



# YOUTH EXCHANGE “LEARN LIVE LOVE SUSTAINABLE!”

[17.10. – 25.10.2022., SAMOBOR, CROATIA]

**ASSOCIATION FOR SUSTAINABLE DEVELOPMENT POZITIVA SAMOBOR**  
VRHOVČAK 61, SAMOBOR  
INFO@POZITIVASAMOBOR.HR

## YOUTH EXCHANGE “LEARN LIVE LOVE SUSTAINABLE!”

The **main aim** of the project is to raise environmental awareness among participants, adopt healthy lifestyle habits, and encourage quality spending of free time in nature, and volunteerism. The project would contribute to increasing the quality of life of young people and open up new perspectives related to activity in the community, growing their own healthy food, and sustainable development. By acquiring and expanding knowledge, this project would encourage young people to actively get involved in the community, contributing to its social and ecological development.

The **specific objectives** of the project are:

- increasing the knowledge and skills of participants in the field of sustainable development experiential and non-formal learning methods;
- encouraging participants to a healthy lifestyle;
- to encourage participants to learn how to take care of nature;
- recognizing the importance of cooperation for solving social and environmental problems;
- encourage participants to think outside the box;
- to combine practical and field methods in order to promote greater understanding and appreciation for nature, healthy lifestyle, sustainability, and knowledge about growing their own garden;
- to improve the physical health and emotional well-being of participants through activities in nature;
- promoting more active involvement of young people in noticing sustainability and unsustainability in their own lives and environment;
- promotion of youth mobility in rural areas;
- promoting the Erasmus + program and the European Solidarity Corps program as an opportunity for education, training, and youth mobility.

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### YOUTH EXCHANGE OVERVIEW

Category	Data
<b>Name of the project:</b>	Learn Live Love Sustainable!
<b>Type:</b>	Erasmus+ KA1, Youth Exchange (accredited projects)
<b>Dates of main activity:</b>	17.10. – 25.10.2022. (17 <sup>th</sup> and 25 <sup>th</sup> are travel days)
<b>Project venue:</b>	Samobor, Croatia
<b>Number of participants:</b>	6 participants per country (5 young people + 1 group leader)
<b>Age limit:</b>	18-30 (18+ for group leaders)
<b>Participating countries</b>	Italy, Macedonia, Slovakia, Croatia

## TIMETABLE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
8.00 – 9.00	A R R I V A L S	BREAKFAST								
10.00 – 11.30		Getting to know each other	Let's think sustainably	Why it is important to be a volunteer in nature	How to grow your own garden	BIVAK - Tracking	Cleaning the area - Leave as you found	Presenting sustainable diary	D E P A R T U R E S	
11.30 – 12.00		COFFEE BREAK								
12.00 – 13.30		Introduction to the project Project rules	Who am I in this world? part 1	Waste is not garbage	Let's talk about healthy lifestyle	Charms of orientation	Returning			
13.30 – 15.00		LUNCH								
15.00 – 16.30		Teambuilding	Who am I in this world? part 2	Voluntary action with citizens	Preparation for bivak	Tracing with travel diary	Designing virtual sustainable diary	Youthpass		
16.30 – 17.00		COFFEE BREAK								
17.00 – 18.30		Erasmus+ Programme Youthpass	Be the change you want to see in the world	Voluntary action with citizens	Become a healthy chef; presentation of food	Building a shelter	Designing virtual sustainable diary	Final evaluation		
18.30 – 19.00		REFLECTION								

<b>19.00</b>	DINNER		
<b>21.00</b>	Free time	Intercultural evening	

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## TECHNICAL INFORMATION

### ACCOMMODATION

Accommodation and food within this project are founded by the EU. Participants will be provided with 3 meals per day and coffee breaks.

Participants will be accommodated in a **rural house GREENVILLE** 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.

More about accommodation here: [www.greenvillefarm.eu](http://www.greenvillefarm.eu)



### 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](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.

**The costs will be reimbursed ONLY if you take part in ALL of the activities foreseen within the project.**

**⚠ IMPORTANT ⚠**

This project fully implements a practice of **GREEN TRAVEL**, in line with priorities set within Erasmus+ Programme guide for 2021. – 2021. 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**.

Reimbursement framework:

DISTANCE	TRAVEL COSTS LIMIT (GREEN TRAVEL)
10 – 99 km	23 EUR
100 – 499 km	210 EUR
500 – 1999 km	320 EUR

Distance should be calculated by using **European Distance Calculator** ([https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator\\_en](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 if they fall within lower travel distance (e.g. between 100 and 499 km) their travel limit is lower.

**Please consult us before buying any tickets!**

**⚠ IMPORTANT ⚠**

It is important to obtain travel insurance for the full duration of the project, including travel days. The insurance **MUST** cover quarantine expenses (medical costs, accommodation & life costs).

## 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/>

COVID-19 tests can be reimbursed **up to 200 EUR per participant** (maximum full amount, not per test >> if the participant needs to obtain 2 negative tests for the departure and return, the overall amount that can be reimbursed is 200 EUR) in accordance with the approved project budget.

### **IMPORTANT**

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

## SAFETY & RISK-PREVENTION

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### 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.

[www.samobor.hr](http://www.samobor.hr)



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## PRACTICAL INFORMATION

### DON'T FORGET TO BRING!

- Personal medication;
- Identification documents (ID, passport, visa, etc.);
- Health/travel insurance;
- Travel tickets and boarding passes (originals);
- Towel;
- Slippers, as it necessary to take off shoes when entering accommodation premises;
- Warm clothes; clothes for outdoor activities;
- Reusable cup
- Comfortable shoes
- Sleeping bag

It is necessary that every participant acquires health/travel insurance at their own expense for the whole duration of the exchange, as well as potential quarantine expenses in case you are tested positive while in Croatia.

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 = 7.29 kn

(InforEuro - [http://ec.europa.eu/budget/contracts\\_grants/info\\_contracts/inforeuro/index\\_en.cfm](http://ec.europa.eu/budget/contracts_grants/info_contracts/inforeuro/index_en.cfm))

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## 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

Udruga za održivi razvoj "Pozitiva Samobor" | Vrhovčak 61, 10430 Samobor  
[www.pozitivasamobor.hr](http://www.pozitivasamobor.hr) | [info@pozitivasamobor.hr](mailto:info@pozitivasamobor.hr)  
OIB 61385705389 | IBAN HR HR9524020061100985760

(+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

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## PREPARATION

### TASK-RELATED PREPARATION

In preparatory phase of the project, participants will receive guidelines for preparatory tasks.

### INTERCULTURAL AND LINGUISTIC PREPARATION

Croatia (kroʊˈeɪʃə/kroh-ay-shə; Croatian: Hrvatska [xř̩ʋaːtskaː]), 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. 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.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://www.linguanaut.com/english_croatian.htm)

[http://wikitravel.org/en/Croatian\\_phrasebook](http://wikitravel.org/en/Croatian_phrasebook)

#### Travel blog with useful information and fun random facts about Croatia

<https://www.chasingthedonkey.com>

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## 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.

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## ORGANIZER

### 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](http://www.pozitivasamobor.hr)

[info@pozitivasamobor.hr](mailto:info@pozitivasamobor.hr)



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## CONTACT PERSON

**Barbara Maričić**

Project manager

[barbara@pozitivasamobor.hr](mailto:barbara@pozitivasamobor.hr)

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## DISCLAIMER

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