



**Co-funded by
the European Union**

Erasmus+ Group Mobility of Adult Learners

Location:

Prague & Karlovy Vary, Pilsen, Czech Republic

29 June – 3 July 2026

Erasmus+ 2025-1-RO01-KA121-ADU-000318529

ASOCIATIA ZONA INTEGRARE EUROPEANA



The overall objective of the mobility is to empower adult learners, especially seniors and participants with fewer opportunities, by developing their digital, social, intercultural and civic competences through experiential learning, cultural heritage exploration, active European citizenship and lifelong learning activities, enabling them to become more active, confident and socially included members of their communities.

Participants: 10 adult learners (The group represented different educational and social backgrounds, creating an inclusive learning environment based on cooperation and peer learning.

Hosting organisation
EUROPE FOR YOU, z.s.
Prague, Czech Republic
Learning Focus



European Citizenship • Cultural Heritage • Digital Skills • Inclusion

Expected Impact

Active Ageing • Social Inclusion • European Identity • Lifelong Learning



29.06.2026 (Day 1)/ Welcome and Introduction to the Mobility Programme

Presentation of the Hosting Organisation and Erasmus+ Objectives

Ice-breaking Activities and Group Building Exercises

Workshop: Active Citizenship and European Values

Reflection Session and Learning Diary

30.06.2026 (Day 2) /Workshop: Cultural Heritage and Community Engagement

Interactive Learning Activities and Team Challenges

Exchange of Good Practices between Participants

Preparation for Cultural Discovery Activities

Daily Evaluation and Reflection

Day 3 Prague Treasure Hunt – Experiential Learning Activity in the Historic Centre of Prague

Group Reflection on Cultural Heritage and Teamwork Skills

(Day 4)/18:00-19:00 Following the Footsteps of Interwar History – Educational Visit to Karlovy Vary

Reflection Session: Historical Memory, European Identity and Cultural Diversity

(Day 5)/Evaluation of Learning Outcomes

Presentation of Participants' Experiences and Learning Achievements

Certificate Ceremony (Europass / Participation Certificates)

Final Discussion, Feedback Collection and Closure of Activities

Departure of Participants

Day 1 – Welcome & European Citizenship



Day 2 – Cultural Heritage and Community Engagement
Workshop
Team Challenges
Exchange of Good Practices
Reflection



Day 3 – Prague Treasure Hunt



PRAGUE TREASURE HUNT 55+

DISCOVER – EXPLORE – CONNECT

A cultural and fun adventure in the heart of Prague!
Erasmus+ 2025-1-RO01-KA121-ADU-000318529

OUR MISSION

You are explorers 55+ on a cultural adventure! Discover Prague's heritage, solve fun clues, learn amazing stories and capture memories together.

OBJECTIVES

- Discover Prague's rich cultural heritage
- Promote teamwork, communication and learning
- Enjoy physical activity and digital skills
- Create memories and have fun together!

RULES

- Work as a team and follow the order of the stops.
- At each location you will receive a task.
- Use your smartphone to take photos or short videos as requested.
- For each completed task, you earn points.
- The team with the highest total points wins!

DURATION

2,5 – 3 hours

GROUP

2-3 people / team

START POINT

Old Town Square

END POINT

By the Vltava River

WHAT YOU NEED

- Comfortable shoes
- Water bottle
- Mobile phone (camera/video)
- Good mood and curiosity!

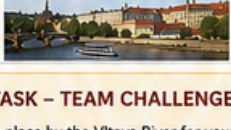
TREASURE HUNT ROUTE MAP



1 Old Town Square
2 Astronomical Clock
3 Charles Bridge
4 Prague Castle
5 Vltava River (Rudolfinum area)

CULTURAL HERITAGE CONNECTION

At each stop, you will discover part of Prague's history and the importance of preserving our cultural heritage. Take time to observe, respect and appreciate these treasures from the past!

#	STOP & LOCATION	CULTURAL HERITAGE FACT	TASK (Use your phone!)	EXTRA BONUS	POINTS
1 10 min (on foot)	OLD TOWN SQUARE 	Old Town Square is one of the most beautiful historic squares in Europe, surrounded by buildings from different architectural periods.	 Take a wide photo of the square that includes a mix of buildings.  Bonus: Record a short video (15 sec.) introducing your team at this place.	★ Find a hidden detail on a building (e.g. an animal, coat of arms) and take a close-up.	10 
2 10 min (on foot)	ASTRONOMICAL CLOCK 	Built in 1410, it is the third oldest astronomical clock in the world and a masterpiece of medieval engineering.	 Take a photo of the Astronomical Clock when the figures appear at the top of the hour.  Bonus: Make a 15-second video of your team saying "Ahoj, Praha! We are the Erasmus+ team from Romania! We are discovering your beautiful cultural heritage!"	★ Find the 12 apostles in the clock windows and count how many you can spot.	POINTS 10  
3 15 min (on foot)	CHARLES BRIDGE 	Built in 1357 by King Charles IV, this historic bridge is decorated with 30 statues and offers a stunning view of the city.	 Find a statue you like and take a creative photo with your team.  Bonus: Record a short video (up to 20 sec.) with the view of the river from the bridge.	★ Find the oldest statue on the bridge (St. John of Nepomuk) and take a photo.	POINTS 10  
4 20 min (on foot)	PRAGUE CASTLE 	Prague Castle is the largest ancient castle complex in the world and a symbol of Czech history.	 Take a group photo with Prague Castle in the background.  Bonus: Find the guards at the gate and take a photo.	★ Count how many flags you can find in the castle area and take a photo.	POINTS 15 
5 15 min (on foot)	VLTAVA RIVER (Rudolfinum area) 	The Vltava is the longest river in the Czech Republic and the heart of Prague, inspiring artists, musicians and writers.	 Take a photo or short video (up to 20 sec.) of the Vltava River.  Bonus: Your team creates a short slogan (max. 8 words) about Prague and the Vltava.	★ Find a beautiful reflection in the water and capture it in a photo.	POINTS 10  

FINAL TASK – TEAM CHALLENGE

Find a nice place by the Vltava River for your team. Take a group photo and record a 30-second video with your final message about your adventure in Prague and what cultural heritage means for you!

POINTS: 15

HOW TO SUBMIT

At the end, share all your photos and videos with the organizers via:
<https://padlet.com/BUZAU/cultural-heritage-praga-2025-1-ro01-ka121-adu-000318529-f26hyb9o9orbovc>
Don't forget to include your team name!

EVALUATION CRITERIA

- Completion of tasks
- Creativity and originality
- Teamwork and participation
- Use of digital tools
- Respect and care for cultural heritage

TIPS FOR SENIORS

- Take your time and enjoy the walk.
- Use benches and rest when needed.
- Stay hydrated and have fun!

WINNING TEAM

The team with the highest total points will receive a small surprise!

TOTAL MAX POINTS

60 ★

Explore Prague. Learn together. Make memories that last!



Day 4 – Educational Visit to Karlovy Vary

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TASK 1
HERITAGE OBSERVATION CHALLENGE

Fiecare echipă trebuie să fotografieze:

o clădire istorică

o statuie

o clădire Art Nouveau

un izvor termal

un detaliu arhitectural interesant

BONUS

Fotografie cu întreaga echipă în fața Hotelului Pupp.

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TASK 3
CULTURAL HERITAGE PHOTOGRAPHY

Fiecare participant trebuie să realizeze:

3 fotografii artistice

și
1 fotografie care surprinde: "What does European Cultural Heritage mean to me?"

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TASK 5
DIGITAL STORYTELLING

Folosind telefonul. Fiecare echipă creează:

un album foto

sau
o prezentare Canva cu 5 diapositive

Titlu: Karlovy Vary through our eyes

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TASK 2
HERITAGE DETECTIVE

Fiecare echipă trebuie să găsească răspunsurile:

• Când a fost fondat Karlovy Vary?

• Cine a fondat orașul?

• De ce este renumit?

• Ce personalități celebre au vizitat orașul?

• Ce element UNESCO are legătura cu Karlovy Vary?

Puteți utiliza:

✓ telefonul

✓ Google

✓ panourile informative

✓ ghidul

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TASK 4
ONE-MINUTE VIDEO

În echipă. Realizați un videoclip de maximum un minut. Tema: Why should future generations protect Karlovy Vary?

Toți participanții trebuie să vorbească.

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TASK 6
HERITAGE INTERVIEW

Interviewați un coleg.

Întrebări:

• Ce te-a impresionat cel mai mult?

• Ce ai învățat astăzi?

• Ce patrimoniu ai dori să protejezi în România?

• Cum contribuie patrimoniul cultural la identitatea europeană?

Filmați răspunsurile.

TIPS FOR SUCCESS

Lucrați în echipă. Fiți creativi! Folosiți lumină naturală. Respectați patrimoniul: nu deteriorați, nu scrieți, nu atingeți.

USEFUL APPS

Camera (Phone)

Google Lens

Canva

Gallery / Photos

InShot (Video)

REMEMBER

We are explorers, learners and ambassadors of European Cultural Heritage!

Explore. Learn. Preserve. Karlovy Vary!

Learning Outcomes
European citizenship
Cultural Heritage
Digital competences
Teamwork
Communication
Active ageing





“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the ANPCDEF. Neither the European Union nor the ANPCDEF can be held responsible for them”.

July 2026

Toma Catalina