of the project.

The main objective of this project (general goal) is to teach young people new behaviour patterns, how to spend their free time safely in order to eliminate their chances to get involved with risk factors of the street life. What is equally as important is the inclusion of sport, art and science into their everyday life of growing up and maturing as a suitable alternative to passively spending time on the street and getting involved in illegal activities.

The following are side-goals of the project:

1. Art – “City Through Our Eyes” – sociological-photographic workshop

- helping “adults” become familiar with the world of the young ones and presenting life space of young people to them
- giving young people opportunity to express their views and ideas about public space
- gaining responsibility for the appearance and meaningful use of public space
- rising motivation of young people to participate in local community activities
- showing to young people that they have an opportunity to change their environment
- showing to young people that “adults” are taking them seriously

2. Sport – “Street Football”

- demonstrating how to spend free time in an active and non-risky manner



- help young people gain new skills
- offering financially undemanding yet attractive activity
- promoting friendship and tolerance
- learning to accept disappointment and defeat

3. Science – “Cyberspace – Techniques of Social Networking”

- getting more information about the risks connected to working with PC (PC and health, PC and physical addiction, PC and psychological addiction)
- spreading culture of the safe use of internet
- spreading culture of the safe use of social networking environment
- learning to create safe personal profiles and publish “safe” personal information online
- learning about prevention against the type of cybercrime which is taken by young people as “normal” (sharing music, videos etc.)

5. How was the project implemented?

The project is realised by means of **two-to-three-hour blocks of sociological-photographic workshops** which are taking place regularly throughout the year in the Radotin club; by means of **football tournaments** which take place regularly (approx. 4-5 times per year) in respective Prague municipal districts or suburbs; and by means of learning blocks about cyber space which take place in respective low-threshold clubs. The project was further implemented by means of **workshops directly using social networking environment** in which young people spend a significant amount of time.

6. Were partners involved in planning and/or development and/or implementation of the project? If so, who were they, and what were their roles?

The main contribution and collaboration on the sociological-photographic workshops belongs to a lecturer of the visual sociology at the **Charles University in Prague**. He works on the photographic observation part of the workshop, moderate group discussions among participants in order to determine the subsequent field work tasks in given locations. The resulting photographs and comments on finished workshops were turned into a compilation which was presented on public events organised by the **relevant municipal districts of Prague** and in **regional printed media**.

Other partners of the project are **councils of the respective municipal parts of Prague** represented by their **social, cultural and sport departments**, which contributed financially to the project by means of their grant programmes. The project was also selected by **the Municipality of the Capital City of Prague** as the recipient of financial support within the program dedicated to low-threshold club activities.

All partners were informed about the course of the project through regular written updates and about the project as such through the final concluding report.

7. How did you build in plans to measure the performance of the project? Has the project been evaluated? How, and by whom?

All three parts of the project were continuously monitored and the results of it were archived as statistical data, such as the number of people attending the events (participants of the workshops, players at the football tournaments, students in learning blocks, friends of the respective profiles belonging to the organisers). All young people who participated in the project were asked to present their own reflections and experiences. All these collected data and information were included in the final concluding and evaluating project report.



8. What were the results? How far were the objectives of the project achieved?

The project was continuously evaluated by the organisers (the top management) during their meetings and consultations with the project working teams. The donors were also regularly informed about the course of the project. The sociological-photographic workshops were continuously monitored by representatives of Municipal Council of Prague 16 during their regular meetings with Radotin low-threshold clubs employees.

Each part of the project was also regularly evaluated through written reports which were presented to respective municipal districts of Prague and to the Municipality of the Capital City of Prague. These reports included the progress of the project during each particular year and statistical data about number of clients who participated in it.

9. Are there reports or documents available on the project? In print or on the Web? Please, give references to the most relevant ones.

Between the years of 2005 and 2010 the project involved a total of **1502 young people**. **“City Trough Our Eyes” – sociological-photographic workshop** has been taking place since 2007. During those three years it had **32 participants** plus **two compilations** were made from hundreds of their photographs. All participants had an opportunity to present their photographs during public events. Municipal Council of Prague 16 has recently added some of the changes of public spaces proposed by these young people into their **actual revitalisation plan**.

During five years of the existence, the **“Street Football”** sub-project attracted approximately **800 young people**. (The very first match had 12 participants but the number kept raising until it reached **an average of 70 active players** and 70 “fans” in 2010.) Most teams participate on a regular basis. They even created their own addresses and they usually help with organisation and preparation of the tournaments. During the entire course of this sub-project, there were **no reports of cases of any excessive behaviour or riots between participating teams**.

During 2009 and 2010 the **“Cyberspace” learning blocks** were successfully finished by **135 young people**, who received information about safe online behaviour and about consequences of online “risk information” sharing via social networking environment. In 2010 the **online profiles** belonging to the youth-oriented organisations had a total of **535 active young “friends”**.

Up until now the budget of the entire project equals to 18 700 EUR. This amount include all costs connected to preparation and implementation of the above-mentioned three parts (photographic material, tournaments prizes, electricity, rent, water, telephone lines, office supplies, salaries), which equals a total of 14 700 EUR. There were additional expenses such as expert and technical services (supervision, accounting, printing services etc.) in a total of 4 000 EUR.

From the above presented facts and numbers it is obvious that young people are interested in these types of project-based activities. They also indicate that the project succeeded in creating conditions which allow the organisers to prevent crime of children and youth and which enables children to fulfil their needs despite their lack of talent, patience and financial means. This is reason why Proxima Sociale decided to continue the project in 2011. So far there has been five football tournaments in 2011, the photographic workshop is in progress and will be finalised by a Christmas exhibition. During 2011 there were also two learning blocks, in which the lecturers tried to react on new trends, possibilities and danger in cyberspace.