

Youth Exchange
14-22 July, Osijek,
Croatia



I'M ON A ROLL
YOUTH EXCHANGE

About the Youth Exchange

The youth exchange will gather 30 participants from Croatia, Italy, Romania, Bulgaria, Lithuania and North Macedonia from **14-22 July 2021, travel days included**. In this project young people will better understand causes of types of violence and discrimination against women and girls. The activities will take place in the city of Osijek, the capital city of Croatia's most eastern province - Slavonija.

Every national group will consist of **4 young people and 1 youth leader**. Young people should be ages 18-25, in special cases it is possible to be over 25. Youth leaders should be over 18.

Osijek is the fourth largest city in Croatia with a population of 108,048 in 2011. It is the largest city and the economic and cultural centre of the eastern Croatian region of Slavonia, as well as the administrative centre of Osijek-Baranja County. Osijek is located on the right bank of the river Drava, 25 kilometres upstream of its confluence with the Danube.



In ancient times Celtic and Roman city named Mursa used to stand where Osijek is today. First time in history the written name of our city was mentioned in 1196 in the Hungarian version Eszek, and the Germans called it Esseg. Throughout the middle ages at the time of the Croatian-Hungarian kingdom, Osijek was a wealthy merchant and craft town. In the summer of 1526, it was captured by soldiers of the powerful Ottoman (Turkish) Empire.

At the end of the 17th century, Osijek was returned to Croatia within the Habsburg (Austro-Hungarian) Empire. A Large fortress was built along the Drava River and the city was rebuilt in Baroque style. In the 19th century, Osijek experienced a great economic and cultural boom. During that time the building of the Croatian National Theatre, the County Palace and the Co-Cathedral of St. Peter and Paul were built and the first tram (tramway) in the region was introduced as a means of public transport. A large number of other cultural institutions and factories were opened which attracted a large number of new citizens.



After World War I Croatia became a part of the Kingdom of Yugoslavia and after World War II it became a part of the Socialist Republic of Yugoslavia. At the end of the 1980s, the horrors of previous wars seemed to be such a distant memory that can never be repeated. The city lived a full life, it changed and became more opened and the future seemed better than ever before.



Unfortunately, in 1991, Osijek was attacked once again. Croatia declared its independence but military units of the Socialist Federal Republic of Yugoslavia invaded the state. The city was devastated for months but its inhabitants lived like "tomorrow will come in peace". Back then Osijek demonstrated that it will remain, just as the most famous city graffiti says - "Nepokoreni grad", forever the "Undefeated City"!

Croatian accession to the European Union just before the summer of 2013 was greeted by a large celebration in Osijek.

About the Youth Exchange

Although there has been some positive change in this regard, the women and girls in the European union experience persistent gender discrimination and gender-based violence. This severely limits the ability of women and girls to enjoy their rights and to participate on an equal footing in society.

The Istanbul convention defines violence against women like this: “Violence against women however is understood as a violation of human rights and a form of discrimination against women and shall mean all acts of gender-based violence that result in or are likely to result in, physical, sexual, psychological or economic harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or on private life”.

Gender discrimination is the situation that occurs when one person is treated less favorably on the grounds of sex than another is, has been or would be treated in a comparable situation. Although it can go both ways and be applied to both genders, the studies show that in Europe, the rate of discrimination against women is far larger than discrimination against men.

Aside from those there is also harassment where “unwanted conduct related to the sex of a person occurs with the purpose or effect of violating the dignity of a person and of creating an intimidating, hostile, degrading and humiliating environment.

EIGE’s Gender Equality Index from 2017 indicates marginal progress from 2005 to 2015. The European Union has been moving towards gender equality at a snail’s pace. With a Gender Equality Index score of 67.4 out of 100, the EU still has a lot of room for improvement. Since 2005, the EU’s score has increased by only 5.4 points (+ 1.2 points since 2015). Inequality in how European countries handle this problem can be seen from the fact that almost two thirds of the member states fall below the average score for the EU as a whole. Women and girls in the EU experience structural gender inequality in a variety of forms and in a range of settings. The evidence shows that in recent years women in the EU faced discrimination in employment and at work; harassment, sexual harassment and sexist hate speech, including online; as well as psychological, physical and sexual violence. Persisting discrimination and gender-based violence severely limits the ability of women and girls to enjoy their fundamental rights and to participate in society on an equal basis with men. On this project, the young people will learn how to treat people with respect, regardless of their gender.

Objectives

1. Contribute to young people's understanding of gender discrimination

The topic of the project focuses on the point in question and will help participants learn about gender discrimination, especially towards women. Young people will get a better grasp of the topic by learning about the stereotypes and prejudice related to the topic, their causes and the possible ways to stop them.

2. Learn about film, especially the portrayal of women and the impact the movie industry has on the treatment of women

Aside from reflecting reality, the entertainment industry also shapes how people perceive reality. The constant sexualization of women in the media reflects on their status among their peers. Especially with young people that are very susceptible to the messages the entertainment industry conveys. The participants will learn to critically review the art and fiction in the media and become aware of the negative aspects of this media (i.e. setting unrealistic beauty standards for girls and women). The participants will analyze many different pieces of art and try to find similarities in regards to the topic.

3. Reduce abusive relationships and domestic violence

Every European country has a certain degree of violence against women. Most often, the abuser in question is their romantic partner. Even though it's the most common form of relationship abuse, it is not the only one. It is also present in the same sex relationships and sometimes with women abusing men. We want to address the phenomenon and it's causes in order to educate the young people about the issue and motivate them to recognize and react to it in their personal surroundings.

4. Learn about responsible sexual behavior

Aside from the importance of contraception, we will focus on the issue on consent and cover different topics like porn addiction and revenge porn (sharing nude images of a person without their consent). In many cases, consent for sexual acts is assumed, and the perpetrator does not consider his action to be rape (i.e. if the partner is not able to give consent due to drugs or alcohol). This needs to be made clear, because raising awareness of these issues lowers the chance of them occurring.

Issues and needs:

- educating young people about the position of women in today's society
- reduce level of gender discrimination
- contribute to better and more responsible behavior of young people

Participant Selection

Every group has **4 young people** (preferably aged 18-25) **plus a youth leader** (18+). Partner organisations are in charge of selecting and preparing participants. When selecting participants, take these criteria into consideration:

- The final output of the youth exchange will be a short movie(s) so every national group should select **minimum 1 participant with experience in making videos**.
- Preference should be given to young people with fewer opportunities
- Try to send a gender balanced team.

IMPORTANT:

We expect participants to actively participate in implementation of the youth exchange and in dissemination of project results. Participants will be expected to facilitate some workshops. Every national group will be given two workshops to implement. Since every national group will have 4 participants, national groups will divide into 2 groups of two participants who will then implement and facilitate the workshops assigned to them. So one participant will have only one workshop to prepare and implement.

Equally important, travel reimbursement will be provided upon finishing dissemination activity and providing travel invoices and documents. The participants are strongly urged to start planning dissemination activity before the youth exchange so that they can finish dissemination soon after the youth exchange ends and obtain travel reimbursement in 2-3 weeks after the youth exchange.

Youth Exchange Structure

Type of learning promoted will be non-formal learning and self-directed learning. In self-directed learning the youth leaders create the structure while the participants provide context. In self-directed learning participants take initiative and responsibility for learning, they select, manage, and assess their own learning activities, which gives the participants independence in setting goals and defining what is worthwhile to learn. It is an environment in which motivation and volition are critical and where youth leaders

provide scaffolding, mentoring, advising, while peers provide collaboration. The characteristics of non-formal learning include:

- No fixed structure
- Relevance to the needs of disadvantaged groups
- A focus on clearly defined purposes
- Flexibility in organization and methods.

	Day 1	Day 2	Day 3	Day 4
9:30-11:00	Introduction	Women in Media	Violence against women	Gender stereotypes and occupations
11:30-13:00	Group building	4 Waves of Feminism	Dating, relationships and family	Gender pay gap
15:00-16:30	Group building	Discrimination in my country	Social media and mental health	Safe spaces
17:00-18:30	Youthpass	Taboo topics	Trans/non-binary rights vs women's rights	Moving forward - has feminism gone too far?

	Day 5	Day 6	Day 7
9:30-11:00	Introduction to movie making	Shooting the video	Finishing the movie
11:30-13:00	Creating first videos	Shooting the video	Presenting the movie - dissemination
15:00-16:30	Creating first videos	Editing the video	Final Evaluation and Writing Youthpasses
17:00-18:30	Creating the idea for the main movie	Editing the video	Closing ceremony

The first block of workshops will be dedicated to the portrayal of women in the media. This topic is important because it makes participants acquainted with the problem, and builds sensibility towards women in the society.

The following workshop will be dedicated to women and the discrimination of women. We will open with a workshop on the history of social movements in history related to women's rights and see the similarities and differences. This will give the participants enough zeal to include themselves in changing the society.

The next block of workshops will be all about discrimination and the consequences of not addressing it.

In the final segment of the youth exchange, the participants will be using what they had learned to make movies.

We will also organise **intercultural evening** (not listed in the timetable), which will consist of two parts:

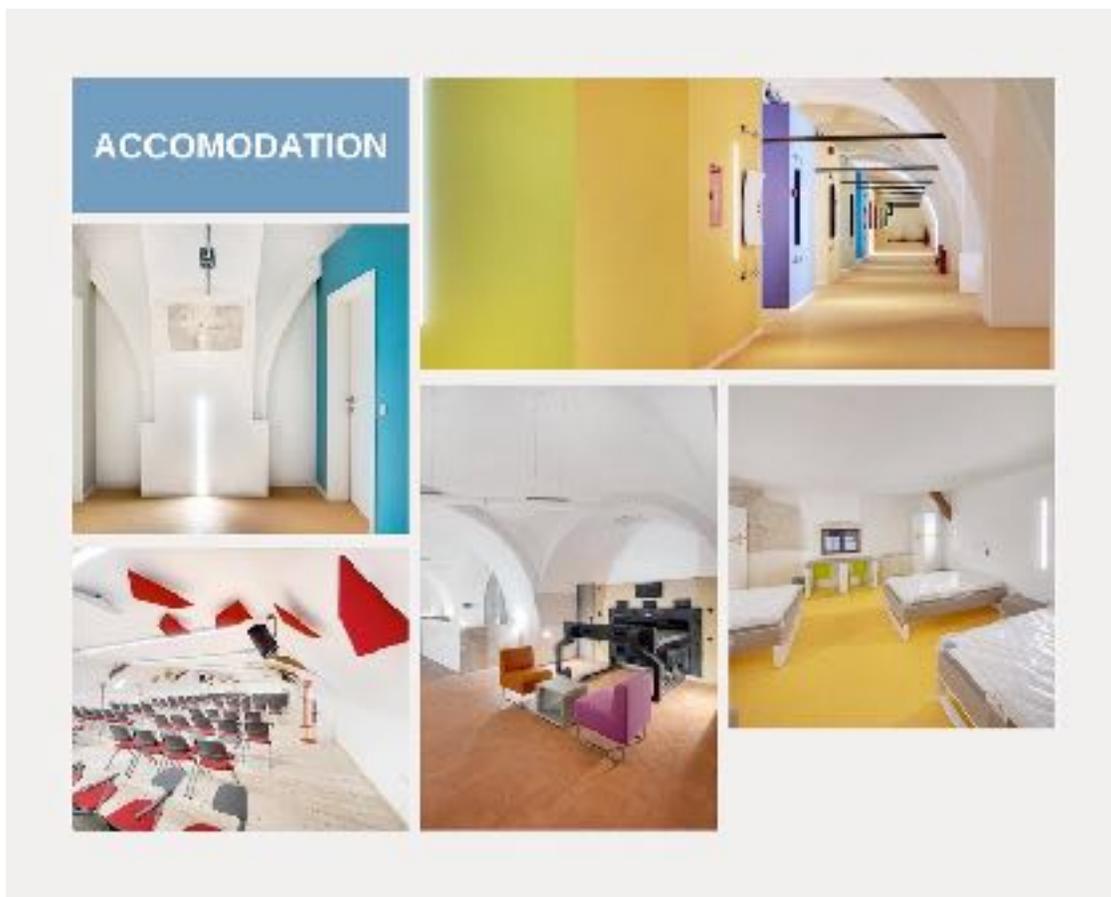
1. Presenting traditional food and drinks (bring some!)
2. Presenting traditional dances (you will have to teach other groups your traditional dances).

Accommodation and Travel

The youth exchange will be held in youth hostel in the city of Osijek. It is a brand new hostel with its own restaurant and workshop room. The participants will be placed in 4-bed rooms. All beds are floor-level beds (i.e. no bunk beds). All rooms have their own bathrooms. Participants have to bring your own towel and toiletries.

Arrival day is 14 July and departure day is 22 July. The youth exchange starts with dinner on 14 July and finishes with breakfast on 22 July. You are allowed to arrive and leave Croatia a few days before and after the youth exchange. However, for these days you have to arrange your own accommodation and food.

Osijek does not have an international airport but it has three nearby international airports - Zagreb (Croatia), Budapest (Hungary) and Belgrade (Serbia). Zagreb is connected with Osijek via trains and buses (including Flixbus). From Budapest you can take Flixbus from the airport directly to Osijek. From Belgrade you can also take a direct bus to Osijek. **Trains and buses timetable will be sent to participants in June**, when it should be clear which buses and trains will operate.



Bus and train stations in Osijek are next to each other. To get to the hostel from the train/ bus station you need to take two trams (Osijek has only two tram lines!). The first tram station is in front of the bus/train station and you get off at the main square (Ante Starčević Square). There you change to the new tram. The trams use different tracks so ask locals (anyone younger than 30 should speak enough English to help you out) where the tram to TVRĐA stops. You need to get off at TVRĐA stop. Tvrđa means fort and it is the oldest part of Osijek. Everyone knows where it is so all the locals with minimal knowledge of English can help you.

IMPORTANT: Due to Covid 19 pandemic buying flight tickets in advance is always more risky. Therefore, **those that have this option should arrive to Osijek by car/bus/train.**

If you have problems with this time schedule please let me know ASAP.

Train and bus schedules are prone to changes so inform us which buses/trains you wish to use so we can make sure there are no changes to the schedule.

Travel reimbursement

Transportation costs will be reimbursed upon obtaining originals and/or scanned invoices and boarding passes. Also, a precondition for speedy travel reimbursement will be the implementation of a dissemination activity.

The maximum travel reimbursement per participant will be:

180 - Croatia, Italy

275 - Lithuania, Bulgaria, Romania and North Macedonia

In case you are unable to find flights within the budget limits please contact us ASAP.

Useful Phrases

Expressions		Common Signs	
Hello	Bok	Open	Otvoreno
How are you?	Kako si?	Closed	Zatvoreno
Fine, thank you.	Dobro sam, hvala.	Toilette	WC
Thank you	Hvala	Men's	Muški
You are welcome.	Nema na čemu.	Women's	Ženski
Yes	Da	Entrance	Ulaz
No	Ne	Exit	Izlaz
Good morning	Dobro jutro	Push	Gurni
Good afternoon	Dobar dan	Pull	Povuci
Good evening	Dobra večer		
Good night (to go to sleep)	Laku noć		
Excuse me	Oprostite		
I don't speak Croatian.	Ne razumijem hrvatski.		
Do you speak English?	Razumijete li engleski?		

Other Useful information

Croatian currency is kuna (HRK) and it is semi-pegged to Euro and it is around 7.5 kunas for 1 euro.

Croatia is not in the Schengen zone so if you are traveling by land you will need to show your passport/ID on the border.

Croatia has virtually free health care service so make sure all participants have European Health Insurance Card.

Phone number for emergencies (police, ambulance, firefighters) is 112.

Emergency contact:

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