

ERASMUS+ YOUTH EXCHANGE "Ocean of health"

AGE? 16-19

WHERE? mountain home Omanovac, next to city Pakrac

WHO? young people interested in healthy lifestyle

WHEN? 27th of July - 5th of August 2021

COUNTRIES & GROUP SIZE: Croatia, Spain, The Republic
of North Macedonia, Germany

GROUP SIZE: 9 participants +2 team leaders





On this project we want to address emotional, spiritual and physical needs of young people through the following objectives:



1. **Raising awareness** among youngsters about their **well being** and different aspects of it - mental health, physical health and emotional health.



2. Give tools how to handle ones well being, **how to react and help yourself** in hard situations.



3. To improve the ability to **work in a team** and express your opinion

4. To meet peers from other countries and **learn while having fun**



5. Motivate the youngsters to **share the results in their local communities**, schools, youth centers, with friends etc.



6. Give the chance to youngsters to try new things and **make international friendships**



ACCOMODATION



The venue will be a mountain home hostel type called "Omanovac" that is on a hill next to the towns Lipik and Pakrac. It is in the middle of the park of nature, surrounded by trees.

The accommodation will be comfortable and simple.

We will be the only group in the house. It was important for us not to be bothered with other groups, timetables and rules, so that is why we decided to come here where we would be alone. We will learn, share our culture and ideas and have fun together. We'll make the rules together and respect the rules that we make.

Food: We will have options for vegetarians, vegans, no pork and so on. Please note that we cannot provide HALAL or fruitarian food.

Inside shoes: In the venue where we will stay, there is a rule of inside shoes. This means that every participant should bring slippers or some shoes that you are going to use only inside the house.



PARTICIPANTS PROFILE

- youngsters from the age of 16-19 that would like to meet new people from different countries and learn about their culture
- youngsters interested in the topic of healthy lifestyle
- youngsters with fewer possibilities





TRAVELING



TRAVEL COSTS PER PARTICIPANT ARE:

SPAIN, GERMANY AND NORTH

MACEDONIA= 275 €

CROATIA = 180 €

!! IMPORTANT !!

It is not allowed to come to the venue one day later or to leave one day before the designated dates. We can only reimburse tickets that are on/before 27th of July and on/after 5th of August 2021.

COVID-19 info

You should take the PCR test on ENGLISH in your country up to 72 hours before arriving to Croatia.

Also you should check what are the specific regulations for your country to travel to Croatia because they might change as the dates come closer. This is the link where you can check regularly -

<https://mup.gov.hr/uzg-covid/english/286212>

We will make an invitation letter for every group in case you will need it on the boarder, but for now Erasmus+ learning mobility is a valid reason to enter Croatia.

The test will be refunded for every participant.

We will be the only people in the accommodation and the accommodation is secluded and on the top of a mountain in a rural area.

For now on all inside workshops we will need to have face masks.

We will inform you about the changes as the arrival day come s closer.

WHAT TO BRING?



1. HEALTH INSURANCE - don't forget to bring your European Health Insurance Card if you are from an EU country, or other types of insurance if you're not from the EU.

FACE MASKS



2. ALL TICKETS, BOARDING PASSES – don't throw any of them or lose them.



3. INSIDE SHOES, slippers or other shoes that you will use only inside the house.



4. TOILETRY including any medication that you are using.



5. TRADITIONAL FOOD, sweets, flags, national costumes, music and any materials for international evenings.



8. PASSPORT or ID card, money if you want to buy souvenirs, etc.



9. Warmer clothes since it is the mountain area and the temperature varies a lot.



10. Your smile and positive energy 😊.



Looking forward to meet you!

For more information don't hesitate to contact us. 😊

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