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AGENCY FOR
MOBILITY AND
EU PROGRAMMES



POZITIVA SAMOBOR
Udruga za održivi razvoj

INFO PACK

YOUTH EXCHANGE GREEN GUARDIANS „GROWING GREEN TOGETHER“

28.03. – 04.04.2025.

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BASIC INFORMATION

This project brings together young Europeans to explore environmental protection, sustainability, and the connection between human societies and nature. **Through workshops, outdoor learning and intercultural exchanges, participants will gain both theoretical knowledge and practical skills to apply sustainable practices.** The program fosters collaboration and encourages innovative thinking to tackle environmental challenges while promoting responsibility for natural resources.

Participants will enhance critical thinking and problem-solving abilities, working in multicultural teams to understand how diverse perspectives contribute to global sustainability. Leadership development is central, equipping participants to lead community initiatives and inspire positive environmental change.

The initiative also integrates interdisciplinary approaches, linking sustainability with health, social equity, and economic systems. By addressing these interconnected aspects, the program cultivates a comprehensive understanding of sustainability as a shared responsibility. Ultimately, it aims to inspire lifelong environmental stewardship and cooperation for a resilient and sustainable future.

ACTIVITY OVERVIEW

Name of the activity:	Green Guardians „Growing Green Together“
Type of the activity:	Erasmus+ Youth Exchange
Location of the activity:	Veliki Žitnik, Gospić, Croatia
Dates of the activity:	28.03. - 04.04.2025. (28th and 4th are travel days)
Age range of participants:	18 - 25 years (team leaders 18+)
Total number of participants:	30
Participating countries:	EU countries, Croatia, Romania, Bulgaria, Serbia, Slovačka

PARTICIPANT PROFILE

Who are we looking for?

We are seeking enthusiastic and motivated young individuals who are passionate about environmental protection, sustainability, and the connection between human societies and nature. This youth exchange program is designed for participants who want to learn, collaborate, and take action to create a more sustainable world.

Eligibility criteria:

- Aged between 18 and 30 years old (team leaders 18+)
- Resident of a participating Erasmus+ program country
- Interested in environmental issues, sustainability, and eco-friendly practices
- Willing to engage in outdoor learning, workshops, and intercultural exchanges
- Open-minded and eager to collaborate with peers from diverse cultural backgrounds
- Committed to applying knowledge and skills gained during the program in their communities
- Basic knowledge of English to participate in discussions and activities

What you will gain:

- Theoretical knowledge and practical skills in sustainability and environmental protection
- Experience working in multicultural teams to develop solutions to environmental challenges
- Leadership development to inspire and lead community-based sustainability initiatives
- Opportunities to engage in outdoor activities and hands-on learning experiences
- A deeper understanding of the interconnection of sustainability with health, social equity, and economic systems
- Enhanced critical thinking, problem-solving, and communication skills
- A chance to build international friendships and networks for future collaborations

TOPICS

Specific objectives:

- Increase awareness and understanding of sustainable living principles and their critical role in environmental preservation.
- Strengthen participants' connection to the natural environment through hands-on activities and mindfulness practices.
- Equip participants with practical tools and strategies for effective waste management and resource conservation.
- Promote holistic health by integrating sustainable nutrition, mindfulness, and outdoor engagement into daily life.
- Empower participants with leadership skills to implement and advocate for sustainable initiatives within their communities.
- Celebrate cultural diversity and shared responsibility for environmental protection through intercultural dialogue and collaboration.

Topics Covered:

1. Sustainable Living Practices
 - In-depth exploration of strategies for reducing ecological footprints.
 - Analysis of how individual choices impact the environment and global sustainability.
2. Nature Immersion and Connection
 - Guided activities like ecological studies and nature journaling.
 - Mindfulness techniques to enhance appreciation for natural surroundings.
3. Waste Management and Circular Economies
 - Practical workshops on waste reduction, upcycling, and composting.
 - Discussions on the role of circular economies in achieving sustainability goals.
4. Health and Sustainability
 - Training in mindfulness and stress-reduction techniques.
 - Promotion of healthy, sustainable eating habits focusing on local and organic options.
5. Cultural Heritage and "Back to the Roots"
 - Examination of traditional ecological knowledge and its relevance today.
 - Interactive discussions on leveraging cultural practices for modern sustainability efforts.
6. Leadership for Environmental Change
 - Skill-building sessions on project management, advocacy, and teamwork.
 - Group projects to design and present sustainability initiatives.

MAIN GOALS

1. Foster Knowledge of Sustainability

- Provide participants with a deep understanding of sustainable practices and how they can contribute to environmental well-being.
- Highlight actionable steps individuals can take to reduce their ecological impact.

2. Deepen Nature Connection

- Encourage participants to build a profound and lasting relationship with the natural environment.
- Inspire mindfulness and intentionality through regular interaction with nature.

3. Promote Holistic Health

- Integrate mental and physical wellness into sustainability education.
- Advocate for the importance of balance between technological use and outdoor activities.

4. Encourage Creative Learning

- Use interactive and engaging methods to teach complex environmental concepts.
- Inspire innovation in addressing sustainability challenges.

5. Enhance Understanding of Waste Management

- Offer clear guidance on adopting effective waste reduction and recycling habits.
- Illuminate the broader implications of waste on ecosystems and communities.

6. Reconnect with Traditional Practices

- Revive and adapt sustainable practices from cultural heritage.
- Explore how historical methods can be integrated into modern sustainability frameworks.

7. Foster Intercultural Collaboration

- Create platforms for exchanging ideas and solutions among participants from diverse cultural backgrounds.
- Build an international network of young environmental advocates.

8. Develop Leadership and Advocacy Skills

- Empower participants to lead by example and influence others to adopt sustainable practices.
- Provide resources and mentorship to enable impactful community-based initiatives.

LOGISTICS

VELIKI ŽITNIK, GOSPIĆ

The town of Gospić, a town in the central part of Lika, located on a drained plain by the river Novčica.

It is the economic, social, cultural and sports headquarters of the town of Gospić - a unit of local self-government. It is the seat of the Lika-Senj County and the Gospić-Senj Diocese.

The village of Gospić has 6,575 inhabitants.

Lika is a historical province in the southwest of the central part of Croatia, with an area of about 5000 km². The largest city is Gospić. The inhabitants are called Ličani.



ACCOMODATION

OUTWARD BOUND EDUCATIONAL CENTRE

Outward Bound Croatia is a non-profit organization that delivers outdoor education courses. Their work and courses follow the values of cooperation, compassion, courage, and responsibility.

Participants will be accommodated separately men and women into the room with bunk beds. Meals are provided by hosting organization. Breakfast, lunch and dinner will be served in the common room.



IMPORTANT INFORMATION

Please, be aware that we are not staying in a five-star hotel. We have a limited budget and meals will be pre-ordered based on prior agreements with the hostel and will not be served in a buffet style. We strive to accommodate food and any other preferences that are related to medical, religious, or similar reasons. If you have specific dietary needs, please inform us in advance so we can do our best to accommodate them within our budget constraints.

If you have any medical or other issues that could impact your ability to participate in the project or affect your well-being or that of other participants, it is essential to inform the project staff in advance, prior to signing your Agreement.

While health issues are not a barrier to participation, our staff needs to be aware to take the necessary measures to ensure your proper inclusion and safety as well as the well-being of the whole group.

TRAVEL

Travel expenses of the participants are covered in line with **European Solidarity Corps Programme rules** and **European distance calculator**.

Participants should 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** after the main activity, upon collecting all relevant documentation.

The costs will be reimbursed **ONLY** if a participant takes part in **a full duration of the activity program**.

Please note that prior to making reimbursement, participants should complete the Participant Survey generated and sent from Beneficiary modul system at the end of the activity, final evaluation form and dissemination of the project.

GREEN TRAVEL

This project fully implements a practice of **GREEN TRAVEL**, in line with priorities set within ESC Programme guide for 2021. – 2027. Green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus or train.

Therefore, participants should travel either by **BUS, TRAIN or CAR POOLING**. It does not apply to participants arriving from destinations that are more than 2000 km away from project venue.

TRAVEL REIMBURSEMENT

DISTANCE	GREEN TRAVEL (LIMIT PER PERSON)	STANDARD TRAVEL (LIMIT PER PERSON)
10 - 99 KM	56 EUR	28 EUR
100 - 499 KM	285 EUR	211 EUR
500 - 1999 KM	417 EUR	309 EUR
2000 - 2999 KM	535 EUR	395 EUR
3000 - 3999 KM	785 EUR	580 EUR

Distance should be calculated by using **European Distance Calculator** for each participant individually, based on their location of departure (residency city or city where they are starting and finishing travel to/from the project).

Before making any travel arrangements (reservations, purchasing tickets, etc.), **make sure to consult us to ensure approval**. Travel plans must align with the distance calculator, European Solidarity Corps reimbursement framework, and green travel guidelines. **Failure to consult us beforehand may result in ticket disapproval.**

PRACTICAL INFORMATION

DON'T FORGET TO BRING!

- Personal medication;
- Identification documents (ID, passport, visa, etc.);
- Health/travel insurance;
- Travel tickets and boarding passes (originals);
- Both warm and light clothes (*weather is changeable in spring*).

IN CASE OF EMERGENCY

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.

- (+385) 112 – emergency number
- (+385) 192 – police
- (+385) 193 – fire brigade
- (+385) 194 – ambulance
- (+385) 195 – search and rescue at the sea

EVALUATION & FEEDBACK

To ensure the high quality of our Erasmus+ project and provide you with the best possible experience, we have decided to introduce a new approach to evaluation and feedback throughout the program. Each day, we will ask you to complete a short evaluation – sharing what you learned, how you felt during the activities, and any suggestions for improvement. This evaluation is not just a formality, but an opportunity for you to voice your opinions so we can adjust the activities in real-time and make them even more effective.

However, evaluation is not a one-way process. Since we put a great deal of effort into preparing and delivering this project, **we expect your active participation and motivation in return. Based on your engagement, involvement in activities, and overall contribution to the project, our team will provide regular feedback.** These responses are not meant as criticism but as a tool for your personal growth and improvement in future international projects.

At the end of the project, feedback on your participation and engagement will be shared with your sending organization, giving them insight into your experience and involvement. Through this process, we aim to foster two-way communication, create a positive working environment, and give you the opportunity to make the most of every part of the project.

Your evaluation + our feedback = project success! 😊

YOUTHPASS

Youthpass

The Youthpass certificate is a recognition tool developed by the European Commission for participants of projects funded by the Erasmus+ program and the European Solidarity Corps. It aims to document and validate the learning experiences gained through participation in these projects. Here are the key aspects of the Youthpass certificate:

1. **Recognition of Non-Formal Learning:** Youthpass recognizes the value of non-formal learning experiences, which are often not formally assessed or documented. It highlights the skills and competences gained outside of traditional educational settings.
2. **Learning Outcomes:** The certificate includes a detailed description of the learning outcomes achieved by the participant. This includes key competences such as communication in foreign languages, social and civic competences, sense of initiative, and digital competence.
3. **Personal Reflection:** Participants are encouraged to reflect on their experiences and learning processes. This self-assessment helps them identify and articulate the skills and knowledge they have acquired.
4. **Enhancing Employability:** By documenting skills and competences, Youthpass can enhance the employability of young people. It serves as a useful addition to their CVs and can be presented to potential employers or educational institutions.
5. **Standardized Format:** The certificate follows a standardized format recognized across Europe, making it easier for participants to use it in various contexts, including job applications and further education.

The participants of this project have **a right to obtain their Youthpass certificates** at the end of the main activity.

ABOUT THE ORGANIZER

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.

We support young people in development and teach them to take the initiative.

OUR TEAM



Maja

Project Manager



Andrei

Facilitator



Nataša

External cooperate

CONTACT

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