





Društvo kreativne mladine



## 14.06.-23.06.2023

#### ERASMUS+ YOUTH EXCHANGE BLIŽINA - DISTANCE NO MORE MURSKA SOBOTA & HODOŠ - SLOVENIA

BLIŽINA - DISTANCE NO MORE

MURSKA SOBOTA, SLOVENIA



This project has been founded 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.



## Erasmus+



## **ABOUT THE PROJECT**

"Bližina – distance no more" is a hopeful project with the aim of bringing communities, togetherness, movement, empathy and artistic expression back to life among young people. Bring art closer to souls interested in different ways of expressing oneself, creating, seeing all the possible, different options of how to do something. It is not only a practice of performing, weather in society, every day life or on stage, but about sharing, caring, think, reflect of what is there within reach, what do I have to offer, teach others and what can I learn from my pears coming from different cultures. We will be discovering ways of movement, what can it be, how can I find the joy of contributing and having fun, while still think about delivering something critical and thought through. Our minds will be busy with thinking about how to make our days and our environment more like playground, discovering our imagination, and bringing all that tools back to our countries, motivated to implement some changes and support local or global art. Often art is taken too seriously or something for "high class", but this is the place where we will break it down and see potentialities, possibilities of how what we do actually maters. Even more, HOW we do it matters. By bringing new perspectives we mean as well as discussions, debates, talks, sharing sessions, reflecting, as well as going upside down with our bodies, sometimes it actually helps to see the world from upside down. With all our super powers combined we will create performance, including different medias, based on wishes, desires, curiosities there will be in the group and put it on stage. Everybody should experience how it is to be in a spot light, have those 5 min of fame. It might be inspiring to be in touch more with the beautiful form, called and known as art. The field is wide and with you it will become even wider.





BLIŽINA - DISTANCE NO MORE MURSKA SOBOTA, SLOVENIA

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## **ABOUT THE PROJECT**

The aim of the project is to present, through various activities, group work, non-formal education and presentations, both different cultures, examples of good practices of non-formal methods and visit different organisations and to show that we all have different point of views on the World itself. We want to broaden the understanding of difference and diversity, to include young people with fewer opportunities, to present dance and artistic practices as an example of good practice of non-formal education methods, talk about mental health among young people, how COVID-19 has affected us and to present diversity that Europe has.

Our aims include:

- To broaden understanding and communication (body language, facial expressions, art, etc.),
- To learn how to work in a group, showing that together we can do more and that each individual is important, with his/her own competences, sharing the knowledge already acquired and the desire to work together,
- To find a way back to connect to people, as social beings we need the contact, touch, face-to-face conversations and so on. t
- To take care of not only physical but also mental health,
- To promote and demonstrate an active, healthy lifestyle (to present different movement disciplines that can inspire people to further training),
- To support creativity,
- To learn to ask for help when we need it, to work together,
- Create a safe space where everyone can express their needs, wishes, ideas,
- To offer young people tools, methods to work in teams, to learn to listen, to take space to express their opinions and to think.
- To think outside the box,
- To give young people the opportunity to create, to express themselves through their own media, to find their own way of being heard, of being seen,
- To offer support, guidance and encouragement to the young participants to be creative in their own way,
- To inspire young people and encourage them to take action.

Above all, we want young people will find a common language and to explore how express their feelings and how to show their feelings without speaking. Mainly we want to find a way how to express ourselves throught art, media, or any kind of a way. We want to speak about diversity, how to be an anctive citizenship, how to support local community and spread tolerance.



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In our project we want to carry out one youth exchange with the title "Bližina-distance no more", where we connected young people from Slovenia, Romania, Norway, Portugal, Hungary, Bulgaria, Estonia, Greece & Slovakia. The youth exchange will take place in the region of Pomurje in Murska Sobota. 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 dancing, art, tolerance, diversity, culture, cultural expression, practical examples, 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 50 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.

To better understand the project and its activities, check the timetable.



## **PARTICIPATING COUNTRIES:**

Slovenia (8) joinus.erasmusplus@gmail.com
Hungary (6) robi@poli.hu
Romania (6) superyouthprojects@hotmail.com
Norway (5) creatoriuminternational@gmail.com
Greece (5) greekyouthmobility@gmail.com
Bulgaria (5) intern.walktogether@gmail.com
Portugal (5) producao@dctr.pt
Estonia (5) info@involved.ee
Slovakia (5) projects@youthfullyyours.sk

4 participants 16-30 years + 1 group leader at least older than 21 years = 5 all together per country (Norway, Greece, Bulgaria, Estonia, Slovakia & Portugal)

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



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## PARTICIPANT PROFILE



- Young people aged 16 to 30, residents of participant's countries;
- Group leader at least 21 years old and can be over 30 years old;
- Required to be part of some artistic organization or connected to the topic of volunteering, art, dance, 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 art, dance, mental health, anti discrimination, solidarity and to spread tolerance among minorities issues and to turn ideas into actions;
- Ready to work in mix-intercultural learning environment, to contribute to successful 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**

"Bližina - distance no more" 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€ Norway: 275€ Bulgaria: 275€ Estonia: 275€ Portugal: 360€ Slovakia: 180€ Greece: 275€



#### 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/

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 reimbirsed by us.

## WHAT TO BRING WITH YOU?

- we will have Cuisine market; it means that we will prepare presentations of our traditional food. We will prepare small market with tables. We are kindly asking that participants should bring food that they DON'T need to cook! (NO cooking!). It should be presentation with some traditional snacks. Before this activity we will have normal (light) dinner. Participants should bring some traditional food from their country. We will not have any access to the kitchen to cook or warm up the food. So please if we wrote no cooking, we also mean no cooking. There are NO shops near our accommodation.



- Every evening we will have a national evening. It means that each country will have at least 1 hour to present their traditions, attractions, culture... On this activity only presentations (power point, prezi, video, dance, singing, theatre...) no food! Participants should prepare the presentation before arriving to Slovenia. Info about when each country will have presentation is in the timetable.



- Each group should have a flag from their country



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

- Each participant should bring comfortable clothes, clothes for dancing, sport clothes for team builling , comfortable shoes for walking & clothes that can get dirty while our work actions

- Each participant is kindly asked to bring one object that symbolises his/her meaning of 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).

- Each participant should 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

-A lot of energy

#### **BLIŽINA - DISTANCE NO MORE**

MURSKA SOBOTA, SLOVENIA



## CHECKLIST

What to bring with you?

- 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. Comfortbale & sport & dancing clothes & shoes
- 8. Medicine that you need
- 9. Hair dryer, bathroom cosmetics, some snacks...
- 10. Euros €

# ACCOMMODATION: Youth house Hodoš



Our project "Bližina - Distance no more" 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, 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).



# 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!







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

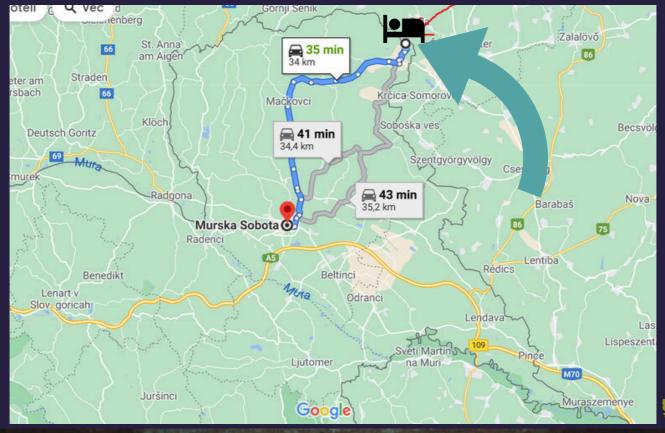
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### **ADDITIONAL INFORMATION**

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

Our accommodation is located 30 min from Murska Sobota

Coordinator of the project: Brina Dokl & Marko Lenarčič Brina: 0038631246565 Marko: 0038631702586 (WhatsApp, Telegram) Facebook: Marko Blue Lenarcic & Brina Dokl







Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day S	Day 9	Day 10
14. 06. Wednesday	15.06. Thursday	16. 06. Friday	17.06. Saturday	18. 06. Sunday	19. 06. Monday	20. 06. Tuesday	21.06. Wednesday	22.06. Thursday	23. 06. Friday
	Breakfast 8:00-9:15	Breakfast 8:00-9:00	Breakfast 6:00-7:00	Breakfast 8:00-9:30	Breakfast 8:00-9:00	Breakfast 8:00-9:30	Breakfast 8:00-9:00	Breakfast 8:00-9:30	Breakfast box
	09:30-13:00	09:15-13:00		09:45-13:00	09:15-13:00	09:45-13:00	09:15-13:00	09:45-13:00	1
¥	Energizer: Slovenia	Energizer: Slovenia	/	Energizer: Bulgaria	Energizer: Hungary	Energizer: Estonia	Energizer. Slovakia	Energizer: Hungary	1
N N N N N N N N N N N N N N N N N N N	Presentation of the project Erasmus+ and Youth Pass presentation Leebreaking games "Hopes, fears & contributions" "Project agreements" "Kitchen service"	Art workshop about mindfulness at MIKK Youth center in Marska Sobota Mindfulness expression through art (painting)	Excursion visit to Ljubijana (capital of Slovenia) Local visit – example of good practica, House of European Union	Artistic workshop I Dance -Dance -Ahasic -Speech -Audio - visual -Technology	Artistic workshop III Artistic workshop III Preparing the final artistic show Dance Antaic -Speech -Technology	Artistic workshop V Preparing the final artistic show Dance Music Speech Audio – visual Technology	Erasmus+ day of changes: Visiting: -Living room and info point for youngsters	Sound of silence activity Artistic expression in silence "All that we share"	Final evaluation Furewell activities Talking stick
	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	Lunch 13:00-14:00	Lunch 13:00-14:00	1
1	Leader meeting 13:30-14:00	Leader meeting 13:30-14:00	1	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
Welcoming of the	Energizer: Slovenia	Energizer: Slovenia	,	Energizer. Portugal	Energizer: Romania	Energizer. Norway	Energizer: Greece	Energizer: Norway	I P4
participants Presentation of the accommodation and the surrounding	Erasmu+ Mission is possible? "Country mix"	Workshop at MIKK Youth center in hursta Sobota What is art? What does art mean to me How did COVID-19 affect my mental beath?	Excursion visit to Ljubljana (capital of Slovenia) Teambuidling game : «City run»	Artistic workshop II Preparing the final artistic show Dance Minsic Speech Audio - visual Technology	Artistic workshop IV Preparing the final artistic show -Dance Anasic -Speech -Audio - visual -Technology	Artistic workshop VI Preparing the final artistic show Data: Data: Speech Audio - visual Technology	Dress rehearsal for the final show Final show «Bližina - distance no more» at MIRK Youth canter in the castle Murika Sobotal	Cup of feelings, share your thoughts, ideas and your happiness	<b>4 2 H D 2 H D</b> 2 M S
Leader meeting	Wake up your emotions + learning diary	Wake up your emotions + learning diary	Wake up your emotions + learning diary	Wake up your emotions + learning diary	Wake up your emotions + learning diary	Wake up your emotions + learning diary	Wake up your emotions + learning diary	Wake up your emotions + learning diary	1
19:00 – 20:00 Dinner	19:00 – 20:00 Dinner	19:00 - 20:00 Dinner	19:00 – 20:00 Dinner	19:00 – 20:00 Dinner	19:00 - 20:00 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	Mindful evening	21:00-23:00 National evening Bulgaria & Portugal	21:00-23:00 National evening Hungary & Romania	21:00-23:00 National evening Noway & Estonia	21:00-23:00 National evening Slovakia & Greece	Farewell evening & Youth Pass caremony	









## 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?



fictatorial like a dictator orially adv. diction /'dikf( ciation in spe dictio from dice dictionary /'d book listing (1 explaining the giving corresp language. 2 re the terms of

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Društvo kreativne mladine





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