



Balanced Clicks: Youth Resilience in a Digital World 2025



**Arrival day
June 20th**

**Departure day
June 26th**

**Working days
June 21st – June
25th**



udruga za društveni razvoj i neformalno obrazovanje



Erasmus+
Enriching lives, opening minds.

The Basics

This Erasmus training is designed for youth workers and educators who support young people in navigating how digital life shapes wellbeing, relationships, and daily habits. Participants will bring diverse perspectives and experiences with technology to create a rich learning environment.

Through interactive sessions and guided reflection, you'll explore how trends in digital communication impact youth mental health, strategies for creating healthier boundaries in digital routines, and methods for helping young people balance their personal and professional online presence. You'll gain practical tools to teach media literacy and critical thinking, adapted to today's platforms and challenges faced by the youth you work with.

This isn't about encouraging young people to quit social media or go offline – it's about equipping youth workers with approaches to help youth navigate the digital world with greater awareness, intention, and balance. You'll walk away with new methodologies and resources not only for your professional practice, but also for empowering the young people you support in building healthier digital lives.



The participants

We're looking for people aged 20+ who are actively involved in working with youth – whether as youth workers, volunteers, peer leaders, educators, or part of informal initiatives.

If you're passionate about mental health, digital wellbeing, and want to better understand how to support young people in dealing with online and offline challenges like criticism, comparison, and exclusion – this training is for you!

The ideal participants already have some experience working with youth and are eager to learn tools to help young people build healthy boundaries in both digital spaces and everyday life.

Important - Please note that by applying, participants commit to take part in training sessions, participate in follow-up activities, and contribute to the dissemination of the project.



The travel

Zagreb, the capital of Croatia, is most likely to be your primary point of arrival in Croatia. From there, you should go directly to Karlovac, where the training will be held, which is approximately 50km away.

If we are correct and Zagreb is your primary point of arrival, you will be arriving at one of the following locations:

(A) Franjo Tuđman Zagreb Airport

(B) Zagreb Main Bus Station

(C) Zagreb Main Train Station

Specific guidelines for available transport from all points (A, B and C) are following. Before you continue reading this document, though, here's an information of utmost importance:

Be careful to keep all the ORIGINAL travel invoices and tickets!

The total travel budget per country is calculated using the Erasmus distance calculator, taking into consideration the residence of the sending organization as the starting point of the trip and Karlovac as the destination.



The travel

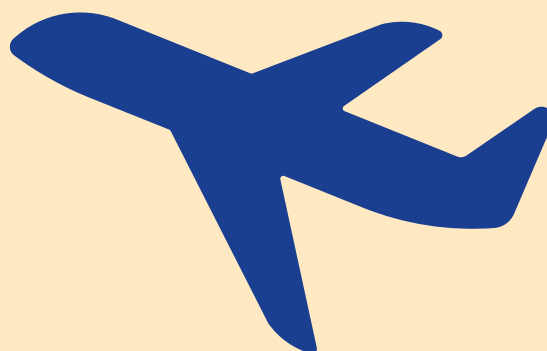
Franjo Tuđman Airport Zagreb (ZAG) is located on the outskirts of Zagreb and is 60 km away from Karlovac.

We suggest taking the shuttle bus from the Airport to the Zagreb Main Bus Station (Autobusni Kolodvor Zagreb). The company "Pleso prijevoz d.d." is the official carrier on the line from the Franjo Tuđman Zagreb Airport to the Main Bus Station in Zagreb.

The shuttle bus leaves every half an hour (approx.). A one-way ticket is 8€, and the ride takes approximately 35 minutes. The earliest bus from the Airport starts at 6:00h in the morning. You can buy a ticket either from the ticket desk at the airport or online. In case you didn't manage to do it before, you can buy the ticket from the bus driver directly, with cash, though we highly recommend doing it beforehand.

More information is available on the *Pleso prijevoz* website:

- [TIMETABLE](#)
- [GENERAL INFO](#)
- [EXPLANATORY VIDEO](#)



The travel

(B) Zagreb Main Bus Station

Zagreb Main Bus Station is located in midtown and will provide you frequent bus lines to Karlovac (every 1 hour). The average bus ride Zagreb – Karlovac is around 45 - 60 minutes, depending on the traffic in Zagreb. The average price of a one-way ticket is between 6 and 8€, although the prices vary depending on the provider.

We advise you not to buy two-way (return) tickets right away because, in that case, you can travel back to Zagreb only with that bus line provider.

Some of the providers have discounts for people under 26 and students. The luggage fee for buses to Karlovac is between 1 and 1,50€ per bag.

You can check the bus lines using the following websites:

- [the official Zagreb Bus Station website](#)
- [GetByBus - very reliable online platform](#)
- [Flixbus - well known European bus lines provider](#)
- [Arriva - well known Croatian bus lines provider](#)



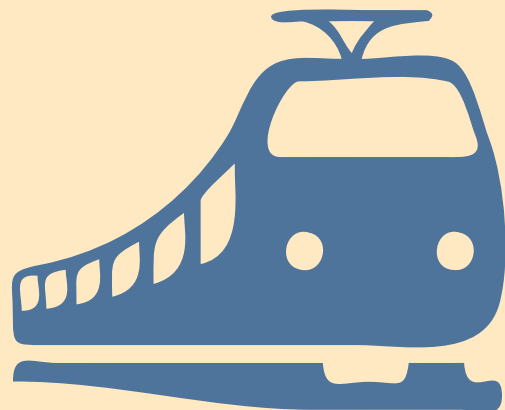
The travel

(B) Zagreb Main Train Station

Zagreb Main Train Station (Glavni Kolodvor Zagreb) is located in the very centre of the city and around 15 minutes of walking distance (or a short tram ride) from the Zagreb Main Bus Station. If you decide to go by tram, you can purchase a 0.50€ tram ticket at almost any of the kiosks/news stands.

There are fewer train connections to Karlovac (one train approximately every 90 minutes) than bus connections, and the train ride from Zagreb to Karlovac lasts about 1 hour because most of the train lines make many stops in between. On the other hand, the prices are somewhat lower – between 4 and 6€ if you buy it at the ticket office (tickets bought on the train are 15% more expensive). You can buy a ticket either from the ticket desks at the train station or online. Timetable from Zagreb to Karlovac: <https://prodaja.hzpp.hr/en>

If buying train tickets, keep in mind that Karlovac has 2 train stations; all trains make stops at the Karlovac Main Train Station (marked: Karlovac), while some make a stop at the Karlovac Central Train Station (marked: Karlovac Centar). If you are going by train, you will need to take the train to Karlovac Center because it's much closer to the accommodation than the other station. It's a 10 min walk to your accommodation.



The travel



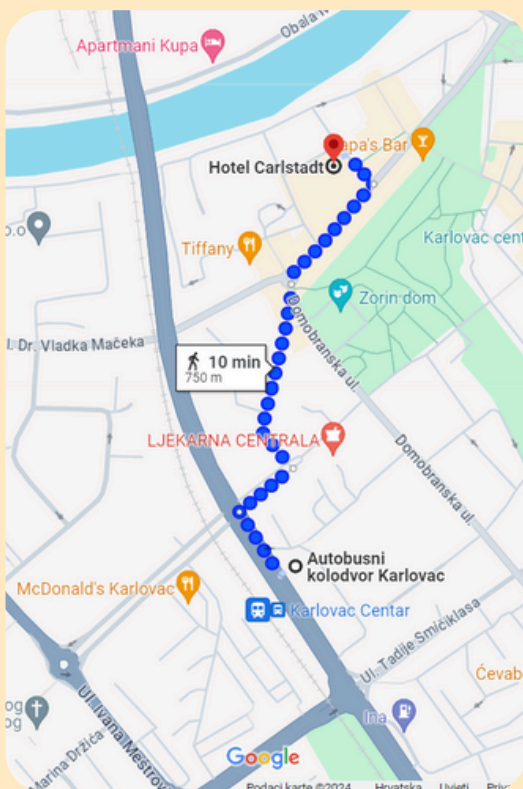
Final steps to the accommodation

The good thing is that the Karlovac Bus Station and Karlovac Central Train Station are right next to each other, and from that point you will have 10 minutes of walking to the Carlstadt Hotel. The Karlovac Main Train Station though, is around 20 minutes of walking distance away from Carlstadt. All of Karlovac is pretty practical in terms of moving around the city, everything is really close and reachable in a reasonable amount of time even on foot.

Karlovac Bus Station or
Karlovac Central Train Station

Carlstadt Hotel

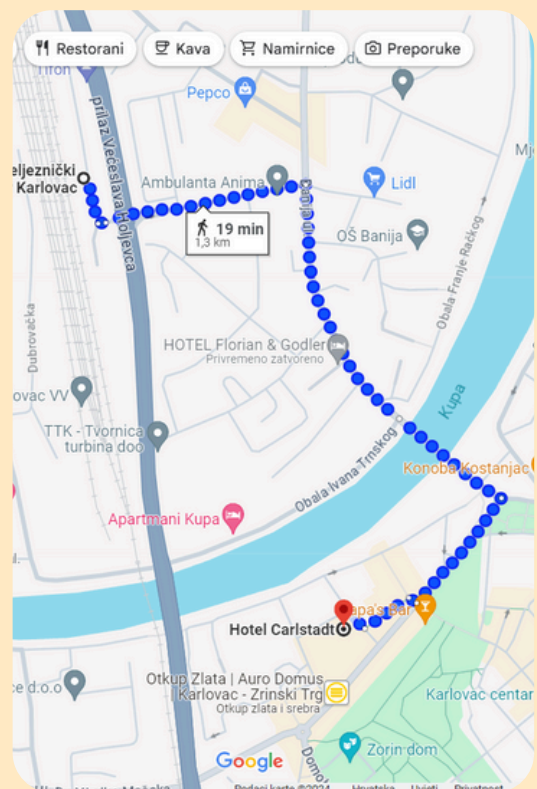
[LINK TO GOOGLE MAPS](#)



Karlovac Main Train Station

Carlstadt Hotel

[LINK TO GOOGLE MAPS](#)



THE ACCOMMODATION

Hotel Carlstadt

- Hotel Carlstadt is in the center of Karlovac city, so everything is within walking distance.
- Participants will be accommodated in double and triple-bed rooms with participants of the same gender from different countries, or if chosen so, with the participants of their own choice (which you will have to state in the application form).

THE FOOD

- Breakfast will be served in the Carlstadt Hotel.
- Lunch will be served in the working space (Prostorija) and will be diverse, according food preferences which participants stated in the application forms.
- Dinner will be served in the restaurant and will be diverse, according food preferences which participants stated in the application forms.

THE WORKING SPACE(S)

Community center Prostorija

- **Ul. Mije Krešića 4, 47000, Karlovac**
(<https://www.prostorija.info/> | <https://maps.app.goo.gl/g9WgiiniDtoCykTr9>)



WORK PLAN

- The sessions will take place from 10:00 AM to approximately 5:00-6:00 PM, with scheduled coffee and lunch breaks. A detailed timetable will be provided later.

THE REIMBURSEMENT

Each participant will be required to discuss their travelling plan with the sending organization as well as the host organization (DrONE) and will purchase the tickets only after approval. Participants needing visas will be provided with necessary assistance with visa requests.

For the reimbursement to be made, you have to save all of the following and submit it (original or a scanned copy) to the host organization (DrONE):

- **TICKETS, INVOICES & RECEIPTS**, that is, ALL EVIDENCE of your travel, whether it's by plane, bus, train or ferry.
- **BOARDING PASSES & VISAS** - Boarding passes (arrival and departure) for your flights. Also, participants who need visas for their trip will have to preserve them and present them to the host organization for reimbursement. The evidence of purchase for a visa is mandatory (invoice and some documents showing that the visa was issued).

**Make sure you keep
all the ORIGINALS!**

IMPORTANT: Taxi expenses require prior approval from the organizers; otherwise, there is a risk that the cost will not be reimbursed.



THE REIMBURSEMENT



Process

- Please keep all evidence of travel from the previous slide.
- After you return home, the host organization will provide a link to a Google Drive map with the reimbursement form and maps containing the partner's countries.
- You will upload all the evidence listed in the previous slide in the folder of your national team and create a subfolder with your name. All of your evidence (scanned copies) needs to be in the subfolder carrying your name. All participants are obligated to do this for themselves within the folder of the country they are coming from. *For example, if your name is Mark Gustavson and you're from Denmark, all your evidence will need to be uploaded in a subfolder named Mark Gustavson, located in the folder DENMARK.*
- REIMBURSEMENT FORM is one Excel document that all the participants from one country must fill together with their own cost (the reimbursement form for Denmark must contain all the costs from all the participants).
- The reimbursement is made to ONE PERSON/ACCOUNT/ORGANIZATION. That means that the reimbursement form with the bank account details is filled out with the information of one participant or organization's account details that will receive the money and distribute the covered expenses among other participants.
- If you need help filling out the form, please contact **ured@udruga-drone.hr**. Anamarija is the host organization's head financial officer and will be in charge of the reimbursement process.

THE REIMBURSEMENT

PLEASE NOTE: The reimbursement process will begin only after the dissemination process is complete and proof of dissemination is uploaded. That's why it's of great importance for all of the participants to prepare well and implement the disseminative activities as soon as possible after the training.

IMPORTANT: During or shortly after the training, you will receive an e-mail asking you to fill out a report from EC's mobility tool. This will not take a lot of your time, but we will ask you to fill it out as soon as possible since it's crucial for the host organisation's final report.

Additional info

FEWER OPPORTUNITIES SUPPORT

Participants with fewer opportunities are those who, for economic, social, cultural, geographical or health-related reasons, a migrant background, or any forms of disability and educational difficulty, or for any other reasons that (can) lead to discrimination, face obstacles that prevent them from having effective access to opportunities under the programme. If you find yourself in any of these categories please let us know.



THE CITY OF KARLOVAC



Located in central Croatia at the meeting point between the Croatian lowlands, and Croatian highlands, Karlovac is framed by four rivers - Kupa, Korana, Dobra and Mrežnica. Since it is located in the narrowest part of Croatia, it is only 50 kilometres from both Slovenia and Bosnia & Herzegovina. As a city, Karlovac has an important traffic and economic significance.

Historically, Karlovac is one of the rare cities whose exact date of creation is known - July 13th 1579. It was founded and named by its founder, Archduke Karl von Habsburg. The day was marked by the beginning of the construction of the Karlovac border military fort, which was built to defend against the Turks. Every year on July 13, the people of Karlovac celebrate the city's birthday, by holding a birthday ball on the Ban Josip Jelačić Square with the City Council's celebration session and public recognition awards. The patron saint protector of the city is St. Joseph, to whom a national shrine has been built in the neighborhood of Dubovac.

Overall, Karlovac and its surroundings offer a tranquil retreat amidst stunning natural landscapes, making it a hidden gem for travelers seeking an off-the-beaten-path experience in Croatia. For more info [Visit Karlovac!](#)



THE PRACTICALITIES

Currency:

Croatia's national currency is the euro (EUR). Make sure you have some cash on you when leaving the airport, in case the transport you take doesn't accept cards as payment, but don't exchange all your pocket money at once since there are several exchange offices surrounding the hotel and you will be able to do it at any time. Most restaurants and shops accept credit card payments but make sure to always check that information with the staff when entering and before ordering/buying.

Supermarkets:

There's a likely possibility that none or only a few markets (bars not included) will be opened on Sunday because of the new law regulation. The organisers will make sure to deliver the information about working markets to participants on time.

Taxi:

Karlovac is quite a small city so everything is quite near and reachable on foot. However if you will need a taxi service, we recommend calling the Ambasador Taxi (+385 99 321 0 123) that works 0-24h. There are no Uber or similar transport services in Karlovac. Don't forget that we do not give reimbursements for taxi rides unless they occurred as a result of an emergency or complete lack of public transport.



THE MUST HAVES

- passport or ID card
- health insurance card or travel insurance
- medicines you might need (anti-allergy pills, painkillers, aspirin, etc.)
- some pocket money for souvenirs and free time
- water bottle
- swimsuits, mosquito repellent spray! beach towel
- sunglasses!
- **ALSO, IF POSSIBLE, BRING SOME SNACKS&DRINKS FOR INTERCULTURAL NIGHT :)**

ONE LAST NOTE

Note that dinner is provided for the entire group on the evening of the arrival day as well as breakfast on the morning of the departure day. We kindly invite you to join us for the aforementioned dinner in order for us to acquaint as soon as possible.

CONTACTS:

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