

# Active Minds: Empowering Youth Through Movement

Veliki Žitnik, 7. - 14. 12. 2023.  
Erasmus + youth exchange



**OUTWARD BOUND  
CROATIA™**

# About us:

**Outward Bound Croatia** is non-profit organization that provides outdoor experiential learning courses. Our main field of activity is the organization and implementation of innovative outdoor courses for school children and youth, with special concern for youth with fewer opportunities. We believe in the power and intensity of learning and adventure in the outdoors – as a means of bringing out the best in our participants.

Our mission is to encourage young people to discover and develop their potential and create a better world for themselves and others through challenging experiences in unfamiliar settings

Besides outdoor education, we contribute to developing young people's competences through international youth- and mobility projects within the Erasmus+ program.

Our work and courses are based on the values of cooperation, compassion, courage, and responsibility.



# PARTICIPANTS PROFILE

- age: 16 - 25
- team leader: 21+
- young people with interest in body movement, mental health and active lifestyle
- the priority will be given to the participants facing fewer opportunities



# Agenda

- Raise the awareness about importance of physical activity
- Learn new methods of mind to body connections
- Outdoor and indoor games and activities with focus on mind and body
- Learn importance about expressing emotions
- Learn about team work, co-living with others, taking part in group tasks, what does it mean to be part of the team



# PRACTICAL INFO

- Dates: 7. - 14. 12. 2023.
  - Travel days: 6th December & 15th December
  - Arrival: Wednesday, 6/12/2023 in the afternoon/evening hours (from 16:00). On arrival day, dinner will be provided.
  - Departure: Friday, 15/12/2023. Breakfast will be provided on departure day.
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- Venue: OBC Educational Center in Veliki Žitnik, a small village in the rural, mountain region of Lika, Croatia. It's located 6km away from the nearest bigger city - Gospić.
  - The OBC Educational Center is fully equipped with 2 dormitory-type bedrooms (male and female), bathrooms, a kitchen, a common room, and a big yard, surrounded by forest.
  - No WIFI



# HOW TO GET TO US

- The nearest airports: Zagreb, Zadar, Split, Budapest, Ljubljana, and Belgrade
- There are regular bus and train lines to the meeting point - the town of Gospić.
- Info about travel options within Croatia:  
<https://www.putovnica.net/en>
- Buses from Zagreb: <https://www.akz.hr/en>
- Croatian Railway: <http://www.hzpp.hr/en>
- **Please send us your travel proposition per e-mail and wait for our confirmation before purchasing the tickets!**



As there is no public transport from Gospić to Veliki Žitnik, we will pick you up with the organization's car and drive you to the education center.

**Let us know about your exact arrival time and means of transportation to Gospić.**

# TRAVEL COST REIMBURSEMENT

- The Youth Exchange will be implemented within the Erasmus+ Programme.
- Food and accommodation will be provided by OBC and covered by the project budget.
- The travel costs will be reimbursed to the participants after the training, ONLY IF they take part in the whole project.

Regarding the travel, the participants can use up to 2 travel days before or after the program. Please send us the travel proposals before purchasing the tickets by e-mail to:

**[esc@outwardboundcroatia.com](mailto:esc@outwardboundcroatia.com)**

The travel costs will be reimbursed up to a certain amount according to the Erasmus+ distance calculator. If the costs of the travel exceed that amount, the participants will have to come up for it by themselves.

## BUDGET PER PARTICIPANT

DISTANCE	REGULAR TRAVEL	GREEN TRAVEL
100 - 499 km	180€	210€
500 - 1999 km	275€	320€
2000 - 2999 km	360€	410€

The refund of the travel expenses will be made until 15/3/2024 in Euro by bank transfer and only upon submission of all the necessary travel documents (see the next page). All the tickets' costs purchased in a local currency will be converted to EUR and calculated according to the exchange rate of the month of the project contract given by the European Commission.



# TRAVEL DOCUMENTS AND REINBURSEMENT

We can reimburse the international travel expenses only upon presentation of ALL ORIGINAL DOCUMENTS stating your travel data and costs, namely:

1. Boarding passes (for round trip);
2. Tickets for plane/bus/train (including e-tickets);
3. Invoices.

You are required to bring with you all the mentioned documents, as well as any other payment bills, checks, tickets and payment proofs of your travel.

After you return home, in order for us to reimburse your way-back tickets, you will need to send us the original tickets and boarding passes by registered post and scans by e-mail to the following address:

1. Post: Outward Bound Croatia  
Milana Ogrizovića 47, 10000 Zagreb, Croatia

2. E-mail: [esc@outwardboundcroatia.com](mailto:esc@outwardboundcroatia.com)





# WHAT TO TAKE WITH YOU

- passport or ID
- travel tickets & invoices
- European Health Insurance Card
- comfortable indoor and outdoor clothes
- slippers
- personal toiletries
- towels
- personal medicine - if you're taking any please let us know in advance!



# ARE YOU READY?



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**Erasmus+**

**GOT ANY QUESTIONS?**

Do not hesitate to write us at:  
[esc@outwardboundcroatia.com](mailto:esc@outwardboundcroatia.com)