



**OUTWARD BOUND
CROATIA™**

NAVIGATING TO RESILIENCE

ERASMUS+ YOUTH EXCHANGE

**6 - 12 MARCH 2022
VELIKI ZITNIK, CROATIA**



**Co-funded by
the European Union**



WHY?

These challenging times have enforced us to **close up** more in our homes and into ourselves. We miss the connections, spontaneity and opportunities to meet the people from different cultures and share stories. Also, we want to explore together how to **become stronger and more resilient to face the world**. We believe that it's the right time to **meet with each other**, explore together the power of teamwork and nature and **connect in the offline world!**

HOW?

EXPEDITION IN NATURE

We will step out of our comfort zone by stepping into the nature, through many outdoor activities. We will challenge ourselves on a **2-day expedition in nature**, hike, navigate through the forests of Lika, learn to tie knots, cook on fire, build a bivouac and sleep under the stars.

TEAMWORK

You will not be alone in this! We will build a team of young people from all over Europe and **face the challenges together**, step into the unknown and expand our comfort zones.

MINDFULNESS

We will take some **time to be with ourselves**. The nature will remind us to be more mindful and find out how to build resilience to face the everyday challenges.

INCLUSION AND EMPATHY

We will connect to others, **share experiences and hear stories** of young people from different cultures and backgrounds. Together we will explore how to contribute to a **more inclusive society**, open for everyone.



ABOUT THE PROJECT

WHAT'S THE PLAN?

24 young people from Italy, Romania, Spain and Croatia 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**. We will together share experiences, organize workshops and go on a 2-day expedition in the nature. We will step out of our comfort zones and learn to cooperate as an international team. Together we will find the resilience to face today's challenges.

PARTICIPANT PROFILE

ARE YOU FROM...

- ITALY,
- ROMANIA,
- SPAIN,
- OR CROATIA?

ARE YOU 17 - 21?

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

STRONG MOTIVATION WANTED!

BUT PREVIOUS EXPERIENCE IN OUTDOOR ACTIVITIES IS NOT REQUIRED!

HOW CAN WE SUPPORT YOU?

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

Write us to

esc@outwardboundcroatia.com and let us know how can we support you!



*"A mind broadened with a new experience can never be forced into its old frames anymore."
- OBC participant*

PARTICIPANT PROFILE

IMPORTANT INFO

Arrival: Saturday **5 March** in the afternoon/evening hours to the nearest town Gospić.

The project: 6 - 12 March

Departure: Sunday, **13 March** after breakfast.

Food (breakfast, lunch, dinner), accommodation and insurance provided!

WHERE?

OBC EDUCATIONAL CENTRE

It's an old, renovated local school surrounded by forests, rivers and mountains. The accommodation is **hostel-style in 2 dormitories**, each up to 15 people. Large common room for the inside activities, professional kitchen and two spacious bathrooms with showers. There's a **big yard with fireplaces** for evening hang-outs! Find out more on the [link](#)

IN A SMALL VILLAGE VELIKI ŽITNIK

In the Croatian countryside (Lika region) located 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) and **NO WIFI** (available only for special and emergency situations).

KEEP IN MIND

Alcohol is not allowed in the educational centre and during the working hours.



PRACTICAL INFO

MEETING POINT



When you arrive to **Gospić**, we will pick you up by our organization vehicle and bring you to the OBC Educational Centre in a nearby village Veliki Žitnik.

Let us know about your exact arrival time and means of transportation to Gospić!

REGULAR TRAVEL

BY PLANE

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** !

GREEN TRAVEL

WHAT IS GREEN TRAVEL?

It's the travel that uses low CO2 emissions means of transport for the main part of the travel, such as **bus, train or car-pooling**. We invite you to use green travel for your trip because we want to keep our impact environmentally friendly. If you use green travel, you can spend **4 travel days in total!**

NEED HELP?

Contact your local sending organization to help you organize the travel!

PLEASE SEND US YOUR TRAVEL PROPOSITION PER E-MAIL AND WAIT FOR OUR CONFIRMATION BEFORE BUYING THE TICKETS!



ORGANIZE YOUR TRAVEL

IMPORTANT!!

KEEP ALL ORIGINAL TICKETS (BOARDING PASSES, E-TICKETS ETC.) AND BRING THEM WITH YOU.

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

TRAVEL BUDGET: REGULAR TRAVEL

ITALY AND CROATIA

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

SPAIN AND ROMANIA

We cover travel costs in the maximum amount of **275 EUR** per person!

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

TRAVEL BUDGET: GREEN TRAVEL

ITALY AND CROATIA

We cover travel costs in the maximum amount of **210 EUR** per person for traveling with a train, bus or carpooling!

SPAIN AND ROMANIA

We cover travel costs in the maximum amount of **320 EUR** per person for traveling with a train, bus or carpooling!

YOU CAN USE **4 TRAVEL DAYS** FOR GREEN TRAVEL



REIMBURSEMENT

COVID-19 UPDATE

During the youth exchange, we'll do as many activities as possible outdoors. We're disinfecting all rooms of the education center regularly and following the rules of our Civil Security Board.

Check your country's regulations about what rules you need to follow when returning back from Croatia!

FOR THE **OFFICIAL INFORMATION** ON RULES AND RESTRICTIONS FOR TRAVELING TO CROATIA, FOLLOW THE UPDATED INFORMATION ON THE OFFICIAL SITE ON THE LINK

BEFORE TRAVELING, MAKE SURE TO REGISTER IN ADVANCE ON THE ENTER CROATIA SITE

TO ENTER CROATIA FROM AN EU STATE YOU NEED TO HAVE ONE OF THESE:

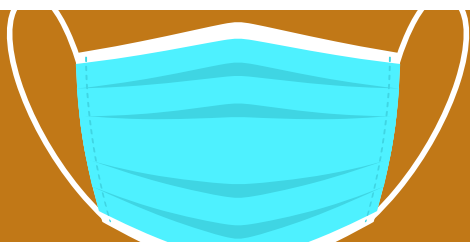
- **VALID EU DIGITAL COVID CERTIFICATE**
- **NEGATIVE PCR TEST RESULT, NOT OLDER THAN 72 HOURS**
- **RAPID ANTIGEN TEST* RESULT - RAT NOT OLDER THAN 48 HOURS**
- **PROOF OF FULL VACCINATION OLDER THAN 14 DAYS**
- **A MEDICAL CERTIFICATE OF RECOVERY OR A POSITIVE PCR OR RAT RESULT OLDER THAN 11 AND NOT OLDER THAN 270 DAYS**

To ensure everyone's safety,

CROATIAN PARTICIPANTS COMING TO THE PROJECT ALSO MUST SHOW ONE OF THE MENTIONED DOCUMENTS



*RAT must be listed in the Common list of rapid antigen tests recognized by the Member States of the European Union (link) published by the European Commission



COVID-19 UPDATE

NEED A COVID-19 TEST?

WE GOT IT COVERED!

JUST BRING THE ORIGINAL RECEIPT/INVOICE WITH YOU AND WE WILL COVER THE COVID-19 TEST COSTS UP TO THE AMOUNT OF **160 EUR** PER PERSON FOR BOTH WAYS TRAVEL!

We will **reimburse you the costs up to 3 months** after the project ends, along with your travel costs!

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**

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

WE PROVIDE THE EQUIPMENT FOR YOUR OUTDOOR ADVENTURE

OUTDOOR EQUIPMENT

We will provide you the backpacks, sleeping bags, mats, head lamps and all the equipment you need for a safe and fun outdoor adventure!

NO NEED FOR FANCY EQUIPMENT, BUT YOU SHOULD TAKE

Good hiking shoes (not sneakers!) and **warm, layered and waterproof clothes**, as the winter in Lika is quite cold and it can be raining or snowing.

YOUR NATIONAL SPECIALTIES

Bring your national snacks, or drinks to present your country and prepare the traditional games and dances!

WHAT TO BRING

SCHEDULE

DAY 1

Morning Exercise
Intro to the project, Games, Ice-breakers
Fears and expectations session
Team building activities
Evening circle

DAY 2

Morning Exercise
European Morning
World Cafe - Challenges of Pandemic Era
Empathy Workshop "A Walk In Your Shoes"
Inclusion Workshop
Evening circle
Intercultural Evening

DAY 3

Morning Exercise
Mindfulness in Nature
Outdoor Team Challenge
Prep for the Outdoor Adventure - Hard Skills & Packing
Evening circle

DAY 4

Morning Exercise
Outdoor Adventure (2 days) - final prep
Navigation Challenge
Group Task
Evening Circle
Stories around the Fireplace

DAY 5

Morning Exercise
Leave No Trace Session
Surprise Activity
Hike & Navigation, return to OBC
Educational Centre
Evening Circle

DAY 6

Morning Exercise
Solo Time
E-Book Activity
Evening Circle
Ceremony

DAY 7

Morning Exercise
Plan Your Action!
Empowerment Circles
Afternoon Circle
Final Evaluation
Youthpass Ceremony
Byebye Party

SCHEDULE

**TO APPLY TO THE
PROJECT, CONTACT
THE PARTNER
ORGANIZATIONS IN
YOUR COUNTRY!**

HERE'S THE LIST!

OUTWARD BOUND CROATIA

Croatia

Contact person: Kora

Email: esce@outwardboundcroatia.com



**OUTWARD BOUND
CROATIA™**

OUTWARD BOUND ROMANIA

Romania

Contact person: Kinga

Email: kinga@outwardbound.ro



**OUTWARD BOUND
ROMANIA™**
Aventura și învățare • Kaland és tanulás • Adventure and learning

**ASOCIACIÓN JUVENIL
ALMENARAS**

Spain

Contact person: Aitor

Email: benalvino92@gmail.com



EUROSUD

Italy

Contact person: Adriano

Email: eurosudngo@gmail.com



READY FOR THE ADVENTURE?

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."*



**OUTWARD BOUND
CROATIA™**

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.**



ABOUT US