

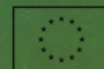
INFOPACK



**YOUTH
EXCHANGE**
26.04 – 04.05.2024



"EMBRACE WELLNESS, SHAPE YOUR TOMORROW"



Funded by
the European Union



POZITIVA SAMOBOR
Udruga za održivi razvoj



ABOUT US

Pozitiva Samobor creates and implements programs aimed at developing the skills of young people and discovering their talents, teaching them how to become active citizens and learn to take responsibility. We want to give young people useful tools that will motivate them to become intellectually and physically more active, thus developing them into 21st century leaders.




ABOUT PROJECT



Hey there! Welcome to our Youth Wellness Project.

The project aims to encourage youth to adopt active lifestyles, prioritize their physical and mental well-being and develop a lifelong appreciation for physical fitness and creative movement

NOTE: You don't need to be a Zumba expert or have any prior experience. Whether it's your first time or you're a seasoned dancer, simply bring your good vibes and willingness to have fun dancing!



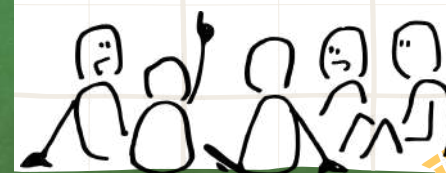
ABOUT PARTICIPANTS

"Your health your future" is an exciting project tailored for young individuals, hailing from both rural and urban backgrounds and will involve 20 participants from 4 different countries.


Age requirement: 18-25 years old (team leader can be over 25)

Each partner will send 5 participants, if possible paying attention to the gender balance.

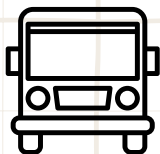
The participants need to be interested in the topic, really motivated in learning and sharing their interest through open space workshops.



HOW TO REACH US?

 Vrhovčak 61,
10430, Samobor,
Croatia

Arriving to Zagreb Airport
"Franjo Tuđman" or Zagreb
Train station or Main Bus
station



Take a bus to Samobor
bus station and from there
we will take you by car to
the venue.

TRAVEL RULES

- Your travel route is from the country of your sending organization and back;
- Your travel dates match the project;
- You present receipts for the cost of your tickets, as well as all boarding cards and passes;
- You have selected reasonable means of travel (student fares, low cost airlines, 2nd class trains, etc.);
- Taxis and private transport are not covered;
- You have completed your dissemination activity within one month after the end of the exchange.

TRAVEL REFUND



Standard travel: 275€
Green travel: 320€



Standard travel: 180€
Green travel: 210€



Standard travel: 275€
Green travel: 320€



Standard travel: 0€
Green travel: 20€



Standard travel: 275€

PLEASE, CHECK YOUR DISTANCE TO "SAMOBOR, CROATIA" WITH EUROPEAN DISTANCE CALCULATOR: [CLICK HERE](#)

YOU ARE OBLIGED TO SEND US YOUR TICKETS FOR APPROVAL BEFORE BUYING THEM.



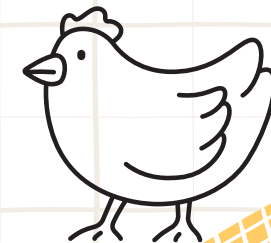
VENUE OF THE PROJECT

Greenville is rural oasis where you can experience all the charms of life in nature, starting with growing your own organic food, caring for animals and recreational activities on the picturesque glades.



ACCOMODATION

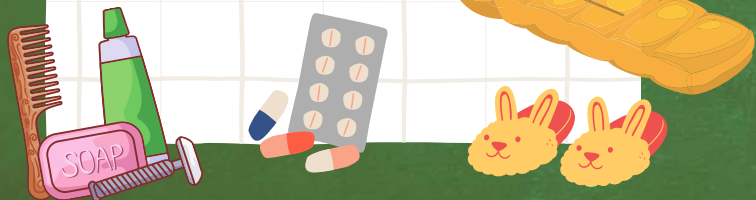
Greenville is an eco-educational property located in the heart of Croatia, in the rural environment of the picturesque town of Samobor. The estate covers 1964 m² of land and contains a residential building with 22 beds, indoor and outdoor work space, garden, orchard, educational trail and housing for domestic animals.





WHAT TO BRING?

- ID / passport
- Personal medication
- European Health Insurance Card
- Own towels, slippers, personal hygiene items, comfortable/warm clothes, shoes and raincoat
- Hiking clothes
- Hiking boots / Appropriate footwear
- **SLEEPING BAG**
- **WARM CLOTHES FOR CAMPING NIGHT**
- Your positive energy and smile :)



TO DO LIST

- Preparation of the cultural night of your country (foods, drinks, games, dances) in advance (preferably before leaving for the project).
- Filling the online participant form shared by the coordinator and joining WhatsApp group.
- Important note: The participants must accept to disseminate project and it's outcomes after they return their home country.

WEATHER FORECAST

Samobor's average daily temperature in April is +17°C during the day and +6°C at night. The weather can get pretty cool at night, so bring a mix of clothing to accommodate the warm and sunny days and chilly nights of April.

And don't forget warm clothes for camping

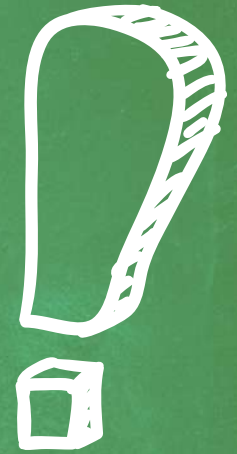


WHAT TO EXPECT?

- The project encourages participants to prioritize their well-being, make healthy choices, and take proactive steps towards a healthier and more fulfilling future.
- Dancing and creating a ZUMBA choreography;
- One night camping outdoors;
- Hiking;
- Many possibilities to spend time with kind people from different countries!
- Getting to know each other through games and team-building activities;
- Chance to gain experience in organising thematic workshops for others;
- Intercultural evening;
- Energising games, fun, and most likely - lots of friends!

WHAT NOT TO EXPECT?

- Organised sightseeing trips with a tour guide - If you want to travel more in Croatia, you can come a few days earlier or leave later. Please note that, in this case, the additional costs will not be funded;
- Workshops organised by professional trainers or teachers (no formal education methods!);
- Luxury accommodation and extraordinary food. With only 39 EUR per participant per day, the organisers must provide the accommodation, food, and project materials and cover other exceptional costs. It may sound much, but it's not really...



CAMPING

- Participation in the camping portion of the project is mandatory for all attendees.*

**We kindly ask that you refrain from applying for this youth exchange if camping is not suitable for you.*

- We will provide sleeping tents.
- Please remember to **BRING YOUR OWN SLEEPING BAG** as it is essential for a good night's rest.
- Additionally, we recommend packing **warm clothes** for the cooler evening temperatures.
- While there are no shower facilities or proper toilets at our forest camping site, the house is conveniently located just 5 minutes away for any urgent needs.



	DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
8:00-9:30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
9:00-9:30		ZUMBA	ZUMBA	ZUMBA	ZUMBA	YOGA	ZUMBA	ZUMBA	D
9:30-11:00	A	INTRO	HEALTHY LIFESTYLE	COMPOST & GARDENING	STRESS MANAGEMENT AND MINDFULNESS	CAMPING	STORY OF OLYMPICS	PRACTICE	E
11:00-11:30	R	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	P
11:30-13:00	R	GETTING TO KNOW EACH OTHER	YOGA AND BREATH EXERCISES	NUTRITION BASICS	HIKING	FREE TIME	OLYMPICS	ZUMBA FESTIVAL (SHOW)	A
13:00-15:00	I	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	R
15:00-16:30	V	ERASMUS+	ZUMBA FESTIVAL	WORKSHOP: HEALTHY SNACKING	HIKING	PERSONAL PLANNER	OLYMPICS	YOUTH PASS	T
16:30-17:00	A	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	U
17:00-18:30	L	TEAM BUILDING	WORKSHOP: CLAY	ZUMBA FESTIVAL	CAMPING	PREPARE INTERCULTURAL NIGHT	ZUMBA FESTIVAL	FINAL EVALUATION	R
18:30-19:00	S	REFLECTION	REFLECTION	REFLECTION	REFLECTION	REFLECTION	REFLECTION	REFLECTION	E
19:00-20:00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	S
20:00			GAME NIGHT			INTERCULTURAL NIGHT			



OUR TEAM

We feel responsible to take a role in the sustainable development of the world around us.

We are focused on working with young people who will be strong enough and competent enough to bring about the desired changes and achieve the set goals for the sustainable development of the world.

Our teammates are Romina, Vlado M., Marko, Maja, Vlado O., Andrei, Sara, Una & Žohar. :)



Contact:

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