

YOUTH EXCHANGE

MOVEMENT FOR CHANGE

Crikvenica, Croatia, SEPTEMBER 20 - 29



Let's move together!

Movement for Change is a **9 days Youth Exchange** that will take place in coastal town of Crikvenica, Croatia. It will gather 36 participants from **6 countries**: Croatia, England, Spain, Czech Republic, Slovenia and Hungary. Participants can be youngsters, 18-30 years old. Each organisation will have a team of 5 participants + 1 youth leader (+18, no age limit).

Application deadline is August 15. Read this infopack and:

[CLICK HERE TO APPLY!](#)





Hosted by Amazonas

Amazonas Association was registered in Zagreb in 2004. Our activities are based on the implementation of programs and projects aimed at educating, empowering and improving the quality of life of children, youth and adults in the local community.

Through three areas of work (social support, active and mobile youth and movement and sports) we organize activities for active leisure, promote volunteering and involvement in the local community, organize workshops, education and training.

Through capoeira and sports activities, we implement programs for the development of social skills of children and youth. We are largely focused on social groups at risk and with reduced opportunities. In order to boost our projects, we cooperate with many associations, institutions and centers both local and international.

More info find on our [website](#).



PARTNERS:

Capoeira for All CIC,
(UK)

Semente da Senzala
Capoeira Kultur eta
hezkontza elkaeta,
(Spain)

EYCB, **Czech Republic**

BOB, Zavod za
Izobrazevanje in
Kulturne Dejavnosti,
(Slovenia)

Hidak Ifjúsági
Alapítvány, **(Hungary)**



Co-funded by
the European Union



YE objectives

- *To empower young people to become active in their communities by using physical movement as a method for change.*
- *To create an activist message that raises awareness of social issues.*
- *To take the initiative in solving social problems and empower participants to be the drivers of change in their own communities.*
- *To improve participants creativity.*
- *To increase intercultural dialogue and understanding through cooperation of young people from 6 different countries.*

Through this exchange we want to bring together young people from different countries

and positions, motivate them to express themselves through the movement and empower them to use their bodies as a method of raising awareness of social problems.

Through different types of workshops they will gain new knowledge and discover new ways of activism that involve the human movement. They will become more aware that different approaches can contribute to change and will be more motivated to transfer new knowledge to their communities and to make small changes.

Participants (helped by their organisation and supported by Amazonas) will be in charge of the dissemination activities once they come back to their countries.

The final product of the exchange will be **a PERFORMANCE** held by the participants, in which they will be sending a message commonly decided during the exchange.



HOMEWORK

Before coming to the activity, each country group must prepare:

An **example of good practice** from their country in which movement was used as a method of change and activism. For example a short film showing an event, presentation or creative workshop. (The objective of this activity is that they motivate and inform both themselves and other young people about different possibilities and range of motion.)

A **movement based workshop** (it can be hip-hop, dance, capoeira, etc.) through which they will actively share their knowledge with their peers, and learn something new through the workshops of others participants

Country presentation on **intercultural evening**.

*You can also bring any kind of game / activity you would like to share with other participants, as there will be time in evening program for **games and extra ideas**.*

*You can bring specific food / drinks /accessories you want to share at **intercultural evening**.*

*If you have some **material about your organization**, take it, if you want to share information about organization with others.*

INTERCULTURAL EVENING...

... is one time evening program where each country will present their country in a way they choose. It can be through traditional dances, sketches, food, quiz, poster.



PRACTICALITIES

Activity dates: 20 to 29 September 2021

Arrival is on the **20th before 13:00**, departure is on the **29th after breakfast**.

Cost of **food** (3 meals per day plus coffee breaks) **and accommodation** are covered by the project.

Participants will be accommodated in **4-6 beds rooms**, with young people from different countries, and we will make sure that men and women are in separate rooms.

Travel costs are reimbursed according to the travel distance to Crikvenica: Croatia, Slovenia, Czech Republic and Hungary (180 EUR); UK and Spain (275 EUR).

All participants **must be covered either by the European Health Card**; either by a travel insurance. (Information to be checked with the sending organisation).

Current entry regulations due to **Covid** pandemic require **ONE** of the following:

- **negative PCR test or rapid antigen test - RAT on SARS-CoV-2**

The PCR test result must not be older than 72 hours and the RAT test result must not be older than 48 hours, counting from the time the test was taken until the arrival at the border crossing point.

- certificate that they have **received two doses of vaccine** used in the EU
- presentation of a positive PCR or rapid antigen test, **confirming that the holder recovered from the SARS-CoV-2** virus infection, which was performed in the previous 180 days, and older than 11 days from the date of arrival at the border crossing point or upon presentation of a medical certificate of recovery

We will keep you posted on all entry regulations and changes, before the exchange takes place. Please make sure you will fit entry requirements before arrival. Cost of PCR / RAT testing can be reimbursed up to travel budget maximum (if you don't spend all the budget on travel, you can use it for test expenses).

IMPORTANT!! Remember to keep all your bills to be refunded (tickets, tolls, boarding passes, public transport tickets, test bills).

REMEMBER TO BRING...

Since the project is movement based, remember to bring sport clothes!

The project will be in September when the weather is usually still nice and the sea warm enough.

Make sure to bring a swimsuit as the beach is right under the hostel area.



ABOUT THE VENUE

Hostel Stoimena is set in the spacious Mediterranean park with terraces, walks, sports grounds for basketball, handball, beach volleyball and six-a-side football. Hostel is located along the coastal promenade between Crikvenica and Selce, covering an area of 27 975 m² park with a private beach 150 meters long, which can be reached underpass beneath the road. Both Crikvenica and Selce are in an easy walking distance, along the sea.



HOW TO REACH:

By bus from **Zagreb** (2 hours) or **Rijeka** (30 min)

NEARBY AIRPORTS:

Pula, Rijeka, Zagreb

BY CAR:

check location [here](#)



CRIKVENICA & CROATIA

Crikvenica, Ad Turre during the Roman times, is a coastal city in the west of Croatia, in the Kvarner Bay. Inhabited by around 11,000 people it's an interesting spot to discover different type of history, art and archeology locations.

Croatia (official name: Republic of Croatia) is a European country, geographically situated at the transition from central to south-eastern Europe. It has 4,437,460 inhabitants. The biggest city and the capital of the country is Zagreb.

Useful phrases in Croatian:

Good morning! Dobro jutro!

Hello! Bok!

Good evening! Dobra večer!

Where is...? Gdje je...?

bus station autobusna stanica

street ulica

square trg

hotel hotel

city center centar grada

How are you? Kako ste?

Sorry Oprosti

Thank you Hvala

May I have...? Mogu li dobiti...?

...beer...pivo

...a glass of red/white wine ...čašu crnog/bijelog vina

...mineral water ...mineralnu vodu

left/right lijevo/desno

straight ravno

This information is just to make you feel more comfortable, the working language during the Youth Exchange will be English!!

MONEY / COSTS

Currency in Croatia is Croatian KUNA.

1 € = 7,50 KUNA (Kn)

- coffee with milk in café: 10-12kn
- Beer: cca. 15 - 20 kn
- Chocolate: cca. 10kn
- Coca-cola, juice...: cca. 15 kn

You can take your money from ATM or you can go to a bank or exchange office. The difference in exchange ratio between bank and exchange office is small. Therefore, we would recommend that you use banks just to be sure. Also, bear in mind that the Croatian kuna is usually not exchangeable outside Croatia so you will have either to change it back into your home currency in Croatia or do some last-minute shopping.