

Intercultural Travel Through Art and Sport (ITTAS)

Youth Exchange

16-24/July/2018

Samobor, Croatia



'Co-funded by the Erasmus+ Programme of the European Union'



Overview:

Intercultural Travel Through Art and Sport (ITTAS) is a youth exchange program for youth from Norway, Croatia, Belgium and France. By using different sports and artistic activities, the project aims to gather 42 youth, between the ages of 16-20 in Samobor, Croatia; to use/exchange their skills in Football, Judo, Rugby and Film and Dance. And use them as tools to improve their linguistic skills, exchange their multicultural experiences and enhance their self-development process.

Each partner organization will have one day where the youth from that country will lead the activities, teach their skills in their respective sport to the other groups, and use the activity as a non-formal tool to discuss and work on themes of social inclusion, immigration, identity, team work and gender equality. The evenings will be dedicated to reflections, debates and cultural exchange activities where youth from each country will present their countries and realities and exchange valuable insights. In addition to exploring the host country and interacting with the locals in outdoor activities and family dinners with the local community.

YOUTH EXCHANGE OVERVIEW

Category	Sport and Art
Name of the project:	Intercultural Travel Through Art and Sport
Type:	Erasmus+ KA1, Youth Exchange
Dates of main activity:	16-24/July/2018
Project venue:	Samobor, Croatia
Number of participants:	10 participants per country (8 young people + 2 group leaders)
Age limit:	15-19 (18+ for group leaders)
Participating countries	Norway, Croatia, France, Belgium

Timetable:

16th-24th of July 2018, Samobor, Croatia

	Monday 16/07	Tuesday 17/07	Wednesday 18/07	Thursday 19/07	Friday 20/07	Saturday 21/07	Sunday 22/07	Monday 23/07	Tuesday 24/07
8h-9h	Arrival Participants	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Travel day: Clean, leave the place pick up to airport and take off
9h-9h30		Icebreaker/energiser	Icebreaker/energiser	Energiser	Energiser	Energiser	Energiser	Energiser	
9h30-10h		Bonding : Get to know each other through games	France day: Rugby	Croatia day Identity in Sport discovery	Cultural day Visit Zagreb ?	Belgian day Judo: closebody sport	Norwegian day Football and learning reflexion	Tournament: Organised by youth	
10h-10h30									
10h30-11h		Bonding : Get to know each other	(Shower)	(Shower)		(Shower)	(Shower)		
11h-11h30									
11h30-12h		Break	Free time	Free time		Free time	Free time		
12h-12h30									
12h30-13h		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
13h-13h30									
13h30-14h		Team creation / expectations game	What's inclusion trough	Morning feedback and learning	Briefing for the dinner in families	Urban dance as body	Tournament day preparation	Evaluation	
14h-14h30									
14h30-15h									
15h-15h30									

15h-30-16h			sport: games, exchanges		Free time	expression		
16h-16h-30	Pick up at airport	Break	Break	Break	Break		Break	Break
16h-30-17h		Youth pass/ rules of conduct	Tournament day preparation	Tournament day preparation	Preparation for the dinner	Break	Tournament day preparation	Youth pass
17h-17h-30						Tournament day preparation		
17h-30-18h						Tournament day preparation		
18h-18h-30		Free time	Free time	Free time	Free time	Free time	Free time	Cultural dinner preparation
18h-30-19h								
19h-19h-30	Welcoming Dinner: organisations, self introductions, allocations	Dinner	Dinner	Dinner with local families	Dinner	Dinner	Dinner	Final cultural Dinner with local families
19h-30-20h		Free evening	French night		Free evening	Belgium night	Norwegian night	
20h-20h-30								

Objectives:

This project aims to enhance self-development process of young people by making them more aware of their talents, providing them with place for their development as well as directing them on how to use acquired skills in future (employment, education, entrepreneurship).

Method and Activities:

During the Youth Exchange, the youngsters will be in charge of giving practical sessions initiated and designed by themselves and based on different sports or artistic activities they practice. These sessions will be organized by a different partner (country) every day. The entire group of youngsters will participate to every activity. We would be very happy and supportive if the youngsters decide to organize some mixed activities with different partners and sports. The youngsters will also be in charge of the organization of a local tournament, designed by themselves and both for them and the local community. Exercises and collective time with reflection on the topic of social exclusion will be provided as to create some opportunities of non-formal learning about the themes of the Youth Exchange.

WORKSHOPS

Workshops based on sport as a method will foster the process of identifying and developing personal strengths and abilities of participants, identifying personal goals and developing ability to overcome challenges as well as develop communication and leadership skills of participants. By pursuing their learning goals and overcoming obstacles, participants will develop their “never give up” attitude as well as mutual tolerance and respect.

PUBLIC EVENT

Workshops focused on designing the final public event - Tournament - will enhance creativity of participants as well as their organizational skills. Having the main role in implementation of all project aspects will ensure that participants feel sense of belonging and higher responsibility to reach project results.

Technical information

Accommodation

Travel, Accommodation, living and other project / exchange related expenses are 100% covered by the EU. Participants will be provided with 3 meals per day and coffee breaks.

Participants will be accommodated in **Hostel Samobor**. There, they will be divided into two and four bed rooms. The rooms are equipped with bunk beds and the hostel also provides wireless internet connection. The laundry facilities, kitchen and air conditioned living room with 60 chairs and TV are located on the first floor.

Bed linen and towels are provided.



Hostel Samobor: <http://www.hostel-samobor.hr/en/>

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.

travel tips

FROM ZAGREB INTERNATIONAL AIRPORT (DR. FRANJO TUĐMAN) TO ZAGREB MAIN BUS STATION

The Zagreb airport Dr. Franjo Tuđman is situated 12 km from the city center of Zagreb; the airport is the largest in Croatia, with international connection to most of Europe and domestic connection to the major cities in Croatia.

At the Airport a minivan will be waiting for you to take you to Samobor city, which is a one hour drive from Zagreb.

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 invitation 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 official web site of Samobor.

practical information

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 such as hiking and football;
- Travel tickets and boarding passes (originals);

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>)

Official currency in Croatia is **Croatian kuna**.

1 euro = 7.41 kn

(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, 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

preparation

task-related preparation

In preparatory phase of the project, participants will have individual and group tasks related to the project topic with the aim to produce materials as the basis for main activity. Individual tasks will be focused on exploring own needs regarding personal development (what would I like to improve and develop? what is my best quality? what I need outside formal education for personal growth?) as well as interests in different kinds of sports. By sharing results of this task in preparation of this phase, participants will also be able to get to know each other better in order to ensure adequate group cohesion and dynamic before the main activity starts.

As main focus will be on participants to design and implement workshops, in preparatory phase they will work in national teams to discuss and select adequate methods and tools they want to use to achieve each specific result. Frameworks of workshops will be incorporated in common document that will be used for their implementation, as well as evaluation in follow-up phase of the project.

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 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.

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

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.

Partners:

Furuset Bibliotek og Aktivitetshus (Norway):



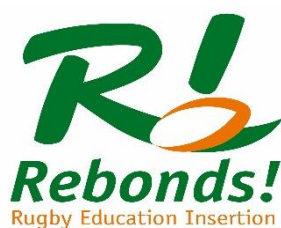
Furuset Library and Activity center (FUBIAK) was established in March 2016 as a new concept in Oslo, situated in the eastern district of the Norwegian capital, with more than 100,000 residents. Established as a multidisciplinary space, it includes a library, youth center, volunteer house and cultural center, in addition to a commercial cafe. It is considered the most visited library space in Oslo, with nearly 2000 daily users. With a wide range of activities and arrangements. from concerts, family performances, author interviews, political meetings and organizations; activities. Plus a youth center for children and young people. FUBIAK is a meeting place for urban residents of all ages. FUBIAK has a core philosophy to include all the stakeholders in it's wide range of activities. Giving the residents and youth the opportunity to actively participate in the programming of the center. This is reflected positively in the record number of users, with an average of 30,000 users per month for 2017.

"POZITIVA SAMOBOR" (Croatia):



Positiva 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. Pozitiva Samobor wants to provide youth with adequate tools and motivation to activate their minds and bodies in order to become great leaders of 21st century. Goal of it's holistic approach in developing the organization and its programs is to engage children and youth in community by using non-formal education. The organization is trying to direct young people to take action through which they will challenge themselves and gain valuable experience.

Association Rebonds! (France):



The Association Rebonds! use rugby as a tool for education and social and professional inclusion of young people with fewer opportunities and who are social excluded in the Occitanie region of France. Since 2004, educational rugby training are animated by sport and social educators co-built

with the educational referent from schools, “SEGPA” classes in high schools, peri and extra-school time organizations, structures for young with specific needs and disabilities. The young with issues (social, family, school, health, ...) who are interested by rugby are oriented toward one of our 30 rugby club partners, they are include into the Rebonds! process and benefits then to an individualized accompaniment in their path of life. With the Rugby Insertion Project, core project of the Association Rebonds!, many more project have been developed towards different publics: l’Essai au Féminin for young girls, Rugbymix’ for people with disabilities, Parcours Sport Animation for teenagers to lead them to degrees into child care.

Centre de jeunesse de l'ouest La Baraka ASBL (Belgium):



La Baraka is an association recognized by the French Community and active on the Sainte Marguerite district since 1971, as a Youth Centre, as a creative centre and as a school of homework. It aims to promote and share the universal values of tolerance, solidarity, democracy and citizenship, without ideological, political, religious, race, gender or nationality discrimination. Our actions take place in spaces that privilege freedom of expression, creativity, culture and active participation. We reach a wide audience, rich in different origins and cultures of the young people. Lot of our public come from immigration. Some are the first generation who immigrated, some are the second or the third generation and are born in Belgium. A big part of our public meet social, economic, or familial difficulties and sometimes all these difficulties are mixed. Through our activities we try to foster interculturality and social cohesion.

Fédération Francophone Belge de Judo (Belgium):



The FFBJ is the official Judo Federation of the Frenchspeaking part of Belgium. It is a member federation of the EJU and the IJF. The association aims to organize and develop judo in the French Community and the bilingual region of Brussels in all aspects. Therefore, the FFBJ has set up following objectives:

- group into one federation all of the French speaking clubs practicing judo in Belgium;
- facilitate and spread the teaching and practice of judo;
- unify the education and regulation of judo;
- maintain and develop the unity and cooperation between the member clubs of the association;

- help and support member clubs and facilitate the creation of new clubs wherever would be required;
- develop relationships with government agencies and with foreign federations;
- develop the social aspect of judo by reflecting and teaching about how judo and his values can enrich ones daily life.