

INFOPACK

Youth Exchange – Bullying has no place in schools

About the Youth Exchange:

The youth exchange will gather 48 participants from Romania, North Macedonia, Serbia and Croatia from 6th of May to 14th of May 2026. The activities will take place in various locations in Zagreb. The project's mission is to empower young people to stand for themselves, boost their resilience and to rethink concept of safe spaces and create their own versions.

The participants will be distributed by countries in the following way:

Croatia – 10 young people + 2 youth leaders + facilitator

North Macedonia – 10 young people + 2 youth leaders

Serbia - 10 young people + 2 youth leaders

Romania – 10 young people + 2 youth leaders

The city of Zagreb, capital of Croatia, on the historic and political threshold between East and West, illustrates both the continental and Mediterranean spirit of the nation it spearheads. Zagreb is the cultural, scientific, economic, political and administrative centre of the Republic of Croatia, and is home to the Croatian Parliament, Government and President. Its favourable location between the Pannonian plain, the edge of the Alps and the Dinaric range has allowed it to become a crossing point for mass international communication.

The city is protected from the cold northern winds by the mountain of Medvednica and opens up to the rest of the world thanks to a spacious plain and the Sava river. Zagreb, with a population of nearly one million, contains almost a quarter of the entire population of Croatia. Over the centuries, the city was inhabited by people coming from all over Europe; and, in recent years, by people coming from different parts of Croatia, ensuring a rich cultural life. Zagreb is a safe city whose doors are always open; a city with a tumultuous history teeming with interesting personalities; a city that warmly invites all those who wish to get to know it, and a city that will surely fulfill your expectations. In this city, you can easily meet remarkable people, make new friends and enjoy special moments. The façades of Zagreb's buildings reflect the ebb and flow of history, while its streets and squares bear witness to the coming together of the many cultures that have shaped the identity of this laid-back capital.

The best thing to do is when you first arrive is to take in Zagreb's wonderful atmosphere, which, as many claim, is only surpassed by the legendary beauty of the local womenfolk.

The project coordinator is Srednja škola Ivana Meštrovića Drniš which is a public secondary school located in Drniš, Croatia. It offers both general education and vocational programs, including a general grammar school track and various technical and professional fields such as economics, engineering, and agriculture. The school places strong emphasis on practical learning, student projects, and extracurricular activities. It is actively involved in international cooperation and European programs (such as Erasmus+) and encourages the development of civic engagement, sustainability, and key competencies for further education and the labor market.

Aims and objectives of the project

Stereotypes and prejudices are present in every society, and young people in Croatia, North Macedonia, Romania and Serbia are no exception. These harmful patterns affect not only those who are targeted, but also the people who hold them, as they limit openness, intercultural learning and personal growth. For disadvantaged young people, especially those in the sensitive age group of 15–18, the impact of stereotypes is even more harmful: it can lead to exclusion, bullying, lower selfconfidence and mental health challenges. These issues affect most youth so participants on this project have decided to create this YE to empower themselves to fight against stereotypes, prejudices and bullying. This project is supported by the partner organizations as it is fully in accordance with their policies against youth violence and discrimination. Thus, partners will use this project to improve their ability to keep their learning environment safe and inclusive.

The mission of this project is to create a safe intercultural space where young people can reflect on stereotypes, learn to challenge prejudices, and develop resilience to protect their own and others' mental health. By combining intercultural learning with mental health awareness, we aim to empower participants to become more tolerant, empathetic, and inclusive in their daily lives and communities. Objectives of the project are:

1. Raise awareness of the harmful effects of stereotypes and prejudices, while reducing discrimination and violence among young people. Participants will critically explore stereotypes present in their societies against groups such as Roma, LGBTI people, refugees, women and rural youth. Through experiential learning (role plays, group discussions, and online tools like the Harvard Implicit Association Test), they will confront their own biases and develop empathy for those affected by exclusion. Participants will learn about bullying in schools, how bullying can lead to anxiety, depression, lack of self confidence and decreased academic achievement.

It can also lead to resentment and hatred of students (for harming them) and schools (for failing to protect them). In the most extreme form, these victims of bullying and violence in schools become murderers who often attack their own school to punish random students for violence committed against them when they were young. Participants will also learn about the impact bullying has on bullies. Statistics show that kids who bully often engage in other violent and risky behaviors into adulthood. Special emphasis will be put on cyber-bullying, which is much more difficult to control and monitor because it happens in an online space and it leaves no

visible bruises on the victims, but emotional and psychological scars. Participants will analyze the systems and procedures that their schools have in dealing with violence and bullying in schools. These systems are designed to protect the victims but also to rehabilitate and give another chance to the perpetrator. The balance between these two goals is difficult to achieve and the participants will compare these protection systems between partner countries and suggest improvements.

2. Strengthen young people's ability to protect mental health in the face of discrimination, online hate, and social pressure. The project will address how stereotypes and prejudices negatively impact self-worth, especially in the digital world where young people often face body-shaming, online bullying, and fake news. Participants will learn coping strategies, practice peer support, and reflect on how digital habits influence their mental wellbeing. Online world has created new possibilities for violence and discrimination against vulnerable youth and groups because modern youth are basing their lives more and more around their "virtual identity" - the lives they create and portray on social media.

They will learn how mean comments and online hatred can create crisis of self-confidence and worse for young people suffering from online abuse and violence. They will also learn about the impact of fake news on creating fear, prejudices and discrimination against a group of people. They will learn how to protect themselves from threats in online world. Participants will practice taking care of their mental health through different exercises like mindfulness, journaling, connecting with others and other methods of coping with mental health issues. The goal is for the participants to develop a habit of taking time from their day to take care of their mental health and to develop positive attitudes towards practicing different mental health exercises.

TIMETABLE

ARRIVAL DATE FOR THE PROJECT: 6th of May 2026

DEPARTURE DATE: 14th of May 2026

These are the dates for which you should buy the traveling tickets

On arrival and departure days there are no activities, it is just day for resting.

Intercultural evening will be on 8th of May 2026

Time	DAY 0 6.5.2026.	Day 1 7.5.2026.	Day 2 8.5.2026.	Day 3 9.5.2026.	Day 4 10.5.2026.
8.30-9.45	ARRIVAL	Group and team building	Stereotypes and prejudices (CRO)	Take a step forward (RO)	Free afternoon
10.00-11.15	ARRIVAL	Group and team building	My own stereotypes and prejudices (CRO)	Combating bullying in schools (RO)	Free afternoon
11.30-12.45	ARRIVAL	Group and team building	Bullying in school (CRO)	Cyber bullying (SRB)	Free afternoon
13.00-14.15	ARRIVAL	Group and team building	Bullying role play (RO)	Combating cyberbullying (SRB)	Free afternoon

Time	Day 5 11.5.2026.	Day 6 12.5.2026.	Day 7 13.5.2026.	DAY 8 14.5.2026.
8.30-9.45	Mental health (SRB)	Creating final outputs	Reviewing final outputs	DEPARTURE
10.00-11.15	Mental health exercises (MAC)	Creating final outputs	Reviewing final outputs	DEPARTURE
11.30-12.45	How to protect mental health (MAC)	Creating final outputs	Writing Youthpass	DEPARTURE
13.00-14.15	Social media and mental health (MAC)	Creating final outputs	Final evaluation	DEPARTURE

Accommodation and travel

Participants will be placed in the Timeout Heritage Hotel in the city centre of Zagreb. Participants will be placed in **same-sex, mixed nationalities 3-5 person bedrooms for participants**, while youth leaders will be in **2-persons rooms**. Every room has its own bathroom. Timeout will also provide breakfast, lunch and dinner for all participants in its restaurant. The conference room where workshops will be held is also in the same building.

Blankets, towels and bed linen will be provided by the hotel. Participants traveling directly to Zagreb have to send arrival time to the organiser.

IMPORTANT for youth leaders: youth leaders will be sharing room with other youth leader during the youth exchange – it is important that youth leaders from each national team are fine with sharing room with other youth leader from the same national team. Single rooms for youth leaders due to fundings are not possible.

Important for participants: participants will be sharing rooms with people from other national teams, and we kindly ask youth leaders to select participants who are fine with this. Only exception where more people from the same national team can be in the same room is if participants have serious health issues that require them to have someone familiar with them in the room (heart condition issues, asthma, epilepsy, panic attacks etc.)

Travel reimbursement

Transportation costs will be reimbursed upon obtaining originals or scanned invoices and boarding passes. We will transfer the money for the whole group after the youth exchange to one account, in order to minimise bank transfer fees.

The maximum travel reimbursement per participant will be 417 euros for participants from Romania and Macedonia (if using green transport such as bus, if not then 309 eur per participant) and 285 EUR per person for participants coming from Serbia. We will reimburse only the actual travel costs, and not the full amount of up to 417 euros per participants. For example, if your travel costs are 200 euros per participants we will refund 200 euros, not 417 or 285

Preparation of participants

Every national group will be in charge of implementing a few practical workshops. Also, groups will have to prepare the following topics before coming to the youth exchange:

- prepare to implement workshops they were assigned - it will be in groups of 2-3 participants and they will have to do an energiser, explain the topic, facilitate the working in groups, monitor their progress and lead debriefing
- participate in workshops where they will learn something about cultures of other partner countries
- prepare intercultural evening program for their country

Other Useful information

Croatian currency from 1st of January 2023. is euro (EUR)

Croatia is the part of Schengen zone so if you are traveling by land you will not have to show your ID or passport, however always carry at least your ID card.

Croatia has virtually free health care service so make sure all participants have European Health Insurance Card. **Make sure that all your participants have European Health Insurance Card** or private health insurance (for Serbia and Macedonia)

COVID Restrictions:

Croatia currently does not have any COVID restrictions or regulations. You can enter Croatia without COVID certificates or vaccine. If you are feeling unwell before the youth exchange, please make sure to do COVID test just in case.

Phone number for emergencies (police, ambulance, firefighters) is 112.

Emergency contact Marko Užarević
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Expressions	Useful phrases	Common Signs	
Hello	Bok	Open	Otvoreno
How are you?	Kako si?	Closed	Zatvoreno
Fine, thank you.	Dobro sam, hvala.	Toilette	WC
Thank you	Hvala	Men's	Muški
You are welcome.	Nema na čemu.	Women's	Ženski
Yes	Da	Entrance	Ulaz
No	Ne	Exit	Izlaz
Good morning	Dobro jutro	Push	Gurni
Good afternoon	Dobar dan	Pull	Povuci
Good evening	Dobra večer		
Good night (to go to sleep)	Laku noć		
Excuse me	Oprostite		
I don't speak Croatian.	Ne razumijem hrvatski.		
Do you speak English?	Razumijete li engleski?		

