

YOUTH EXCHANGE 27.10.- 4.11.2018.  
NOVA GRADIŠKA | CROATIA

CROATIA, DENMARK, SWEDEN  
GREECE, LITHUANIA, SPAIN



This is a project financed by the European Commission through Erasmus+ programme that aims to promote good mental health and build mental strength, an important agent of their self-development and full realization of potentials.

*What we achieve inwardly will change outer reality.*

Plutarch

## About the project

„Health+ Talks“ is an Erasmus+ youth exchange project with the aim of raising awareness about the importance of mental health in overall frame of health. Good mental health is a major component of general well-being and a condition for full realization of one's potentials, yet young people are often unaware of what mental health is and lack skills for its cultivation and maintenance. This programme will use various methods of non-formal education to help participants gain knowledge, develop skills and foster attitudes which will help them cultivate and maintain good mental health, but also help them to become active citizens who share what they have learned and initiate changes in their communities.

During this project, 30 young people and 6 group leaders from 6 different countries (Croatia, Denmark, Sweden, Greece, Lithuania and Spain) will have a chance to get a deeper knowledge about themselves and take active role in their process of self-development. They will do that by participating in various activities covering topics like stress management, empathy, vulnerability, open communication, mindfulness, creative expression and more. The youth exchange activity will take place from October 27<sup>th</sup> until November 4<sup>th</sup> of 2018 in Nova Gradiška, Croatia.

## Objectives of the project

1. Gaining knowledge about what mental health is, identifying its components, recognizing situations challenging for mental well-being and learning which behaviors are useful for its care;
2. Developing skills needed for successful cultivation and maintenance of mental health through activities that meet biopsychosocial model of health;
3. Fostering more proactive attitudes towards developing and sustaining good mental health on everyday basis;
4. Recognizing the importance of active citizenship and becoming more willing to initiate activities about mental health in their communities

## Participants

This project is created for young people aged 18-25 years old, coming from six European countries – Croatia, Denmark, Sweden, Spain, Lithuania and Greece. Each partner organization will send five youngsters and one team leader to the exchange.

To achieve the project's objectives to the fullest, partner organizations will choose participants that will show the strongest motivation for the subject of mental health. As we aim to create safe space for sharing and learning, we especially encourage young people who have former or past experience with struggles in the field of mental health or some other stressful and demanding life challenges to take part in this project. Also, we encourage young people with fewer opportunities to apply and take part.

Since the major part of the realization of "Health+ Talks" depends on active participation of participants, all participants have to be able to communicate in English, the spoken language of this project.



## Dissemination activities

Helping participants from six European countries achieve mental well-being is one of the greatest impacts of this project, but which will also expand on the wider level.

Participants will document their progress and produce contents like videos and a brochure which they will share through internet mediums. Also, once they come back home, participants and their organizations will carry out activities through which they will use newly gained competences to share the knowledge about mental health, its importance and ways of quality care in their communities.

## About the hosting organization

The Association for the promotion of active participation Studio B (**Udruga Studio B**) is a non-governmental and a non-profit organization situated in the eastern part of Croatia. The organization was founded with the aim to achieve a balanced development of local communities as well as the development of civil society. We strive to promote and improve the rights of youth and increase the quality of youth activities while increasing their level of information.



Our main objectives are: 1. Promotion of youth interest and activities; 2. Promotion of sustainable development; 3. Promotion of active citizen participation; 4. Promotion of the declared values of the European Union. Our target groups are children, youth, and women from the rural area. Our mission is to support young people from our region, develop non-formal education, entrepreneurship, creativity, environmental consciousness, foster democracy, human rights and develop solidarity and tolerance among young. An important priority for us is to ensure inclusion of all people, including young people with fewer opportunities; especially those with geographical obstacles.

You can check our Facebook page [here](#).

## Partners

Six participating partner organizations are cooperating in realization of the project “Health+ Talks”.

- 🌿 Udruga za promicanje aktivnog sudjelovanja Studio B (Croatia)
- 🌿 Det Nødvendige Seminarium (Denmark)
- 🌿 TNB- TidsNätverket i Bergsjön (Sweden)
- 🌿 Rietavo savivaldybės jaunimo organizacija „Progresas“ (Lithuania)
- 🌿 Ticket2Europe (Spain)
- 🌿 INPLANET (Greece)

These organizations will select the participants, carry out preparation activities with them and help them with dissemination activities.

## Venue and accommodation

Our “Health+ Talks” youth exchange activity will take place in Nova Gradiška, a small city in the Slavonia, east region of Croatia. More information about the city can be found [here](#).

Participants will be accommodated in “**Slavonski Biser**” pension. This venue is close to city center, train and bus station. You can check it [here](#). In order to develop stronger connection within the whole group and further encourage intercultural interactions, participants of different nationalities will be accommodated in same rooms.

Internet connection will be available at all venues of the project. Towels are provided by the accommodation facility, but you should take your own personal hygiene items. Also, it is important to bring the necessary medication, if needed.



Food will be served in our accommodation and will daily include 3 meals and two tea breaks between the workshops. Food preferences and dietary requirements will be taken

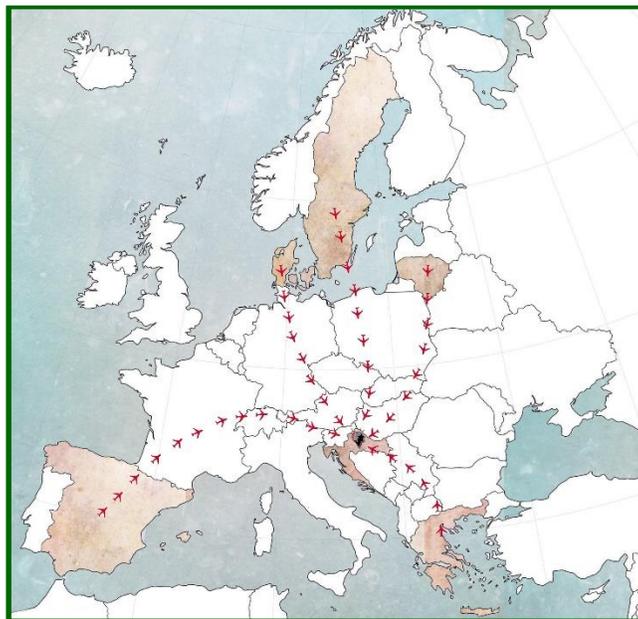
into account as much as possible, but please inform us about any special requirements in advance.

## How to reach the venue

Participants should arrive to Nova Gradiška on October 27<sup>th</sup> (latest 5 pm) and depart on November 4<sup>th</sup> 2018. Participants are required to take part in the whole youth exchange activity, meaning they cannot arrive after October 27<sup>th</sup> and cannot leave before November 4<sup>th</sup>.

Participants must communicate their planned travel itinerary with their group leaders and Association Studio B key staff before booking the tickets. It is expected that participants book the cheapest tickets, e.g. economy class for flights. Participants can stay in Croatia in total of 3 days out of the youth exchange dates (e.g. arriving to Croatia on October 26<sup>th</sup> and leaving Croatia on November 6<sup>th</sup>). If you decide to arrive earlier or leave later, we cannot cover the accommodation and food for you.

The closest airport to our project venue is Zagreb International Airport (ZAG). From airport you should take the shuttle bus that will take you directly to the Zagreb main bus station (Autobusni kolodvor Zagreb). The shuttle bus runs every 30 minutes and costs 30 kuna. More information about this you can find [here](#). In case you decide to arrive to other airports in the neighboring countries (e.g. Budapest, Ljubljana, Belgrade), contact us for help with arranging your way to Croatia.



From the Main bus station you should take a bus to Nova Gradiška. The ride takes about 2 hours and bus schedule can be found [here](#). If you decide to arrive by train, you need to take the train from the Main train station. The ride takes about 2.5 hours and train schedule can

be found [here](#). For both bus and train you can buy ticket online and we highly recommend you to buy a return (two-way) ticket. Average two way ticket for the bus is 150 kuna, while for train it is about 170 kuna. Make sure to count these costs as part of your travel reimbursement limits. Studio B team will pick participants on the bus or train station in Nova Gradiška.

## Expenses and reimbursement

Accommodation and travel expenses will be covered by Erasmus+, but make sure you respect the maximum amount of money that we can reimburse for travel expenses. It is required you find the cheapest means of transportation and wait for the approval of organization Studio B before purchasing the tickets. We will be able to reimburse your travel expenses according to this limits:

					
0€	275€	275€	275€	275€	360€

Make sure you bring originals of the following documents for reimbursement:

- ✦ Plane, bus, train ticket(s) that have your name on it
- ✦ Boarding passes for plane
- ✦ Proof of payment: bank statement if you paid by bank or receipt if you paid by cash

Once all the original travel documents are sent to us by post and dissemination activities were implemented by the participants, Studio B will proceed with the reimbursement process. Reimbursement will be done in Euro and it will be transferred to the bank accounts of the partner organizations which will then distribute the money to individual participants. We can reimburse only public transportation (bus, train, plane), e.g. if you use taxi, you will need to cover it at your own expense.

## Additional information

- ✔ Participants should have a valid (not expired) ID card or passport with them
- ✔ Participants should have a valid Health Insurance Card with them
- ✔ During their stay in Croatia participants will not be accident-insured, health-insured and personal liability-insured by us, so it is strongly recommended to provide such a private insurance in their own country and to bring it with them.
- ✔ Participants should bring clear information (in English) about the main activities of their organization, together with map, posters, photos, food for International evening

## Few facts about Croatia

**Croatia** (*Croatian*: Hrvatska) is a small country in the southeast of Europe with the population of 4,1 million inhabitants. Its shape which resembles a bird in a flight enables it to be in contact with different cultures and to spread over different natural surfaces. Because of the diversity and natural beauties within its borders, it is a well-known turistic place.

The capital and the largest city of Croatia is Zagreb, but maybe you have also heard of some other cities like Split, Rijeka, Osijek, Zadar or Dubrovnik.



The spoken language is Croatian and the currency is Croatian kuna (approximately 1€ = 7,5HRK). Since July 2013, Croatia has been a member of European Union, but it still isn't a part of the Schengen Area.

If you want to prepare for some simple interactions in Croatia, here are some **phrases** in Croatian language to help you:

Yes - Da	Thanks - Hvala
No - Ne	I'm sorry - Oprostite
Hello - Bok	How are you? - Kako si?
Goodbye - Doviđenja	I am fine, you? - Dobro sam, a ti?
My name is... - Zovem se...	I don't speak Croatian - Ne govorim hrvatski

There is a single countrywide number for all emergencies: **112**.

## Contact

We would be happy to meet you and share with you this experience that is ahead of us.

For any additional information feel free to contact partner organization from your country or directly us:

**Studio B** – [ured.studiob@gmail.com](mailto:ured.studiob@gmail.com) (hosting organization)

**Ivana Delač** – [delacivana1@gmail.com](mailto:delacivana1@gmail.com) (project coordinator)

