



Youthpass

YOUTH EXCHANGES

Dorja Cug

BORN ON **10/02/2002** IN **Zagreb, Croatia**

PARTICIPATED IN

Navigating to Resilience,

A YOUTH EXCHANGE WITH YOUNG PEOPLE
FROM CROATIA, ITALY, ROMANIA, AND SPAIN.

THE PROJECT TOOK PLACE FROM **06/03/2022**
TO **12/03/2022** IN **Veliki Žitnik, Croatia.**

YOUTH EXCHANGES

In Youth Exchanges supported by Erasmus+, groups of young people from different countries jointly design, prepare and carry out a work programme. It is usually a mix of workshops, debates, role-plays, simulations, outdoor activities. The young people are supported by experienced youth workers and leaders in this. Youth Exchanges allow them to develop competences, become aware of socially relevant topics, discover new cultures, and strengthen values like solidarity, democracy, etc.

Erasmus+ is the European Union's programme for boosting skills and employability through activities organised in the field of education, training, youth, and sport. Youth activities under Erasmus+ aim to improve the key competences, skills and employability of young people, promote young people's active participation in the society, their social inclusion and well-being, and foster improvements in youth work and youth policy at local, national and international level.



OUTWARD BOUND
CROATIA

Lovorka Šimunec Vlahovich

Representative of the organisation

The ID of this certificate is WY91-JHKZ-GXVX-8J1H.
If you want to verify the ID, please go to the web site of Youthpass:
<http://www.youthpass.eu/qualitycontrol/>

Youthpass is a Europe-wide validation system for non-formal learning within the Erasmus+: Youth in Action Programme. For further information, please have a look at <http://www.youthpass.eu>.



Youthpass

This document certifies that **Dorja Cug** took part in the Youth Exchange **Navigating to Resilience** organised by **Outward Bound Croatia**.

The exchange project was developed and implemented in cooperation with the following partners:

Outward Bound Croatia,
Asociación Juvenil Almenaras,
EURO SUD,
Societatea pentru Tineret Outward Bound Romania (OBR).

The aim and the specific objectives of the project were:

Together we explored how to become stronger and more resilient to face the world. We explored the power of teamwork and re-connected with nature. We developed skills to help maintain physical and mental health and built resilience and improved mindfulness and communication skills.

Main activities:

We stepped out of our comfort zone by stepping into nature, through many outdoor activities. We took part in a 2-day expedition in nature, hiked, navigated through the forests of Lika, and slept under the stars. Through all these activities we used for the development of our social skills.



OUTWARD BOUND
CROATIA

Veliki Žitnik, 12/03/2022

Lovorka Šimunec Vlahovich

Person in charge of the project



The following pages contain the individual information about the participation of **Dorja Cug** in the Youth Exchange **Navigating to Resilience**.

Task / responsibility of Dorja Cug:

Helping in organisation of the Internacional night, presenting, teaching others outdoor skills, helping with navigation and fire starting, setting a bivouac, leading the Follow up project.

Dorja Cug developed the following competences during the Youth Exchange.

MULTILINGUAL COMPETENCE

Using English daily, active listening, improving my foreign language skills by speaking, writing, reading and listening, expressing my ideas and opinions, being open to other cultures, habits and realities. Discussing various topics and presentation skills.

PERSONAL, SOCIAL AND LEARNING TO LEARN COMPETENCE

Reflecting on myself, respecting diversity of others and their needs, collaboration and integrity, organizing, managing and monitoring my own learning, being aware of my abilities and making optimal use of time and learning opportunities, achieving experience in social and personal life.

CITIZENSHIP COMPETENCE

Understanding European common values, to participate as much as possible in civic life at local, regional, national, European and global level, to be able to deal with people coming from different social and cultural backgrounds.

ENTREPRENEURSHIP COMPETENCE

To turn ideas into actions, to be creative and innovative, taking risks, planning and managing projects, to be aware of different working contexts, to be able to optimally use given opportunities for my own development.

CULTURAL AWARENESS AND EXPRESSION COMPETENCE

To be creative in expressing ideas through all possible ways of art, to be appreciative for expression of ideas through different forms of art, to be aware of own cultural context and the cultural context of others.

**LITERACY COMPETENCE**

Formulate and express opinions in a convincing and appropriate way, understanding the given text, searching, collecting and processing information.

OTHER SPECIFIC SKILLS

Leadership skills

Dorja Cug

Participant

Veliki Žitnik, 12/03/2022

Further information and original documents on the Key Competences for Lifelong Learning:

http://europa.eu/legislation_summaries/education_training_youth/lifelong_learning/c11090_en.htm

Further information about the Erasmus+: Youth in Action Programme and Youthpass:

<http://ec.europa.eu/programmes/erasmus-plus> and www.youthpass.eu



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Veliki Žitnik, 12/03/2022

Lovorka Šimunec Vlahovich
Person in charge of the project