Erasmus+

Enriching lives, opening minds.

MOViT

RAKIČAN & MURSKA SOBOTA
SLOVENIA



UNITED WE STAND FOR OUR HERITAGE

13. 12. - 21. 12. 2023

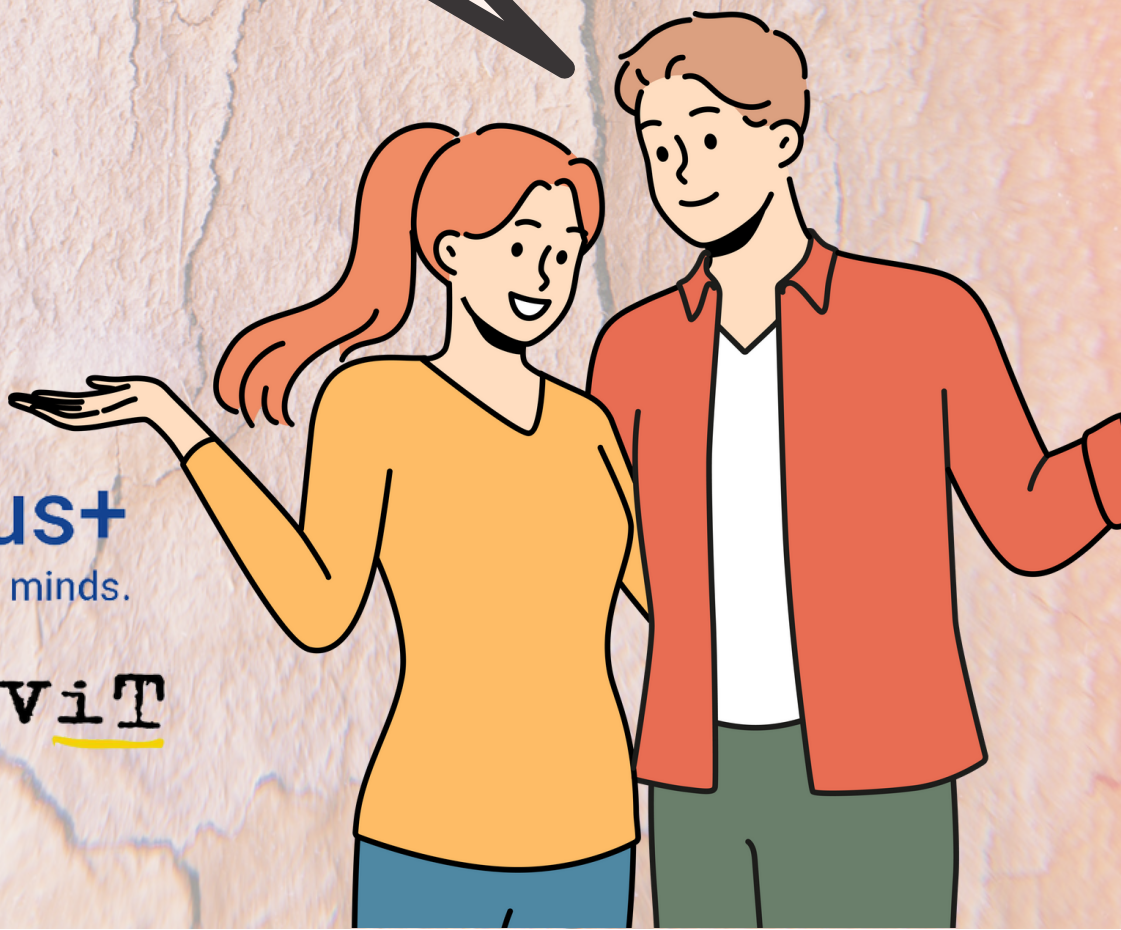
YOUTH EXCHANGE

Funded by the European Union

Kulturno-turistično društvo

DVOREC RAKIČAN

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ABOUT THE PROJECT

Young people often underestimate valuables from the past. It is therefore right that we begin to change our thinking and take over, preserve and spread what our ancestors left us. That is why young people have decided to relive some memories of the past. This will help to preserve Europe's rich cultural and natural heritage. Europe's cultural heritage is part of the identity of Europeans, so its preservation and transmission to younger generations is very important.

Throughout the project 'United WE stand - for OUR heritage', we will promote cultural identity and culture through the cultural heritage of the countries involved. The project aims to increase young people's interest in their cultural heritage and gain ways to promote Europe's cultural heritage so that young people can use it as non-formal education in the future. We also want to awaken in young people a sense of responsibility for Europe's cultural and natural heritage, solving environmental problems, sustainable development and a sustainable way of life, which may lead to concrete solutions to the issue of preserving Europe's cultural heritage. In the project we see an opportunity for peer, intergenerational and intercultural cooperation, for strengthening ties and cultural exchange and encouraging and educating young people to play a more active role in their local communities, i.e., to play an active civic role.

We will also follow the objectives of the Erasmus + program: inclusion of young people with fewer opportunities, promotion of healthy habits (healthy lifestyle), strengthening social inclusion and active participation of young people in society, strengthening language competences (improving foreign language skills), improving key competences and skill, promoting quality youth work and promoting tolerance and the prevention of hate speech. Last but not least, our goal is to encourage young people to actively participate in various Erasmus + projects, as they acquire many different competencies that will serve as an excellent guide in life.





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We will implement a youth exchange entitled **United WE stand - for OUR heritage** on the topic of learning about and preserving European cultural heritage. The youth exchange will take place from 13. 12. to 21. 12. 2023 in Rakičan near Murska Sobota, Slovenia.

The components of the youth exchange will be various activities and workshops, through which we will learn about the elements of cultural heritage and try to come up with concrete solutions on how young people can take care of its preservation and spread good examples among peers and beyond. We will also have the opportunity to acquire new knowledge and skills (learning a foreign language, representing one's own opinion, exchanging ideas and experiences, group and individual work...).

37 participants will gather in Murska Sobota from Slovenia, Romania, Bulgaria, Poland, Estonia and Croatia. The participants in the youth exchange are young people aged 18 to 30 and some youth leaders over 30. Participants will learn about the cultural heritage of the participating countries, customs and traditions, tourist attractions, stereotypes faced by countries and youth work in Murska Sobota. Through practical examples, we will learn about the culture of Murska Sobota and take part in the biggest stallholders' fair in the city, we will learn about the cultural heritage of the Pomurje region and we will also get to know the Christmas and Advent traditions of each country.



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WORKING METHODS



Working methods will be presentations, group work, individual work, informal, intercultural gatherings, workshops, discussions, fieldwork, practical work, energizers, icebreakers, field visits, analysis of Youthpass certificates, anonymous questionnaires.



PARTICIPATING COUNTRIES

Slovenia Kulturno turistično društvo Dvorec Rakičan
(7 participants) contact: ktddvorecrakican@gmail.com

Poland Dom Kultury "KADR"
(6 participants) contact: k.anuszewska@dkkadr.waw.pl

Bulgaria Foundation for Entrepreneurship, Culture and Education
(6 participants) contact: foundation.ece@gmail.com

Estonia Mittetulundusuhing Youth Senate Tallinn
(6 participants) contact: ystallinn@gmail.com

Romania Asociatia Comunitatilor Interculturale
(6 participants) contact: alexandrugyongy@yahoo.com

Croatia Prijatelji baštine - Amici Hereditatis
(6 participants) contact: prijatelji.bastine@gmail.com

5 participants 18-30 years + 1 group leader at least older than 21 years = 6 all together per country

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PARTICIPANT PROFILE

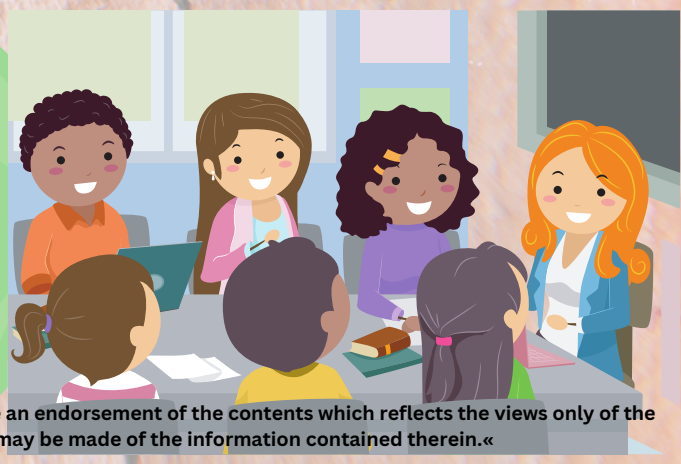


- Young people age 16 to 30 residents of participant's countries;
- Group leader at least 21 years old and can be over 30 years old;
- Required to be part of some voluntary organization or connected to the topic of cultural heritage etc.;
- Strongly interested in raising knowledge on Erasmus + Programme, youth project management;
- Motivated to address the issue in their communities, issues concerning young people at international level;
- Motivated to speak about cultural heritage and about responsibility for Europe's cultural and natural heritage;
- Ready to work in mix-intercultural learning environment, to contribute to successful project implementation;
- Motivated to take part in Erasmus + project, work in an international team and share their experiences in follow up period;
- Have communicative level of English and be able to take part in preparatory meetings, youth exchange and follow up activities;
- Every group will include participants with fewer opportunities facing cultural differences and social, economic obstacles. It means young people who face unemployment, are coming from socially and economically challenging environment and/or might face discrimination, stereotypes and prejudices in their communities;
- Required to be active and ready to do outdoor activities;
- Required to be promotor of healthy lifestyle and against use of alcohol and drugs;
- Partners will be responsible to include at least 2 participants with fewer opportunities in their groups.

PROFILE OF GROUP LEADERS:

Group leaders will be selected by each organization. The Group leader is expected to be a person with previous experience in youth work and Erasmus + Programme who is ready to take participation and during the project, facilitate the project activities and provide support to the participants during the whole project, especially during implementation phase abroad but also during preparation and follow up period. Group leader has to be older than the rest of participants or at least 21 years old. Group leader will be responsible to write a short article about each day of the youth exchange and send it to their sending organization to publish on their Facebook and webpage (each day). Group leader will also help to motivate all participants to organise an event for dissemination at home.





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TRAVEL COSTS & REIMBURSEMENT

"United WE stand - for OUR heritage" project is implemented with the financial support of the European Union through Erasmus+ Youth in Action programme.

We will cover from the project budget, the following costs:
- Food, accommodation and activities (100%);
- Transport costs will be reimbursed on a lump sum basis:



Slovenia: 23€
Poland: 275€
Bulgaria: 275€
Estonia: 275€
Romania: 180€
Croatia: 180€

TRAVEL BY:

Air: Airports: Ljubljana, Zagreb, Vienna, Budapest, Graz

Train: Budapest - Murska Sobota, Ljubljana - Murska Sobota... Destination is always Murska Sobota (+ bus or taxi to Rakičan (we will cover taxi costs only on short ride)).

Car: Destination Rakičan, Slovenia (Lendavska ulica 28, Rakičan, 9000 Murska Sobota)

Bus: Destination Ljubljana (capital) – Maribor- Murska Sobota - Rakičan

IMPORTANT!

We will reimburse the transport money ONLY if the participant will ACTIVELY take part during the whole project. This is international project with non formal education that is granted from European fund. Notice also that we can reimburse the costs that you can prove us (original tickets). You can travel 2 days before activity starts and 2 days after activity ends. Don't buy your travel tickets before getting our confirmation! Each participant can arrange with sending organisation if you have to buy your own tickets or the organisation will buy and will get reimbursed by us.

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ACCOMMODATION: MANSION RAKIČAN

Our project "United WE stand - for OUR heritage" will take place near Murska Sobota, which is the biggest city in the region of Pomurje. We will stay in a beautiful countryside Mansion Rakičan. Our accommodation will offer us rooms, (which are equipped with private bathroom with shower & WI-FI), room for activities, big park, dining room and a common space near our rooms.







Name of the accommodation:
DVOREC RAKIČAN
Address: LENDAVSKA ULICA 28, RAKIČAN, 9000 MURSKA SOBOTA, SLOVENIA















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WHAT TO BRING WITH YOU?



-We will have a Cuisine market; it means that we will prepare presentations of our traditional food and drinks. We will prepare small market with stands. We are kindly asking that participants should bring food that they DON'T need to cook! It should be presentation with snacks and drinks. Before this activity we will have normal dinner. Participants should bring some traditional food and drinks from their country. They will not have any access to the kitchen to cook or warm up the food.

-Every evening we will have a national evening. It means that each country will have at least 1 hour to present their traditions, attractions, culture... On this activity only presentations (power point, prezi, video, dance, singing, theatre...) no food! Participants should prepare the presentation before arriving to Slovenia.

-Photo & Video camera & computer (at least two per group)

-Please inform us about your special needs (Food, allergies or any other needs)

-Warm clothes for nights











-Medicine that you usually use

-Passport or ID card

-Invoices and travel tickets for reimbursement

-European health insurance card (mandatory) or travel insurance

-Each participant should bring sport clothes for team buidling , comfortable clothes & shoes & clothes that can get dirty while our work actions and visits

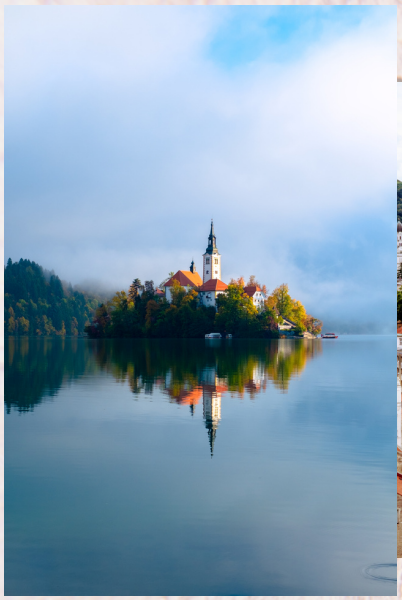
-Each participant is kindly asked to bring some toys, Kitchenware cosmetics or anything that they want to donate to local organisation which we will visit and is working with people that face any kind of obstacles. We will visit a youth center in Murska Sobota who is working with young people with fewer opportunities.

- Each group should have a flag from their country

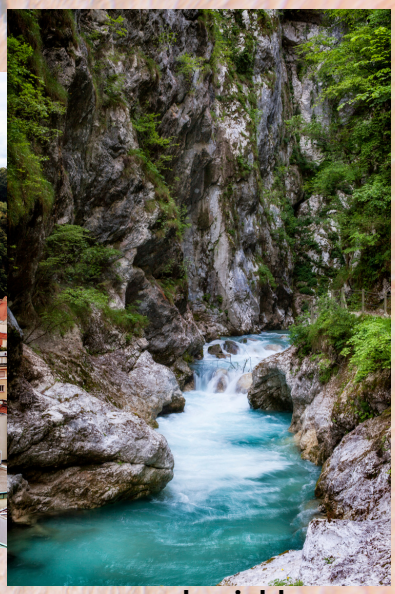
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ABOUT SLOVENIA

So Slovenia is cool, it's a tiny but beautiful Slavic country and people are also just as pretty and welcoming. Only these facts are the good reasons for you to come visit Slovenia and join our project that will be held in a beautiful Mansion from 14th century. But hey, why stop at these when we can show you a set of interesting facts about Slovenia!







Fact #1 – Cavemen friendly territory
Fact #2 – Slovenes love vineyards
Fact #3 – Slovenes love their towns
Fact #4– Coast is small but pretty
Fact #5 – Land is full of fuzzy bears
Fact #6 – They have pretty weddings
Fact #7 – Mountains are in their blood
Fact #8 – Oldest vine is from Slovenia
Fact #9 – They love to jump from their mountains
Fact #10 – Slovenes are pretty

Fact #11 – Slovenia has some cool neighbors
Fact #12 – It's full of green forests
Fact #13 – They have pretty Lipizzaner horse studs
Fact #14 – Their Mount Triglav is pretty high
Fact #15 – They enjoy bike rides and hiking
Fact #16 – Film makers also love the area
Fact #17 – Their parks are ancient old
Fact #18 – They are happy, so are their festivals
Fact #19 – They have unique hostels
Fact #20 – It's the land of Dragons







In the Heart of Europe

Where the Alps meet the Mediterranean and the Pannonian Plain meets the Karst, there is Slovenia. This small green country extends in the area of 20,273 km2. It is one of the countries with an exceptional number of top athletes and rich cultural creation. In Slovenia it is not difficult to compare the value of goods and services, as they are priced in one of the most important world currencies – in euros.

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POMURJE

The world of unique water sources and dreamy romance along the River Mura.







The Pomurje region is a land of springs of healing water. You will discover a floating mill and an island of love in the Mura River near Moravske Toplice, Radenci, Banovci and Lendava. The largest Baroque castle in Slovenia is also located in this area. You will be fond of this region, which is the most dynamic region in Slovenia when it comes to dialects, culture, and language, especially due to its open and Pannonian soul. Pomurje is also the meeting point of various cultures, faiths, and ethnic groups, because it is a home to Roma and a Hungarian minority. The climate is mainly continental-pannonian, with partial Mediterranean influences. The region is home to three protected nature areas: Nature Park Goričko, Nature Park Ljutomerski ribniki – Jeruzalemske gorice, and Nature Park Negova. It is divided into 27 municipalities.







THOUSANDS OF MAGICAL THINGS MEET IN POMURJE, THE SUNNY LAND OF GOLDEN FIELDS, ON BOTH BANKS OF THE RIVER MURA

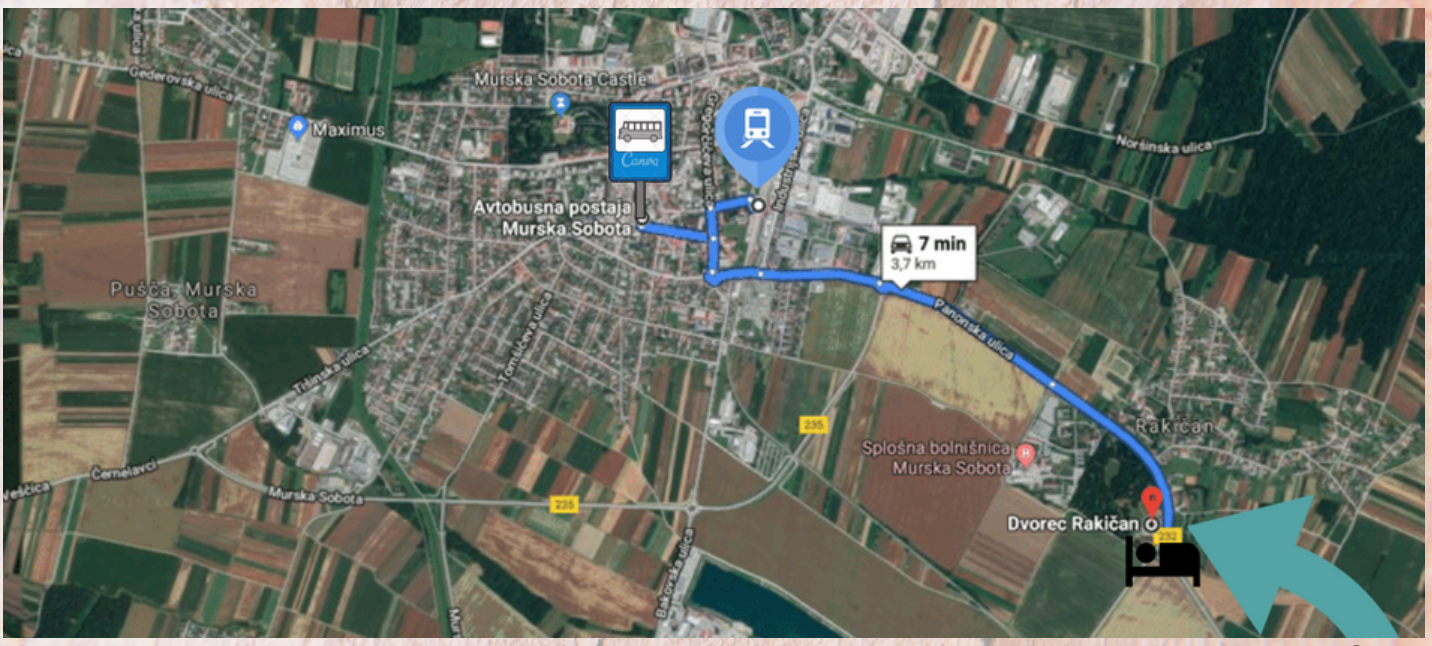
Check & follow: **pomurje_land_of_fairytales** Instagram & get to know the region before arriving to Slovenia & Pomurje

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ADDITIONAL INFORMATION

- ✅ Each room has a private bathroom
- ✅ Each person will get one towel
- ✅ You don't need to bring your own bedding
- ❌ There is no hair dryer in the bathroom
- ❌ There are no cosmetics in the bathroom
- ✅ Tap water is drinkable

Our accommodation is located 1 km from main regional hospital.



Our accommodation

Taxi Murska Sobota

Taxi Badi 0038631737633
Taxi Sobočanec 0038631618051
Taxi Buba 0038631235471



We will reimburse taxi costs on short distance

Bus Murska Sobota - Rakičan

10:15, 11:00, 11:15, 11:30, 12:35
13:15, 14:05, 15:10, 15:30, 17:05
19:15, 22:40



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USEFUL WORDS AND PHRASES

Hello / Zdravo, Dober dan
Good evening / Dober večer
Good morning / Dobro jutro
Im sorry / Oprosti
Thank you / Hvala
I don't understand / Ne razumem
Please / Prosim
How are you? / Kako si?
Cheers / Na zdravje
Goodbye / Nasvidenje
Yes / DA/JA
No / NE
Excuse me? / Oprostite?
I like you / Všeč si mi
Love / Ljubezen
Heritage / dediščina
How can I get to Rakičan? / Kako lahko pridem do Rakičana?
Where is the train station? / Kje je železniška postaja?
Where is the bus station? / Kje je avtobusna postaja?
Where is taxi? / Kje je taxi?









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