

U.O.C. "KOSMOS"



Youth center "KOSMOS"

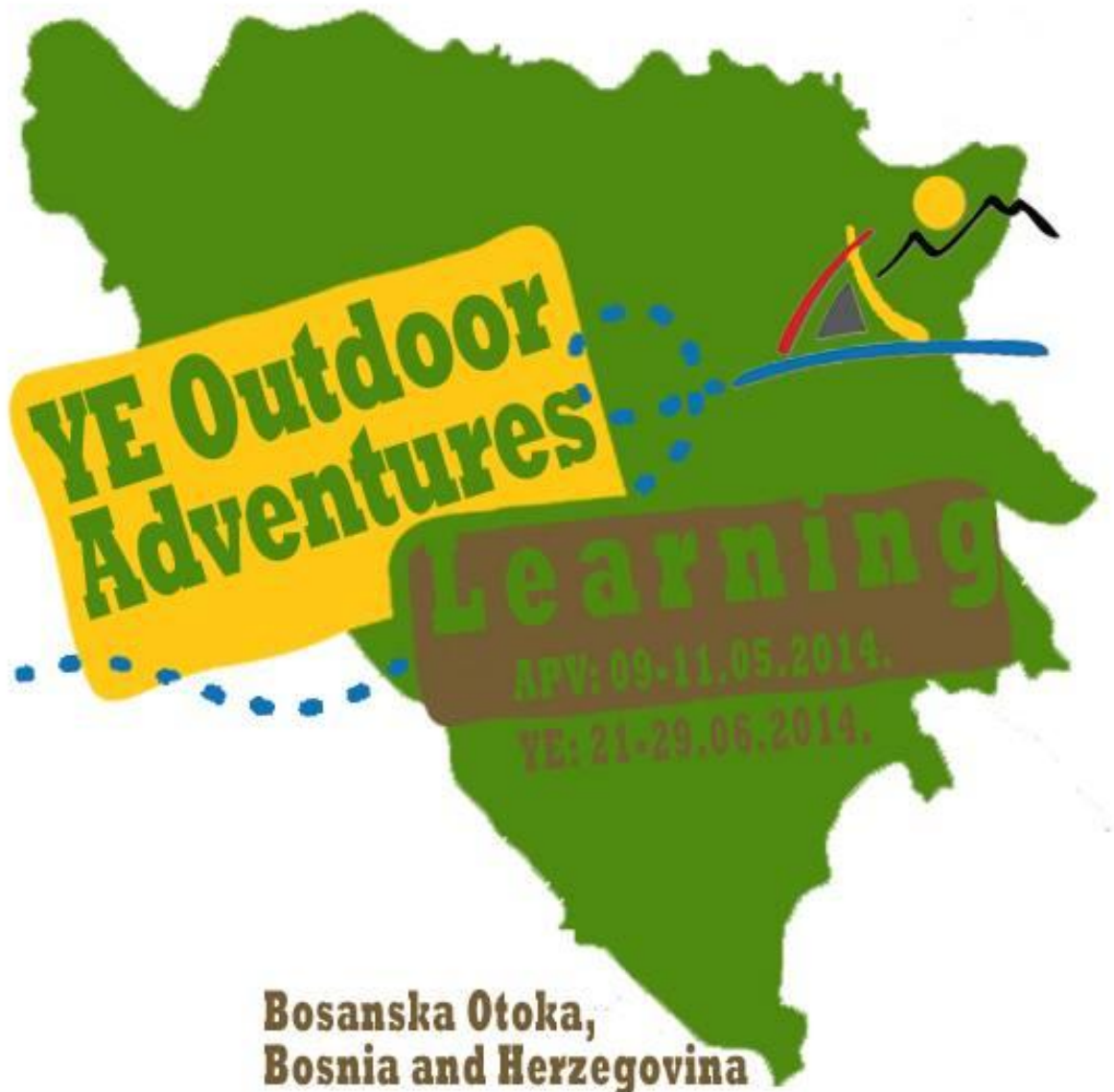


Education and Culture DG

'Youth in Action' Programme



Youth



**Bosanska Otoka,
Bosnia and Herzegovina**

YOUTH CENTRE KOSMOS - Who we are?

YC KOSMOS is an association which has been established in June 2004. in a community of Kljuc. A bigger part of our activities are therefore based on cooperation with the local community/authorities as other NGO's in Kljuc as well, and reason is that we are standing for: LIFE IMPROVEMENT OF YOUNGSTERS FROM KLJUC. Our main target group is young people (15-30 years old) coming from Kljuc, but as well we are working on regional, national and international level. When it comes to the international level of our activities, this we have started in 2007 within the Youth in Action Programme, where we have hosted successful projects such as Youth Exchanges, Trainings and Partnership Building Activities, mostly in city of Kljuc.

Main topics that we are dealing with are: youth unemployment, youth policy, environment and outdoor activities, culture and mobility of young people! YC Kosmos is member of several national and international networks and what is very important for us is that we are founders of Youth Council of Kljuc which is legal representative of young people in our municipality!

SUMMARY OF THE PROJECT

"Outdoor Adventures Learning"- European youth promote healthy behavior based on practice of outdoor activities in order to foster active participation of young people in society is youth exchange held in Bosnia and Herzegovina.

This YE will gather 40 youngsters coming from Bosnia, Greece, Macedonia, Italy, Lithuania, Armenia, Romania and Serbia to emphasize, to discuss and to discover the interaction of healthy behavior and outdoor activities and sport, to develop environmental sensitivity and to illustrate practical and theoretical experience with outdoor education. Situated in Bosanska Otoka, in the Camp Colony participants will experience life in nature and will have opportunity to gain practical skills in gardening, organizing camps in nature and practices of outdoor activities. Outdoor Adventures Learning will combine stimulating academic and social opportunities in nine days experience that exposes participants to exciting and useful areas of interested not usually found during the formal education.

METHODOLOGY

Participants will have the opportunity to experience the methods of non-formal education, to share their experiences and learn from each other, as well as to be part of the collective design of new projects, approaches and tools in order to deal with the topic. Preoperational team of the YE tries to find out new ways how to make young people more active in their local communities and to educate young people in the way that they would feel themselves as important actors in their local communities. During the YE participants will have possibility to discuss with the group of 40 people coming from different countries, to experience activities in which they can gain practice and new skills such are gardening-producing own food, using natural compost, organizing camp in nature-preparing tents, activities, protection and safety and how to leave environment in a form that we met in the beginning.

Participants will be informed about Youth in Action, Erasmus plus, Youtpass and Salto-Youth Resource Centres in order to know more about possibilities that they have as young Europeans.

During the APV team leaders together with organizers will create and adopt the programme and in that way make activities more adapted to the participants.

PARTICIPANTS

Youngsters age 18-25, team leader no age limit! Every partner will send 4 participants + 1 team leader. In our practice is that you send your team leaders on APV as well and not just on the YE!

You can already start to send us list of participants and UNTIL 10th of April we need information about team leaders that are coming for APV and it is needed that they fill the application!

ACCOMODATION

Participants will be accomodate in a camp Kolonija in Bosanska Otoka. Since this is a camp all participants will sleep in tends (3 persons in a tend). Camp is situated on the shore of one of the most beautiful rivers in Europe, UNA river and it owns facilities such are: tends, open showers (2 of them), toilets, working place, place for the bar, beach, canoes, green garden...



ABOUT THE CITY OF BOSANSKA OTOKA



Bosanska Otoka is positioned in the northwest of Bosnia and Herzegovina in the Una-Sana Canton and it is a member of the Municipality of Bosanska Krupa. The specific features of this place is the river Una which holds 28 river islands and a range of cascades. Next to the beautiful river, there are streams called Baštra and Bukovska with their springs called Vodomut and Voloder, lake Plecka... The town is roadly connected with the following towns-Bosanska Krupa (11km), Bihać (47km), Cazin (20km), Bužim (22km), and Banja Luka (100km).

HISTORY

Otoka was inhabited in ancient times, which can be proven by clay dishes found, and other remains from the Roman Empire. Foundations of Roman buildings had been dug up, but also statues, and tombs of Roman soldiers.

In those tombs had been found weapons and coins made in the period of the Emperor Valens (364-378 B.C.) Otoka on the river Una was first mentioned in **1264** under the name - **Insula**. Because the island's community and the fortress were positioned on a river's island, (in Bosnian „otok”), it was know as Otok. Till today, some of the walls of the medieval fortress has been preserved on the Town's island (Gradska Otoka).

CAMP CPLONY/KOLONIJA

The camp is situated in Bosanska Otoka, on the shore of the river UNA and it has all facilities that are needed in order to implement activites. Here you can see some photos of the camp ☺



FACILITIES



CAMP COLONY





WHAT TO BRING WITH YOU!!

- Clothes - suitable for warm and cold days, swimming suits, towels!
- Shoes - trainers, slippers, shoes for the water if you are not able to walk on stones without them
- Sleeping bags, pillow-if you can't sleep without it
- Basic medical necessities - if you use them
- Flashlight, hairdryer, something for your personal hygiene
- Info materials about your hometown, region or country, traditional food, beverages, sweets and other things which you can use for introducing your organisation and country (just have on mind to nit bring some food that can be broken fast since we will not have so much space in the fridge)
- Music, any instruments for hanging around the bonfire and **POSITIVE ENERGY**

TRAVEL INFO

As you know you need to take cheapest way of travel ☺ in a frame of amount of the money that you can spend for your travel! We will reimburse you with 70% and for that we need your: **TICKETS, INVOICES, BILLS** - everything regarding travel - otherwise we wont be able to reimburse your trip. Reimbursment will be done during the Youth Exchange!

Please start to book your tickets for APV and if you already know who are your participants you can do this for the YE as well!

Organisation	Country	Number of participants	Travel costs 100% per participant	70 %
Kikinda youth initiative	Serbia	4+1	140 eur	98 eur
MRUSA	Lithuania	4+1	400 eur	280 eur
PEL	Macedonia	4+1	160 eur	112 eur
JUMP IN	Italy	4+1	350 eur	245 eur
YsMedia - Youth Media and Creative Initiatives	Greece	4+1	400 eur	280 eur
Team For Youth Association	Romania	4+1	300 eur	210 eur
Armenian Progressive Youth	Gorgia	4+1	600 eur	420 eur

The reimbursment of travel costs will be done during APV (for the team leaders) and during YE for the participants!

HOW TO REACH BOSANSKA OTOKA

If you travel with the plain you will come to airports of Zagreb (this is the best option and please try to find flight that goes to Zagreb), Sarajevo, Banjaluka (good, but usually expensive solution) or Belgrade (it is a bit far away, but it is possible to come via Belgrade)

From Zagreb to Bosanska Otoka via BUS

From Zagreb airport to the main bus station you have buses every 30min and ticket cost 30HRK= 4 eur. From Zagreb there is not bus that goes directly to Bosanska Otoka but you can take one that goes to Bihac (40km from Otkoka) and then from Bihac to Bosanska Otoka or to Bosanska Krupa.

Time table of the buses

Zagreb - Bihac	5:45 am	11:00am	14:45pm	16:00pm
Bihac - Bosanska Otoka/Bosanska Krupa	9:30am	10:30am	11:30am	14:20pm 15:30pm

Way Back

Bosanska Otoka/Krupa - Bihac	06:10am	6:30am	7:00 am	7:15am
	7:30am	7:45am	8:15am	12:00am
	14:00pm	18:00pm.		
Bihac - Zagreb	04:45am	10:30am	14:00pm	16:45pm

From Sarajevo to Bosanska Otoka

From Sarajevo airport to the main bus station there is no buses so you need to take taxi and it cost from 10 to 13eur! Please take the invoice in order to be reimbursed! Since there is just one bus to Bos Krupa please take one that goes to Bihac!

Sarajevo - Bosanska Krupa	14:15pm
Sarajevo - Bihac	7:30am 13:30pm 14:15 pm 22:00pm
Bihac - Bosanska Otoka/Krupa	9:30am 10:30am 11:30am 14:20pm 15:30pm

Way Back

Bosanska Otoka/Bosanska Krupa - Bihac	06:10am 6:30am 7:00 am 7:15am 7:30am 7:45am 8:15am 12:00am 14:00pm 18:00pm.
Bosanska Otoka/Krupa - Sarajevo	05:15am
Bihac-Sarajevo	06:10am 07:30am 14:30pm 22:00pm

From Belgrade to Bosanska Otoka

Direction that you need to follow is Belgrade-Banja Luka-Bihac

BUT PLEASE IF YOU DECIDE TO TAKE THIS WAY CONTACT US AND WE WILL PLAN YOUR TRIP TOGETHER

From Banja Luka to Bosanska Otoka

This is the best option according to distance but according to the costs not really! If you find flight that is in a frame of money that you can spend contact us and we will plan your trip to Bosanska Otoka.

MACEDONIA AND SERBIA ☺

Dear partners/participants you are not able to come via plane! So Macedonians, check buses to Zagreb since it is easier to reach Bosanska Otoka, or if you decide to come to Banja Luka let us know so that we can plan your trip to Otoka.

Serbians your way will be via Banja Luka and please let us know when you will be in Banja Luka that we can organize your trip to Otoka.

OTHER RELEVANT INFORMATION

Money

Currency in Bosnia is BAM (konvertibilna marka) and 1 eur is 1.95 BAM

Prices in the bars:

Beer cost 2 BAM/KM or 1 eur

Coffee is 1 BAM/KM or 0.50 eur cents

Water is 1.00 BAM/KM or 0.50 eur cents

Juices 2 BAM/KM or 1.00 eur.



CONTACTS

kosmoskljuc@gmail.com

Jasmina Banjaluckic +387 61 589 753

jasminabanjaluckic@gmail.com

Azra Kujundzic +387 61 718 337

azrakujundzic@gmail.com

Almir Muherina +387 62 298 461

almir_51@hotmail.com

Programme for Youth Exchange: Outdoor Adventures Learning *subject to change

Day1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	
B R E A K F A S T									
	Opening of the Youth Exchange; Getting to know each other; Hopes, fears & expectations	Workshop I: Healthy lifestyle for all!	Importance of Education through sport and outdoor activities	Workshop IV: Outdoor Adventures Learning: creating activities for the youth camp	Workshop V vol1: Food: production, consuming and waste	Workshop VI: Gardening	What we can do together!? Project development!	D E P A R T U R E	
L U N C H									
A R R I V E	Introduction to the theme: Education through sport and outdoor activities. Youth in Action Programme and Erasmus plus	Workshop II: Me and the environment	Workshop III: Practice of outdoor activities: Youth Camp	Workshop IV: Outdoor Adventures Learning: Let's do it together	Workshop V vol2: Food: production, consuming and waste	City tour in Bihac and visiting National park Una Youthpass and Salto-Youth Resource Centre	Let's summarize! Evaluation		
D I N N E R									
L	Gathering with the campfire and telling stories about myths and legends of Otoka!	Intercultural night: Serbia&Italy& Greece	Intercultural night vol2: Macedonia& Romania& Armenia	Intercultural night vol3: Bosnia and Herzegovina	Free night	Open air cinema	Bye bye party!!		