



YOUTH EXCHANGE “GREEN DEFENDERS”

[17.04. – 25.04.2023., SAMOBOR, CROATIA]

ASSOCIATION FOR SUSTAINABLE DEVELOPMENT POZITIVA SAMOBOR

VRHOVČAK 61, SAMOBOR

INFO@POZITIVASAMOBOR.HR

YOUTH EXCHANGE “GREEN DEFENDERS”

The aim is to enrich knowledge about the environment and its importance, how we can prevent its damage, what we need to know to clean it and how we can maintain it in a healthy and beneficial state for humanity. By participating in this project, not only those who are involved but everyone will gain by spreading the information through any possible medium, be it online, media or real examples through the personal mobilization of individuals in the environments and countries they come from. The development of this project is based on the experience of the participants in their countries and on sharing the information between them. Also the project is aiming to raise the awareness of the waste that we are producing every year by country and how we can improve from a youngest age the understanding of the importance of the 5 R's: Refuse, Reduce, Reuse, Recycle, Rot.

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

- increasing knowledge about natural environment
- increasing the knowledge of the importance of being in nature and reconnecting with the natural environment
- increasing of understanding of the importance of maintenance and maintaining the natural environment
- increasing the awareness in terms of the unhealthy spread of waste in urban, rural and natural environment
- increasing understanding of the importance of the 5 R's
- increasing intercultural sharing and acknowledgement of their sense regarding the level of recycling and reducing waste in order to improve their skills and abilities towards a healthy life through a healthy and sustainable natural environment
- increasing knowledge of Erasmus+ program and Youthpass certificate.

These goals will be achieved through a set of theoretical and practical workshops based on non-formal education methods, which place participants at the center of the learning process and give them full ownership of the project and its results.

YOUTH EXCHANGE OVERVIEW

Category	Data
Name of the project:	Green Defenders
Type:	Erasmus+ KA1, Youth Exchange (accredited projects)
Dates of main activity:	17.04. – 25.04.2023. (17 th and 25 th are travel days)
Project venue:	Samobor, Croatia
Number of participants:	6 participants per country (5 young people + 1 group leader)
Age limit:	15-30 (18+ for group leaders)
Participating countries	EU Programme countries, Serbia, Bosnia and Herzegovina, North Macedonia

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								D E P A R T U R E S
10.00 – 11.30		Getting to know each other	Who am I?	Take - make - dispose?	The 5 R's	Samobor Challenge	Healthy lifestyle	Social Dreaming What have I become?		
11.30 – 12.00		COFFEE BREAK								
12.00 – 13.30		Introduction to the project Project rules House rules	What is nature to me?	Waste is not trash! What is trash?	Dreaming together with nature	Samobor Challenge	How to grow your own garden	What have I become? Article for blog		
13.30 – 15.00		LUNCH								
15.00 – 16.30		Erasmus+ Programme Youthpass	Seeking and observing	Workshop - handmade, crafts	Workshop - photo, video, presentation article	Project design NFE BOX	Quizz	Youthpass		
16.30 – 17.00		COFFEE BREAK								

17.00 – 18.30		Team Building THOR	I am Ecosystem!	Workshop - voluntary actions	Workshop - photo, video, presentation article	Think green	Green NFE BOX	Final evaluation	
18.30 – 19.00		REFLECTION							
19.00		DINNER							
21.00	Free time	Welcome Party	Intercultural Night		Intercultural Night		Intercultural Night		

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 GREENVILLE** in the surrounding area of Samobor, in 2-6 person bedrooms with shared bathrooms. House Rules will be delivered to the participants in the 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



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.

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. – 2023. 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
10 – 99 km	0 EUR (Green travel - 23 EUR)
100 – 499 km	180 EUR (Green travel - 210 EUR)
500 – 1999 km	275 EUR (Green travel - 320 EUR)

It is not obligatory to use green travel.

Distance should be calculated by using the 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 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.**

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 your 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 invitations 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 the official web site of Samobor.

www.samobor.hr

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 and also few light stuff (climate is changing in March); clothes for outdoor activities; workshop clothes
- Reusable cup;
- 1 or 2 laptops per national team.

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 **Euro**.

(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, traveling, 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)

Udruga za održivi razvoj "Pozitiva Samobor" | Vrhovčak 61, 10430 Samobor

www.pozitivasamobor.hr | info@pozitivasamobor.hr

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(+385) 11888 – telephone directory
(+385) 18166 – weather forecast
(+385) 18981 – general information
(+385) 11802 – international telephone directory

PREPARATION

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 kilometers (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 3.87 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.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 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.

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

info@pozitivasamobor.hr



CONTACT PERSON**Maja Rupčić**

Project manager

maja@pozitivasamobor.hr

Romina Galović

Programme coordinator

romina@pozitivasamobor.hr

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