

Udruga Amazonas

## **INFORMATION GUIDE**

For voluntary service

### **CAPOEIRA COMMUNITIES: International became local**

**SEPTEMBER 3<sup>rd</sup> 2018. - AUGUST 3<sup>rd</sup> 2019.**

**ZAGREB, CROATIA**



Erasmus+

## BASIC INFORMATION ABOUT THE ASSOCIATION

Association Amazonas was registered in 2004. to promote social inclusion, intercultural learning and healthy lifestyles through various aspects of Brazilian culture and the art of capoeira. We use capoeira as a method to encourage multiculturalism, development of creative and social potential of children, youth and adults, as well as improving the quality of life of individuals and society as a whole. The target groups of our activities are mostly young people with fewer opportunities and some of our regular programs are: school of capoeira and acrobatics, Festival of Brazilian culture, Amazonas summercamp, international workshops and events. A big focus in our work we are putting on youth and children with fewer opportunities as well as developing social programs based on inclusion.

### **Amazonas is currently working on the following social projects:**

- 1. Tribo Moderna** – In this project we are working with kids who have behavioral problems, who cannot control their emotions and who feel excluded from society. Due to the variety of elements in capoeira and an emphasis on freedom of movement and creativity and lack of competition, through capoeira we allow each individual to realize their potential through the aspects that fits them best.
- 2. Uključi S(v)E!** – In this project we are promoting active participation of youth in society through involvement in volunteer activities (festivals, campaigns, media and digital activities, language classes, sport programs etc.), with a big focus of inclusion of the youngsters who are facing different obstacles as economical, social or medical obstacles.

Also, Amazonas team coordinates the projects in the frameworks of Youth in Action/Erasmus+ project of European Commission. Till now, we did one youth exchange, one training course and four long-term EVS projects.

More info you can find on our web site: [www.amazonas.hr](http://www.amazonas.hr)

## INFORMATION ABOUT THE EVS

Voluntary project “Capoeira communities: international became local” will be held in Zagreb, Croatia. It will host **four volunteers**, one from France, one from Germany, one from Spain and one from Italy. It will last **11 months**, from September 3<sup>rd</sup> 2018. to August 3<sup>rd</sup> 2019. Arriving day is September 3<sup>rd</sup> and departing day is August 4<sup>th</sup>.

**During EVS project, volunteers will be involved in 2 groups of activities.** First group is focused on the local community and other group of activities is focused on personal and organisational development. Furthermore, two volunteers will be more engaged in social project by working with children and two will promote social work of organisation by involvement in media activities.

**\*When you are applying for a voluntary service, indicate the preference group of activities.**

### **1. Activities which aim is inclusion of the youngsters and kids with fewer opportunities in society**

#### a) Tribo Moderna

2 volunteers will take part in this project which is working with children at risk focusing on inclusion through capoeira and sport activities. In a team with our local volunteers, volunteers will assist in preparation and implementation of cultural and sport workshops for kids in schools based on non formal learning of non - violence conflict solving and tolerance. In this activity volunteers will improve knowledge of how to connect pedagogy and sport, how to lead the group, how to solve conflicts in a group.

#### b) Participation in media team

2 volunteers will join media team of Amazonas. They will cover events, workshops, trainings and other activities in order to raise the visibility of Amazonas social projects. In this activity volunteers will improve knowledge about social media, they will translate and write articles, take a photos and learn how to do a video.

#### c) Preparation of the intercultural workshops

All 4 volunteers will have opportunity to create workshops/events etc. with aim is to raise awareness about differences in our communities. Those events will be open to local community.

#### d) Participation in team of Brazilactica

Every May we have festival of Brazilian culture. Volunteers, together with local volunteers will help in preparation of the small events/promotional material/contact with potential artist etc. The

aim of the festival is to raise awareness of different culture and to open people for it.

e) Promotion of the mobility

Through the project volunteers will promote mobility and Erasmus+ by creating events, presentations etc. By this, they will inform youngsters about new opportunities and motivate them to search for mobilities.

f) Language lessons (October to June)

All 4 volunteers will have an opportunity to prepare small lessons of their native languages and culture and 1-2 volunteers will prepare conversational English class. It will be once per week and target group are local youngsters with fewer opportunity. Through the year, this activity includes preparing a few language cafe's.

**2. Activities which aim is personal or organisational development**

a) Create idea, make a change!

During the project we will leave space for all volunteers to create, prepare and implement personal project. It will be something important for their personal development, but also something what can do change in local community or raise awareness on some issue.

b) Reflection group

Once in 2 weeks volunteers will reflect on their learning, get support if needed, agree on new plans with their coordinator.

c) Organisational development

Volunteers will help organisation in small tasks necessary for developing our cultural, sport and social project like translation of articles, searching for accommodation and partners, small office paperwork, maintaining the space, taking care of material etc.

d) Online Croatian lessons

**General informations about voluntary service:**

Volunteers will have free days at weekend (and fixed holidays during the Christmas and Easter) so they can explore city more, go home or travel around the Croatia. If they will need to work some weekend (because of specific activities), they will get free days during the week or more holidays. During the summer, weather will be great so they can visit the famous Croatian seaside. During the winter they can visit hill in Zagreb and enjoy in various winter activities.

Through the project volunteers will have health insurance, but **it is important that they have European health card with them before and when they are coming to service.** Once, when volunteers finish their voluntary experience, they will receive European certificate **Youthpass** as

a proof that they have been on this project.

## EVS BUDGET

EVS volunteers will receive the money monthly.

**Every month they will have the 150 Euros of the pocket money and they will receive 130 euros for food. Accommodation and living bills are covered by the project.**

Budget for the travel depends on the volunteer's country.

Travel budget for Germany, France and Spain is 275 euros and for Italy 180 euros.

## TRANSPORTATION

If we manage to get student tickets for public transportation, they will have tickets for tram and bus for whole year, through whole city. If not, we will provide them with ticket for local tram and bus transport during the winter months, and for summer months they will have bicycles.

## ACCOMMODATION

During the EVS volunteer will live in shared apartment with other volunteers (4 persons).

Accommodation will have: shared rooms (maximum 2 volunteers per bedroom), kitchen, dining place and bathroom.

**Exact address of apartment we will have in second part of August, before volunteer's arrival to Zagreb.**

## AMAZONAS TEAM

### **Iva Zelić (HR)**

Iva Zelić is journalist and youth worker.

Iva has a lot of experience in local, national and European projects. She was involved in it as a participant, trainer and as a member of the training team. She is in youth field for 6 years and she was working in many organizations as Status M, CESI, and Centre for personal development Synergy Syncro Croatia.

Through work with youngsters she collaborated with people from low income status, teenagers with family problems, Roma people and homosexual persons. In Amazonas Iva came in September 2014.

### **Tena Kostanjšek (HR)**

Tena Kostanjšek is a social pedagogue and capoeira instructor active in the youth field and with a big focus on working with youth with fewer opportunities. She is association manager of Amazonas. She has organized a training course in the frameworks of Youth in Action program of European Commission where she was one of the main trainers. She is a creator and coordinator of all social programs in Amazonas. She has been training capoeira for the last 14 years and has a title of capoeira professor. She attended more than 60 local and international workshops.

### **Mia Širac (HR)**

Mia Širac is a social pedagogue and she is a assistant in all pedagogue programmes. She is a coordinator of the volunteers who are working on „Tribo moderna“ project with kids with behavioral problems. She is evaluator of all Amazonas projects.

### **Blaž Glavinić (HR)**

Blaž Glavinić is administrative person. In this project he will be in charge of giving money and pay attention on the bills of the project and other administrative tasks.

**Trainers team:** Wider team of people working in Amazonas include sport trainers working on projects or leading classes of Amazonas activities.

**Local volunteers:** local volunteers are involved in various projects and activities through the year

## THE PARTNER ORGANIZATIONS

| Name  | Country |
|---|---------|
| Federación de Asociaciones Juveniles de Gijón | Spain   |
| Concordia Rhône-Alpes                         | France  |
| NaturKultur e. V. - Zweigstelle Bremen        | Germany |
| YUNET   | Italy   |

## ABOUT CROATIA, ZAGREB

**Croatia** (official name: **Republic of Croatia**) is a European country, geographically situated at the transition from central to south-eastern Europe. According to the 2011 census, Croatia has 4,174,349 inhabitants. The land area is 56,542 km<sup>2</sup> and the area of the territorial sea is 31,067 km<sup>2</sup>, which places Croatia among Medium sized European country. **The capital town is Zagreb**, which is the economic, cultural and political center of the country.

**Zagreb** is the capital of the Republic of Croatia. It is a town of contrasts – young and old at the same time, dedicated to business in the morning, relaxed and fun loving in the evening, a typical European metropolis in many ways but at the same time it is city which guests remember for the charm and relax. **Zagreb**, Croatia's capital and the largest city in the country, is a typical Central European town. It grew out of two medieval settlements that flourished for centuries on neighboring hills.

Zagreb's written history dates to the year 1094, when a diocese was established there. The classicist and secessionist facades of its historical nucleus exude the lofty spirit of the Austro-Hungarian Empire. Almost all of the main sites of the city and cultural venues are located in the very center, which teems with charming coffee houses, fine restaurants, garden restaurants, and lovingly tended parks like, for instance, Ribnjak, which lies beneath the walls of Kaptol. The pivotal point of the city is the magnificent Gothic cathedral with its filigree spires.

Zrinjevac, a park located only a few steps away from the main square, also forms part of the Lenuci green horseshoe that encompasses some of the most beautiful buildings in town.

## CURRENCY IN CROATIA

Currency in Croatia is Croatian **KUNA**.

**1 € = 7,50 KUNA (Kn)**

- ❖ coffee with milk in café: 8-12 kn
- ❖ Beer: cca. 12-15 kn
- ❖ Chocolate: cca. 10 kn
- ❖ Coca-cola, juice...: cca. 15 kn
- ❖ Cigarettes: >20 kn

You can take your money from ATM or you can go to a bank or exchange office. The difference in exchange ratio between bank and exchange office is really small. So we would recommend that you use banks just to be sure. Also, bear in mind that the Croatian kuna is usually not exchangeable outside Croatia so you'll either have to change it back into your home currency in Croatia or do some last minute shopping.

## EMERGENCY/CONTACT NUMBER

For all questions you have before or you will have after, please contact **Iva**, easiest by e mail: [iva@amazonas.hr](mailto:iva@amazonas.hr) but also available on gsm: **+385989142825**

Ok, so that is it for now – enough information.

We hope to have covered all your questions.

**Looking forward meeting you and see you in Zagreb!**