

Youth exchange “Education in nature”

River Zrmanja, Croatia
16.–21. 8. 2015

CALL FOR PARTNERS

Coordinating organisation:
Youth center „Activate yourself”

web: aktivirajse.com
facebook: [/aktivirajse.centarzamlade](https://www.facebook.com/aktivirajse.centarzamlade)
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funded by the



DESCRIPTION OF THE PROJECT

Healthy lifestyle and doing everyday exercises is a need for young people worldwide. We want to carry out this project because European statistics and researches show that youngsters are not actively involved in physical activities and healthy lifestyle. The project will educate young people on healthy lifestyle through sport activities, cooperation, tolerance and intercultural dimension. The project will encourage youth to be active, to get outdoors and to adopt healthy living habits. We want youth to be active promoters of healthy lifestyle in their community in the future.

MAIN OBJECTIVES OF THE PROJECT:

- international cooperation through sport and outdoor activities
- healthy living habits
- active participation
- to empower youth with fewer opportunities
- gaining new skills and social competences through non formal education methods, experimental learning and learning by doing

The project activities consist of many non formal workshops, team sport games, outdoor educational games that will equip youth with new skills, knowledge and competences. The project activities will gather 27 participants in outdoor camp near river Zrmanja. Participants will learn how to work as a team, how to solve problems, to be proactive in their community and by their suggestion how to actively involve every participant in interesting activities. We want, through diversity from non profit organisations and its participants, create a surrounding that is similar to everyone through universal language- sport and environment protection.

Youth exchange „Education in nature“ combines 3 main non formal workshops and activities. Project sport activities will be carried out every day to promote values such as team spirit, communication skills, cultural awareness and expression. Educational workshops will be carried out to promote EU values about healthy lifestyle, correct nutrition and environmental conservation. Last group of multimedial and creative workshops will, in a modern way, stimulate gaining new competences in digital photography and short film making and editing.

We will disseminate project results through various methods. We will make digital brochure about new, innovative methods of non formal learning. We will share results of a project through our website, FB page, public events, seminars and make a video about project and share it through our partners also. In the end participants will also share project results as promoters of good practice.



Erasmus+ Activity: KA105 Youth exchange

Project name: "Education in nature"

Location: River Zrmanja, Croatia

Youth exchange: 16-21 August 2015

Number of partners: 3

Number of participants per organisation: 27 participants (18-30 years old)

VENUE

Zadar, river Zrmanja.

Participants will arrive in Zadar city where we will pick them up and drive to camp site.





ACCOMMODATION

camp side 20 meters near river Zrmanja

PRACTICAL TIPS

Things to bring; sport equipment, sleeping bag, towel, pillow, swimming clothes, any outdoor camp equipment you can use (head lamp)

PROGRAMME AND TIMETABLE

Our programme includes: Sport and outdoor activities, creative workshops, preserving nature lectures, discussions, working in groups, simulations



DAY 1 (16.08.2015)

8:30:00 – 15:00	Arrival of participants
15:00 – 16:00	lunch
16:30 – 18:00	Ice-breakers, energisers, games for making connection between participants
18:00 – 19:00	Introducing participants with "Youthpassom" and with process of evaluation
19:00 – 20:00	Dinner
20:00	Free time

DAY 2 (17.08.2015)

8:30 – 10:00	Breakfast
10:00 – 11:30	Morning gymnastics , energizer
11:30 – 14:00	Workshop- sport and outdoor activities 1
14:00 – 15:30	Lunch
15:30-17:00	Workshop-Erasmus+
17:00-19:00	Workshop- sport and outdoor activities 2
19:00-20:00	Dinner
20:00	Intercultural evening-music

DAY 3 (18.08.2015)

8:30 – 10:00	Breakfast
10:00 – 11:30	Workshop-helthful nutrition
11:30 – 14:00	Verbal debate about nutrition
14:00-15:30	Lunch
15:30-19:00	Creative workshop in nature
19:00-20:00	Dinner
20:00	Intercultural evening-dancing

DAY 4 (19.08.2015)

8:30 – 10:00	Breakfast
10:00 – 11:30	Workshop about sport injury prevention (educative)
11:30 – 15:30	Short trip to Vransko jezero
16:00	Lunch
17:30-19:00	Zadar city game and cultural workshop
19:00-20:00	Dinner
20:00	Intercultural evening-music 2 and evaluation

DAY 5 (20.08.2015)

8:30 – 10:00	Breakfast
10:00 – 14:00	Trekking and workshop how to survive in nature
14:00-15:30	Lunch
15:30-17:30	Workshop- outdoor survival brochure
17:30-19:00	Sport workshop-kayaking
19:00-20:00	Dinner
20:00	Story telling and linguistic workshop

DAY 6 (21.08.2015)

8:30 – 10:00	Breakfast
10:00 – 13:30	Final evaluation of a project
13:30-14:30	Youthpass ceremony
14:00-15:30	Lunch
15:30-17:30	Farewell party



FINANCIAL CONDITIONS:

The food and the accommodation will be guaranteed by the hosting organisation, through funding of Erasmus +;

The travel costs will be supported until the maximum allowed by Erasmus + according to the distance. The distance has to be calculated through: http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

Participation fee 20 euros. Reimbursement will be after the final payment from national Agency

CONTACT

If you want to be our partner and need more information, please feel free to contact our organization by e-mail:

info@aktivirajse.com

