

Udruga Amazonas Zagreb

INFORMATION GUIDE

For European voluntary service

GOING INTERNATIONAL IN LOCAL CAPOEIRA COMMUNITIES

SEPTEMBER 1st 2017. - AUGUST 1st 2018.

ZAGREB, CROATIA



Erasmus+

BASIC INFORMATION ABOUT THE ASSOCIATION

Association Amazonas 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 social projects:

- 1. 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.
- 2. Uključi S(v)E!** – In this project we are promoting active participation of youth in society through involvement in volunteer activities (festivals, campaigns, 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 organizes training courses in the frameworks of Youth in Action/Erasmus+ project of European Commission. Till now, we did one youth exchange, one training course and three EVS projects.

More info you can find on our web: www.amazonas.hr

INFORMATION ABOUT THE EVS

EVS project “Going international in local capoeira communities” will be in Zagreb, Croatia. It will host **four volunteers**, one from Poland, one from Portugal, one from Spain and one from Italy. It will last **11 months**, from September 1st 2017. to August 1st 2018. Arriving day is September 1st and departing day is August 2nd.

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

1. Activities which are building connections between local and international volunteers

a) Amazonas Club

Amazonas Club is a space where our members and volunteers can create workshops/events and hang out. **All four volunteers** will in cooperation with local volunteers assist in creation of activities in the club.

b) Participation in media team and/or Brazilactica team

During the year Amazonas is having a lot of campaigns as Tolerance Day, Campaign against violence, Batizado events etc. Also, we are having festival of Brazilian culture – Brazilactica. **All four volunteers** will assist in media coverage and preparations of those events.

c) Promotion of the mobility and EVS

Trough the project **all four volunteers** will promote mobility, EVS and Erasmus+ by creating events, presentations etc. for local youngsters and people interested in it.

2. Activities which are promoting inclusion in local community

a) Tribo Moderna

In this project we are working with children with a behavioral problem. **Two volunteers** will be in a team with our local volunteers and they will assist in preparation and implementation of cultural and sport workshops for children in schools based on the promotion of non - violence.

b) Intercultural activities in rural communities

Except with schools, we are working with organisations as Suncokret in Vrginmost with children with fewer opportunities. **Two volunteers**, once in mount, will assist to our team members in the implementation of cultural and sport workshops for children.

3. Activities for the improvement of digital, media, management and promotion skills

a) Brazilactica

Every year in May we have festival of Brazilian culture - Brazilactica. It will engage **two volunteers** (other can join if they want). One volunteer will work on preparation of the promotional material and another will work on the festival schedule, new ideas and potential

artists.

b) Do your movies

During the year Amazonas have many events and we are making a video of them. Activity will engage **two volunteer** who will make a short videos of events. We will educate them how to handle equipment, edit and give them a camera. One volunteer will film Tolerance day, another Summer Camp. Also, volunteers will do one film in the pair (or all four of them if they want) - it will be about their EVS experience and life in Croatia.

c) Go creative

During the EVS we will leave space for **all four volunteers** to create, prepare and implement their personal project. Team of Amazonas will help them in implementation and structure their ideas.

4. 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. It will be once per week in the afternoon hours. Activity is important for volunteers in order to meet local community.

b) Croatian lessons will be once per week.

***IMPORTANT:** During the EVS all volunteers will be engaged in activities connected with language competences and building relationships between local and international volunteers. Regarding other activities, two volunteers will be engaged more in social projects (work with children with fewer opportunities), and two will work more on organization, media and promotional activities. So, when you will write your motivation letters, please notice which of those two options you prefer.

General informations about EVS:

Volunteers will have free days at weekend (and 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 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.**

Once, when volunteers finish their EVS 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 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 euros, for Poland and Spain 275 euros and for Italy 180 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 (4 persons).

Accommodation will have: bedrooms for volunteer (maximum 2 volunteers per bedroom), 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 5 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.

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 13 years and has a title of capoeira professor. She attended more than 60 local and international workshops.

THE PARTNER ORGANIZATIONS

Name	Country
AJ INTERCAMBIA - ASOCIACION JUVENIL INTERCAMBIA	Spain
Associação Spin para o Intercâmbio	Portugal
FRPS - Fundacja Rozwoju Społeczeństwa Przedsiębiorczego	Poland
YOUNET	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 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.



CURRENCY IN CROATIA

Currency in Croatia is Croatian **KUNA**.

1 € = 7,50 KUNA (Kn)

- ❖ coffee with milk in café: 10 kn
- ❖ Beer: cca. 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 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!