

YOUTH EXCHANGE

Food4Good

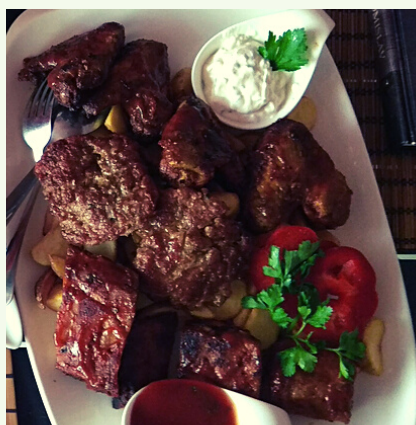
ISLAND CIOVO (SPLIT), CROATIA

07th - 13th of September, 2021



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





# Dear participants,

Welcome to the YE "Food4Good" in Ludbreg, CROATIA

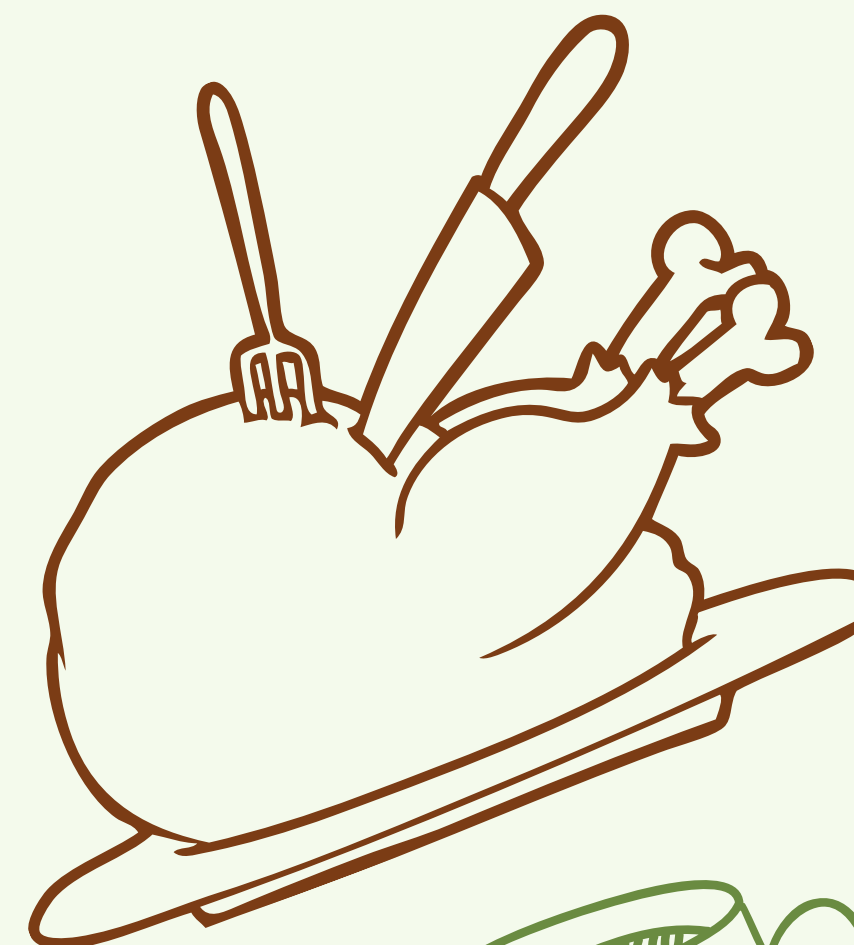
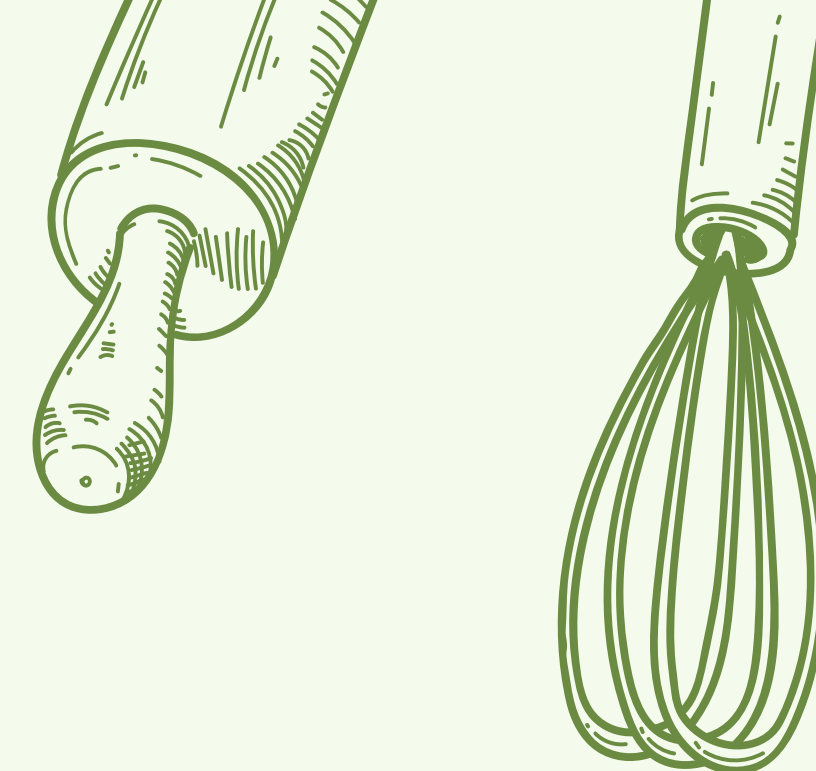
## IN THIS INFOPACK...

you can find all the useful information that you need about the following week. If after reading this document, you would have any other questions, don't hesitate to contact us. In addition, please follow the instructions of the application process.

## OUR CULINARY EXPERIENCE...

We are a very experienced team of food lovers - mainly consumers, but all of us have a trick or two in our sleeves! We have BBQ magicians, bread ninjas and family recipe profits!

Best wishes from our project team  
and see you soon in Croatia!





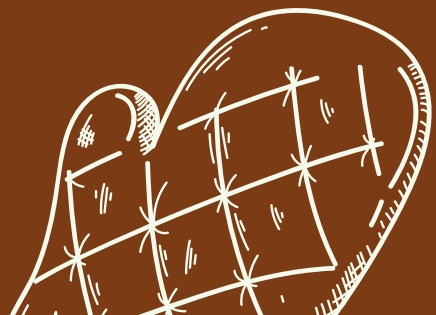


## About the project

This week, together with 42 young people from 7 countries, we will try to cover the following objectives:

- promoting a healthy lifestyle among the youth
- developing a sense of responsibility for sustainable living
- raising participants' awareness and understanding of other cultures, specifically concerning environmental issues
- showing the need and raising motivation to actively participate in society,
- increasing the sense and ability of initiative-taking

We aim to encourage participants to follow a healthy lifestyle, and give them handy tools to work with in the future. Every day, the participants will cook for themselves different quick and healthy dishes inspired by the different national cuisines. They will learn that it is essentially important but at the same time very easy to cook and live in a healthy and still enjoyable way. One of the results will also be common recipe books with accent on using cooking as one of the methods of non-formal education.





## Our partners:



LUDBRESKA UDRUGA MLADIH ENTUZIJASTA (CROATIA)



DENEYIMSEL EGITIM MERKEZI DERNEGI (TURKEY)



IUS (UKRAINE)



CERCUL EXCELENTEI (ROMANIA)



CD EL BOSQUE DE HIELO (SPAIN)



KAVKASIIS AKHALGAZRDULI KAVSHIRI (GEORGIA)



GYUMRI YOUTH INITIATIVE CENTRE NGO (ARMENIA)





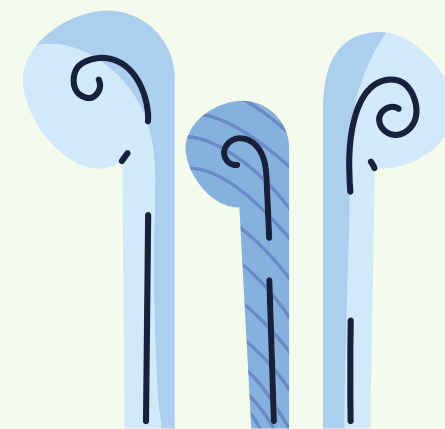
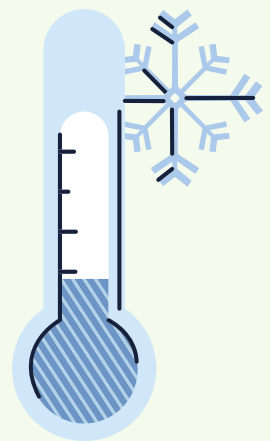
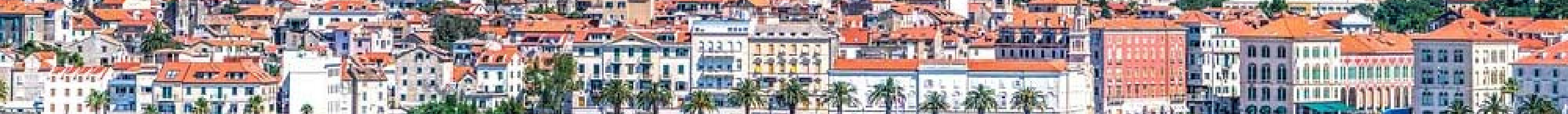
## Accommodation

The participants will be accommodated in rooms with 2 beds and will be mixed in international groups (gender separated of course) in Apartments Maja.

Located 2.5 km from Belvedere Beach, the accommodation offers free Wi-Fi, includes air conditioning, a fully equipped kitchenette, a TV and a private bathroom. Maja has a private beach and terrace. Split Airport is 8 km from Apartments Maja.

The meals throughout the period of the project will be served also in the hotel, except the coffee breaks which will be provided within the training space. **Note that since it's a cooking project, the participants will be preparing part of the meals served during the project, it will be fun :)**

For more information about the hotel, the conditions of accommodation and other things, just follow the link below: <https://tinyurl.com/apmaja>



You can't be wrong if you visit Split in September as the average high temperature in September is 25.1 °C (77.2 °F) with 247 sunshine hours.

It is obvious that September has all the prerequisites for swimming or any kind of sea activities like kayaking, sailing, cruising or even diving.

Some cons factors, may be in number of possible rainy days as statistics forecasts, between 5 to 7 rainy days in this month.

## W E A T H E R

## CURRENCY



Croatia has its own currency - kuna, be prepared to have some money exchanged to pay for the bus, train, taxi, snacks and everything you would like to buy after your arrival to the destination. You can exchange euros in the airport or big bus and train stations, banks.

**1 EUR = 7,53 Kuna**



# REIMBURSEMENT



All you need it to send us by email (or bring with you) all original receipts, invoices, e-tickets and boarding passes! We strongly encourage you to buy flights that have the possibility to do online check-in so you can be able to give us the return boarding passes as well, without sending them to us by post when you return home. Of course, if for your airline is not possible, you still need to send us the boarding passes by post after the project.

It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is not possible! Reimbursement will be done by bank transfer in the account of your sending organization, according to the rules of Erasmus plus programme.

**TURKEY 275 + VISA 60**

**ARMENIA 360 + VISA 35**

**GEORGIA 360 (NO VISA)**

**UKRAINE 275 (NO VISA)**

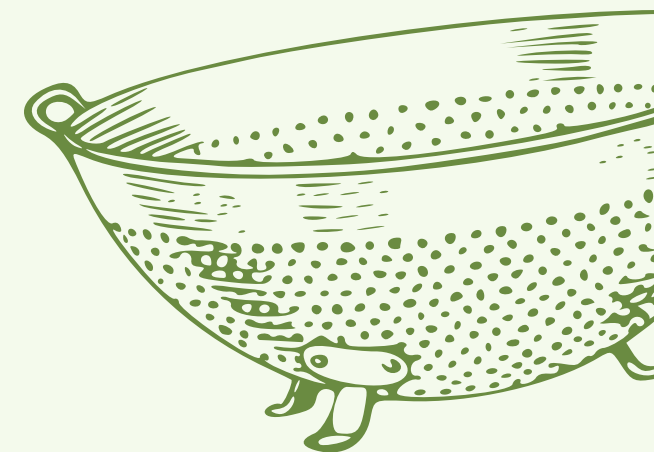
**ROMANIA 275 (NO VISA)**

**SPAIN 275 (NO VISA)**

## !!! I N S U R A N C E !!!

**For ones who dont have it, please get European Health Insurance Card –  
it's free, and you can get it on:**

**<http://ec.europa.eu/social/main.jsp?catId=563&langId=en#nationalinfo>**







The closest airport from **Island Ciovo** is **Split Airport**, although there are options to go through **Zagreb** or **Zadar**. **We will organize a pick up from Split Airport, but in case you would want to get to the location on your own, here are some useful tips.**

The Ciovo Island is connected to the centre of **Trogir** with a bridge, in case you will take a route through **Zagreb** or **Zadar**, you can get to the island via **bus to Trogir**, here's a website to help you: <https://getbybus.com/en/bus-zadar-to-trogir>

**Zagreb - Trogir:** <https://global.flixbus.com/bus-routes/bus-zagreb-trogir>

**Please make sure to contact us in advance in case if you have questions about the trip and organization, we will be happy to help!**

### **PLEASE NOTE**

Both **Flixbus** and **Getbybus** have options to travel to **Trogir**, so make sure to download these apps to your phone for better planning. We also highly recommend you to have **Uber app** ready for unexpected situations ;)

**WE CAN HELP YOU TO ORGANIZE THE MOST OPTIMAL WAY TO COME TO THE VENUE IN LUDBREG SO CONTACT US!**





## WHAT TO BRING



Typical food and drinks from your countries, flags and souvenirs! We will have traditional evenings during the project and basically every evening will belong to a different country. Unfortunately, we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, drinks... and so on! Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can! We strongly advice though to avoid power point presentations and long video presentations (only of course this video wasn't created by your team for the project). Be creative!

**PLEASE MAKE SURE TO FOLLOW THE RULES OF SOCIAL DISTANCING DURING YOUR TRAVEL. HAVE YOUR HANDS WASHED IN ANY PRESENTED OCCASION, PACK FACE MASKS, GLOVES AND SANITIZERS TO YOUR CARRY ON BAG. FOR MORE INFORMATION ABOUT COVID-19, HOW TO AVOID GETTING SICK AND INFECT OTHERS, PLEASE FOLLOW THIS LINK: [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html)**

**YOU CAN CONTACT US FOR ANYTHING YOU NEED :**

**E-MAIL:**

**IGOR.DOBEC@UDRUGA-LUMEN.HR**

**INFO@UDRUGA-LUMEN.HR**

**NINAJACOBSON.ARTICO@GMAIL.COM**

**PHONE: + 385 99 723 7667 (IGOR)**

**BEFORE BOOKING YOUR TRAVELS, PLEASE CONSULT WITH YOUR SENDING ORGANIZATION. WE STRONGLY SUGGEST TO TRAVEL WITHIN THE GROUPS AND STICK TO YOUR GROUP LEADER TO ASSURE THE SAFETINESS AND MORE SUFFICIENT TIME MANAGEMENT. SEE YOU SOON IN CROATIA!**

**WITH BEST OF REGARDS,  
PROJECT TEAM ♥**