

# INFO PACK

EVS

## Connect and create

01.06.-01.12.2017.  
LABIN, CROATIA



Udruga za mlade **Alfa Albona**



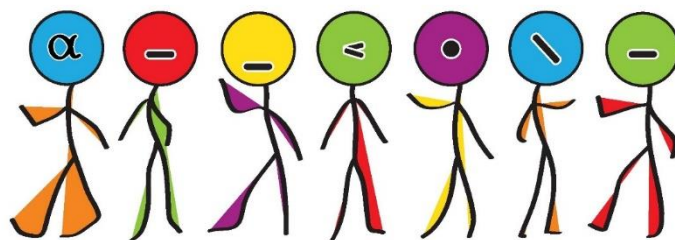
Dear future volunteer!

We are always open to all volunteers without any prejudice, giving them opportunity to work in team and individual. All our volunteers have space to create workshops for young people and participate in youth activities for which they are getting support all the time. We want to ensure that anyone who joins our team is feeling good, motivated and to ensure all possible support and help. As for you, this project is going to be a challenge for us as well, we will try to give our best to be here for you, but the most important for us is that you are honest, communicate with us and respect our association and also the local community you will be part of. Motivation of young people to join EVS service is mostly to make new friends, acquire new skills, learn new things, learn more about our and other cultures and after all to have fun. Working together we can achieve all of this and much more, but we have to be open minded, ready for new challenges and not to be afraid of new things, asking for help or any questions that you may have.

In the following pages you will find some information about our association, about our town, region and Croatia in general, as well as some additional things we thought it can be useful for you.

We hope that you are going to enjoy working with us and that we will **WELCOME YOU IN YOUTH ASSOCIATION ALFA ALBONA!**

Alfa Albona Staff



Udruga za mlade

**Alfa Albona**

# Letter for you from our volunteer

## What you need to know before making an EVS in Labin?

Hi to you who's reading this and want to do an EVS in Labin! I'll give you few tips based on my year of experience here ☺

### ABOUT EVS IN GENERAL

So I will start by giving you few advices about how to deal with EVS and the different types of issues you could have during that experience.

First would probably be the cultural shock. When you go in another country, you may realize that people are not like you even if it seems like it, at first sight. You will arrive and get involve in a new community and face a different culture, with different state of mind than yours, different habits and so on. In the country where you go, but also if you are involved with volunteers from other parts of Europe, the advice I can give you is to be patient, be curious about others and respect their differences as much as you can.

Second important point is the good communication with you hosting association. People in Alfa Albona are kind and open minded person. You can freely ask whatever you want without any problem. Don't be afraid to say it if you encounter any kind of issues, with your accommodation, your work, or something else.

When you go for a long term period outside of your country to do an EVS, like most of the volunteers around Europe, you can encounter something called "The moral curve of volunteering". It means that every 2-3 months, there is a possibility that you feel a little bit homesick, or you have some blues. You need to stay strong and talk with a confident, to a friend there, the mentor of your association, a friend at home or even your responsible in your sending association. Talk about your fears and your blue is good to fight against it!

Last thing that I can recommend is to live your experience AT THE FULLEST. I mean that you shouldn't waste time caring too much about meaningless things and obstacles. If you had totally different expectations and that the reality hits you, you should always find something that makes you happy, and find every positive thing that you like in your project and in the new environment. Always remember the reasons that pushed you to do such a human experience.

## ABOUT EVS IN LABIN

After 9 months in Labin I've noticed a few things that are probably important to know if you decide to come here for a long time.

First thing would be that it is a small town and you need to be aware of it. There are 20,000 people living in Labin and its surroundings so it's a quite small community. In any case, you can never compare it to a big city like the capital, Zagreb, and your expectations need to stay realistic considering this fact.

Meaning that you are not going to be able to find ANYTHING you want there and will need to go a little bit further in the outskirts of Istria to find big shops for clothes or very specific things (Pula, Rijeka).

Second thing is that people here are used to live together. Everyone knows everyone and the groups of people are already made. It won't be always easy to get involved in the community if you don't put some efforts in it. What I mean by that is that people in Labin are very open and kind people but you will have to make a step towards them if they don't do it directly. Just be yourself, show some respect for their environment and culture. It goes with the fact that since it's a small town, at first sight, it can seem that there are not so many things to do here during your free time. But as soon as you meet the community and meet people, you will see that plenty of activities will show up for you. If you know the good person, you will know what is happening and find more and more things to do with them. Hanging out, concerts, sports, cultural events,... One last tip about Labin and its people is that most of the youngsters, and mostly everyone LOVE music ☺ If you have a passion for music, you will even always find someone to talk with! You definitely need to show up as soon as you can in the local events, so people know that you are here. The community is very curious and will love to learn more about the place you are from, what you are doing in Labin, and so on!



Richard (Belgium), ex long term EVS volunteer of Alfa Albona



## A Brief description about us

**YOUTH ASSOCIATION ALFA ALBONA** is a non-profit and non-political association of young people, established in January 2011. to promote the interests and activities of youth. The purpose of the association is to encourage involvement of young people to fulfil their needs and create a lasting foundation for the development of communication among young people to promote their interests and addressing the specific problems with which this segment of the population faces. The ultimate goal is to help young people integrate into society in all its spheres to achieve their permanent socio-economic independence.

The Association is working on the following activities: designing and implementation of projects to improve the quality of life for young people, developing and implementing non-formal education to build a civil society, organizing workshops, counselling, lectures and public discussions regarding the topics engaging young people organizing and coordinating volunteer support network for young people, organizing concerts and festivals for young people, provide information and advisory service to help young people in finding the (first) job, encouraging young people to engage in science, culture, education, entrepreneurship and other aspects of public life, publishing magazines, books, leaflets, brochures, organizing cultural and sporting events, establishing cooperation with other NGOs in the formulation and implementation of programs and activities of common interest and performing other appropriate activities to achieve the objectives of the Association.

Our main field of work is: youth information, mobility of young people and social entrepreneurship.

## Alfa Albona Team

	<b>Jelena Batelić</b>	<a href="mailto:jelena.batelic@gmail.com">jelena.batelic@gmail.com</a> 00385958465656	<b>President / Cultural and project coordinator</b>
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	<b>Ana Tavić</b>	<a href="mailto:anatavic@gmail.com">anatavic@gmail.com</a> 00385989660698	<b>Support member / Assistant of the project coordinator</b>
	<b>Monika Brajković</b>	<a href="mailto:monika.brajkovic0708@gmail.com">monika.brajkovic0708@gmail.com</a> 00385915070243	<b>Secretary</b>

## Our office



# Project description

EVS project "Connect and create" involves 3 volunteers and volunteers with fewer possibilities from 3 different countries: Italy, Slovenia and Spain on long term volunteering from 01.06.2017. till 01.12. 2017., all together for 6 months in Udruga za mlade Alfa Albona in a small medieval town in Istria region, Labin. It aims to support and develop initiative, enterprise, sense of belonging to the European community and awareness of cultural diversity as a key to the unity and prosperity of the European Union to a group of young people from three countries – Spain, Italy and Slovenia. The main idea of the project is to encourage the exchange of young people from different countries to travel, to meet with their peers from different social and cultural backgrounds, to share best practices through active participation in common activities. Through the topics that will be discussed, participants will have the opportunity simultaneously to learn about the countries and cultures of others and to evaluate the differences among countries as a means of strengthening the tolerance and democratic values inherent in European civil society, to explore various socio-cultural realities and strengthen their sense of European citizenship. The focus will be on empowering youth not only through skill-training but also through encouraging them to become active citizens and to take more active role in the labor market.

The tasks of the volunteers will be organized by months:

May and June 2017 – arrival of the volunteers, getting to know the new surrounding and the team, start to help us prepare for the summer camps by assisting in logistics of the summer camp, preparing for the activities that will be implemented with young people in the summer camp (different workshops, animation), with local volunteers and our team help us to establish the summer camp (cleaning the camp area, putting up the tents,...), start with writing blog about their EVS experience.

July and August 2017 – volunteers will help us in the summer camp by hosting the groups, taking care of the young people, implementing different workshops and animation for young people that we will host, help with cleaning the camp area and assist in activities with young people, taking photos of the activities. They will have the chance also to get free education about the first aid and rescuing techniques that we organize for international and local young people together with the local Red cross and Mountain rescue service in our summer camp every year.

September – November 2017 – volunteers will participate in different local volunteer initiatives and other association activities (Time to move campaign), promotion of volunteering, preparing and implementing volunteer activities with local volunteers and youngsters, hold the workshops within our youth club such as language workshop, cinema nights, music workshops, social games nights..., help with daily work of youth information centre, make researches, publishing online opportunities for young people.



Promoting EVS, EVS volunteers in Labin



EVS volunteers on a workshop in local higschool

Next to the main roles there are several specific areas of activities volunteers could work on (depending on their own abilities and wishes) one/two times per week: media (creating advertisement for youth events: adverts, articles, short movies, videos, leaflets etc. realize their creativity and ideas by doing this); art (initiate new artistic workshop for youth club: dances, drawing, theatre, photography etc. especially related with their culture); sports (casual or non traditional sport activities); language (teaching local youngsters their language); other ideas (we are open to all volunteer's ideas/proposals and they will get our full support for realizing them).

The volunteers will develop further and acquire new competences and skills in project development and implementation, organizational skills, communication and networking skills, language skills, and also intercultural and social skills to improve their possibilities of integration into the labor market and their career possibilities. These skills will help the young adults in their transition to an independent and socially integrated life and will be recognized in the Youthpass certificate and their CV. Networking and exchanging with other youngsters helps the volunteers to understand their situation, obstacles and possibilities better and provides them with new ideas and possibilities for their individual life plan after the volunteering period. The exchange with young people from Croatia and other countries and working in a intercultural environment will make the volunteers be more aware and better understand other cultures and countries and overcome cultural and language barriers. The youngsters will build networks of international contacts useful for their future prospects and will learn more about non formal and informal education and training possibilities within the European programmes and more specifically within the Erasmus + programme.





### Working hours:

The volunteers will be involved from Monday to Friday for a maximum of 35 weekly hours. Usually weekends will be free. Sometimes, anyway, there will be events that will take place during the weekends which are especially in the summer while having summer camps, in these cases, the volunteers will have day-off during the week. On holidays volunteers will not work, and their days off will be in agreement with them, for example if you decide to work more hours one week in order to get 2-3 days of free time for the next we will respect that. Volunteer will have the hour list to write each day in which they will put how many hours they are working and on which activities.

### Who we are looking for

We are looking for well-motivated, dynamic, flexible and, most important, sociable and empathic person. Considering the people the volunteers will be in contact with and the target of the activities we are currently running in the local community, our volunteers should be able to work in team, to help in solving possible conflicts in a creative way, work and relate with other young people with fewer opportunities and with different backgrounds and cultures.

Volunteers that we are looking for should believe in and enjoy working with and for young people because this is the major type of person they will be working for and with. We are looking for enthusiastic, self-motivated, self-reliant, responsible, tolerant and open-minded volunteers, who fulfills the following criteria:

- aged 20 – 30
- being a young unemployed / having a hard time with finding a job
- being tolerant and open minded
- interested in youth work and youth information work
- willing to participate in the social and community life
- would like to help creating and implementing projects, initiatives, activities for youth
- interested in different cultures and in intercultural learning
- mature to work and to relate to other young people with fewer opportunities and willing to develop activities with sense of responsibility
- willing to share his/her experience and culture.
- willing to learn and actively participate in the service.





## ACCOMODATION

Alfa Albona will provide an appropriate accommodation in a safe environment. Volunteers will be placed in their own flat near their working place which they will share with other EVS volunteers. They will have sharing rooms, kitchen and other facilities in the flat that is equipped with all necessary things for everyday life. In the summer time when we have the summer camps volunteers will be placed in campsite Tunarica, 17 km away from Labin and will live in the tents.

## WORKING PLACE

We guarantee safe and high quality workplace. Our office is perfectly equipped for the volunteer's work and needs. There is local transportation in Labin but since the place of staying and working place is in the city centre together with places where we plan our activities it will not be needed. In case of some changes volunteers will be informed and if needed accompanied about local transport. During the summer volunteers are placed in campsite and the transport is organized by Alfa Albona. Our aim is to establish good contact with volunteers, in order to understand better volunteers own needs.



## FOOD ALLOWANCES AND POCKET MONEY

The volunteers will have a kitchen in the flat and will take care for their food themselves. Alfa Albona will provide you with food allowances of 140,00 euro and the pocket money of 90,00 euro every month during your service. We advise you to take some pocket money for the first days when you arrive here, before opening the account in our local bank where we will transfer you this money monthly. We are going to help you with all necessary paperwork to open the bank account. In the old town where you will be living you have just one small shop, but in downtown there are more bigger shops and supermarkets like Lidl, Plodine, Konzum or green market for fresh fruit and vegetables, and fish market for fresh fish.

The important thing to know is while we are in the summer camp the rules are different: in these months (July and August) volunteers will get only the pocket money of 90,00 euro because the food will be provided in the summer camp (3 meals per day + snacks + hot and cold beverages all the time).

## TRAVEL ARRANGEMENTS

Alfa Albona will coordinate travel arrangements directly with the volunteers, the sending organization will provide organizational support if necessary. Your travel costs are calculated within Erasmus + distance calculate and therefore the budget that was approved is for Slovenia 180,00 euro and for Italy and Spain 275,00 euro for return tickets. In case that your return travel tickets are more than the approved amount, this costs is on your expense. Please keep in mind to save all your tickets and invoices for the travel and to give this to us because without this, we can't give you the money.

## INSURANCE

All volunteers within the project are from EU countries and therefore may have or apply for the European Health Insurance Card. Instead of and/or in addition to the European Health Insurance Card the volunteers are medically insured – including third party and accidents - by the European Commission Erasmus+ European Voluntary Service Insurance called Cigna insurance. Sending organizations will register you for this insurance and Alfa Albona will provide additional help if needed.



## SUPPORT AND MENTORING

Alfa Albona will provide a mentor for you who is not directly involved in the work of the association to ensure that this person is objective and doesn't stand on the side of the association in case of possible conflicts. We want that our volunteers have adequate support and can relay considering their personal problems to that person. There will be regular meetings between mentor and volunteers due to volunteers expectations, needs, activities... This meetings will give the opportunity to reflect daily work and volunteer's activities, ideas and feelings, as well as an opportunity to solve possible conflicts. Reflection on the learning process also forms part of the evaluation with the mentor and it will be constant. For us, this is an important part of the service and each volunteer needs to be guided and aware of their own learning.

## LANGUAGE COURSE

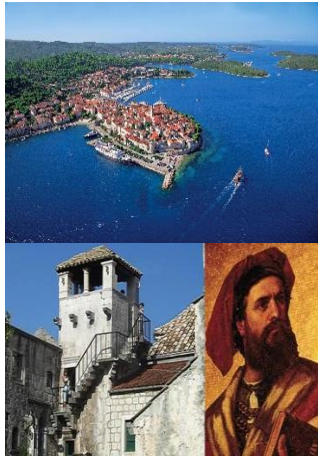
Alfa Albona will provide Croatian language lessons for the volunteers that will be held by our local volunteers or Alfa Albona staff.



## WORKING LANGUAGE

Working language of the project is English language. Volunteers are expected to know English language in oral and written form because of the service, but also in order to understand us and to ensure good communication.

## Croatia: Small country of big inventions & people



**Marco Polo** – was born on island Korčula, house in which **Marco Polo**, the famous world traveller and writer was born It's recently bought by **Korcula's Town Authority** which is currently planning to reconstruct and redone it into the Museum of Marco Polo... At the present, just the part of the house is opened for visitors to have a look around.



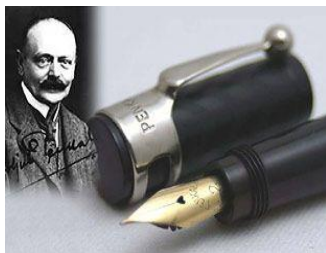
The modern necktie spread by Europe when Croatian mercenaries from the Croatian Military Frontier in French service, wearing their traditional small, knotted neckerchiefs, aroused the interest of the Parisians. Due to the slight difference between the Croatian word for Croats, *Hrvati*, and the French word, *Croates*, the garment gained the name "cravat" ("cravate" in French).



**Roger Joseph Boscovich** (Croatian: *Ruđer Josip Bošković*) – Croatian greatest mathematician, astronom, phisist and philosopher. Its work helped one day A. Einstein to complete unified theory of field.



**Nikola Tesla** – a scientist who changed the world was born in Croatia in a small village Smiljan, where is also Nikola Tesla museum in his birth house.



**Slavoljub Eduard Penkala** was a Croatian engineer and inventor of Dutch-Polish-Jewish descent. He became renowned for further development of the mechanical pencil then called an "automatic pencil" and the first solid-ink fountain pen.



Faust Vrančić – Fausto Veranzio was born in Croatian town Šibenik he discovered the long forgotten Leonardo Da Vinci invention – the Parachute, and upgraded it.



**Anthony "Tony" Maglica** is the owner and founder of Mag Instrument Inc, the company that manufactures the Maglite flashlight which was designed by Maglica. The Maglite is a powerful and durable flashlight that has become standard issue gear used by police officers in the USA. Although born in New York, Maglica grew up on the island of Zlarin, which is off the coast of Croatia.



**The torpedo.** The naval officer and inventor Ivan Blaž Lupis (1813–75) built a prototype of an explosive weapon which could be used to attack enemy ships in 1861. After signing a contract with Lupis, a factory in Rijeka developed his invention and was the first in the world to begin mass production of torpedoes which were completely like those used today. The technical solutions of the Rijeka torpedo are used today for peaceful purposes.



# Croatian food, cuisine and cooking

## What is Croatian cuisine like?

Croatian cuisine is heterogeneous and known as a "*cuisine of the regions*", since each region has its own distinct culinary traditions. It can be divided into a few regional cuisines which all have their specific cooking traditions, characteristic for the area and not necessarily well known in other parts of Croatia.

Mainland cuisine is characterized by the neighboring cultures – Hungarian, Austrian and Turkish, using lard for cooking, and spices such as black pepper, paprika, and garlic. The coastal region bears the influences of the Mediterranean cuisine - Italian and French, using olive oil, herbs and spices.



**Vegeta** is a condiment which is a mixture primarily of salt with flavour enhancers, spices and various vegetables invented in 1959 by a Croatian scientist Zlata Bartl.



**Bajadera** - a milk chocolate praline from nougat, enriched with almond, hazelnuts or walnuts.



Istrian truffles



**Paški sir** – famous sheep's milk cheese (island of Pag)



Istrian smoked ham



**Kulen** – spicy pork sausage



**Maneštra** – a vegetable stew made with corn



Sea food



Land of good wine



Asparagus

# Interesting facts about Croatia



Croatia has one of the richest collection of Neanderthal's remains in the world. The site is located in Krapina, where is also one of the most modern museums in Croatia.



Croatian currency is known as the Kuna, which is the Croatian word for marten. A marten was a forest rodent whose highly prized skin was used to pay taxes in the Roman provinces of eastern Croatia. The marten appeared on medieval coins before giving its name to the new currency in 1994.

Croatia has eight national parks and eleven nature parks. The most famous park is Plitvice Lakes it is even under the protection of UNESCO.



Croatia has a small village of Hum which holds the record of the world's smallest city, it has only 17 inhabitants.



Zadar, Croatian city is home of the world's first organ that is played by sea waves.



Croatia has 1246 islands and islets, but only 48 out of them are populated.

Dalmatians are a dog breed originally from Croatian region Dalmatia.



The **Museum of Broken Relationships** is a museum in Zagreb, Croatia, dedicated to failed love relationships. Its exhibits include personal objects left over from former lovers, accompanied by brief descriptions. The "museum" began as a traveling collection of donated items. Since then, it has found a permanent location in Zagreb. It received the Kenneth Hudson Award for Europe's most innovative museum in 2011.



The sunniest parts of the country are the outer islands, Hvar and Korčula, where more than 2,700 hours of sunshine are recorded per year, followed by the southern Adriatic Sea area in general, northern Adriatic coast, and Slavonia, all with more than 2,000 hours of sunshine per year



Banana split – haha we're just kidding. The banana split has nothing to do with Split, a city in Croatia. It's a banana. And it's split. And it's in a yummy dessert with lots of ice-cream and whipped cream. And it's American, not Croatian. Myth busted!

The hit HBO series Game of Thrones was filmed on the Dalmatian coast in Split and Dubrovnik.



Alfred Hitchcock said it in 1964 so it must be true: "The sunset of Zadar is the world's most beautiful and incomparably better than in Key West, Florida".



Once the home of bloody Roman gladiator fights, the amphitheater in Pula, Istria is one of only 3 preserved in the world. It



The Rijeka Carnival is not only the biggest in Croatia but also one of the most popular carnivals in Europe.





# HOW TO BE A CROATIAN



## Common greetings in Croatian: Always say hello (bok) to your Croatian neighbours!

In Croatia, neighbours are something like your extended family. People in Croatia often live in the same house or apartment for generations, so no wonder it's extremely important to establish good relationships with your neighbours. Your apartment gradually becomes an extension of their living room (and vice versa, of course).

### Need a favour? Ask a neighbour!

In Croatia your neighbours are always there for you when you need something:

- You're preparing some tasty meat for lunch but forgot to buy Vegeta?  
Ask your neighbour!
- Want to read today's newspapers?  
Ask your neighbour, preferably the one who runs the local grocery store!

### Everyone knows everyone...

One of the basic rules is that everyone knows everyone. Therefore, passing by someone you know – especially your neighbour! – and not greeting them is considered a major offence.

## Who speaks Croatian and who can understand it?

**The Croatian language is a South Slavic language and is the official and literary language of Croatia. It is also one of the official languages of Bosnia-Herzegovina.** The majority of Croats speak – and understand – standard Croatian, which can also very easily be understood by Bosnians, Serbians and Montenegrins.

Words without vowels are everywhere in Croatian language. Try pronouncing: Krk, trn, vrt, prst, strm... Do you really want me to continue?!

## Does Croatian also have dialects?

Despite being a relatively small country, Croatian has three main dialects which means that practically speaking a villager from northern Croatia might have problems understanding a fisherman from the farthest populated Croatian island Lastovo, because they speak completely different dialects of the Croatian language!

**Čakavian** – spoken along the Croatian coast, Istria, on many islands and in the Lika region

**Kajkavian** – spoken in northern and northwestern Croatia

**Štokavian** – spoken in the rest of Croatia

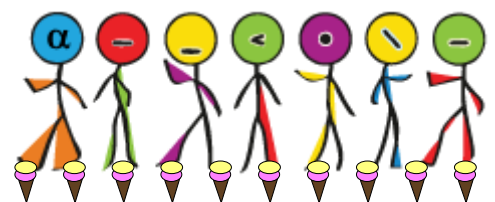
Although nowadays Croatian uses the Latin alphabet, Croatian was originally written in Glagolitic, the oldest known Slavic alphabet, which was invented in the 9th and commonly used until as late as the 18th century!

## Old wisdom!

Ice will give you a bad throat, sitting on the cement will destroy your kidneys, and draught will instantly kill you and should be avoided at any cost. This is all old wisdom we believe in here in Croatia. Don't try to tell us differently. ☺

## Coffee is important to us...

If somebody invites you for a coffee, you can actually order something else. Coffee culture in Croatia is so strong, that the word "coffee" just got the meaning of the word "drink". Sometimes by watching busy cafes in the middle of the day, you might get a wrong impression that Croats don't work. We actually do. In the bar. While we drink coffee.





# Kuna and lipa: the Croatian currency

Although most of the countries in the European Union now use the Euro as their currency, Croatia – who joined the EU as recently as 2013 – still uses the Croatian kuna.

The kuna was first introduced on May 30, 1994.

## Useful facts about the Croatian Kuna

- In Croatian a Kuna is an indigenous weasel-like animal (English: marten), whose pelt Croats used as payment in medieval times.
- The word Lipa means linden tree.
- One kuna is divided into 100 lipas.
- Wherever prices are listed in Croatia the word Kuna is abbreviated simply to kn.



## What does Croatian money look like?

**Smaller kuna denominations** (1kn, 2kn and 5kn) are silver coins with pictures of animals

On the 5 kuna coin there's a picture of a bear, and you'll sometimes hear a Croatian ask for a 5 kuna coin by saying Imaš medu? (Do you have a bear?).



**Higher kuna denominations** (e.g. 10kn, 20kn, 50kn, 100kn) are banknotes which feature portraits of famous Croats.

The design of the banknotes resembles closely the final generation of Deutschmarks.

**Lipa denominations** (e.g. less than 1kn) are copper coins with pictures of indigenous Croatian plants and flowers.

## Croatia and the Euro

A poll in April 2015 revealed that just over half of Croatians are in favour of a move to the central EU currency. There is currently no fixed timetable for introducing the Euro in Croatia.

In the mean time ... in certain cases it's already possible to pay by Euro with smaller, privately run businesses (e.g. family-run restaurants, souvenir shops, private accommodation).

But for all other official transactions (e.g. transport, hotels, car rentals), you'll have to pay in kuna!

1 EUR = 7.66 KN



# Project venues

## LABIN

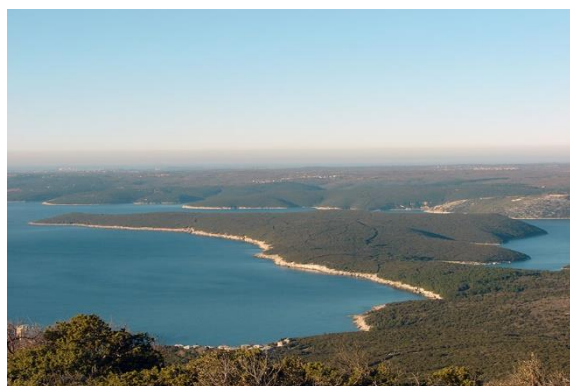
The project will be held in Labin, a small mediaval city in the south-eastern part of Istria, 5 km north-west of the harbour of Rabac. It comprises two separate parts, the old town on top of the hill and the more recent settlement, Podlabin. It is the one of the most beautiful Istria's town with rich history and cultural heritage. Its old name of Albona was first mentioned in 285 AD. The birthplace of Matthias Flacius Illyricus, the reformer and collaborator of Martin Luther, it is a cultural and administrative center today. The rich cultural and architectural heritage of Labin is enlivened by number of art ateliers and by the bustling youth gathering in the coffee bars scattered around the old town. The Sculpture Park in nearby Dubrova features over 70 forma viva stone sculptures. After a walk through the narrow streets of the Old Town, pay a visit to the Town Museum with its archaeological and unique in this part of Europe, a miniature coal mine. Have a look at the Memorial collection of Matthias Flacius Illyricus, peek into the art ateliers, enjoy the view of Rabac and Cres island from the Fortica or pop into the small, elegant shops and take refreshments on one of the terraces of the local coffee bars. Whether to do business or just to have a chat, these are the places where everyone meets. In your free time you can really enjoy in different activities, go walking to famous Trim path where you will have a chance to see small waterfalls and try to drink water coming from the mountains, enjoy in riding bikes through forests, go to see open sculpture park, exercise, swim, try one of water sports, learn standard and latino dances, zumba, play some sport (kickboxing, judo, football, handball, tennis...), go to see other beautiful towns around Istria region and Croatia and lots of other interesting things just waiting for you.





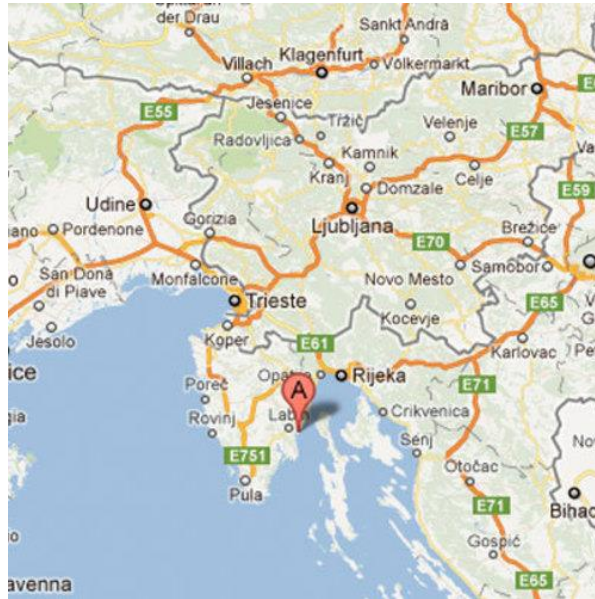
## TUNARICA

Our campsite for international summer camps and other summer youth activities and projects is located on the Eastern coast of Istria peninsula of Croatia, about 17 km from Labin and about 60 km from Pula airport. This attractive, natural bay, protected from all winds, is more than ideal for International youth summer camps. It amidst unspoilt scenery and deep blue sea, and offers beautiful woodland and rich vegetation, opportunities to relax and its unspoilt tranquility. Being several kilometres from the nearest busy road, the camp's visitors can enjoy unbroken peace and quiet.





# How to reach us?



## By Bus!

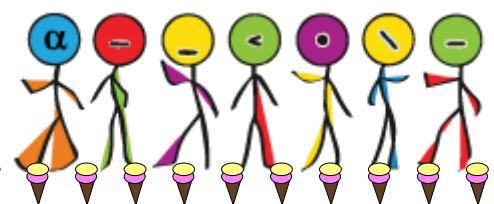
**The bus station in Labin is situated in the northern part of town, 500 metres from the centre and 1.5 km from the old town of Labin, where is our office.** At the bus station there is a ticket office and waiting room as well as kiosk and a coffee bar. From Labin there are bus connection to most Istrian towns, most frequent connections are to **Rijeka and Pula**. There is also a local bus that goest to neighbouring cities such as Rabac and Raša daily.

## By Plane!

**The main airport to come is Pula, 40 km from Labin.** At the airport you have shuttle bus to the bus station in Pula where you can reach the bus to get to Labin. Bigger airport that is often used by our volunteers is the one in Italy, Trieste. There's around 140 km from Labin to Trieste, but you have bus every day from Rijeka that goes to Trieste, or you can even go with Bla Bla car. Pula airport has some cheap flights with Ryanair if you want to visit some other countries in your free time and even more flights you have from Treviso and Marco polo airport, next to Venice.

## By Train!

**The main train station is Rijeka, 60 km from Labin.** In Rijeka you can also take a bus to come in Labin, the bus station in Rijeka is called Žabica, it is near the city centre.





# What to bring from your wardrobe?

## Winter ❄️



During winter season it is recommended to pack some warm clothing in spite of the mild Mediterranean climate. The temperatures seldom drop below the freezing point but some winds might be unpleasant in the winter.

## Spring



Starting in March, the spring can bring some rain showers. The weather, however, remains stable and the water is still agreeably warm. It's recommended to bring some sports clothing for plenty of activities that can be enjoyed on the Istrian peninsula during that time.

## Summer ☀️🏖️

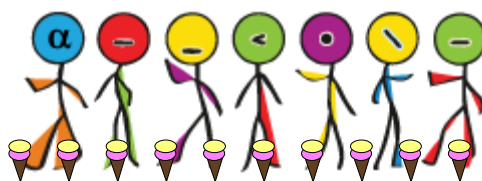


It's recommended to bring some swimsuit, beach and sports clothing and enjoy hot summer days with amazing Istrian experiences. Bring also sun cream, hat, sunglasses and other essentials for the beach. Some comfortable sneakers for the camp will be a plus for sure.

## Autumn 🍂



People who hate autumn could surely change their mind if they are in Istria in this period. It's recommended to bring rain gear regardless of the fact that there are plenty of sunny days in autumn.





# Other essentials and information on Croatia

## Informations about Croatia

- It is quite safe to travel all over Croatia and mugging and thefts are not a problem. You can safely walk in any town at night, but use your common sense, as always.
- **It is safe to drink tap water in Croatia.**
- Electricity is 220V, 50Hz.
- Croatia uses the standard European 2 point plugs.
- Croatia is 1 hour ahead of GMT, the same time zone as the majority of Western Europe.
- The Croatian language uses the Latin alphabet. There are 30 characters in the Croatian alphabet.
- The dialing code for Croatia is +385.
- 



## Mobile phones

Once you're in Croatia, you could purchase a **local SIM card** to use in your phone (be sure your phone is unlocked), or a data SIM for your tablet. There are several mobile phone networks in Croatia: T-Com, Tomato, VIP, Bonbon and Tele2. You can purchase your new SIM card in the mobile center in Labin or in any kiosk that sells newspapers.



## Internet, WIFI

Internet in Croatia these days is widely available and broadband services are now very commonplace, as well as being pretty fast. Internet cafes are becoming less and less popular (because wi-fi in Croatia is now far more commonplace) but you may still find some Internet cafes – or a computer in the corner of a bar – in some places.

In Labin you have free spot in almost every coffee bar and in the Old town there is also hotspot. You will have Internet in your office and in summer camp there is wi-fi next to the reception.

## Additional things to bring to the project :

- laptop or/and tablet ( not obligatory)
- photocamera ( not obligatory)
- summer items (mask dive, pinna, sun lotion, sunglasses)... ( not obligatory)
- traditional food, drinks, games, leaflets and posters of your town , country and organization (for international nights)...
- personal documents
- EVS agreement signed by volunteer and sending organization
- Joy and positive energy to work with us.



# Contact

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