

Info pack

All you need to know is here



Zagreb, November 7th - 15th, 2025

BETTERME



AGENCIJA ZA
MOBILNOST I
PROGRAME EU



Erasmus+

BE.YOU

Better You Over Hate

What is the project about?

- **BE.YOU - Better You Over Hate is a Training Course to be held in Zagreb (Croatia) from 7th to 15th November 2025 and will be attended by 31 participants coming from Croatia, Poland, Bulgaria, Italy, Serbia, Latvia and Portugal.**
- **The project tackles the ability of youth organizations to be involved in the fight against radicalization and discrimination of youth. The organizations involved will create an alliance to share best practices and methods that have been developed by each partner over the years.**
- **WHY "Be.You"? We chose this acronym to promote the idea of welcoming people with all their ideas, opinions and thoughts even if they could sound controversial. This project promotes acceptance and a “no-blaming” approach towards young people. It gives the possibility to trainers and youth workers to understand radical and extremist ideas that emerge in young people and help youngsters reflect about their roles in the society without marginalising them.**

The project aims to:

- **exchange experiences and educational methods on the topic of extremism and radicalisation of young people**
- **help youth workers recognise various ideologies that lead to religious or political discrimination in youth, but without blaming young people**
- **equip youth workers with tools to support local projects and activities aimed at young people at risk of social exclusion**
- **motivate the development of stronger ties between youth organizations and the communities in which they work - a follow-up of the project involves implementing activities in the local communities of the partner organisations with at least 10 young people in each country. The aim of the follow-up activities is to help every organisation become more capable of influencing the society and involving young people at risk of social exclusion**
- **motivate the development of local activities that counter the social exclusion and lack of participation of young people hence prevent religious extremism, racism and xenophobic ideologies.**

The objectives of the project will be achieved through creative workshops, simulations, peer education workshops, discussions and other group activities that allow youth workers to encourage participation of youth in the social life of their community. The working methods involve non-formal and peer education techniques.

What are the issues that inspired this project?

- **BE.YOU Training Course aims to empower youth organizations and workers to prevent the radicalisation of young people by promoting diversity, tolerance, and dialogue. Partner organisations from different countries and fields of expertise will exchange experiences and non-formal training methods to combat discrimination and radical ideologies.**
- **Youth radicalisation often stems from discrimination, adultism, marginalisation, and the extremist content online. Social, ethnic, and religious tensions, hate speech, and hybrid ideologies thrive in this environment, especially during crises.**
- **Young people are particularly vulnerable due to the frustration, lack of alternatives, and limited opportunities for social engagement. The project recognises the crucial role of youth workers in preventing radicalisation before it takes root. It aims to raise awareness among youth workers about the mechanisms of radicalisation, propaganda, fake news, and stereotypes. It will also enhance their professional skills through non-formal educational activities and sharing of practical tools and real-life stories.**
- **By promoting understanding rather than judgment, the training course will help youth workers connect with young people and challenge harmful beliefs. The project also focuses on mentoring, pairing experienced and less experienced youth workers to foster knowledge exchange and long-term cooperation. Finally, it promotes an inclusive, non-paternalistic approach that respects young people's ideas and behaviors without adult validation.**

Please, read this carefully before applying!

This Training Course is NOT:

- a holiday
- a paid excursion
- a Youth Exchange: this is a professional and intensive program
- an opportunity for a tourist visit to Zagreb or Croatia. If you wish to travel, please do so two days before or after the official dates of the project. Better Me will not cover accommodation, meals, or travel expenses for those extra days.

Also, please note:

- **Do not expect guided tours** during the training program. The focus of this project is **EDUCATION**. Of course, after the daily sessions, you're free to spend your time as you wish.
- Participation in 100% of the activities is required, except if you feel unwell or for other justified reasons. However, **unjustified absences will result in the loss of your travel reimbursement.**

- You will be accommodated in a hostel. We kindly ask you to respect the space, other participants, and guests. **Any damage caused will be deducted from your reimbursement.**
- The night rest time at the hostel is from 10 PM. After this hour, please be **quiet and don't organise loud activities.** A meeting room will be available for your free time, and **we kindly ask you to keep it clean.**
- **The use of drugs is strictly forbidden** during the activities, in and around the hostel and in the meeting room. If a participant brings or uses drugs on-site, **they will be asked to leave the project immediately.**
- **Any form of harassment or violence towards participants will be reported and dealt with seriously.**
- **Last but not least,** enjoy the project and do it responsibly and with consideration to others and to the environment. Everybody loves visiting new countries and having fun with colleagues and friends!

If you agree with everything above, **feel free to continue reading.**

This project could be for you.

Participant Profile

Each organisation will select 4 people:

- **2 YOUTH WORKERS/TRAINERS FROM PARTNER ORGANISATIONS:** professionals working with young people, engaging them in local activities, and planning/implementing activities for youth in various ways. These participants are active members or employees of partner organizations, they have decisive roles or have an influence on the work of their organisation. They are aged 18 and above with no upper age limit.
- **2 LESS EXPERIENCED YOUTH WORKERS, YOUNG ACTIVISTS, LEADERS, OR VOLUNTEERS:** aged between 18 and 25, at the beginning of their careers in the youth sector or considering it as a potential occupation. They are not employed by the partner organisation and want to professionalise, enhancing their chance of employment.

Selection criteria

- **Motivated to implement local activities in the follow-up phase of the project, such as visibility and dissemination activities**
- **Interested in the themes of marginalisation, discrimination, and radicalisation of young people**
- **Willing to implement acquired skills in their daily youth work**
- **Motivated to share and learn from others' experiences**

- **Not mandatory:**
 1. **Individuals who have gone through extremist or radical phases in life**
 2. **Individuals who have been victims of violence or discrimination**

Accommodation

Hostel, activities, meals, coffee breaks, special needs etc.

The accommodation will be at Hostel Arena Zagreb, the address is Remetinečki gaj 28, Zagreb. You will be accommodated in triple and double bed rooms with a private bathroom. Three meals per day (breakfast, lunch, dinner) will be served in the hostel canteen.

The meeting room will be at Culture Center Novi Zagreb, the address is Trg Narodne Zaštite 2, Zagreb. It is 5 minutes away on foot from the hostel. Coffee breaks will be served there.

When filling in the application form, please mention any needs or accommodations you may need (for mobility issues, allergies, different diets etc.).

The accommodation, food and travel costs are covered by the Erasmus+ programme.

This project is free of charge for participants. No participation fee is required.

Getting to and around Zagreb

Bus, train, plane, public transport

We strongly advise you to use a bus, train, or a carpool, which are all green means of transportation with lower carbon footprint.

For buses, the most common company is Flixbus. For more connections, you can also check the website of the bus station in Zagreb: <https://www.akz.hr/en>. To check international train connections, the most practical website is Austrian Railways: <https://www.oebb.at/en/>.

From the main bus station (Autobusni kolodvor), in order to get to the hostel, you need to take the tram number 5 in the direction Prečko and get out at the stop St. dom S. Radić. Walk across the street to the bus stop Studentski dom Stjepan Radić and take on the following bus number: 110, 160, 161 or 168 and get out at Savski gaj XII.

From the main train station (Glavni kolodvor), you take the tram number 4 in the direction Savski most and ride till the end (Savski most). Once there, take the bus number 110 and get out at the stop Savski gaj XII.

From Zagreb Airport, you take the bus number 290 in the direction Kvaternikov trg. Once in Kvaternikov trg, consult Google Maps for further transportation options.

Google Maps work well in Zagreb for public transportation connections.

Buy your public transportation tickets at the driver's (cash only) or newsagent's. The prices are available [here](#).

Before buying your tickets, please consult your sending organisation.

Travel Costs

According to the Erasmus+ rules, we will reimburse only economy class flights, 2nd class bus and train tickets.

TAXI FEES ARE REIMBURSABLE ONLY IN CASE OF LACK OF OTHER TRANSPORTATION FOR YOUR ARRIVAL OR DEPARTURE TIME.

Serbian group: 211€ or 285€ if using Green Travel

Polish group: 309€ or 417€ if using Green Travel

Italian group: 309€

Bulgarian group: 309€ or 417€ if using Green Travel

Portuguese group: 395€

Latvian group: 309€

A travel will be considered green if the 51% of the travel distance (one way) calculated with the Erasmus+ distance calculator is done by bus, train, or carpooling.

Documents to deliver for the procedure of travel costs reimbursement:

- **flight booking confirmation, flight invoice**
- **boarding passes (in case of loss, a flight certificate)**
- **train tickets**
- **bus tickets and invoices**
- **paper public transportation tickets**

Please, provide all original documents in their original formats (e.g. do not print a PDF ticket). Wherever possible, download your ticket in PDF format.

We cannot accept SCREENSHOTS of boarding passes done in airline apps. Please, download a PDF boarding pass or present a paper one. JUST ORIGINAL PDF OR PAPER BOARDING PASSES ARE ALLOWED.

In order to speed up the procedure of reimbursement, upload your tickets, boarding passes and invoices in the Google Drive. Paper tickets must be delivered to the organisers or sent by post.

The reimbursement will be done **AFTER PERFORMING THE DISSEMINATION ACTIVITY. We will send your travel costs to your sending organisations. Then, it will be your organisation redirecting your travel costs to your bank account.**

What we expect from you and your organisation

What we expect is to create a good environment in which we can share our experience in order to attend a fruitful project and create new project against extremism and radicalism. For this reason, we will take care about you and we will help you with anything you may need in Zagreb.

We want you to give your best in this project, respecting the common rules which we will agree on.

We also expect partner organisations to support their participants, especially at the end of the project, in order to implement the new methods learnt and disseminate the results of the project. Their logistic and any other help will be of great support to youth workers and youth leaders that attended the mobility.

Participating Organisations



Udruga Better Me



Education 21st Century
Foundation



Associacao PAR



Officina Nuova Dimensione
Europea



Pomoc Deci Udruzenje
Gradjana



Fundacja Krok do Przodu



Miromida

What to bring with you

- **Good mood and motivation to learn**
- **Materials presenting examples of extremism, radicalism and discrimination in your country so we get a better idea about your country-specific situation (media articles, reports, real-life stories etc.)**
- **An activity or workshop on the topic that could be relevant in youth work**
- **All you want to offer to other participants to taste/drink/experience during the intercultural night**
- **Laptop/tablet/mobile phone for some activities**

Contacts

Patrycja Pieniążek, Vincenzo Giannone

e-mail: betterme.croatia@gmail.com

Messenger: Udruga Better Me

The logo for BETTERME features the word "BETTER" in green and "ME" in yellow. The letter "B" has a green stick figure with arms raised on top of it. The letter "M" has a yellow stick figure with arms raised on top of it.

BETTERME