

Youth Exchange I care!

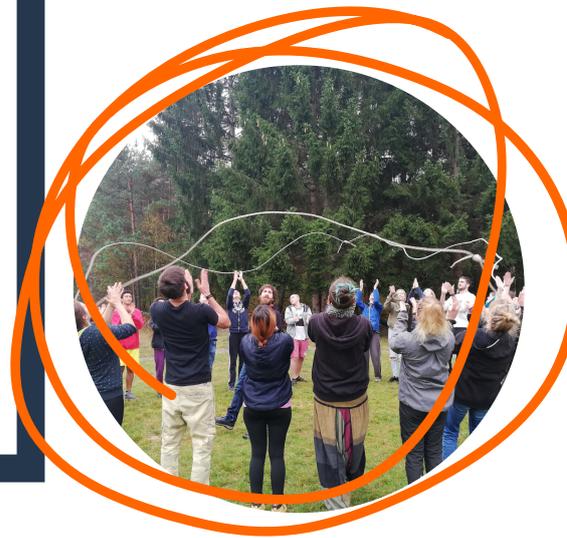
06/06 - 12/06 2021

Veliki Žitnik, Croatia



Youth Exchange I CARE!

The youth exchange will include 25 participants from **Portugal, Latvia, Slovakia, and Italy** aged 17-24 who are interested in a **healthy lifestyle** as a way to improve their physical and mental health.



This project is developed as an answer to the challenge of young people **to preserve their mental & physical health** during a state of global crisis due to the COVID-19 pandemic. The pandemic has suddenly changed the way we live our lives – staying socially distanced, staying at home more, traveling less, spending more time in front of screens, and with the increased use of technology in our everyday lives and tasks. The project activity is structured following the theoretical model of **Maslow's Hierarchy/Pyramid of Needs**. The participants will progressively explore all levels of the pyramid, finding methods and ways **to recognize their own needs** and how they can make sure they're catered to.



Participant profile



- 6 participants per country
5 youngsters + team leader
- Participants age: 17-24
- Team leader: 21+
- Young people who are active in the organization and who have expressed the wish to be engaged in more activities and receive support in their personal development.
- Youngsters facing social, economical and geographical or any kind of obstacles will be prioritized.





Objectives

- To equip young people with tools and methods they can use in their lives to positively impact their physical and mental health
- To develop healthy habits and motivation to adopt a healthy lifestyle in the participants that protect them in their everyday lives
- To develop the participants' communication and social skills that help them build healthy relationships & communities that act as protective factors
- To raise awareness and visibility of the wider public of the need to protect young people's mental and physical health during the crisis





About us

Outward Bound Croatia is a non-profit organization that provides outdoor experiential learning courses. Our main field of activity is the organization and implementation of innovative outdoor courses for school children and youth, with special concern for youth with fewer opportunities. We believe in the **power** and **intensity of learning** and **adventure** in the outdoors – as a means of bringing out the best in our participants.

Our mission is to encourage young people to discover and develop their potential and create a better world for themselves and others through challenging experiences in unfamiliar settings.

Besides outdoor education, we contribute to developing young people's competencies through international youth- and mobility projects within the Erasmus+ program.



Our work and courses are based on the values of cooperation, compassion, courage, and responsibility.



Practical info



Dates: 6.06-12.06.2021

Travel days: 5.06-13.06.2021

Venue: OBC Educational Center in Veliki Žitnik, a small village in the rural, mountain region of Lika, Croatia. It's located 6km away from the nearest bigger city - Gospić.

Arrival: On arrival day, dinner will be provided.

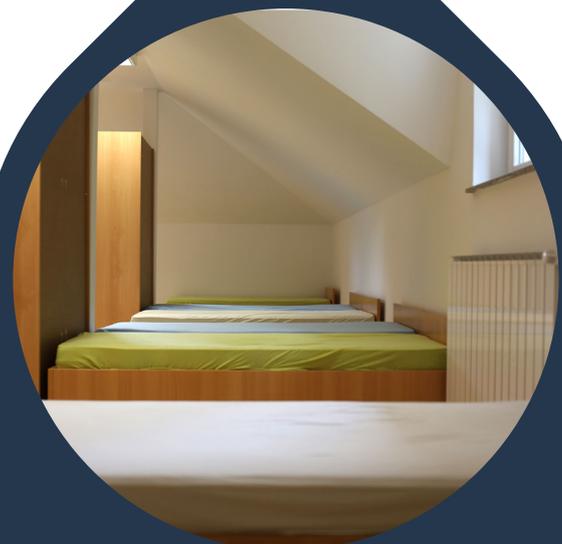
Departure: Breakfast will be provided on departure day.

The OBC Educational Center is fully equipped with 2 dormitory-type bedrooms (male and female), bathrooms, a kitchen, a common room, and a big yard, surrounded by forest.

The educational center is **not equipped** with **Wi-Fi**.

Veliki Žitnik is very small, and there is **no shop** in the village.

Make sure you **bring everything** important **with you**.





How to get there

The nearest airports: Zagreb, Zadar, Split, Budapest, Ljubljana, and Belgrade

There are regular bus and train lines to the meeting point - the town of Gospić.

Info about travel options within Croatia:
<https://www.putovnica.net/en>



Buses from Zagreb: <https://www.akz.hr/en>

Croatian Railway: <http://www.hzpp.hr/en>

Please send us your travel proposition per e-mail and wait for our confirmation before purchasing the tickets! by text

As there is no public transport from Gospić to Veliki Žitnik, we will pick you up with the organization's car and drive you to the education center.

Let us know about your exact arrival time and means of transportation to Gospić.





What to take with you

- passport or ID
- travel tickets & invoices
- European Health Insurance Card
- local currency: Croatian kuna (1€ = aprox. 7,56 HRK)

- comfortable & waterproof outdoor clothes
- personal toiletries
- towel & slippers
- National snacks, drinks, easy food, specialties, local music (for the cultural evening)
- personal medicine - if you're taking any please let us know in advance





Travel cost Reimbursement

The Youth Exchange will be implemented within the Erasmus+ Programme.

Food and accommodation will be provided by OBC and covered by the project budget.

The travel costs will be reimbursed to the participants after the exchange, ONLY IF they take part in the whole project (06-12.2021).

Regarding the travel, the participants can use up to 2 travel days before or after the program. Please send us the travel proposals before purchasing the tickets by e-mail to:

esc@outwardboundcroatia.com

The travel costs will be reimbursed up to a certain amount according to the Erasmus+ distance calculator. If the costs of the travel exceed that amount, the participants will have to come up for it by themselves.

Croatia: max. 180 EUR/per participant

Slovakia, Latvia, Italy, Portugal: max. 275 EUR/per participant

Coasts for **2 PCR tests** will be covered by the project budget.



Travel documents Reimbursement

We can reimburse the international travel expenses only upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel **data and costs, namely:**

- 1. Boarding passes (for round trip);**
- 2. Tickets for plane/bus/train (including e-tickets);**
- 3. Invoices.**
- 4. PCR test receipts**

You are required to bring with you all the mentioned documents, as well as any other **payment bills, checks, tickets and payment proofs of your travel.**

After you return home, in order for us to reimburse your way-back tickets, you will need to send us the original tickets and boarding passes by registered post and scans by e-mail to the following address:

Post:

Outward Bound Croatia

Odranska 1

10000 Zagreb

Croatia



Schedule



27.04 - 03.05

Day 1: OPENING THE PROJECT

Day 2: PHYSIOLOGICAL NEEDS

Day 3: SAFETY NEEDS

Day 4: LOVE AND BELONGING

Day 5: ESTEEM

Day 6: SELF ACTUALIZATION

**Day 7: CREATING A PERSONAL
ACTION PLAN**

DETAILED SCHEDULE

Day 1: Opening of the project and getting to know each other; creating a "Course contract" to agree on common rules; **team-building afternoon** led by all national groups

Day 2 – "Physiological needs": World-café discussion "A healthy life"; **Yoga-session & meditation**; session "Healthy body, healthy mind" on the connection of physical and mental health and different factors that can be protective or risky; Mindfulness, relaxation, and the importance of sleep for our wellbeing

Day 3 – "Safety": Preparations and hiking to a close-by peak; debrief discussion in the center about experiences of stress, worry and anxiety and how to alleviate it

Day 4 – "Love and belonging": Brainstorm session to identify what the characteristics of "good" and "bad" relationships are; communication games and exercises; a session on social media vs. real-world friendships and connections; **intercultural afternoon** to present the cultures we belong to

Day 5: - "Esteem": Challenging outdoor activity, followed by a debrief discussion on courage, discomfort, learning and the role of group support

Day 6 – "Self-Actualization": "River of Life" (individual); giving "Medals & Missions" or feedback to each other in small groups; discovering the competencies for lifelong learning; discovering opportunities within Erasmus+ and ESC with the OBC long-term volunteers

Day 7: Creating a personal action plan; planning and presenting the follow-up projects; final evaluation of the project; **Youthpass ceremony;** Farewell party



Partner organisations

**Organizer: Outward Bound Croatia
Croatia**

contact: esc@outwardboundcroatia.com



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**Youth4Youth
Italy**

contact: info@youth4youth.it



**Radi Vidi Pats
Latvia**

contact: linda@radividipats.lv



**Associação Inspira! – Intervenção juvenil e
ambiental**

Portugal

contact: inspirajuventude@gmail.com



Youthfully Yours SK

Slovakia

contact: info@youthfullyyours.sk



Any questions?

Do not hesitate to write us at:
esc@outwardboundcroatia.com



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