



c00lture

• 25th September - 05th October 2015 • Korenica •

basic synergy training &
cultural youth exchange

c00lture is an international youth exchange that will bring together **48 participants** (team leaders included) from 8 different countries:

Bulgaria
Croatia
Czech Republic
Italy
Latvia
Malta
Romania
Slovakia

The main topic of the exchange is cultural awareness. In this training we tend to explore the topic of culture; what it is and how it creates diversity and resistance. We are interested in discovering how culture can be inspiring and motivating in society. We want to explore the different cultural filters

through which we perceive the world around us and the possibilities beyond them. We want to give you opportunity to look at your own culture, your own filters and how they influence your way of “**seeing**”. Also, to see what is there to gain when you choose to look at reality through different culture.

The programme is what we call a “**Basic Synergy Training**”, the first step in the Synergy Trainings. The goal of this youth exchange is **to become aware of the attitudes we have in our everyday life and take a bold step into the unknown.**

You will have opportunity to improve your:

- leadership skills ◀
- creativity and proactivity ◀
- cooperation skills ◀
- communication skills ◀
- organisation skills ◀
- flexibility ◀
- working in international groups ◀
- ability to assess and use your own potential ◀

The youth exchange will empower you to:

- ▶ be an inspiring leader: to inspire others to go into action by being an example
- ▶ create results beyond your imagination
- ▶ work in an international, intercultural team
- ▶ work out of excellence; through taking risks, and correcting mistakes
- ▶ understand your own personal working style
- ▶ work by ‘learning by experience’: to reflect on one’s actions and act out of esse reflections
- ▶ to put all this into practice back home

c00lture: training methods

experiential learning

Our training method is based on learning by experience. We invite participants to point out where they find themselves at the moment in their learning process, what they want to learn and how they want to develop themselves. The method is focused on an experience of an individual and is connected to the specific needs and the level of learning of the participant at the moment. The program is a tool for the participant, not the other way around.

'Learning by experience' is different. It starts from the person him/herself, his/her behavior, reactions and emotions and serves his/her needs. This method is often used in youth work and informal education. In addition, more and more is this method used in formal education and trainings for companies.

gaming

Almost any topic can be explored through games. Learning processes that are meant for development of social skills and behavioral changes, such as group dynamics, communication, leadership, problem solving, teamwork, coaching, co-operation and decision-making, are very suitable for **gaming**.

Gaming is a working method meant to create a paradoxical situation in which participants or a group might lose themselves. The objective of using gaming in this kind of training is to get more knowledge and skills to work with groups in the field of youth work and social work.

Although this working method may seem enjoyable, it is not "only a game". It allows its players to use the freedom to experiment with new approaches and new behavior and to acquire skills and knowledge.

The players are asked to look at how they behave in the play. Hence, feedback and reflection are an essential part in this way of working. Playing games as a tool for learning is a 'serious play' or 'playful seriousness'.

outdoor activities

As we present, participants will work in different environment. Outdoor activities provide opportunities for going out of one's comfort zone. By this they will become more aware of how different situations and environment affect on them. Constant changes will give them new perspectives. By this method they will easier distinguish what kind of environment support their work style.

collaborative creative activities

Creative activities will take a bigger part of this project. Focus is on exploring ideas. Participants will play different roles in creative process and experience how this contributes to overall effort. Through these activities they will test how potential of creativity can be maximized within a team, and what stops creativity in group environment. During this, participants will reflect on their own level of participation, relationships with others and personal behaviour in process.

cultural exchange

Cultural exchange expands our awareness and introduces us to diversity. This is exchange of their experiences and work passions. Within this context they can share their knowledge and acquire other's perspectives, what will help them to break mental, physical and emotional habits. Part of the program is to exchange their knowledge about art movement from their countries. This will increase their perspective and motivated them to continue exchanging their experiences.

peer education

The young people will have the opportunity to learn from each other, being of same age but different backgrounds, they will deal with same questions in different ways, which will enrich everyone's perspectives and help create friendships that will hopefully extend beyond the scope of this exchange.

coaching & open sharing

We will create space and let participants develop their ideas, share, encourage others to express themselves and let them to understand the balance between work and review of what is done. We will deal with the maintaining a belief in personal ideas.

c00lture: the programme

1st DAY (26/09/2015)

Introduction of the exchange
Introduction of participants
Trust Group Formation

2nd DAY

Maximize your creativity
Support groups meeting
Blind squares
Spontaneity, challenge

3rd DAY

Activities on success
Support group meeting
Outdoor activities on trust
Buddies meeting
Curiosity

4th DAY

Outdoor activities on cooperation
Circle of Creativity
Support groups meeting
Spotlight

5th DAY

Perceptions
Listening Dilemma
Misunderstandings &
Misinterpretation
Trust Group Meetings

6th DAY

Outdoor introduction
Start of the outdoor
Creative way of travelling
Hiking with assignments
and cooperation games

7th DAY

Hiking with assignments
and cooperation games
Return from outdoor
Outdoor reflection,
closing

8th & 9th DAY

Workshops with
young people from the
local community

10th DAY

Planning for back home
Evaluation
Presents
Closing ceremony

11th DAY (06/10/2015)

Departure Day

who are we:

Syncro – Synergy Croatia is an organization active in the field of education, personal development, skill trainings and youth support. Syncro was founded in 2010 with the aim of supporting the enhancement of quality of living and development of human potential through powerful educational and personal development experiences. Being a part of International Synergy Group we are joined in the common vision of making a world that works for everyone.



organizing team:

The project is organized by **Syncro - Synergy Croatia** and its experienced team of youth workers and professionals.

The trainers of the training are **Juraj Boljat** and **Maja Darija Škrljak**. They both work as trainers, coaches and youth workers of the European network called International Synergy group. Juraj started his professional work as an outdoor education instructor in 2007. Since then he has been coaching and training youth leaders and professionals to bring their visions to reality, through methods of non-formal learning. Maja began her career in working with youth as a facilitator of intercultural learning. She holds a degree in psychology and today is coaching young people and professionals into creating wanted results, through personal and professional development trainings.

The coordinator of the project is **Boyan Yotov**. The training is supported by a international team of assistants. These are people who did one of the previous basic synergy trainings and want to improve their skills further by supporting the participants, mainly in logistics.

partner organisations:

Each partner organisation will take part in the training with **6 participants** between 18 and 30 years (**5 + 1** team leader with no age limit)

Country	Organization	Contact
Bulgaria	Synergy Bulgaria	Tihomir Georgiev synergytrainingsbulgaria@gmail.com
Croatia	Syncro - Synergy Croatia	Boyan Yotov coolture@synergy-croatia.com
Czech Republic	European Youth Centre Breclav	Jana Parolková eycb.info@gmail.com
Italy	Informal Group Vagamondo	Fabiano Bruno b_fabiano@hotmail.com
Latvia	Piedzīvojuma Gars	Rota Guļevska rota@piedzivojumagars.lv
Malta	Active Youth	Alphonse Zammit alphzamm@onvol.net
Romania	Asociatia Synergy	Roxana Cernescu roxcerus@yahoo.com
Slovakia	AMAVET	Gabriela Kukolová amavet@amavet.sk

c00lture: when & where

Arrival Date: 25th September 2015 until 18.00 pm

Start of the programme: 26th September 2015 at 10.00 am

End of the programme: 05th October 2015 around 22.00pm

Departure date: 6th October 2015 until noon



The project will take place in the town of **Korenica**, just a few kilometers from the **Plitvice Lakes National Park**, one of the oldest and most beautiful national parks in Croatia, part of UNESCO World Heritage register. During this time of the year the place becomes very peaceful and its soothing environment offers perfect conditions for calming one's mind, exploring it and setting deep connections with others.

c00lture: what to bring

- towel •
- clothes for the outdoor & indoor activities during the project •
 - hygienic kit •
 - medicines that you usually take •
 - passport or other official personal identification •
 - visa, invoices and travel tickets •
 - sleeping bag •
 - swimming suit •
- travel and health insurance, bring your European Health Insurance Card if possible •

c00lture : what to bring

participation fee & reimbursement of travel costs

Participation fee is **60€ per person** as indicated in the table below, which you can pay upon arrival.

According to the rules of the **Erasmus+** Program you can get your travel costs reimbursed up to amount stated in the table below, depending on your country of origin. If your travel costs are lower or same as this amount, you get reimbursement of **100%** of your travel costs. If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. That's why we recommend to book your ticket as soon as you receive the **confirmation letter**, since they are often much cheaper when bought in advance.

To be eligible for reimbursement, we ask you to keep all your tickets, boarding passes and invoices (**originals**). **ONLY** if you have the travel tickets, boarding passes and invoices we are able to reimburse your travel costs!

We will only reimburse your travel cost if you participate in the whole exchange.

Country	Max. travel costs to be reimbursed, per participant (to the venue and back)	Participation fee
Bulgaria	170 €	60 €
Croatia	20 €	60 €
Czech Republic	80 €	60 €
Italy	170 €	60 €
Latvia	170 €	60 €
Malta	170 €	60 €
Romania	170 €	60 €
Slovakia	80 €	60 €

There will be **48 participants**, 6 per country, including team leaders

If you are between the age of **18 – 30 years** old, able to work in simple **English** and highly **motivated** and willing to actively participate during the **whole** exchange, then this project is for you.

how to apply

■ selection

Fill in the application form provided and send it to your sending organization from your country and to Syncro as well at coolture@synergy-croatia.com, latest until **20th July 2015**.

We ask you to fill in the application form and answer **all the questions** in it. If you have **any physical limitations**, disease and/or you some use **medicine** we need to know about, indicate it on the application form. If you are a **vegetarian** or have any **special diet**, let us know - indicate in your application **what you can and cannot eat** so that we can arrange suitable food.

Syncro will make the selection of the projects participants in agreement with the partner organisations from your country. If you are accepted for the project you will receive a "**Confirmation letter**" with more practical information regarding the accommodation, the exact address of the venue and directions how to reach it.

DO NOT buy tickets until you get our confirmation!

As soon as you get your confirmation letter, you may book your tickets and **inform the organizers** about your arrival and departure time. We require that you take part during the **whole** exchange. If you wish to **arrive earlier** or **leave later**, you should arrange your own stay in Croatia. Your stay during the days not included in the program of the project will not be covered by organizers.



Erasmus+

c00lture: contacts

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