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QR code
Express to protect



On December 1, 2025, the new European project "[Express to Protect](#)" launched.

The project is being implemented under the [Erasmus PLUS Program](#), as part of the Adult Education Action.

The project aims to train 12 international trainers who, as part of their daily work, will support seniors in maintaining their safety and well-being, improving communication skills, developing digital literacy, setting boundaries, and practicing age-appropriate self-defence techniques.

The consortium consists of educational and training institutions:

- from the Czech Republic: [IREAS](#) and [DIVERSIO](#)
- from Croatia: [DANTE](#)
- from Poland: [ATEna](#)



From December 10–12, 2025, the ATEna Association hosted representatives of the project consortium at the first international meeting in Cracow.

The workshop provided an opportunity to meet partner institution delegates in person and to establish direct personal and institutional connections.

In addition to the administrative and coordination sessions, introductory workshops were held to familiarize participants with the principles of the five core goals of the Empowerment Self Defense (ESD) methodology



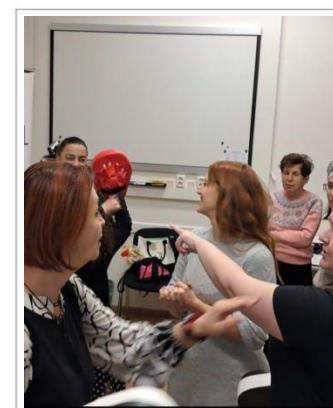
[See more](#)

From February 3–6, 2026, representatives of the Consortium institutions met in Prague for their second project mobility.

The host institution, IREAS, provided excellent organizational support for the meeting, while DIVERSIO trainers conducted a multi-day workshop on ESD methodology, including basic self-defence exercises.

In addition, participants met with representatives of [Nadace Vodafone](#) who introduced them to the principles of maintaining safety in the virtual world.

Czech Television documented and promoted the project, [broadcasting a film](#) about the Prague workshops.



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