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Youth Gardeners

Long-term project

Youth Exchange:
Veli Iž, Croatia
25th - 29th April 2021

Youth Exchange
Las Palmas, Spain
October 2021

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Introduction

Small changes in practice and habits of youth can lead to great effect of having a healthy and active life. This project will focus on discovering and building healthy habits of youth by gardening, learning how producing one's own food is not so hard and understanding how vegetables and plants gives many benefits to oneself and the surrounding environment. Moreover, it will focus on the question of how gardens can become attractive places for younger generations and have a sustainable influence on their way of living.

The objectives of the project are:

1. To improve the knowledge and skills of youth with fewer opportunities in gardening practice by providing them with an opportunity to peer-learn about urban and organic gardening, permaculture and seed saving.
2. To promote a healthy lifestyle and habits of youth through contact with nature while gardening, doing manual work and have outdoor activities;
3. To raise awareness of youth on pollution issues such as pesticides and plastic pollution in agricultural practice, and its effects on human health and environment by reconnecting youth with the origins of food through gardening

Methodology & Working flow

The long-term project includes advance planned visits (already happened in November 2019), preparatory stage, youth exchange in Croatia, homework tasks, youth exchange in Spain, dissemination and follow-up activities.

Youth will exchange knowledge and good practices on the topic of gardening by creating and implementing the activities of the youth exchange by themselves, each national group will prepare tasks according to their knowledge and profile of participants. All participants should be involved in each activity of the project, preparation phase, two mobilities (Youth exchange in Croatia and a Youth exchange in Spain), homework tasks and follow-up activities.

Each partner involved will support youth in the preparation phase and homework phase by providing them with space for meetings, having regular contact and communication with the group and giving them the necessary tools and equipment for implementing activities.

Participants profile




















Participants are youth between 21 and 29 years old coming from Las Palmas and rural parts of Gran Canaria Island in Spain, Madeira Island in Portugal, rural regions and islands of Greece and Croatia.

Group will represent a mix of skills related to gardening, ecology, handcrafting, pottery making, permaculture, organic gardening, seed saving and storing, sustainability, painting and sewing.

Set of the following selection criteria will be followed: age, gender, residence, interest and motivation to the topic of the project, willingness to actively engage in preparation activities and homework tasks, as well as to share their experience, skills and knowledge with peers.

Daily Programme

Youth Gardeners - YE in Croatia

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	24.04.2021	25.04.2021	26.04.2021	27.04.2021	28.04.2021	29.04.2021	30.04.2021
8:00	ARRIVAL DAY	Breakfast					
9:00 - 09:15		Intro to the day; Getting to know each other	Energizer Name Game	Energizer Game	Energizer Game	Energizer Game	
9:30			Morning Group Reflection				
10:00	Catamaran from Zadar to Veli Iž	Hopes, fears, expectations, contributions	Let's start Gardening	Gardening	Planting of the seeds	Preparation of Public Event	
10:30		Youthpass and program presentation					
11:00							
11:30							
12:00							
12:30		Island Trail	Gardening	Seed Swap	Social Media Campaign	Public Event	
13:00					Individual Reflection		
13:30		Lunch					DEPARTURE DAY
15:00	Catamaran from Zadar to Veli Iž	Gardeners Manifesto	Benefits of Gardening, Plants & Veggies	Mid-Evaluation		End-Evaluation	
15:30							
16:00		Planification of gardening			Free Time		
16:30							
17:00						Coffee Break	
17:30		Free time	Preparation for Intercultural dinner	Preparation for planting seeds		Youthpass Give Away	
18:00							
18:30							
19:00	Dinner						
19:30			Intercultural Dinner				
20:30							
21:00	Welcome Evening	Free Evening	 INTERCULTURAL NIGHT	Free Evening	Free Evening	Goodbye Evening	
21:30							
22:00							

Croatian Team
Greek Team
Spanish Team
Portuguese Team
Without Preparation in advance
Individual Preparation

Travel guide

The arrival day to Zadar should be **24th of April, latest at 2:00pm**. The last ferry departs to Veli Iž at 3:00 pm. If for some reason you cannot manage to arrive on time, please contact us and we will help you out. The departure day is the 30th of April, preferably after breakfast. **Departure from the Island Iž is planned with a ferry at 12:40pm**. Note that there are no other ferries after 12:40pm. Please make sure you have afternoon or night flights since you have to travel by bus from Zadar to either Zagreb or Zadar Airport. If you would like to spend more time in Croatia, you can do it on your own expense. It is possible to stay in other cities two days after or before the youth exchange. Please **do not buy flight tickets before our approval**. To enter Croatia you will need a valid passport or, for citizens of the EU, a personal identity card will be enough.

Coming to Croatia by plane

We recommend you to fly to Zadar (closest airport), but you can also fly to Zagreb or Split. It takes about 45 mins from each airport to reach a bus or train terminal from where you can continue your trip to Zadar. Below you can find websites where you can find timetables and buy tickets. Timetables can change according to the time of the year, and will be announced on the website. If it is not possible to buy a ticket online, don't worry, you can buy the ticket at the station, usually buses are not crowded in spring. We recommend buying return bus tickets, but be sure to check the return schedule also because a return ticket must be used with the same bus operator.

Reaching Zadar

From Zagreb

By Bus

(It takes around 3:30 hrs of driving)

[Website](#)

By Train

(It takes around 12 hrs of driving) **We do not recommend it!*

[Website](#)

From Zadar Airport

By Bus

(It takes around 30 min of driving)

[Website](#)

NO TRAIN

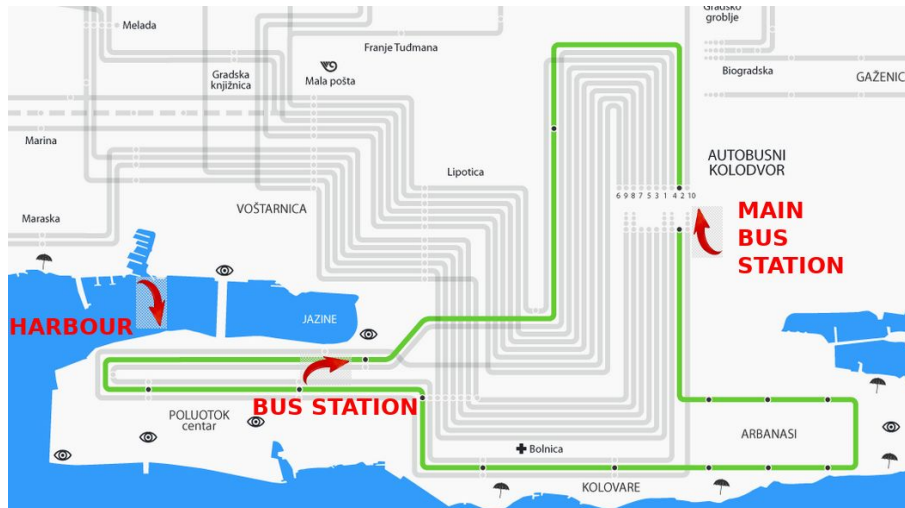
From Zadar Bus Station to Zadar Harbour

When you arrive at Zadar Bus Station, please take a local bus to Zadar Harbour in the Old Town (**Do not go to the Harbour Gaženica which is in the opposite direction**). Take a bus line 2, 4 or 9, to the bus stations near the harbour on Poluotok. Ask the driver to tell you where it is more convenient and closest to get out at the harbour in the Old Town of Zadar. **Keep in mind that we do not refund taxi, Uber or private car rides.** If you decide to have a comfortable walk, it takes around 30 minutes (<https://goo.gl/maps/zycvgLrvktDalwhy9>) to arrive from the bus station to the harbour. You can use the Next Bike service as well. Next Bike stations are located in front of the bus station and in front of the harbour in the Old Town.

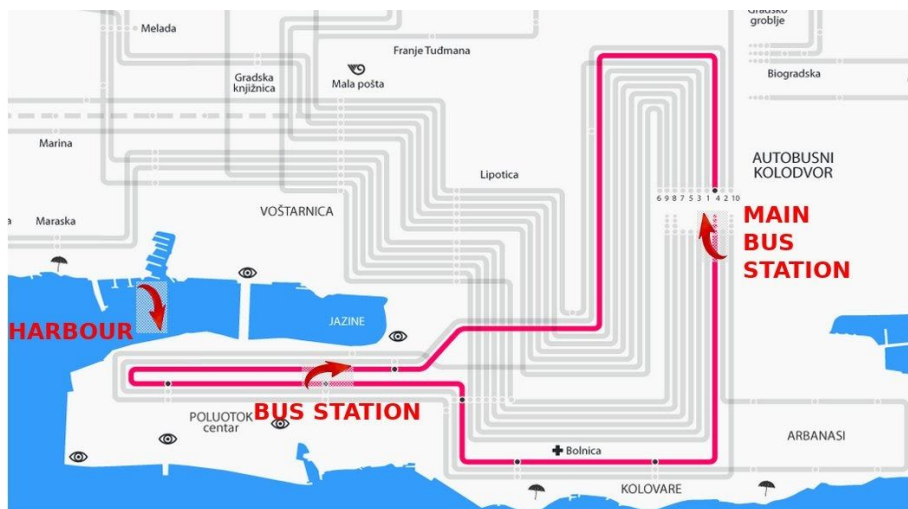
Bus station [Website](#)

Next Bike [Website](#)

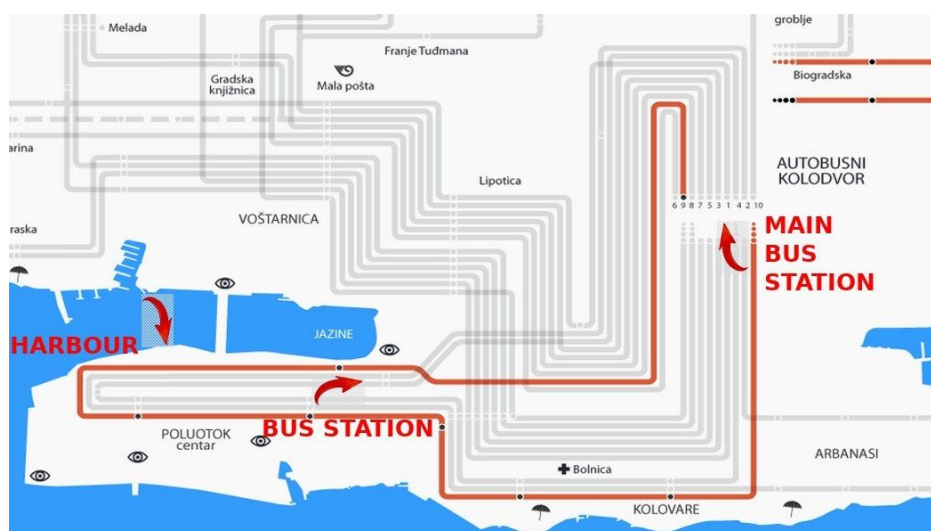
Bus line no. 2.



Bus line no. 4.



Bus line no. 9.



To Veli Iž by catamaran

There are two catamaran connections between Zadar and Veli Iž. First one departs at 10:00 am (<https://www.jadrolinija.hr/en>) and the second catamaran depart at 3:00 pm (<https://www.gv-zadar.com/red-plovidbe/?date=24.04.2021&from=zadar&to=veli-iz>). Note that there is no other catamaran after this hour. We recommend you to arrive before 2:00 pm in Zadar in order to easily manage to take the catamaran.

Jadrolinija - [Website](https://www.jadrolinija.hr/en)

GV - Zadar - [Website](https://www.gv-zadar.com/red-plovidbe/?date=24.04.2021&from=zadar&to=veli-iz)

Financial conditions

Food & Accommodation

Participants will be allocated in two, three and four bedrooms in apartments. It is important to know that there is no water supply on the island of Iž and that rainwater is the main source of water for household purposes. Therefore, responsible behavior towards water resources is required.

Food (breakfast, lunch, dinner, coffee breaks), accommodation and materials necessary for carrying out the activities will be provided by the coordinating organisation according to the rules of Erasmus+ programme.

Rules and procedure for reimbursement

Please **save and keep all original travel documents and invoices** (flight tickets, boarding passes, ferry, catamaran, bus and train tickets). If bought online, save the electronic document in PDF. If your airline requires you to check-in online, fill the form and save the PDF file. Most airline companies allow you to ask for an invoice, so please ask for the invoice as well.

Screen captures or pictures of tickets and invoices are not accepted.

As mentioned already, we will not be able to reimburse travel expenses incurred by private carriage such as Taxi, Uber or private car or the travel expenses without original tickets/invoices.

A ticket must have:

- Details of the seller, date of issue and price
- The route (unless local transport ticket)
- The travel date (unless travel date means issue date, like mostly local tickets).
- Purchaser's details (unless local or regional ticket)
- A ticket can be without a price, so that's why it is important to save the invoice which clearly refers to the ticket if the price doesn't appear on it.

Send the tickets:

- scan (don't take photo by phone!) and send the tickets by email
- send originals by snail post (take the tracking number in order to be able to follow the parcel)

Please send all the documents within **2 weeks** after the activity finishes otherwise it would mean you refuse to receive your reimbursement. More detailed instruction will be sent in a timely manner.

Travel costs will be reimbursed following the submission of original travel documents. We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without sending them to us by post when you return home!

Reimbursements will be done through bank transfer of your sending organisation.

The maximum travel budget:

Croatia	20€	Greece	275€
Portugal	530€	Spain - Canary Islands	530€

Travel costs will be reimbursed 100% up to the maximum amount listed above.

Health insurance

We strongly encourage you to bring European Health Insurance card.

What is European Health Insurance Card?

The European Health Insurance Card (or EHIC) is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EU to receive medical treatment in another member state for free or at a reduced cost, if that treatment becomes necessary during their visit. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers you for treatment of pre-existing medical conditions and for routine maternity care, as long as you're not going abroad to give birth.

I have travel insurance, why do I need EHIC?

The EHIC is not an alternative to travel insurance. It will not cover any private medical healthcare or costs such as mountain rescue in ski resorts, being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. Some insurers now insist you hold an EHIC and many will waive the excess if you have one.

Useful information

Weather conditions

Veli Iž is a small village on an island Iž in Zadar archipelago. It is a sunny island but weather and temperatures can be unpredictable, so please bring spring warm clothes and rain clothes, we recommend you to bring an umbrella in case of rain. During April, temperatures can vary from +10Celsius to +20 Celsius and it can be windy. Due to climate change, the weather is unpredictable. Be aware of your actions and contribute to the better climate conditions whenever possible.

Emergency numbers

Here is a list of the most important telephone numbers in Croatia:

- (+385) 112 – emergency number
- (+385) 192 – police
- (+385) 193 – fire brigade
- (+385) 194 – ambulance
- (+385) 1987 – road assistance
- (+385) 1 4640 800- HAK (Croatian automobile club)
- (+385) 18166 – weather forecast
- (+385) 18981 – general information

Croatian phrases

Good morning - Dobro jutro
Goodbye - Doviđenja
Have a nice day - Ugodan dan

Garden - Vrt
Vegetables - Povrće
Fruits - Voće
Water - Voda

How much does it cost? - Koliko košta?
How are you? - Kako si?
What's your name? - Kako se zoveš?

Nice to meet you - Drago mi je
The food is delicious - Ova hrana je ukusna
See you in the garden! - Vidimo se u vrtu!

Partners



Croatia

Udruga Prizma
www.udrugaprizma.hr
Contact person: Luana Matošević
info@udrugaprizma.hr
+385 98 365 3500



Greece

Youth Active Minds
<https://www.facebook.com/YouthActiveMinds/>
Contact person: Georgios Kakouris
youthactiveminds@gmail.com
+306 977 841 967



Portugal

Teatro Metaphora
www.teatrometaphora.org
Contact person: José A. Rodrigues
josebarros7@gmail.com
+351966359194



Spain

Atlas
www.fb.com/asociacionatlasgrancanaria/
Contact person: Manuel de Mendoza
atlas.laspalmas@gmail.com
+34656604290

Contact

Join us on [“Youth Gardeners” Facebook Group](#), where you can share photos, ideas and stay in touch with other participants.

For any inquiry, assistance or help please contact your sending organisation coordinators of the project, or directly the project coordinators:

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