

The Journey to Becoming a Primary Montessori Guide

What is it like to take AMI 3-6 Diploma Course in Prague



Prague, Czech Republic
Montessori Institute Prague

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WELCOME

Welcome to this guide! Welcome to the Montessori Institute Prague!
Welcome to Prague and to the Czech Republic!
This may be the beginning or the continuation of your Montessori journey. Whatever it is, welcome! Welcome! WELCOME!



Montessori Institute Prague team

Whether you are traveling from nearby or from across the globe, this handbook is here to help you prepare for your time at the Montessori Institute Prague and to support you every step of the way.

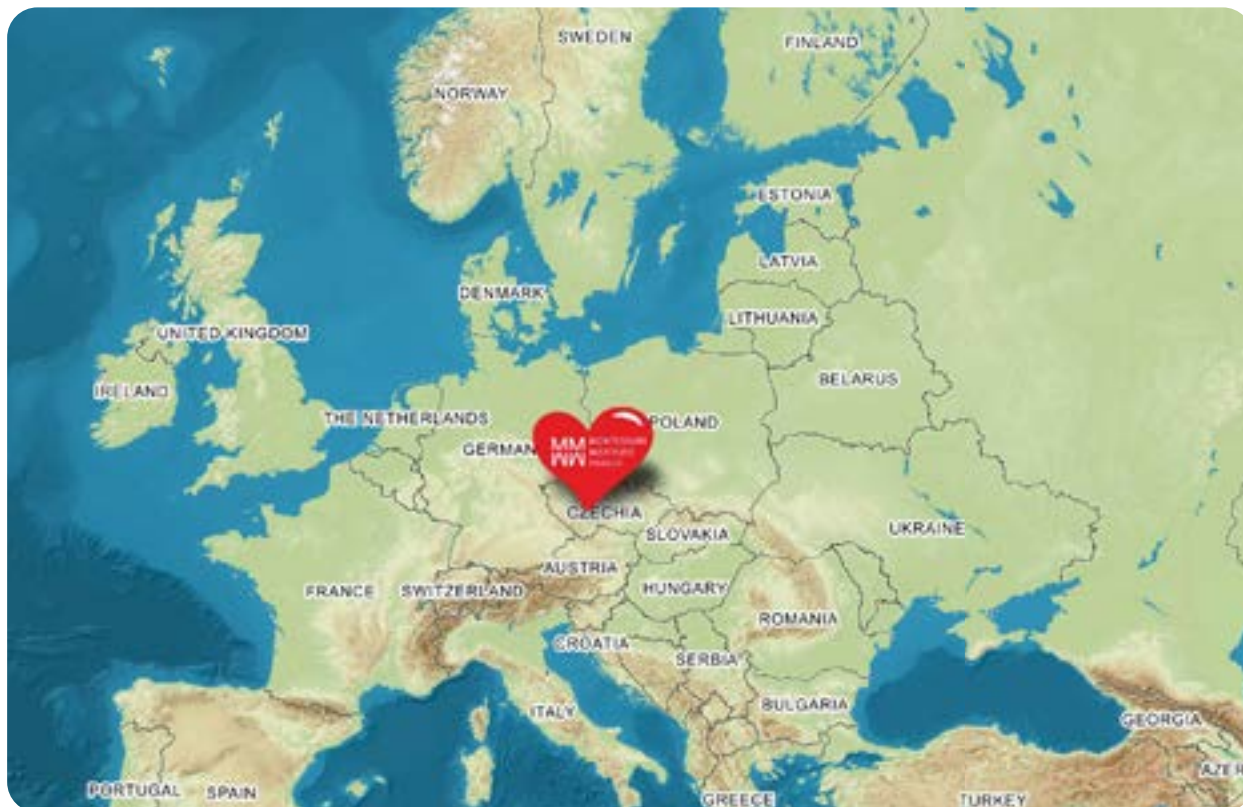
Taking the AMI 3–6 Diploma Course is a very transformative experience - both professionally and personally. You'll dive deep into the Montessori approach, build lifelong connections, and challenge yourself in new and meaningful ways. We know that this journey comes with many questions, especially when it means moving for some time to a new country, navigating a different culture, and finding your rhythm in a new city.

This guide is designed to make that transition as smooth as possible. You'll find practical information about life in Prague, from accommodation and transportation to food, and daily living. You'll also learn more about what to expect from the course itself, and how to make the most of your time here.

My name is Madara and I am the author of this guide. On the right you can see a picture of me in 2018. It was taken on the top floor of the Montessori Institute Prague (further in the text MIP). I was a student of the 3rd AMI 6-12 Diploma Course and I'm gonna walk you through it all!



WHY THE CZECH REPUBLIC, WHY PRAGUE?



Location of the Czech Republic on maps | Screenshot from Mapy.cz

MIP is the heart and hub of Montessori in Europe, and here you can see why we say that! :)

Geographically the Czech Republic (Czechia) lies in the heart of Europe. It is easily accessible. All major European cities have direct flights to Prague.

If you prefer to travel by land, there are countless roads leading to Prague. Choose a train, bus or drive! (For tips on the best way to get to Prague, see [page 9](#).)

Public transport is of a high standard. Trains and buses are well connected and can take you anywhere in the Czech Republic and beyond. In general, you do not need a car to get around. (Read more on [page 13](#).)

It is a green country. It is covered with a network of hiking trails. There is an application called [Mapy.cz](#) where you can see all these routes as a green-yellow-red-blue network covering the country. Walking along these routes you can pick an apple from a tree, a blueberry from a bush or a poppy seed from a field. It's a country rich in natural, renewable resources.

Did you know that there are over 2000 castles in the Czech Republic? Wherever you go, you will come across at least one! Each one is unique and well worth a visit. It would take years to see them all, but perhaps it will give someone reading this a fun idea... :)



Prague Castle at night | Vojta Pavelčík

If you don't manage to go anywhere during your stay, don't miss the largest ancient castle in the world - Prague Castle. It sits high on a hill overlooking Prague.

Today's forecast: 100% chance of castle. IG: mysuitcasejourneys

The local language is Czech. It is a Slavic language, which means that if you know another Slavic language, you will be able to get by in the local language. (Slavic languages are Czech, Slovak, Slovenian, Polish, Ukrainian, Belorussian, Russian, Serbo-Croatian, Bulgarian, Macedonian). Apart from Czech, other widely spoken languages in the Czech Republic are Slovak, German, English and Russian.

Sometimes you come across a language as small as Latvian. About a week ago, my mum and I were out shopping and our conversation in a shoe shop was interrupted by a "Can I help you, please?" in clear Latvian. The shop assistant had moved to the Czech Republic after visiting Prague many times in recent years.

English is widely spoken in the hospitality industry. Over the years, Prague has become more culturally diverse and it is not uncommon to hear English spoken on the street. The other day I overheard a conversation between a car owner and an inspector in perfect English.

Learn to ask, "Do you speak English?" (Mluvíte anglicky, prosím?) in Czech and the locals will always appreciate your effort and do their best to communicate with you. Use a translator if necessary.

I always say that the food in the rest of the country is better than in Prague. But I was once told that it feels like that because when you are outside of Prague, you are mostly hiking and when you are hiking in nature, food always tastes better. I think they are right. :) In general, Czech cuisine is a bit heavy. Dumplings, potatoes, meat, bread. However, vegetarian, vegan and gluten-free food is widely available in Prague.

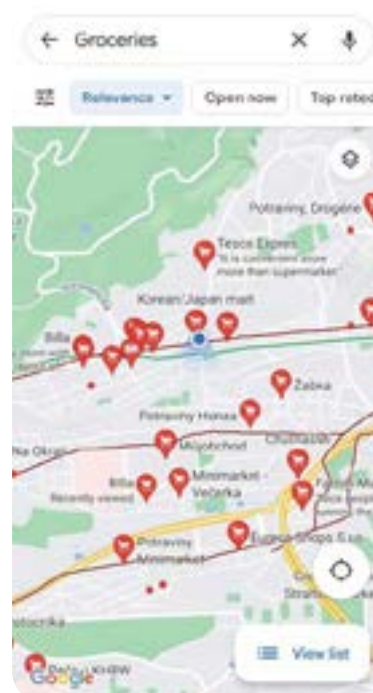
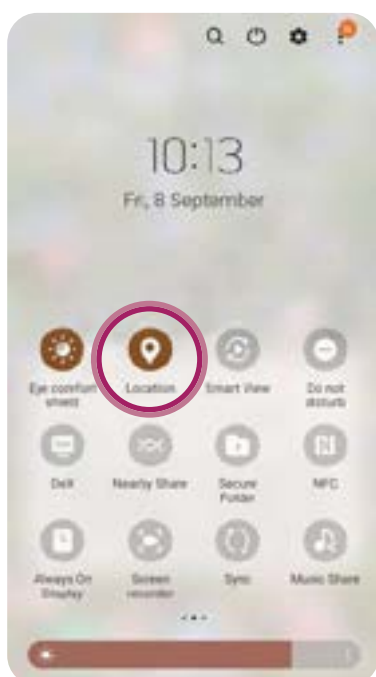
All types of cuisine can be found in Prague and throughout the country. Once when I was hiking in the highlands an hour from Prague, I stopped at a Balkan restaurant. It was such a nice experience. The owner was from the Balkans, and when I asked for coffee with milk and sugar, he said, "No, sorry. That is not how you drink coffee. He brought me Turkish coffee instead. I had to get the milk and sugar from the young Czech waitress who did not dare not to serve a customer. :)

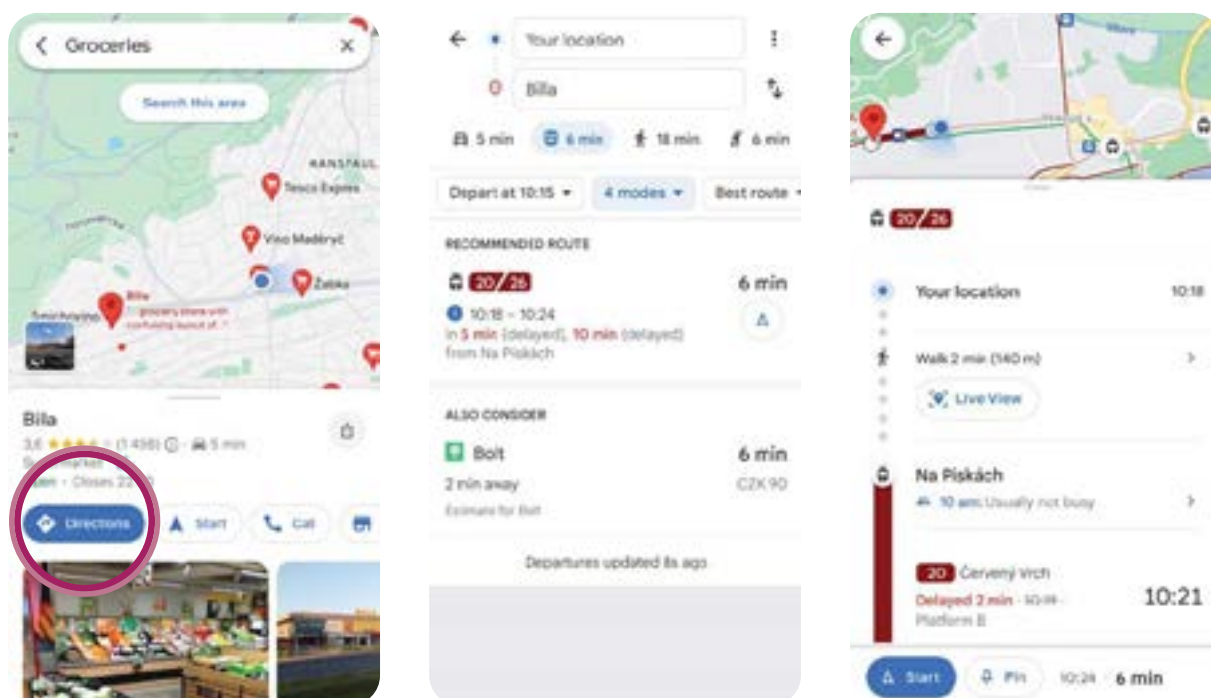
Google Maps works very well in Prague (and the Czech Republic). If you need to find something, you can just type what you need in English into Google Maps and it will show you what is where and how to get there.

See an example below.

A step-by-step example of how to use Google Maps:

1. Turn on Location in your phone.
2. Open the Google Maps application on your phone.
3. Enter what you need. For example, Groceries. Click Search.
4. See the red pins pop up on your screen.
5. Click a nearer or further red pin to see more detailed information.
6. Click Directions and choose how you want to get there: car/public transport/foot.
7. Click on the option you have chosen and follow the directions.





Read more about Prague:

The Official Tourist Website for Prague | Prague City Tourism a. s.

Praha.eu | Prague City Hall

Read more about the Czech Republic:

[Information about the Czech Republic](#) | Consulate General of the Czech Republic

[#VisitCzechia](#) | Czech Tourism

[20 Interesting Facts about Czech Republic](#) | Czech Universities

<https://www.czechia.eu> | Ministry of Foreign Affairs

WHY MONTESSORI INSTITUTE PRAGUE (MIP)?

The simple answer is that we are the heart and hub of Montessori in Europe. And because we will help you make your Montessori dream come true!

But, beyond that:

At MIP, we are more than just a training centre. We are a vibrant community of Montessorians from around the globe. Since our founding in 2014, we have welcomed over 2,500 adults (teachers, school leaders, parents, and enthusiasts) into our AMI-certified programmes, workshops, and events.

And what truly makes MIP special is the atmosphere you'll find here. We're a community that values connection, encouragement, and authenticity. We know that stepping into this journey can be exciting and overwhelming at the same time, and we're here to walk alongside you with kindness, clarity, and practical support.

All of this takes place in our carefully prepared training environment which is fully equipped, thoughtfully designed, and lovingly maintained to support your focus, comfort, and growth throughout your learning experience.



Why is it necessary to come on-site when everything can be done online?

We have had considerable experience and success in running events, courses and parts of courses online. However, our mission is to provide high quality Montessori training, so the onsite component of a course, when announced, is crucial. Working with materials under the supervision of trainers, group work, sharing experiences, learning from colleagues, adapting to the new and unknown, living in a foreign country, practising adaptability and flexibility. All this can only be modelled to children or other adults if it has been experienced. It has to be embodied through movement, through experience. No amount of sitting in front of a screen and listening can replace that. Our trainers are doing a wonderful job of adapting to the new times. We trust their judgement of what can be done online and what needs to be done on-site.

We work to ensure that students on our courses feel as supported and welcomed as possible when they come to Prague. :)

[The 3-6 environment for the AMI Elementary Diploma Course at MIP](#) | Youtube.com

BEFORE COMING TO PRAGUE

Visa

The Czech Republic joined the European Union in 2004 and the Schengen area in 2007. If you're from an EU country, you have the right to travel, work and live in another EU country. If you're a citizen of a Schengen country - which most EU countries are - you can also travel to other Schengen countries without border checks.

Read the following article about the differences between the Schengen area and the European Union.

[EU vs Schengen](#) | VisaGuide.world

If you are not a citizen of the European Union or a member of the Schengen Area, please check the following website to see which types of VISA are accepted by the Czech Republic.

[Visa Types](#) | Ministry of Foreign of the Czech Republic

Contact your local authorities and ask for more information.

It is usually sufficient for MIP to provide a letter of invitation, but any further assistance will be provided by us. Contact us at courses@amiprague.cz to discuss Visa matters on an individual basis.

**A dose of humour from a diploma graduate:
"Well, VISA, MasterCard, or cash, everything works."**

Shelter

!!! Wherever you choose to stay in Prague, make sure you have the option of a free cancellation, change or a full refund. The Montessori Institute Prague responds to the global and local events and this may mean rescheduling or adapting parts of the course. We encourage you to be one step ahead of unforeseen circumstances and make sure that you always have the option of a free cancellation, rescheduling or a full refund.

The most common questions we are asked are how to find accommodation, how to choose accommodation, what is the best location for accommodation?

The Montessori Institute Prague does not offer accommodation.

However, we have a lot of experience with what our students experience in this regard, and here are some really important things to think about before you start looking.

- ▶ Answer the question “Do I want to live within walking distance of MIP or do I not mind travelling?”
- ▶ To get to the Training Centre easily, think about public transport.
- ▶ Answer the question “Do I want to live alone or do I not mind sharing a space with others?”
- ▶ Search for accommodation on popular websites such as airbnb, booking and tripping.
- ▶ Do you want to share a room to save money? Once you have been accepted onto the course, you will be able to connect with other students on the course learning platform. Let us know if this is something you are interested in and we will help you get in touch with other students.
- ▶ Find a short term rental on Facebook groups. Just search for keywords like Prague rentals, Prague apartments, Prague accommodation and join the groups available.
- ▶ Stay at a campsite. Yes, this is a true story! We once had a student who parked her car on a campsite and stayed in a tent. You will want to check the time of year, but it is definitely possible in spring and summer.
- ▶ Online marketplaces such as booking.com and airbnb.com offer better deals if you are booking a long-term stay (rather than a few days).
- ▶ On the one hand, booking through online marketplaces is more expensive because they take a commission, which increases the price of the property. On the other hand, it is a safer option as they manage both sides - the seller and the buyer.
- ▶ If you decide to book the same property repeatedly, you can discuss this directly with the manager (if you feel they are trustworthy) and the price should usually be lower than on the online marketplaces.
- ▶ Book well in advance to avoid limited options and high prices.

Contact us to prepare for Module 1. We will help and guide you. Once you have been here once, you will be able to orient yourself much better and know how to find the best place for Module 2.

!!! Wherever you choose to stay in Prague, make sure you have the option of a free cancellation, change or a full refund.

Tips from graduates:

- ✓ "What is important for accommodation - having your own kitchen, washing machine and dryer is perfect. You will save so much money on food."
- ✓ "If an accommodation you like is not available on a booking website, try writing directly to the host."
- ✓ "Also we lived in Prague 2, 5, 7 - it is easy to reach all of them by tram or metro. This going home was a bit refreshing after a whole day of studies. Also, you can imagine that you saw Prague through tram window. :)"
- ✓ "Stayed in an apartment that we found together with another student through booking.com, we shared resources, cooking and cleaning tasks as well as studying together etc."

Transportation (getting to Prague)

!!! Whichever way you choose to come to Prague, make sure you have the option of a free cancellation, change or a full refund. The Montessori Institute Prague responds to the global and local events and this may sometimes mean rescheduling or adapting parts of the course. We encourage you to be one step ahead of unforeseen circumstances and make sure that you always have the option of a free cancellation, rescheduling or a full refund.

There is a useful website <https://www.omio.com> that lists ways to get from place A to place B.

For example, if I search for Riga-Prague, it tells me that there are flights and buses available. There are no trains between the two cities. It also shows the companies that offer travel services and the current prices for each offer.

I choose my preferred mode of transport and continue to browse the websites of the companies that provide it.

Did you know that airlines sell a certain amount of tickets to third parties, such as travel search engines like [skyscanner.net](https://www.skyscanner.net) and [kiwi.com](https://www.kiwi.com)? The travel engines then sell them at whatever price they want and the price could be lower than on the airline's site.

If you have any questions about changes, cancellations or refunds after you've bought a ticket from a third party, you'll need to contact the travel company you booked with directly - they'll have all the information about your booking and can usually help you with any queries you may have.

Compare prices before you buy and make sure you understand the supplier's terms and conditions.

Arrive in Prague at least one full day, preferably two, before the start of the module. You will need time to rest, shop and get settled before the first day of classes.

!!! Whichever way you choose to come to Prague, make sure you have the option of a free cancellation, change or a full refund.

Childcare

All environments at MIP are designed as classrooms, but in this case classrooms for adults to practise in. Children/families are welcome to visit the training centre by prior arrangement. Visits take place in the evenings after the day's lectures have finished.

The Andílek Montessori School works under the auspices of the MIP, but the school does not accept children of our students. All parties involved: the school, the child and the parents need time to adjust. A short stay in this environment is more stressful than beneficial for all parties. We have tried it, our students have tried it and it does not work.

There are no schools that accept children on a short term basis that we can recommend.

Recommended options:

- ▶ Move with the family for a period of time so that the partner, grandparents or other family member can look after the child/children.
- ▶ Prague has countless parks and playgrounds to enjoy in the warmer and colder months. If it gets too cold, shopping malls offer indoor playgrounds. This allows children to socialise with other children.
- ▶ Prague offers a variety of museums and exhibitions where children can continue to learn.
- ▶ Get inspired by reading the two articles below and then do your own research to find out what is suitable for your child(ren).

[Keeping Your Kids Entertained in Prague | Prague.eu](#)

[74 things to do in Prague with kids | thelittleadventurer.com](#)

- ▶ Hire a babysitter in Prague.
- ▶ Perhaps the most painful, but the best option is to leave the children in their home country and make sure that they are looked after so that they can continue with their daily lives.

If you are breastfeeding, you are welcome to bring your baby with you during breaks. We will arrange a quiet place for you to breastfeed.

Tips from graduates:

- ✓ "I didn't find kindergartens in Prague for my children to go to while I was at the course, but there are a lot of parks, museums and interesting activities for them to do if there is someone to watch them."
- ✓ "Came by myself to fully focus and my family and children supported my efforts. Was a wonderful decision."

Clothing

In recent years, the summers in Prague can be hot, so the MIP building can heat up. Air conditioning is available in the auditorium and on the upper floor. The middle floor is ventilated by air conditioning units that blow air. Wear comfortable, breathable clothing.

During the winter months, the weather can be cold and gloomy. Although the building is equipped with heaters that are turned on fully during the cold months, it can be chilly when sitting and listening to lectures as there is no movement to help generate body heat. We recommend that you bring an extra scarf or jumper to keep you warm and comfortable during your stay in Prague and at MIP.

DURING YOUR STAY

Currency

The currency of the Czech Republic is the Czech crown (CZK). If you want to exchange another currency, to avoid misunderstandings, check the exchange rate on the Internet before you exchange.

The best place to change money into Czech crowns is in the city centre. There are many bureaux de change that keep their rates more or less the same.

Over the years it has become increasingly common to pay by card. However, there are restaurants, pubs, small shops and farmers' markets where you must pay in cash.

Always carry some cash with you to avoid disappointment.

Transportation within Prague

On your way to Prague, download the "PID Lítačka" application.

Create a profile and you will have easy access to public transport tickets in Prague.

Why download the app? You will avoid misunderstandings because the app speaks to you in English. A personalised profile allows you to buy non-transferable long-term tickets and thus save on ticket prices. A non-transferable 30-day ticket on the app costs CZK 550 (EUR 22), while a transferable ticket costs CZK 1000 (EUR 40). Non-transferable means it is in your name and with your photo, and transferable - anyone can use it for the duration of the ticket.

Other types of tickets are 30 CZK/1,2 EUR = 30 min. 40 CZK/1,6 EUR = 90 min. 120 CZK/4,8 EUR = 24 hours. 330 CZK/13.2 EUR = 72 hours.

[CLICK HERE](#) to find out How and where to buy tickets?

Tickets are valid for an unlimited number of journeys on all modes of transport (tram, bus, train), at any time of the day and for the period specified on the ticket.

More information <https://pid.cz/en/>.

If you are approached by a traffic inspector, simply show a valid ticket, either in the app on your phone or a paper ticket.

Nourishment

MIP has an equipped kitchen with cooker, microwave, fridge, and a coffee maker. (no oven)

Feel free to bring your groceries and cook here, or heat up a prepared meal in the microwave.

If you'd rather order meals during your stay, you have two great options:

The first is using the Wolt app, which delivers all kinds of food throughout Prague. Just install the app, enter your address, and choose from a wide variety of restaurants.

The second option is to enjoy traditional Czech cuisine through our local partner. This choice is often more affordable. You simply choose your soup and main dish one or two days in advance, and it's only about 100 CZK (around 4 Euros).

Both options are super convenient, so you can focus on learning and enjoy your meals hassle-free!



Someone called Benny (the doggy) participating in student's breakfast | MIP archive

Tips from graduates:

- ✓ "I did groceries as I would do at home: Billa and the local market when available. Proteic things like chia, chickpeas, eggs and lots of vegetables, rice and some pasta, and fresh leaves were my top nourishing things to eat."
- ✓ "The lectures in the afternoons are as important as the lectures before lunch so think what food makes your stomach happy and your mind sharp."
- ✓ "A hack: A lot of asian restaurants make big portions. So I ordered take away without rice (I bought rice in the supermarket and filled it with rice myself.) and ate it for 2 meals. Also eating pasta with bought sauce is time and budget saving."
- ✓ "I would stay away from fast food but sometimes it is very necessary to "treat" yourself with some fats."

Water, Tea, Coffee, Milk

The quality of water in Prague is excellent. I have been drinking tap water for 7 years now and have never had any problems. Other options are to buy water in a shop or have a bottle with a filter.

There are two coffee machines in the training centre and a shelf of different teas. Students are welcome to contribute. Bring a packet of beans for the module and/or a local tea from your country. Cow's milk is available. Other types of milk must be purchased individually.

Stationery Shops

Binders, notebooks, plastic covers, pens and pencils are some of the items you may need during your studies. There are many stationery shops in Prague.

Printing, Copying, Laminating

Choose the best option for yourself:

- ▶ Use the services provided by MIP: register your laptop and/or phone with the printer/scanner/copier we have available in the building. The system will automatically count pages and you will receive an invoice at the end of each module. We also offer laminating pouches.
- ▶ Make your own arrangements. Buy or bring your own printer. Buy or bring laminating pouches and a laminator. Use printing/laminating services available in the city.

*The laminator and cutter are always available for use, whether you bring your own pouches or buy from MIP. Contact your course administrator for details.

Work

Often students prefer to work in the training centre as it has a 'working' feel.

To support you, we open the doors 45-60 minutes before classes start and stay in shifts for 60-120 minutes after classes have finished. The opening hours are arranged according to the individual needs of the course and the group of people attending the course.

Tips from graduates:

- ✓ "Try not to fall behind with work. If you take work home, outside of the course mindset it will probably be twice as hard to do it."
- ✓ "Make sure you don't neglect completing your album work, it will catch up with you if you don't but the most important thing is to internalise the reasoning of the presentations through your own experience in the environment."
- ✓ "Follow up and keep up with all notes daily as information is fresh and tends to accumulate. Have friends to share notes and help each other. Be organised and specific as the richness of information is such that you don't want to miss anything."
- ✓ "Don't compete! This is exactly like in the classroom, in the MONTESSORI environment EVERYONE HELPS EVERYONE. Learn to share, admire and appreciate . Speak the language of virtues and be kind with yourself! Don't be shy to Ask!"
- ✓ "Take a break after the day ends for a long walk. Some ideas come in these walks."
- ✓ "Talking about the technical part - first of all, organise your computer according to albums and numbers of chapters. This is very very important."
- ✓ "Emotional support for each other is a very important part of work."
- ✓ "After the lecture is done, you may feel that you have no concentration at all, so do something from everyday life, like cooking, shopping, calling family, showering, etc. and then work on your notes for just 20 minutes. After that take a 5 minute break and procrastinate! Then work for 20 minutes and then procrastinate for another 5 minutes again. Use pomodoro technique. Look up different working or studying techniques. There are plenty of them."
- ✓ "I believe that everyone is there for you and doing everything they can to help you complete the course successfully. Even unpleasant deadlines are great because they push you and help you be more successful."
- ✓ "Look at each assignment as a possibility to know more and widen your perspective and experience. You are studying not for a diploma, but for your life."

Religion

Let us know if you need a place to pray. We do not have a special place, but we will accommodate you as best we can.

Culture and Arts

One of the reasons why people are so busy in Prague is that there are so many places and events to go to. :)

[Find and Event](#) | The Official Tourist Website for Prague

If you want to be spontaneous, just get out of the house. Just yesterday I went for a run and had to stop because there was a band playing in an outdoor café not far from MIP.

Exploration

Some ideas for quick stops in Prague.

No pictures of the places! No spoilers! Click on the directions and go there to see for yourself! :) Trust me, it is worth a visit!

- ▶ [Statue of King Wenceslas Riding an Upside-Down Dead Horse](#)
- ▶ [The Voyanovy Gardens](#)
Serene city park with peacock sightings & walking paths amid lawns, gardens & fruit trees.
- ▶ [Waldstein Garden](#)
17th-century gardens at the Senate palace, with ornamental pools & baroque statues (public Apr-Oct).
- ▶ [Dancing House](#)
The Dancing House is a well-known architectural landmark, but not everyone knows that there is a bar at the top with a fantastic view of the city. Take the lift up, buy a drink, enjoy the view and take some nice pictures.
I once walked past the Dancing House in the evening when it was dark. And wow, what do I see! The building is cobwebbed. Wait until it is dark and stand right under the building and look up. You will see. It is a bizarre sight.



Dancing House | pexels.com

Tips from graduates:

- ✓ "Prague has a lot of things to explore, don't hesitate to find them. Also, near Prague I could find some interesting places to explore (Kutna Hora, Karlovy Vary, Dresden). I found history, nature, geography, orientation etc. while discovering them."
- ✓ "So many good and vegan places! Also many great asian restaurants! For an Asian experience, visit SAPA."
- ✓ "Sorry, you will not have time. Sad, but true." (This can happen too..)

► The narrowest street in Prague

The narrowest street in Prague is for pedestrians and is regulated by a traffic light.

► Café Louvre

Elegant 100-year-old cafe with large windows & separate Czech breakfast, lunch & dinner menus.

► SmetanaQ Café & Bistro

Try their waffles with mascarpone cheese and fresh strawberries!

Movement, Activity

We cannot stress enough the importance of keeping the body in motion. Movement is life. Movement is directly linked to wellbeing, energy levels and a clear and focused mind. And you need all of that to be able to learn and integrate knowledge.

Bring your gym clothes! :)



pexels.com

Some ideas:

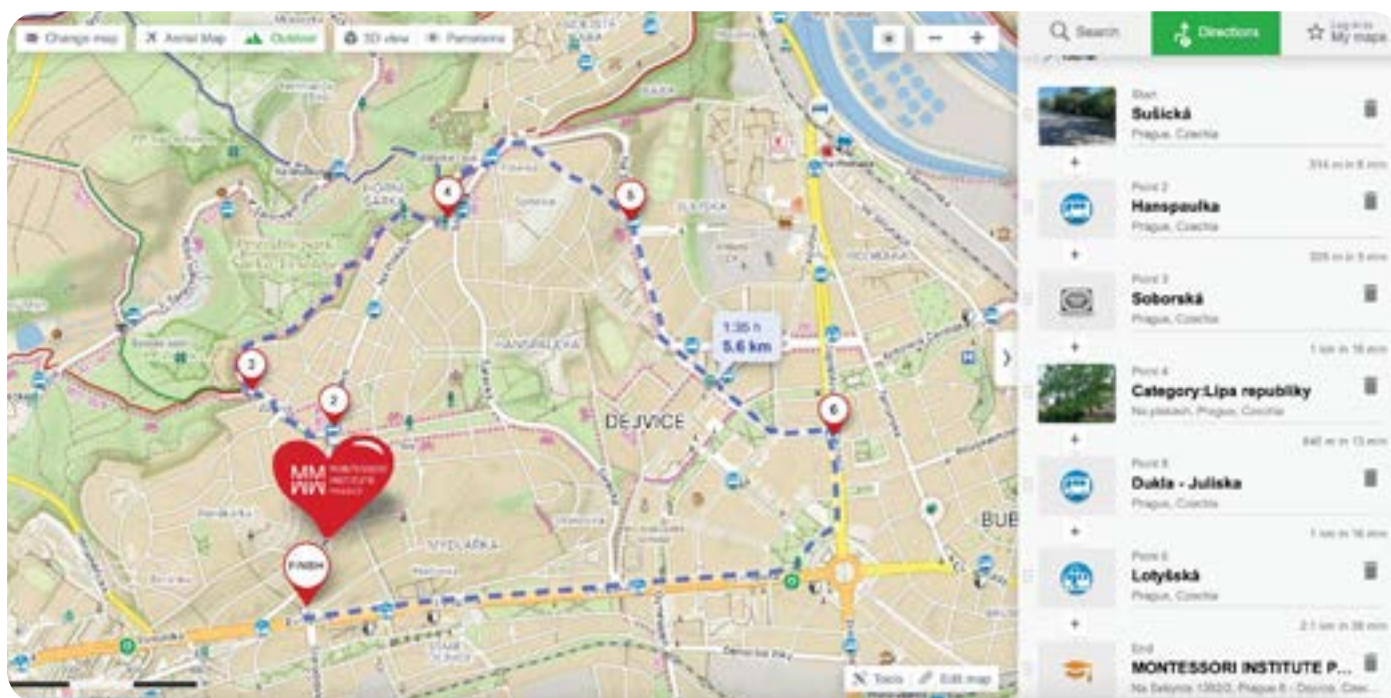
- ▶ A 30 minute walk to and from MIP every morning and evening
- ▶ Yoga with Adriene online on Youtube
Our trainers practise with her too. :)
- ▶ Hadovka Health & Fitness Centre | Prague 6
- ▶ Running
- ▶ Bike rental
- ▶ Rental Ladronka | Prague 6
roller inline skates + track skates, children's roller skates, scooter, penny board, longboard, wrist protectors, helmet, frisbee, disc golf, petanque (6 balls).
- ▶ Aquapalace Prague | Prague-Čestlice
- ▶ HOP Arena (HOP Arena - Praha-Čestlice | Prague-Čestlice
- ▶ Walk in a park
 - Royal Game Reserve Stromovka (CZ; Královská obora Stromovka) | Vast park featuring playgrounds, picnic areas & jogging paths amid ponds, fields & shade trees.
 - Wild Šárka (CZ; Divoká Šárka) | It is a landscape of steep rocks, upland plateaux, grove, meadow, and grassland habitats, dramatically sculpted by the Šárecký brook.
 - Hvězda Game Reserve (CZ; Obora Hvězda) | Large forested park, once royal hunting grounds, home to a star-shaped Renaissance summer palace.
 - Kunratice Forest (CZ; Kunratický les) | Expansive woods along a river, with cycling & hiking trails leading to a deer park & castle ruins.
- ▶ A random stroll in the city

I love to hike and I have some experience of hiking in different countries and at different altitudes. What is special about the Czech Republic (and Slovakia) are the different coloured flags on the walls of buildings, poles, trees, fences and everything else. They come in different colours - red, blue, green, yellow. They are harder to spot in a city, but very easy to spot in parks, forests, smaller towns and villages. (More about Czech Hiking Markers System | Wikipedia)

To make things even better, there is a website / application mapy.cz that shows all the trails in their full colours. Open mapy.cz in a browser or download the application to your mobile phone. Click on "Change map" and select OUTDOOR.

Right now I am sitting in the Montessori Institute in Prague and I have found the nearest trails. See the red, blue and green trails?

I can quickly plan a walk for the evening, some of it in nature and some to explore the city. By adding a point on the map, I can see the exact distance of my plan and how long it will take.



Plan for an evening stroll | Screenshot from Mapy.cz

► A planned day hike

Talk to your course mates and course admin to plan a day hike in the Czech Republic. Just like the city walks, the day hikes are organised using the mapy.cz application. We hiked in different places in the Czech Republic with both students of a Diploma Course and trainers. It is a wonderful opportunity to socialise outside the course.



A day hike with the AMI trainer Kyla Morenz. Kyla's exact words were "Take a photo of a Canadian in a Czech forest". :) | Personal archive

Tips from graduates:

- ✓ "Walking before lectures can be too early, but walking after lectures was the best thing I can recommend to everyone."
- ✓ "Yes, movement helps. If not a regular workout, then at least stretching."
- ✓ "Went for daily walks and did a yoga/stretch routine to be able to keep focus and manage back discomfort from sitting for long periods of time."

Communication

A very useful rule in a Montessori classroom is - if you do not know something, ask a friend, then another friend, then a third friend. If none of them knows the answer, ask an adult. :)

Practice communicating with your colleagues, but at the same time do not hesitate to go to trainers and MIP staff members for questions, advice, clarification or discussion.

Avoid communication triangles, especially when it comes to more negative situations, feelings and emotions. Discuss the matter with the person concerned.

Tips from graduates:

- ✓ "The most important thing is the strength of the group. Great people gathered there who supported each other, helped each other and pushed each other further. The beautiful environment of MIP is already welcoming, you feel like an important part of it and that you are not indifferent to anyone. Everyone is trying to support you as much as possible so that you can overcome everything, even though there are difficult moments, don't leave you, don't lose hope and don't be afraid to ask for help."
- ✓ "Be open to every person in your course and in the Institute. All of these people are amazing people and you will learn a lot from all of them. Do not be afraid to make mistakes, ask questions, look silly or act like a child. You are accepted here the way you are. This course is a life changing experience, they will break you but they will lead you to the light and you will keep shining in the end. I promise."
- ✓ "Love trainers and ask questions. They will give you all the keys and all the answers to everything that you will need in your everyday work in the classroom."
- ✓ "Enjoy time together with course students, trainers and team of MIP. This time will fly very fast, so spend it together as much as you can. These people will become your big family at the end."

We are here for you! Contact us at courses@amiprague.cz.

Student experience of the Diploma Course



BONUS

On the back of my phone, behind the cover, I have a little quote from Lilian Bryan.

The quote reads: **“Give others the gift of Montessori knowledge”.**



Madlena Ulrich is an experienced Montessori educator and AMI 3–6 trainer based in Norway. Originally from Germany, she completed her AMI training in Dublin and has worked in Montessori education since 1995.

Madlena is a skilled and thoughtful communicator with a calm and inspiring presence. She has played an important role in the development of Montessori in Norway and has trained students across Europe and Asia.

We love working with Madlena!! Her warmth, clarity, and deep understanding of Montessori make her a joy to collaborate with.



Mario M. Montessori, *The Human Tendencies and Montessori Education*, Page 4

It is now over 70 years since Dr Montessori's death. Her legacy has never been more relevant. Some say her ideas were ahead of their time. Even now it can be seen that parts of society are not ready for the Montessori way of life. Things take time! It has taken time for the legacy of Dr. Montessori and Mario Montessori to unfold in people's minds and hearts. It takes time to complete a Diploma Course. And it takes time to see a child grow into an adult. We have to keep working for change, and we start with ourselves. Take your Monte-story to the next level and know that the change it brings will go far beyond what you can imagine.



Contact us on courses@amiprague.cz with any questions or concerns.

We are here for you.

Yours,

Madara on behalf of the Montessori Institute Prague