



BREAK THE CYCLE

2023-3-HR01-KA153-YOU-000170099



AGENCIJA ZA
MOBILNOST I
PROGRAME EU



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


WELCOME ON BOARD



Dear friends,

thank you for joining us in this project!

This info pack will provide you with all relevant information regarding the preparation for the project activities. Please, read it carefully and follow the instructions. In order to assure smooth communication, please, check your emails regularly.



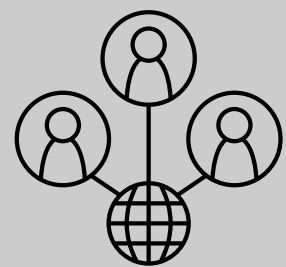
ABOUT US



ALTHEA's primary objective is to promote and contribute to sustainable development, not only locally but also at the national and international levels. This encompasses a broad range of activities and initiatives geared towards addressing the various facets of sustainability, including economic, social, and environmental dimensions.



ALTHEA is dedicated to inclusivity by actively involving all members of society, with a special focus on young people.



https://www.instagram.com/association_althea/
<https://www.facebook.com/associationalthea>
www.centaralthea.org (coming soon)



PROJECT PARTNERS



AYUNTAMIENTO DE MARACENA, SPAIN



STOWARZYSZENIE AKTYWNE KOBIETY, POLAND



HELLAS FOR US ASTIKI MI KERDOSKOPIKI MI KYBERNITIKI ETERIA, GREECE



LOVE AND CARE FOR PEOPLE, IRELAND



BREATHING ART COMPANY, ITALY



ASTRID, ROMANIA



AKDENIZ EGITIM VE ISTIHDAM DERNEGI, TURKIYE

PROJECT CONTEXT

Purpose of this project is to support development of competences of youth workers in the field of human rights, with the specific focus on the competences need for challenging and combating sexist hate speech online through counter and alternative narratives.

The increase in sexist hate speech targeting young people, particularly girls, has become a concerning issue in online spaces. Unfortunately, sexism is pervasive and extends beyond the digital realm, manifesting in various forms in both online and offline social interactions. It infiltrates environments such as schools, families, social circles, public spaces, and workplaces. Compounding the problem is the lack of sensitivity and an inability to identify sexism due to its adoption of more subtle forms of expression.

A significant challenge lies in the normalization and acceptance of sexism, with individuals often regarding sexist jokes as something normal without fully comprehending the broader consequences, particularly on the mental health of young individuals. This normalization perpetuates a harmful cycle that needs to be addressed.

Objective n° 1

To enhance understanding of sexism and sexist hate speech, online and offline.

Objective n° 2

To raise the awareness about the fact that anyone can be a victim of sexism, not only women.

Objective n° 3

To provide step-by-step professional guidance and support in understanding how to develop effective counter and alternative narratives.

Objective n° 4

To provide space and time for exchange of experiences, tools and methods among with the aim of raising the level of quality of youth work.



PROJECT ACTIVITIES

PROFESSIONAL DEVELOPMENT ACTIVITY/TRAINING COURSE (TC)

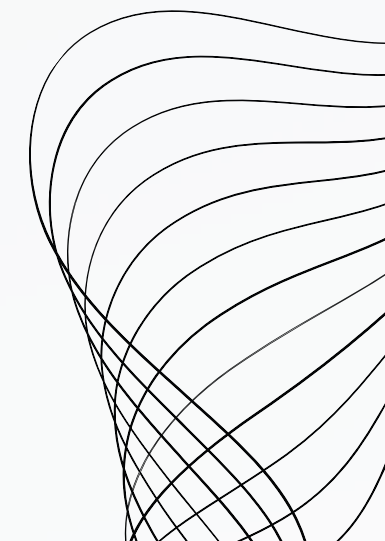
19–27 March 2024
Samobor, Croatia

arrival: 19 March (check in starts from 1pm)

departure: 27 March (check out at 10am)

Content of the training will include following: understanding sexism, understanding situations (legal frame, combating mechanisms, NGO activity etc.) at national levels of the partners, understanding how hatefull narratives work in online surrounding, presentation of hateful narratives, step-by-step development of counter and alternative narratives, analysis of key documents and regulations regarding sexism at European level, potential and role of Erasmus+ and non-formal education in combating sexism. Training will include both theoretical and practical part. Final time table will be delivered in later phase of preparation.

There will be no any program on travel days, participants are free to arrive/depart at any time they want on 19/27 March. Program will be implemented from 20–26 March. There will be 4 workshops per day, 90 min duration. There will be breaks in between. There will be enough of free time for participants to visit Samobor or Zagreb.



PARTICIPANTS

Each partner organization should select **4 participants age 18 years old and above** (no upper age limit).

- Participants are directly related to the work of partner organizations on regular basis
- Participants are responsible for implementation of non-formal learning activities and projects, especially those in the field of human rights
- Participants have professional need and high motivation for development in the field of gender-based violence and sexism
- Participants need to have fair command of English language in order to be able to take active role in the project, contribute to it and benefit from it
- Gender balance in each team is ensured in highest possible ratio, but gender balance cannot be taken as more relevant than participants motivation and potential multiplier impact after the project

PARTICIPANTS SELECTED AND CONFIRMED BY PARTNER ORGANIZATIONS need to fill in participants' form and join projects' Whatsapp group (links and deadlines later in the infopack).

VENUE

Training course will take place in Samobor - a lovely, small town located 20km (40min drive) from capital Zagreb city centre. Our venue will be hostel "Samobor" which is located in the city centre and has all needed facilities. It is a typical youth hostel which provides all needed contents for simple and cosy stay.

Participants will be accommodated in shared rooms, gender divided, with other participants from the group. Seminar room is within the hostel. Meals and coffee breaks will be provided at the hostel, in line with provided dietary needs. Bathrooms are shared on the floor. Towels will be provided but we advice you to take your towel and personal hygienic things you might need.



SAMOBOR

<https://www.samobor.hr/en/visit/>



Samobor is very popular weekend destination and the town which offers many leisure and free time possibilities.

You can climb the hill to reach Samobor castle ruins which provide spectacular view on surrounding areas. Since Slovenian border is only few kilometres away, you can see Slovenia as well. :)

You can ride a bike or hike in the area following many wine roads or visit Grgo's cave - one of the most beautiful caves in the north-western part of Croatia with rich selection of stalactites and stalagmites.

If you would just like to chill, you can sit in one of the many lovely bars and pasteries at the city centre, next to the river, and enjoy tea, coffee and - of course, best KREMŠNITA in Croatia. :)



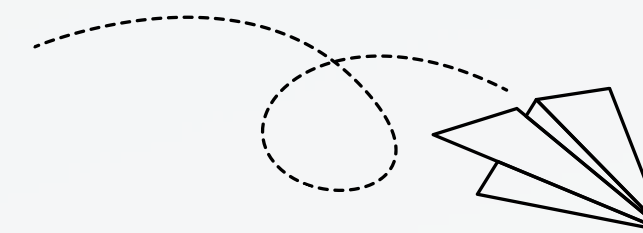
HOSTEL

<https://www.hostel-samobor.hr/en/>

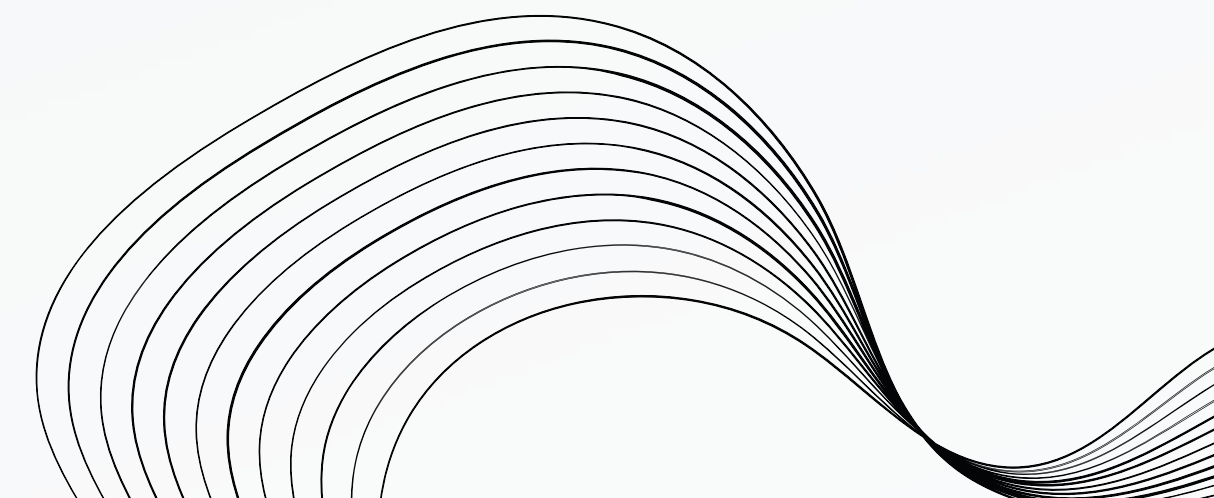


HOW TO REACH THE VENUE?

- Youth exchange will take place in Samobor which is some 20km from Zagreb. Nearest airport is Franjo Tuđman Airport Zagreb (<https://www.zagrebairport.hr/en>).
- Bus that will take you from the airport to main bus terminal in Zagreb city centre (last stop in the city centre) is in front of the exit. There is written CROATIA AIRLINES-ZRAČNA LUKA ZAGREB on the bus so you can hardly miss it. Bus goes every 30min during the whole day. The ticket can be bought online or inside the bus from the driver. Price is 8 EURO. <https://plesoprijevoz.hr/en/zagreb-croatia/>
- Once you reach main bus terminal in Zagreb, busses to Samobor go from the same place. Busses go frequently during the day, since early morning until late evening. Bus schedule can be found here: <https://voznired.akz.hr/VozniRed.aspx?lang=en>
- Once you reach Samobor, hostel is in the city centre. Address is Obrtnička 34, 10430 Samobor.
- Other nearby airports to consider can be Budapest or Vienna and from there you can reach Zagreb easily by bus or train.



REMARK: If you cannot catch the last bus, please, take BOLT or UBER to Samobor (others might charge you several time more). Taxi costs will be accepted only if occurred at the time when there is no public transportation available.



While booking flights and/or other means of transportation, keep in mind that **only public transportation and economy class are eligible** (except in exceptional case when there is no public transportation available). Participants are expected to purchase their travel tickets and the actual costs (on the condition that **total travel cost does not exceed the specified maximum amounts**) will be reimbursed after the project, upon the presentation of relevant justifying documents and after completing post-project activities (such as visibility and results dissemination).

TRAVEL GUIDELINES

It is recommended to obtain travel health insurance which will cover period of your stay in Croatia. For the participants coming from the EU member states it is recommended to obtain **European Health Insurance Card**. Insurance costs are not eligible for reimbursement.



Max travel grant per participant (in EUR, round trip)	Amount
Croatia	23
Italy	275
Spain	275
Ireland	275
Poland	275
Romania	275
Türkiye	275
Greece	275

Travel tickets need to be fully booked and sent to coordinator to centar.althea@gmail.com **latest until March 5.** Make sure booking is done in line with given instructions.

Participants can stay in Croatia for max 2 additional days out of the project dates. All costs that occur out of the project dates needs to be covered by participants. All travel documents' dates need to be relatable to project dates.

THINK ABOUT GREEN FORMS OF TRAVELING (BUS, TRAIN, CAR SHARING ETC.)

POST-PROJECT ACTIVITIES

REIMBURSEMENT

In order for reimbursement to be processed, we will need all of your documents from your place of origin to Samobor and back:

- flight booking confirmations/travel itinerary received by your emails or obtained in travel agency, with clearly visible your name, dates and destination of travelling and price
- invoice for flight if you received it separately
- boarding pass (no matter if it is obtained through app, checked in online or received in hard copy at the airport) reimbursement cannot be processed without boarding passes!
- bus/train tickets with clearly visible date of travelling, destination and price
- all the other tickets and invoices you might have

All travel documents will need to be delivered in line with detailed instructions provided by coordinators after the end of the project, within the given deadline. Participants are obliged to provide digital copies as well as hard copies upon request. Reimbursement of the eligible costs will be done to the accounts of partner organizations or exceptionally, to the accounts of a group member for the whole team in one transaction. No individual transactions will be possible.

Reimbursement cannot be done for lost travel documents! In case you do not have supporting documents as requested, reimbursement for part or all costs cannot be proceeded. Please note that the travel costs will be reimbursed on the real cost basis up to the maximum amount stated in the table in previous page, in accordance with Erasmus+ program rules. In case of exceeding the maximum amount, participant should cover the difference.

DISSEMINATION

As part of post-project participants will also have to do project visibility and result dissemination activities. This can be done as a team or individually through different online channels or by organizing face-to-face activities (eg. workshops to present project and project outcomes and Erasmus+ program, different online posts, blogs, videos, articles etc.)

IMPORTANT LINKS



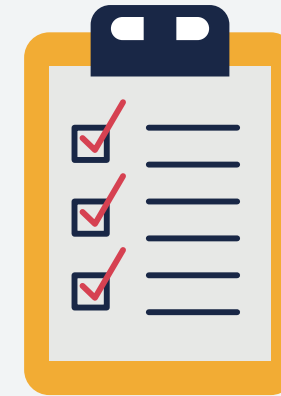
PROJECTS' WHATSAPP GROUP

In order to communicate effectively and share all relevant contents, please, please join project group below.

Deadline to join: March 2

<https://chat.whatsapp.com/HyIbdOs0Q6e9QiqF3rje52>

!This group is for coordinators and confirmed participants only!



PARTICIPANTS' FORM

In order to communicate effectively and share all relevant contents, please, please join project group below.

Deadline to fill it in: March 2

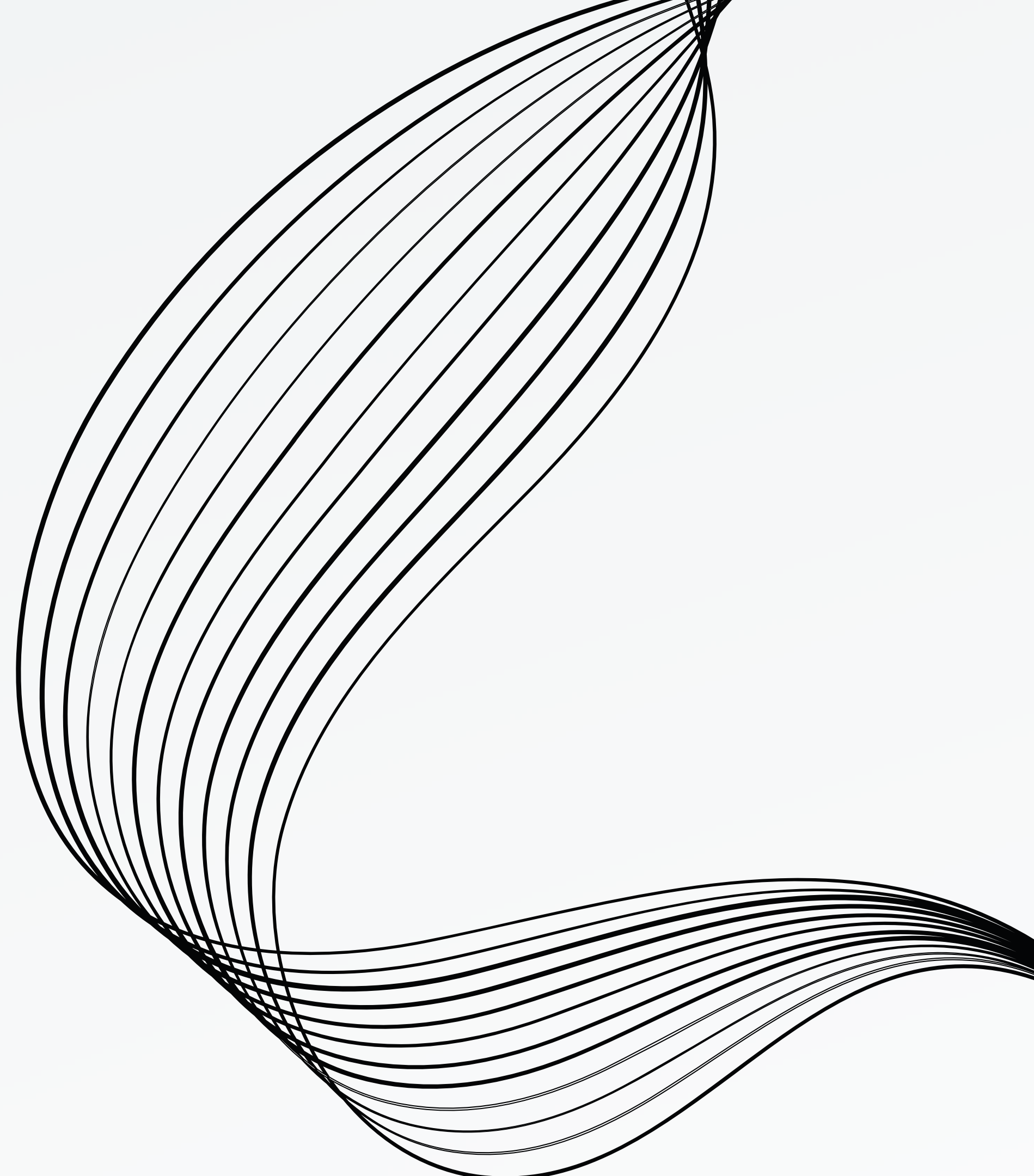
<https://forms.gle/Tbu1fKgGHmQRNsWy7>

!This form is for selected and confirmed participants only!

PREPARATION TASKS

In order to prepare well for the training, we kindly ask you to do following:

- *find at least two examples of sexist hate speech*
- *try to find a definition of hate speech*
- *research about sexism in your country and actions against it*



PREPARATION RECOMENDATIONS

What to bring with you?

- *towel*
- *slippers*
- *shampoo, shower gel and any other personal hygiene items you might need*
- *umbrella/raincoat*
- *sports/hiking shoes and any other comfortable outdoor clothes*
- *things for intercultural evening to represent your country (eg. snacks, traditional clothes, music instruments, souvenirs etc.)*
- *laptop/tablet since they will be essential for work done during the training*
- *motivation, curiosity and good mood :)*



FEW OTHER IMPORTANT THINGS



YOUTHPASS - as participants of Erasmus+ funded projects, everyone will receive a youthpass certificate after the end of the project. Youthpass certificate is a proof of developed competences (skills, knowledge and attitudes). More information about youthpass and 8 key competences can be found in following link: <https://www.youthpass.eu/en/>

The Online Language Support (OLS) - it is a tool designed to help Erasmus+ participant improve their knowledge of the language in which they will work, study or volunteer abroad so that they can make the most out of this experience. More info can be found here: <https://erasmusplus.ec.europa.eu/resources-and-tools/online-language-support>



CONTACTS

If you need any additional help or information, feel free to write to us.



centar.althea@gmail.com



+385997307931

*We are looking forward to welcome you
and your participants in Croatia soon!*

