



The Art of Self-Expression

Erasmus + KA-1 Youth Exchange
Zagreb - Croatia
25.10-02.11.2020

INFO PACK FOR APPLICANTS

Webpage: <https://babilontravel.eu/projects/the-art-of-self-expression/>

Application form: <https://babilontravel.eu/taose-application-form/>

Creating self-expression and joy in one's life is important to health and mental well-being. We as humans learn to release negative thoughts and emotions by putting these emotions into productive and creative venues. However, many people with disabilities can have trouble communicating. Art and creativity help those individuals to express themselves when communication is challenging. Partners developed this project with the main aim to encourage self-expression of young people with disabilities through practicing martial arts. This project will stimulate focus and physical activity of participants, while generating a social connection and sense of belonging. They will also gain a huge sense of achievement.



The Art of Self-Expression, an Erasmus+ Youth project has established as objectives to:

- Encourage self-expression of the participants (expressing own thoughts and, feelings) through practicing martial arts;
- Increase focus and self-control of the participants;
- Increase mental strength of the participants which will allow them to tackle problems better;
- Foster better understanding of important character traits like integrity and courtesy;
- Help participants with their social skills and their ability to connect with other people;
- Increase intercultural competences of participants, the common values of tolerance and respect as well as the sense of common European identity;
- Increase knowledge of participants of Erasmus+ programme.



The main activity will be organized in the form of a youth exchange (October 25 – November 2, 2020, travel days included) happening in Zagreb, Croatia.

The youth exchange will integrate 39 young people with special needs or fewer opportunities (13 youngsters/country), age 14-30, 6 youth leaders





(2 leaders/country), age 18+ and 6 accompanying persons (2 accompanying persons/country), also age 18+, from Croatia, Poland and Romania.

The participant youngsters could be with:

- Special needs:
 - Visual impaired;
 - Hearing impaired;
 - Physical disabilities;
 - Light mental disorders;
- Fewer opportunities:
 - Economic obstacles;
 - Social obstacles;
 - Geographical obstacles.

All participants, including youngsters, youth leaders and accompanying persons should:

- Be citizens or legal residents of Croatia, Poland or Romania;
- Attend at least a preparation meeting organized by the sending organization before the training course;
- Be ready to attend all the activities of the youth exchange and respect the timetable of activities;
- Disseminate project results after the end of the youth exchange.

For the youth exchange each country team is expected to prepare:

- A presentation of culture from their country and present it during the intercultural night. Presentations should not be longer than 30 minutes. Participants also need to bring some traditional food and drinks for the tastings.
- 2 presentations:
 - One about the benefits of martial arts (any type) on health and social life;
 - Another is a presentation of some important martial art fighters of your country.Each presentation should not be longer than 20 minutes.

All project activities are based on non-formal education methods and tools, which encourage active participation of each participant in the sessions. The whole learning methodology will be adapted to the needs of all the participants and will be inclusive with regard of the disabled ones.

Each participant youngster will receive at the end of the youth exchange a Youthpass.



According to the rules within the Erasmus+ Programme, financed by the European Union, participants will buy their own tickets. The coordinating organization from Croatia will reimburse the travel costs on basis of the cheapest and most effective transport arrangements. The receipts of complete and original tickets, invoices, bills, boarding cards etc. have to be presented

to the organizers.

Participants are expected to arrive to Zagreb, Croatia on October 25 and depart on November 2, 2020. The coordinating organization from Croatia (Para Taekwondo Klub Krijesnice) will reimburse travel costs, by bank transfer to the bank account of the sending organization, within



45 days after receiving all the original travel documents, after dissemination and after the youth leaders filled out the Mobility Tool questionnaire.

All costs regarding accommodation, food and transport are covered by the organizers.

During the dissemination process, participants are expected to:

- Join the official Facebook group of the project and post articles/photos/videos regarding the activities of the youth exchange;
- Give LIKE to the official Facebook page of the project;
- Right after the end of the youth exchange, post articles/photos and videos on their own Facebook page, Instagram, etc.



Participants should bring:

- Comfortable clothes and shoes, for indoor and outdoor activities. Sport shoes for the gym. Some of our activities are outdoor and, in the mountains;
- Health insurance (mandatory) valid at least for the duration of the youth exchange. The cost of the insurance is not refundable and has to be played by each participant. It is recommended to get a free European Health Insurance Card (EHIC) which is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EEA countries and Switzerland to receive medical treatment in another member state, if that treatment becomes necessary during their visit (for example, due to illness or an accident), or if they have a chronic pre-existing condition which requires care such as kidney dialysis. The term of validity of the card varies according to the issuing country;
- ID Card/Passport;
- Good mood and positive energy.



Project coordinator:

- Para Taekwondo Klub Krijesnice– Croatia;

Project partners / sending organizations:

- Asociatia Babilon Travel – Romania;
- Stowarzyszenie Aktywnosci Przeroznych - Poland.

For any further information, please don't hesitate to contact us at: office@babilontravel.eu

THANK YOU