



“All You Need is Dance” is Erasmus + KA 1 project funded by European Union. Project coordinator is NGO Urbana mladež (Urban youth) from Zagreb, Croatia, while partners are BAKYARD from Turkey, APRA from Albania and Rasio “Perspektiva” from Latvia.

14.10. - 20.10.2018, Zagreb, Croatia



Erasmus+



Programme co-funded by the
EUROPEAN UNION

Lately people are less and less moving around because of modern lifestyle that is influenced by products tools that eases the daily work but kills the creativity and movement, and social media which causes people sit on their laptop for hours and avoid real life outside. These reasons cause anti-social youth dependent on their laptops and smart phones, with lack of self-confidence, unhealthy lifestyle, and increased stress. We want to motivate youth to move and exercise for a better alternative option rather than misuse/overuse of internet in their spare times. We want to focus on dancing rather than any other sports because while dancing, individuals stay in their comfort zone and they don't feel pressure of the exercise.

Objectives of the project are:

- 1) To fight Internet and social media addiction among participants and engage them with outdoor activities
- 2) To make them active and productive in their lives and reduce stress on participants
- 3) To upskill them a new hobby, dance, that upgrades their cognitive skills
- 4) To enhance participants' intercultural awareness and expression through discovery of new cultures, habits and lifestyles

This Youth exchange mobility will be held during 7 days. Mobility will integrate 34 young people (8 people from each country, 10 people from Croatia), including with fewer opportunities (educational,

social and health problems), from 4 countries: Croatia, Turkey, Latvia and Albania. Background of participants is youth who are:

*from 18 to 25 years old;

*have knowledge of English language;

*young people with modern addictions for Internet and social media

*young people with social problems

*young people with mental health problems like depression and bipolar disorder

*young people with educational obstacles

Costs are covered according to Erasmus plus program.

PARTICIPANTS TASKS:

*** These tasks are part of active participation in project that means it is obligatory to participate in them as well**

1. Participants from Albania, Turkey and Latvia have to **arrive one day before start of activity (on 13.10.2018) and depart on 20.10.2018 after 16h.** In case you want to stay one more day or two in Zagreb, please, let us know and we can discuss it.
2. Participants have to prepare presentation of culture from their countries and present it on project during evening leisure activities. Presentations can not be longer than 30 minutes. Participants are expected to teach their traditional dances as well. Participants also need to bring some traditional food and drinks for the tastings. (distribution of roles)
3. Participants need to bring comfortable clothes and sneakers for stretching and dancing workshops. (In the stretching workshops, the participants aren't allowed to wear jeans and shoes, just socks and leggings)

IMPORTANT INFO:

Project coordinator Urbana mladež (Urban youth), Croatia:

Roberto Mesir (FB), +385 91 1987 510, urbanamladez@gmail.com

The European Health Insurance Card

Everybody has right to European Health Insurance Card – get one before coming to Croatia.

The European Health Insurance Card (or EHIC) is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EEA countries and Switzerland to receive medical treatment in another member state for free or at a reduced cost, if that treatment becomes necessary during their visit (for example, due to illness or an accident), or if they have a chronic pre-existing condition which requires care such as kidney dialysis. The term of validity of the card varies according to the issuing country. More info on <http://www.nhs.uk/chq/Pages/1073.aspx>. We also recommend to take additional health and travel insurance.

If you need help with choosing one, please, let us or your sending organization know about it and we will help you with it.

The people who doesn't have this card should get European insurance.

Youthpass

At the end of a project you will get Youthpass. More about Youthpass here www.youthpass.eu

Accommodation

We will let you know about the hostel soon.

Travel and travel expenses

Participants from Turkey, Latvia and Albania will get reimbursed up to 275 € of travel expenses based on real prices of the tickets.

All above that costs participant will pay by themselves. ***Keep your travel tickets, boarding passes, invoices, etc. because without these documents we are not able to reimburse travel expenses.*** Travel expenses cover public transportation (economy class) and car in situation if there is 3 or more participants coming by one car. Taxi is not eligible cost. Host organization Urbana mladež will transfer travel expenses to your sending organization and they are the ones who will give you your travel expenses back. Travel expenses will be reimbursed after all participants implement promotion of choreography you will make on mobility, and latest by 30.07.2018.

Every participant is obligated to actively participate in all activities. In a case of missing out some activities or behaving bad during the project, participants travel expenses won't be reimbursed and participant is risking getting expelled from the project and sent back home on their own expenses.

Travel routes

* BUS - If you come by bus, take tram number 5 or 7 in direction of "Dubrava" and it will take you directly to the Funk lounge hostel. You need to get out at the tram station called "Jordanovac". It is 7th tram station after you get in at Main bus terminal. At this station there is bank called "Zagrebačka banka" so it will be easy to recognize it. From this station you can see "Dublin pub" and behind it is Funk lounge hostel (Rendićeva 28B).

* TRAIN - If you come by train, take tram number 4 in direction of "Dubec" and it will take you directly to the Funk lounge hostel. You need to get out at the tram station called "Jordanovac". It is 10th tram station after you get in at Main train terminal. At this station there is bank called "Zagrebačka banka" so it will be easy to recognize it. From this station you can see "Dublin pub" and behind it is Funk lounge hostel (Rendićeva 28B).

* PLANE - If you come by plane, take ZET bus 290 from airport which takes you to the last station "Kvaternikov trg".
[http://www.zagrebairport.hr/UserDocsImages/dokumenti/Trasa_ZET_linije_290_Zagreb%20\(Kvaternikov%20trg\)_zra%C4%8Dna%20luka_Velika%20Gorica.pdf](http://www.zagrebairport.hr/UserDocsImages/dokumenti/Trasa_ZET_linije_290_Zagreb%20(Kvaternikov%20trg)_zra%C4%8Dna%20luka_Velika%20Gorica.pdf)
http://www.zagreb-airport.hr/UserDocsImages/dokumenti/ZET_linija_290.pdf
Then take any tram number in direction of "Dubrava" or "Dubec" and it will take you directly to the Funk lounge hostel. You need to get out at the tram station called "Jordanovac". It is 2nd tram station after "Kvaternikov trg". At this station there is bank called "Zagrebačka banka" so it will be easy to recognize it. From this station you can see "Dublin pub" and behind it is Funk lounge hostel (Rendićeva 28B).

* CAR - If you come by car, come directly to Funk lounge hostel (Rendićeva 28B). If you need some help with directions, let us know and we will help you.

Urbana mladež (Urban youth) - Croatia, Zagreb

Urbana mladež (Urban Youth) is a non-profit organization whose main objective is active participation of young people and development of their potential through non formal education, mentoring and support. We are organizing and implementing programs, projects and activities primary in the field of dance education and secondary in the field of multimedia (music production, photography and video production).

Our approach toward dance education and multimedia is not just artistic, we put great emphasis on entrepreneurship and initiative for young people to become independent and develop character traits necessary to deal with life while growing up. Our projects also have great awareness of social and cultural impact which can help young people to develop key competences through dance and multimedia art. This approach helps them develop tolerance toward youth coming from different backgrounds and youth with fewer opportunities. It is not just about doing activities, it is about giving right values to young people while growing up. Finding their passions through dance, music, video and photo production gives them identity and stable ground to spread their horizons.

facebook.com/urbanamladez, facebook.com/pmpstudiozg, urbanamladez.hr

Contact info of partners:

BAKYARD from Turkey

BAKYARD is a youth NGO that works provides information to the young people regarding the Erasmus+ programme, creative activism, youth mobility, non-formal education, cultural exchanges and information distribution.

They take part in projects related to a big variety of topics such as: entrepreneurship leadership, unemployment issues, refugee issues, art and creativity, team building, human rights, non-formal education methods and youth work, social problems, gender equality, discrimination and democracy and many others. They are investing all energy and resources in various projects to help young people from Turkey to develop entrepreneur skills and abilities.

BAKYARD has different types of activities that are related to spreading the peace, building understanding bridges between different cultures, working for breaking the stereotypes that affect the mutual concepts between countries, supporting human rights and development, and raising awareness about the importance of opening dialogue among different schools of thoughts.

onen.musab@gmail.com

APRA from Albania

The Association of Psychosocial Rehabilitation Albania (APRA) was born in Tirana in September 2015. The founding members are a group of psychologist, doctors and volunteers that had been involved or are still involved in European mobilities programs, as Youth in Action, Erasmus+.

APRA is a branch of the biggest association WAPR (World Association of Psychosocial Rehabilitation) which is present in more than 47 countries. General aim of our organization is to encourage social assistance with leading projects in order to balance the inequality in distribution of

income, support disadvantaged, strengthen the social solidarity and lay a bridge between the government and the people in need without regard to race, color, religion, gender, disability.

apraassociation@gmail.com

Rasio "Perspektiva" from Latvia

Organisation of regional development and social initiatives "Perspektiva" is formed in order to promote sustainable regional development and active lifestyle. Organisation promotes socially sustainable communities by fostering social inclusion through various informal education activities and physical activities for young people. Organization has experience in work with young people with diverse social, ethnic and religious backgrounds, thus promoting intercultural dialogue and communication.

Objectives of the organisation are:

1. to promote regional development and active citizenship;
2. to promote physical activities and active lifestyle;
3. to promote social inclusion.

perspektiva.latvia@gmail.com

BASIC INFO ABOUT CROATIA



<p>Official name: Republic of Croatia Location: Central Europe. Surface: 56542 km² Territorial sea surface: 31067 km² Population: 4,551,000 Capital: Zagreb, 641 km² Government: multi party parliamentary republic since 1991 Major cities: Zagreb, Osijek, Rijeka, Split Official language: Croatian Currency: 1 Kuna(HRK) = 100 Lipa Electricity: 220V, frequency 50HZ, European plug with two circular metal pins Country Dialing Code: 00 385 Flag: red, white and blue horizontal stripes with Croatian Coat of Arms in the center Croatia is a Central European and Mediterranean country, bordering Slovenia in the west, Hungary in the north, Serbia in the east and Bosnia and Herzegovina in the south; the country also has a long maritime border with Italy in the Adriatic Sea. These borders total 2,028 km altogether. Croatia has an unusual shape (similar to a croissant) that is unlike any other country in the world. The language we speak is Croatian, and the official script we use today is Latin.</p> <p>Croatian Tourism Website: https://www.tourist-croatia.com/</p>	<p>Important numbers in Croatia</p> <p>International country code for Croatia +385 Public Emergency Centre – 112 / Police – +385 192 Ambulance +385 194 / Fire brigade +385 193 Roadside vehicle assistance – +385 987 National Search and Rescue Centre – +385 9155 A single countrywide number for all emergency situations – +385 112 General information +385 981 Local and inter-city telephone numbers +385 988 International telephone numbers +385 902 Weather forecast and road conditions +385 60 520 520 Taxi +385 1 12 12 / + 385 1 14 14 Croatia Airlines +385 62 777 777 Croatian Automobile Club (HAK) – +385 1 4640 800 Croatian National Tourist Board – +385 1 4699 333 Croatian Angels (a single telephone number throughout Croatia from which tourist information can be obtained, available in Croatian, English, German and Italian) +385 62 999 999 Exchange Rates – +385 60 552 552 Telecommunication information +385 60 101 101 International operator +385 901 International Directory Enquiries +385 902 Time +385 95 Semiautomatic awakening +385 9100</p>
<p>ZAGREB Zagreb is the capital of Croatia and also the largest city in the country. It is situated in the north-west of the country, along the Sava River with a population of almost one million inhabitants. It is the political, economic, cultural and scientific center of Croatia.</p>	<p>CROATIAN LANGUAGE PACK To get yourself introduced with Croatian language, visit http://ielanguages.com/croatian.html (Croatian I Tutorial: Basic Phrases, Vocabulary and Grammar)</p>

See you soon! Vidimo se uskoro! :)