

SUSTAINABLE LIVING

A project with two parts about permaculture, ecology, entrepreneurship and young people in Europe

PART I - YOUTH EXCHANGE IN BOSNIA AND HERZEGOVINA

24.05. - 02.06.2019

APV FOR GROUP LEADERS 26.04. - 28.04.2019



PART II - YOUTH EXCHANGE IN GERMANY

18.10. - 27.10.2019

APV FOR GROUP LEADERS

INFO PACK

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PART I - YOUTH EXCHANGE IN BOSNIA AND HERZEGOVINA

24.05. - 02.06.2019

APV FOR GROUP LEADERS 26.04. - 28.04.2019

SUMMARY:


The project sustainable living will bring together 36 young people from 6 countries in two youth exchanges. During the project the partners will organise the two exchanges together with some local activities to introduce young people into a new concept for sustainable rural tourism based on the concept of permaculture. The project aims to activate young rural and disadvantaged youth to promote themselves by developing their skills in tourism, alternative farming, housing and accommodation. Participating youth will develop clear goals in creating start-ups in the field of sustainable tourism in the form of social enterprises. The necessary knowledge will be gained in the two youth exchanges - one in Bosnia and Herzegovina in Spring 2019 and one in Germany in Fall 2019. Participants will greatly benefit from the wide array of knowledge and experience, which the partner organisations are having and will start their own initiatives into concrete tourism offers until the end of the project.

PARTNERS:







 Bosnia and Herzegovina:	Centar Fenix
 Bosnia and Herzegovina:	DINARA FORUM - DINARA L'ATENAU IZ KLJUČA
 Germany:	MOSTAR FRIEDENSPROJEKT e.V.
 Italy:	ASSOCIAZIONE DI PROMOZIONE SOCIALE KORA
 Latvia:	Make Room Europe
 Romania:	Asociatia Puzzle OptimEast Tg.

CONTACT:



 For all questions, please contact us: mostarfp@yahoo.de

 In case of emergency on the spot, please contact **Mr. Emil Bender +387 61 34832**

THE VENUE, KLJUČ


Ključ is a small town and municipality by the same name in western  Bosnia and Herzegovina. It is located in the bosniak-croatian Federation of Bosnia and Herzegovina, specifically the Una-Sana Canton. The name of the municipality translates to  "key", which remembered his military and economic position in  medieval times. Ključ is located  south from Sanski Most and Banja Luka in the  north. In the city are living 7.000 inhabitants. For more information see:  www.ključ.ba

ACCOMMODATION AND CATERING



Boarding & lodging will be provided and you will be accommodated in the guest house D.O.M. Zvizda, Gardijske bb, Ključ  


HOW TO REACH KLJUČ

 By Plane:


If you come by plane you'll probably arrive in Zagreb or Sarajevo, but the best to come is over Zagreb. In both cases you have to use a  bus to Ključ (approximately 40 € there and back).

Via Zagreb:

You can use the  shuttle bus from the airport to the Central Busstation (Autobusni kolodvor Zagreb) in Zagreb (one way approx. 30 Kuna = 4.15 €) The Airport bus runs from the airport to the bus station from 5.30 to 19.30 every 30 min. Please check: <http://www.plesoprijevoz.hr/schedulezg.htm> In the Main Bus Station you can buy the ticket to Ključ. Please be aware, there are only 2 direct  buses a day from Zagreb to Ključ (travel duration 4-5h), the first bus is leaving Zagreb at 8 a.m. (in the morning), and the second bus from Zagreb to Ključ is leaving Zagreb at 4 p.m. (in the afternoon)! The ticket is about 20.00 €. Please check <http://www.akz.hr/vr/voznired.aspx>

The second possibility is to take first the  bus to Banja Luka, then by bus to Ključ or – in case there are no buses - to be picked up by us from Banja Luka. The buses from Zagreb to Banja Luka are going at 6.30 / 9.30 / 10.30 / 13:30 / 16:30. The ticket is about 15.50 €. In case you choose this possibility please inform us in advance so we can arrange the pick up service for you if necessary.

 By Train:

You can use the tram (catch the tram 2,6) to go from the Main Railway Station to the Central Busstation (Autobusni kolodvor Zagreb). You can buy the  bus tickets on



the kiosks. The tickets are valid 90 minutes. (one way 8.00 Kuna = 1.15 €) The tickets to Ključ you can buy in the Main Bus Station.

Airport Zagreb - Pleso International Airport, Pleso bb
www.zagreb-airport.hr

Main Railway Station - Glavni kolodvor, Trg kralja Tomislava
<http://www.hznet.hr/>

Main Bus Station - Autobusni kolodvor, Avenija M. Držića bb
www.akz.hr

Via Sarajevo:

You have to use the  bus (no taxi!) from the airport to the Central Busstation (Autobuska Stanica) in Sarajevo. Please take care, that there are two Busstations in Sarajevo. Do NOT use the Station of Lukavica, ONLY serving the Republika Srpska and destinations in Serbia and Montenegro. Please go by bus to the Main Bus Station (Autobuska stanica, street: Put Zivota 8). Take bus 36 to Nedžarići (price 1.80 KM) the bus stop is located on the main road outside the airport parking lot. At Nedžarići you can change for a tram to the city centre (again 1.80 KM). Bus 36 runs about every 30 minutes. Service hours are 6-23 mon-fri, 6-8 and 14-18, sat and 8-15 sun. From the main bus station you go to  Ključ.

Please check: <http://www.centrolines.ba/loc/showdetail.wbsp?p=Sarajevo&d=Ključ>

Sarajevo International Airport, Kasindolska cesta 136
<http://www.sarajevo-airport.ba>

Main Bus Station - Autobuska Stanica, Put života 8
http://www.centrolines.ba/loc/template.wbsp?wbf_p_id=4&tl=federalne

AFTER ARRIVAL IN KLJUČ

The guest house address: D.O.M. Zvizda, Gardijske bb, Ključ. After your arrival call us in order to pick you up from the bus station.

 Please call **Mr. Emil Bender +387 61348326.**


REIMBURSEMENT

 Bosnia and Herzegovina:	0 EUR	5 participants + 1 leader
 Bosnia and Herzegovina:	20 EUR	5 participants + 1 leader
 Germany:	275 EUR	5 participants + 1 leader
 Italy:	180 EUR	5 participants + 1 leader
 Latvia:	275 EUR	5 participants + 1 leader
 Romania:	275 EUR	5 participants + 1 leader

CURRENCY






The domestic currency is the KM (Konvertibilna Marka), it is divided into 100 feninga. The marka has a fixed exchange rate to Euro (rate 1€ = 1.95583 convertible mark).

HEALTH ISSUES

You need to have a health and accident insurance that is valid in Bosnia and Herzegovina. The  hospital with doctors is not far from our venue.

PREPARATION

In order to have successful project you need to prepare the following:

-  Research about Permaculture Projects in your country
-  Prepare a cultural presentation about your country
-  We will work outside in the garden, please bring clothes that can get dirty
-  Please bring shoes for walking a longer distance
-  Be aware that we will do a lot of physical work outside

Preliminary Programme: Sustainable Living - Youth Exchange I in Ključ, Bosnia and Herzegovina, 24.05. - 02.06.2019									
Day I Friday 24.05.2019	Day II Saturday 25.05.2019	Day III Sunday 26.05.2019	Day IV Monday 27.05.2019	Day V Tuesday 28.05.2019	Day VI Wednesday 29.05.2019	Day VII Thursday 30.05.2019	Day VIII Friday 31.05.2019	Day IX Saturday 01.06.2019	Day X Sunday 02.06.2019
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Getting to know each other Team - Building Introduction to the programme Hopes, Fears and Expectations	Permaculture Design	DIY and Building	Planting Theory	Planting Practice	Animals	Organic Pest Control	Erasmus+ for youth projects, other EU programs to support rural life and entrepreneurship	Departure
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
Arrival	Introduction to what is permaculture & principles	Permaculture Design Presentation Compost and Energy Workshop	Upcycle the plastic	Farming Theory	Planting Practice	Animals	Upcycle the plastic	Closing of the Youth Exchange Agreement Evaluation	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Welcome and Introduction Round	Introduction to the Youthpass Reflection Leader Meeting	Youthpass Reflection Leader Meeting	Youthpass Reflection Leader Meeting	Youthpass Reflection Leader Meeting	Youthpass Reflection Leader Meeting	Youthpass Reflection Leader Meeting	Youthpass Reflection Leader Meeting	Closing Evening with Youthpass Ceremony in Ključ Final Get Together	