

Capoeira Amazonas Zagreb

INFORMATION GUIDE

For European voluntary service

INTERNATIONAL SPIRIT IN LOCAL CAPOEIRA COMMUNITIES

SEPTEMBER 1st 2016. - AUGUST 1st 2017.

ZAGREB, CROATIA



BASIC INFORMATION ABOUT THE ASSOCIATION

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 this project 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 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.

"Capoeira for children and youth with special needs" – This is a project for children and young people with mild intellectual disabilities. Currently, 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. Till now, we did two Youth exchanges and two EVS projects.

The association work close 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, festival of Brazilian 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 “International spirit for local capoeira communities” will be in Zagreb, Croatia.

It will host two volunteer, one from Poland, one from Portugal, for eleven months. EVS will last from September 1st 2016. to August 1st 2017. Arriving day is September 1st and departing day is August 2nd.

During their EVS project, the volunteers will be involved in three groups of activities: They will work on “Activities which are building connection between volunteers and local community” (*Tribo Moderna project, Capoeira for kids with autism, English playground*), “Activities for improvement of digital, organization and promotion skills” (*Brazil in the city, My personal project, Make your video*) and “Activities for language competences improvement” (*Native language classes, Croatian language*) Also, they will have an opportunity to involve in sport activities of our organization; Capoeira, Acrobatics...

They will have free days at weekend so they can explore city more 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 all of EVS project volunteers will have health insurance, but **it is important that they have European health card with them when they are coming to EVS.**

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

VOLUNTEER TASKS

During EVS project, volunteers will be involved in three groups of activities:

1. Activities which are building connection between volunteers and local community

a) English playground

- ❖ Volunteers will in pair prepare workshops on English for children with fewer opportunities (10 - 14) in schools.
- ❖ It will be once per week in one school, probably on Thursdays (we will know the day on the beginning of school year)
- ❖ The purpose of this activity is improvement of English knowledge of children and to teach them about different culture.

b) Capoeira for children with autism

- ❖ Volunteer work on capoeira classes for children with autism
- ❖ Regarding the fact that work with those children is not easy, participation in activity is optional.
- ❖ It will be once per week in Zaprešić, probably on Tuesdays (we will know the day on the beginning of school year)
- ❖ The purpose of the activity is to use capoeira in work with children with autism in order to give them freedom to express themselves.

c) Tribo Moderna

- ❖ Volunteers will assist in preparation and implementation of cultural, sport and music workshops for children.
- ❖ It will be during the campaigns for non – violence, tolerance etc... (November, February, April)
- ❖ By mutual work, EVS volunteers children, their parents and school staff will have opportunity to learn about new culture, raise their level of tolerance.

2. Activities for improvement of digital, organization and promotion skills

a) "Brazil in the city"

- ❖ Every year at the beginning of May we are having festival of Brazilian culture - Brazilactica.
- ❖ One volunteer will work on preparation of the visuals; video and promotion material and another volunteer will work on improvement of the schedule with new ideas and by arranging meetings with potential artist and partners.
- ❖ The purpose of this activity is improvement of creativity, organization skills, communication skills and social competences by working in intercultural environment.

b) Make your video

- ❖ In this activity we will ask volunteers to make short videos of various events through year.
- ❖ We will educate them how to handle equipment, edit and give them a GoPro camera.
- ❖ Each volunteer will film two events. One will film Brazilactica and Tolerance day, and another Non - violence campaign and Summer Camp.
- ❖ Also, volunteers will film one film in pair - this one will be about their EVS experience and life in Croatia.
- ❖ The purpose of this activity is that by creative expression of their ideas volunteers will raise cultural awareness and expression.

c) Personal project

- ❖ During the EVS we will leave space for volunteers to create, prepare and implement their personal project.
- ❖ It will be something they think it can be helpful for their personal development.

3. Activities for improvement of language competences

a) Native language lessons:

- ❖ Volunteers will have an opportunity to prepare small lessons of their native languages and culture for members of the organization.
- ❖ It will be once per week in afternoon hours. (Monday/Tuesday)
- ❖ Activity is important for volunteers in order to meet local community.

b) Croatian lessons

- ❖ Volunteers will have Croatian language lessons in order to learn more about language and culture of their host country
- ❖ It will be once per week

Special activity - Reflection group:

Once a week, during the whole EVS, 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 changes and new plans with their supervisor.



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EVS BUDGET

EVS volunteers will receive the money monthly.

Every month they will have the 90 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 and for Poland 275 euros.

TRANSPORTATION

Volunteers will have bicycles and locks for them.

As well, if we manage to get student tickets for public transportation, they will have tickets for trams/bus for whole year. If not, we will provide them with ticket for local tram/bus transport during the winter months.

ACCOMMODATION

During the EVS volunteer will live in shared apartment with other volunteers (2-4 persons).

Accommodation will have: separate bedrooms for volunteer (private space), shared place for hang out, kitchen and bathroom.

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

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, 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



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Capoeira Amazonas Iva came in September 2014.

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.



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THE PARTNER ORGANISATIONS

COUNTRY	ORGANISATION
HR - CROATIA	Capoeira Amazonas
PL - POLAND	Fundacja Rozwoju Społeczeństwa Przedsiębiorczego
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 km² and the area of the territorial sea is 31,067 km², 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 its 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, 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.



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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 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!



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