

Equality Hurts Noone

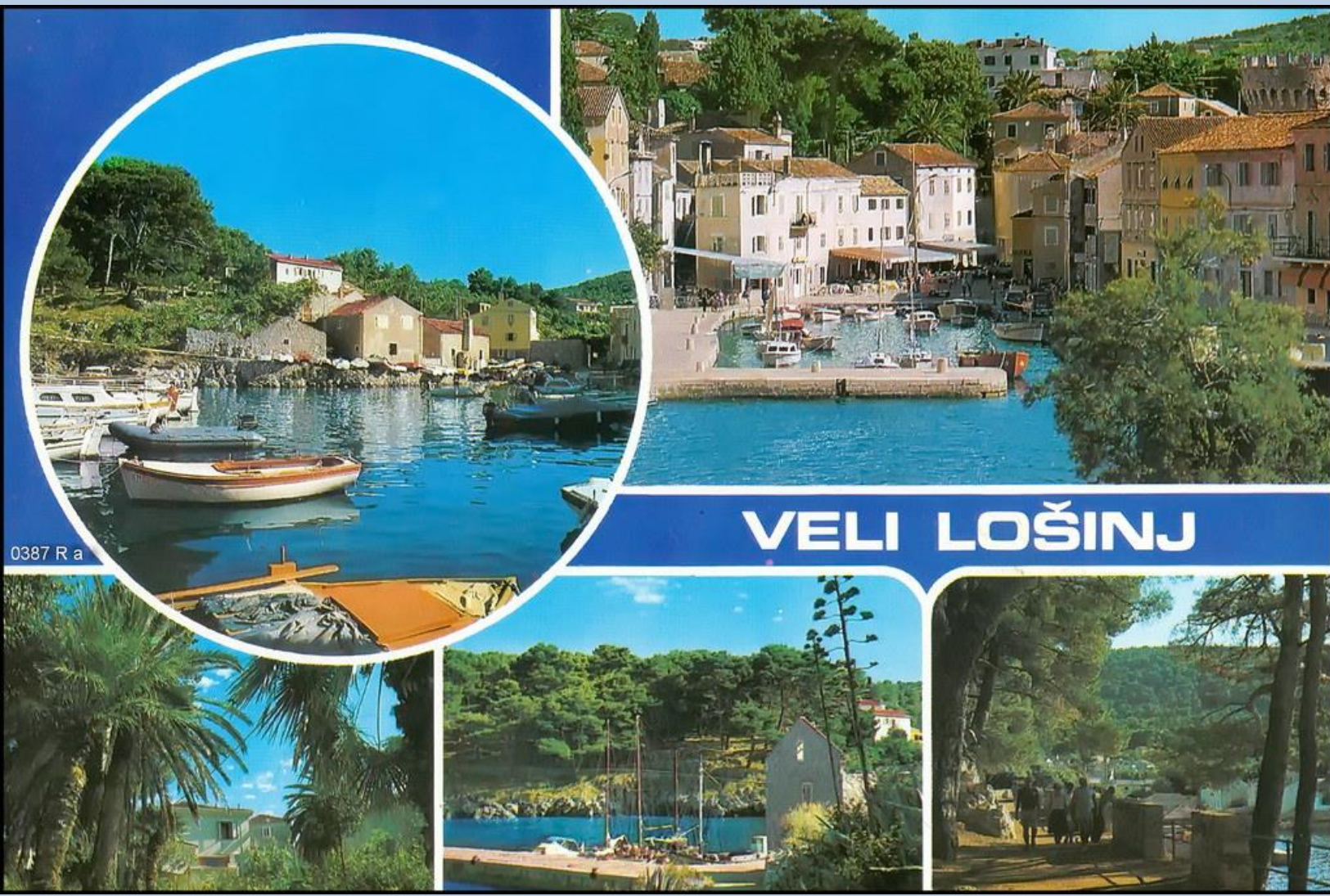
Veli Lošinj, 14 April - 23 April 2020



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AGENCIJA ZA
MOBILNOST I
PROGRAME EU



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About the Youth Exchange

The youth exchange will gather 50 participants from Croatia, Poland, Hungary, Northern Macedonia and Romania from **14 April to 23 April 2020**. In this project young people will explore stereotypes, prejudices and discrimination and their negative impact on young people. The project will be held at various locations in Veli Lošinj on the island of Lošinj, Croatia.

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



Croatia - 8 young people + 2 youth leaders



Hungary - 8 young people + 2 youth leaders



Northern Macedonia - 8 young people + 2 youth leaders



Poland - 8 young people + 2 youth leaders



Romania - 8 young people + 2 youth leaders



ISLAND OF LOŠINJ

Veli Lošinj is a village on the island of Lošinj in Primorje-Gorski Kotar 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 (1.9 mi) 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.

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. 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 programmes. 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 coordinator of the event is Medicinska škola in Šibenik, Croatia.

The Medical school in Šibenik deals with the education of students in the area of health. The school has been in existence since 1947.

At our school, students are trained for the profession of general nurse - general nursing technician (a five-year program), physiotherapy technician, sanitary technician, pharmaceutical technician, health-laboratory technician (all four-year programs). The school also trains adults who want to enter the caregiving profession. The school has 320 students. The education of our students involves various profiles of teachers, from core subjects to vocational ones. Our school has many activities: we actively participate in



the celebration of International Nursing Day, International Youth Day, Diabetes Awareness Day, Heart Disease Awareness Day, Elderly Day etc. Students are involved in many volunteering activities such as measuring blood sugar and blood pressure during events held in our community, visiting and organizing events for the elderly, the disabled, and children with special needs at their institutions, respectively. We actively participate in all Red Cross campaigns in our city. We are godparents

to a little girl from Tanzania named Margret Mbalale. We are one of the founders of "E-medica" international meets (<http://www.e-medica.hr/>), where we actively participate in various projects. We regularly compete at the city, county and state levels in all subjects, both core and vocational ones, where we achieve great results. Most of our activities can be seen on our school's website, which is regularly updated (<http://ss-medicinska-si.skole.hr>).





Human rights movement has seen dramatic progress in recent decades. However, recent rise of rightwing populism shows that gains made are still fragile. Thus, it is important that young people continue fighting for human rights in their communities. This is why young people have decided to create this youth exchange with a goal to better understand human rights, especially in relation to the right to education. In 2012, the European Council adopted a Strategic Framework on Human Rights and Democracy,

accompanied by an action plan to implement the framework. Some of the areas on which this framework relates to include:

- ★ **Combating** violence against women and girls
- ★ **Protecting** the rights of lesbian, gay, bisexual, transgender and intersex (LGBTI) people
- ★ Protecting human rights defenders
- ★ Complying with international humanitarian law (refugees and asylum seekers)
- ★ Dialogues on human rights.

This project is important because in these areas partner countries on this project lag behind Northern and Western European countries with respect to human right protections. The problem is not just inadequate laws, but discriminatory social attitudes. For this reason, it is important for young people to engage in these issues to fight stereotypes, prejudices and discrimination. By spreading awareness of the need to protect human rights in the society will also put pressure on the institutions to take human rights violations seriously. This is important because one of the key problem in partner countries is that we often have human rights good laws, but they are not implemented, and they are not implemented because of stereotypes and prejudices.

THE OBJECTIVES OF THE YOUTH EXCHANGE ARE:

1. improve the understanding of the concept of human rights among young people



Young people will better understand history of the human rights movement and how human rights are a crucial part of European values. They will also learn about the key documents on the European and global level, aimed at guaranteeing human rights. Participants will focus on three areas which young people decided are the most pressing and controversial in their societies:

- ★ sexuality and gender, i.e. equality between men and women and between heterosexual/cisgender majority and sexual and gender minorities (LGBTI)
- ★ race, ethnicity and religion, i.e. equality between the majority and ethnic, racial and religious minorities
- ★ right to education, with a special focus on integration of vulnerable minorities into the educational system.

These topics were selected by young people because these are the most pressing and controversial issues in their countries. LGBTI issues are taboo in most partner countries, nationalism is also very strong in most partner countries with violations of human rights of their ethnic and religious minorities not uncommon. Young people have especially chosen the topic of refugees, which is one of the most contentious issues in their societies and it often highlight racial, religious and ethnic prejudices in their countries.

Obtaining a good education is one of the preconditions for having a happy and successful life as an adult. Therefore, participants will focus on challenges young people face in obtaining good education, like rising costs of higher education, underfunded public schools and bullying and discrimination in the educational institutions, which can limit access to good education to youth from vulnerable groups.



2. improve the abilities of partner organizations to implement non-formal education activities



Most partners are schools and many partners have experience in education projects of ERASMUS+, but not in youth projects. Through this projects partners will improve their ability to implement international projects with a special focus on their extra-curricular activities and non-formal education methods with their students. Furthermore, they will create networks with schools from other countries which they can use for future

projects in both education and youth segment of ERASMUS+. Finally, partners will improve their work with young people by learning to let young people be in charge of selecting and implementing activities based on non-formal learning. In this youth exchange, the participants will create activities and projects which will later be implemented in their schools.

**New Skills
Training**

Youth Exchange Structure

Time	Day 1 Introduction	Day 2 Human rights movement	Day 3 Gender and Sexuality	Day 4 Race, ethnicity and religion
9:00-10:30	Introduction	Human rights movement	#metoo movement	Roma - Europe's largest minority
11:00 - 12:30	Group Building 1	EU values and human rights	Gender pay gap	HIV/AIDS
15:00 - 16:30	Group Building 2	Human rights in partner countries	LGBTI - homosexuality and bisexuality	Refugees
17:00 - 18:30	Youthpass	Equality vs Equity	LGBTI - trans* and intersex issues	Mid-term Evaluation

Time	Day 5 Reflecting on my experience	Day 6 Right to Education	Day 7 Final outputs	Day 8
9:00-10:30	River of privilege	Education in partner countries	Preparing final outputs	New Youth Exchange - Dissemination
11:00 - 12:30	My own prejudices	Rights of students	Preparing final outputs	Youthpass II
15:00 - 16:30	Free afternoon	Minorities in education	Preparing final outputs	Final Evaluation
17:00 - 18:30	Free afternoon	Inclusive education	Preparing final outputs	Closing remarks



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.



CREATIVE
Idea



The methods used during the YE 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 (positive and negative examples)
- ★ short presentations about key concepts like equality and equity
- ★ genderbread person for explaining LGBTI issues
- ★ story-telling (refugees)
- ★ fishbowl
- ★ debates
- ★ sharing and exchanging personal experiences
- ★ forum theatre - preparation for final performance and some energisers will also be based on movement in theatre
- ★ energizers, name games, ice breakers, group building games



These methods are appropriate because they are diverse. It is important for participants not to get bored by implementing the same methods all the time. Furthermore, some methods require preparation by participants (e.g. case studies), thus the methods serve to connect preparation phase to the implementation phase of the project. Also, methods allow participants to reflect on their own personal experience and compare their experience with participants from other countries. Finally, most methods are based on teamwork, which is an important skill that the participants will improve during this youth exchange.



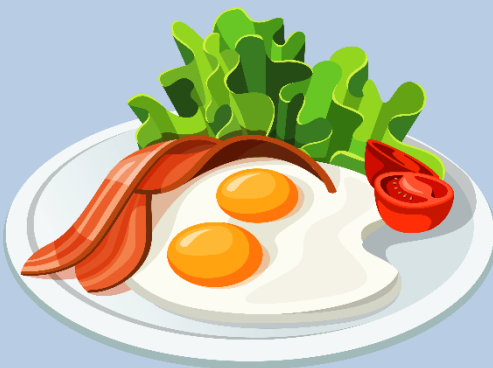
Accommodation and travel



Participants will be placed in HI Hostel in Veli Lošinj. We will be the only residents in the hostel. The hostel has wi-fi and participants can use laundry services (for a free). 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. Even though it is April and the sea is cold,

we advise the participants to also pack swimsuits. For the free afternoon we plan to visit the island of Susak, which has a very shallow bay and the water there is much warmer so it might be possible to swim.

Please note that this is a hostel and not a hotel. The youth leaders will be placed in three 2-bed rooms and two 3-bed rooms. The participants will be placed in 4-bed and 5-bed rooms. Please note that rooms have bunk beds and showers and toilets are shared. I repeat, this is a hostel, not a hotel, so please make sure that you explain this to your participants and youth leaders.



The breakfast will be served as a buffet in the hostel. Lunch and dinner will be served in a nearby restaurant. It is a part of an institution specialising in "School in Nature" project, so they have a lot of experience in preparing food for large groups of primary and high school children.

We had a project in this hostel last year with another school and both the youth leaders and participants were very happy with the food and accommodation.



The easiest way to reach Veli Lošinj is through regular bus services from Zagreb or Rijeka, or through a ferry from Zadar. Please bear in mind that Lošinj is an island with no bridge with the mainland Croatia and there are not many ferries going from the mainland Croatia to the island. Therefore, please consult us before buying tickets. We will help you find the right bus connection from the airport.

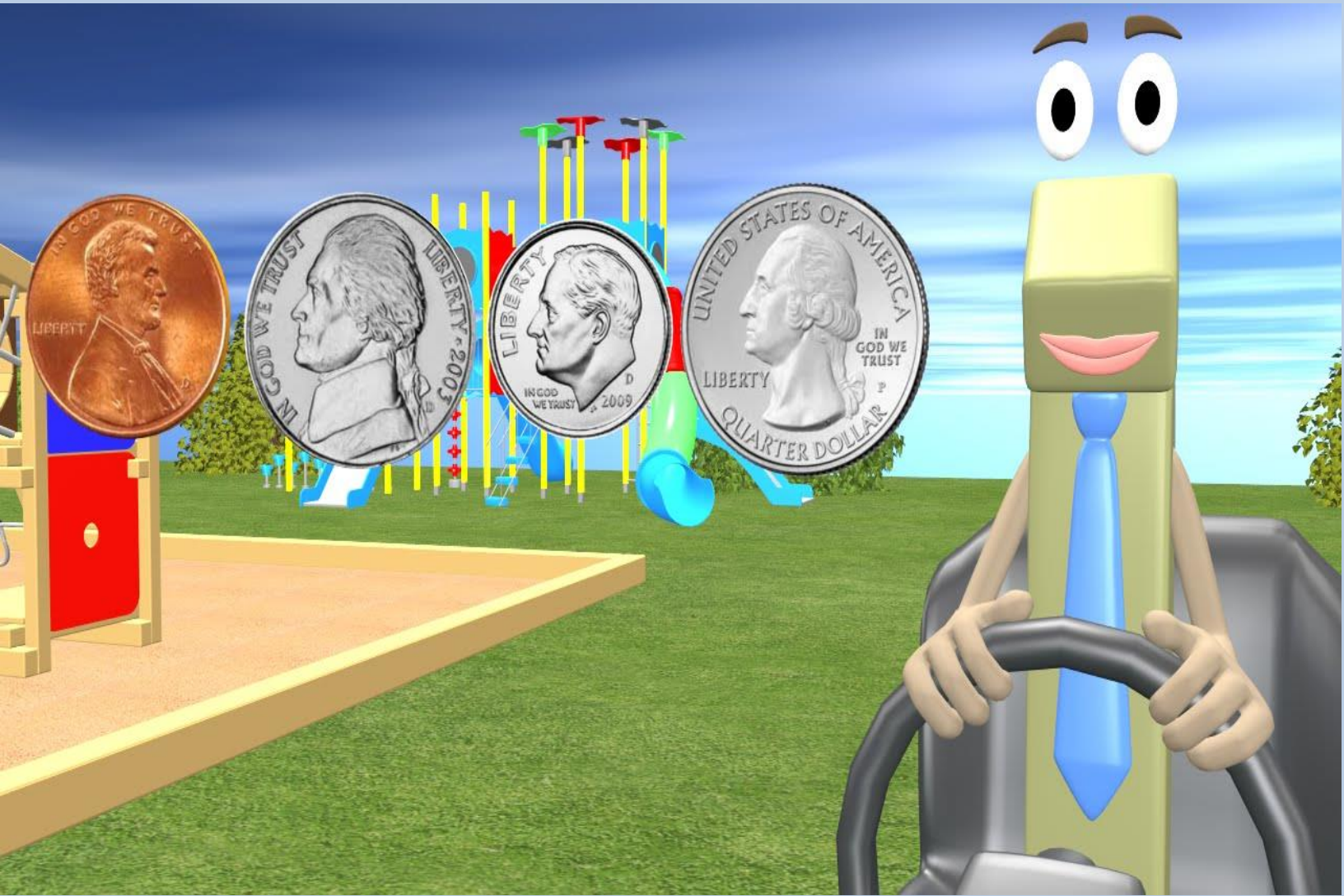
Croatia's capital Zagreb has very bad cheap connections to the rest of Europe. For cheaper flights, look for airports in Italy - Venice, Treviso and Trieste and smaller airport in Croatia - Rijeka and Zadar. Please note that there are cheap flights with Ryanair from Berlin to Rijeka and Zadar. If you have cheap flights to Berlin, it might make sense to fly to Croatia via Berlin.



For Northern Macedonians, I think the best option is to book a minivan to Zagreb or directly to Veli Lošinj. If you book a minibuss to Zagreb, please note that the bus to Veli Lošinj leaves at 13:30.

For Hungarians, I believe the best option is to get to Budapest and then take Flixbus to Zagreb and get on the same bus at 13:30 in Zagreb to Veli Lošinj.





The travel budget is the following:

Croatia - 180 euros per participant

Hungary, Northern Macedonia, Poland and Romania - 275 euros per participant.

Reimbursement will be made after the youth exchange and after all groups have submitted all the supporting documents (proof of dissemination, invoices, boarding passes and similar).



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 cultures of partner countries (important for creating breaking stereotypes and prejudices about countries and also very useful for

social cohesion in the group because the participants will use this preparation to start conversations with other participants on arrival day and day 1)

- ★ learn about Youthpass and how it can be used as a tool for evaluation your learning progress
- ★ learn about overall state of human rights in their countries
- ★ think about what European values means for them
- ★ research problems in education, with respect to inclusion, in their countries
- ★ prepare presentation about their country for intercultural evening
- ★ prepare traditional dances and food for intercultural evening

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



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:

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