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# Training Course



Promoting Active Citizenship through Youth Work

Veli Iž, Croatia  
23 - 31 May, 2025



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the European Union

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# Introduction

Youth all over Europe lack knowledge about the European Union. Furthermore, youth's participation in democratic processes is limited by obstacles they face and by lack of knowledge about the functioning of the Union, as well as by low level of media literacy and uncritical thinking. Lack of awareness of the EU also results in missed opportunities provided by the EU, such as education or training mobility, international volunteering or youth exchanges.

Youth can become more active citizens if they improve media literacy and critical thinking skills, and gain knowledge on the EU, especially about the Union's functioning, and its values. Moreover, these knowledge and skills can boost youth's employability, increase sense of initiative and self-esteem, enhance intercultural awareness and foster European identity.

In order to better meet the needs of local youth and help them overcome social, cultural and geographic obstacles, the aim of the activity is to increase the quality of youth work of partner organisations in promoting active citizenship. Special emphasis will be put on using non-formal education methods because non-formal learning can help enhance youth's understanding of the EU, inspire a more active participation in social and democratic processes, as well as foster a sense of belonging to the European Union.

Activity's aim will be achieved through **three specific objectives**:

- increasing knowledge of partners' youth workers related to the Union's functioning, common EU values, and fundamental rights
- increasing knowledge, competences and skills of partners' youth workers related to promoting media literacy and critical thinking among youth
- exchanging experiences of participating organisations on how to use non-formal education in promoting active citizenship among youth.

# Methodology & Working flow

The activity includes a preparatory stage, training course, dissemination and follow-up. In the **preparation phase**, participants will be engaged in a task-related exercise. They are going to read selected texts and/or watch videos as an introduction to the training topic.

We will use non-formal education methods during the training course. Training sessions include videos, presentations, research & analysis, group & individual work, games, exchange of skills, knowledge, experiences and good practice in the field of youth work. The programme will be based on participatory methods in order to offer space for interaction between participants and sharing of ideas.

Participants will gain understanding of key elements of active citizenship with emphasis on critical thinking and media literacy. The focus will be on methods that promote active participation of young people in democratic life, or prepare them for such engagement. This includes an introduction to deliberative democracy and its most used methods.

During the training course, we are going to encourage participants to reflect on their learning process and support them in writing a Youthpass certificate. At the end of the training course, we are going to provide a Youthpass certificate to all participants. In the spirit of informal and non-formal learning, there will be space for participants to contribute to the programme with their own knowledge and skills, undertake their own analyses, including reflections on competences acquired during the training course.

In the **dissemination and follow-up phase**, activity results are going to be disseminated through partners' networks. Dissemination strategy is going to be agreed during the training course according to partners' needs and capacities. Finally, together with other staff in their organisation, participants are going to evaluate the activity results six months after its end to measure its success. For that purpose, they will fill in an evaluation form designed by Udruga Prizma.

Therefore, we emphasise that participants need to be willing **to participate in preparation and dissemination activities** too, not just the training course.

# Training programme

	Arrival day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Departure day
08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00		Intro to the day	Intro to the day	Intro to the day	Intro to the day	Intro to the day	Intro to the day	Intro to the day	DEPARTURES
09:30		Hopes, fears, contributions	Introduction to the EU	Logical Fallacies and Mental Biases Workshop	Opportunities of Deliberative Democracy: Fishbowl Conversations Workshop	EU Values and Fundamental Rights	Basics of Media Literacy	Planning Dissemination	
10:15		Group agreements							
11:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break		
11:30		Introduction to the Programme and Youthpass	Parliament Simulation Workshop	Civic Participation Workshop	Mid-Evaluation	Four Corners: European Values and Active Citizenship	Fake News Workshop	Self-assessment for Youthpass Certificate	
12:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
13:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
15:30		Energiser	Energiser	Cultural and natural heritage of Veli iz	Energiser	Energiser	Energiser	Energiser	
15:45	ARRIVALS	World Cafe: Active Citizenship	Percipio game		Open Space for Exchange of Good Practices: Promoting Active Citizenship among Youth - part 1	Open Space for Exchange of Good Practices: Promoting Active Citizenship among Youth - part 2	Open Space for Exchange of good practices: Promoting Active Citizenship among Youth - part 3	Youthpass Ceremony	
17:15		Coffee break	Coffee break		Coffee break	Coffee break	Coffee break	Coffee break	
17:30		Daily reflection	Daily reflection		Daily reflection	Daily reflection	Daily reflection	Daily reflection	Final Evaluation
18:00		Free time	Free time	Free time	Free time	Free time	Free time	Free time	
18:30				Daily reflection					
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
...								Farewell party -	

## Participants profile

Residents of Bulgaria, Denmark, Croatia, Slovakia, Spain, Poland, Lithuania or Latvia, above 18 years old, actively involved in the field of youth work (project manager, project coordinator, teacher, social worker, youth worker, volunteer, animator etc.) with experience in activities related to active citizenship. Three participants are going to be selected from each partner organisation.

Experience in the field of youth work and motivation are decisive in selecting the participants. Please fill the application form completely and with dedication.

[\*\*APPLY Here\*\* \(click\)](#)

## Accommodation, working venue and food

Iž Island has become a central point for the activities of Prizma after we opened the space "DKC Školj" for training, exchanges and cultural events. The town of Veli Iž and its 400 inhabitants reside on the northern coast of the island. The former fishing village has a ferry operating regularly to Zadar. Veli Iž is known for its traditional pottery pieces, called Iški Lopizi, and for the Ižer olive oil.

Training sessions will take place in "DKC Školj". The venue has an indoor and outdoor space by the sea. Participants will be accommodated in nearby apartments with shared rooms.

Food (breakfast, lunch, dinner and coffee breaks), accommodation and materials necessary for participating in training sessions will be provided by the coordinating organisation. On the last training day, we are having an **intercultural evening**, so please bring some traditional food from your country.



# Travel guide

**Please do not buy flight tickets before our approval.** To enter Croatia you will need a valid passport or, for citizens of the EU, a personal identity card will be enough.

## Flying to Zadar

We recommend you to fly to Zadar (closest airport to Veli Iž), but you can also fly to Zagreb or Split. It takes about 45 mins from each airport to reach a bus or train terminal from where you can continue your trip to Zadar. Below you can find websites where you can check timetables and buy tickets. Timetables can change according to the time of the year and will be announced on the website. If it is not possible to buy a ticket online, don't worry, you can buy a ticket at the station. We recommend buying return bus tickets, but be sure to check the return schedule also because a return ticket must be used with the same bus operator.

## Reaching Zadar by bus

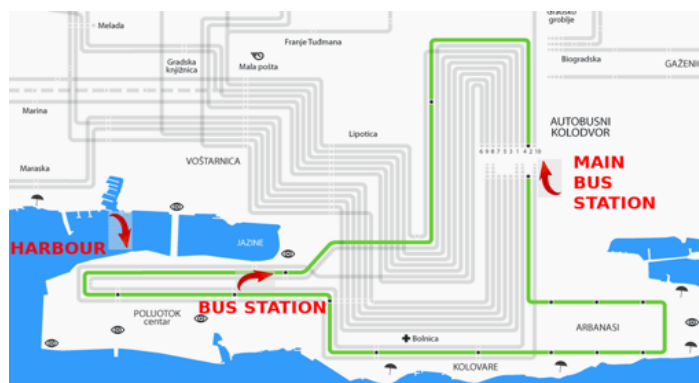
- from Zadar Airport - [schedule](#);
- from Split - [schedule](#);
- from Zagreb - [schedule](#).

Split Airport is connected both to Split (20 km) and to Trogir (just 6 km). There are many buses connecting Trogir and Zadar, so this is another travel option. There are no suitable train connections to Zadar.

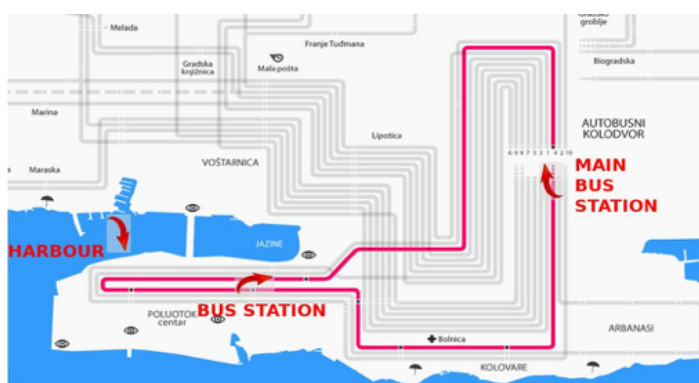
## From Zadar Bus Terminal to Zadar Harbour

When you arrive at Zadar Bus Terminal, take a local bus to **Zadar Harbour** in the Old Town (do not go to the harbour Gaženica which is in the opposite direction). Take a [bus line](#) 2 or 4 to the bus stations near the harbour on Poluotok (semi peninsula). Ask the driver to tell you where it is more convenient and closest to get out at the harbour in the Old Town of Zadar.

If you decide to [walk](#), it takes around 30 minutes to arrive from the Bus Terminal to the harbour.



Bus line 2



Bus line 4

## Reaching the island

There are two boat connections between Zadar Harbour and Veli Iž. [Jadrolinija](#) and [GV – Zadar](#). Please consult the catamaran/ferry timetables before searching for flight tickets and wait for our confirmation before buying the flight tickets. Moreover, a catamaran line is connecting Zadar Harbour with Bršanj, a small harbour on island Iž. Bršanj is located 10 minutes by bus/car from Veli Iž. For those coming by car, a ferry operates from the harbour Zadar Gaženica to harbour Bršanj. It is located outside the Zadar city centre.

Boarding time starts 30 minutes before departure. The departure location is "Zadar" and the arrival location is "Veli Iž" or "Iž Veli". **The boat leaves from Zadar Harbour, which doesn't have a precise address - the coordinates are: 44°07'05.8"N 15°13'26.5"E.** Where to buy the ticket? Ticket offices are close to the departure place (more info on next page).

Ticket costs around 3 EUR payable by cash and card. Ask at the ticket office for the name of the boat. You can also buy tickets online. We will wait for you just in front of the arrival point of the boat at Veli Iž, and take you to your accommodation.

**IMPORTANT: Veli Iž is the second stop from Zadar.**



**Always check the boat operator's websites (below) for boat schedule updates before planning your flights.**

**G&V Line Iadera**

Poljana Natka Nodila, Zadar  
+385 23 250 733

[Web](#)

**Jadrolinija Zadar Old Town**

Liburnska obala 4, Zadar  
+ 385 72 30 33 37

[Web](#)

## Financial conditions

### Travel costs

Please **save all original travel documents** (public transport tickets: flight tickets, boarding passes, bus and train tickets). We will not be able to reimburse travel expenses incurred by private carriages such as taxis, Uber or Bolt if public transport is available. Carpooling is eligible (minimum two passengers in a vehicle).

Travel costs will be reimbursed following the submission of original travel documents. We encourage you to use online check-in to minimise the effect on the environment and reduce administrative paperwork. Reimbursements are going to be executed through bank transfer to the participant's sending organisation up to the maximum amount listed below. The maximum travel budget:

- Croatia: 28€ (56€ for green travel)(99 km) **or** 211€ (285€ for green travel) (100+ km)
- Denmark, Bulgaria, Slovakia, Latvia, Lithuania, Spain, Poland: 309€ (417€ for green travel).

**Green travel:** travels that use low-carbon emission for the main part of the travel such as buses, trains and carpooling. The Erasmus+ programme foresees up to four days of additional individual support in case of green travel.

## Health and travel insurance

We strongly encourage you to bring a **European Health Insurance card**.

The European Health Insurance Card (or EHIC) is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EU to receive medical treatment in another member state for free or at a reduced cost, if that treatment becomes necessary during their visit. It covers treatment that is needed to allow you to continue your stay until your planned return. It also covers treatment of pre-existing medical conditions and routine maternity care, as long as you're not going abroad to give birth.

The EHIC is not an alternative to travel insurance. It does not cover any private medical healthcare. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. Udruga Prizma is going to purchase travel insurance for all selected participants.

## Other information

### Emergency numbers

Here is a list of the most important telephone numbers in Croatia:

- (+385) 112 – emergency number
- (+385) 192 – police
- (+385) 193 – fire brigade
- (+385) 194 – ambulance
- (+385) 1987 – road assistance
- (+385) 1 4640 800- HAK (Croatian automobile club)
- (+385) 18981 – general information

### Official currency

The official currency in the Republic of Croatia is euro (EUR).

### [Weather conditions](#)

For any inquiry, assistance or help please contact your sending organisation, or directly Udruga Prizma - Karlo Brunović +385 92 3380 291.

## Partners



**ASSOCIATION WALKTOGETHER**  
BULGARIA

### **Bulgaria**

Association Walktogether

[Facebook page](#)

Contact: Lora Hristova

[Email](#)



### **Slovakia**

Youthfully Yours SK

[Web](#)

Contact: Ludmila Nevidanska

[Email](#)

**TEATR**  
**WSCHODNI**

### **Poland**

Fundacja Teatr Wschodni

[Web](#)

Contact: Lukasz Wojtowicz

[Email](#)



### **Latvia**

New East

[Web](#)

Contact: Jorens Dobkevics

[Email](#)



### **Denmark**

Co-literate

[Web](#)

Contact: Josephine Duun

[Email](#)



### **Spain**

Asociación Sociocultural BreGal

[Facebook page](#)

Contact: Oscar Fernandez

[Email](#)



### **Lithuania**

CET Lithuania

[Facebook page](#)

Contact: Donatas Verseckas

[Email](#)



### **Croatia**

Udruga Prizma

[Web](#)

Contact: Karlo Brunović

[Email](#)