



Erasmus+



06. 06. - 15. 06. 2022

ERASMUS+ YOUTH EXCHANGE

TAKE A STEP AGAINST

DISCRIMINATION

MURSKA SOBOTA (RAKIČAN) - SLOVENIA



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Take a step against  
discrimination



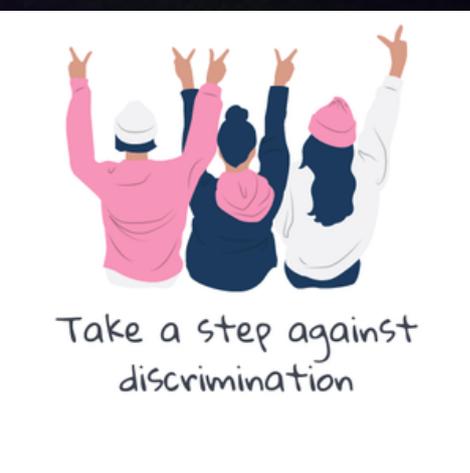
# ABOUT THE PROJECT

The project seeks to make young people more aware of the meaning of minorities as well as the word itself, because it is often falsely interpreted. We wish to banish stereotypes that are steered towards certain minorities and contribute to greater tolerance towards each other. The project seeks to continue to develop a string of cultural crashes and highlight the issue in an international environment. Simultaneously, we wish to contribute to other organisations deciding to prepare similar projects with the same name – "Take a step against discrimination".

Goals of our project: familiarize ourselves with minorities that live in the area of partnering countries, the culture, habits and traditions of partnering countries, familiarize ourselves with the diverse culture through practical examples, develop young participants' personal competences, get to know minorities in the region of Pomurje and Slovenia through practical examples, get to know life near the border and the cultures that inhabit the same space, get to know the Roma and LGBTQ+ community in Slovenia, make young people more aware of the importance of diversity, encourage young Europeans to participate in similar projects through social media, spread tolerance among young people towards different minorities, include young people with fewer opportunities, get to know the field of human rights, improve team work skills, network organisations and strengthen the partnership with project partners.



We will be implement one activity, a youth exchange with the title "Take a step against discrimination", where we will get to know minorities and tolerance towards one another. The project includes 36 young participants from Slovenia, Croatia, Lithuania, Romania, Poland and Hungary. Participants of the youth exchange can be 16 to 30 years old, among them also participants with fewer opportunities and youth leaders that can be over 30 years old.



The project aims to promote European cooperation in the field of youth, active citizenship of young people in general and European citizenship, as well as mutual understanding of young people from different countries and contributes to the development of quality support systems for youth activities. At the local level, all young participants will certainly leave a footprint in the interaction with people in the local environment.

Through the activities we will get to know new people with different national, cultural backgrounds and learn how to accept the difference. At the same time, we will surely learn something new about other countries and cultures, especially through presentations of individual countries and cultural and culinary evenings. We will connect each other, get to know each other more closely, as part of the team work, we will strengthen our teamwork competencies and the importance of adapting to the group.



**Working methods** will be icebreakers, energizers, team/group work, interactive and creative workshops, open space workshops, discussions, evaluation, role playing, informal gatherings, local visits, guest visits etc.

The expected effects are primarily that young people develop their personal competencies and build on their self-esteem. At the same time, we want to encourage young people to more actively participate in volunteering and be a more active part of local society. Through the youth exchange, we want to support the active participation of young people in such projects. We want to offer young people as many new experiences as possible and show them that their voice is heard.



# PARTICIPATING COUNTRIES:



**Slovenia (6)** [risko@ris-dr.si](mailto:risko@ris-dr.si)



**Hungary (6)** [robi@poli.hu](mailto:robi@poli.hu)



**Romania (6)** [alexandrugyongy@yahoo.com](mailto:alexandrugyongy@yahoo.com)



**Lithuania (6)** [Donatas@tavoeuropa.eu](mailto:Donatas@tavoeuropa.eu)



**Croatia (6)** [marica@kasalo.net](mailto:marica@kasalo.net)



**Poland (6)** [zielonyslon@greenelephant-foundation.com](mailto:zielonyslon@greenelephant-foundation.com)

5 participants 16-30 years + 1 group leader at least older than 21 years = 6 all together per country





# PARTICIPANT PROFILE



- Young people aged 16 to 30, residents of participant's countries;
- Group leader at least 21 years old and can be over 30 years old;
- Required to be part of some voluntary organization or connected to the topic of volunteering, art, solidarity, anti discrimination and minorities;
- Strongly interested in raising knowledge on Erasmus + Programme, youth project management;
- Motivated to address the issue in their communities, issues concerning young people at international level;
- Motivated to speak about voluntary work, anti discrimination, solidarity, art and to spread tolerance among minorities issues and to turn ideas into actions;
- Ready to work in mix-intercultural learning environment, to contribute to successful project implementation;
- Motivated to take part in Erasmus + project, work in an international team and share their experiences in follow up period;
- Have communicative level of English and be able to take part in preparatory meetings, youth exchange and follow up activities;
- Every group will include participants with fewer opportunities facing cultural differences and social, economic obstacles. It means young people who face unemployment, are coming from socially and economically challenging environment and/or might face discrimination, stereotypes and prejudices in their communities;
- Required to be active and ready to do outdoor activities;
- Required to be promotor of healthy lifestyle and against use of alcohol and drugs.

Partners will be responsible to include at least 3 participants with fewer opportunities in their groups.

## PROFILE OF GROUP LEADERS:

Group leaders will be selected by each organization. The Group leader is expected to be a person with previous experience in youth work and Erasmus + Programme who is ready to take participation and during the project, facilitate the project activities and provide support to the participants during the whole project, especially during implementation phase abroad but also during preparation and follow up period. Group leader has to be older than the rest of participants or at least 21 years old. Group leader will be responsible to write a short article about each day of the youth exchange and send it to their sending organization to publish on their Facebook and webpage (each day). group leader will also help to motivate all participants to organise an event for dissemination at home.



# TRAVEL COSTS & REIMBURSEMENT

"Take a step against discrimination" project is implemented with the financial support of the European Union through Erasmus+ Youth in Action programme.



We will cover from the project budget, the following costs:

- Food, accommodation and activities (100%);
- Transport costs will be reimbursed on a lump sum basis:



Slovenia: 20€

Hungary 180€

Romania: 180€

Lithuania: 275€

Croatia: 180€

Poland: 275€



## TRAVEL BY:

Regarding the COVID-19 virus, we are asked to travel in so called "bubbles", that we have as little contact with other passengers as possible.

**Air:** Airports: Ljubljana, Zagreb, Vienna, Budapest, Graz, Trieste. Treviso...

**Train:** (Budapest - Murska Sobota- Ljubljana), (Ljubljana - Murska Sobota)  
Destination is always Murska Sobota (we will cover taxi costs only on short ride).

**Car:** Destination Rakičan, Slovenia (Dvorec Rakičan, Lendavska ulica 28, Rakičan, 9000 Murska Sobota)

**Bus:** Ljubljana (capital) – Maribor- Murska Sobota , Budapest - Maribor-Murska Sobota.  
If it's possible we suggest that participants travel by organized transport (cars, van...)

## IMPORTANT!

We will reimburse the transport money ONLY if the participant will ACTIVELY take part during the whole project. This is international project with non-formal education that is granted from European fund. Notice also that we can reimburse the costs that you can prove us (original tickets). You can travel 2 days before activity starts and 2 days after activity ends.

Don't buy your travel tickets before getting our confirmation! Each participant can arrange with sending organisation if you have to buy your own tickets or the organisation will buy and will get reimbursed by us.



# WHAT TO BRING WITH YOU?

- we will have Cuisine market; it means that we will prepare presentations of our traditional food. We will prepare small market with tables. We are kindly asking that participants should bring food that they DON'T need to cook! (NO cooking!). It should be presentation with some traditional snacks. Before this activity we will have normal (light) dinner. Participants should bring some traditional food from their country. We will not have any access to the kitchen to cook or warm up the food. So please if we wrote no cooking, we also mean no cooking. There are NO shops near our accommodation.

- Every evening we will have a national evening. It means that each country will have at least 1 hour to present their traditions, attractions, culture... On this activity only presentations (power point, prezi, video, dance, singing, theatre...) no food! Participants should prepare the presentation before arriving to Slovenia. Info about when each country will have presentation is in the timetable.



- Each group should have a flag from their country

- Each group should have at least one computer (If possible also a camera for making videos)



- Each participant should bring comfortable clothes, sport clothes for team building, comfortable shoes for walking & clothes that can get dirty while our work actions

- Each group should prepare a short presentation (up to 15min max) about their sending organization with examples of good practices of their work and including art, culture, European year of youth 2022 and vulnerable groups. The presentation should also include a short presentation of minorities in our country (Roma, LGBTQ, Homeless, National minorities...) and examples of good practices and national events. The presentation has to be done before coming to Slovenia.

-Each participant is kindly asked to bring some toys, Kitchenware cosmetics or anything that they want to donate to local organisation which we will visit and is working with people that face any kind of obstacles (We will visit Roma kids).

- Each participant should bring some traditional sweets that we will donate to kids

- Medicine that you usually use (if you do)

- Passport or ID card

- Invoices and travel tickets for reimbursement

- European health insurance card (mandatory) or travel insurance



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*What to bring with you?*

## CHECKLIST

1. Passports / travel documents  
.....
2. Smartphone / laptop and chargers  
.....
3. Washbags / wipes  
.....
4. Traditional food for cuisine market  
.....
5. Sun lotions & after-sun cream  
.....
6. Hat, comfortable shoes for walking  
.....
7. Comfortable & sport clothes  
.....
8. Medicine that you need  
.....
9. Hair dryer, bathroom cosmetics, some snacks...  
.....
10. Euros  
.....

# ACCOMMODATION: MANSION RAKIČAN

Our project "Take a step against discrimination" will take place near Murska Sobota, which is the biggest city in the region of Pomurje. We will stay in a beautiful countryside Mansion Rakičan. Our accommodation will offer us rooms, (which are equipped with private bathroom with shower and internet), room for activities, big park, dining room and a common space near our rooms.



Name of the accommodation:

DVOREC RAKIČAN

Address: LENDAVSKA ULICA 28, RAKIČAN,  
9000 MURSKA SOBOTA





# ABOUT SLOVENIA



So Slovenia is cool, it's a tiny but beautiful Slavic country and people are also just as pretty and welcoming. Only these facts are the good reasons for you to come visit Slovenia and join our project that will be held in a nice village surrounded with beautiful nature . But hey, why stop at these when we can show you a set of interesting facts about Slovenia!



## In the Heart of Europe

Where the Alps meet the Mediterranean and the Pannonian Plain meets the Karst, there is Slovenia. This small green country extends in the area of 20,273 km<sup>2</sup>. It is one of the countries with an exceptional number of top athletes and rich cultural creation. In Slovenia it is not difficult to compare the value of goods and services, as they are priced in one of the most important world currencies – in euros.

- 1# Fact – Cavemen friendly territory
  - 2# Fact – Slovenes love vineyards
  - 3# Fact – Slovenes love their towns
  - 4# Fact – Coast is small but pretty
  - 5# Fact – Land is full of fuzzy bears
  - 6# Fact – They have pretty weddings
  - 7# Fact – Mountains are in their blood
  - 8# Fact – Oldest vine is from Slovenia
  - 9# Fact – They love to jump from their mountains
  - 10# Fact – Slovenes are pretty
  - 11# Fact – Slovenia has some cool neighbors
  - 12# Fact – It's full of green forests
  - 13# Fact – They have pretty Lipizzaner horse studs
  - 14# Fact – Their Mount Triglav is pretty high
  - 15# Fact – They enjoy bike rides and hiking
  - 16# Fact – Film makers also love the area
  - 17# Fact – Their parks are ancient old
  - 18# Fact – They are happy, so are their festivals
  - 19# Fact – They have unique hostels
  - 20# Fact – It's the land of Dragons
- JOIN US! and get to know the facts!





# POMURJE



The world of unique water sources and dreamy romance along the River Mura.



The Pomurje region is a land of springs of healing water. You will discover a floating mill and an island of love in the Mura River near Moravske Toplice, Radenci, Banovci and Lendava. The largest Baroque castle in Slovenia is also located in this area. You will be fond of this region, which is the most dynamic region in Slovenia when it comes to dialects, culture, and language, especially due to its open and Pannonian soul. Pomurje is also the meeting point of various cultures, faiths, and ethnic groups, because it is a home to Roma and a Hungarian minority. The climate is mainly continental-pannonian, with partial Mediterranean influences. The region is home to three protected nature areas: Nature Park Goričko, Nature Park Ljutomerski ribniki – Jeruzalemske gorice, and Nature Park Negova. It is divided into 27 municipalities.



THOUSANDS OF MAGICAL THINGS MEET IN POMURJE, THE SUNNY LAND OF GOLDEN FIELDS, ON BOTH BANKS OF THE RIVER MURA

Check & follow: [pomurje\\_land\\_of\\_fairytales](#) Instagram & get to know the region before arriving to Slovenia & Pomurje

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# ADDITIONAL INFORMATION

Accommodation has shared bathrooms

✓ Accommodation has free WI-FI

✓ You don't need to bring your own bedding

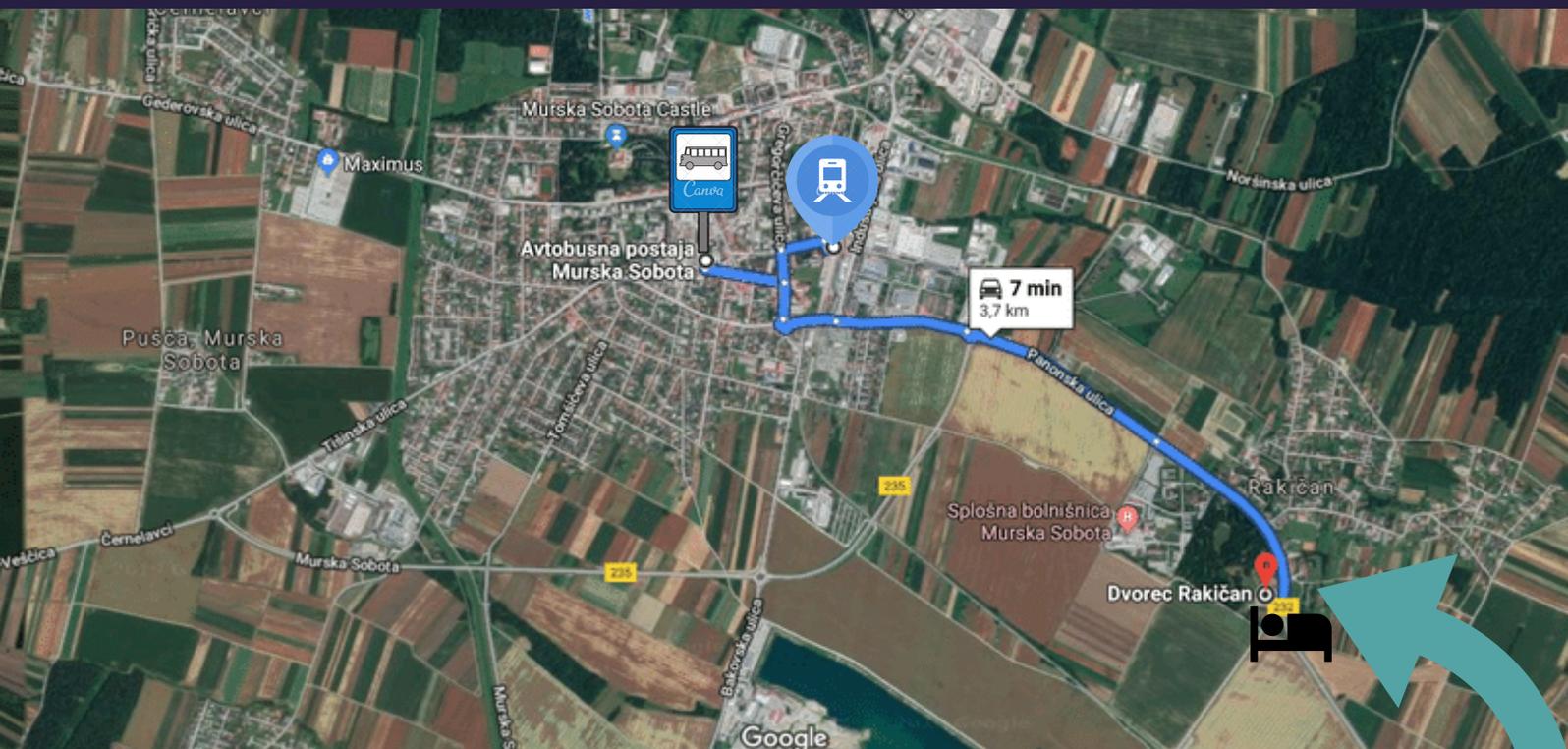
✗ There is no hair dryer in the bathroom

✗ There are no cosmetics in the bathroom

✓ Tap water is drinkable

There will be a participation, excursion & final cleaning fee that each participant has to pay. All other costs (food and accommodation) are 100% covered. The cost will be 10€ per participant. It includes partially costs of excursion, organizational costs for documents and activities (agreements and travel costs process) and final cleaning.

Our accommodation is located 30 min from Murska Sobota



## Taxi Murska Sobota

Taxi Badi 0038631737633

Taxi Sobočanec 0038631618051

Taxi Buba 0038631235471



Our  
accommodation

## Bus Murska Sobota - Rakičan

10:15, 11:00, 11:15, 11:30, 12:35

13:15, 14:05, 15:10, 15:30, 17:05

19:15, 22:40



# DICTIONARY

Hello / Zdravo, Dober dan  
Good evening / Dober večer  
Good morning / Dobro jutro

Im sorry / Oprosti  
Thank you / Hvala

I don't understand / Ne razumem  
Please / Prosim

How are you? / Kako si?  
Cheers / Na zdravje  
Goodbye / Nasvidenje

Yes / DA/JA  
No / NE

Excuse me? / Oprostite?  
I like you / Všeč si mi  
Love / Ljubezen  
Nature / narava

How can I get to Hodoš? / Kako lahko pridem na Hodoš?  
Where is the train station? / Kje je železniška postaja?  
Where is the bus station? / Kje je avtobusna postaja?  
Where is taxi? / Kje je taxi?



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