

**The impact of us** is Erasmus + KA 1 project funded by the European Union. Project coordinator is Taekwondo klub Maksimir from Zagreb, Croatia.



Dates of the project are 30.09. - 08.10.2022.  
Zagreb, Croatia

This Youth exchange will integrate 63 people from Bulgaria, Romania and Croatia. The expected background of participants is youth with special needs and/or fewer opportunities with:

- Mental disorders
- Physical disabilities
- Economic obstacles
- Social obstacles
- Geographical obstacles

Costs are covered according to the Erasmus plus program: accommodation, food and travel is covered.



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### **Summary of the project:**

This project was developed by a group of young people with disabilities and fewer opportunities to tackle the challenges they face in everyday life when it comes to their physical and mental wellbeing. These challenges are identified by participants on the following levels: (1) individual - lack of knowledge about where to exercise; fear of falling; the nature of the impairment can produce pain; lack of energy; (2) social - depending on parents more than their peers; Physical Education teachers lack professional preparation or equipment and have to exclude youth with disabilities; lack of friends to play with; (3) environmental - lack of place to play; barriers in outdoor areas. The emotional and psychological impact that sport and physical activity can have on young disabled people are significant for their personal growth.

Project objectives are:

- To increase knowledge of participants on where and how to exercise as well as how to adapt physical exercises to different categories of youth with disabilities;
- To support social inclusion and develop social skills of the participants;
- To increase confidence and self-esteem of the participants;
- To increase motivation of participants to actively practice physical and recreational activities;

- To develop language and intercultural skills as well as a sense of belonging to the European community;
- To promote Erasmus+ and its Inclusion and Diversity Strategy, as well as Youthpass certificate.

**PARTICIPANTS TASKS:** \* These tasks are part of active participation in project that means it is obligatory to participate in them as well

1. Participants have to arrive on **30.09. and depart on 08.10.2022**. In case you want to come before or stay more in Zagreb, please, let us know and we can discuss it.
2. Participants have to prepare a presentation of their countries and present it on a project during evening leisure activities. Presentations can not be longer than 30 minutes. Participants also need to bring some traditional food and drinks for the tastings.
3. Participants have to participate in dissemination (sharing) of project results which will happen online (on their social networks like Facebook) and in their city where they will make 1 public event together with their sending organization.
4. In case participants want to make some extra workshops please write us suggestions on [tae.maksimir@gmail.com](mailto:tae.maksimir@gmail.com).

### **Participants responsibilities:**

- 1) Every participant is obligated to actively participate in all activities. In the case of missing out on some activities or behaving badly during the project, participants' travel expenses won't be reimbursed and participants are risking getting expelled from the project and sent back home on their own expenses.
- 2) Participants should take clean shoes (sneakers) for the gym hall and comfortable clothes
- 3) Participants are obligated to disseminate project results after the project mobility ends.

### **IMPORTANT INFO:**

Project coordinator Taekwondo klub Maksimir, Croatia: +385 91 911 3654, [tae.maksimir@gmail.com](mailto:tae.maksimir@gmail.com).

The European Health Insurance Card: Citizens of the EU have the right to European Health Insurance Card – get one before coming to Croatia. 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 EEA countries and Switzerland to receive medical treatment in another member state for free or at a reduced cost, 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. More info on [www.nhs.uk/chq/Pages/1073.aspx](http://www.nhs.uk/chq/Pages/1073.aspx). We also recommend taking additional health and travel insurance. If you need help with choosing one, please, let us or your sending organization know about it and we will help you with it. The people who don't have this card should get European insurance.

### Youthpass

At the end of a project you will get Youthpass. More about Youthpass here [www.youthpass.eu](http://www.youthpass.eu)

### Accommodation

We will stay at Funk Lounge Hostel at address Rendićeva 28 (Zagreb), +385 1 555 27 07 Link for hostel: [www.funklounge.hr/](http://www.funklounge.hr/). Funk Lounge is a friendly, clean and modern hostel that welcomes all travelers on a mission to explore Zagreb. Enjoy the laid-back atmosphere of our hostel and let your stay in Zagreb begin with beautiful smiles, free welcome drinks and funky music at the hostel's bar! Hostel is centrally located within a walking distance to Old Town of Zagreb, Zagreb's most beautiful park Maksimir, city Zoo and football stadium. Participants will be divided in rooms by gender with participants from other countries to share cultural diversity.

### Travel tickets

Keep your travel tickets, boarding passes, invoices, etc. because without these documents we are not able to reimburse travel expenses. Travel expenses cover public transportation (economy class). Taxi is not an eligible cost. Host organization Urbana mladež will transfer travel expenses to your sending organization and they are

the ones who will give you your travel expenses back. Travel expenses will be reimbursed after all participants implement dissemination of project results.

#### Travel route from bus station to hostel

When you come by bus, take tram number 5 or 7 in direction of "Dubrava" and it will take you directly to the Funk lounge hostel. You need to get out at the tram station called "Jordanovac". It is the 7th tram station after you get in at the Main bus terminal. At this station there is a bank called "Zagrebačka banka" so it will be easy to recognize it. From this station you can see "Dublin pub" and behind it is Funk lounge hostel (Rendićeva 28B).

#### PROJECT HOST ORGANIZATION: **Taekwondo klub Maksimir**



The Taekwondo Club "Maksimir" exists for more than 40 years. It was founded in 1978 under the name of the taekwondo club "Sava", and today has achieved a number of significant domestic and international successes. It is particularly famous for the successes achieved in taekwondo technique (the 15th time of the Republic of Croatia - the 15 championships so far held). Yearly, the club performs over 30 domestic and international competitions and various sports activities. Today, taekwondo club Maksimir brings together over two hundred children, young people and adults, including the youth with social, economic, mental and physical issues or disabilities, to train in 4 school halls, 2 community rooms and 2 gyms. The Taekwondo Club Maksimir is run by nine highly trained trainers. The main coach is Taekwondo's Senior Sports Coach - Tihomir Horvath 7. Day, who is also a longtime coach and technical team of taekwondo national team of the Republic of Croatia, and since this year was elected coach of the Paralympic Republic of Croatia.

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