

YOUTH EXCHANGE

Wilderness bond

Mountain hut Omanovac, Croatia, MAY 6th- 15th



Enriching bonds and personal growth!

"Wilderness bond" is a **9 days Youth Exchange** that will take place in **mountain hut Omanovac on mountain Psunj in Croatia**. It will gather 36 participants from 6 countries: Croatia, Ukraine, Serbia, Finland, Kosovo and Poland.

In the peaceful environment of Mount Psunj, together we will immerse ourselves in exploring the presence with ourselves and others to experience a meaningful connection that can transfer into our everyday connections.



Application
deadline

[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:

Jarvenpaa (Finland)

HEureka Generator (Poland)

SVOI (Ukraine)

Udruženje SVETLOST (Serbia)

Building the Balkans (Kosovo)



Co-funded by
the European Union



The overall goal of the project is to create an enriching and supportive experience for young people that will help them to foster presence in meaningful relationships and personal growth.

YE objectives

- *To reflect about social connections using different activities.*
- *To reflect and raise awareness about healthy digital habits and the impact of technology on social connections.*
- *To exchange and explore different activities promoting presence in social connections and personal growth.*
- *To create a set of guidelines and activities on how to foster and maintain presence in social connections and personal growth.*

Meaningful social connection refers to the depth and significance of relationships between individuals, characterized by a sense of understanding, trust, and emotional support. They are essential for the holistic development of youth, influencing emotional well-being, mental health, academic success, and the ability to navigate life's challenges. Encouraging and nurturing these connections is a valuable investment in the positive development of young individuals.

With this project, we want to influence on disrupted social interactions, by raising awareness and bringing back the sense of presence as crucial component of meaningful connections. Presence in the context of relationships refers to being fully engaged and attentive in the current moment, both physically and mentally, when interacting with someone.

During the project, participants will be engaged in variety of activities that promote and foster presence in meaningful interactions, social connections, and individual well-being.



WHO CAN APPLY

- **young people that are ready to spend time in mountain and explore the presence with themselves and others to experience a meaningful connection**
- **5 young people** from each partner country plus **1 group leader** (6 participants from each country in total)
- Young people **age 21 to 30**
- Group leader can be older than 30 years, but needs to be 21+
- 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**:

- Do a little research within your local community - friends, family and bigger community **on how technology impacts their social connections (bad and a good way) and which healthy digital habits do they use.** This you can prepare in a form of a presentation, discussion, quiz or movie.
- Prepare a workshop where participants can practice:
1) mindfulness/presence with themselves.
2) presence and connection with each other.
- Country presentation for intercultural evening.

FINAL RESULT

As a final result of exploration in this project, **we will create create a set of guidelines and activities on how to foster and maintain presence in social connections and personal growth.** And we will be talking about dissemination, and agree about how to share these rituals with other young people, upon your return home.

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.



Rules during YE

Keep in mind that we will be situated on a mountain surrounded by a forest, which is perfect environment for practicing presence.

The entire exchange will be focused on stepping away from the routine, sharing and reflecting on personal experiences, as well as practicing mindfulness with oneself and in relationships with others during the exchange.

This set of rules will contribute strengthening presence throughout the entire YE:

- Using mobile phones is not allowed during the workshops, they are allowed during free time.
- Stay present during communicating with other participant during whole YE for e.g. - active listening without interruption, without distractions (mobile phones), listening with empathy, listening without prejudice, and avoiding rushing in conversations.



PRACTICALITIES

Activity dates: 6th to 15th May 2024

Arrival is on the **6th before 14:00**,
Departure is on the **15th 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).

Travel costs are reimbursed according to the travel distance to :

- **Croatia** - 180 EUR for standard travel, 210 for green travel
- **Serbia** - 180 EUR for standard travel, 210 for green travel
- **Kosovo** - 275 EUR for standard travel, 320 for green travel
- **Ukraine** - 275 EUR for standard travel, 320 for green travel
- **Finland** - 275 EUR for standard travel, 320 for green travel
- **Poland** - 275 EUR for standard travel, 320 for green travel

IMPORTANT!!

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

REMEMBER TO BRING...

Since the project is located in the mountains, please bring comfortable and sporty clothes.

In case it gets colder, bring some hoodies, warm trainers, and long-sleeve shirts.





ACCOMODATION

Mountain hut Omanovac is located 8 kilometers from the center of Pakrac along an asphalted road. The terrace of the home offers one of the most beautiful continental views in Croatia. It is in the middle of the park of nature, surrounded by trees. The accommodation will be comfortable and simple. We will be the only group in the house

The mountain hut offers accommodation for 59 guests, featuring 4 double rooms, 8 four-bed rooms, and 3 rooms with shared beds, each accommodating 5 people.

Additionally, it includes an equipped kitchen, bathrooms, two halls capable of accommodating about 100 people collectively, a well-maintained area with tables and benches, landscaped lawns, large and small soccer fields, a substantial children's playground, grilling areas.

INFO:

Planinarski dom Omanovac
Kraguj bb
34550 Pakrac
Croatia



HOW TO REACH:

A bus from certain point/city will be organized to transport all the participants to the mountain hut at Omanovac on the morning of May 6th.

MORE INFORMATIONS DURING JANUARY!



Mount Psunj in Croatia is a stunning natural gem that beckons young adventurers. Standing tall at around 984 meters, it offers breathtaking views of rolling hills and vibrant meadows. The hill is a haven for hikers with well-maintained trails catering to various skill levels. Beyond its natural charm, Psunj boasts historical sites, providing a blend of outdoor adventure and cultural exploration. Accessible and picturesque, Mount Psunj promises an unforgettable experience for young travelers exploring the beauty of Croatia's Papuk Nature Park.

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 Zagreb and Pakrac nearby city.

APV: Advanced planning visit

(11th and 12th of March, 2024.)

- Before the project an advanced planning visit will be organized.
- **It will gather 6 participants** (*group leaders from each national group or partner organization members*).
- The meeting will take place **in Zagreb (capital) on the 11th and 12th of March.**
- 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.



Play. Learn.
Evolve.