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## YOUTH EXCHANGE “STARTING LINE”

[08. – 16.07.2018., SAMOBOR, CROATIA]

ASSOCIATION FOR SUSTAINABLE DEVELOPMENT POZITIVA SAMOBOR

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## YOUTH EXCHANGE “STARTING LINE”

The main aim of this project is facilitating the process of building participants’ personalities by using **sports** as a tool for developing their character and behaviour traits.

The project name - “Starting line” - acts as a metaphor that shows that starting point in personal development of each person is just like a starting line of a marathon: a point where you need to set your personal goals, know your strengths and weaknesses, focus on achieving what you want while being able to respect your competition.

After starting your life marathon, it is important to have resilience and “never give up” attitude, overcome the fear of losing, while still be able to face disappointments and start all over again. Overly, it is the fair play, respect, tolerance and self confidence that makes your life marathon extraordinary. Such values and attitudes are the envisaged results of this project - the final line of the marathon.

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### YOUTH EXCHANGE OVERVIEW

Category	Data
<b>Name of the project:</b>	Starting Line
<b>Type:</b>	Erasmus+ KA1, Youth Exchange
<b>Dates of main activity:</b>	08. – 16.07.2018.
<b>Project venue:</b>	Samobor, Croatia
<b>Number of participants:</b>	6 participants per country (5 young people + 1 group leader)
<b>Age limit:</b>	18-25 (18+ for group leaders)
<b>Participating countries</b>	Croatia, Italy, Bulgaria, Czech Republic, Poland, Slovakia

## TIMETABLE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
8.00 – 9.30	ARRIVALS	BREAKFAST								
9.30 – 10.00		WARM – UP (Group energizers)								
10.00 – 11.30		Getting to know each other	Pillow Talk workshop	Let's talk!	Fair – play	How to be a leader?	Reception in the City Hall	Final public event	DEPARTURES	
11.30 – 12.00		COFFEE BREAK								
12.00 – 13.30		Expectations, fears and contributions	Ready, Steady, Rope!	Let's make it through!	Never give up!	Me & My team	Runners profile: Overview			
13.30 – 15.00		LUNCH								
15.00 – 16.30		Teambuilding & Rules	Designing final marathon	Designing final marathon	Designing final marathon	Designing final marathon	Final marathon preparations	Final reflection		
16.30 – 17.00		COFFEE BREAK								
17.00 – 18.30		Erasmus+ Programme	Designing final marathon	Designing final marathon	Designing final marathon	Designing final marathon	Final marathon preparations	Evaluation		
18.30 – 19.00		REFLECTION								
19.00	DINNER									
21.00	Welcome evening	Intercultural evening								

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## OBJECTIVES

Specific objectives of the project are:

- To foster the process of identifying personal strengths and abilities of the participants;
- To foster the process of identifying personal goals and developing the ability to competently overcome setbacks, challenges and obstacles;
- To develop specific skills of the participants: communication, leadership, ability to work in teams, fairplay, and resilience;
- To enhance the importance of focus and planning to achieve participants' personal goals;
- To develop the values of earnestness and sincerity, respect for the opponent; positive and "never give up" attitude; decrease fear of losing in everyday situations;
- To develop intercultural and language competences of the participants, especially the ability to work in intercultural teams, to overcome prejudices and build mutual tolerance;
- To emphasize the importance of ERASMUS+ programme for the personal development of youth as well as to present the opportunities for future participation.

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## METHODS AND ACTIVITIES

This project is based on the methods of non-formal education, which support active involvement of participants and focus on their self-reflection and documentation of learning outcomes. Such methods also encourage young people to choose their own approaches and methods that offer them the flexibility and freedom to explore their emerging interests.

### PRACTICAL WORKSHOPS

Practical workshops based on sport as a method will foster the process of identifying and developing personal strengths and abilities of participants, identifying personal goals and developing ability to overcome challenges as well as develop communication and leadership skills of participants, fairplay and resilience. By pursuing their learning goals and overcoming obstacles, participants will develop their "never give up" attitude as well as mutual tolerance and respect.

### PUBLIC EVENT

Workshops focused on designing the final public event - marathon - will enhance creativity of participants as well as their organizational skills. Having the main role in implementation of all project aspects will ensure that participants feel sense of belonging and higher responsibility to reach project results.

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## LEARNING OUTCOMES

The project will produce following learning outcomes for the participants:

- Enhance their team spirit: working towards a common goal as a member of a team, selflessly, by putting aside personal interests;
- Develop their leadership skills: learning how to lead people with different backgrounds towards a

common goal/objective, gearing them up to take on leadership responsibilities like resolving conflicts, creating strategies and supporting team members;

- Build their self-confidence: improving motivation and determination to work toward a goal; enhancing physical, emotional and intellectual endurance; becoming more able to take on the challenges;
- Enhancing their ability to identify personal needs and interests (especially learning interests) as well as the ability to set personal goals;
- Develop their resilience and “never give up” attitude: enhancing their ability to competently overcome challenges and obstacles, to cope with the highs and lows in life and to pull through and try yet again after a disappointment;
- Develop their principles such as discipline, accountability, self-reliance and sacrifice;
- Improve their social skills: cooperating with others, learning how to play fair and have fun while working towards common goals;
- Improve their language skills: increase ability to express own thoughts and opinions on a foreign language;
- Build their values of tolerance, mutual understanding and respect towards different opinions, background and cultures;
- Increase their knowledge of Erasmus+ programme, its role in enhancing personal development as well as in providing opportunities for youth.

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## TECHNICAL INFORMATION

### ACCOMMODATION

Accommodation, living and other project / exchange related expenses are 100% funded by the EU. Participants will be provided with 3 meals per day and coffee breaks.

Participants will be accommodated in **Hostel Samobor**. There, they will be divided into two and four bed rooms. The rooms are equipped with bunk beds and the hostel also provides wireless internet connection. The laundry facilities, kitchen and air conditioned living room with 60 chairs and TV are located on the first floor.

Bed linen and towels are provided.



Hostel Samobor: <http://www.hostel-samobor.hr/en/>

### TRAVEL

Travel expenses of the participants are covered in line with Erasmus+ Programme rules and European distance calculator. ([https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en))

Please keep **originals of the travel tickets and boarding passes**, as without such documents we will not be able to make the reimbursement.



**Reimbursement** of travel expenses for the participants will be carried out through bank transfers (to the account of sending organization / group leader) after the main activity, upon collecting all relevant documentation.

Reimbursement framework:

COUNTRY	PARTICIPANTS	TRAVEL GRANT (per participant)	TRAVEL GRANT (organization)
Croatia	6	0 €	0 €
Poland	6	275 €	1650 €
Bulgaria	6	275 €	1650 €
Czech Republic	6	180 €	1080 €
Italy	6	275 €	1650 €
Slovakia	6	275 €	1650 €

## TRAVEL TIPS

### FROM ZAGREB INTERNATIONAL AIRPORT (DR. FRANJO TUĐMAN) TO ZAGREB MAIN BUS STATION

The Zagreb airport Dr. Franjo Tuđman is situated 12 km from the city center of Zagreb; the airport is the largest in Croatia, with international connection to most of Europe and domestic connection to the major cities in Croatia.

The airport bus is parked outside the main arrival terminal. The trip with the airport bus to the main bus station takes about **35-40 minutes**; at the main bus station, you also have tram connection to the city center. You can see departure times from Airport to bus station here: <http://www.plesoprijevoz.hr/en/page/timetable>

**Please note that after 8 PM, buses depart from the airport after aircraft landing. Price for a one way ticket with the airport bus is 30 kuna (approximately 4 euros).**

### FROM ZAGREB MAIN BUS STATION TO SAMOBOR

Local bus from the main bus station to Samobor departures approximately every half an hour. The trip can last between **30 and 50 minutes**, depending on whether it is a direct line.

Please note that you are supposed to buy tickets directly from the bus driver while entering the bus.

Price for a one way ticket is **28 kuna (approximately 4 euros)**.

You can see departure times from Zagreb bus station to Samobor here (155 – Samobor – Sveta Nedjelja – Zagreb (Autobusni kolodvor) under „LJETNI VOZNI RED“): <http://www.samoborcek.hr/vozni-red/>

## TRANSPORT BY CAR

If you are arriving by car or organized transport via highway, also just follow the directions for Zagreb. When you arrive to Zagreb / near Zagreb you will have a bypass rim around Zagreb, use that, don't go in the city if you wish avoid traffic jams! When you are on the rim follow the signs towards Ljubljana – Slovenia, when you pass Zagreb you will shortly have an exit to Samobor and Sveta Nedelja. If you miss this exit, don't worry as there will be another one few kilometers forward. If you miss that also you will arrive to the toll place and after it border between Croatia and Slovenia. Then you will know that you have missed all exits, so you would need to turn around and watch closely for next exits. When you arrive **MEETING POINT** will be on **MAIN BUS STATION** in **SAMOBOR**. There will be somebody from our team waiting for you.

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## VENUE

### SAMOBOR



Samobor is a city in Zagreb County, Croatia. It is part of the Zagreb metropolitan area. Samobor is located west of Zagreb, between the eastern slopes of the Samobor hills, the eastern part of Žumberak Mountain, in the Sava river valley. It is part of the historical region of Croatia proper.

You will fall in love with magnificent walks through the city, discovering culture and history, but also as you leave the city and head to the forests and mountains. Fresh air, untouched nature, sunny vineyards, family restaurants offering cozy atmosphere and local cuisine are perfect invitation for spending time in Samobor. During the year, there are plenty of events you can visit, especially the Samobor Carnival („Fašnik“) that takes place in February, Battle of Samobor in 1441 in March, Samobor Spring Fair and Salami Festival usually in March/April, Circus festival in April/May or Samobor Music festival in September/October.

Also, you should not leave Samobor without trying some of the specialties from exquisite local cuisine, „bermet“ (aperitif wine), „češnofke“ (sausage), „kotlovina“ (meat prepared in cauldron),



„kremšnita“ (famous custard pastries), „ Rudarska greblica“ (miners pie) or some of the local wines that you can try along the Wine road. For all information about Samobor, please visit official web site of Samobor.

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## PRACTICAL INFORMATION

### DON'T FORGET TO BRING!

- Personal medication;
- Identification documents (ID, passport, visa, etc.);
- Health/travel insurance;
- Clothing and shoes that can be used for outdoor activities such as hiking and football;
- Travel tickets and boarding passes (originals);

We strongly recommend every participant to acquire health/travel insurance at their own expense for the whole duration of the exchange.

Also, please get a valid EU healthcare insurance card (if applicable):

- if you're an EU citizen, you have the right on free health insurance that gives you access to medically necessary, state-provided healthcare;
- **European Health Insurance Card** info - <http://ec.europa.eu/social/main.jsp?catId=559>)

Official currency in Croatia is **Croatian kuna**.

1 euro = 7.41 kn

(InforEuro - [http://ec.europa.eu/budget/contracts\\_grants/info\\_contracts/inforeuro/index\\_en.cfm](http://ec.europa.eu/budget/contracts_grants/info_contracts/inforeuro/index_en.cfm))

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## IN CASE OF EMERGENCY

All important contact numbers and information on safety procedures will be placed **in visible places at the project venue** and **introduced to participants at the beginning of the main project activity**. Some of the most important telephone numbers in Croatia are listed below.

Risk prevention measures shaped in the form of questions and recommendations are part of the Information Package, Application form and Partner Agreement and refer to health insurance, travelling, intercultural and linguistic preparation, special food and medical requirements, etc.

- (+385) 112 – emergency number
- (+385) 192 – police
- (+385) 193 – fire brigade
- (+385) 194 – ambulance
- (+385) 195 – search and rescue at the sea
- (+385) 1987 – road assistance
- (+385) 1 4640 800- HAK (Croatian automobile club)

(+385) 11888 – telephone directory  
(+385) 18166 – weather forecast  
(+385) 18981 – general information  
(+385) 11802 – international telephone directory

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## PREPARATION

### TASK-RELATED PREPARATION

In preparatory phase of the project, participants will have individual and group tasks related to the project topic with the aim to produce materials as the basis for main activity. Individual tasks will be focused on exploring own needs regarding personal development (what would I like to improve and develop? what is my best quality? what I need outside formal education for personal growth?) as well as interests in different kinds of sports. By sharing results of this task in preparation of this phase, participants will also be able to get to know each other better in order to ensure adequate group cohesion and dynamic before the main activity starts.

As main focus will be on participants to design and implement workshops, in preparatory phase they will work in national teams to discuss and select adequate methods and tools they want to use to achieve each specific result. Frameworks of workshops will be incorporated in common document that will be used for their implementation, as well as evaluation in follow-up phase of the project.

### INTERCULTURAL AND LINGUISTIC PREPARATION

Croatia (kroʊˈeɪʃə/ kroh-ay-shə; Croatian: Hrvatska [xř̩ʋaːtskaː]), officially the Republic of Croatia (Croatian: Republika Hrvatska), is a sovereign state between Central Europe, Southeast Europe, and the Mediterranean.

Its capital city is Zagreb, which forms one of the country's primary subdivisions, along with its twenty counties. Croatia covers 56,594 square kilometres (21,851 square miles) and has diverse, mostly continental and Mediterranean climates. Croatia's Adriatic Sea coast contains more than a thousand islands.

The country's population is 4.28 million, most of whom are Croats, with the most common religious denomination being Roman Catholicism.

The official language is Croatian.

#### Useful links containing useful Croatian phrases (some with audio)

<http://www.Learn-Croatian.com>

<http://www.visit-croatia.co.uk/croatianfortravellers/>

<http://www.hr/hrvatska/language/>

[http://www.everything2.com/index.pl?node\\_id=1355876](http://www.everything2.com/index.pl?node_id=1355876)

<http://www.bbc.co.uk/languages/other/quickfix/croatian.shtml>

[http://www.linguanaut.com/english\\_croatian.htm](http://www.linguanaut.com/english_croatian.htm)

[http://wikitravel.org/en/Croatian\\_phrasebook](http://wikitravel.org/en/Croatian_phrasebook)

**Travel blog with useful information and fun random facts about Croatia** <https://www.chasingthedonkey.com>

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## **YOUTHPASS**

Youthpass is a tool to document and recognise learning outcomes from youth work activities. It is available for projects funded by Erasmus+: Youth in Action (2014-2020) and Youth in Action (2007-2013) programmes. It is a part of the European Commission's strategy that supports the reflection upon the personal non-formal learning process and outcomes.

While creating their Youthpass certificate together with a support person, project participants are given the possibility to describe what they have done in their project and which competences they have acquired. The certificate can be helpful in obtaining jobs and improving career progress since it can easily be attached to one's CV and serve as a proof of professional development.

**8 Key competences for Lifelong Learning** evaluated by Youthpass are:

- a.** Communication in the mother tongue
- b.** Communication in foreign languages
- c.** Mathematical competence and basic competences in science and technology
- d.** Digital competence
- e.** Learning to learn
- f.** Social and civic competences
- g.** Sense of initiative and entrepreneurship and
- h.** Cultural awareness and expression

The participants of this project have a right to obtain their Youthpass certificates at the end of the main activity.

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## PARTNERS

### POZITIVA SAMOBOR (CROATIA)

Pozitiva Samobor is an association, a non-governmental organization established in 2011. with the main aim to design programs for developing skills of young people, discover their talents as well as to teach them to take actions and responsibilities. We want to provide youth with adequate tools and motivation to activate their minds and bodies in order to become great leaders of 21st century.

[www.pozitivasamobor.hr](http://www.pozitivasamobor.hr)  
[romina@pozitivasamobor.hr](mailto:romina@pozitivasamobor.hr)



### ADEL (SLOVAKIA)

We are an organization, which creates opportunities for young people who would like to be active, would like to try and learn something new and gain new experience and knowledge for personal as well as professional development and growth.

[www.adelslovakia.org](http://www.adelslovakia.org)

### JUST DO IT (POLAND)

The main aim of association is: action in favour of the development of civil society; the activation and integration of young people; supporting interests of young people; reporting the help of children and teenagers oneself in matters difficult for them.

[ewa150891@wp.pl](mailto:ewa150891@wp.pl)

### POSITIVA MILANO (ITALY)

Youth Organisation POSITIVA MILANO aims to empower, inspire and motivate young people through youth work, by inspiring confidence and urging social inclusion and sustainable development.

<https://www.facebook.com/PositivaMilano/>  
[lorisconte1993@gmail.com](mailto:lorisconte1993@gmail.com)

### **FUTURE WORLD (BULGARIA)**

“Future World” Association is a young organization established in 2016 by a group of pedagogues who are tired of conventional education in Bulgaria. All the staff of the organization have worked as teachers with either little kids or teenagers. Apart from that, we are all parents ourselves and we have personal observation on the effects of the old-fashioned methods of education over the kids of the 21st century.

[margo.simeonova@gmail.com](mailto:margo.simeonova@gmail.com)

### **BRNO FOR YOU (CZECH REPUBLIC)**

We are a non-profit organization that leads young people to the active citizenship, personal development and inclusive society. We would like to actively participate in the transformation of young people towards active citizens.

[www.brnoforyou.cz](http://www.brnoforyou.cz)  
[andy@brnoforyou.cz](mailto:andy@brnoforyou.cz)

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### **CONTACT PERSON**

#### **Romina Galović**

Project coordinator

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#### **Abdelrahman Saleh**

EVS volunteer

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