



YOUTH EXCHANGE “DANCE FOR EQUALITY”

[14.04. – 22.04.2022., SAMOBOR, CROATIA]

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YOUTH EXCHANGE “DANCE FOR EQUALITY”

The main aim of this project is the development of social, emotional, cognitive and physical competencies of young people, with a focus on intercultural awareness and gender equality, by using the method of dance.

Project objectives are to:

- develop critical thinking of participants;
- raise consciousness about problems concerning equality of gender and ethnicities;
- provide practical skills for designing and implementing local activities focused on the promotion of human rights and equality of gender and ethnicities through the medium of dance;
- create interest and respect for something new, different;
- make young people with visions, will power and initiative;
- encourage youth for creative expression through diverse artistic methods (ex. dance) and encourage them to be active protagonists in their communities and to share their knowledge;
- encourage and develop team-work skills;
- create interest and emphasize the importance of physical activity and healthy lifestyle;
- support youth mobility through dance connections, intercultural interest and events;
- develop intercultural skills, tolerance, respect and a sense of common European identity;
- develop language competences;
- provide knowledge about Erasmus+ programs and opportunities it offers for youth.

YOUTH EXCHANGE OVERVIEW

Category	Data
Name of the project:	Dance for Equality
Type:	Erasmus+ KA1, Youth Exchange
Dates of main activity:	14.04.- 22.04.2022. (14 th and 22 th are travel days)
Project venue:	Samobor, Croatia
Number of participants:	6 participants per country (5 young people + 1 group leader)
Age limit:	18-25 (18+ for group leaders)
Participating countries	Croatia, Slovakia, Bulgaria, Romania, Poland

TIMETABLE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
8.30 – 9.30	AR RIV ALS	BREAKFAST								
9.30 – 11.00		Documentation Getting to know each other / EFC	(In) Equality of Gender 1	Equality of ethnicities	With Dance for Equality	Self-entrepreneurship, creativity and multiculturalism 1	Problems and solutions	Public event	DE PA RT U RE S	
11.00 – 11.15		COFFEE BREAK								
11.15 – 12.45		Introduction to project topic	(In) Equality of Gender 2	Equality of ethnicities	With Dance for Equality	Self-entrepreneurship, creativity and multiculturalism 1	Traditional dance styles			
12.45 – 13.45		LUNCH								
13.45 – 15.15		Erasmus+ Programme	Equality of gender	Equality of ethnicities 1	Local community sharing 1	Dance for Equality - Traditional styles	Traditional dance styles	Youthpass		
15.15 – 15.30		COFFEE BREAK								
15.30 – 17.00		Teambuilding & Rules	Equality of gender	Equality of ethnicities 2	Local community sharing 2	Dance for Equality - Putting parts together	Equality of gender	Final evaluation		
17.00 – 17.30		REFLECTION								
17.30		DINNER								
19.00	Welc ome eveni ng	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

Youth exchange will include the following types of sessions:

- introductory sessions focused on getting to know each other and building group cohesion;
- sessions focused on increasing knowledge about Erasmus+ program and Youthpass certificate;
- theoretical sessions focused on exchanging experiences and researching topics of equality of genders and ethnicities;
- practical sessions based on the method of dance, focused on experiential learning of the participants, increasing their intercultural awareness as well as awareness of the project topic;
- sessions dedicated to setting personal learning goals and monitoring their achievement;
- sessions dedicated to creating dissemination activities and channels.

IMPACT

This project is expected to have an impact on the participants through achieving their learning goals as well as developing a specific set of skills and knowledge. It is expected that the participants will develop a wider understanding of the impact of human behaviour on its surrounding and knowledge about efficient methods how to positively use that power in order to create a more peaceful and tolerant society. Furthermore, it is expected that it will increase their sense of awareness about equality of gender and ethnicities, which will benefit primarily their local communities. Based on thoroughly designed activities and methods, it is expected that participants will initiate new actions/movements based on raising awareness about equality of gender and ethnicities.

TECHNICAL INFORMATION

ACCOMMODATION

Accommodation and food within this project are funded 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 a 2-6 person bedrooms with shared bathrooms. House Rules will be delivered to the participants in preparatory phase and will be an integral part of Cooperative agreement between the organizer and each participant.

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



⚠ IMPORTANT ⚠

Accommodation premises will be ready on your day of arrival at **17.00 h** (check-in time). Please schedule your arrival accordingly.

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
Poland	6	275 €	1650 €	500 – 1999 km
Slovakia	6	275 €	1650 €	500 - 1999 km
Bulgaria	6	275 €	1650 €	500 - 1999km
Romania	6	275 €	1650 €	500 - 1999 km

*Based on the travel distance per participant (distance between the 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 they fall within a 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

Please consult us before buying any tickets!

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: <https://plesoprijevoz.hr/zagreb/>

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 35 kuna (approximately 4,65 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“): <https://www.samoborcek.hr/samobor-zagreb/>

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.

COVID-19 RELATED EXPENSES

Before making travel arrangements and departing to the project venue, please make sure to check the current COVID-19 related measures necessary to cross the border. If needed, each participant has to arrange individually their process of obtaining:

- certificate of vaccination, or
- certificate showing that you have recovered from COVID-19 and have received one dose of vaccine, or
- negative COVID-19 test to enter Croatia as well as to return back to their sending country.

Important information related to entrance to Croatia can be found here: <https://entercroatia.mup.hr/>

This project is from 2019 (before COVID-19 measures were introduced) and therefore does not have dedicated budget for COVID tests.

⚠ IMPORTANT ⚠

If the participants are staying after the project (based on their own arrangement), the organizer **will not be able to support them in arranging their departure COVID-19 test.**

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.

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.

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 training clothes for the dance workshops and good shoes for those workshops which are not done barefoot;
- Your bottle of water;
- Reusable cup;
- notebook and pen;
- positive vibes :)

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 = 7.5 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

In order to prepare for the task, the participants will research diverse group activities concerning gender topics or ethnicity. Also, they will try to think of how to connect dance with gender or dance with different ethnicities. They will read about the topic from diverse scientific works from the internet, make research in their schools, faculties etc. They will also prepare a short presentation of what they are already doing about the project topic in their local community or what they have already experienced in life.

INTERCULTURAL AND LINGUISTIC PREPARATION

Croatia (kroʊ'eɪʃə/kroh-ay-shə; Croatian: Hrvatska [xř̩ʋa:tska:]), 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.

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
romina@pozitivasamobor.hr



SDRUZHENIE WALK TOGETHER (BULGARIA)

Association WalkTogether is created to serves as a learning organization that gathers trainers, youth and social workers, youth policy makers, experts, and volunteers with different levels of competences to actively be involved in the creation of civic activities with European dimension and with benefits for their local community.

www.asociationwalktogether.eu

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

ASOCIATIA BISTRITA BUSINESS ACADEMY (ROMANIA)

Bistrita Business Academy Association is a youth organization founded in 2017, in Bistrita, Romania by three professionals, one business owner, one medical doctor and a journalist all active in the field of Non Formal Education long before implementing the organization. The mission of the organization is to promote best practices in youth's personal and professional development with an emphasis on business knowledge and entrepreneurial skills. The aim of the association is to promote freedom, economic success and youth empowerment through business and entrepreneurial initiatives.

marginean@email.com

JUST DO IT (POLAND)

Just Do It was developed in 2016. by young people, with the main aim to act in favor of development of society, activation and integration of young people as well as supporting interests of young people. Through its activities, Just Do It is creating possibilities for getting to know other countries of the European Union and the entire world as well as integrating young people from various environments, various origins, religions and nations.

ewapichpl@gmail.com

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