

# Youth Exchange

## Be Healthy, Stay Active



Co-funded by the  
Erasmus+ Programme  
of the European Union



AGENCIJA ZA  
MOBILNOST I  
PROGRAME EU

## Short description:

More and more young people suffer from adolescent diabetes, obesity and cardiovascular diseases caused by inappropriate diet and lack of physical exercises. The modern world puts more and more demands on young people and they are finding it increasingly difficult to find time to prepare healthy, home made meals and to work out regularly. Through this project young people will learn about benefits of healthy diet, they will learn how healthy diet looks like and will learn how to make some healthy dishes. At the same time, participants will learn how to use their bodyweight, their home and their neighbourhood to do workout so they do not have to go to the gym anymore, which is often very time consuming and often ends up a waste of money.

As a results, the participants will change their living habits to eat better and exercise more, which will contribute to them having lower risk of adolescent diabetes, obesity or cardiovascular diseases.



# Contents

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About the Youth Exchange.....	1
Aims and Objectives.....	6
Youth Exchange Structure .....	10
Accommodation and travel.....	13
Preparation of participants .....	15
Useful Phrases.....	16
Other Useful information .....	17



## About the Youth Exchange

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The youth exchange will gather 46 participants from Croatia, Poland, Macedonia and Portugal in Zagreb from 6 July to 16 July. In this project young people will explore ways of being healthy through appropriate diet and exercise. This is especially important with rising levels of juvenile diabetes, obesity and cardiovascular diseases among young people. The project will be held at various location in Zagreb, Croatia.

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

- ♥ Croatia - 11 young people + 2 youth leaders
- ♥ Portugal - 9 young people + 2 youth leaders
- ♥ Macedonia - 9 young people + 2 youth leaders
- ♥ Poland - 9 young people + 2 youth leaders





The city of Zagreb, capital of Croatia, on the historic and political threshold between East and West, illustrates both the continental and Mediterranean spirit of the nation it spearheads. Zagreb is the cultural, scientific, economic, political and administrative centre of the Republic of Croatia, and is home to the Croatian Parliament, Government and President. Its favourable location between the Pannonian plain, the edge of the Alps and the Dinaric range has allowed it to become a crossing point for mass international communication.



*Ban Jelačić Square is the central square of the city of Zagreb*

The city is protected from the cold northern winds by the mountain of Medvednica and opens up to the rest of the world thanks to a spacious plain and the Sava river. Zagreb, with a population of nearly one million, contains almost a quarter of the entire population of Croatia. Over the centuries, the city was inhabited by people coming from all over

Europe; and, in recent years, by people coming from different parts of Croatia, ensuring a rich cultural life. Zagreb is a safe city whose doors are always open; a city with a tumultuous history teeming with interesting personalities; a city that warmly invites all those who wish to get to know it, and a city that will surely fulfill your expectations. In this city, you can easily meet remarkable people, make new friends and enjoy special moments. The façades of Zagreb's buildings reflect the ebb and flow of history, while its streets and squares bear witness to the coming together of the many cultures that have shaped the identity of this laid-back capital. The best thing to do is when you first arrive is to take in Zagreb's wonderful atmosphere, which, as many claim, is only surpassed by the legendary beauty of the local womenfolk.



*Kaptol square and Zagreb Cathedral*



The coordinator of the event is School for nurses Vrapče in Zagreb.



School for nurses Vrapče is a vocational school established in 1959 as a part of Psychiatric hospital Vrapče. The schooling had lasted for four years till 2010 when it was reformed into the five-year school (two years of general-education academic subjects + three years of specialized academic subjects). Students attend classes only at school for the first two years and the next three years they do their practical work in hospitals, kindergartens, nursing and old people's homes.



The school for nurses Vrapče encourages humanity, teamwork, research, cooperation, compassion, kindness and good manners and is especially dedicated in developing student interests in areas not covered by class subjects, such as ecology, sustainable development, multicultural, religious and ethnic diversity respect, common European heritage, culture, tourism, civic education, human rights, volunteering etc. Students participate in many extracurricular activities (Red Cross, Scola medica, Lidrano) national and international projects (E-medica, GLOBE, Erasmus+, Mediators), sport competitions (handball, football, volleyball) and voluntary work (helping less fortunate, needy and underprivileged people).



*Awards, trophies and recognitions won by School for nurses Vrapče*

The school supports many medical events related to healthy life, blood donation and various diseases (breast cancer, heart failure, diabetes mellitus, addictions).

The school is a regional center for: GLOBE (Global Learning and Observing to Benefit the Environment), vocational teachers in health, teachers of Croatian language in vocational schools and a center which conducts State Exams for students of Pedagogy.





With modern youth having less and less free time, many resort to eating fast food, which might taste good but is not nutritionally very good for their health. At the same time, what free time young people have they spend it over their laptops and smartphones, with very detrimental effects of lack of physical activity on their health. Through this project young people will learn what is balanced diet - they will also learn about pros and cons of alternative food lifestyles like vegetarianism and veganism. Young people will also learn how to read nutritional declarations - every food they buy in supermarket has it, but they are very complex to read and not many people can understand what it says there, which makes it more difficult for young people to maintain healthy diet. In order to help young people buy healthier food, they will go to the Dolac market and buy food for their meals. Produce from markets is often fresher, of higher quality and often cheaper than the fruit and vegetables in the supermarkets. Young people will also take a critical reflection over how healthy their favourite meals are and how healthy their traditional cuisine is. They will work to make adjustments in their favorite recipes to make these meals more healthy.



*Dolac is the most visited and the best known market in Zagreb,*



Also, young people will do physical exercises which will help them stay in shape and healthy, while also helping them deal better with stress. They focus on the type of exercises which they can do in their homes. This is cheap and time-effective way of staying healthy, without having to pay to for the gym. In these exercises they will focus on their body weight and on using their own homes, parks and other public areas for working out. Working out is very important because it releases hormones which make people happier and more content with their lives. While people are happier they are also more productive and better in what they do so this will have a positive effect on young people's performance in school and at work.

- ♥ increase social and intercultural competences of young people

During this YE young people will work in groups and by working in groups they will learn how to listen to and respect others' opinion. They will learn that differences of opinion is a good thing because young people can learn something new and make their beliefs stronger and better. During many workshops, including intercultural evening, they will learn more about cuisines in partner countries, eating habits of young people and how they try to stay physically active in partner countries. They will learn new sports and games that young people can play in order to stay active and healthy.

- ♥ develop understanding of moral and environmental consequences of people's eating habits

Food is not just about health, food we eat also has profound impact on our morality and on the environment. Young people will discuss issues if eating animals is ok? Is it morally justifiable to kill animals for food? Is torture of animals justified and is mass production of food a torture of animals - they are put in cages without ability to move in order to increase their growth? If so, is ecological production a solution? If it is, how will it impact food prices since ecological production is more expensive? Will shift to ecological production lead to rises of hunger and poverty due to higher food prices? Also, will ecological production increase deforestation because it produces smaller yield than mass-production





# Youth Exchange Structure

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The youth exchange will take place from 6 July to 16 July 2018. There will be 46 participants during the youth exchange. Participants should be **15-18 years of age**. We are highlighting that the applicant is a high school and our kids are all 18 and under. Furthermore, because there is a big mental difference between youth in high school and university, **we strongly advise partners to send only kids 18 and younger and not to have university students as young people.**

Most of the workshops will be held in parks in Zagreb (Ribnjak and Zrinjevac). We will try to be on fresh air as much as possible, but some sessions will be held in the student dorm where participants will be sleeping and eating.



*Nikola Šubić Zrinski Square (AKA Zrinjevac), a park and square in Zagreb*

The workshops can be divided into two groups:

- 1) healthy diet
- 2) working out

The schedule is set up so that in the morning sessions we have mostly healthy diet workshops, while working out workshops will be before lunch (short one) and before dinner (longer one). The idea is that in the morning when young people are more fresh and energetic we do more theory while later when their concentration fades we do more practical workshops. Also, we have taken into consideration the heat of the Zagreb summer so longer exercises are late in the afternoon, when the heat subsides.

Furthermore, healthy diet sessions can be split into two parts:

- a)** what is a healthy diet - young people will analyse alternative dietary habits
- b)** how to prepare healthy meals - they will think of how to prepare healthy dishes in their everyday life (they cannot prepare them at the dorm because of strict legal requirements that only professional cooking staff can use the kitchen).

Similarly, working out sessions can be divided into two parts:

- a)** short daily activities - mostly relying on equipment in your apartment and in your neighborhood
- b)** whole day activity - one-day outing in the nature (hiking to Sljeme)



*View of Zagreb from Sljeme*





## **Accommodation and travel**

The participants will be placed in dorm for high school students [Marija Jambrišak](#), which is a specialized public institution for taking care of underage high school students studying outside of their home town and away from their family. Therefore, this institution is perfectly suited for hosting this youth exchange since most of our participants will be underage. The dorm has Wi-Fi, small gym, laundry service and it also provides towels. Toilets and showers are shared. Participants will be placed in same-sex rooms but with mixed nationalities in order to enhance intercultural learning.

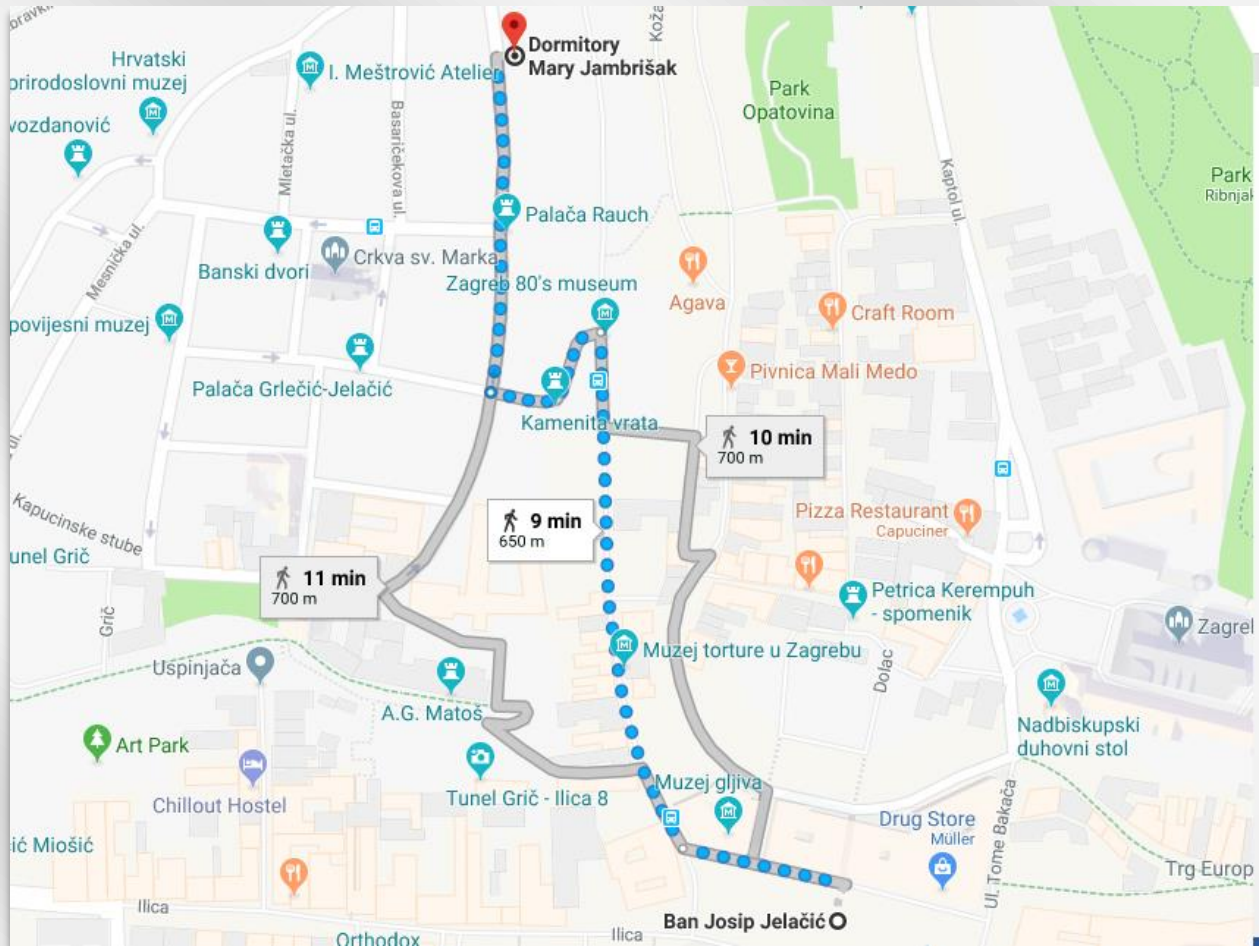
The most convenient option of coming to the youth exchange is to fly to Zagreb. However, if the flights to Zagreb are too expensive, please broaden your search to Budapest and Vienna. Both have fairly regular and cheap land (bus and train) connections to Zagreb.

In case you will be coming to Croatia by land, Flixbus operates routes from Vienna and Budapest to Zagreb and there is a heavily subsidized, i.e. cheap, train connecting Budapest and Zagreb. Please note that Croatia is not in the Schengen zone so there is a border between Croatia and Slovenia/Hungary.

The dorm where the participants will be staying is in the medieval part of Zagreb, less than hundred meters from the Parliament and the Government and 5-10 minutes walk from the main square - Ban Josip Jelačić Square.

Participants traveling directly to Zagreb will have to take the airport bus (leaves every half an hour and costs 30 HRK one-way) to the main bus station. Opposite the main bus station (Autobusni kolodvor), take tram 6 and get off at the main city square - Trg J. Jelačića. From the square you have a 10 minutes walk to the dorm passing through the Stone Gates (Kamenita vrata).





### *Travel reimbursement*

Transportation costs will be reimbursed upon obtaining originals or scanned invoices and boarding passes.

The maximum travel reimbursement per participant will be:

360 for Portugal

275 for Macedonia and Poland

In case you are unable to find flights within the budget limits please contact us ASAP.

## **Preparation of participants**

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It will be the responsibility of each partner to clearly explain to their participants the learning requirements during the implementation of the project. Therefore, the participants will have a clear idea of what is expected of them when accepting to participate in the youth exchange. They will be required to prepare for some sessions prior to attending the youth exchange (the assignments will be sent by the applicant). The assignments the young people will have to do before the start of the youth exchange are:

- ♥ think about what does balanced diet mean for them
- ♥ prepare a list of meals that they will make during youth exchange and a presentation on traditional food of their country. They will be required to bring ingredients that cannot be bought in Croatia, if possible
- ♥ think about workout and stretching routines, as well as yoga routines that they can teach other participants
- ♥ think about why would someone adopt an alternative diet (veganism, vegetarianism and similar) - putting yourself in someone else's shoes
- ♥ think critically about how healthy your diet is at the moment
- ♥ get prepared to deal with cultural shock and separation from parents anxieties

During the youth exchange they will be required to actively participate in workshops and session. They will also be required to participate in the implementation of the sessions by creating energizers, group building exercises and similar.



# Useful Phrases

Expressions		Common Signs	
Hello	Bok	Open	Otvoreno
How are you?	Kako si?	Closed	Zatvoreno
Fine, thank you.	Dobro sam, hvala.	Toilette	WC
Thank you	Hvala	Men's	Muški
You are welcome.	Nema na čemu.	Women's	Ženski
Yes	Da	Entrance	Ulaz
No	Ne	Exit	Izlaz
Good morning	Dobro jutro	Push	Gurni
Good afternoon	Dobar dan	Pull	Povuci
Good evening	Dobra večer		
Good night (to go to sleep)	Laku noć		
Excuse me	Oprostite		
I don't speak Croatian.	Ne razumijem hrvatski.		
Do you speak English?	Razumijete li engleski?		



## **Other Useful information**

- ♥ Croatian currency is kuna (HRK) and it is semi-pegged to Euro and it is around 7.5 kunas for 1 euro.
- ♥ 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.
- ♥ Croatia has virtually free health care service so make sure all participants have European Health Insurance Card.
- ♥ Phone number for emergencies (police, ambulance, firefighters) is 112.
- ♥ Emergency contact:
  - Ivan Grgurić
  - [ivangrgur@gmail.com](mailto:ivangrgur@gmail.com)
  - +385 95 107 1981



