

YOUTH EXCHANGE

MOTION TO RELEASE EMOTION

Veli Lošinj, Croatia, AUGUST 21 - 30



The power of motion!

"Motion to release emotion" is a **9 days Youth Exchange** that will take place in coastal town of Veli Lošinj, Croatia. It will gather 30 participants from **5 countries**: Croatia, Ukraine, Kosovo, Czech Republic and Portugal.

On the beautiful Croatian island - Lošinj, we will be exploring various movement practices and techniques that can boost pleasant emotions as well as help us release the less pleasant ones.

Get ready to move..



Application
deadline is July 9th
Read this infopack
and:

[**CLICK HERE
TO APPLY!**](#)



Hosted by Amazonas

Amazonas Association was registered in Zagreb in 2004. Our vision is an open, playful and solidary society. Our values are inclusiveness, optimism and change. Our activities are based on the implementation of programs and projects aimed at educating, empowering and increasing the quality of life of children, youth and adults in the local community.

We have three main areas of work:

1. Social support - empowering of children, youngsters and families at risk of social exclusion
2. Active and mobile youth - non formal learning of young people, for young people, including mobility projects
3. Educations of experts - training courses as well as development of the education materials for experts in the field of youth and social support.

Through our work we are very much movement based and we use capoeira as well as various sport and movement forms, as a tool to reach positive psychosocial change.

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



PARTNERS:

NFE4Y, (Ukraine)

Building the Balkans,
(Kosovo)

EYCB, (Czech Republic)

Spin Association,
(Portugal)



Co-funded by
the European Union



YE objectives

The overall goal of the project is to empower young people and raise their capacities for everyday challenges

- *To increase understanding of the impact of physical activities on mental health and wellbeing*
- *To raise emotional, behavioral and body awareness*
- *To exchange various movement practices*
- *To create movement related rituals that can be used in everyday life, to achieve emotional balance*
- *To encourage collaboration between young people from five different countries*

Emotional awareness helps us know what we need and want (or don't want!). It helps us build better relationships. That's because being aware of our emotions can help us talk about feelings more clearly, avoid or resolve conflicts better, and move past difficult feelings more easily. Emotional awareness is the first step toward building emotional balance, also referred to as emotional self-control. People with strengths in emotional balance find ways to manage their impulses and emotions, even in stressful situations.

With this project, we want to empower young people for dealing with everyday challenges, by raising their emotional awareness and motivating them to use physical activities to achieve emotional balance.

During the project, participants will be sharing various movement practices and we will guide them in finding the ones that suit them. Together, they will create possible actions, rituals based on movement, that can be useful to achieve emotional balance.



WHO CAN APPLY

- **young people in that are ready to move and explore various movement forms**
- 5 youngsters from each partner country plus 1 group leader (6 participants from each country in total)
- Young people age 16 to 30 (juvenile participants must have parental permission to participate in the activities)
- Group leader can be older than 30 years, but needs to be 18+
- The main criteria in the selection process will be the motivation of the young person to participate in the youth exchange





PARTICIPANTS CONTRIBUTION

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

1) A movement based workshop you will perform. One movement based workshop per country is obligatory. In case there will be more participants willing to perform a workshop, there will be space for more. Your personal contributions you can describe in the infopack.

2) Do a little research and prepare an example of a ritual from any country around the world. Choose a ritual that you inspiring in any way, but it has to be movement related (dance or movement practice of any kind). This you can prepare in a form of a movie, digital presentation, poster or you can perform it yourself, if you are familiar with it.

3) Country presentation for 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.

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

***Please note, we will need info about prepared activities and materials at least 7 days prior to arrival.**

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.

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



A bit more info, to help you prepare better:

Keep in mind, we will mostly be moving :)

The whole exchange will be very experience focused and we will be discovering various techniques to calm our minds and bodies, to help us achieve emotional balance.

While preparing the activities you will perform for the group, consider, it can be:

- active movement practices (such as running, team sports, body workout)
- relaxing techniques (breathing exercises, mindfulness techniques)
- movement forms and practices such as yoga, dance, movement expression techniques
- anything else... as long as it is movement based

Regardless of one activity you need to perform as a team, please write us in detail how you can contribute to this project in performing movement based workshop, there will be space for more individual workshops of participants. There is a question about it in the infopack.

As a **final result** of exploration in this project, we will create movement based group or individual rituals, that can help us power up as well as release emotions we do not need. And we will be talking about dissemination, and agree about how to share these rituals with other young people, upon your return home.





PRACTICALITIES

Activity dates: 21 to 30 August 2023
Arrival is on the **21st before 13:00**, departure is on the **30th after breakfast**.

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

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

REMEMBER TO BRING...

Since the project is movement based, remember to bring sport clothes! It will be warm, please bring enough for each day.

The project will be in August which is still in summer, make sure to bring a swimsuit as Lošinj really has amazing and crystal clear sea.

Travel costs are reimbursed according to the travel distance to Veli Lošinj:

Croatia - 180 EUR for standard travel, 210 for green travel (it depends on the place where you start your journey)

Kosovo - 275 EUR for standard travel, 320 for green travel (it depends on the place where you start your journey)

Czech Republic - 275 EUR for standard travel, 320 for green travel (it depends on the place where you start your journey)

Ukraine - 275 EUR for standard travel, 320 for green travel **Portugal** - 360 for standard travel, 410 for green travel

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





ACCOMODATION

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. Bathrooms are shared.

Hostel Zlatokrila is an old hostel on a small hill, with facilities that are quite basic. You can not reach it by car, to get there from any bus or taxi stop, you will need to climb some stairs.

All that gives it a special charm, it is surrounded by pine forrest and the views from the hill are spectacular. Closest beach is just one minute away and you can reach the city in three minutes :)

Hostel info

HOSTEL ZLATOKRILA
Ulica kaciol 26
51551 VELI LOŠINJ



HOW TO REACH:

By bus from **Zagreb** (4 hours)

By ferry from **Zadar**

By catamaran boat from **Pula** or **Rijeka**

NEARBY AIRPORTS:

Pula, Rijeka, Zadar, Zagreb

BY CAR:

check location [here](#)



VELI LOŠINJ is situated in a narrow bay on the southeast side of Lošinj island, at the foot of St. John's hill. Tall houses in the first row overlooking the harbour and numerous luxurious villas with beautiful gardens are the main characteristics of this pretty town. It has a population of 1000 inhabitants and is the second largest town on the island. It is a place to rest your body and soul overwhelmed by the scents and sounds of the island of vitality. Artistic souls will enjoy the mini works of art found at almost every turn.

Fans of active holidays will surely climb the Sveti Ivan hill or take a walk to Mali Lošinj, and the cheerful game of dolphins at sunset will not leave anyone indifferent.

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

As of January 1st 2023, official currency in Croatia is EURO.

In case your country is using another currency, we recommend you buy euros from your Country as exchange office are not so common anymore.

ATM's are available in Veli Lošinj.

If you wish to explore more about Lošinj, check the Veli Lošinj Tourist board page:

[CLICK HERE](#)

APV: Advanced planning visit

Before the project an advanced planning visit will be organized. **It will gather 5 participants** (*group leaders from each national group or partner organization members*). The meeting will take place **in Zagreb (capital) on the 3rd and 4th of July**.

The purpose of this meeting is to create a final version of the schedule, based on participants` and groups` profiles ,and to form an agreement about technical details regarding the YE.

Persons who will participate in the visit will be chosen through an agreement between sending and receiving organizations.

Cost of travel, accommodation and food are covered- up to **maximum of 575 euros.**



amazonas

Play. Learn.
Evolve.