

**SEMINAR “BE HEALTHY, FEEL WEALTHY”
HOSTED BY EKO LOR**

**28.05-04.06.2014.
Indjija, Serbia**

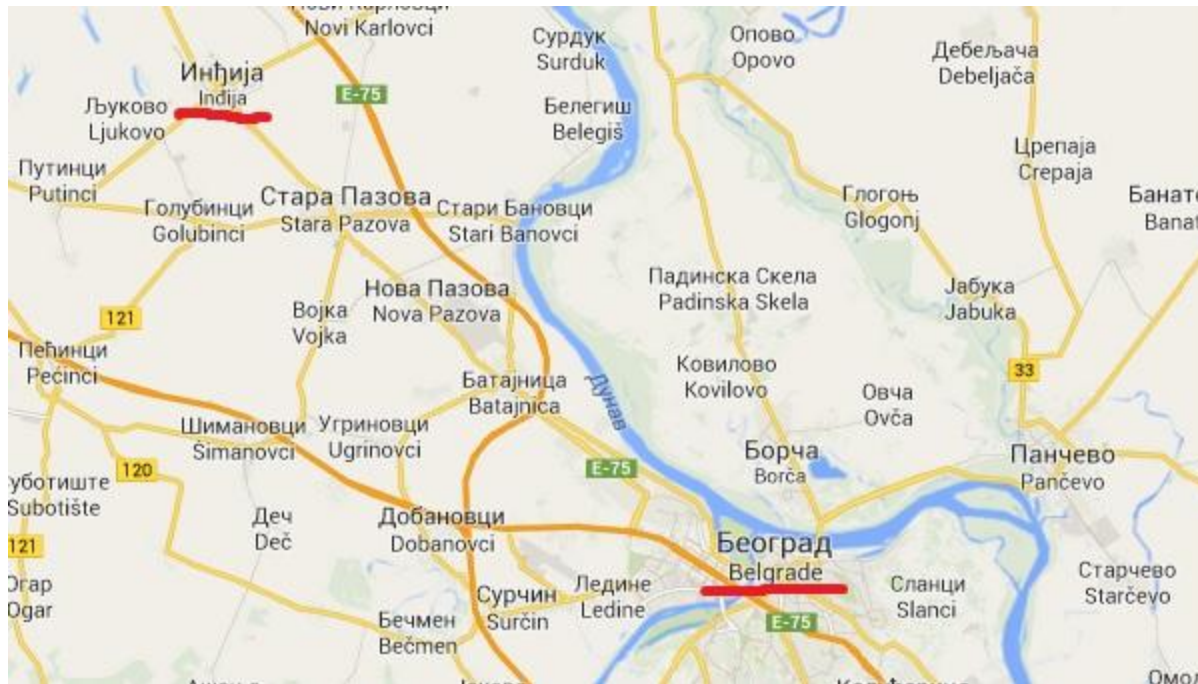
SUMMARY OF THE PROJECT

- This is a Seminar with the title “Be healthy, feel wealthy” that will be hosted in Serbia, in May 2014, gathering together 36 youth workers, youth leaders, activists and volunteers from 20 partner organizations belonging to European Union and South East Europe. This is a seven-day Seminar that will focus on healthy lifestyles in Europe and the influence of its promotion on young people’s life and behavior in our societies. Sedentary lifestyles, addictions, unhealthy nutrition and disease, remain one of the most salient problems in today's Europe, in particular in those regions that are beyond EU legislation and regulations, but not lacking problems in countries of modern Europe. The objectives of the Seminar are:
 - - To provide space and time for youth organizations working on healthy life issues among youth and healthy lifestyles both in Programme Countries and South East Europe (SEE) to present their work,
 - - To exchange examples of good practice,
 - - To focus on the debate of the state of health in different realities of Europe,
 - - To explore different techniques as a means of promotion of positives of healthy lifestyles,
 - - To foster future cooperation and young people’s involvement in the process of creation of better approaches towards youth,
 - - To reflect on issues of health insurance policies and equality programmes of the European Union.
- The Seminar looks towards improvement of the quality of support systems for activities aimed at the empowerment of young people in matters concerning health. Moreover, this Seminar will focus on chances and opportunities for intercultural dialogue, opportunities for future transnational cooperation and joint activities.
- Using non-formal educational methods, participants will be involved in team building activities, panel discussions, debates, round tables and exercises done individually or in groups, brainstorming simulation and analyses.



VENUE OF THE PROJECT

- Indjija is located in Vojvodina, on south side of Fruska Gora mountain. The relief of the municipality is characterized by slopes of Fruska Gora mountain in the northern part and fertile plains in the south. Indjija the railway junction of Srem. Along Indjija passes international highway Belgrade- Novi Sad-Subotica-Budapest. It is located 19 kilometers of the Danube River and the Town of Stari Slankamen. The climate is temperate continental. Highest average annual air temperature in July and August is 22 ° C, while the lowest average annual air temperature in January, -1 ° C. The venue provides completely equipped premises with all the necessities that could be needed during the project. The accommodation of the participants includes full board, coffee and tea breaks. Also, a working room and additional spaces are on the premises, such as gym. With all this and outside space, this venue meets all the needs of all our partners.



ACCOMMODATION

Participants will be accommodated in 2 or 3-bed rooms in IN CLUB.

Wi-fi connection is available in the restaurant, and pretty much everywhere.

We advise that all toiletries and cosmetics that a participant need, slippers, etc. to be brought.

Participants will only be provided with towels.

You can take a closer look at <http://www.inclub.rs/galerija-in-club-hotel-indjija.html#!prettyPhoto>



HOW TO ARRIVE TO INDJIJA

By plane, via Belgrade:

Via Belgrade airport, possible options: **Mini-bus A1** to

Belgrade bus Station (ticket is around 300 RSD = less than 3 euros)
timetable is available at following web address:
[http://www.busevi.com/index.php?option=com_eventlist&view=details
&id=261&Itemid=26](http://www.busevi.com/index.php?option=com_eventlist&view=details&id=261&Itemid=26)

- By bus from Belgrade to Indjija: www.bas.rs (check timetable or consult with organizers). There are approximately 25 departures to Indjija per day. Bus ticket costs up to 5 euros.
- Or from different directions, whereby bus or train schedules should be checked individually, or in consultation with partner organizations or hosting organization preferably.



FROM BUS STATION IN INDIJA TO IN CLUB

IN CLUB is located in Jug Bogdanova street, No. 13, in the center of Indija. It is up to 20 minutes walk from the Bus station. Depending on the time of your arrival, you will have the option to come by taxi from the bus station or will be picked up by the organizers.



TRAVEL COSTS REIMBURSEMENT

Reimbursement of 70% of travel costs will be done by the end of the Seminar in EUR or RSD regardless of the currency indicated on your ticket and receipt/invoice. Please be aware that:

- Your travel cost can be reimbursed up to the amount presented in the next slide.
- You should present the original tickets with boarding passes and receipt/invoices, and send all of them to the hosting organization by post, after the Seminar is over. So please keep them all.
- Note that if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from the official European Commission website for the month of ticket's purchase.
- Only the cheapest means of transport are eligible for reimbursement. Some countries are eligible to come by car to this Seminar, as shown in the next slide.
- TAXI bills will not be accepted in general, except in situations where no other means of transport was possible, and only if it was earlier agreed with the hosting organization via e-mail. Anyway, we do not advise to use taxi in Serbia by yourself, especially close to airport, train or bus stations, since there are some illegal taxi drivers that can charge you much more than the regular price.
- **Travel costs that occur more than 48 hours before OR after the activity will not be taken into consideration.**

Should you have any questions regarding reimbursement rules and limits, please contact us.



REIMBURSEMENT LIMITS

- Beyond Barriers Association, 2 persons, 300 euros*
- RINIA STUDENTORE, 1 person, 150 euros
- PEL, 3 persons, 450 euros*
- IUI, 1 person, 150 euros*
- GLOW, 2 persons, 400 euros*
- 13 ACTIF, 2 persons, 800 euros
- YOUTHNET HELLAS, 2 persons, 500 euros
- Dinara Forum, 2 persons, 300 euros*
- Youth volunteers, 1 person, 150 euros*
- ODAS, 2 persons, 400 euros*
- YFF2006, 2 persons, 400 euros*
- DND Hiša Otrok, 1 person, 150 euros
- RAPLECTION, 2 persons, 300 euros*
- Svetionik, 2 persons, 200 euros*
- COM Youth Club, 2 persons, 1.000 euros
- GED, 1 person, 500 euros
- TDM2000 Poland, 1 person, 400 euros
- DL, 1 person, 400 euros
- CET, 1 person, 150 euros
- CSSD, 1 person, 30 euros



VISA AND TRAVEL DOCUMENTS

- Citizens of EU member states and Macedonia can enter Serbia with valid ID card, but we strongly recommend using the passports since there is obligatory registration at the hotel (and the police) that can be done only with passports.
- Participants from partner countries do not need visa for entering Serbia. Mind that entrance from territory of Kosovo to Serbia is not possible for holders of foreign passport.
- Official invitation letter from hosting organization can be provided if needed. In that case please send us e-mail with following information: Name, Surname, your address, date of birth, travel document number if not indicated in your application form.



WEATHER, CURRENCY, VENUE

Weather forecast for May/June predicts temperatures for the night:
12°C and day temperatures up to 24 °C and more.

You can find most precise forecast here:

<http://www.weather2umbrella.com/>

Local currency is the Dinar (RSD). **1 EUR = approx 116.5 RSD**

Payment in EUR is prohibited. Exchange offices can be found everywhere, but please do not change large amounts of money (more than 20 EUR) in exchange offices at the airport and train/bus station, because exchange rate can be low, as well as when exchanged in banks. ATM's are available in the center of Indjija.

Pharmacies, shops of various goods, bars and restaurants, can be found at 3-5 minutes walk from the IN CLUB.



If you want to know
more about Indjija,
please visit
<http://www.indjija.net/DefaultEng.aspx>

PREPARATION OF PARTICIPANTS

- Participants should prepare themselves for active participation during the Seminar.
- Official language of the Seminar is English.
- Intercultural evening will be organized during the first days of the programme and national food, drinks, snacks, sweets and national symbols (e.g. flag) should be brought in order to present partner countries. Very short presentations of countries will be done in creative way.
- Participants should be present throughout the whole duration of the Seminar in order to be eligible to receive the Youthpass certificate and reimbursement.
- We kindly advise you to obtain travel insurance yourself.



PROGRAMME



DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7	DAY8
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Warming up	Warming up	Warming up	Warming up	Warming up	Warming up	
Arrival of participants and accommodating	Opening and introduction Breaking the ice Names and getting to know each other Presentation of Erasmus+ and mobility projects Presentation of Youthpass Programme & Methods Hopes & Fears Agreements	Unhealthy living habits Mental stress, alcohol abuse, smoking, poor levels of nutrition and junk food, low physical activity, sexually transmitted diseases	Personal care How do we inspire ourselves to take care about our wellbeing Good practice examples Inspiring videos	Mid-term Evaluation Concrete actions Discussion about EU and national actions that are directed towards improving public health, preventing physical and mental illness and diseases, and targeting sources of danger to physical and mental health	Marginalized youth Exclusion Delinquency Violence Social marginalization Sport and other outdoor activities and actions as a tool to promote health among young people especially marginalized	Partnership & follow-up Non-formal learning Erasmus+ Programme and opportunities Partnership building among partner organizations and creation of future actions and joint projects	Departure Final staff meeting: Summary, project report and preparation of the follow-up activities
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
	Team building Basics of team work: structure, roles, challenges. Team building activities, from individual to the team player, discussion.	Health in Europe Creation of country profiles of the state of health, issues and policies. Presentation and comparison between EU and non-EU countries Discussion	Outdoor activities Wellness Sport Hiking	Youth and health: What channels of communication we can use to address these issues to youth? How to increase participation of young people in promotion of healthy lifestyles?	Visit to local association/institution Talk on local actions and approaches	Agreements o dissemination and exploitation of project results Final evaluation Closing	
DINNER	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups		
	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
Welcome Night	ICE – release I	ICE – release II	Partner's fair	Summer in the city	Free evening/Movie night	Farewell night	

APPLICATION

- Please send us the fully filled application form provided by 15th of April 2014 on e-mail address:

ekolorindjija@gmail.com

- For more information do not hesitate to contact us on this address.

○ **SEE YOU SOON!**

