



**OUTWARD BOUND
CROATIA™**



ERASMUS+ TRAINING COURSE

YOUTH EMPOWERMENT, THROUGH SOFT SKILLS DEVELOPMENT

21. - 28.3.2024.

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.



[Outward Bound Croatia](#)



www.outwardboundcroatia.com



[outwardboundcroatia](#)

PROJECT OBJECTIVES



- Enhance effective communication with diverse youth groups through workshops and role-playing.
- Develop strategies for effective teamwork and collaboration in youth work settings.
- Cultivate leadership skills and empower youth workers to take initiative in community development.
- Equip youth workers to navigate change, uncertainty, and challenges with resilience.
- Enhance critical thinking skills for effective problem-solving and decision-making.
- Teach practical techniques for time management and organizational skills.
- Explore and develop emotional intelligence for effective relationship-building.
- Promote cultural sensitivity and inclusivity in creating welcoming environments.

PARTICIPANTS PROFILE

- **age: 18+**
- **youth-workers who are implementing activities for youth and want to learn new methods OR want to start to get involved**
- **the priority will be given to the participants facing fewer opportunities**



LEARNING OUTCOMES

What are you going to take away from this project?



Participants will leave the course with a comprehensive set of soft skills that empower them to excel in their roles as youth workers. They will be better equipped to engage with young people, lead teams effectively, and contribute positively to the development of inclusive and empowering youth programs.

Join this enriching experience, where we reflect, learn, and empower ourselves to create a positive impact in the world of youth work. Together, let's pave the way for a future where resilience and empowerment thrive.

PRACTICAL INFO

- Dates: 21. - 28. 3. 2024.
- Travel days: 20th & 29th March
- Arrival: Wednesday, 20/3/2024 in the afternoon/evening hours (from 16:00). On arrival day, dinner will be provided.
- Departure: Friday, 29/3/2024. Breakfast will be provided on departure day.

- **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.

REIMBURSEMENT

- The training course 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.
- 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.
- **The refund of the travel expenses will be made until 29/6/2024 in Euro by bank transfer and only upon submission of all the necessary travel documents . 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.**



How to calculate your travel budget?

- Calculate the distance from your place to Gospić [HERE](#)
- Find the calculated distance in the table and there is your and budget for the travel both ways!

**IMPORTANT!!
KEEP ALL ORIGINAL
TICKETS (BOARDING
PASSES, E-TICKETS ETC.)
AND BRING THEM WITH
YOU.**

TRAVEL BUDGET: REGULAR TRAVEL

0 - 99 km - 23 EUR

100 - 499 km - 180 EUR

500 - 1999 km - 275 EUR

2000 - 2999 km - 360 EUR

YOU CAN USE 2 TRAVEL DAYS FOR REGULAR TRAVEL

TRAVEL BUDGET: GREEN TRAVEL

0 - 99 km - 0 EUR

100 - 499 km - 210 EUR

500 - 1999 km - 320 EUR

2000 - 2999 km - 410 EUR

YOU CAN USE 6 TRAVEL DAYS FOR GREEN TRAVEL

**PLEASE SEND US YOUR TRAVEL PROPOSITION PER E-MAIL AND
WAIT FOR OUR CONFIRMATION BEFORE BUYING THE TICKETS!**

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: ana.novosel@outwardboundcroatia.com



WHAT TO BRING?



- 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!
- optional: speaker, instruments, games