



**OUTWARD BOUND  
CROATIA™**



Co-funded by  
the European Union



# EXPLORE MEET-ACT-REPEAT

ERASMUS+ YOUTH EXCHANGE

24 - 30 OCTOBER 2022

VELIKI ŽITNIK, CROATIA



# ABOUT THE PROJECT

## OBJECTIVES

- Develop new skills and knowledge about environmental protection.
- Improve awareness of environmental issues.
- Discuss with your peers ideas, values, problems and solutions
- Develop new communication and leadership skills and find ways to be more active in your local community.

## WHAT WILL YOU GAIN?

- Raise your **environmental knowledge** and awareness.
- Immerse yourself in the natural environment for 7 days
- Practice small environmental actions on a local level.
- Improve **organizational, leadership and develop presentationals** skills.
- Practice language skills and increase **confidence** using English.



# PARTICIPANT PROFILE



## WHAT'S THE PLAN?

**30 young people** will gather on a 7-day Youth Exchange to experience through non-formal learning methods how to **connect with the nature and with each other**.

You will take part in **workshops**, environmental actions, practice sustainable lifestyles and social inclusion.

Implementing a **follow-up project** after returning home to share the results of the project is **obligatory!**

## PARTICIPANT PROFILE

**STRONG MOTIVATION WANTED!**

**ARE YOU FROM...**

- GREECE,
- FRANCE,
- POLAND,
- SLOVAKIA,
- PORTUGAL
- OR CROATIA?

**ARE YOU BETWEEN 17 & 30?**

Each national team will have four participants from 17 to 30 and one **team leader**, a young person experienced in youth work and Erasmus+ youth exchanges, who is aged 21+.

Priority is given to **participants with fewer opportunities** (if you are facing any economic, social, cultural, geographical or other difficulties in your daily life).

**How can we support you?**

Write us:

**[esc@outwardboundcroatia.com](mailto:esc@outwardboundcroatia.com)**

# PRACTICAL INFO



## IMPORTANT INFO

### Arrival to the venue:

Sunday **23 October** after 17:00

The project:

**24 - 30 October (7 days)**

### Departure: Monday, **31 October**

after 9:00

**Venue:** [Outward Bound educational center in Veliki Žitnik](#)

**Food** (breakfast, lunch, dinner, snacks) and **accommodation provided!**

## WHERE?

### OBC EDUCATIONAL CENTRE

Accommodation is **hostel-style in 2 dormitories (m and f)**, each up to 20 people

Large common room for the inside activities, professional kitchen and two bathrooms with showers.

A **yard with several fireplaces** for evening hang-outs! Find out more on the [link](#)

### IN A SMALL VILLAGE OF VELIKI ŽITNIK

In the Croatian countryside (Lika), 7 km from the nearest town - Gospić. **No close-by shops or bars** in walking distance.

### DIGITAL DETOX

Due to the remote, rural location, there is a **weak phone signal** (depending on provider)

**NO WIFI provided!**

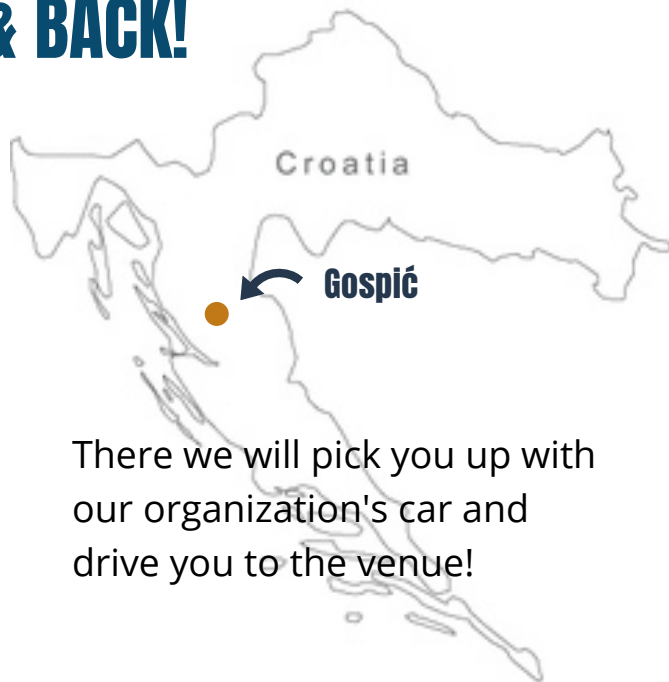
### KEEP IN MIND

**Alcohol is not allowed** inside and around the educational centre and during the activities

# ORGANIZE YOUR TRAVEL



## ORGANIZE YOUR TRAVEL TO THE NEAREST TOWN GOSPIĆ & BACK!



There we will pick you up with our organization's car and drive you to the venue!

## HOW TO GET THERE?

Nearest airports: Zagreb, Zadar, Split, Ljubljana, Budapest

### PUBLIC TRANSPORT IN CROATIA

[Info about travel options within](#)

[Croatia](#) ([link](#))

[Buses](#) ([link](#)).

[Trains](#) ([link](#)).

### IF YOU'RE TAKING A PLANE...

you can spend in total **2 travel days** !

**PLEASE SEND US YOUR TRAVEL PROPOSITION TO**  
**ESC@OUTWARDBOUND**  
**CROATIA.COM AND**  
**WAIT FOR OUR**  
**CONFIRMATION BEFORE**  
**BUYING THE TICKETS!**

# TRAVEL BUDGET & REIMBURSEMENT



## IMPORTANT!!

- **KEEP ALL ORIGINAL TICKETS (BOARDING PASSES, E-TICKETS ETC.) AND BRING THEM WITH YOU.**
- **ORGANIZE YOUR TRAVEL BOTH WAYS IN ADVANCE!**

The reimbursement will be done no later than **three months after** the end of the project.

## OPTION 1: REGULAR TRAVEL

YOU CAN USE **2 TRAVEL DAYS** FOR REGULAR TRAVEL

### SLOVAKIA AND CROATIA

We cover travel costs in the maximum amount of **180 EUR** per person!

### GREECE, POLAND AND FRANCE

Maximum amount of **275 EUR** per person!

### PORTUGAL

Maximum amount of **360 EUR** per person!

## OPTION 2: GREEN TRAVEL

YOU CAN USE **6 TRAVEL DAYS** FOR GREEN TRAVEL - GOING WITH A **TRAIN, BUS OR CARPOOLING** AS A MAIN MEANS OF TRANSPORT

### SLOVAKIA AND CROATIA

Max amount: **210 EUR** per person

### GREECE, POLAND AND FRANCE

Max amount of **320 EUR** per person

### PORTUGAL

Max amount of **410 EUR** per person

# COVID-19 UPDATE

**CHECK YOUR COUNTRY'S REGULATIONS TO ENTER CROATIA AND MAKE SURE TO HAVE ALL REQUIRED DOCUMENTS TO CROSS THE BORDER**

MAKE SURE TO CHECK THE **OFFICIAL UPDATED INFORMATION** ON RULES AND RESTRICTIONS FOR TRAVELING TO CROATIA.

OFFICIAL SITES:

[KORONAVIRUS.HR](https://www.koronavirus.hr)

[ENTER CROATIA](https://www.entercroatia.hr)



## **IMPORTANT!!**

To ensure everyone's safety,  
**EVERY PARTICIPANT, EVEN CROATIAN, NEED TO SHOW NEGATIVE ANTIGEN TEST RESULT MADE IN THE OFFICIAL CLINIC TO ENTER THE VENUE.**

(home test  
not  
accepted)



**WE WILL REIMBURSE YOU THE COSTS OF TESTING,**

along with the travel costs. Just make sure to **bring the receipt!**

# WHAT TO BRING

## WHAT TO BRING

- VALID PASSPORT OR ID
- TRAVEL TICKETS & INVOICES
- EUROPEAN HEALTH INSURANCE CARD\*\*
- LOCAL CURRENCY: CROATIAN KUNA  
1 € = APROX. 7,56 HRK
- WARM, COMFORTABLE & WATERPROOF OUTDOOR CLOTHES
- HIKING SHOES
- PERSONAL TOILETRIES
- TOWEL & SLIPPERS
- PERSONAL MEDICINE - IF YOU'RE TAKING ANY, PLEASE LET US KNOW IN ADVANCE



## YOUR NATIONAL SPECIALTIES

- BRING YOUR NATIONAL SNACKS, OR DRINKS TO PRESENT YOUR COUNTRY AND PREPARE THE TRADITIONAL GAMES AND DANCES!

\*\* Check with your **sending organization** where to issue European Health Insurance Card for free!

# TO APPLY, CONTACT PARTNER ORGANIZATION IN YOUR COUNTRY!

## HERE'S THE LIST!

### OUTWARD BOUND CROATIA

#### Croatia

Email: [esc@outwardboundcroatia.com](mailto:esc@outwardboundcroatia.com)

### 3PA

#### France

Email: [contact@3paformation.fr](mailto:contact@3paformation.fr)

### HELLENIC YOUTH PARTICIPATION

#### Greece

Email: [hellenicyouthparticipation@yahoo.gr](mailto:hellenicyouthparticipation@yahoo.gr)

### ADEL SLOVAKIA

#### Slovakia

Email: [apply@adelslovakia.org](mailto:apply@adelslovakia.org)

### FUNDACJA ROZWOJU SPOLECZENSTWA PRZEDSIEBIORCZEGO

#### Poland

Email: [biuro@frsp.eu](mailto:biuro@frsp.eu)

### AGORAVEIRO

#### Portugal

Email: [agora.aveiro@gmail.com](mailto:agora.aveiro@gmail.com)



READY  
FOR THE  
ADVENTURE?

# ABOUT US



## OUTWARD BOUND CROATIA

Outward Bound Croatia is a non-profit organization for youth that provides **outdoor experiential learning courses**. Our main field of activity is organization and implementation of innovative outdoor courses for school children and youth, with special concern for youth with fewer opportunities. We believe in the power of learning through experience, using the **outdoor adventure** as a means of bringing out the best in our participants.

## MISSION

**YOU ARE MORE THAN YOU THINK!**

*"Our mission is to encourage young people to discover and develop their **potential** and create a better world for themselves and others through challenging experiences in unfamiliar settings."*

## YOUTH MOBILITY

Besides outdoor education, we contribute to **developing young people's competences** through international youth mobility projects within the Erasmus+ program and volunteering projects within European Solidarity Corps.

**OUR VALUES ARE COOPERATION, COMPASSION, COURAGE, AND RESPONSIBILITY.**



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