



# RURALIZE YOUTH EXCHANGE

15.06-23.06.2017.

Kolenica, Croatia



AGENCY FOR  
MOBILITY AND  
EU PROGRAMMES



Project  
funded by the  
**EUROPEAN UNION**



**Erasmus+**

*This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*

## **INFO**

### **LOCATION**

The municipality of Rakovec, village Kolenica ( 30 km away from Zagreb)

### **YOUTH EXCHANGE DATES**

15.6 - 23.6.2017. (travel days: 15.6. and 23.6, activity days: 16.6 - 22.6.2017.)

### **PARTICIPATING COUNTRIES**

Croatia (host), Slovakia, Bulgaria, Italy, Lithuania

### **PARTICIPANT PROFILE**

Youth from rural and geographically isolated areas aged 18 to 25

Youth active or interested in setting up projects for rural and geographically ispolated youth

### **NUMBER OF PARTICIPANTS FROM EACH PARTNER COUNTRY**

Croatia 7 (6 + 1 group leader)

Other countries 6 (5 + 1 group leader)

### **CONTACT**

[udruga.za.osmijeh.smb@gmail.com](mailto:udruga.za.osmijeh.smb@gmail.com)

## GOALS & ACTIVITIES

### MAIN GOAL

To popularize life in rural areas among young people, to encourage them to launch new projects and encourage volunteering as an important element of life in the countryside

### METHODS AND ACTIVITIES

- theoretical workshops
  - aiming to exchange experience of participants through the presentation of rural realities of each of the partner countries and identifying the needs and concerns of young people from geographically isolated rural areas, as well as the development of ideas to respond to them
- practical workshops
  - aiming to provide the skills and knowledge of participants necessary for the development of entrepreneurial initiatives, as well as for future life in the countryside, through participation in the development of forest recreation ground for young people
- energizers, icebreakers and other types of team building activities, intercultural evenings
- a video & a blog will be prepared by the participants since the project goal is to reach the public and disseminate the results effectively

## PROJECT OUTCOMES

- improved knowledge about the different ways to contribute to the development of local rural communities
- adoption of examples of good practice and identification of different rural realities across Europe
- improved ability to identify and design rural youth needs and advocate them
- development of entrepreneurial initiative and motivation of participants to create additional activities and projects of benefit to geographically isolated youth
- development of practical skills, acquired through activities in nature and in the development of forest recreation ground for young people
- improved language skills
- development of intercultural competence
- development of digital competences
- increased knowledge of the Erasmus + program

## FINANCES AND TRAVEL BUDGET LIMITS

Accommodation, living and other project / exchange related expenses are 100% funded by the EU.

Travel (plane, car, train, etc.) expenses are compensated based on the travel ticket price, with the following upper budget limit:

COUNTRY	PARTICIPANTS	TRAVEL GRANT (per participant)	TRAVEL GRANT (organization)
Croatia	7	20 €	140 €
Bulgaria	6	275 €	1,65 €
Slovakia	6	275 €	1,65 €
Italy	6	275 €	1,65 €
Lithuania	6	275 €	1,65 €

## PROJECT VENUE

Kolenica is a small, charming settlement in the municipality of Rakovec. It is known for its green surroundings and family farms.

Fun fact: In 2011, Kolenica had 16 registered residents which means that a group of 31 foreign participants would triple its population, at least during this 9-day youth exchange :)

The nearest city is Vrbovec (9 kilometres away from Kolenica; 43 kilometres away from Zagreb), best known for its rich history, Lovrečina castle, De Pieness family mausoleum and meat industry PIK Vrbovec.



## ACCOMODATION & FOOD

Participants will be accommodated on a family farm in 2-6 bedded rooms, decorated in contemporary country style. Towels, bed linen and wifi connection will be provided. Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the main area of the House. We strongly recommend each participant to inform the organizers about any special dietary needs in advance. There are also two big working spaces, a big garden and field with places for animals and recreation.



## TRAVEL TIPS

**The arrival day is 15.6.2017 and the departure day is 23.6.2017.**

The best way to reach Kolenica is based on few steps:

### STEP 1

Take a flight/bus/train/other to Zagreb.

### STEP 2

- a) If you came by plane, take a bus (Pleso Transport Company) from the airport to the Zagreb Main Bus Station or other means of transport to get to the Zagreb Main Railway Station.

Timetable: <http://www.plesoprijevoz.hr/en/page/timetable>

Bus price: 30 kunas (one way ticket)

Credit and debit cards with which you can buy tickets are: American Express, Master Card, Visa, Maestro, Diners and Discover.

- b) If you came by train, take the public transport to get to the Zagreb Main Bus Station if you wish to continue your travel to Vrbovec by bus (e.g. tram 6 or tram 2 – the name of the destination is Autobusni kolodvor) or stay at the Zagreb Main Railway station to use the train to Vrbovec.

### STEP 3

From the Zagreb Main Bus Station/Zagreb Main Railway Station take the bus/train to Vrbovec

Bus Timetable: <http://voznired.akz.hr/VozniRed.aspx?lang=EN>

Price: 51 kunas (one way ticket)

Train timetable: <http://www.hzpp.hr/en>

Price: approximately 25 kunas

### STEP 4

Let us know the time of your arrival, we will pick you up in Vrbovec and take you to the venue (~9km, ~10minutes). If you have any questions, feel free to contact us and we will help you with all the arising questions (contact details are provided at the end of the info pack).

### IMPORTANT

We will reimburse the travel expenses after the exchange (and after the completion of the dissemination activities) by bank transfer, in accordance with the Erasmus+framework. In order to make the reimbursement, it is compulsory that you have all the necessary documents with you. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you. For plane travel, the original documents that we need are:

1. Tickets and Boarding Passes;
2. Invoice / Receipt.

Keep your bus/train tickets as well. Travel by car/taxi is also reimbursed.

## PRACTICAL INFORMATION

The official currency in Croatia is kuna.

**1 EUR = 7,430811 KN\***

\*14.04.2017.

### Don't forget to bring (!)

- Personal medication
- Identification documents (ID, passport, visa, etc.)
- Health/travel insurance\*
- Clothing and shoes that can be used for outdoor activities, mosquito repellent and other relevant clothing/stuff for living in the countryside

The organizers will not provide the participants with any kind of insurance. Therefore, we strongly recommend every participant to acquire health/travel insurance at their own expense for the whole duration of the exchange.

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>)

## RISK MANAGEMENT STRATEGY

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*
- (+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*

## TASK- RELATED PREPARATION

Selected participants are expected to:

- Provide interesting videos/photos/tips on building a forest recreation ground
- Prepare a presentation for the Countryside living activity in their national groups– the specific topic is going to be chosen by your sending organizations and assigned to your group
- Suggest energizers that could be done in the morning
- Prepare for the intercultural evening - any kind of activities are welcome (e.g. video presentations, dances, songs, games, quizzes, posters, flyers etc. that represent your country)
- Each of you individually is invited to bring an interesting souvenir and exchange these gifts with one another at the end of the exchange

More information on preparation needed for the activities will be posted online via mailing lists and Facebook after the participants are selected. Timetable of activities will also be provided.

### IMPORTANT

All the participants will be expected to actively participate in the task-related preparation before the main activity, be present and active in all project workshops during the main activity as well as help to ensure the project visibility and participate in dissemination of the project results.

## INTERCULTURAL AND LINGUISTIC PREPARATION

Croatia (Listeni/krou'eiʃə/ 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, most of whom are Croats, with the most common religious denomination being Roman Catholicism.

The official language is Croatian.

*Source: Wikipedia*

### 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)

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

<https://www.chasingthedonkey.com>

English	Hrvatski (Croatian)
Welcome	Dobrodošli
Hello (General greeting)	Bok Dobar Dan
How are you?	Kako si? (inf) Kako ste? (frm)
Reply to 'How are you?'	Hvala, dobro. A ti? (inf) Hvala, dobro. A vi? (frm)
Long time no see	Dugo se nismo vidjeli
What's your name?	Kako se zoveš? (inf) Kako se zovete? (frm)
My name is ...	Zovem se ...
Where are you from?	Odakle si? (inf) Odakle ste? (frm)
I'm from ...	Ja sam iz ...
Pleased to meet you	Drago mi je
Good morning (Morning greeting)	Dobro jutro
Good afternoon (Afternoon greeting)	Dobar dan
Good evening (Evening greeting)	Dobra večer
Good night	Laku noć
Goodbye (Parting phrases)	Zbogom Doviđenja

English	Hrvatski (Croatian)
Good luck!	Sretno
Cheers!	Živjeli!
Have a nice day	Lijep ti dan želim! (inf) Lijep Vam dan želim! (frm)
Bon appetit / Have a nice meal	Dobar tek!
Bon voyage / Have a good journey	Sretan put!
I understand	Razumijem
I don't understand	Ne razumijem
Yes	Da
No	Ne
Maybe	Možda
I don't know	Ne znam
Please speak more slowly	Možeš li pričati sporije? (inf) Možete li pričati sporije? (frm)
Please write it down	Molim Vas, možete li mi to zapisati?
Do you speak Croatian?	Govoriš li hrvatski? (inf) Govorite li hrvatski? (frm)

English	Hrvatski (Croatian)
Yes, a little (reply to 'Do you speak ...?')	Da, (nešto) malo govorim hrvatski
Speak to me in Croatian	Možeš razgovarati sa mnom na hrvatskom (inf)
Call the police!	Pozovite policiju!
How do you say ... in Croatian?	Kako se kaže .... na hrvatskom?
Excuse me	Oprostite! Ispričavam se!
How much is this?	Koliko košta ovo?
Sorry	Žao mi je Oprostite
Please	Molim
Thank you	Hvala
Help!	U pomoć!
Fire!	Požar!
Stop!	Stani!

## 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

 Youthpass

## CONTACT

**za osm:)eh**

### E-MAIL

[udrugaza.osmijeh.smb@gmail.com](mailto:udrugaza.osmijeh.smb@gmail.com)

### TELEPHONE

00 385 99 25 100 25

PARTNERS



Active youth  
*International EU exchange*



**POSITIVA MILANO**  
Associazione per la mobilità giovanile