



**OUTWARD BOUND
CROATIA™**



ERASMUS+ YOUTH EXCHANGE

REFLECT - RESPOND - RECONNECT

28.2. - 4.3.2024.

ABOUT US

Outward Bound Croatia is 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 competences 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.



[Outward Bound Croatia](#)



www.outwardboundcroatia.com



[outwardboundcroatia](#)

PROJECT OBJECTIVES



- **Reflect:** Participants will engage in introspective activities and discussions to encourage self-reflection. Through guided sessions, we aim to help participants better understand their emotions and foster a sense of self-awareness.
- **Respond:** Workshops and interactive sessions will focus on building self-awareness, participants will learn effective ways to respond to their emotions.
- **Reconnect:** The project emphasizes the importance of social connection and empathy. Through group activities, participants will have the opportunity to share their experiences, listen to others, and collectively create a supportive community that promotes emotional well-being.

PARTICIPANTS PROFILE

- **age: 18-30**
- **team leader 21+**

- **young people with interest to learn how to better express emotions and better listen to others**

- **the priority will be given to the participants facing fewer opportunities**



LEARNING OUTCOMES

What are you going to take away from this project?



By the end of the program, participants will have gained valuable insights into their emotional well-being and established a network of support within the group. "Reflect - Respond - Reconnect" aims to empower young individuals to navigate the complexities of their emotions with resilience and compassion.

Join us on this enriching journey towards emotional health and well-being. Let's reflect, respond, and reconnect for a brighter and more resilient future!

PRACTICAL INFO

- Dates: 28. 2. - 4. 3. 2024.
- Travel days: 27th February & 5th March
- Arrival: Tuesday, 27/2/2024 in the afternoon/evening hours (from 16:00). On arrival day, dinner will be provided.
- Departure: Wednesday, 5/3/2024. Breakfast will be provided on departure day.

- **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.**
- **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.**
- **No WIFI**



HOW TO GET TO US?

What are you going to take away from this project?



- 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!**

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.

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 training, ONLY IF they take part in the whole project.
- 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.
- **The refund of the travel expenses will be made until 15/6/2024 in Euro by bank transfer and only upon submission of all the necessary travel documents . All the tickets' costs purchased in a local currency will be converted to EUR and calculated according to the exchange rate of the month of the project contract given by the European Commission.**



How to calculate your travel budget?

- Calculate the distance from your place to Zagreb [HERE](#)
- Find the calculated distance in the table and there is your and budget for the travel both ways!

**IMPORTANT!!
KEEP ALL ORIGINAL
TICKETS (BOARDING
PASSES, E-TICKETS ETC.)
AND BRING THEM WITH
YOU.**

TRAVEL BUDGET: REGULAR TRAVEL

0 - 99 km	- 23 EUR
100 - 499 km	- 180 EUR
500 - 1999 km	- 275 EUR
2000 - 2999 km	- 360 EUR

YOU CAN USE 2 TRAVEL DAYS FOR REGULAR TRAVEL

TRAVEL BUDGET: GREEN TRAVEL

0 - 99 km	- 0 EUR
100 - 499 km	- 210 EUR
500 - 1999 km	- 320 EUR
2000 - 2999 km	- 410 EUR

YOU CAN USE 6 TRAVEL DAYS FOR REGULAR TRAVEL

**PLEASE SEND US YOUR TRAVEL PROPOSITION PER E-MAIL AND
WAIT FOR OUR CONFIRMATION BEFORE BUYING THE TICKETS!**

TRAVEL DOCUMENTS AND REINBURSEMENT

- 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.
- 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:

1. Post: Outward Bound Croatia
Milana Ogrizovića 47
10000 Zagreb, Croatia

2. E-mail: ana.novosel@outwardboundcroatia.com



WHAT TO BRING?



- passport or ID
- travel tickets & invoices
- European Health Insurance Card
- comfortable indoor and outdoor clothes
- slippers
- personal toiletries
- towels
- personal medicine - if you're taking any please let us know in advance!
- optional: speaker, instruments, games

ARE YOU READY?

APPLY
HERE

GOT ANY QUESTIONS?

Do not hesitate to contact us at:

ana.novosel@outwardboundcroatia.com

lucija.balen@outwardboundcroatia.com

