



*CHARISMA MAXIMA!*  
*youth exchange*

*ZAGREB, CROATIA*  
*01.03.2015 - 09.03.2015*

*Information package*



*Dear partners and participants,*

*here you will find all the important information about our youth exchange which will take place soon in Croatia, Zagreb.*

*Please read all the information carefully!*

*Looking forward to see you soon*



## Let's start with information

**WHAT:** Erasmus plus project – youth exchange

**TITLE:** Charisma maxima

**PLACE:** Zagreb, Croatia

**APPLICANT:** Association of deaf and hard of hearing – Croatia ([www.ugng.hr](http://www.ugng.hr))

**DATE:** 01.03.2015 – 09.03.2015

### Who is target group of this project?

Participants will be selected by partners which will have to follow some basic. Those criteria will be that the participants are active youth between 18 – 25 (except group leader), youth without experience in this kind of projects; that they come from deprived areas in geographical, social or economical term; that they are willing to learn something new and interested to actively involve in each stage of this project. They will also be encouraged to select participants able to express themselves in English, share good practice and willing to continue their work in international youth projects. Some of participants will be deaf so we will have sign language translator.

**Working language of the youth exchange will be English.** (*Your English doesn't need to be perfect, neither is ours! Better a little English than no any language communication at all.*)

## PROJECT SUMMARY

Youth Exchange Charisma maxima will be held in Zagreb in March 2015. Youth exchange will bring together participants from different European countries: Romania, Latvia, Slovenia, Lithuania, Czech Republic and Croatia. Exchange is intended for young people who wants to develop leadership communication skills. Aim of this youth exchange is: train and educate participants to adopt and develop skills of effective communication through which they will be able to achieve self-actualization process (to develop self-confidence, raise motivation, develop leadership skills, to lead and to be guided). Curriculum will be based on informal and innovative methods of education. All methods are based on new scientific discovery in field of psychology, communicology and sociology.

### Project topics:

- Time and stress management
- Communication (interpersonal, intrapersonal and communication via social media)
- Self-confidence, creativity and motivation
- Change management
- Goals management (how to make decision, how to set up goals...)
- Leadership

## *Working methods and preparation for project*

The project is organized from and for young people. Our activities during the preparation, implementation, evaluation and follow up phase ensure active participation of young people in each stage of the project. We want the project to make a positive change in the life of young participants and thus we value their reaction, opinion and feedback at every step of this project.

Working methods of this project are based on:

- active participation in workshops, presentations, study visits
- personal and group discussions
- brainstorming, and sessions for enhancing creativity
- personal development activities and reflection sessions
- team-building activities, energizers, games (music, dance)
- intercultural dialogue and presentation
- roll play

This project is not only based on a “one-way information-flow” but requires a pro-active participation from you. So, we would encourage you to search about the issue in your country, local community, university, NGO.

For more information about the ERASMUS PLUS Program you can visit the following website: [http://ec.europa.eu/programmes/erasmus-plus/index\\_en.html](http://ec.europa.eu/programmes/erasmus-plus/index_en.html)

### **PARTICIPANTS CONTRIBUTION TO THE PROJECT**

There will be 15 € participants contribution to the project per participant.

We are planing activities for you and the budget of the project can not cover the full costs.

*You are expected to attend the full duration of the Youth Exchange.*

## *Financial conditions (travel, accommodation)*

**Accommodation and food:** 100% covered by Erasmus + Program

**Travel costs:** are budgeted according Erasmus + conditions (using the EU distance calculator)

[http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

### **TRAVEL (ARRIVAL & DEPARTURE)**

The participants should arrive to Zagreb on 01.03. and depart on 09.03.2014.

**We kindly remind you that early accommodation and extra overstay will be your responsibility.**

You are invited to use most optimal and cheapest means of travel. If you choose to travel by plane, we recommend you to choose Zagreb airport. Also you can come to Zagreb by bus or by train.

### **ACCOMMODATION**

The accommodation, 3 meals in a day, and coffee breaks will be paid by hosting organization.  
Extra drinks/snacks will be your responsibility.

You will be accommodated in a hostel „Chill out“ located in Zagreb – city centre.  
The accommodation has WIRELESS INTERNET so you can bring your laptops, tablets, etc.  
but please take good care of them!



Info about hostel: <http://www.chillout-hostel-zagreb.com/>

## *What to bring with you?*

### **1. Materials About Your Organisation:**

During the youth exchange, each one will get the opportunity to present own organization in a visual way on Organizational Market Evening

We encourage you to bring as much –relevant- materials as possible.

To bring with you:

- English information about your organization; brochures, leaflets, etc.
- All relevant information you have on the previous international project(s) you've organized / been part off (reports, gadgets, and press releases).
- Picture, posters, etc.

### **2. About Your Country/Region/Town:**

Please bring your national food, traditional drinks, music or souvenirs for the intercultural evening. On this evening you will be able to show what is typical for your country; it can be food drinks or whatever you would like to present from your country.

### **3. PROOF OF ALL THE TRAVEL EXPENSES**

If you come by plane, please be sure to bring evidence of the sum actually paid (invoice) and boarding pass. Electronic tickets will only be considered as acceptable on proof of payment (invoice) and on presentation of the boarding pass for the outward journey. Please keep in mind the travel rules of the ERASMUS PLUS Program. If you come by train or bus do not forget to buy a return ticket. Please copy your tickets before you leave your home.

ALSO, PLEASE, DO NOT FORGET TO BRING:

- **Medication, shampoo and other personal items.**
- **Standard seminar equipments; an alarm clock, an English dictionary, music CDs and tapes, varied and comfortable clothes. Please check the weather before you start packing.**



## ABOUT REIMBURSEMENT OF TRAVEL COSTS?

To secure full reimbursement of travel costs, you should arrange your journey according to the following rules:

- **Participants are requested** to arrange their journey by the most **economical** route.
- Your travel expenses **will only be reimbursed** upon presentation of documentary evidence of the sum actually paid. For this reason, the **ORIGINAL INVOICE** is necessary (issued by the travel agency or other ticket issuing company). Copies of invoices are not taken into account. Electronic tickets will only be considered as acceptable on proof of payment (invoice) and on presentation of the boarding pass for the outward journey. This evidence of the expenditure will be joined to the claim form for reimbursement together with the relevant travel tickets or copy (plane, train, etc) and boarding passes.

**Please buy return tickets for your full journey, and keep your boarding passes.**

**Reimbursements will be made according to the rules of the Erasmus plus Program.**

### TRAVEL INSURANCE

It is necessary that all participants on this training course have travel insurance. So buy travel insurance for the dates of this training course.

### PASSPORT

**If you have a passport please bring it.**

## **ABOUT CROATIA**

*Location;* Croatia is located in at the crossroads of Central Europe, the Balkans, and the Mediterranean. Its capital and largest city is Zagreb. Croatia covers 56,594 square kilometers and has diverse, mostly continental and Mediterranean climates. Croatia's Adriatic Sea coast contains more than a thousand islands. The country's population is 4.29 million. It has a magnificent past, and the nation prides itself in its cultural, artistic and scientific contributions to the world, as well as in its cuisine, wines and sporting achievements.

For more information you can visit; <http://croatia.hr/en-GB/Homepage>

## **ABOUT ZAGREB**

**Zagreb** is the capital and the largest city of the Republic of Croatia. It is located in the northwest of the country, along the Sava river, at the southern slopes of the Medvedniva mountain. Zagreb lies at an elevation of approximately 122 m (400 ft) above sea level. In the last official census of 2011 the population of the City of Zagreb was 792,875. The wider Zagreb metropolitan area includes the City of Zagreb and the separate Zagreb County bringing the total metropolitan area population up to 1,110,517. It is the only metropolitan area in Croatia with a population of over one million.

The oldest settlement in the urban area of Zagreb was a Roman town of Andautonia, now Šćitarjevo, which dates back to the 1st century AD. The first recorded appearance of the name Zagreb is dated to 1094, at which time the city existed as two different city centers: the smaller, eastern Kaptol, inhabited mainly by clergy and housing Zagreb Cathedral, and the larger, western Gradec, inhabited mainly by farmers and merchants. Gradec and Zagreb were united in 1851 by ban Josip Jelačić, who was credited for this, with the naming the main city square, Ban Jelačić Square in his honour. During the period of former Yugoslavia, Zagreb remained an important economic centre of the country, and was the second largest city. After Croatia declared independence from Yugoslavia, Zagreb was proclaimed its capital

For more information you can visit; <http://www.zagreb-touristinfo.hr/?l=e>

## **WEATHER CONDITIONS IN ZAGREB**

Zagreb has a moderate continental climate.

**You can check the weather at:**

<http://www.meteo-info.hr/grad/zagreb>



## WHO WILL GONNA BE ON THIS PROJECT?



**Croatia** (host organization) Association of deaf and hard of hearing [udruga.gluhin.ng@gmail.com](mailto:udruga.gluhin.ng@gmail.com)

**ENAS** association (project partner organization)  
<https://www.facebook.com/NGOEnas>



**Latvia** „Baltic Regional fund“ – [www.brfonds.lv](http://www.brfonds.lv)

Travel costs: max (100%); **170.00 €**;

Number of participants: **6**



**Romania** „Asociatia Support for Youth Developement“ - [www.s4yd.ro](http://www.s4yd.ro)

Travel costs: max (100%); **170.00 €**;

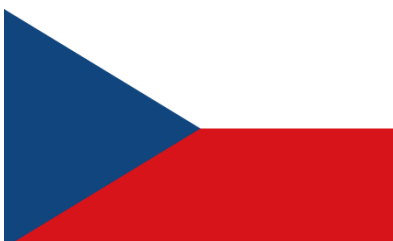
Number of participants: **6**



**Slovenia** „CEZAM Ruse“ - [www.cezam.org](http://www.cezam.org)

Travel costs: max (100%); **80.00 €**;

Number of participants: **6**



**Chzech Republic** „Evropske centrum mladeze Breclav/European Youth Centre Breclav z.s.“ - [www.eycb.eu](http://www.eycb.eu)

Travel costs: max (100%); **80.00 €**;

Number of participants: **6**



**Lithuania** „Viesoji istaiga Kauno ivairiu tautu kulturu centras“ - [www.minority.lt](http://www.minority.lt)

Travel costs: max (100%); **170.00 €**;

Number of participants: **6**

## **EMERGENCY TELEPHONE NUMBERS**

If you have any problems you can call the team members;  
00385 91 154 11 71 Josip

Or, you can send us e-mail on:  
[ivan.tomasic.lc@gmail.com](mailto:ivan.tomasic.lc@gmail.com)