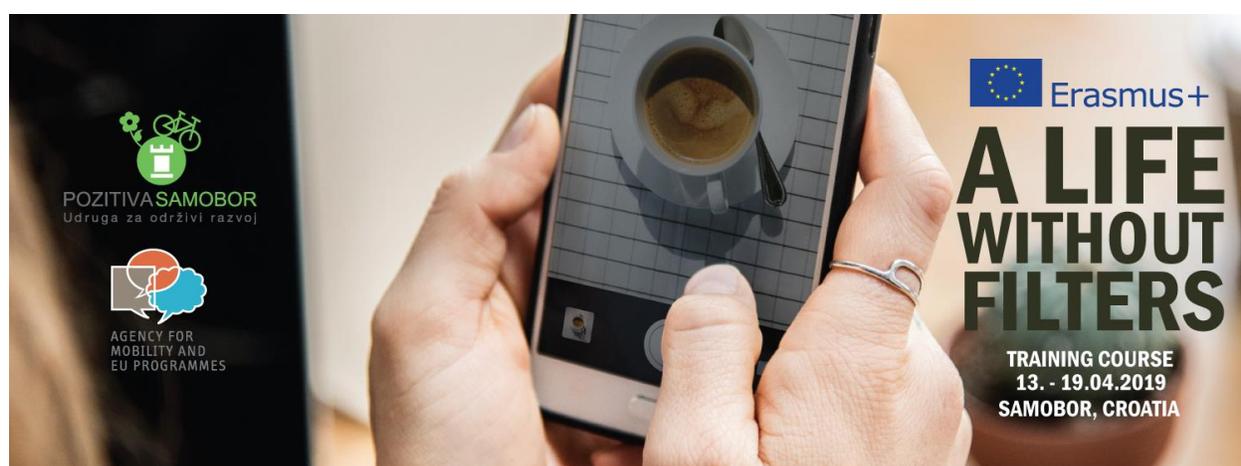


VERSION 0.0

1/2019



# TRAINING COURSE “A LIFE WITHOUT FILTERS”

[13. – 19.04.2019., SAMOBOR, CROATIA]

**ASSOCIATION FOR SUSTAINABLE DEVELOPMENT POZITIVA SAMOBOR**  
IVICE SUDNIKA 9, SAMOBOR  
INFO@POZITIVASAMOBOR.HR

## TRAINING COURSE “A LIFE WITHOUT FILTERS“

The use of technology among youth is becoming more prominent every day. Although technology through media and electronic gadgets are able to help youth to gain vast amounts of knowledge, teach them how to be independent and give them access to educational resources; there are some negative influences that are accompanied with the positive ones which should not be neglected.

Introducing technology to youth at young age can have adverse effects in their personal lives, their relationships with others, and their health in the future. It can also lead youth to social isolation and give rise to other serious physical and mental diseases such as obesity, computer vision syndrome and depression (Alghamdi, 2016.).

A comprehensive new study called #StatusOfMind, which was released May 2017 by the Royal Society for Public Health, examined the effects of social media on young people’s health and brought conclusions on 5 negative effects that social media has on young people: it increases their anxiety and depression, it is leading to poor sleep, negatively affects their body image, increases the risk of cyberbullying and a “fear of missing out”.

Within partner organizations we perceive youth as the engine of future world; however, we are aware that it is our duty, duty of the youth workers, to turn negative effects of technology use into positive ones as far as both personal and professional development of youth is concerned. Within our activities, we came to conclusion that young people are increasingly perceiving social media as an escape from the real world, which negatively affects their relationships with others as well as their general progress. It is almost impossible to isolate technology and neutralize its effects; our standpoint is that, with increase of its use in daily life, the focus should be on its proper integration and making the best out of opportunities it offers.

Therefore, this project was developed to **equip youth workers with tools and methods that will enable them to integrate technology into learning, by creating the meaningful learning opportunities needed to engage and motivate youth today (“how to change digital into real life”).**

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### YOUTH EXCHANGE OVERVIEW

Category	Data
<b>Name of the project:</b>	A Life Without Filters
<b>Type:</b>	Erasmus+ KA1, Training Course
<b>Dates of main activity:</b>	13. – 19.04.2019.
<b>Project venue:</b>	Samobor, Croatia
<b>Number of participants:</b>	2 participants per country (youth workers, trainers and youth leaders)
<b>Age limit:</b>	18+, without the upper age limit
<b>Participating countries</b>	Croatia, Turkey, Macedonia, Hungary, Spain, Greece, Italy, Romania, Slovakia, Latvia, Bulgaria, Poland

## TIMETABLE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
<b>9.00 – 10.00</b>	ARRIVALS	BREAKFAST						DEPARTURES
<b>10.00 – 11.30</b>		Getting to know each other / EFC	Constructing a portrait of the digital generation	Video Modeling	Making technology positive	A life without filters Toolbox		
<b>11.30 – 12.00</b>		COFFEE BREAK						
<b>12.00 – 13.30</b>		Introduction to project topic & Rules	Effects of technology on youth	Technology & Erasmus+	Making technology positive	A life without filters Toolbox		
<b>13.30 – 15.00</b>		LUNCH						
<b>15.00 – 16.30</b>		Teambuilding	Technology & non-formal education	Making technology positive	Making technology positive	Youthpass Certificate		
<b>16.30 – 17.00</b>		COFFEE BREAK						
<b>17.00 – 18.30</b>		Erasmus+ Programme	National context	Making technology positive	Making technology positive	Final evaluation		
<b>18.30 – 19.00</b>		REFLECTION						
<b>19.00</b>		DINNER						
<b>21.00</b>	Welcome evening	Intercultural evening						

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## OBJECTIVES

Objectives of this project are:

- To increase knowledge of participants on the effects of technology on youth (benefits and risks);
- To increase knowledge and awareness of occurrences related to technology use which are harmful for youth (excessive use, misinformation, promotion of hatred and violence);
- To equip participants with tools and methods to transfer the negative effects of technology into learning opportunities for youth, that will have a positive impact on their personal and professional development;
- To develop new youth work approaches for technology education of youth, based on collaborative learning environments, problem and project based instruction as well as interdisciplinary learning;
- To promote the “useful use” of technology;
- To increase intercultural awareness and promote Erasmus+ Programme.

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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 participants to choose their own approaches and methods that offer them the flexibility and freedom to explore their emerging interests.

## THEORETICAL WORKSHOPS

They are focused on increasing knowledge of participants on the positive and negative technology use effects on youth, understanding the concept of digital generation, exploring the national realities of participating countries and opportunities for turning negative technology use effects into positive ones. Furthermore, participants will explore particular effects of technology on personal and professional development of youth (excessive use, misinformation, promotion of hatred and violence), together with mapping the issues among their local target group(s) and providing a firm ground for development of new tools and methods.

## MAKING TECHNOLOGY POSITIVE

Main aim of such set is to equip participants with tools and methods to transfer the negative effects of technology into learning opportunities for youth, that will have a positive impact on their personal and professional development. Beside transferring already existing tools and methods to participants, this set is focused on fostering creative involvement of participants in developing new tools and methods that will encourage positive use of technology in daily lives of youth, especially in the fields of education, political participation, awareness (being informed), social benefits and job opportunities.

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## LEARNING OUTCOMES

Within this project, participants are going to acquire following knowledge and skills:

Understanding how digital skills of youth can be encouraged in non-formal education programs;  
Understanding how their future projects and programs can adapt to meet the needs of the digital generation;  
Skills to foster the use the critical thinking among youth on the Internet;  
Skills to design activities which foster experimentation, innovation, new identities and learning among youth;  
Understanding how digital media is influencing young people's social networks, peer groups, family life, play, learning and civic engagement;  
Understanding the relationships between digital participation and youth behavior;  
Understanding core issues which young people are facing in digital world: civic engagement, credibility, innovative uses and unexpected outcomes, race and ethnicity, identity;  
Skills to develop new approaches, tools and methods for youth work which implement education through technology;  
Understanding of various youth work approaches as well as positive and negative effects of technology on youth in Programme countries;  
Understanding of positive technology implications on personal and professional development of youth;  
Increasing knowledge on how to use technology to reinforce skills of young people, to foster their researches, help them to explore the world around them and prepare them for technology-based careers;  
Intercultural competences, especially open approach towards other countries and nationalities as well as eagerness to exchange expertise and experience;  
Increasing knowledge about Erasmus+ programme and opportunities for education and training for youth workers, as well as about opportunities for young people they work with.

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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	2	0 €	0 €
Hungary	2	180 €	360 €
Spain	2	360 €	720 €
Macedonia	2	275 €	550 €
Latvia	2	275 €	550 €
Slovakia	2	275 €	550 €
Turkey	2	275 €	550 €
Bulgaria	2	275 €	550 €
Romania	2	275 €	550 €
Italy	2	275 €	550 €
Poland	2	275 €	550 €

## 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;
- 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, participants will be in charge of collecting part of materials for workshops implemented within the main activity. To be able to get deeper insight in national realities of all participating countries, participants will be researching technology use and its effects on personal and professional development of youth in their local communities; beside collecting theoretical data, participants will conduct a small size research (10 respondents) among their local youth to collect first hand information on which technologies and for what purpose they use, as well as their personal opinion on positive and negative effects of technology. Materials will be used for implementation of workshop Technology & Youth: National context.

### 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)



### YOUTH EURASIA (TURKEY)

Youth Eurasia Youth Club was created in 2012 by the university students in Istanbul. The vision of the Youth Eurasia is creating awareness and raising consciousness among the society in a positive way and basically focusing to leave an effective impact on people through the group activities. The overall main objectives handling by the Youth Eurasia in order are: intercultural learning, social peace, equality, personal development, innovation, communication, employability, sustainability, active citizenship, solidarity, democracy policies, human rights, social inclusion, nature, environment protection and many other issues young people working on according their interests.

<http://youtheurasia.wixsite.com/info>

### LOESJE BITOLA (MACEDONIA)

Loesje Bitola operates as part of the international Loesje network. We belong to the Loesje family, a network that exist over 20 years worldwide and use its own creative methodology for empowerment of youth. The Loesje ideology consist of promotion human rights, diversity, equality, tolerance, freedom of expression towards combating discrimination, hate speech, social and religious intolerance, active participation towards social improvements and employability.

Our aim is to empower youth (especially from marginalized groups) towards active European citizenship, responsible for their own actions and capable to be committed in the societies where they live, in a creative and innovative way.

[www.facebook.com/LoesjeBitola](http://www.facebook.com/LoesjeBitola)

### **YOUTHFULLY YOURS (SLOVAKIA)**

Non-governmental organization Youthfully Yours SR was established in 13.1.2015 as civil society and registered by Ministry of Interior of the Slovak Republic. Its main focus lies on enhancement of active citizenship, social integration and intercultural dialogue. Our team is full of innovative spirit that deeply desires to encourage young people to study, work or volunteer abroad. We truly believe that these can significantly help to personal development of each young adult and international experience required this way is the right tool to deal with xenophobia and prejudices – still presented in our society.

[kuranova@youthfullyyours.sk](mailto:kuranova@youthfullyyours.sk)

### **FIATALOK AZ ÉLHETŐ KÖRNYEZETÉRT EGYESÜLET (HUNGARY)**

Our organization was founded in 2012. The aim of our organization is to offer possibilities for youngsters, so that they can spend their free time usefully while their personality is being constructively developed. We offer alternatives for programs, during which we introduce an environmentally conscious, active life to the youngsters using non-formal and informal learning methods. Our activities are for a wide range of ages from children to adults. Our main goal on the 15- 25-year-old age group is the involvement of young people in the non-formal and informal education, under which we want young people to become responsible European citizens.

<https://www.facebook.com/FiatalokAzElhetoKornyezetertEgyesulet/>

### **ASOCIACION JUVENIL INTERCAMBIA (SPAIN)**

Intercambia is a youth organization created by and for young people. Our main activities are based on intercultural learning, by using a non-formal education and youth program actions in order to encourage the youth participation in the international context, so abolishing the barriers between countries, reducing the racism and promoting the tolerance between different cultures. Our organization wants to encourage youth initiatives by young people - we support them by providing information, tools, and training to help them get their goals.

[www.europaerestu.eu](http://www.europaerestu.eu)

### **EURO SUD (ITALY)**

Being one of the perspective growing NGOs in our region Puglia and promoting youth initiatives in our city Bari and neighbourhood, we deeply recognize the responsibility towards the development of future. In this regard, we see the importance of connecting youth with different backgrounds together, promoting dialogue between different groups of people and helping to develop an independent, progressive and upgraded civil society. EUROSUD is established in the small city of Triggiano. Close countryside and rural area around Bari. The organization is made up of number of experts with a goal to offer a support, help, services and counselling in the area of civil society and democratic institutions development, civil values, and nonformal education for all citizens (especially for young people).

[www.eurosud.info](http://www.eurosud.info)

### **ASOCIATIA TINERILOR CU INITIATIVA CIVICA (ROMANIA)**

Asociația Tinerilor cu Inițiativa Civică (Association of Youth with Civic Initiative) is a youth organization, apolitical, NGO that aims to drive the development of the Romanian society attracting young people towards active citizenship and promoting the local and national cultural values.

A.T.I.C. was established in 2016 in Galați by a group of young people in order to contribute to the social and personal development of local youth. We are active in our community - working with children and youth from placement homes, poor families, unemployed and facing other social problems. One of our main objectives is the inclusion of local disadvantaged youth through different methods, such as sport, music, theatre, dance and painting. In order to realize our objectives, we cooperate with families, local authorities, primary schools, high schools and universities and we develop projects with them.

<https://aticromania.wordpress.com/>

### **LATVIAN RED CROSS (LATVIA)**

LatRC is one of the oldest and also biggest volunteer organizations in Latvia which provides support to the ones who need it the most for 100 years (established in 1918).

Now there are more than 2600 volunteers including youth who has actively participated in regular activities and much more volunteers who has been involved in few activities in their local area. There are 25 regional units with 240 smaller units including around 10 youth units.

Volunteering is one of Red Cross fundamental principles. It is a way how to help those in need by donating ones existing knowledge and skills in order to do different kinds of social support.

[www.lskj.lv](http://www.lskj.lv)

### **GET INVOLVED (BULGARIA)**

Get Involved is a Bulgarian non-profit organization engaged in different youth and education-related activities in Bulgaria. It has been registered as a formal non-profit organisation six months ago and until then it has been working as a non-formal youth group, supporting and initiating different events and initiatives, and working on a number of projects as a partner or a volunteer. The Association actively cooperates to enhance and foster Bulgarian education and culture, supporting their effective and dynamic development, incorporating all good practices and examples established by other and more developed countries.

[getinvolved.team@gmail.com](mailto:getinvolved.team@gmail.com)

### **ALTER EGO (GREECE)**

Alter Ego Ngo is a volunteer organization based in Northern Greece, Thessaloniki. It specializes in fields such as art, culture, environmental issues, social inclusion and promote and supporting human rights.

Many projects are conducted on both a formal and informal basis and through these educational projects and activities, the organization hopes to motivate young people since age of 15th and encourage them to be more active, be better informed and participate in European Programs.

[vassiliki.paschal@gmail.com](mailto:vassiliki.paschal@gmail.com)

## **JUST DO IT (POLAND)**

Just do it was founded in 2016 by young people.

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. Supporting initiatives and enabling the active participation of young people in the life of surrounding them (families, classes, schools, city, country, and the like). Creating easy terms for cultural educating young people and her development creative. Promotion of the culture, in particular formed by young trees and addressed to her. Promotion of niche youth groups from the area of Jelenia Góra and surroundings. Facilitating young people of the contact with organizations and international institutions. Conducting training and educational action for young people. Popularizing the recreation and the tourism as forms of an active lifestyle. The organization of charity initiatives and the promotion of voluntary services. Promotion of the Jelenia Góra region in Poland and abroad. Dissemination of knowledge about the region, forming of the value, awarenesses of the place origins. Taking the initiatives for developing the cultural life, in particular of creating cultural events about local and nationwide character. Creating the possibility for getting to know other countries of the European Union and the entire world. Integration of young people from various environments, the various origin, the religion and nations. The action in favour of the promotion of ecology and protections of the natural environment. Action in favour of the cooperation with other institutions and with organizations in it with organizations self-government of other cities and countries. Conduct of business of social pathologies preventing coming into existence among young people and of society as a whole. Propagating, of sport, the motor activity and a healthy lifestyle. Promotion of enterprising conducts among young people.

[ewapichpl@gmail.com](mailto:ewapichpl@gmail.com)

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## **CONTACT PERSON**

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[romina@pozitivasamobor.hr](mailto:romina@pozitivasamobor.hr)

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## **DISCLAIMER**

The content of this publication does not reflect the official opinion of the European Union or Agency for mobility and EU programs in Croatia. Responsibility for the information and views expressed therein lies entirely with the authors.