



Erasmus+



CulSolidArt



Društvo kreativne mladine



14. 07. - 23. 07. 2023

ERASMUS+ YOUTH EXCHANGE

CulSolidArt

MURSKA SOBOTA & HODOŠ - SLOVENIA

CulSolidArt



Erasmus+

This project has been funded by the European Commission through the Erasmus+ Action KA1 programme. This communication reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



CulSolidArt



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ABOUT THE PROJECT

As part of a one-year project, we want to spread tolerance towards different minorities, bring young people closer to volunteering, to touch on the issues of inclusion of the LGBTQ+ community, the Roma community, the elderly population, homeless people, migrants, refugees, talk about racial discrimination, religious discrimination, sex discrimination and cultural diversity that Europe offers.

We will include environmental protection in the use of everyday tasks and try to use green travel as much as possible. By getting to know vulnerable groups and through work actions, we want to spread tolerance towards minorities. By carrying out past projects, we have gained the experience that work actions and the direct involvement of young people are very useful for acquiring competences, experience and developing self-confidence and self-esteem of young people.

Through Culture, Solidarity and Art (CulSolidArt), young people are further accumulating life experiences that can also help them enter the labour market. As part of the project, we want to prepare various voluntary actions to spread tolerance, the importance of mutual assistance and solidarity, while building on our own competences and building international bridges among young people. With events through the activities, with the integration of the local environment, through to the implementation of the final event and the dissemination of the results of our project, through online propaganda, we will spread the message of solidarity, free expression through art and the fight against discrimination.

The objectives of our project are: to learn about the concept of volunteering and its impact on the local environment, to learn about volunteering and good volunteering practices from partner countries, to learn about concepts such as: discrimination, hate speech, equality, minorities and cultural diversity, to get to know vulnerable target group (Roma community, LGBTQ community, refugees, migrants, elderly and homeless), to familiarise with open youth work and volunteering, to approach volunteering for young participants, to develop the personal competencies of young participants, developing the self-image and self-esteem of young participants, meeting vulnerable groups through our activities, developing competences in organising events and working in a team, getting to know the minorities in Pomurje region from Slovenia whom we will visit and help them through volunteering.



ABOUT THE PROJECT

We also want young people to cope with the stress and depression that have plagued them over the past year because of COVID-19 pandemic. With our actions and activities, we will also attract those who want to get to know the new Erasmus+ and European Solidarity Corps Programme.

In our project we want to carry out one youth exchange with the title "**CulSolidArt**", where we connected young people from Slovenia, Romania, Portugal, Hungary, Croatia & Estonia. The youth exchange will take place in the region of Pomurje in Murska Sobota and in Hodoš, which is a border village with Hungary. Murska Sobota boasts the first intergenerational house, which is based on a voluntary organization and is also a city friendly to volunteering and youth. The project involves young people between the ages of 16 and 30, and some group leaders are over the age of 30. We included at least 3 participants from each country with fewer opportunities. Participants face geographical, financial, economic, educational, social barriers and cultural differences.

Our activities include learning about volunteering through practical examples, art, creativity and the fight against discrimination. At the same time, we will spread the importance of solidarity and tolerance towards vulnerable target groups. Through connecting with the local environment, we have created activities that will have a positive impact on young participants and the environment itself. We gathered 39 young participants from different backgrounds and with different views on the topic.



Working methods will be: icebreakers, energizers, team/group work, interactive and creative workshops, open space workshops, discussions, evaluation, role playing, informal gatherings, local visits, guest visits etc.

The expected effects are primarily that young people develop their personal competencies and build on their self-esteem. At the same time, we want to encourage young people to more actively participate in volunteering and be a more active part of local society. Through the youth exchange, we want to support the active participation of young people in such projects. We want to offer young people as many new experiences as possible and show them that their voice is heard.

Through youth exchange and the project, itself, we want to encourage active citizenship, active participation in various international projects within the new ERASMUS + programme, we want to stimulate active cooperation in the field of youth and raising awareness of youth work. We want to encourage that young people are heard.



PARTICIPATING COUNTRIES:



Slovenia (9) joinus.erasmusplus@gmail.com



Hungary (6) robi@poli.hu



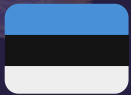
Romania (6) superyouthprojects@hotmail.com



Croatia (6) marija@zagor.info



Portugal (6) anogordio@gmail.com



Estonia (6) seiklejate.vennaskond@gmail.com

7 participants 16-30 years + 2 group leaders at least older than 21 years = 9 all together per country (Slovenia)

5 participants 16-30 years + 1 group leader at least older than 21 years = 6 all together per country (Hungary, Romania, Croatia, Portugal & Estonia)





PARTICIPANT PROFILE



- Young people aged 16 to 30, **residents** of participant's countries (SLO, CRO, HU, RO, PT & EST);
- Group leader at least 21 years old and can be over 30 years old;
- Required to be part of some voluntary organization or connected to the topic of volunteering, art and solidarity;
- Strongly interested in raising knowledge on Erasmus + Programme, youth project management;
- Motivated to address the issue in their communities, issues concerning young people at international level;
- Motivated to speak about solidarity, art, vulnerable target groups (Roma community, homeless community, LGBTQ+ community, elderly people...), mental health, anti discrimination and to spread tolerance among minorities issues and to turn ideas into actions;
- Ready to work in mix-intercultural learning environment, to contribute to succesfull project implementation;
- Motivated to take part in Erasmus + project, work in an international team and share their experiences in follow up period;
- Have communicative level of English and be able to take part in preparatory meetings, youth exchange and follow up activities;
- Every group will include participants with fewer opportunities facing cultural differences and social, economic obstacles. It means young people who face unemployment, are coming from socially and economically challenging environment and/or might face discrimination, stereotypes and prejudices in their communities;
- Required to be active and ready to do outdoor activities;
- Required to be promotor of healthy lifestyle and against use of alcohol and drugs.

Partners will be responsible to include at least 3 participants with fewer opportunities in their groups.

PROFILE OF GROUP LEADERS:

Group leaders will be selected by each organization. The Group leader is expected to be a person with previous experience in youth work and Erasmus + Programme who is ready to take participation and during the project, facilitate the project activities and provide support to the participants during the whole project, especially during implementation phase abroad but also during preparation and follow up period. Group leader has to be older than the rest of participants or at least 21 years old. Group leader will be responsible to write a short article about each day of the youth exchange and send it to their sending organization to publish on their Facebook and webpage (each day). group leader will also help to motivate all participants to organise an event for dissemination at home.



TRAVEL COSTS & REIMBURSEMENT

"CulSolidArt" project is implemented with the financial support of the European Union through Erasmus+ Youth in Action programme.

We will cover from the project budget, the following costs:

- Food, accommodation and activities (100%);
- Transport costs will be reimbursed on a lump sum basis:

Slovenia: 23€

Hungary 180€

Romania: 275€

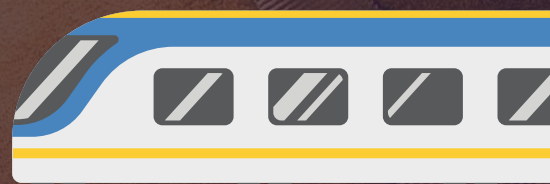
Croatia: 23€ (0-99km) or 180€ (100-499km)

Estonia: 275€

Portugal: 360€

Check your distance here:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>



TRAVEL BY:

Air: Airports: Ljubljana, Zagreb, **Vienna**, Budapest, Graz, Trieste. Treviso...
Check flights on google flights, usually the cheapest option is to take a flight to Vienna.

Train: (Budapest - **Hodoš** - Murska Sobota- Ljubljana), (Ljubljana - Murska Sobota - **Hodoš**)
Destination is always Murska Sobota or Hodoš (we will cover taxi costs only on short ride).

Car: Destination **Hodoš**, Slovenia (Hodoš 100, 9205 Hodoš – Hodos)

Bus: Ljubljana (capital) – Maribor- Murska Sobota - Hodoš, Budapest - Maribor-Murska Sobota- Hodoš.

If it's possible we suggest that participants travel by organized transport (cars, van...)
Check for GoOpti transport from the airport: <https://www.goopti.com/en/>

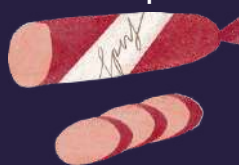
IMPORTANT!

We will reimburse the transport money ONLY if the participant will ACTIVELY take part during the whole project. This is international project with non-formal education that is granted from European fund. Notice also that we can reimburse the costs that you can prove us (original tickets). You can travel 2 days before activity starts and 2 days after activity ends. Don't buy your travel tickets before getting our confirmation! Each participant can arrange with sending organisation if you have to buy your own tickets or the organisation will buy and will get reimbursed by us. Reimbursement will be done to the sending organisation or to the group leader after the youth exchange. Probably end of August or September. It also depends how fast you will finish with your dissemination process.



WHAT TO BRING WITH YOU?

- On the second day, we will organise a culinary market showcasing traditional snacks from our countries. Each country will give a brief presentation of its traditional snacks (sausages, cheese, sweets, biscuits, drinks, desserts, savoury pastries, etc.). Each group is asked NOT to bring food that needs to be cooked. We will also have a normal dinner before this activity. There is no shop near our accommodation. The first shop is 30-40 minutes away on foot. The shop itself offers the most basic groceries and is not open all day.



- Each evening we will have a national evening, showcasing the characteristics, culture, tourist attractions, music, dance and customs of each participating country. Each country will have at least 1 hour to present the above mentioned points. In this activity we will only use a projector presentation, dance, music, games, etc. No culinary presentation or tasting in this activity. Participants should prepare their evening together with their group leader before arriving in Slovenia. You can find information about your national evening in the timetable of activities.

- Each group should have a flag from their country. We will use the flag for group photos and preparing TikTok videos.

- Each group should have at least 3 laptops (if possible also a camera for making videos)

- Each participant should bring comfortable clothes, comfortable shoes, sun cream, hat or sun hat, clothes that can get dirty during our work actions, sports clothes for team building and hiking/walking.

- Each participant is kindly asked to bring one object that symbolises his/her meaning of culture, solidarity & art

-Each participant is kindly asked to bring some toys, Kitchenware cosmetics or anything that they want to donate to local organisation which we will visit and is working with people that face any kind of obstacles (We will visit a youth center, youth crisis center, Roma community and homeless shelter).

- Each participant is kindly asked to bring some traditional sweets that we will donate to kids

- Medicine that you usually use (if you do)

- Passport or ID card

- Invoices and travel tickets for reimbursement

- European health insurance card (mandatory) or travel insurance

-Flip-flops or comfortable shoes for accommodation

-Water bottle (Water in Slovenia is drinkable everywhere, so we will contribute to reducing the use of plastic with our water bottles. We will also make sure that we always have water with us, as the youth exchange will take place in the summer)

-A lot of energy





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What to bring with you?

CHECKLIST

1. Passport or ID / travel documents
.....
2. Smartphone / laptop and chargers
.....
3. Washbags / wipes
.....
4. Traditional food for cuisine market
.....
5. Sun lotions & after-sun cream
.....
6. Hats, flip-flops, comfortable shoes for walking
.....
7. Comfortable & sport clothes & shoes
.....
8. Medicine that you need
.....
9. Hair dryer, bathroom cosmetics, some snacks...
.....
10. Euros €
.....



ACCOMMODATION: Youth house Hodoš



Our project "**CulSolidArt**" will take place near Murska Sobota, which is the biggest city in the region of Pomurje. We will stay in a beautiful small village HODOŠ, near Hungarian border. Our accommodation will offer us shared rooms, shared bathrooms, room for activities, big garden, beautiful nature, lake near the house (20-30 minutes of walking), dining room, a common space near our rooms and avoiding stress from the big city. Address is Hodoš 100 9205 Hodoš, or just type Mladinski dom Hodoš to google maps). We will stay in a large central building and in mobile homes.





ABOUT SLOVENIA



So Slovenia is cool, it's a tiny but beautiful Slavic country and people are also just as pretty and welcoming. Only these facts are the good reasons for you to come visit Slovenia and join our project that will be held in a nice village surrounded with beautiful nature . But hey, why stop at these when we can show you a set of interesting facts about Slovenia!



In the Heart of Europe

Where the Alps meet the Mediterranean and the Pannonian Plain meets the Karst, there is Slovenia. This small green country extends in the area of 20,273 km². It is one of the countries with an exceptional number of top athletes and rich cultural creation. In Slovenia it is not difficult to compare the value of goods and services, as they are priced in one of the most important world currencies – in euros.

- 1# Fact – Cavemen friendly territory
 - 2# Fact – Slovenes love vineyards
 - 3# Fact – Slovenes love their towns
 - 4# Fact – Coast is small but pretty
 - 5# Fact – Land is full of fuzzy bears
 - 6# Fact – They have pretty weddings
 - 7# Fact – Mountains are in their blood
 - 8# Fact – Oldest vine is from Slovenia
 - 9# Fact – They love to jump from their mountains
 - 10# Fact – Slovenes are pretty
 - 11# Fact – Slovenia has some cool neighbors
 - 12# Fact – It's full of green forests
 - 13# Fact – They have pretty Lipizzaner horse studs
 - 14# Fact – Their Mount Triglav is pretty high
 - 15# Fact – They enjoy bike rides and hiking
 - 16# Fact – Film makers also love the area
 - 17# Fact – Their parks are ancient old
 - 18# Fact – They are happy, so are their festivals
 - 19# Fact – They have unique hostels
 - 20# Fact – It's the land of Dragons
- JOIN US! and get to know the facts!





POMURJE



The world of unique water sources and dreamy romance along the River Mura.



The Pomurje region is a land of springs of healing water. You will discover a floating mill and an island of love in the Mura River near Moravske Toplice, Radenci, Banovci and Lendava. The largest Baroque castle in Slovenia is also located in this area. You will be fond of this region, which is the most dynamic region in Slovenia when it comes to dialects, culture, and language, especially due to its open and Pannonian soul. Pomurje is also the meeting point of various cultures, faiths, and ethnic groups, because it is a home to Roma and a Hungarian minority. The climate is mainly continental-pannonian, with partial Mediterranean influences. The region is home to three protected nature areas: Nature Park Goričko, Nature Park Ljutomerski ribniki – Jeruzalemske gorice, and Nature Park Negova. It is divided into 27 municipalities.



THOUSANDS OF MAGICAL THINGS MEET IN POMURJE, THE SUNNY LAND OF GOLDEN FIELDS, ON BOTH BANKS OF THE RIVER MURA

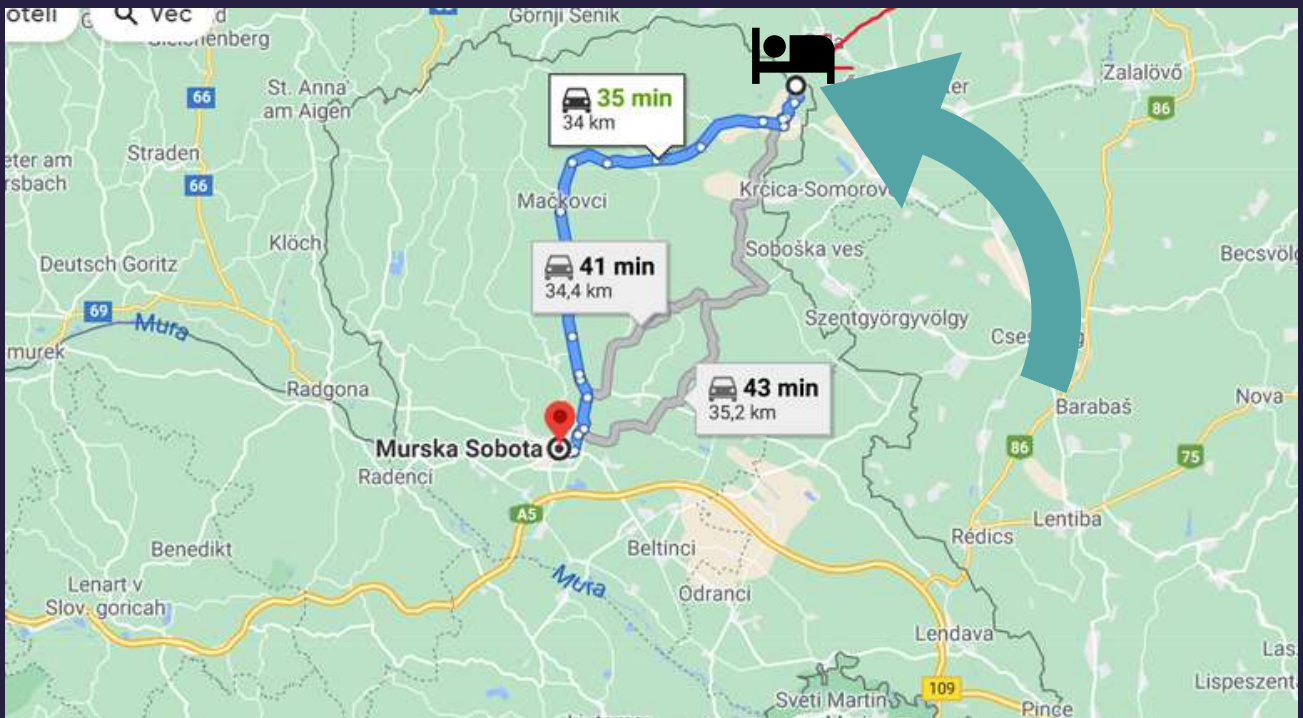
Check & follow: [pomurje_land_of_fairytales](#) Instagram & get to know the region before arriving to Slovenia & Pomurje

ADDITIONAL INFORMATION

- Accommodation has shared bathrooms
- ✓ Accommodation has free WI-FI
- ✓ You don't need to bring your own bedding
- ✗ There is no hair dryer in the bathroom
- ✗ There are no cosmetics in the bathroom
- ✓ Tap water is drinkable
- ✓ One towel per person in the room

Our accommodation is located 30 min from Murska Sobota

Coordinator of the project: Marko Lenarčič
Phone: 0038631702586 (WhatsApp, Telegram)
Facebook: Marko Blue Lenarcic



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
14. 07. Friday	15. 07. Saturday	16. 07. Sunday	17. 07. Monday	18. 07. Tuesday	19. 07. Wednesday	20. 07. Thursday	21. 07. Friday	22. 07. Saturday	23. 07. Sunday
	Breakfast 8:00-9:15 09:30-13:00	Breakfast 8:00-9:30 09:45-13:00	Breakfast 8:00-9:00 9:15-13:00	Breakfast 8:00-9:30 09:45-13:00	Breakfast 7:00-7:45 08:00	Breakfast 8:00-9:00 09:15-13:00	Breakfast 8:00-9:30 09:45-13:00	Breakfast 8:00-9:30 09:45-13:00	Breakfast 8:00-9:30 /
A	Energizer: Slovenia	Energizer: Slovenia	Energizer: Portugal	Energizer: Croatia	/	Energizer: Estonia	Energizer: Croatia	Energizer: Romania	/
R	Presentation of the project	What is volunteering? Presentation of voluntary work from each participating country with examples of good practices and market of organisations.	Local visit I: Erasmus+ day of changes in Murska Sobota	Artistic freedom of expression: -Circus art -Dance -Painting -Poetry -Music	Excursion visit to Ljubljana (capital of Slovenia) Local visit - example of good practice: House of European Union	Local visit Living room and info point for youngsters Creativity workshop at the Living room and info point for youngsters Creativity workshop in the park (creativity art for kids) Creativity workshop about hate speech	"CulSolidArt" creativity workshop: -video group -photo group -journalism group -dissemination group -Art & creativity group	"CulSolidArt" creativity workshop: -video group -photo group -journalism group -dissemination group -Art & creativity group Presentation of outputs	Final evaluation Farewell activities Talking stick
R	Erasmus+ and Youth Pass presentation								
I	Icebreaking games								
V	"Hopes, fears & contributions"								
A	"Project agreements"								
L	"Kitchen service"								
S									
/	Lunch 13:00-14:00	Lunch 13:00-14:00	Lunch 13:00-14:00	Lunch 13:00-14:00	Lunch box	Lunch 13:00-14:00	Lunch 13:00-14:00	Lunch 13:00-14:00	/
	Leader meeting 13:30-14:00	Leader meeting 13:30-14:00	Leader meeting 13:30-14:00	Leader meeting 13:30-14:00	/	Leader meeting 13:30-14:00	Leader meeting 13:30-14:00	Leader meeting 13:30-14:00	
	16:00-19:00	16:00-19:00	16:00-19:00	16:00-19:00	/	16:00-19:00	16:00-19:00	16:00-19:00	D E P A R T I U R E S
Welcoming of the participants	Energizer: Slovenia	Energizer: Slovenia	Energizer: Hungary	Energizer: Romania	/	Energizer: Estonia	Energizer: Hungary	Energizer: Portugal	
Presentation of the accommodation and the surrounding	Erasmus+ Mission is possible? "Country mix"	Presentation of « CulSolidArt » creativity workshop What is discrimination? Getting to know vulnerable groups -Roma minority -LGBTQ community -Refugees -Migrants -Elderly -Homeless people	Local visit - example of good practice Visiting Roma settlement Pušča -buclear workshop -sport activities	"CulSolidArt" creativity workshop: -video group -photo group -journalism group -dissemination group -Art & creativity group	Excursion visit to Ljubljana (capital of Slovenia) Teambuilding game: «City runs»	Local visit - example of good practice Visiting Soborn lake Cleaning action at Soborn lake	"CulSolidArt" creativity workshop: -video group -photo group -journalism group -dissemination group -Art & creativity group	Cup of feelings, share your thoughts, ideas and your happiness through walking.	
Leader meeting	Cup of feelings + learning diary	Cup of feelings + learning diary	Cup of feelings + learning diary	Cup of feelings + learning diary	Cup of feelings + learning diary	Cup of feelings + learning diary	Cup of feelings + learning diary	Cup of feelings + learning diary	
19:00 - 20:00 Dinner	19:00 - 20:00 Dinner	19:00 - 20:00 Dinner	19:30 - 20:00 Dinner	19:00 - 20:00 Dinner	20:00 - 21:00 Dinner	19:00 - 20:00 Dinner	20:00-21:00 Dinner	19:00 - 20:00 Dinner	
Informal gathering Eurovision hits Leader meeting	21:00-23:00 Cuisine market	21:00-23:00 National evening Slovenia	21:00-23:00 National evening Portugal & Hungary	21:00-23:00 National evening Croatia & Romania	Movie night	21:00-23:00 National evening Estonia	21:00-23:00 Free evening	Farewell evening & Youth Pass ceremony	

enjoy
every
moment.

inspire

Fearless

NOW
or
NEVER

DICTIONARY

Hello / Zdravo, Dober dan

Good evening / Dober večer

Good morning / Dobro jutro

Im sorry / Oprosti

Thank you / Hvala

I don't understand / Ne razumem

Please / Prosim

How are you? / Kako si?

Cheers / Na zdravje

Goodbye / Nasvidenje

Yes / DA/JA

No / NE

Excuse me? / Oprostite?

I like you / Všeč si mi

Love / Ljubezen

Nature / narava

How can I get to Hodoš? / Kako lahko pridem na Hodoš?

Where is the train station? / Kje je železniška postaja?

Where is the bus station? / Kje je avtobusna postaja?

Where is taxi? / Kje je taxi?



CulSolidArt



Društvo kreativne mladine



Seiklejate Vennaskond

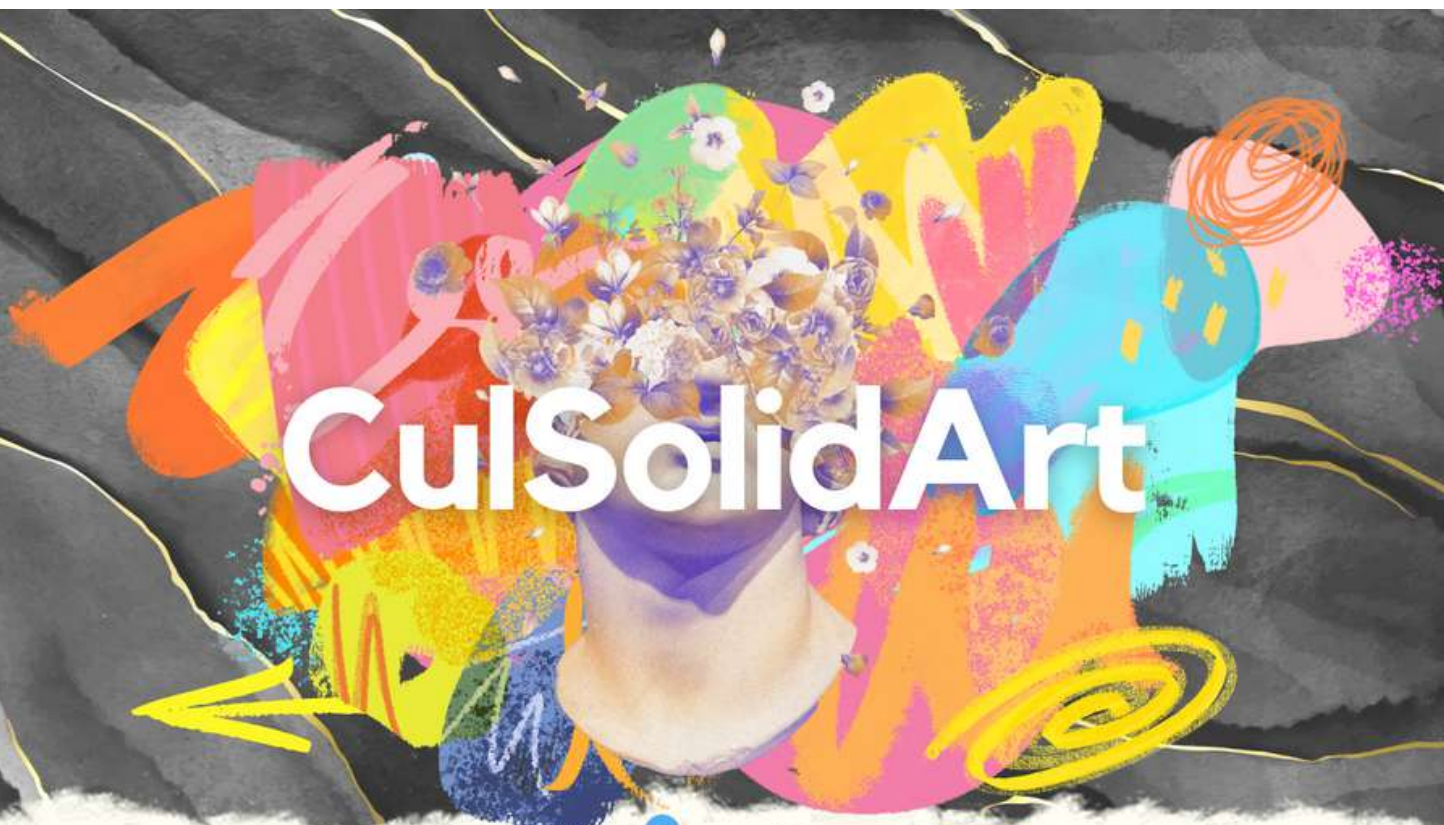
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