

BRUSH UP ON YOUR  
EMOTIONAL  
INTELLIGENCE



**YOUTH EXCHANGE**

# **PALETTE OF EMOTIONS**

**27.6.2024. - 5.7.2024.**

(travel days excluded)

**ERASMUS+ YOUTH EXCHANGE ON  
EXPLORATION OF EMOTIONAL  
INTELLIGENCE THROUGH ART**



Co-funded by  
the European Union



**LOCATION:**

**Erasmus+**  
Enriching lives, opening minds.

# OSIJEK, CROATIA



**OSIJEK IS A VIBRANT CITY LOCATED IN EASTERN CROATIA, NESTLED ON THE BANKS OF THE DRAVA RIVER. WITH A RICH HISTORY DATING BACK CENTURIES, THE CITY SEAMLESSLY BLENDS ITS PAST WITH MODERN DEVELOPMENT.**

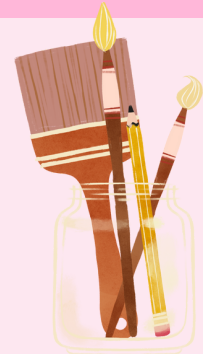


## TOPIC



**DEVELOPING EMOTIONAL INTELLIGENCE AND BUILDING MEANINGFUL CONNECTIONS AMONG PARTICIPANTS THROUGH COLLABORATIVE ARTISTIC EXPERIENCES AND REFLECTIVE WORKSHOPS.**

## OBJECTIVES



**ACQUISITION AND DEVELOPMENT OF EU-PROMOTED SKILLS AND COMPETENCES, SUCH AS INTERPERSONAL SKILLS, CULTURAL AWARENESS, AND EXPRESSION, LEARNING TO LEARN COMPETENCES AND EVEN DIGITAL COMPETENCES.**



## WHEN?



**ACTIVITIES START ON 27.6. AND ENDS ON 5.7.2024. TRAVEL DAYS ARE 26.6. AND 6.7.2024. PARTICIPANTS CAN ARRIVE TO CROATIA 1-2 DAYS BEFORE, AND LEAVE CROATIA 1-2 DAYS AFTER ON THEIR OWN BUDGET.**

# FINANCIAL ASPECTS



ACCOMMODATION AND FOOD ARE COVERED BY ERASMUS + PROGRAM TRAVEL COSTS ARE BUDGETED ACCORDING TO ERASMUS + CONDITIONS (USING THE EU DISTANCE CALCULATOR FROM YOUR HOME TOWN/VILLAGE TO OSIJEK)

[HTTP://EC.EUROPA.EU/PROGRAMMES/ERASMUS-PLUS/RESOURCES/DISTANCE-CALCULATOR\\_EN.](http://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en)

! IMPORTANT - IF YOU ARE UNSURE ABOUT THE AMOUNT PLEASE CONTACT ORGANIZER (SANELA RAVLIC, RAVLIC.SANELA@GMAIL.COM, WP +385917899235)!



## PARTICIPANTS

8 PEOPLE PER COUNTRY!

EACH PARTNER COUNTRY WILL SEND 7 PARTICIPANTS AGED 18 - 20 AND 1 LEADER (18+). WE ARE SEEKING VOLUNTEERS OR STUDENTS, BUT MOST OF ALL WE WANT TO GIVE THE CHANCE OF PARTICIPATION TO THOSE YOUNGSTERS WHO ARE NOT IN EMPLOYMENT, EDUCATION OR TRAINING (NEET)/PEOPLE WITH FEWER OPPORTUNITIES (SOCIALY, ECONOMICALLY, GEOGRAPHICALLY SPEAKING).

## TRAVEL TIPS AND MEETING INFO



TWO AIRPORTS ARE MOST CONVENIENT TO FLY INTO: BUDAPEST INTERNATIONAL AIRPORT - BUD - // ZAGREB FRANJO TUDJMAN AIRPORT - ZAG. TRANSPORTATION WILL BE PROVIDED WHEN ARRIVING AND DEPARTING FROM BUDAPEST AIRPORT (PLEASE ASK SANELA FOR ADDITIONAL INFO). IF ARRIVING TO ZAGREB AIRPORT THERE ARE DAILY BUSES FROM ZAGREB TO OSIJEK.

[HTTPS://GETBYBUS.COM/HR/](https://getbybus.com/hr/)

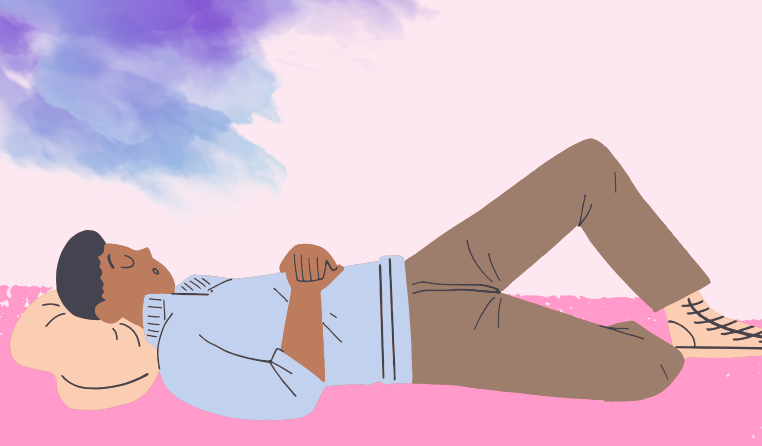
BEFORE BOOKING THE TICKETS, IF YOU NEED ANY INFO PLEASE CONTACT US! ITS OBLIGATORY TO RESPECT THE DATES OF YOUTH EXCHANGE (ARRIVE ON TRAVEL DATE AND DEPARTURE ON TRAVEL DATE). KEEP ALL YOUR BOARDING PASSES AND TRAVELING TICKETS, OTHERWISE NO REIMBURSEMENT WILL BE POSSIBLE!

CURRENCY - EUROS



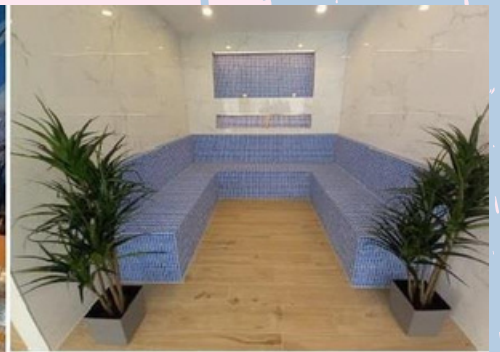
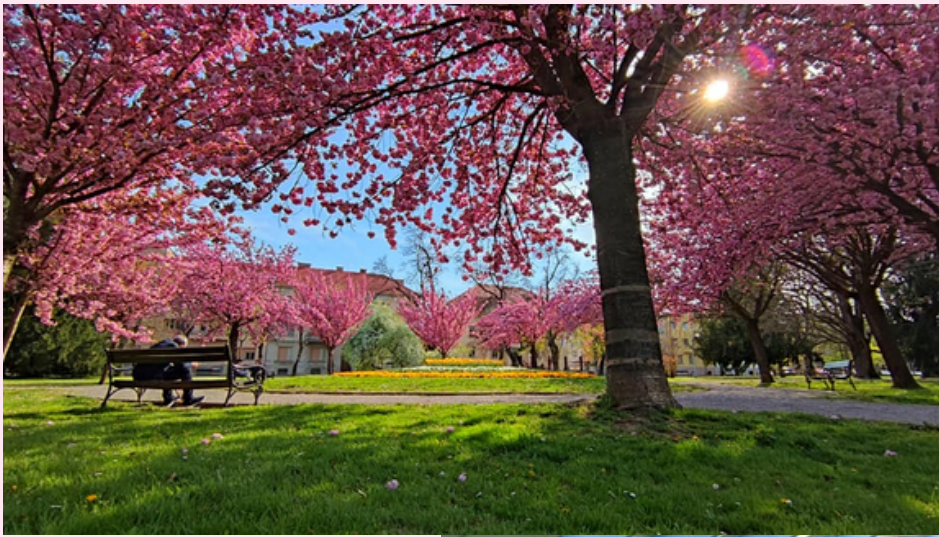
# ACCOMODATION

THE FACILITY PROVIDES QUALITY SPATIAL CONDITIONS FOR PERMANENT RESIDENCE AND IMPLEMENTATION OF EDUCATIONAL PROGRAMS FOR STUDENTS. ON THE GROUND FLOOR, THERE IS A HALL FOR CULTURAL ACTIVITIES, A COMPUTER CLASSROOM, A LIBRARY, AND A CLASSROOM FOR QUIET WORK



# WHAT TO BRING ALONG

MAKE SURE TO PACK LIGHTWEIGHT AND COMFORTABLE CLOTHING FOR YOUR VISIT TO OSIJEK IN JUNE/JULY. HOWEVER, IT'S ADVISABLE TO ALSO INCLUDE A HOODIE OR SOME WARM CLOTHES FOR COOLER EVENINGS. DURING THIS TIME OF THE YEAR, THE AVERAGE DAYTIME TEMPERATURE RANGES FROM 25-35 DEGREES CELSIUS, WHILE NIGHTTIME TEMPERATURES CAN DROP TO 15 - 20 DEGREES CELSIUS. ALSO, BRING COMFORTABLE SHOES FOR BEING OUTDOORS AND BRING YOUR BATHING SUITS.



# INTERCULTURAL EVENING

PLEASE BRING SOMETHING TYPICAL FROM YOUR COUNTRY IN ORDER TO PRESENT TO THE OTHER PARTICIPANTS DURING THE EVENTS OF INTERCULTURAL NIGHTS.



FOOD, DRINKS, TRADITIONAL CLOTHES, MUSIC, ANY INTERESTING THING TO SHOW, TELL US OF SOME CURIOSITY ABOUT YOUR TRADITIONS OR SOCIAL BEHAVIORS, TEACH US SOME DANCE, PLAY A TRADITIONAL GAME, EVERYTHING BUT POWER POINT PRESENTATION AND TOURISTIC VIDEOS, SUCH AS THOSE FROM YOUTUBE.

SO WE ENCOURAGE YOU NOT TO USE YOUTUBE VIDEOS EXCEPT FOR QUIZZES OR FUNNY SHORT CLIPS. WE WANT YOU TO EXPRESS YOUR CREATIVITY AS MUCH AS POSSIBLE



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# DAILY SCHEDULE

Time/day	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10					
08:00 - 09:00	Arrival and greeting of participants	Project introduction	Rules and games	Sculptures of Emotions	Improv. Theater of Emotions	Breakfast					Infographics	Skillset Cinema				
09:00 - 10:30						Pool time	Translating art through emotions	Osijek Architecture								
10:30 - 11:00						Coffee break										
11:00 - 12:30						Getting to know each other	Erasmus+ and Youthpass	Wheel of Emotions	Improv. Theater of Emotions	Pool time			Translating art through emotions	Osijek Architecture	Infographics	Skillset Cinema
13:00 - 14:00						Lunch										
15:00-16:30						Getting to know each other	Erasmus+ and Youthpass	Emotional Color Palette	Workshop - partner country	Pool time			Workshop - partner country	Nature's Vibrations	Mood Cards	Follow up
16:30-17:00						Coffee break										
17:00-18:30						Group dynamics	Families/ walk around the city	Free Afternoon	Feedback	Pool time			Workshop - partner country	Workshop - partner country	Evaluation	Youthpass Ceremony
18:30-19:00						Reflection										
19:00-20:00						Dinner										
21:00	Welcoming evening	Board game night	Intercultural Night	Intercultural Night	Intercultural Night	Movie Night	Free Night	Karaoke Night	Free Night							
	Farewell and departure of participants															