

YOUTH EXCHANGE "ADVOCATE!"

4 – 11 SEPTEMBER 2023
SPODNJE VRTIČE / SLOVENIA



Sofinancira
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AIM AND OBJECTIVES OF “ADVOCATE!”

Probably all of us have already heard about **human rights, the rule of law** and **advocacy** at some point in our lives, but how much do we actually know about them and their usefulness in our everyday lives?

The aim of the “**ADVOCATE!**” Youth Exchange is to help young people with and without disabilities from different countries, in and around Europe, to get better knowledge and understanding about the fundamental human rights and the rule of law so that they will be able to actively come up with different ways of how to use these rights and the rule of law to better advocate for themselves and/ or for others, therefore creating a more inclusive and respectful society for everyone.

The main objectives are to share some theoretical knowledge and practical tools during this youth exchange which will enable mixed abled participants:

- to exchange opinions, experiences and views on the topics through the use of informal learning methods, in an international environment
- to learn more about various areas of fundamental human rights and the European Convention on the Protection of Human Rights through experiential learning workshops
- to openly discuss about respecting and violating one’s rights in various areas (including rights in the public and private sector, in transport, healthcare,...), using different methods of expression
- to research the provision of respect for human rights and the rule of law in other participating countries
- to overcome stereotypes and increase their inclusivity awareness by working within mixed ability groups
- to acquire and improve advocacy skills in order to successfully defend the fundamental human rights of all, both those with and without disabilities
- to learn about examples of good advocacy practices and jointly develop new ones, in nationally mixed groups, where people with different abilities collaborate and support each other

WHO IS HOSTING THE “ADVOCATE!” YOUTH EXCHANGE?

This youth exchange was applied and will be hosted by the **ODTIZ Institute for education and inclusion**, in Slovenia.

The **ODTIZ Institute for education and inclusion** is a Slovenian non-governmental organization, which was founded in 2012, by a group of 4 friends with different abilities, with the aim of performing educational, research, social and other non-profit activities, in order to increase inclusivity awareness and create more opportunities for young people with or without disabilities.

ODTIZ Institute’s team carries out various local activities and workshops on various topics but above all, we are active in international projects within the Erasmus + and European Solidarity Corps programs. In recent years we have successfully planned and implemented several youth exchanges, **and we are very excited to welcome you in Slovenia once more, as the organizers of this upcoming youth exchange!**



PARTNER ORGANIZATIONS

Within this youth exchange, the **ODTIZ Institute** from Slovenia is collaborating with 4 partner organizations:

COLORIZE from **Latvia**

Polski Związek Niewidomych from **Poland**

ASOCIATIA PENTRU PROMOVAREA EGALITATII INTRE TINERI – ADAPTO from **Romania**

Uluslararası Genç Arayış Derneği from **Turkey**



ACTION PLAN

PREPARATORY VISIT (APV)

- will be held in Slovenia, in person
- 23 – 26 July 2023
- 1 participant from each participating country is to attend the visit

YOUTH EXCHANGE

- will be held in Slovenia, in person
- 4 – 11 September 2023
- 4th and 11th of September are arrival and departure days. In between, there will be 6 full program days and each day will be dedicated to a specific topic.



“ADVOCATE!” TIMETABLE

TIME/DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	
8.00 – 9.30	Arrival and settling in	breakfast							
9.30 - 11.00		Ice breakers, name games	Energizes,group building	"Put yourself in my shoes" - HUMAN RIGHTS AND YOUTH WITH DISABILITIES	Road trip to Maribor	WHAT IS THE RULE OF LAW? workshop	refreshing on what we've learned	Cleaning the place	
11.00 – 11.30		Coffee break			Departure	Coffee break		Packing	
11.30 - 13.00		Project presentation, common rules	"LET'S GET TO KNOW HUMAN RIGHTS" workshop	HUMAN RIGHTS AND YOUTH WITH DISABILITIES - DIFFERENT COUNTRY REALITIES		CHARACTERISTICS OF A GOOD ADVOCATE workshop	filling out the Youthpass certificates		
13.00 - 15.00		Lunch and siesta				Lunch and siesta			
15.00 - 16.30		Expectations, challenges, Youthpass introduction	"HUMAN RIGHTS IN PRACTICE" workshop	Live library		"LET'S DESIGN AN ADVOCACY CAMPAIGN" workshop	final evaluation		
16.30 - 17.00		Coffee break				Coffee break			
17.00 – 18.30		Getting to know each other	Treasure hunt – place discovery	"HUMAN RIGHTS THROUGH ART" workshop		"OUR IDEAL WORLD" - workshop	PPRESENTATIONS OF OUR ADVOCACY CAMPAIGNS	project summary	
18.30 – 19.00		Relaxation and evaluation of the day in national groups							
19.00 - 20.00		dinner							
20.00 - 20.30	National groups leaders meeting								
21.00	Informal gathering	welcoming party	Intercultural evening of Slovenia	Intercultural evening of Romania & Turkey		Relaxing and informal gathering	Intercultural evening of Latvia & Poland	BYE – BYE party	

****Please note:** This is not the final version of the timetable, we may apply some changes to it before the actual youth exchange.

PARTICIPANTS

PROFILE AND NUMBERS

At this youth exchange we are expecting to have participants from **Latvia, Poland, Romania, Slovenia** and **Turkey**.

Number of participants per country:

Latvia, Poland, Romania and Turkey: 4 participants per country (two participants with disabilities/fewer opportunities) + 1 group leader + 1 assistant.

Slovenia: 4 participants (two participants with disabilities//fewer opportunities) + 1 group leader + 2 assistants.

Participant's profile:

The participants are required to be from 18 to 30 years of age, while the group leaders and assistants must be over 18 but can also be over 30. It is highly recommended that at least some of the participants, group leaders and assistants per national group are good at speaking and understanding English.

It is welcomed that as a participant in this particular youth exchange you are at least slightly interested in the topics of human rights, the rule of law and advocacy so that you will enjoy the activities and actively contribute to them as well.



TRAVEL BUDGET LINE

COUNTRY	MAX. BUDGET LIMIT
LATVIA	275 € per person
POLAND	275 € per person
ROMANIA	275 € per person
TURKEY	275 € per person
SLOVENIA	80 € per person

The maximum travel budget for each person, participating in this youth exchange, has been stated above. Besides the travel cost, all accommodation costs will also be covered by **Erasmus+ Program**.

ACCOMMODATION

During the youth exchange we will be staying at **Center Sonček – Vrtiče**. The Center is located in a small valley called Spodnje Vrtiče, 15 kilometers from Maribor (the second largest city in Slovenia).

Center Sonček-Vrtiče is accessible and therefore appropriate to host people with different (dis)abilities. It was actually built as a therapeutic center for rehabilitation purposes, but because it's surrounded by over 24 hectares of meadows, fields, orchard, walking paths, forest and even has its own swimming pool, the Center offers opportunities for many more activities, such as:

- Hiking
- Cycling
- Swimming
- Horseback riding
- Recreational and team building activities
- Hosting youth exchanges and other events for children, youngsters or adults of all abilities

Please bring your own towels and personal hygiene items!



HOW TO TRAVEL TO SLOVENIA?

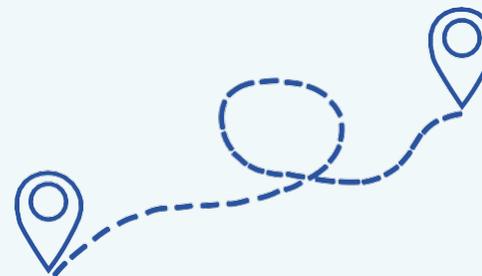
Unfortunately the Ljubljana airport is not so well connected, so if you don't find good flight connection directly to Ljubljana, you can also choose the nearby airports as Trieste or Venice/Italy, Zagreb/Croatia, Graz or Vienna /Austria. From this airports you can then take shuttle bus to Ljubljana.

Some suggestions for shuttle buses:

<https://www.goopti.com/en/>

<http://www.igoline.com/>

<https://shuttle.nomago.si/en/home>



Should you need wheelchair accessible transportation from the airport to the accommodation's location, please let us know in advance and we will provide one for you.

COVID 19 RESTRICTIONS

Currently, all Covid 19 related restrictions in Slovenia have been removed, so you can travel to and from Slovenia freely, without having to have any specific documentation related to Covid.

HOW TO APPLY FOR THIS YOUTH EXCHANGE?

If you are intrigued by what you've read so far and you meet the participant's profile, to participate in this youth exchange, please contact the following organizations:

If you are from Latvia please contact the **NGO COLORIZE** for further information.

If you are from Poland, please contact **Polski Związek Niewidomych** for further information.

If you are from Romania, please contact **ASOCIATIA PENTRU PROMOVAREA EGALITATII INTRE TINERI – ADAPTO** for further information.

If you are from Turkey, please contact **Uluslararası Genç Arayış Derneği** for further information
and

if you are from Slovenia, please contact **ODTIZ Institute** for further information.



KEEP IN TOUCH WITH US

Should you need more information or have any questions for us, contact the ODTIZ Institute's team

via **e-mail:** info@odtiz.si

or

visit our **FB page:** <https://www.facebook.com/zavod.odtiz>



OTHER USEFUL INFORMATION

Weather conditions: In July the weather in Slovenia is usually quite hot so we advise to bring summer clothes and some lighter jackets for the APV.

September can be quite tricky in Slovenia, it can still have summer temperatures, but can also be rainy and cold, especially in the evenings, so we advise to bring summer clothes, combined with some warmer clothes when you come for the youth exchange.

Official language in Slovenia: Slovenian (but most Slovenes understand and speak basic English, so you shouldn't worry about communication problems during your stay)

Currency in Slovenia: Euro (€)

Time Zone: Central European Time

Adapters system: European



**We hope to see you
in Slovenia soon!**



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