



18.7. 2019 - 27.7. 2019

YOUTH
EXCHANGE

OPEN YOUR HEART

Duga Resa,
Croatia



Erasmus+



BASIC INFORMATION

Participating countries

Slovenia
Bulgaria
Croatia
Italy
Lithuania

Participant groups

7 participants (aged between 18 - 30) + 1 team leader (no age limit)

Location

Duga Resa, Croatia

Date

18. 7. 2019 - 27. 7. 2019

Working language

English, although a high communicative level is not necessary



PROJECT DESCRIPTION

There are many reasons why the society should consider nurturing emotional intelligence and empathy to young people. In basic terms, empathy is the ability to be able to put yourself in someone else's shoes and to understand person's emotions and feeling. And emotional intelligence is defined as being able to understand one's feelings and being able to control one's own emotions and exercise self control.

During workshops participants will get to know themselves and become able to accurately perceive their emotions and stay aware of them as they will learn to master those emotions that negatively influence their decisions and understand other people's moods, behavior and motives in order to improve the quality of relationships.



Through some seminars the participants will learn on importance of social awareness at a wider scale which will be shown through ecological lifestyle and recycling of plastic.

The participants will connect with their peers from various cultures and discover a part of their own character. With debates" presentations" individual and group work" participants will learn how to develop their own opinion" defend it but still respect others.



ACTIVITIES

- Name games, energizers, trust games,
 - NGO market,
 - Erasmus + program presentation, Youthpass,
 - Reflection groups to prepare Youthpass,
 - Everyday evaluation of the activities,
 - Intercultural dinner and evening programs,
 - Trip to Karlovac,
 - Emotional intelligence and Empathy seminar,
 - Creative debates, games,
 - Problem solving workshops,
 - Analytical thinking workshops and much more.
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PROFILE OF PARTICIPANTS

- Age 18 - 30
 - 7 participants + 1 group leader from each country
 - Please try to keep the genders balanced
 - Erasmus + is a program that supports disadvantaged young people. So we also want to open our project to these young people. The accommodation is not suitable for people with wheelchairs, but all other disabilities are welcome
 - English will be our working language, but it is not obligatory to have a high communicative level. We will find a way!
 - People who are interested in the topic
 - Young people who share the volunteering spirit
 - Motivated, nice, cheerful, smiling participants
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TRAVEL PLAN

You must find the cheapest travel possibility to Duga Resa in Croatia. The best way is to fly to Zagreb, Vienna or Budapest and then take a bus to Duga Resa.

Please contact us before you buy tickets. Look for the best option and then send it to us. We will help you find good connections, ***but all travel possibilities have to be confirmed by us.***

We will also need all the information about your arrival and departure. And finally, ***we will also need original transport tickets, so please keep them.*** For the way back, we will make copies and as soon as you get back, you will have to send us the originals.



TRAVEL COSTS

- Croatia - €0
 - Italy - €275
 - Lithuania - €275
 - Slovenia - €180
 - Bulgaria - €275
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FINANCE

There is a participation fee of 30 euros that will be charged from every participant of the exchange.

100% of your traveling costs will be reimbursed on the condition that the person has all the bills, tickets and boarding passes (when traveling by a plane) to present to us.

Participants should prepare copies of all the bills, tickets and boarding passes and bring everything in a printed version.

100% costs of simple accommodation and basic food is covered. The travel costs will not be reimbursed to people who are not taking part of the entire youth exchange or not respecting the rules of the exchange.

ACCOMMODATION

We will be accommodated in a High School Campus in Duga Resa.

There are comfortable rooms, a dining room, a workshop room and a kitchen. The centre also has a functioning wifi network.



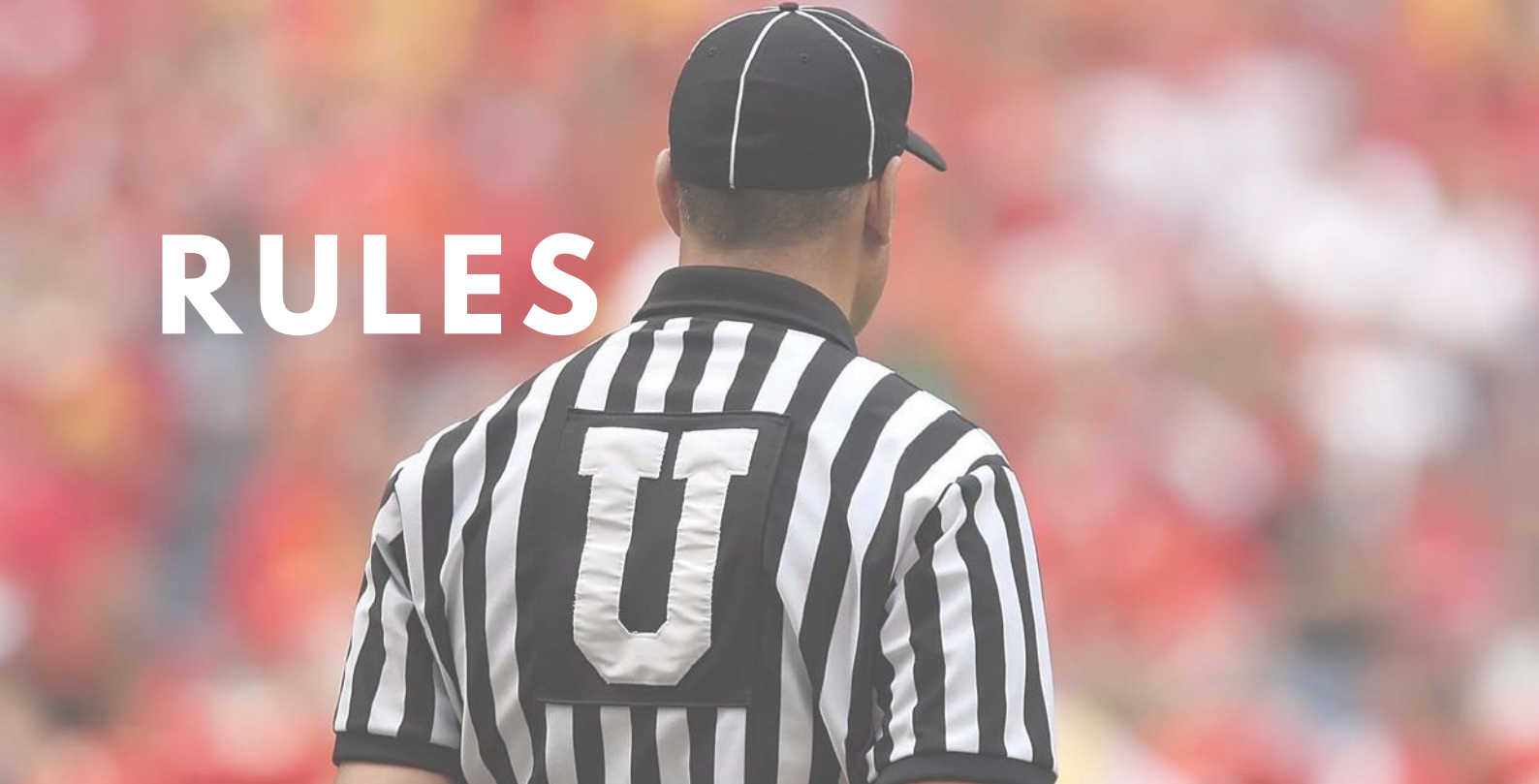
FOOD



We will have all the food prepared at the Campus kitchen.
But help in the kitchen and with the dishes from
participants is very welcome and appreciated.

***If you have some special needs for food (vegetarian, celiac,
some allergies, etc.), please, inform us beforehand.***

We can provide you just “with/without meat” vegetarian
food, if you have some very complicated diet, or as
a vegetarian you would like to have some special
ingredients, we would appreciate if you could bring the food
that you need with you.



RULES

No alcohol

No drugs

Punctuality

Respect each other

Clean up after yourself

Active participation

We will talk about more rules at the project itself.



WHAT TO BRING

- Lots of positive energy,
- Towels and personal things,
- Typical food for intercultural evening,
- Posters, cards, videos, music that is typical for your country,
- Info, presentation, other material to present your country,
- Camera, laptop and other equipment for workshops,
- Ideas, energizers, ice-breaking games
- Good mood

Your group leader will also inform you about the preparations before coming to the project.

Feel free to contact us if you have any more questions!

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