



INFO PACK

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POZITIVA SAMOBOR
Udruga za održivi razvoj



Funded by
the European Union



BETWEEN SCREENS AND STARS: **GROWING HEALTHY MINDS**

ERASMUS+ ACTIVITY INFO PACK **TRAINING COURSE FOR YOUTH WORKERS**

Dear Participants,

Welcome to our Erasmus+ training course for youth workers! This info pack contains **all the essential details you'll need**, from the program to logistics. **It's crucial to read through everything** to fully understand what to expect and how to prepare. Our aim is to equip you with valuable skills and knowledge, and we want to ensure you have a **seamless and enriching experience**. Thank you for joining us, and we look forward to an exciting and productive time together!

BASIC INFORMATION

ACTIVITY OVERVIEW	
Name of the activity:	BETWEEN SCREENS AND STARS: Growing healthy minds
Type of the activity:	ERASMUS+ accredited project in the field of youth – Mobility of youth workers
Location of the activity:	Samobor, Croatia
Dates of the activity:	13.- 19.07.2026. (13th and 19th are travel days)
Age range of participants:	18+, without the upper age limit
Total number of participants:	24

The aim of this training is to support youth workers in developing practical skills to design learning environments that help young people focus, stay present and engage meaningfully in learning in a highly digitalised world.

Through non-formal and experiential approaches, participants will explore how to respond to digital distraction and information overload by creating learning experiences that promote **reflection, deep learning and balanced learning rhythms**. The training treats attention and focus not as individual problems, but as outcomes of well-designed educational environments.

By the end of the activity, participants will be better equipped to apply innovative learning design methods in their everyday youth work, supporting **healthier, more sustainable and more meaningful learning processes for young people**.

PARTICIPANT PROFILE

WHO ARE WE LOOKING FOR?

We are seeking individuals who are actively engaged in **youth work**. Youth work involves activities designed to support the personal and social development of young people through informal education and learning.

Youth workers can be either **employed** or **volunteers/cooperates**, contributing to the mission of their organizations.

WHO CAN APPLY?

- **Youth Workers:** Those working directly with young people in NGOs, institutions, and educational institutions.
- **Youth Leaders:** Individuals who lead youth groups or councils, such as scout leaders or members of youth councils.
- **Volunteers and Cooperates:** Individuals who volunteer or cooperate with organizations in youth work activities.

PREFERRED PARTICIPANT PROFILE

- Actively engaged in youth work activities through their sending organizations.
- Committed to applying the skills and knowledge gained from the project to benefit their organizations and the young people they work with.
- Able to contribute to and benefit from a collaborative learning environment.



IMPORTANT

Individuals not involved in youth work within an organisation and individuals without prior experience in youth work are **not eligible for participation in this activity**.

WHAT TO EXPECT IN THIS ACTIVITY?

- A hands-on, experience-based training focused on real challenges youth workers face when working with young people in digitalised environments
- Experiential learning activities that support focus, presence and meaningful engagement
- Practical tools and methods for designing learning environments
- Space for reflection, slowing down and deep learning, rather than constant information input
- A non-formal learning approach based on participation, dialogue and learning by doing
- Exchange of experiences and peer learning with youth workers from different countries and contexts
- Concrete ideas and inspiration that can be adapted and applied in your everyday youth work

WHAT NOT TO EXPECT IN THIS ACTIVITY?

- A tourist, sightseeing or holiday-style programme
- Free-time-oriented activities without a clear learning purpose
- Clinical, therapeutic or mental health treatment or diagnosis
- Individual services, personal coaching or one-to-one support
- Ready-made formulas or one-size-fits-all solutions
- Optional paid activities or add-on experiences outside the programme

This activity is implemented within the Erasmus+ programme, which is primarily an **educational and learning framework** based on non-formal education, active participation and shared responsibility.

We strongly encourage participants to **familiarise themselves with the Erasmus+ programme, its values and learning principles** before the activity. Erasmus+ activities are not designed as tourism or individual service-based programmes, but as collective learning processes that rely on engagement, openness and contribution from all participants.

LOGISTICS

SAMOBOR, CROATIA

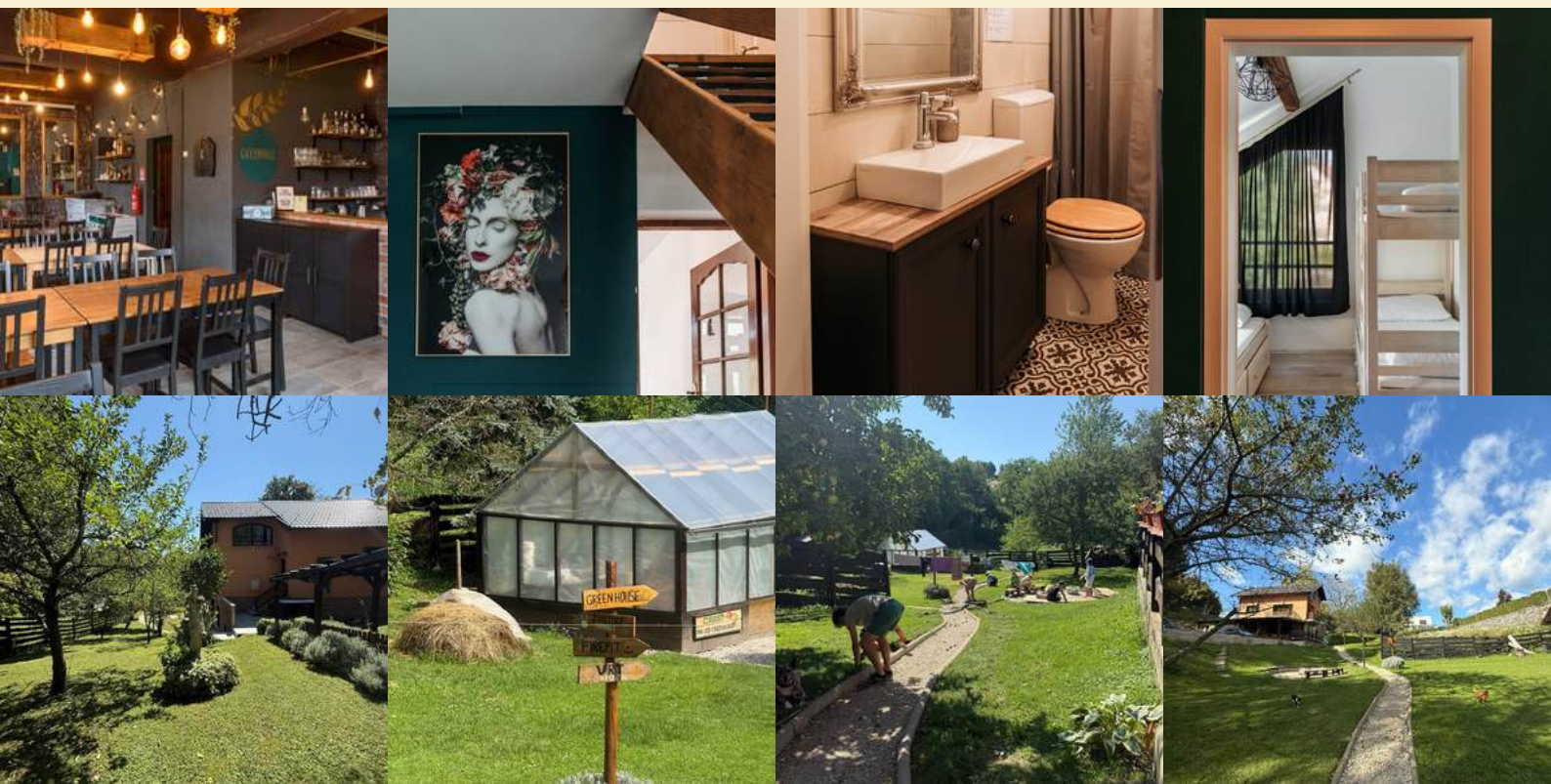
Samobor is a historic town located just west of Zagreb, known for its charming old town, Baroque architecture, and vibrant cultural atmosphere. The town is famous for its central square, traditional houses, and the ruins of Samobor Castle overlooking the town from the nearby hills. Surrounded by the natural landscapes of Samobor Hills and close to the protected area of Žumberak–Samoborsko gorje Nature Park, the area offers forests, hiking trails, and rich biodiversity.

GREENVILLE ECO FARM

Participants will be accommodated at the Greenville educational estate, managed by the organizing organisation Pozitiva Samobor. The venue is located in a natural environment and provides a peaceful setting suitable for learning, group activities, and intercultural exchange.

Participants will stay in shared rooms accommodating 2–6 people, with shared bathrooms available on the premises.

Three meals per day will be provided throughout the activity. The venue also offers indoor and outdoor spaces for workshops and group work, and Wi-Fi access is available for all participants.



TRAVEL

Travel expenses of the participants are covered in line with **Erasmus+ 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** (to the **account of sending organization**) 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**.



IMPORTANT

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, as well as to fulfill their dissemination tasks.

GREEN TRAVEL

This activity implements a practice of **GREEN TRAVEL**, in line with priorities set within ESC 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, whenever possible, prioritize 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	NON-GREEN TRAVEL (LIMIT PER PERSON)	GREEN TRAVEL (LIMIT PER PERSON)
10 - 99 KM	28 EUR	56 EUR
100 - 499 KM	211 EUR	285 EUR
500 - 1999 KM	309 EUR	417 EUR
2000 - 2999 KM	395 EUR	535 EUR
3000 - 3999 KM	580 EUR	785 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).

IMPORTANT



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, Erasmus+ reimbursement framework, and green travel guidelines. **Failure to consult us beforehand may result in ticket disapproval.**

HOW TO REACH THE PROJECT VENUE?

If you are travelling by plane, the nearest airport is **Zagreb Airport**. From the airport, participants should first travel to Zagreb and then continue by public bus towards Samobor and the village of Vrhovčak, where the Greenville estate is located.

If you are arriving by international bus or train, the arrival point will be either **Zagreb Bus Station** or **Zagreb Main Railway Station**. From there, participants can continue their journey by public bus from Zagreb to Samobor and further towards Vrhovčak.

Participants will receive **a separate document with detailed instructions for public transportation**, including recommended bus lines, connections, and directions from Zagreb to the Greenville estate.

IMPORTANT



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, Erasmus+ 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);
- Slippers for indoor use (accommodation part of the house);
- Comfortable clothes for indoor and outdoor activities.

HEALTH INSURANCE

We strongly recommend that all participants bring their European Health Insurance Card (EHIC), which covers basic healthcare costs during their stay in Croatia. Participants who are not citizens of EU countries are strongly advised to arrange personal travel health insurance before travelling. This insurance should cover possible medical treatment. **Please note that any healthcare or medical costs not covered by EHIC or personal insurance cannot be reimbursed from the project budget, so it is important to ensure adequate coverage before arrival.**

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.

112 – emergency number

RELEVANT INDIVIDUAL INFORMATION

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 wellbeing of the whole group.

PREPARATION

TASK RELATED PREPARATION

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

INTERCULTURAL AND LINGUISTIC PREPARATION

Croatia has a rich cultural heritage shaped by Mediterranean, Central European and Balkan influences. Politeness, respect and direct but friendly communication are valued in everyday interactions. English is widely spoken, especially among younger people and in tourist areas, but using a few basic Croatian words is appreciated and often creates a more positive connection with locals.

- **Dobar dan** – Hello (formal / Good day)
- **Dobro jutro** – Good morning
- **Dobra večer** – Good evening
- **Bok** – Hi (informal)
- **Dovidenja** – Goodbye (formal)
- **Bok** – Goodbye (informal)
- **Molim** – Please / You're welcome
- **Hvala** – Thank you
- **Hvala lijepa** – Thank you very much
- **Da** – Yes
- **Ne** – No
- **Ne razumijem** – I don't understand
- **Govorite li engleski?** – Do you speak English?
- **Možete li mi pomoći?** – Can you help me?

CURRENCY

The official currency in Croatia is the **Euro (EUR)**. Credit and debit cards are widely accepted in shops, restaurants, and most services. However, cash is still commonly used, especially in smaller cafés, local bakeries, small shops, and for public transportation. Participants are therefore advised to bring some cash in euros or withdraw money from ATMs if needed. Please note that ATM withdrawals may include additional fees charged by local banks or your own bank.

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.

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