



ArtXchange

Empowering Youth Through Creativity

TRAINING COURSE
9th - 16th July 2024
ZABOK, CROATIA

ABOUT THE PROJECT

PROJECT AIM

The idea is to bring together youth workers and enable them to learn how to incorporate art in forms like photography, film, music, and visual arts in their work with young people. The project aims to empower them to use these techniques in their respective countries and introduce these creative approaches to the youth. Participants of the training will have the opportunity to explore different art forms and learn crucial segments relevant to their work with young people. This will highlight innovative and creative ways of expression, enabling young people to communicate and convey their emotions effectively. By doing so, it is expected to address the current mental health challenges faced by the youth.

NEEDS

- 1** Inspiring young people to engage in creative expression through various art forms and media.
- 2** Educating youth workers on how to implement these techniques effectively.
- 3** Promoting human rights through creative frameworks for young people to facilitate their acceptance and alleviate the burden on their mental health.

OBJECTIVES

- 1** Create a network of youth workers who will share work techniques and tools used in their work with young people.
- 2** Share good practices and find ways to implement them in partner countries, focusing on creative and artistic expression among young people.
- 3** Establish a safe and inclusive space, enabling all participants to express themselves equally, regardless of nationality, sex, gender, sexual orientation, language, or culture.



PARTICIPATING COUNTRIES



CROATIA | Zagorska kreativna udruga mladih
4 participants + 1 facilitator



ESTONIA | Seiklejate Vennaskond
4 participants



GREECE | DreamTeam AMKE
4 participants



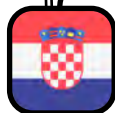
ITALY | Centro Servizi per il Volontariato Abruzzo
4 participants



PORTUGAL | XX Element Project – Associação Cultural
4 participants + 1 facilitator



SLOVENIA | Društvo kreativne mladine
4 participants + 1 facilitator



CROATIA
10 - 99 KM | 23 EUR



ESTONIA
500 - 1999 KM | 275 EUR



GREECE
500 - 1999 KM | 275 EUR



ITALY
100 - 499 KM | 180 EUR



PORTUGAL
2000 - 2999 KM | 360 EUR



SLOVENIA
10 - 99 KM / 100 - 499 KM | 23 EUR / 180 EUR



<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>



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PROFILE OF PARTICIPANTS

Participant at the training course within the project **ArtXchange - Empowering Youth Through Creativity** should be:

- Youth Worker (at least 18 years old)
- with fewer opportunities (1 per country)
- experience in the youth sector
- experience with non-formal, digital and/or artistic methods
- communication skills
- motivated by the project and willing to participate
- experience in social inclusion and diversity
- gender balance should be respected
- open into learning new methods
- active participant of the TC
- responsible in doing assigned tasks.

Total number of participants: 24

Total number of facilitators/trainers: 3 (PT, SLO, CRO)

**Total number of participants with fewer opportunities: 6
(1 per partner country)**

Total: 27

The selected participants will conduct an interview with the facilitators before the start of the training activities to ensure the quality and professionalism of the training meet the expected standards. Participants will also be required to complete tasks assigned by the facilitators/trainers before attending the activity.

MEET THE TRAINERS

MARIJA GEBERT



RITA CAPUCHO



MARKO LENARČIČ





MARIJA GEBERT



Marija Gebert is a graphic designer, youth worker, and the founder and coordinator of the Zagorje Creative Youth Association. She is also a member of the Youth Council of Krapina-Zagorje County. Marija is an active citizen and has been a dedicated volunteer for ten years, participating in numerous organizations within Krapina-Zagorje County. With a strong commitment to youth empowerment, she has actively participated in numerous Erasmus+ trainings and youth exchanges on various topics, including youth work, youth participation, youth councils, mentoring ESC volunteers, and more. As part of her international volunteering experience through the European Solidarity Corps project, Marija spent 10 months working with a youth organization in Chieti, Italy. During this time, she not only immersed herself in a new culture and language but also developed a wide range of skills and built a valuable network of human capital. Through her ten-month experience working with the Network of Association Zagor, Marija acquired invaluable project management skills, further enhancing her ability to lead and implement initiatives that benefit young people and the community. Her dedication to youth development and community engagement has been recognized, earning her the prestigious Volunteer of the Year award from Krapina-Zagorje County for the years 2021 and 2022.

In August 2023, she facilitated a Youth Exchange in Portugal on gender equality, and she assisted during the activities of the XX Element Project – Associação Cultural connected to cinema, feminism, and human rights. Marija gained experience facilitating youth exchanges in Slovenia in 2023 on various topics.



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RITA CAPUCHO

• • • XX
• • • ELEMENT
• • • PROJECT
• • • ASSOCIAÇÃO
• • • CULTURAL

Rita Capucho is co-director of the Porto Femme International Film Festival and programmer of the Femme Sessions. She is a PhD candidate in Communication and Activism of University of Lusófona and the founder of XX Element Project - Associação Cultural. In 2018, Rita breathed life into the esteemed Porto Femme International Film Festival, where she assumes a central role as both Co-founder and Festival Co-director. Through this prestigious festival, she has ingeniously provided an innovative platform for filmmakers and visual artists, reshaping the landscape of contemporary cinema. Beyond this, Rita is the creative genius behind Femme Sessions and the ground-breaking Shortcutz Aveiro project, which she launched in 2020. Her audacious vision and unwavering passion for cinema drive her to explore novel narratives and emerging trends within the industry. Rita's global impact is also evident through her esteemed role as a jury member at various international film festivals, where her eclectic perspective and profound knowledge of the seventh art make her a highly respected voice within this diverse landscape. As a dedicated researcher, Rita enriches the cinematic field with her insatiable quest for knowledge. She generously shares her findings as an educator, nurturing the minds of future generations of filmmakers and creatives. Since 2004, Rita has been collaborating with non-governmental organizations, where she plays a vital role as a producer and project manager in the realms of cinema, poetry, and performance. Her unwavering commitment to promoting the arts and culture is palpable through her continuous dedication. She is a founder and integral member of the leadership team at MUTIM - the Association of Women Workers in Moving Images.



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MARKO LENARČIČ



Marko Lenarčič is a Vice-President and project coordinator at Društvo Kreativne Mladine from Murska Sobota, Slovenia. He is the person who keeps the city active and encourages young people to participate and contribute to change for the better with his ideas, competences, joy for working with young people. In his history, he has gained a lot of experience in the field of various youth projects, which earned him the title of the Best Volunteer of the Year of the Municipality of Murska Sobota in 2012 and the Best Volunteer of the Year by the Youth Council of Slovenia a year later. His openness to new knowledge, endless ideas and constant will, desire to organize and carry out various events for young people is a great inspiration, motivation and admirable. His vision that the association will one day run its own youth centre is not a bit too great, because the confidence with which he repeatedly mentions it is as solid as a rock. Finally, Marko and local youngsters managed in 2022 to open the first youth center which promotes open youth work in Murska Sobota, Slovenia. He is also active in the local politics as the representative of all young people from the region.

His commitment to the youth work, the creativity he shares, the dreams he has, it is only a matter of time before they come true. Although his serious face sometimes masks it, inside he is a true joy, an immensely pleasant and amusing person who, after the first smile, can hardly remain serious.



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LOCATION & VENUE

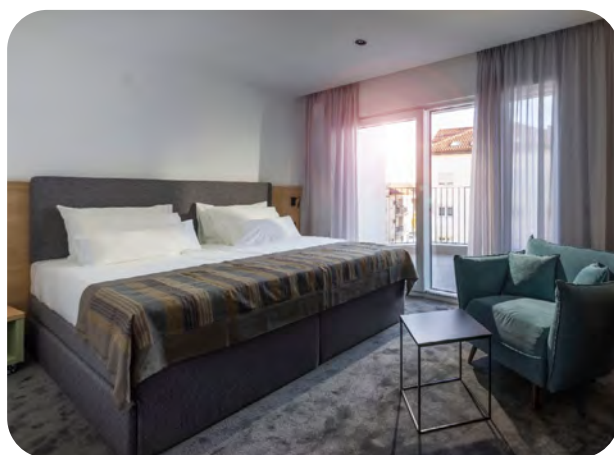
HOTEL AKADEMIS

Mini Hotel Akademis is an accommodation and catering facility that works as part of the Regional Centre of Competence - Centre for Catering and Tourism of Zabok High School.

Guests have at their disposal a coffee & wine bar, a restaurant, an educational centre, a sports hall, a souvenir shop and bicycles. Hotel Akademis is located in the immediate vicinity of the centre of Zabok, yet far enough from the city's hustle and bustle.

Hotel has everything you need for a pleasant stay: LED TV with satellite programs, wireless internet, air conditioning, minibar, private safe, telephone, hair dryer and toiletries necessities.

Participants will be divided into the rooms according the gender and nationality, four people in one room.



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LOCATION & VENUE

HIGH (SECONDARY) SCHOOL ZABOK

The Zabok High School is organized into two didactic units. These are: Economic and Commercial School, and Hospitality and Tourism School.

At the Economic and Commercial School, economists, commercialists, and salespersons are educated, while at the Hospitality and Tourism School, hotel and tourism technicians, chefs, waiters, pastry chefs, and tourism-hotel commercialists are educated.

The school was renovated and expanded in 2023 and since the opening it became Regional Centre of Competence in Tourism and Hospitality. The vision of RCK Zabok is to become a leader in the field of vocational education in tourism and hospitality in the Central Croatia region by offering quality and innovative programs based on modern knowledge and skills aligned with the needs of the labour market, and a centre of development and innovation as a nursery of ideas and new trends in the quality of service provision.



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ZABOK | ABOUT THE CITY

CITY OF ZABOK

Zabok is a city situated in northwest Croatia in the Krapina-Zagorje County. According to the 2011 census, it has a total population of 8,994. Zabok is situated on the main crossroads in the heart of Hrvatsko Zagorje region. Zabok is the economical centre of the Krapina-Zagorje County. "Zabok" means "behind the river curve" (the river Krapinica). One of the most iconic landmarks in Zabok is its distinctive chimney, a remnant of the ZIVT factory's industrial past. Historically recognized as an industrial hub in the heart of Krapina-Zagorje County, Zabok is undergoing a transformation, evolving into a favored residential destination conveniently located near Zagreb. Today, Zabok is on a trajectory of growth, gaining popularity as an ideal city to reside in close proximity to the capital. The city offers a range of educational institutions, including a primary school, three high schools, and two faculty departments. Additionally, it serves as a regional hub for various offices and facilities, further contributing to its dynamic and expanding character.



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THINGS TO REMEMBER

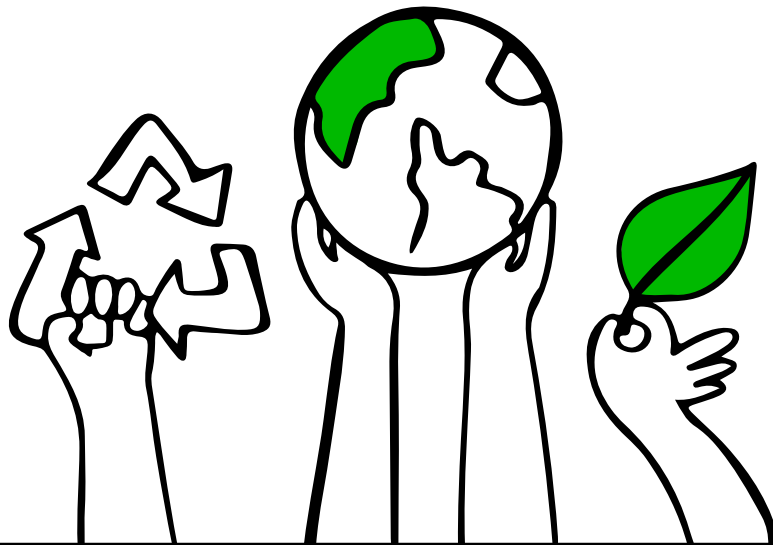
THINGS YOU NEED TO KNOW BEFORE ARRIVAL:

CROATIA'S NATIONAL CURRENCY - €

Remember to exchange money immediately at the airport or before arriving in Croatia, as most exchange offices have closed when we changed the currency to euro. You can pay by card in most restaurants and shops, but we would like to highlight that if you intend to pay by card in a cafe, be sure to first check with the staff whether this is possible (most of them accept only cash).

SUSTAINABILITY

To ensure sustainability and environmental care, we encourage you to bring your own reusable water bottles as well as shopping bags.



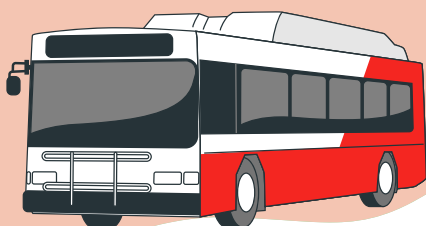
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HOW TO REACH US

ARRIVING FROM ZAGREB AIRPORT TO THE CITY CENTRE



BUS



ZAGREB BUS STATION

From Zagreb Airport you can take the bus with direction to ZAGREB BUS STATION. The company "Pleso prijevoz d.d." is the official carrier on the line from the Franjo Tudman Zagreb Airport to the Main Bus Station in Zagreb. The bus timetable is adjusted to the flight schedule of the aircraft. One-way ticket is 8€ and the ride takes approximately 35 minutes. The earliest bus from the Airport starts at 6 am. You can buy a ticket either from the ticket desks at the airport or online.

Timetable from Airport to Zagreb Bus Station:
<https://plesoprijevoz.hr/en/time-table/>

pleso
PRIJEVOZ

TAXI, UBER, BOLT



ZAGREB CITY CENTRE

The price varies depending on the time period in which you order the taxi and the traffic jam.

You can order your ride via phone number: +385 (0) 11212 or even faster and easier via the application.

The amount of the transport price depends on the starting / destination zone of the city.



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ZAGREB PUBLIC TRANSPORT

The network of public transportation in Zagreb is called ZET. Tickets may be purchased in ZET's ticket offices or at kiosks/tobacco shops. They can also be bought from the driver inside the vehicle.

TICKET PRICES (AT TOBACCO SHOP, ZET OR ONLINE)

Single fare, daytime (validity 30 minutes) **0,53 €**
Single fare, daytime (validity 60 minutes) **0,93 €**
Single fare, daytime (validity 90 minutes) **1,33 €**
Single fare, night time **1,99 €**

TICKET PRICES (PURCHASED FROM THE DRIVER)

Single fare, daytime (validity 30 minutes) **0,80 €**
Single fare, daytime (validity 60 minutes) **1,33 €**
Single fare, daytime (validity 90 minutes) **1,99 €**
Single fare, night time **1,99 €**



ARRIVING FROM ZAGREB TO ZABOK



ZAGREB TRAIN STATION - ZABOK

Croatian Railway (HŽPP) operates the main train station Zagreb (Zagreb Glavni kolodvor). On the station, you can buy one-way train ticket to Zabok. Usually trip between Zagreb Main Station takes approximately 40-50 minutes. There is a way to also buy ticket online.

Timetable of the trains and online tickets:
<https://prodaja.hzpp.hr/>

One-way ticket Zagreb - Zabok **3,42 €**



ZAGREB BUS STATION - ZABOK

Operator of the buses operated on the Zagreb Bus Station – Zabok is Presečki. You can buy ticket at the bus station/ from the driver or online. Drive takes around an hour.

Timetable of the bus and online tickets:
<https://www.presecki.hr/promet/hr/prijevoz/>

One-way ticket Zagreb - Zabok **4,30 €**



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REIMBURSEMENT

Each participant will be **required to discuss their traveling plan with the sending organization as well as the host organization** (Zagorska kreativna udruga mladih) and will purchase the tickets after approval.

For the reimbursement to be made, you have to save all of the following and give it (either original, scanned, photographed or other) to the host organization:

INVOICES & RECEIPTS

All invoices from your traveling that you want to reimburse (invoices for buying plane tickets, bus tickets, train tickets, tram, etc.)

TICKETS

All tickets related to traveling that you want to be reimbursed (plane, bus, train, etc.)

BOARDING PASSES & VISAS

Boarding passes for your flights. For the return flight, they will have to be sent by post, email (preferred), or other ways of communication at your disposal. Also, participants who will need visas for their trip will have to save and present to the host organization for reimbursement.



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IMPORTANT INFORMATION

TRAVEL BUDGET

The total travel budget per country can be calculated using the [Erasmus distance calculator](#), taking into consideration the residence of the sending organization as the starting point of the trip and Zabok as the destination.

REIMBURSEMENTS AFTER THE MAIN ACTIVITIES

Reimbursements will be made after the main activities of the project, and after the submission of all the supporting documents. The reimbursement will be provided via bank transfer after filling the form which will be provided to you during the project activities. Participants will be asked to supply us with bank information so as to have the necessary details to make the money transfer.

PROLONGED STAY BEFORE OR AFTER THE ACTIVITIES

If you want to spend more time in Croatia, it's possible, but you have to cover the costs by yourself. You are allowed to stay for an extra 2 days over and above the dates of training. These could be either before or after the training course.

PARTICIPATION FEE

This training **does not** include participation fee, in any form, such as for example donations or others to the sending or receiving organisation.

FEWER OPPORTUNITIES SUPPORT

Participants with fewer opportunities means participants who, for economic, social, cultural, geographical or health reasons, a migrant background, or for reasons such as disability and educational difficulties or for any other reasons, including those that can give rise to discrimination, face obstacles that prevent them from having effective access to opportunities under the programme. For a detailed explanation of these categories please visit [Erasmus+ Programme guide \(2023 version\)](#).

If you find yourself in any of these categories please let us know and your sending organization so we can provide appropriate support.



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IMPORTANT CONTACTS

EMERGENCY NUMBERS


Here is a list of the most important telephone numbers in Croatia:


- (+385) 772 - emergency number**
- (+385) 192 - police**
- (+385) 193 - fire brigade**
- (+385) 194 - ambulance**
- (+385) 7987- road assistance**
- (+385) 7 4640 800- HAK (Croatian automobile club)**
- (+385) 18987 - general information**

HOST ORGANIZATION INFORMATION

Zagorska kreativna udruga mladih
Zagorje Creative Youth Association

 Repovec 33d, 49210 Zabok

 +385 91 946 1981

 marija.gebert1@gmail.com
udrugazakum@gmail.com



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Enriching lives, opening minds.

ArtXchange

Empowering Youth Through Creativity



CSVABRUZZO



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