

apART together

19th – 29th March, Rijeka, Croatia

International Youth Exchange

What is it?

'apARTTogether' is an international youth exchange that will take place **19th – 29th March 2015** in **Rijeka**, Istria County, Croatia. The project brings together **30 participants** (group leaders included) from 6 different countries: **Georgia, Romania, Latvia, Spain, Czech Republic** and **Croatia**.

The idea to carry out this project comes from the fact that everybody has a **creative capacity**. Creativity is extremely valuable to individuals and society as a whole. It is related to **productivity, adaptability, and health**, and it benefits individuals, institutions, and societies. For this reason, we want to take responsible risk and provide young people space to recognize and use their **full creative potential**. Our mission is to empower the young individuals to make ideas happen.

The aim of the exchange is to **raise awareness and self-confidence** in young individuals by recognizing their talents, improving their professional skills and acknowledging their reality and values in order to create a **positive vision**. Encourage young people to take actions, express themselves, present their artwork, to make the first step in their professional career. They will use common knowledge and experience to create circumstances that will serve their future job. The goal is to make first point in their career paths so that they feel **motivated** and understand the **possibilities** that exist for them to work on.

What to expect?

You can expect **11 intensive days** of **personal development** activities, outdoor physical activities, discussions, creative workshops and much more.

The main theme of the programme is **visual art** (drawing, painting, printmaking, design, crafts, photography, video and filmmaking). The participants will have opportunity to experience different techniques, styles and methods in various art fields. Express their creativity and present their artwork in public. By working in different groups during various activities, participants will recognize their work patterns in creative process, gain problem-solving skill, continually be evaluating and challenging ideas and moving them forward towards realization. Through different workshops they will find out how creative process works in different situations and how they can continue to evolve in cooperation with each other.

Why to join?

The programme of this exchange is what we call a **Basic Synergy Training**. The goal we want to reach during the exchange is *to become aware of the attitudes we have in our everyday life and taking a bold step into the unknown*

During the exchange you will have opportunities to improve your:

- cooperation skills
- communication skills



- creativity and proactivity
- planning and organisation skills
- flexibility in working in international groups
- ability to assess and use your own potential

We will help you to:

- Create results beyond your imagination
- Work out of excellence; through taking risks, and correcting mistakes
- Work by the 'learning by experience' method – that is to reflect on one's actions and act out of these reflections
- To put this into practice 'back home'



Training methods:

Through different activities participants will become more aware of what they're already capable of doing, discover their talents and full potential, gain practical experience and knowledge. Processes include sharing common and individual ideas, artistic philosophies, discuss concepts and techniques, learn new methods, gain artistic practice and after all, realize one idea that is created during this creative journey.

The methods include experiential learning in the intercultural environment, through activities in the indoor and outdoor, cultural exchange, creativity and role-playing activities, intercultural thematic workshops, problem-solving and team-building tasks.

During the training the whole group is working as a support system for one another. The method creates awareness of one's own culture and working styles, connected to the idea that all results come from our personal discipline and proactive attitude.

After they return home, the participants will have the task to organize an event to share their experience and develop it a step further, to create and deliver a project, a seminar, workshop on entrepreneurship or even start an enterprise/association themselves.

The very concept of the whole programme is that it's all about doing, involving the participants fully, to take ownership of their learning and the content of the exchange, to be engaged physically, mentally and emotionally.

More details on the methodology used:

EXPERIENTIAL LEARNING

Making art is a process. It's never finished. The occupation itself is one of the process, exploration, and experimentation. Therefore in these activities, the participants will create the content of what they learn from their own experience and what from each other. The organisers of the exchange will provide safe conditions for them to work, and required materials during the final design process. All the skills and techniques given will be practiced in many different settings, such as couples, small teams of three or four people and bigger groups. In the end of program they will implement final idea by themselves.

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.

PARTICIPANTS WORKSHOPS

Everyone has their unique way of thinking and expressing themselves. In these workshops they will explore the elements of their style and presented it in the group. In this way they will get to know different techniques and approaches. During sharing their knowledge with others, they will gain communication skills as well. To get everybody actively involved afterwards they will give each other honest and constructive feedback.

COACHING AND OPEN SHARING

Many artists emphasize the importance of stepping away from work when they feel stuck. This is what they will do in these processes. 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.

CULTURAL EXCHANGE

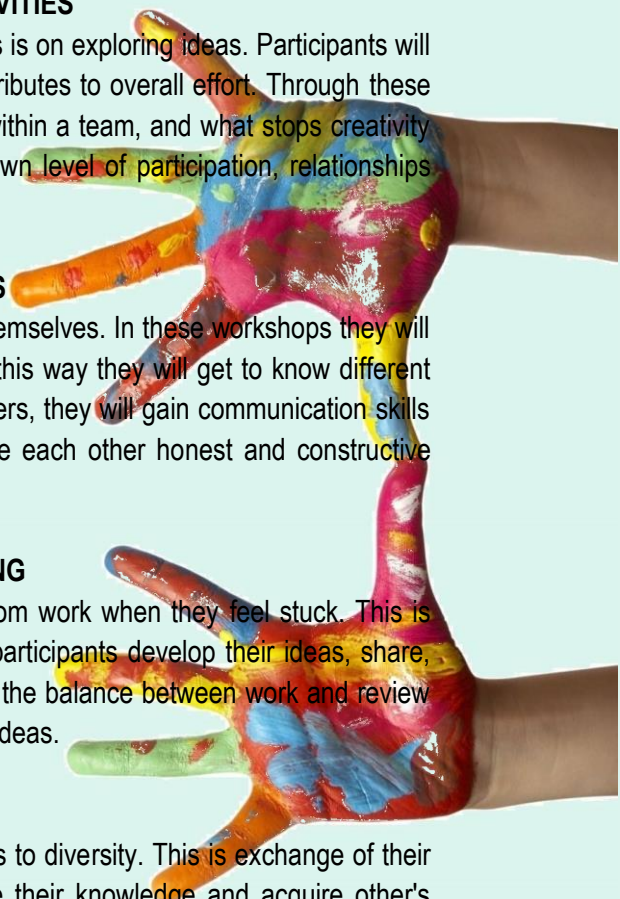
Cultural exchange expands our awareness and introduces us to diversity. This is exchange of their experiences and work passions. Within this context they can share their knowledge and acquire other's perspectives, what will help them to break mental, physical and emotional habits. Part of the program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

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.



Who we are?

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.

Our Vision:

The vision from which we work is to create world that works for everyone out of love, care and cooperation.

Organizing Team:

The project is organized by Syncro - Synergy Croatia and its experienced team of youth workers and professionals. The main trainers of the exchange is **Juraj Boljat and Maja Darija Škrliak** supported by international assistants. The coordinator of the project is **Boyan Yotov** and the project leader is **Mirjana Kovačević**.

Dates:

Arrival day:	Thursday 19th March 2015 until 10:00 am
Start of the program:	Thursday 19th March 2015 at 11:00 am
Departure day:	Monday 30th March 2015 by 12:00 am

Location:

The project will take place on the Croatian coast near **Rijeka**, which during this time of the year becomes very peaceful and its soothing environment offers perfect conditions for calming one's mind, exploring it and setting deep connections with others.



Programme:

The programme consists out of **four parts (personal development, workshops, outdoor and closing part)**. Here we give you the main lines of it. The parts are built on each other to create one learning process; this is why we ask you to participate in the full length of the programme.

1st DAY

Introduction of the exchange
Introduction of participants
Learning goals

2nd DAY

Introduction of Syncro
Setting ground rules
Activities concerning spontaneity, challenge
Vision vs Reality

3rd DAY

Forming support teams
Maximize your creativity
Art challenges

4th DAY

Activities on curiosity
My creativity process
Support group meeting
Activities on success

5th DAY

Critical aspects, framework, work patterns
Sharing ideas
Collaborative creativity

6th DAY

Assessments
Circle of creativity & visualisation of vision
Movie Night

7th DAY

Interactive social activity
Individual Art challenges
Support group meeting

8th DAY

Individual Art challenge
Preparations for the Exhibition

9th DAY

Exhibition
International evening

10th DAY

Outdoor activities
Skills Workshops

11th DAY

Clearing, impressions
Evaluation of the exchange
Youthpasses
Closing of the program

12th DAY

Departure day

Accommodation

The accommodation is quite simple, summer camp style, with shared rooms. Bathrooms and toilets are shared on the floor, separate for men and women. Bed linen will be provided. Washing machine is not available, only hand-washing. During your stay, we will ask you to take care of light household duties, of maintaining the accommodation.

More detailed information regarding the accommodation and directions how to get to **Rijeka** will be provided in the **Confirmation letter** which will be sent to the participants once the selection is done.

Partner organizations

Country	Organisation	Contact	Participants
Croatia	Centar za osobni i profesionalni razvoj Syncro – Synergy Croatia	Boyan Yotov: apARTogether@synergy-croatia.com	5
Czech Republic	European Youth Centre Breclav	Jana Parolkova: eycb.info@gmail.com	5
Georgia	Youth Association DRONI	Georgi Kikalishvili: giokika@gmail.com	5
Latvia	Biedriba Piedzivojuma Gars	Viesturs Lūsis: viesturs@piedzivojumagars.lv	5
Spain	Asociación Building Bridges	Simona Caminiti: asociacionbb@gmail.com	5
Romania	Asociatia Synergy	Roxana Cernescu: roxcerus@yahoo.com	5

Participants:

There will be **30 participants**, 5 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:

Fill in the application form provided and send it to your sending organization from your country and to Syncro as well at apARTogether@synergy-croatia.com, latest until **18th January 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.

Selection:

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 adress of the venue and directions how to reach it.

Please, DO NOT buy tickets until you get out confirmation!

Arrivals and Departures:

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.

Your travel costs can be reimbursed only if you arrive the earliest 1 day before and the latest 1 day after the exchange.

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, we suggest to bring your European Health Insurance Card

Special Needs (Diets, Medicine etc.)

Please, indicate in your application if you need any assistance from us on this matter.

Participation fee:

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

Reimbursement:

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, you need to pay the rest of it. 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 training**.



Maximum travel expenses per person to be reimbursed

Country	Maximum travel costs to be reimbursed, per participants (to the venue <u>and back</u>)	Participation fee
Croatia	€ 20	€ 60
Czech Republic	€ 170	€ 60
Georgia	€ 270	€ 60
Latvia	€ 170	€ 60
Romania	€ 170	€ 60
Spain	€ 170	€ 60

Contact information:

If you have any questions, something is not clear or you want to know more, contact us on following e-mail address: **apARTogether@synergy-croatia.com** or by phone: **+385 95 8570 467 (Boyan)** or **+385 95 8610 671 (Mirjana)** and we'll answer all your questions.

Syncro – Synergy Croatia	Contacts:
www.synergy-croatia.com	Mirjana Kovacevic
Skype: syncro.office	Boyan Yotov
	apARTogether@synergy-croatia.com
Adress: Opatovina 23	Mobile:
10000 Zagreb, Croatia	+385 95 8570 467
	+385 95 8610 671
	Fb Page: Syncro – Synergy Croatia
	Fb Group: Syncro – Synergy Croatia