



Youthpass

YOUTH EXCHANGES

Dorja CugBORN ON **10/02/2002**

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.



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.





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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.



Veliki Žitnik, 12/03/2022

Lovorka Šimunec Vlahovich Person in charge of the project