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 POZITIVA SAMOBOR
Udruga za održivi razvoj



ERASMUS+ YOUTH EXCHANGE

Greenland

Samobor, Croatia
27.03. - 04.04.2021.

YOUTH EXCHANGE “GREENLAND”

[27.03. – 04.04.2020., SAMOBOR, CROATIA]

ASSOCIATION FOR SUSTAINABLE DEVELOPMENT POZITIVA SAMOBOR
VRHOVČAK 61, SAMOBOR
INFO@POZITIVASAMOBOR.HR

YOUTH EXCHANGE “GREENLAND”

Long-term vision of this project is to **contribute to the promotion of increasingly prominent social goals such as environmental protection, sustainable development and healthy lifestyles**, and on the other hand to **create jobs and stimulate entrepreneurship**.

SPECIFIC OBJECTIVES of this project are:

- to increase knowledge of participants about nutrition and its influence on their physical and mental health as well as their learning abilities;
- to develop practical skills of participants in (sustainable) gardening and farming; to increase their knowledge of how to grow their own food;
- to stimulate appreciation and recognition of potential of rural areas;
- to promote greater understanding and appreciation for nature and local society;
- to promote Erasmus+ and mobility of youth.

YOUTH EXCHANGE OVERVIEW

Category	Data
Name of the project:	Greenland
Type:	Erasmus+ KA1, Youth Exchange
Dates of main activity:	28.03. – 03.04.2021. (+ 2 travel days, 27.03. and 04.04.)
Project venue:	Samobor, Croatia
Number of participants:	6 participants per country (5 young people + 1 group leader)
Age limit:	18-22 (18+ for group leaders)
Participating countries	Croatia, Romania, Spain, Turkey

TIMETABLE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
8.30 – 9.30	ARRIVALS	BREAKFAST								DEPARTURES
9.30 – 11.00		Documentation Getting to know each other / EFC	What is healthy nutrition?	Introduction to gardening	Gardening: Practical session	International garden & social entrepreneurship	International garden & healthy nutrition	Public event / opening international garden		
11.00 – 11.15		COFFEE BREAK								
11.15 – 12.45		Teambuilding & Rules	Country perspectives	Designing international garden	Gardening: Practical session	International garden & social entrepreneurship	International garden & healthy nutrition			
12.45 – 13.45		LUNCH								
13.45 – 15.15		Introduction to project topic	Sustainable ecotourism	Gardening: Practical session	Gardening: Practical session	Gardening: Practical session	Promoting international garden	Youthpass		
15.15 – 15.30		COFFEE BREAK								
15.30 – 17.00		Erasmus+ Programme	Sustainable farming	Gardening: Practical session	Gardening: Practical session	Gardening: Practical session	Promoting international garden	Final evaluation		
17.00 – 17.30		REFLECTION								
17.30		DINNER								
19.00	Free time	Intercultural evening								

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.

WORKSHOPS

During practical sessions, methods of outdoor education will be implemented in order to promote active lifestyle, in line with the project objectives.

Project will implement 2 types of sessions with the following aims:

1 – **theoretical sessions** that aim to increase knowledge of the participants on the topics of nutrition and its influence on their physical and mental health as well as their learning abilities, as well as support the process of exchanging their experiences and national realities regarding topics of sustainable farming and eco-tourism. Participants will be provided with time and space to express their personal standpoints, present examples of practices from their communities and design actions that can be undertaken to promote healthy nutrition through farming and tourism. In theoretical part, one of the main aims is also increasing knowledge of participants on the topic of Erasmus+ and opportunities it offers for young people. Main methods used will be discussion, simulation and role play.

2 – **practical sessions** that aim to increase skills of the participants in the field of gardening and farming by experiencing how to plant and grow food with their own hands. They will also increase knowledge of participants concerning preparation of healthy meals, as they will be able to recreate their traditional dishes with healthy, organic ingredients as well as create menus for their everyday diet. Through practical workshops participants will also increase their intercultural awareness by interacting with the local community and creating first-hand experiences in rural environment. Main methods used will be the methods of outdoor education.

IMPACT

It is expected that this project will produce following impact on participants:

- a change in both awareness and connection to nature which provides the youth with a changed perception of the environment then they had previous to their project experience;
- creating a place for participants to connect with nature and develop a sense of responsibility to the environment; increasing their motivation to be involved with nature and help to find solutions;
- development of pro-environmental behavior, particularly by fostering an emotional connection to nature;
- improving participants' attention, levels of stress, self-discipline, interest and enjoyment in learning, and physical activity and fitness;
- supporting ecotourism and sustainable farming as activities that value and promote natural resources;
- higher level of motivation and interest to take part in international projects, especially within Erasmus+ program.

TECHNICAL INFORMATION

ACCOMMODATION

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

Participants will be accommodated in **a rural house** in a surrounding area of Samobor. In line with recommendations related to current COVID-19 related situation, each national team will be provided with a separate accommodation.

In the immediate vicinity of the house there is a playground, a large yard where practical gardening workshops will be held and a community house where theoretical workshops will be held.

SAFETY & RISK-PREVENTION

⚠ IMPORTANT ⚠

In order to protect themselves and others, it is necessary that participants pay attention to the prescribed safety measures:

- **Everyone should wear a mask in public settings, especially when other social distancing measures are difficult to maintain;**
- **In closed spaces it is recommended to wear a mask and maintain physical distance;**
- **In open spaces it is necessary to maintain the required physical distance;**
- **It is necessary to cover mouth and nose with a tissue when coughing or sneezing;**
- **It is necessary to wash hands often after being in a public place, or after blowing nose, coughing, or sneezing.**

The host will take all necessary preventive measures in accordance with the current epidemiological situation caused by the COVID-19 virus.

If testing on COVID-19 is required upon entry, the host will co-finance the cost of testing.

During the stay, participants will be provided with accommodation in accordance with all security measures.

If a longer stay is needed for the purpose of self-isolation, the host will take necessary measures to ensure it.

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)

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)	TRAVEL DISTANCE*
Croatia	6	0 €	0 €	0 - 99 km
Turkey	6	275 €	1650 €	500 – 1999 km
Romania	6	275 €	1650 €	500 - 1999 km
Spain	6	275 €	1650 €	500 - 1999km

*Based on travel distance per participant (distance between place of departure and venue of the project). Distance should be calculated by using **European Distance Calculator** (https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en) for each of the participants individually.

We kindly ask all of the participants to **calculate their travel distance in advance (prior to buying tickets), as in case if they fall within lower travel distance (e.g. between 100 and 499 km) their travel limit is lower.**

After calculating, please check the following table to determine your limit of travel costs:

DISTANCE	TRAVEL COSTS LIMIT
10 – 99 km	20 EUR
100 – 499 km	180 EUR
500 – 1999 km	275 EUR
2000 – 2999 km	360 EUR

Before buying any tickets, please consult us on romina@pozitivasamobor.hr

TRAVEL

⚠ IMPORTANT ⚠

Related to current coronavirus pandemic and potential issues and obstacles, we recommend each national group to arrange (if possible) private transport by mini bus, van or rent a car.

In such case, within the available travel budget for each of the national teams the hosting organisation will cover costs of renting a vehicle and/or costs of gas and tolls.

If more convenient, it is also possible to travel through available public transport options.

Please consult us prior to making any final travel arrangements!

GENERAL 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): <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 ring around Zagreb, use that, don't go in the city if you wish to avoid traffic jams! When you are on the ring 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 a few kilometers forward.

When you arrive **MEETING POINT** will be on **MAIN BUS STATION** in **SAMOBOR**. There will be somebody from our team waiting for you.

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.

www.samobor.hr

PRACTICAL INFORMATION

DON'T FORGET TO BRING!

- Personal medication;
- Identification documents (ID, passport, visa, etc.);
- Health/travel insurance;
- Travel tickets and boarding passes (originals);
- Comfortable clothes and shoes for the outdoor practical workshops (gardening).

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 = 7.56 kn

(InforEuro - http://ec.europa.eu/budget/contracts_grants/info_contracts/inforeuro/index_en.cfm)

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

PREPARATION

TASK-RELATED PREPARATION

Task-related preparation will be conducted through common group on social media and mailing list.

Each task will be explained in details and supported by the project team.

Example of tasks:

- Each national team will prepare a short overview of their country perspective regarding healthy nutrition and farming/gardening/ecotourism practices among young people;
- Each national team will research and prepare materials (such as seeds, informative tables etc.) for practical sessions focused on creating international garden;
- Each national team will prepare intercultural evening.

INTERCULTURAL AND LINGUISTIC PREPARATION

Croatia (kroʊˈeɪjə/ 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.bbc.co.uk/languages/other/quickfix/croatian.shtml>

http://www.linguanaut.com/english_croatian.htm

http://wikitravel.org/en/Croatian_phrasebook

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

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.

ORGANIZER

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
romina@pozitivasamobor.hr



CONTACT PERSON

Romina Galović

Project coordinator

romina@pozitivasamobor.hr

Barbara Maričić

Project manager

barbara@pozitivasamobor.hr

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