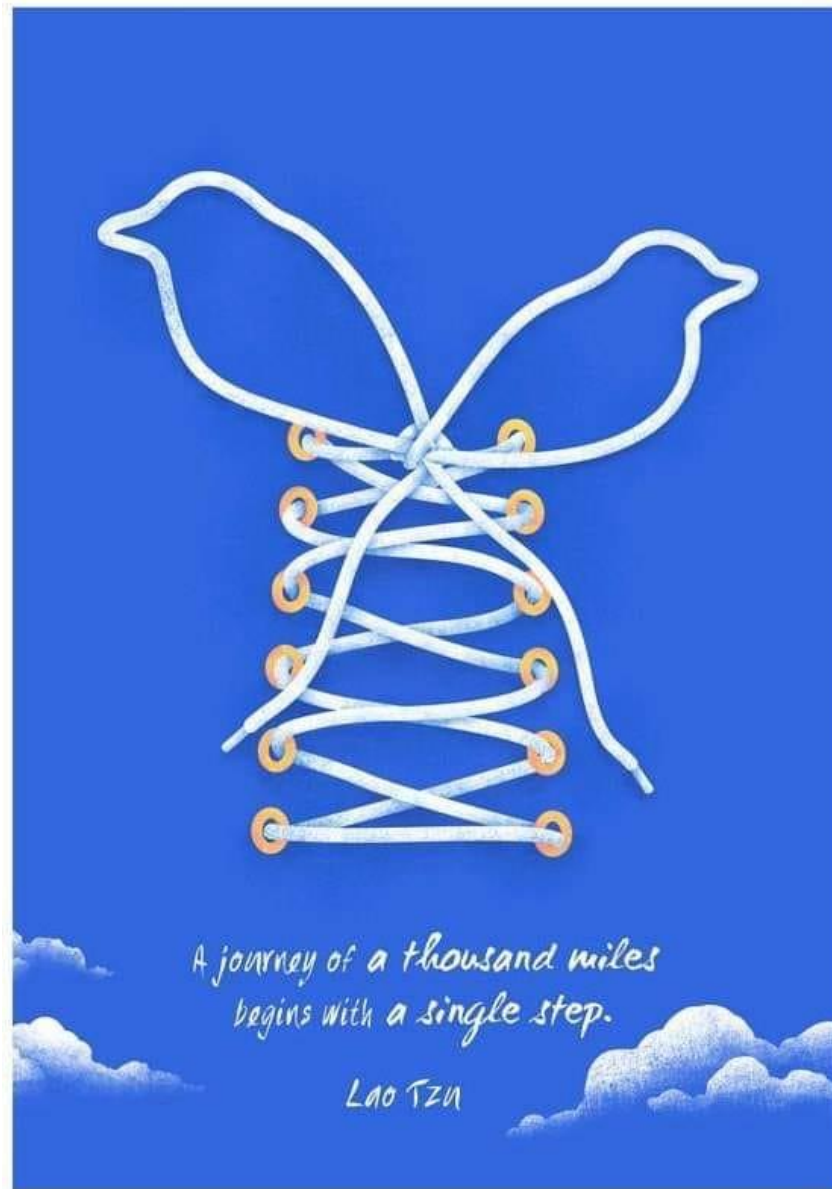


# Shine your light

Youth exchange

Slavonski Brod, Croatia, 5.9. - 13.9.2020.



## Information package

Dear partners and participants,

here you will find all the important information about our youth exchange which will take place soon in Slavonki Brod, Croatia.

**Please read all the information carefully!**

Looking forward to see you soon

## *Lets start with information*

**WHAT:** Erasmus plus project – youth exchange

**TITLE:** Shine your light

**PLACE:** Slavonski Brod, Croatia

**APPLICANT:** Volonterski centar Slavonski Brod,  
<https://www.facebook.com/VolonterskiCentarSb/>

**DATE:** 5.9.2020 – 13.9.2020 (5.9. arrival day, 13.9. departure day; 6.9. – 12.9. working days)

## *Who is target group of this project? (PARTICIPANTS)*

The project involved 43 young participants from 18 to 29 years of age with accompanying experienced group leaders (5 + 1)

The youth exchange participants come from Croatia, Serbia, Poland, Lithuania, Denmark, Italy and Hungary.

Number of participants per country:

CROATIA: 6 + 1

SERBIA: 5 + 1

POLAND: 5 + 1

LITHUANIA: 5 + 1

DENMARK: 5 + 1

ITALY: 5 + 1

HUNGARY: 5 + 1

**Working language of youth exchange will be English. (Your English doesn't need to be perfect, neither is ours! Better a little English than no language communication at all.)**

## *Project summary*

### **Main topic: mental health in crisis situations**

The situation we are in is extraordinary and therefore uncertain, especially for young people who are not used to the amount of uncertainty they are exposed to every day, which is a traumatic experience for them. Everyone is experiencing some level of trauma associated with the COVID-19 pandemic, and it may be the first time many young people have thought of their mental health.

The purpose of the exchange is to exchange participants' knowledge related to managing emotions in times of crisis such as fear, humanity, sadness, feeling helpless, and participants will have the opportunity to learn how to manage stress, especially in crisis situations, but also how to motivate themselves and inspire other people by his example.

Goals:

- Increase knowledge of emotional intelligence
- Encourage participants to recognize emotions and influence their actions (ABC)
- Introduce participants to emotion management strategies, how to apply them in crisis situations (finding ways to cope with fears, anxieties, anger and sadness)
- Train participants to apply stress reduction techniques in crisis situations and constructively use leisure time

The theme of the project was created to help participants to alleviate the psycho-social problems they face during the Covid-19 virus pandemic. The expected impact on the participants is that through a designed activity hierarchy, they will strengthen their internal mental capacities, which will help them cope with the new situation, but also prevent the occurrence of further psycho-social difficulties in the event of a second wave of the virus, and in addition will strengthen them to cope with both everyday stressors and stressful situations. First of all, participants will learn how to be OK with themselves and how to make internal changes that will reflect on their quality of life. Also, participants will network with colleagues from other countries, become more aware of their role and be able to recognize the perspective that comes with uncertainty, and above all develop resistance to external stressors and shift focus to internal work. In addition, participants will learn self-help and self-development techniques, will be introduced to online tools that will later serve them for quality interaction, communication and content creation, and will be able to further transfer the acquired knowledge in their local environments among their peers and families.

## *Working methods and preparation for project*

The project is organized from and for young people. Our activities during the preparation, implementation, evaluation and follow up phase ensure active participation of young people in each stage of the project. We want the project to make a positive change in the life of young participants and thus we value their reaction, opinion and feedback at every step of this project.

Working methods of this project are based on:

- active participation in workshops, presentations, study visits
- personal and group discussions
- brainstorming, and sessions for enhancing creativity
- personal development activities and reflection sessions
- team-building activities, energizers, games (music, dance)
- intercultural dialogue and presentation
- role play

This project is not only based on a "one-way information-flow" but requires a pro-active participation from you. So, we would encourage you to search about the issue in your country, local community, university, NGO.

For more information about the ERASMUS PLUS Program you can visit the following website: [http://ec.europa.eu/programmes/erasmus-plus/index\\_en.html](http://ec.europa.eu/programmes/erasmus-plus/index_en.html)

Each national group will be responsible to host one session, we as organization will help you to shape your session in best possible way as learning experience. Remember, this is non formal education and main purpose of your active involvement is to develop soft skills.

### **PARTICIPANTS CONTRIBUTION TO THE PROJECT**

There will be 15 € participants contribution to the project per participant.

NOTE: participant contribution will be spend during project on project activities, each participant will need to pay 15 euro in cash. Participants contribution will be spend on activities that we can not cover by project budget and it will involve: yoga teacher, contact improvisation, self help programme, shaman experience and drum session. Participant contribution is not PARTICIPATION FEE and it will be spend on participants.

**You are expected to attend the full duration of youth exchange!**

## *Financial condition (travel, accomodation)*

**Accomodation and food:** 100% covered by Erasmus + Program

Travel costs: are budgeted according Erasmus + conditions (using the EU distance calculator) [http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.html](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.html)

## *Travel (ARRIVAL AND DEPARTURE)*

**The participants should arrive to Slavonski Brod on 5.9.. and depart on 13.9..2020.**

You are invited to use most optimal and cheapest means of travel. If you choose to travel by plane, we recommend you to choose Zagreb airport. When you arrive to Zagreb airport you can use direct bus to Slavonski Brod.

You can also use near by airport in Budapest (Hungary) and use a train/bus to go to Slavonski Brod.

You can also chose bus or even car from your country or train to travel to Slavonski Brod, Croatia - it is well conected.

Cities that are near by Slavonski Brod and from which you can try to find conections are Osijek and Zagreb, Rijeka.

**We kindly remind you that early accommodation and extra overstays will be your responsibility.**

**If you need assistance in order to plan your travel please let us know and we will help you.**

**Plese take in considiration that there is still COVID-19 pandemic and we are suggesting you to travel only inside EU. If you are searching for flight connection to Croatia please travel only within EU borders (unless situation will be different, in that case we will inform you).**

### *Accomodation*

The accommodation, 3 meals in a day, and coffee breaks will be paid by hosting organization. Extra drinks/snacks will be your responsibility.

You will be accommodated in a hostel „**SMART HOSTEL**“ located in centre of Slavonski Brod. The accommodation has WIRELESS INTERNET so you can bring your laptops, tablets, etc. but please take good care of them!

You will be accommodated in 5, 4, 3 and 2 bed rooms with shower and toilet inside of each room. Towels will be provided by hostel as well. All participants will be separated by gender and by nationality so you will be in mixed nationality rooms but with same gender.

If you are vegeeterian, vegan, or you have different food habits please inform us on time so that we can provide you food that you eat.

More info at: <https://www.smarthostel.hr/>



## *What to bring with you?*

In Croatia you are obligatory to wear face masks in super markets and stores but also inside of every institution and every closed space, so bring face masks with you, medicine and other things for personal protection against COVID-19. Please be responsible.

### **1. Materials About Your Organisation**

During the youth exchange, each one will get the opportunity to present their own organization in a visual way on Organizational Market Evening

We encourage you to bring as much -relevant- materials as possible.

To bring with you:

- Information about your organization; brochures, leaflets, etc (in English if you have).
- All relevant information you have on the previous international project(s) you've organized/been part of (reports, gadgets, and press releases).
- Picture, posters, etc.

### **2. About Your Country/Region/Town:**

Please bring your national food, traditional drinks, music or souvenirs for the intercultural evening. On this evening you will be able to show what is typical for your country; it can be food, drinks or whatever you would like to present from your country.

### **3. PROOF OF ALL THE TRAVEL EXPENSES**

If you come by plane, please be sure to bring evidence of the sum actually paid (invoice) and boarding pass. Electronic tickets will only be considered as acceptable on proof of payment (invoice) and on presentation of the boarding pass for the outward journey. Please keep in mind the travel rules of the ERASMUS PLUS Program. If you come by train or bus do not forget to buy a return ticket. Please copy your tickets before you leave your home.

### **ALSO, PLEASE, DO NOT FORGET TO BRING:**

- Medication, shampoo and other personal items. - Standard seminar equipments, varied and comfortable clothes.

**ALSO, PLEASE BRING WITH YOU BIG TOWEL (LIKE YOU WILL BRING TO BEACH) BECAUSE YOU WILL NEED IT FOR YOGA SESSION.**

**During youth exchange we will create dissemination so for that each national team should have at least 1 laptop and one camera for work.**

**Please check the weather before you start packing.**

### *Documents needed for reimbursement of travel costs*

Please take in count that ONLY THE TICKETS FOR BUSES OR TRAINS ARE ALLOWED TO BE PAID IN CASH. FOR THE AIRPLANE TICKETS YOU WILL HAVE TO PAY USING THE BANK SERVICES (ONLINE TRANSFER, PAYMENT ORDER, ETC.) EVEN YOU ARE BUYING THEM ONLINE OR DIRECTLY FROM THE AIRLINES COMPANY (OR ANOTHER TRAVEL AGENCY). During project you will also need to provide evidence that you paid your tickets that amount that you claim: if you buy tickets online we will need bank transaction evidence, and if you pay by cash we need to have original bill with all information – we will check during project are your tickets ok (we had some experience where participants tend to fake their tickets in order to get more money for them – in case that you do that you will be sent home without reimbursement and we will report your act to National agency).

### *For reimbursement you will need*

- An invoice for the tickets.
- A receipt (showing that you have paid the money) – only for train and bus tickets;
- Printed document showing that money was paid (receipt, bank confirmation, etc.)
- For the airplane tickets;
  - Flight tickets (with the name of the passenger and flight details);
  - All boarding passes;
  - A printed confirmation of reservation.

Please, make sure that you have all these papers when you come to the youth exchange (of course, the return boarding passes might be sent after exchange).

P.S. Please send us the prices of the tickets when you have them, so we could plan our budget.

NB! Please note that we cannot reimburse travel costs if you lose your tickets or we do not receive all details and proofs of your expenses!

### TRAVEL INSURANCE

It is necessary that all participants on this youth exchange have travel insurance. So buy travel insurance for the dates of this youth exchange. If you have EU health card please bring it with yourself.

### PASSPORT

If you have a passport please bring it.

REIMBURSEMENT will be done after you go back to your home, after you send us all tickets of your journey back and after you do dissemination. We will transfer money to your NGO bank account and they will send you money on your account, or, we can transfer money to bank account of group leader.



*Participating countries, partners, numbers of participants and budget for traveling*

**Croatia: Volonterski centar Slavonski Brod**

**Travel costs: 0,00 Euro;**

**Number of participants: 6 +1**

**Denmark: Ways**

**Travel costs: 275 euro per participant**

**Number of participants: 5 + 1**

**Italy: EURO SUD**

**Travel costs: 180 euro per participant**

**Number of participants: 5 + 1**

**Hungary: "Kontroll V" Nemzetközi Kulturális Egyesülete**

**Travel costs: 180 euro per participant**

**Number of participants: 5 + 1**

**Lithuania: Tarptautinis bendradarbiavimo centras**

**Travel costs: 275 euro per participant**

**Number of participants: 5 + 1**

**Serbia: Sfera Serbia**

**Travel costs: 180 euro per participant**

**Number of participants: 5 + 1**

**Poland: Fundacja imienia Braci Solunskich - Cyryla i Metodego**

**Travel costs: 275 euro per participant**

**Number of participants: 5 + 1**

## *Agenda*

5.9. The first day of the project refers to the arrival of participants and initial acquaintances, icebreakers, as well as the implementation of measures to protect participants, accommodation in dormitories and the initial agreement on coming days.

6.9. The second day of the project is led by the Croatian team and refers to team building, expectations, needs, fears, introduction to Erasmus + program, Youthpass and non-formal education.

7.9. The third day of the project refers to emotional intelligence in time of crisis situations. We will cover topics such as intelligence, emotional literacy and trauma, emotion management and tunnel view, and will be moderated by participants from Poland.

8.9. On the fourth day we deal with the ABC method and understanding causal-consequential connections between action, behavior, and consequences, as well as recognizing emotions, and ending with a creative. Day will be moderated by the Hungarian team.

9.9. The fifth day refers to the Mind fullness method and other self-help methods - breathing, thinking properly, exercising, calming down, channeling emotions and yoga. The day will be moderated by a team from Denmark.

10.9. On the sixth day we deal with mental hygiene and exchange of experiences, and we will do the exercise of the inner child and exiting the comfort zone. The day will be moderated by a team from Serbia.

11.9. The seventh day of the exchange refers to the activities leisure activities and useful tools for young people, as well as OPEN SPACE. The day will be moderated by a team from Lithuania.

12. and 13. 9. The eighth and ninth days of the exchange relate to active citizenship and involvement as a pandemic volunteer, NGO bazaar and the creation of dissemination tools as well as the awarding of youthpass certificates, and will be moderated by the team from Croatia and group leaders from other national teams.

**We kindly ask our group leaders to contact us in order to shape your national session that you will deliver during youth exchange.**

Each day is constructed as follows: Breakfast, Energizer, Session 1, Coffee brake, Session 2, Lunch and free time, Session 3, Coffee brake, Session 4, Reflection Group, Dinner, Evening activities

If you need more information, please contact us at:  
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