

Capoeira Amazonas Zagreb

## INFORMATION GUIDE

For EVS volunteers

# Capoeira for Solidary Society

**OCTOBER 1<sup>st</sup> 2015. – AUGUST 1<sup>st</sup> 2016.**

**ZAGREB, CROATIA**



In the following pages we are sending you some useful information about the EVS that you will participate in. You will find a short description of the project, so you will know what to expect.

**Please, read very carefully, this information you will need it before and during the European volunteer service.**

Don't hesitate to ask if you have any questions! We are happy to meet you soon and to work with you!

**So, let's go to work!**



## BASIC INFORMATION ABOUT THE ASSOCIATION

In 2002 a group of enthusiasts and lovers of Brazilian art and capoeira with a lot of training, willingness and enthusiasm created the first Capoeira group in this region from which soon emerged first two capoeira schools in Croatia - Zagreb Capoeira Angola and Capoeira Amazonas .

Capoeira Amazonas Zagreb was registered in 2004 to promote intercultural and healthy lifestyles through various aspects of Brazilian culture and the art of capoeira using it as a means 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 organization are mostly young people with fewer opportunities and some of our regular programs are: school of capoeira, school of Brazilian dances, Festival of Brazilian culture, international workshops and events.

A big focus in our work we are giving to youth with fewer opportunities as well as developing social programs where we use capoeira as a psychosocial tool.

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

***"Tribo Moderna"*** in the frameworks of which we are working with kids and young people who have behavioral problems, who cannot control their emotions and who feel excluded from society. Due to the variety of elements and an emphasis on freedom of movement and creativity and lack of competition it allows each individual to realize their potential through the aspects that fits them best

***"Capoeira for children and youth with special needs"*** is a project for children and young people with mild intellectual disabilities. As well, we are working with children with autism.

Also, Amazonas team organizes training courses in the frameworks of Youth in Action/Erasmus+ project of European Commission.

Last year, more intense, and we are dedicated to finding financial support through public tenders of Government bodies, companies and foundations: City of Zagreb, City of Zaprešić, E-Alumni Association, the company PBZ Card , Agency for mobility and EU programs.



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The association has so far in his projects, working closely with a number of other organizations and institutions among which are Brazilian Embassy in Zagreb, Ethnographic Museum in Zagreb, Faculty of Kinesiology, Special Education and Rehabilitation Sciences. In addition to the regular programs that include sports, dancing, entertainment, music and culture, today we stand behind 200 public appearances and performances, more than 50 national and international workshops and meetings, several meetings, festivals, theater plays two published author and music CD .

### BASIC INFORMATION ABOUT THE EVS

EVS project Capoeira for Solidary Society will be in Zagreb, Croatia.

It will host two volunteer for ten months.

EVS will start at October 1<sup>st</sup> 2015. and finish at August 1<sup>st</sup> 2016.

Arriving day is October 1<sup>st</sup> and departing day is August 2<sup>nd</sup>.

During their EVS project, the volunteers will be involved in various activities. They will work on different projects from Monday to Friday. (*"Capoeira - tool for change", "Tribo Moderna", "My international friend"...*) As well, volunteers will have an opportunity to learn Croatian language; they will have language lessons one per week. Also, they will have an opportunity to involve in spot activities of our organization; Capoeira, Acrobatics...

They will have free days at weekend so they can explore city more or travel around the Croatia. 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.

Young people included in the EVS project will be between 18 and 30 years old. We will host 2 volunteers. Project is open to all young people interested in. The basic to become involved in the project is motivation and wiliness to learn.

Through all of EVS project volunteers will have health insurance.

One the volunteer finish their EVS experience, they will receive European certificate Youth pass like a proof that they have been on this project.



## VOLUNTEER TASKS

Working on the „*Capoeira – tool for a change*“/ “*Tribo Moderna*” project:

- Exploring the internet, searching for relevant information, articles, projects and organizations that are using capoeira as a psychosocial tool
- Making contacts with relevant organizations, introducing them to „Capoeira – tool for a change“ web portal, making a database of potential partners
- Writing articles for the portal, collecting articles and news from cooperatives

„*My international friend*“ project:

- Project for children (with fewer opportunities - users of our projects) and volunteers
- Each volunteer will be connected with one child for the whole period of staying, they will be meeting once per week and spending 2 hours together, playing, making friendship in the child homes, school or neighborhood
- The purpose of meetings will be for children to learn more about somebody from a different culture, learn about different cultures and also practice English
- Through this experience volunteers will have the experience of working and helping a specific child, but also meeting a Croatian family and practicing their Croatian

**Promotion activities:**

- Volunteers will be introduced to some ways of promotion we are using in our organization and then given small tasks like making promotion materials, creating newsletters...
- This will be based on the specific things planned within our organization and there will be different event each month: Festival of Brazilian culture, International Capoeira meeting, and summer camp.



***Projects photo/ video shooting:***

- Volunteers will be given a GoPro camera and Nikon SLR camera; they will be introduced to handling equipment and making quality photo / video shooting
- they will also be introduced to photo / video editing programs where they will learn how to make a video with effects and also how to edit photos to look better
- They will go to different activities, in which they can take photos in order to create small videos (2-3 minutes long)

***Photo / video editing, creating materials / videos:***

- Volunteers will have time to edit and create visual materials from the shootings

***Field work – Workshops with children:***

- This part we will do in cooperation with schools that are our partners on the project – 3 schools in Zagreb and Zaprešić
- EVS volunteers will prepare small workshops for children
- Schools will make small groups of children and in each group will be one EVS volunteer and one of our volunteers.
- Meetings will be in English so children will get a chance to learn and volunteers will be active and creative in creating a program for them

***Croatian language:***

- We will organize lessons of Croatian language for the volunteers so they can learn basics level of Croatian language to help them get around

***Reflection group:***

- Once a week there will be a reflection group where volunteers will reflect on their learning goals, get support if needed, give feedback on the week, agree on some changes if needed and also agree on some new plans with their supervisor
- Each volunteer will also get a mentor (person from outside of the organization) to give them support as a friend if needed; they will be meeting with their mentors 1-2 times per month



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### ***Creativity day:***

- Friday will be creativity day which means volunteers will have freedom to choose their own tasks, do some things that are relevant to them, google on some information they found interesting but didn't have a chance to do it during the week
- Also, it will be a day to create their own projects
- On this day they will also be able to write EVS blog, create a page on social networks where they will write about their experiences...



## **EVS BUDGET**

EVS volunteers will receive the money monthly.

**Every month they will have the 95 Euros of the pocket money and they will receive 150 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 Portugal is 360 Euros, for Spain 275 Euros.

## **TRANSPORTATION**

Volunteers will have bicycles and locks for them.

As well, in winter months they will have ticket for local tram transport. With them they can travel through all city of Zagreb.

## **ACCOMMODATION**

During the EVS volunteer will live in apartment close to city center.

Accommodation will have: separate bedrooms for volunteers, kitchen, living room and bathroom. We will make sure that accommodation is offering some space where volunteers can hang out, as well as private bedrooms so they can have a private space too.

Exact address of apartment we will have in the begging of September.

## **AMAZONAS TEAM**

### **Iva Zelić (HR)**

Iva Zelić, volunteer coordinator 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 4 years and she was working in many organizations as Status M, CESI, Centar for personal development Synergy Syncro Croatia etc.

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

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### **Nikola Orešković (HR)**

Nikola Orešković who is the president of Amazonas is a capoeira professor, sports trainer, leader of acrobatics program, gives workshops internationally. He is a member of IMRC (Integrated Movement Research Collective) a dance group for people with disabilities. Now he is starting a program of capoeira with youth with disabilities as well as children with autism.

Nikola has years of coaching experience and experience in working with people from various background. For 14 years he was actively involved in taekwondo and is the holder of master craftsmen (black belt). He is Cofounder and member of the first Croatian Tricks Martial Arts Demo Team "X-OUT." In addition to martial arts and tricking, he has experience in yoga, contemporary dance and gymnastics. From 2002, he is actively engaged in Capoeira and teaches children and youth in the Association Capoeira Amazonas Zagreb. He is also working with children with disabilities using Capoeira as a tool. For 2 years he has performed with the Zagreb Dance Ensemble. He also works as an associate at the Faculty of Kinesiology and at the College of acrobatics.

### **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 as well as the person in charge for volunteering activities. She has been training capoeira for the last 11 years and has a title of capoeira professor. She attended more than 50 local and international workshops.



## THE PARTNER ORGANISATIONS

| COUNTRY       | ORGANISATION                                  |
|---------------|---|
| HR - CROATIA  | Capoeira Amazonas                             |
| ES - SPAIN    | Federacion de Asociaciones Juveniles de Gijon |
| PT - PORTUGAL | Associação Spin para o Intercâmbio            |

## LANGUAGE

Working language of the training will be English with a whole scale of its variations and inevitable body language.

## 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 2001 census, Croatia has 4,437,460 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's almost a million strong political and diplomatic, cultural, economic, mercantile, transport & communication and sports center. 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 its guests remember for the charm of its center and

hospitality of its citizens.

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**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, but here and there one can also discern the contours of the panoramas of Prague. 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. Zagreb, indeed, is a city tailored to the human scale.



## CURRENCY IN CROATIA

Currency in Croatia is Croatian **KUNA**.

**1 € = 7,50 KUNA (Kn)**

coffee with milk in café: 10

Beer: cca. 15 kn

Chocolate: cca. 10 kn

Coca-cola, juice...: cca. 15

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!**

