



YOUTH EXCHANGE LIVING SUSTAINABLY

VELI LOŠINJ, 23RD APRIL TO 2ND MAY 2019













We don't have to engage in grand, heroic actions to participate in the process of **change**.

Small acts, when multiplied by millions of **people**, can transform the world.

Howard Zinn

world are consequences of global warming effect that leave communities around the world devastated through wildfires, droughts, floods, hurricanes and other environmental disasters. Together with pollution like soil and water contamination, climate change directly influences the quality of life on Earth. The Governments and global communities are slow and inefficient, or unwilling, in implementing environment protecting laws, as well as acting towards decreasing the speed of global climate change (the withdrawal of the US from the Paris climate agreement is the most recent example). Because of this, there is a growing plea directed towards ordinary people to start adjusting their lifestyle in order to minimize the negative impact on the environment. A strong connection between a sustainable lifestyle and health benefits was established that arises from cleaner and less polluted environment. The idea for this project was drafted among young participants during "Be Healthy, Stay Active" Youth Exchange project. The students developed the concept by choosing topics for the workshops and type of activities they would be implementing.



ABOUT THE YOUTH EXCHANGE

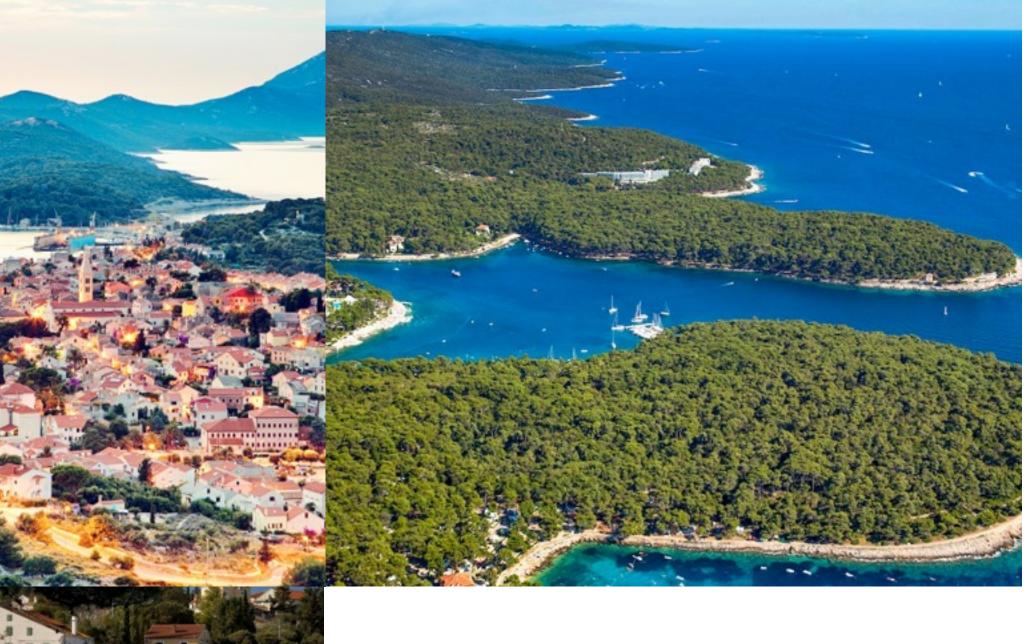
The Youth Exchange will gather 48 participants from Croatia, Macedonia, Slovenia and Hungary from **23rd April to 2nd May 2019**. During the course of the Project, young people will explore ways of living healthy while limiting their negative impact on the environment. The project will take place at various location in **Veli Lošinj on the Island of Lošinj, Croatia**.

The participants will be distributed by countries in the following way:

- Croatia 10 young people + 2 youth leaders
- Hungary- 10 young people + 2 youth leaders
- Macedonia 10 young people + 2 youth leaders
- Slovenia 10 young people + 2 youth leaders

ISLAND OF LOŠINJ

In the Antiquity the Cres and Lošinj archipelago was known as the Apsyrtides. The name is derived from that of the mythical hero Apsyrtus. In ancient times the islands of Cres and Lošinj used to be one. The islands were later separated by an artificial canal at Osor to satisfy the needs of sea trade on the so-called Amber Route. Historical changes have hit these islands like sea waves. Millennia have passed like a storm. The presence of small and big nations that have conquered this area has left permanent traces of their material culture, brought with them or created on this soil. The oldest island settlements



(Lubenice, Osor, Beli) have more than 4,000 years of history. The Roman town of Osor was the seat of the bishopric in the 9th century.

Lošinj, which had been almost uninhabited until the middle of the 13th century, developed into a leading regional maritime power by the 19th century. The town of Mali Lošinj became the second most important port in the Adriatic, immediately after Trieste. The inhabitants of Lošinj were not only known for their skillfulness in constructing sailing ships, but they were also known as the best seamen in the Mediterranean. The architectural appearance of the centre of Mali Lošinj, which has remained almost the same until the present day, was determined in that period.

Veli Lošinj is a village on the island of Lošinj in Primorsko-Goranska County in western Croatia. Veli Lošinj has a mild climate and caters to tourists. It is located 5 km from the town of Mali Lošinj. It was an important port and fishing centre until the late 19th century. Today it is known as a tourist and aromatherapy centre. Veli Lošinj has 901 inhabitants.

Located in the south of the island of Lošinj, 3 km east of central Mali Lošinj, which is the administrative centre of the island. Mali Lošinj and Veli Lošinj form a single conglomeration along the coast. Veli Lošinj faces the sea from the south. It is at the foot of Kalvarija mountain.

The beginnings of tourism date back to 1885, when health tourism began to develop on the island. The first tourist was registered on









21st January 1885. The first hotel in Mali Lošinj, named Vindobona, was built in 1887.

Owing to the exceptional characteristics of its climate, Lošinj was proclaimed a climatic health resort by a decree of the Ministry of Health of the Austrian-Hungarian Monarchy in 1892. It soon became a popular holiday destination of the Austrian-Hungarian aristocracy, who built numerous villas and summer residences on the island.

Lošinj is still a famous climatic health resort suitable for treating diseases of the respiratory tract and allergies. The island offers ideal conditions for a physical and psychological recovery, particularly during the winter, spring and autumn. The local hotels offer weekend and week's anti-stress and wellness programs.

In 1893, due to the clear skies and very good visibility, a very modern *Astronomical Observatory* was built in Mali Lošinj, which soon became famous and was visited by astronomers from different countries in Europe and America.

The development of summer tourism started after 1905, when bathing sites, hotels and guest-houses were built on Čikat. This area was then already surrounded by thick forest, with a built coastal promenade (6 km) and a network of walking trails (17 km).

The Lošinj archipelago abounds with picturesque places. The Tourist Board of Lošinj have developed over 250 km of *walking trails* (https://www.visitlosinj.hr/foothpats--promenades.aspx). The most famous one is the Dolphin way - here you will have the greatest chance of seeing a playful group of dolphins.

Several museums on island of Lošinj are worth visiting, but one highlight is the Museum of Apoxyomenos. The Croatian Apoxyomenos is an Ancient Greek statue cast in bronze dating around 2nd or 1st century BC. It was discovered in 1996 southeast of Lošinj. It was finally raised from the sea in 1999 and extensively restored. It is the most complete (missing only a finger) and best preserved among eight known Apoxyomenos statues.

FUN FACT:

In the past Veli Lošinj (Velo selo - "large village") was bigger than Mali Lošinj (Malo selo - "little village"), but throughout history Mali Lošinj developed more rapidly and today situation is reversed. The names, however, have remained.





MAIN ENTRANCE OF PSYCHIATRIC HOSPITAL VRAPČE – SCHOOL FOR NURSES VRAPČE IS A PART OF THE HOSPITAL

ABOUT THE COORDINATOR

School for nurses Vrapče is a general care secondary vocational school with about 360 students and 43 teachers divided into 15 classes. The educational program, in duration of five years, is a newly established vocational program in Croatia. During first two years, students are educated in general education courses (native and foreign language, Latin, maths, chemistry, physics, biology, history, geography, informatics, physical education, religious studies or ethics and a new subject - civics). In final three years students are enrolled in vocational subjects designed to give them theoretical knowledge and skills in general nursing. Upon completing the program, students can choose to enter job market or proceed with further studies after successfully passing the state exam.

Our mission is to give our students the best possible education and enable them to gain and further expand skills and learn state-of-the-art techniques often not covered by the school curriculum. Therefore, the School offers numerous extracurricular programs supported by Croatian and European Institutions. These programs cover the protection and promotion of health, prevention of illness and injury, facilitation of healing, alleviation of suffering, and advocacy in the care of individuals, families, groups, communities, and populations. The programs also cover a wider area of interests like ecology, sustainable development, promotion of multicultural, religious and ethnic diversity, promotion of common European heritage, culture, tourism, civic education, human rights, volunteering, etc. Our teachers are formally and informally educated in those areas and regularly attend meetings enabling

them to keep up with local and international trends. They can share the gained knowledge, as well as integrate students in the learning process promoting the value of teamwork and peer tutoring regardless of the age or the level of formal education. Taking part in numerous extracurricular activities contributed to elevating students' motivation for schoolwork and promotion of the School in our community and world-wide. Our students are regular participants in vocational, cultural and humanitarian events and frequently invited to take part in projects outside of their vocational domain.

Since Croatia joined European Union as an equal member, the School has been taking the advantage of EU Programs aimed at education and training of youth and professionals. We have had a great success with Erasmus+ projects where we partnered with European health institutions and nursing schools that enabled our students and teachers to participate in vocational educational training (VET) and job shadowing throughout Portugal, Spain and Germany, but have also hosted students and their mentors from Germany, Slovenia, Poland, Turkey and FYR Macedonia. We continue to work on expanding our network, forming and managing strategic partnerships with nursing schools and healthcare institutions throughout Europe and further.

We pride ourselves with taking part in the GLOBE (Global Learning and Observing to Benefit the Environment) Program for 20th year in a row. The GLOBE Program is an international science and education program that provides students, teachers, scientists and public worldwide with the opportunity to participate in data collection and the scientific process with an aim to better understand, sustain, and improve Earth's environment at local, regional and global level. As part of the Program, we have hosted Norwegian students and sent our students to Norway, the Czech Republic, Ireland and USA.

Since 2005, we are participating in the project "E-Medica", implemented under the auspices of Ministry of Science and Education, Croatian Agency for Vocational Education and Training and Adult Education, and Croatian Academic and Research Network (CARNet). The project started by connecting 25 Croatian nursing schools, but has since included several Slovenian, Serbian and Macedonian schools. Its aim

is to improve quality of vocational education among students and teachers, encourage experience exchange, and introduce and encourage application of modern information and communication technologies (ICT) in the daily educational process. In cooperation with other schools in the network, we take part in health-oriented projects as coordinator or associated partners.

Our School has founded a volunteering club "Vrapci" that joined a manifestation "Croatia volunteers" initiated by Volunteer Center Zagreb. We encourage our students to join altruistic activities to help them raise awareness, incorporate helping others in their everyday lives, develop empathy towards others, broaden their horizons by learning new skills and making new friends, encouraging them to participate in building the communities and promoting equality and diversity.

Zagreb Tourist Board, in cooperation with City Office for Education, invited our School to take part in the ongoing project "Culture of Tourism" that was initiated in 2010 with the idea of educating young people about the economic importance and significance of tourism. Our students and mentors presented a creative vision of Zagreb as a multicultural tourist destination at the Annual International Fair of Tourism.

We are School that fosters teamwork, collaborative learning, continuous education and improvement, and encourages broadening of horizons. We value critical thinking and responsible exercise of the freedom of speech. For us the student – his education, personal development and well-being – is the main focus. The School uses modern teaching methods and constantly works on improving them followed by our own motto: "Tempora mutantur, nos et mutamur in illis."

For any additional information about the School or Projects we are involved in, check our website:

http://www.ss-medicinske-vrapce-zg.skole.hr/

AIMS AND OBJECTIVES

One of the most pressing concerns of the modern world is the climate change and pollution, which pose big threats to our way of life through droughts, floods and contamination. The global community is slow and not very effective in its response. Because of this, there is even more need for ordinary people to start changing their lives in order to minimize their negative impact on the environment. This is important not only because it will benefit their environment, but it will also benefit them health-wise.

The objectives of the YE are:

1. Improve the level of key environmental competences and skills of young people, including those with fewer opportunities

Young people will learn about their impact on the environment and how to reduce it. They will learn how to recognize and buy products which are not very harmful to the environment. Additionally, they will learn how to recycle and re-use items (upcycling). Also, they will learn new skills to produce items they use from natural ingredients. They will develop positive attitude towards involvement in making their environment clean by participating in cleaning local beaches workshop. Many participants only know how beaches look like during tourist season. when someone has cleaned them. However, by cleaning the beach they will see so many products they use in their everyday life being washed on the beach. They will realize that the trash they produce does not magically disappear but that it is always deposited somewhere. This will make them more aware of the negative impact on the environment that their consumption has. They will learn how they can change it to minimize their impact on the environment and they will want to make the necessary changes in their lives.

2. Improve health of young people

Reducing your impact on the environment is not only only good for the environment; it can be good for you as well. Many products we consume contain harmful chemicals. In this YE young people will learn how to make their own, healthy and eco-friendly cosmetics and how to make healthy products like teas and drinks from local herbs. They will use this knowledge to change their attitudes in buying products that are less harmful not only to the environment but to them as well. Therefore, the knowledge they get over here will have an impact on their buying habits (e.g. buying local fresh fruit, vegetables and meat), which will increase the impact on their health.

3. Develop capacity of partner organizations to participate in international projects

For most partners this will be the first time they will be working together. Therefore, they will broaden their network of organizations they work with which will improve their work with young people over the long run through transfer of knowledge, skills and experience between partners on this and on future projects. Through this project they will also improve their ability to work with young people to address environmental challenges in future.

Issues and needs:

- More knowledge about how we contribute to pollution and about how we can change our behavior to combat climate change and pollution
- More interest for fighting climate change and pollution among young people
- Improve health of young people
- Improve practical skills of young people to make their own healthy products
- More and better quality "green" projects through ERASMUS+
- More knowledge of ERASMUS+ in small rural communities





Time	Day 1	Day 2	Day 3	Day 4
09:00-10:30	Introduction	Recycling	Zero waste movement	Healthy herbs - theory
11:00 - 12:30	Group Building 1	Biodegradation	Ethical Shopping	Healthy herbs - practice
15:00 - 16:30	Group Building 2	Carbon Footprint	Upcycling	Cleaning Beaches
17:00 - 18:30	Youthpass	How to reduce carbon footprint	Upcycling - continued	Cleaning Beaches
Time	Day 5	Day 6	Day 7	Day 8
09:00-10:30	Mid-term evaluation	Making souvenirs from trash	Preparing final outputs	Dissemination
11:00 - 12:30	Making souvenirs from trash	Making souvenirs from trash	Preparing final outputs	Youthpass II
15:00 - 16:30	Free afternoon	Eco-friendly cosmetics	New projects	Final Evaluation
17:00 - 18:30	Free afternoon	Eco-friendly cosmetics	New projects	Closing remarks

YOUTH EXCHANGE STRUCTURE

Type of learning promoted will be non-formal learning and self-directed learning. In self-directed learning the youth leaders create the structure while the participants provide context. In self-directed learning participants take initiative and responsibility for learning, they select, manage, and assess their own learning activities, which gives the participants independence in setting goals and defining what is worthwhile to learn. It is an environment in which motivation and volition are critical and where youth leaders provide scaffolding, mentoring, advising, while peers provide collaboration. The characteristics of non-formal learning include:

- No fixed structure
- Relevance to the needs of disadvantaged groups
- A focus on clearly defined purposes
- Flexibility in organization and methods.

The methods used during the youth exchange will be in accordance with the type of learning and will be based on group work and peer learning, feedback and active participation. Among the methods we plan to use are:

- Case studies (recycling in partner countries)
- Short presentations about the zero waste movement, biodegradation and carbon footprint

- Sharing and exchanging personal experiences of how to minimize the waste
- Volunteering in action cleaning the environment
- Do it yourself practical sessions up-cycling (also known as creative reuse), making souvenirs out of waste, making eco-friendly cosmetics.

PREPARATION OF PARTICIPANTS

Every national group will be in charge of implementing few practical workshop. Also, groups will have to prepare the following topics before coming to the youth exchange:

- Learn about challenges to recycling in their local communities
- Learn how to do some up-cycling
- Prepare something for intercultural evening
- Collect "waste" that they can use during the YE
- Learn about aromatic and healthy herbs in their local culture
- Learn how to use some aromatic and healthy herbs to create eco-friendly and healthy homemade products and prepare to teach other kids how to do that at the YE
- Learn about the impact of waste and pollution on the environment and human health.

Also, the participants are expected to participate in dissemination activities. Every national group must organize a minimum of one presentation for other students about the project.

In 21st century, social media plays a big role in raising awareness about climate change. We encourage the participants and coordinators to use social media like Facebook, Twitter and Instagram to share their (new) knowledge about sustainable living and how we can minimize the negative effect our lifestyles have on the environment. Recently, a trending tag #10yearchallenge was used to point the effect of global climate change. A global trend that you are welcome to join is #learnsustainability.

#LearnSustainability

Riding a bicycle half an hour a day increases life expectancy by four years.

If energy efficient lightbulbs were used worldwide, US\$120 billion would be annually saved.

Each liter of oil saved avoids the emission of 2 kg of carbon dioxide.

The natural world is changing. And we are totally dependent on that world. It provides our food, water and air. It is the most precious thing we have and we need to defend it.

The destruction of our planet continues at a pace we can no longer afford to ignore.







ACCOMMODATION AND TRAVEL

Participants will be placed in HI Hostel in Veli Lošinj (https://www.hicroatia.com/en/). We will be the only residents in the hostel. The hostel has wi-fi and participants can use laundry services. Participants should take towels and bathroom essentials. Also, we advise participants to bring a good pair of shoes because there are a few nice hiking trails around Veli Lošinj which the participants are encouraged to use during their free time.

The easiest way to reach Veli Lošinj is through regular bus services from Zagreb. Lošinj is an island which is connected to the mainland by ferry, not bridge, and ferries are not very frequent out of summer tourist season. Therefore, all partners should be in Zagreb on April 23 by 13:30 to catch the bus at 14:15. On the way back, you have to plan connections from Zagreb to your hometown after 11 am (on 2 May).

The travel budget is the following:

- Croatia, Hungary and Slovenia 180 euros per participant
- Macedonia 275 euros per participant

The coordinator will buy the bus tickets for Zagreb-Lošinj and Lošinj-Zagreb. However, the participants are required to organise and pay for their transportation from their home countries to Zagreb. Reimbursement will be made after the youth exchange and after all groups have submitted all the supporting documents (invoices, boarding passes and similar).

USEFUL INFORMATIONS

Climate

The Croatian coast has a pleasant Mediterranean climate with a high number of days of sunshine per year. Summers are hot and dry, and winters are mild and wet. However, the coastline is windy all year round, so be sure to bring a warmer jacket and/or raincoat. There are five common winds during spring-summer time in Croatia: *Maestral NW, Pulenat W, Bura NE, Jugo SE* and *Tramontana N*.

Currency

Croatian currency is kuna (HRK) and it is semipegged to Euro and it is around 7.5 kunas for 1 euro. One kuna equals 100 lipas. You can exchange money at any of the country's banks, bureaux de change, post offices and at almost all travel agents, hotels and campsites. However, the islands might have limited amounts or have fewer places to exchange money, so it is adivised that you exchange money as soon as you enter the country.



Travel Documents

Croatia is not in the Schengen zone so if you are traveling by land you will need to show your passport/ID on the border.

Health Insurance

Croatia has virtually free health care service so make sure all participants have European Health Insurance Card.

IMPORTANT! Please memorize/save the mobile phone numbers of the emergency contact persons so that you can access it at any point.

Phone number for emergencies (police, ambulance, firefighters) is 112.

Emergency contact:

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jskoton@gmail.com +385 98 517 531

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Common words and phrases

da – yes

ne - no

hvala - thank you

molim - please

bok - hi or bye

Izvoli! – you're welcome (informal)

Izvolite! – you're welcome (formal)

možda – maybe

oprosti – excuse me (informal)

oprostite - excuse me (formal)

Dobro jutro! - Good morning!

Dobar dan! – Good day!

Dobra večer! – Good evening!

Doviđenja! - Goodbye!

Some simple question and answer pairs

Kako si (ti)? – How are you? (inform)

Kako ste (Vi)? – How are you (formal)

Ja sam dobro. – I'm fine.

Kako se (ti) zoveš? – What's your name? (informal)

Kako se (Vi) zovete? – What's your name? (formal)

Ja se zovem ... – My name is ...

And some useful sentences

Govorite li engleski? – Do you speak English? Žao mi je, ne govorim hrvatski. – I'm sorry, I don't speak Croatian.

Možete li mi pokazati gdje je Sinjska ulica? – Can you show me where Sinjska street is?

Oprostite, gdje je WC? – Excuse me, where's the toilet?

Sviđa mi se ovdje! – I like it here!

Common signs

otvoreno - OPEN

zatvoreno - CLOSED

ulaz - ENTRANCE

izlaz - EXIT

gurni/rini - PUSH

povuci/vuci - PULL

WC - TOILETS

muški - MEN

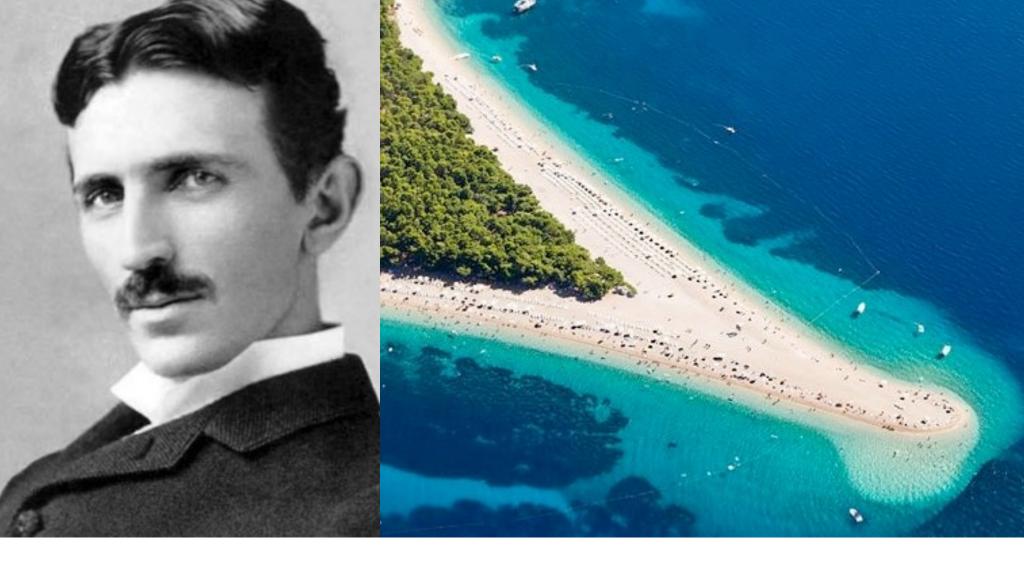
ženski - WOMEN

zabranjen - FORBIDDEN



45 FACTS ABOUT CROATIA THAT YOU (PROBABLY) DIDN'T KNOW

- 1. Croatians settled on the Adriatic coast around the seventh century on the ruins of the Roman Empire.
- 2. The hit HBO series *Game of Thrones* was filmed on the Dalmatian coast in Split and Dubrovnik (and if you were there by any chance in Split, you could have auditioned for a role).
- 3. The Amphitheater in Pula, Istria is one of only three preserved in the world. Once the home of bloody Roman gladiator fights, now is an open space to enjoy movies, theatre and concerts.
- 4. It was a Croatian named Rudjer Boskovic who suggested placing five concentric bands in the dome of St. Peters's Basilica in Vatican City after a crack had been discovered. This prevented the dome from collapsing (*you're welcome Italy!*).
- 5. Istria is a region known for truffles, so it is no surprise that the biggest white truffle (1.31 kg) was found near Buje, a town in Istria.
- 6. Both Spain and Croatia have the highest number of UNESCO Intangible Goods of any European country. This includes lace making, gingerbread baking and wooden toy carvings.
- 7. A science of dactyloscopy (identification by fingerprints) used by criminologists and forensics experts all around the world, was pioneered by Ivan Vucetic from island of Hvar.



- 8. On the island of Susak, women have a unique national costume it is the only costume in Europe with the skirt that sits above the knees.
- In Krapina, professor Dragutin Gorjanović Kramberger discovered the wealthiest collection of remains of Neanderthal people in the world. It is displayed in the Krapina Neanderthal Museum.
- 10. Red Lake near the city of Imotski is the deepest sinkhole in Europe and 3rd largest in the world.
- 11. The world's first pipe organ that is played by the sea's rhythmic waves is in Zadar.
- The names of two Croatians can be found on the map of the Moon - scientists Rudjer Boskovic and Andrija Mohorovicic.
- 13. If you are using a mechanical pencil, you should know that it was invented by a Croat named Slavoljub Penkala in 1906. His company TOZ still operates today in the capital of Zagreb.
- 14. Zagreb Christmas Markets won the Best European Markets award three years in a row.
- 15. The world's first torpedo was constructed by Ivan Lupis in Rijeka in the 19th century.

- 16. DNA tests have proven that the Zinfandel grape variety used in wine production originates from Croatia. (As a reminder, consuming alcohol under legal age of 18 is prohibited. Those of age should drink responsibly)
- 17. The most famous beach in Croatia is in Bol on island of Brač. Zlatni Rat beach changes in shape and colour depending on the wind.
- 18. Croatia has 1244 (number varies depending on defenitions) islands, isles, islets and reefs, but only 48 are inhabitated. The smallest island is called Jabuka (meaning *apple*).
- 19. Croatia has a lot of dialects which can make it difficult for Croatians to understand each other.
- 20. According to famous filmmaker Alfred Hitch-cock, "Zadar has the most beautiful sunset in the world".
- 21. The last remaining European Griffon vultures in Croatia are located on the island of Cres. They are the only colony in the world that roost by the sea.









- 22. Like Pisa in Italy, Croatia has its own leaning tower in Istria. The belfry in Završnje is 22 m high and is tilted 40 cm to the North.
- 23. Apart from *Game of Thrones*, Croatia was a filmmaking site for many movies in the past, but the biggest production was in the 1960s, when Paklenica National Park and Plitvice Lakes doubles as the American Wild West in 11 movies about the fictional Native American hero Winnetou.
- 24. Almost 10% of Croatia is made of 11 nature parks, eight national parks and two nature reserves.
- 25. Croatians used their Glagolitic script, which is the oldest Slavic script. It was used in parallel with the Latin script until the 18th century.
- 26. English poet Lord Byron first described Dubrovnik as the "pearl of the Adriatic".
- 27. The last specimen of the Mediterranean seal lives in the Croatian aquatorium. Although very shy, the seal was spotted several times sunbathing on the beach.
- 28. Croatian writer Marko Marulic is credited with the first known use of the word *psychology*, meaning the science of the soul.



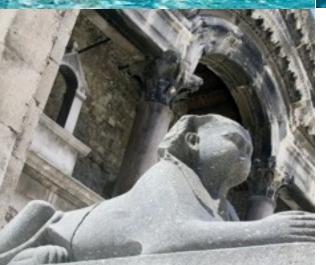
- 29. If you are a fan of Disney movies, particularly 101 Dalmatian, you should know that the breed of the dog is from the region of Dalmatia in Croatia. But Croatia is also proud of the Croatian Sheep dog which is just as cute.
- 30. The necktie is a Croatian invention. It was named cravat, and it was worn by Croatian soldiers who served as mercenaries for the King of France.
- 31. Croatia is home of the world's smallest town called Hum. Based on the 2011 census, it has population of 30.
- 32. Croatian currency is known as the Kuna, which is a Croatian work for marten. A marten is a forest rodent whose highly prized skin was used to pay taxes in the Roman provinces of eastern Croatia. The marten appeared on medieval coins before giving its name to the new currency in 1994. The marten is protected specie in Croatia.
- 33. The Vucedol Culture Museum opened in 2013 offers an insight into a culture that inhabitated the eastern part of Croatia around Danube River since around 6000 BC. The Museum has an astonishing collection of items that includes a pot over 5000 years old, and a Vucedol dove.











- 34. The oldest found Croatian text, written in Glagolitic script, dates back to 1100 (time under the reign of King Zvonimir) and is called Baska tablet.
- 35. Zagreb is the capital city of Croatia, but its first capital was city Nin, close to Zadar in Dalmatia.
- 36. If you give birth on a Jadrolinija ferry from Hvar, your child will get free travel on the ferry for life.
- 37. The Sphinx in Split was brought over from Egypt for Diocletian and is over 4000 years old.
- 38. Two winners of Nobel Prize in chemistry came from Croatia Lavoslav Ruzicka (1939) and Vladimir Prelog (1975).
- 39. The highest peak in Croatia is 1831 m above sea level and is called Dinara.
- 40. The oldest university in Croatia is University of Zagreb established in 1669.
- 41. Picigin is a traditional ball game from Croatia that is played on the beach. It is an amateur sport played in shallow water consisting of players keeping a small ball from touching the water.



- 42. Croatia has 10 UNESCO World Heritage Sites: Plitvice Lakes National Park, Historical Complex of Split with the Palace of Diocletian, Old City of Dubrovnik, Episcopal Complex of the Euphrasian Basilica in Poreč, Historic city of Trogir, Cathedral of St. James, Stari Grad Plain, Stećci Medieval Tombstones Graveyards, Venetian Works of defense between 15th and 17th centuries, Primeval Beech Forests of the Carpathians and Other Regions of Europe.
- 43. Croatian-born Nikola Tesla invented the alternating current. He was born in the town of Smiljan which is present day Croatia. He was born to one Croatian and one Serbian parent, therefore Sebia claims he was their own.
- 44. The parachute was invented by Šibenik-born Faust Vrancic in 1617. Although sketches of the parachutes existed before, including ones from Leonardo da Vinci, Vrancic was the first to build and test a parachute.
- 45. At 42 m high, the lighthouse of Veli Rat on the island of Dugi Otok is the highest in Adriatic. The locals claim that the yellow colour of the lighthouse comes from 100,000 egg yolks used for painting.

