

Udruga Amazonas

INFORMATION GUIDE

For voluntary service

Bringing solidarity to capoeira community

SEPTEMBER 3rd 2020. - AUGUST 3rd 2021.

ZAGREB, CROATIA



BASIC INFORMATION ABOUT THE ASSOCIATION

The Amazonas Association was registered in Zagreb in 2004 with the purpose of fostering development as well as personal and social change through movement, creativity and collaboration. The Association's two biggest areas of work are the area of social support where we work with children, young people and families at risk of social exclusion, and the area of youth through mobility programs. We use capoeira as a method to encourage multiculturalism, development of creative and social potential of children, youth and adults, as well as improving the quality of life of individuals and society as a whole. The target groups of our activities are mostly young people with fewer opportunities and some of our regular programs are school of capoeira and acrobatics, Festival of Brazilian culture, Amazonas summer camp, international workshops and events. A big focus in our work we are putting on youth and children with fewer opportunities as well as developing social programs based on inclusion.

Amazonas is currently working on the following social projects:

- 1. Tribo Moderna** – In this project we are working with kids who have behavioral problems, who cannot control their emotions and who feel excluded from society. Due to the variety of elements in capoeira and an emphasis on freedom of movement and creativity and lack of competition, through capoeira we allow each individual to realize their potential through the aspects that fits them best.
- 2. Uključi S(v)E!** – In this project we are promoting active participation of youth in society through involvement in volunteer activities (festivals, campaigns, media and digital activities, language classes, sport programs etc.), with a big focus of inclusion of the youngsters who are facing different obstacles as economic, social or medical obstacles.

Also, Amazonas team coordinates the projects in the frameworks of Youth in Action/Erasmus+ project of European Commission. Until now, we did two youth exchange, one training course and six long-term EVS/ESC projects.

More info you can find on our web site: www.amazonas.hr

INFORMATION ABOUT THE ESC

Voluntary project “Bringing solidarity to capoeira community” will be held in Zagreb, Croatia. It will host **four volunteers**, one from Italy, one from Spain and we have two open spots for volunteer from any participating country. It will last **11 months**, from September 3rd 2020. to August 3rd 2021. Arriving day is September 2nd and departing day is August 4th.

During ESC project, volunteers will be involved in 2 groups of activities. Two volunteers will be more engaged in social project by working with children and two will promote social work of organization by involvement in media activities.

***When you are applying for a voluntary service, indicate the preference group of activities.**

1. Activities aimed at the local community

a) Tribo Moderna

2 international volunteers will work on our project that deals with inclusion of the children with fewer opportunities. They will get all the necessary support from our local volunteers and Amazonas trainers, so that during the activity period they could contribute the most. They will assist in preparation and implementation of workshops for kids with fewer opportunities. In this activity volunteers will improve knowledge of how to connect pedagogy and sport, how to lead the group, how to solve conflicts in a group.

b) Non-formal workshops

All 4 volunteers will have opportunity to express themselves in a field of their activist interest. We will give them a space and assist them to create workshops/events on problems of discrimination, non-tolerance, non-acceptance of diversity and similar issues. It will be interactive and our users will acquire new knowledge and skills in an informal and interesting way. Volunteers will improve social skills, sense of initiative and understanding of diversity.

c) Participation in team of Brazilactica

Every May we have festival of Brazilian culture. Volunteers, together with local volunteers will help in preparation of the small events/promotional material/contact with potential artist etc. The aim of the festival is to raise awareness of different culture and to open people for it.

d) Language lessons

3 volunteers will have an opportunity to prepare small lessons of their native languages and culture and 1 volunteer will prepare conversational English class. It will be once per week and target group are local youngsters with fewer opportunity. Through the year, this activity includes preparing a few language cafe's.

e) *Mobile school of English*

Volunteers will prepare topics on actual social issues and have discussion on these topics with participants. This will take place at some of the renowned locations in Zagreb. Participants will have the opportunity to improve their English language skills, but also to talk about important social issues, learn about culture and lifestyle in other countries, all through an active stay in nature. For this activity, young people with fewer opportunities are more than welcome to apply for, in addition to improving language skills, they will socialize outdoors with other young people.

f) *Participation in media team*

2 volunteers will join media team of Amazonas. They will cover events, workshops, trainings and other activities in order to raise the visibility of Amazonas social projects. In this activity volunteers will improve knowledge about social media, they will translate and write articles, take photos and learn how to do a video.

g) *The Solidarity Blog and short film*

Volunteers will create a blog in which they will write articles that will promote active involvement in the local community, especially volunteering activities. These articles will raise awareness of important social issues and the need for active involvement in local community. In addition to the blog, volunteers will create a short film that will promote the importance of embracing the diversity of European society in order to create a healthy and solidarity environment.

h) *Promotion of the mobility*

Volunteers will promote ESC projects by creating events, presentations in the premises of Amazonas, in schools that are our partners, NGOs and other organizations. They will inform youngsters about new opportunities and motivate them to engage in the voluntary project themselves.

2. Activities aimed at personal and organizational development

a) *"Active member of society"*

Volunteers will have the opportunity to create, prepare and implement personal project. It will be on some issue they have notice during their stay in our local community. Through it, they will raise the sense of initiative, creativity and cultural awareness.

b) *Reflection group*

Volunteers will reflect on their learning process, get support if needed and share their insight and potential problems with Amazonas member specialized for this type of activity.

c) Promotion of the organization

Volunteers will participate in presentation of Amazonas on big events such as Brazilactica festival and on fairs that are organized to present various NGOs.

d) Office cleaning and supply management

Volunteers will help organization in small tasks necessary for developing our cultural, sport and social project like translation of articles, searching for accommodation and partners, small office paperwork, maintaining the space, taking care of material etc.

e) Croatian language lessons

We will prepare Croatian lessons once a week for volunteers, so that they can learn basic Croatian that will facilitate their communication with our users.

General information about voluntary service:

Volunteers will have free days at weekend (and fixed holidays during the Christmas and Easter) so they can explore city more, go home or travel around the Croatia. If they will need to work some weekend (because of specific activities), they will get free days during the week or more holidays. During the summer, weather will be great so they can visit the famous Croatian seaside. During the winter, they can visit hill in Zagreb and enjoy in various winter activities.

Through the project, volunteers will have health insurance, but **it is important that they have European health card with them before and when they are coming to service.** Once, when volunteers finish their voluntary experience, they will receive European certificate **Youthpass** a proof that they have been on this project.

ESC BUDGET

ESC volunteers will receive the money monthly.

Every month they will have the 150 Euros of the pocket money and they will receive 130 euros for food. Accommodation and living bills are covered by the project.

Budget for the travel depends on the volunteer's country and it is calculated using the distance calculator supported by the European Commission. It usually varies between 180 and 360 euros.

TRANSPORTATION

If we manage to get student tickets for public transportation, they will have tickets for tram and bus for whole year, through whole city. If not, we will provide them with ticket for local tram and bus transport during the winter months, and for summer months they will have bicycles.

ACCOMMODATION

During the ESC volunteer will live in shared apartment with other volunteers (4 persons).

Accommodation will have shared rooms (maximum 2 volunteers per bedroom), kitchen, dining place and bathroom.

Exact address of apartment we will have in second part of August, before volunteer's arrival to Zagreb.

Blaž Glavinić (HR)

Blaž Glavinić is archaeologist and youth worker.

Blaž has a great deal of experience in implementing Erasmus + and ESC projects and he will be coordinator for the project “Bringing solidarity to capoeira community”. He participated in number of local and international workshops in order to gather experience and to be prepared for obstacles that may occur during the long-term ESC project. He is also conducting local project where he coordinate young participants.

Tena Kostanjšek (HR)

Tena Kostanjšek is a social pedagogue and capoeira instructor active in the youth field and with big focus on working with youth with fewer opportunities. She is association manager of Amazonas. She has organized a training course in the frameworks of Youth in Action program of European Commission where she was one of the main trainers. She is a creator and coordinator of all social programs in Amazonas. She has been training capoeira for the last 14 years and has a title of capoeira professor. She attended more than 60 local and international workshops.

Vjekoslav Barač (HR)

Vjekoslav Barač is primarily working on the project 'Tribo moderna' that is focused on working with children at risk. In addition, he is an evaluator of our projects. He is a psychologist by profession, so his role within the European Solidarity Corps program is to lead reflection groups and to conduct the final evaluation.

Iva Zelić (HR)

Iva Zelić has a lot of experience in local, national and European projects. She was involved in it as a participant, trainer and as a member of the training team. She is in youth field for 6 years and she was working in many organizations as Status M, CESI, and Centre for personal development Synergy Syncro Croatia.

Trainers team: Wider team of people working in Amazonas include sport trainers working on projects or leading classes of Amazonas activities.

Local volunteers: local volunteers are involved in various projects and activities through the year



ABOUT CROATIA, ZAGREB

Croatia (official name: **Republic of Croatia**) is a European country, geographically situated at the transition from central to south-eastern Europe. According to the 2011 census, Croatia has 4,174,349 inhabitants. The land area is 56,542 km² and the area of the territorial sea is 31,067 km², which places Croatia among Medium sized European country. **The capital town is Zagreb**, which is the economic, cultural and political center of the country.

Zagreb is the capital of the Republic of Croatia. It is a town of contrasts – young and old at the same time, dedicated to business in the morning, relaxed and fun loving in the evening, a typical European metropolis in many ways but at the same time it is city which guests remember for the charm and relax. **Zagreb**, Croatia's capital and the largest city in the country, is a typical Central European town. It grew out of two medieval settlements that flourished for centuries on neighboring hills.

Zagreb's written history dates to the year 1094, when a diocese was established there. The classicist and secessionist facades of its historical nucleus exude the lofty spirit of the Austro-Hungarian Empire. Almost all of the main sites of the city and cultural venues are located in the very center, which teems with charming coffee houses, fine restaurants, garden restaurants, and lovingly tended parks like, for instance, Ribnjak, which lies beneath the walls of Kaptol. The pivotal point of the city is the magnificent Gothic cathedral with its filigree spires.

Zrinjevac, a park located only a few steps away from the main square, also forms part of the Lenuci green horseshoe that encompasses some of the most beautiful buildings in town.

CURRENCY IN CROATIA

Currency in Croatia is Croatian **KUNA**.

1 € = 7,50 KUNA (Kn)

- ❖ coffee with milk in café: 10-12kn
- ❖ Beer: cca. 12-15kn
- ❖ Chocolate: cca. 10kn
- ❖ Coca-cola, juice..: cca. 15 kn
- ❖ Cigarettes: cca. 30 kn

You can take your money form ATM or you can go to a bank or exchange office. The difference in exchange ratio between bank and exchange office is small. Therefore, we would recommend that you use banks just to be sure. Also, bear in mind that the Croatian kuna is usually not exchangeable outside Croatia so you will have either to change it back into your home currency in Croatia or do some last minute shopping.

EMERGENCY/CONTACT NUMBER

For all questions you have before or you will have after, please contact Blaž, easiest by e mail: blaz@amazonas.hr but also available on gsm: +385993878229

Ok, so that is it for now – enough information. We
hope to have covered all your questions.

Looking forward meeting you and see you in Zagreb!