



Digital Balance

BOOSTING WELLBEING IN THE ONLINE ERA

ERASMUS+ YOUTH EXCHANGE

21. 7. - 28. 7. 2025.

CROATIA, KARLOVAC



WHAT KIND OF INFORMATION IS HERE?

PROJECT

Our goals,
ideas and
motivation

VENUE

DESCRIPTION OF WHERE YOU WILL BE
TRAPPED WITH US FOR A WEEK(?)

THE CITY OF KARLOVAC
“FAIRYTALE ON 4 RIVERS”

TRAVEL

ANSWER TO THE QUESTION:
“SOUNDS GREAT!
HOW DO I GET THERE?”

OTHER

DISCLAIMERS, ADVICE, AND
OTHER INFORMATION THAT
DIDN'T FIT ANYWHERE ELSE



PROJECT OVERVIEW

This project investigates how digital tools and technologies can enhance young people's physical and mental health, emotional and physical balance, social life, and overall wellbeing. The initiative uses workshops, discussions, and practical activities to introduce self-help applications, mindfulness practices, stress management techniques, and methods to build healthy habits.

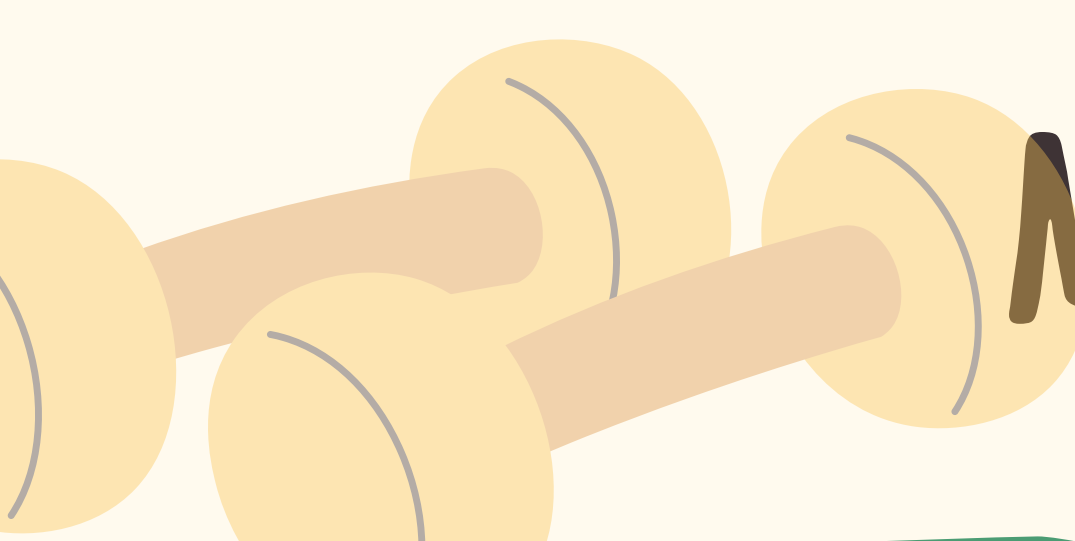


PROJECT BACKGROUND & RATIONALE

The digital era offers both opportunities and challenges: while individuals benefit from using digital tools, excessive use may lead to addiction, social media dependency, information overload and creating bad habits.

This project addresses these dual aspects by promoting digital literacy and smart, balanced use of technology, ensuring that young people learn how to make online resources support and improve offline activities for overall wellbeing.





MAIN OBJECTIVES

Empower the participants: motivate them to use digital tools to improve their wellbeing and present concrete way how to do that.

Physical health: discuss ways in which technology can be useful even in this area.

Intercultural exchange: encourage participants from different countries to share their experiences and their personal approach to well-being, but also ways in which the culture in their country impacts on general wellbeing.

Mental health: raise awareness of the importance of self-care and provide practical strategies for coping with stress and emotional challenges using digital tools.

Digital competence: increase the ability of young people to use technology in a healthy and productive way

PROJECT PHASES

- **PREPARATORY PHASE:** traditional APV is not planned, we will organise an online meeting with coordinators of the project from each partner organisation and all group leaders
 - Date of the meeting: 25.6.2025.
- **IMPLEMENTATION PHASE:** the main activity of the project is a youth exchange which will be implemented in Karlovac, Croatia from 21/7–28/7/2025
- **FOLLOW-UP PHASE:** comes after the main activity in which participants will have several assignments in order to share the projects results and to share the knowledge gained during the Youth Exchange



TRAVEL INFO



We expect you to arrive to the capital of Croatia, Zagreb:

- Franjo Tuđman Zagreb Airport
- Zagreb Central Train Station
- Zagreb Central Bus Station

The Franjo Tuđman Airport in Zagreb is located 65 km from Karlovac. From the airport you can take the shuttle bus which leaves every 30 minutes to the Zagreb Main Bus Station (Autobusni kolodvor). The cost of a one-way ticket is 8,00 EUR and you can buy it from the bus driver (you need to have cash) or online. The drive lasts 30 – 45 minutes. The timetable is available [here](#).

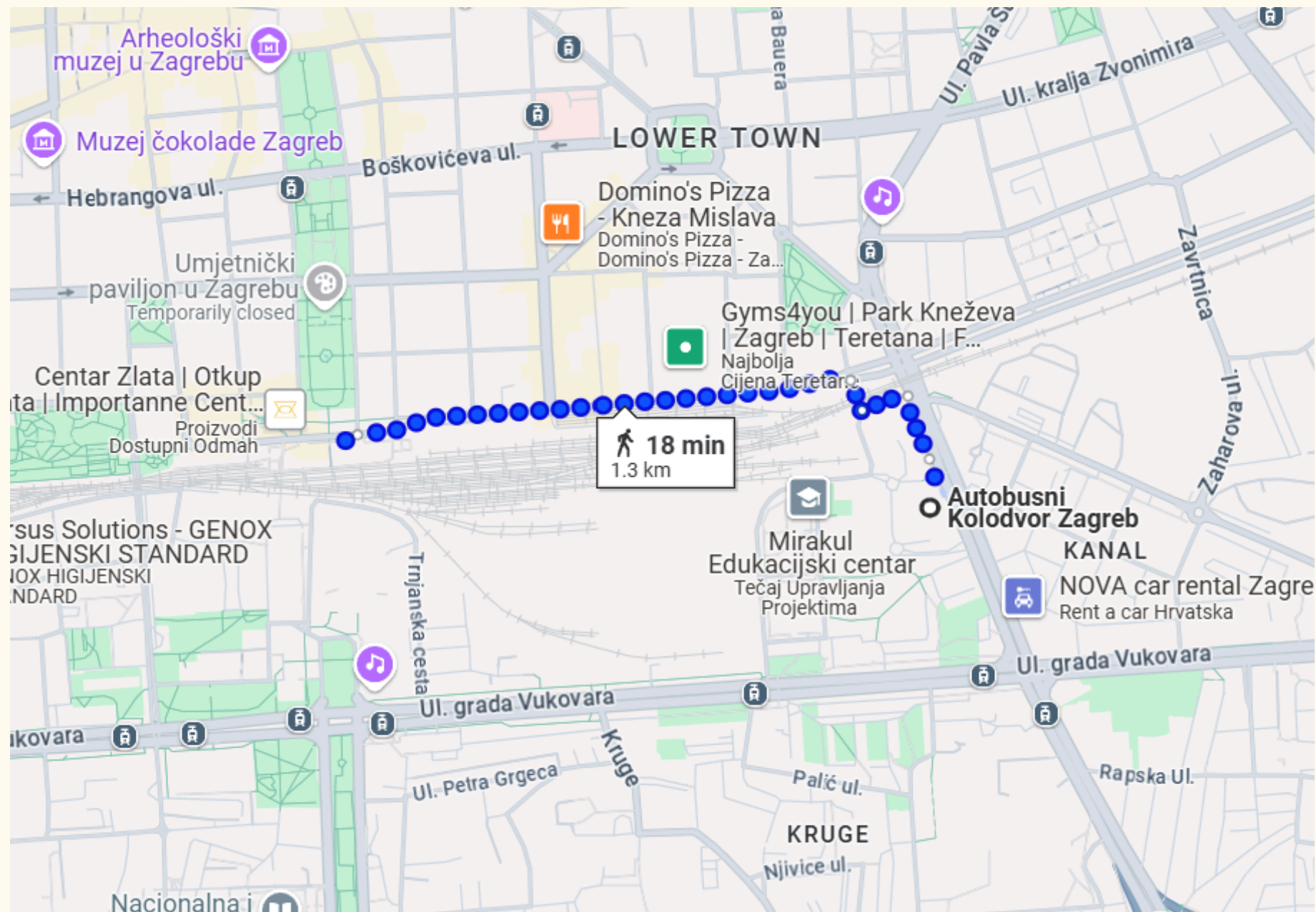
From Zagreb Main Bus Station you should take the bus to Karlovac. The average bus ride Zagreb – Karlovac is around 45 minutes. The bus lines are quite frequent (mostly every 30 – 45 minutes). The average price for a one-way ticket is approximately 6 EUR, although the prices vary depending on the provider. The luggage fee for buses to Karlovac is about 1,5 EUR. The timetable is available [here](#). Be sure to click "Show complete timetable" because with the direct lines Zagreb – Karlovac there are a lot of connection lines that stop in Karlovac.

Your other option is to take a train to Karlovac. In front of the bus station you have to take a tram number 6 (Črnomerec direction) and go to the stop called “Zagreb Glavni kolodvor” which is the main train station in Zagreb. Glavni kolodvor (Main train station) is the 3rd stop from the main bus station (Autobusni kolodvor). Then you buy train ticket from Zagreb to Karlovac in the station or you can buy it [here](#) in advance. Once in Karlovac, you can exit at the Main station or at the station Karlovac Centar. It's approximately the same distance to the venue.

PLEASE, DON'T BUY ANY TICKETS BEFORE CONSULTING WITH US!

Please, don't forget to save all the travel invoices and tickets! If we don't have original invoices of your travel expenses, we do not guarantee to refund your expenses.

TRAVEL INFO



Zagreb Bus Station (Autobusni kolodvor Zagreb) – Zagreb Train Station (Glavni kolodvor)

THIS IS WHERE YOU ARRIVE – GLAVNI KOLODVOR ZAGREB.
THEN YOU FIND YOUR TRAIN TO KARLOVAC AND ENJOY
CROATIAN RAILWAYS!



ACCOMMODATION INFO

In the historical centre of Karlovac – the Karlovac Star, surrounded by a park, you can find the Student Dormitory Karlovac or Hostel "Bedem".

The Hostel address is: Ivan Banjavčić Street, number 13.



Completely renovated and modernly equipped building has been transformed into the modern student dormitory which becomes a hostel during the summer period. You will be accommodated in Triple rooms (3 persons from different organisations/countries in one bedroom). All rooms are modernly equipped with an en suite bathroom, refrigerator, WI-FI, air conditioning and electricity management system, and an LCD TV. On each floor there is a shared kitchenette and a communal living room for socialising. Rooms are equipped with towels, bed linen, hand soaps and toilet paper. So don't forget to bring your own shower gels and hair driers (if you need any).

MEALS

We will have breakfast, lunch and dinner, as well as coffee breaks. Dietary needs will be taken into consideration. Please be sure to notify us if you have any special dietary requirements such as allergies, vegetarianism, food intolerance, etc. If you contact as early on we can make sure we think of everything.

HOW TO ARRIVE TO THE HOSTEL?

If you decide to travel by train keep in mind – Karlovac has 2 train stations; some trains stop at the Karlovac Main Train Station (marked: Karlovac), while others stop at the Karlovac Centre Train Station (marked: Karlovac Centar). If you choose to go by train, you should arrive to the Karlovac Center because it is a bit closer than the Main station. So, if you're going

by train be sure to ask when buying tickets where does it stop in Karlovac.

The good thing is that Central Bus Station and Central Train Station in Karlovac are next to each other. So when you arrive, you will have 15 minutes of walk to the accommodation venue.



PARTICIPANTS

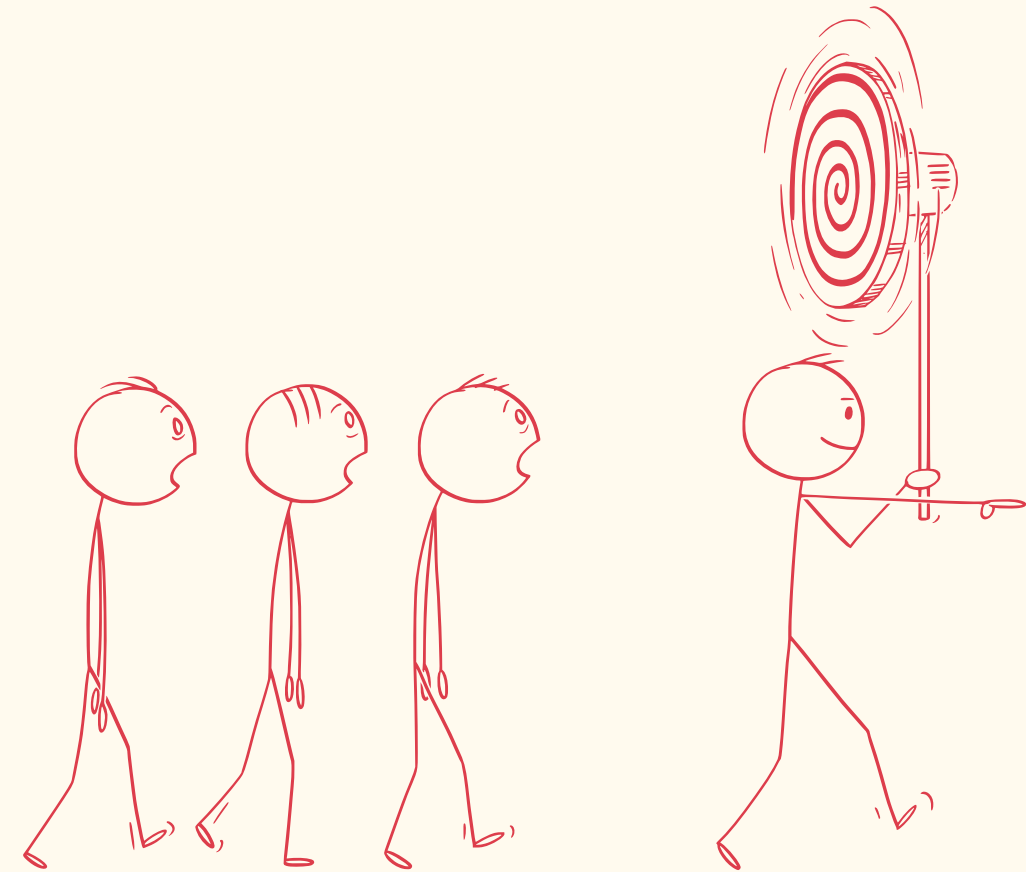
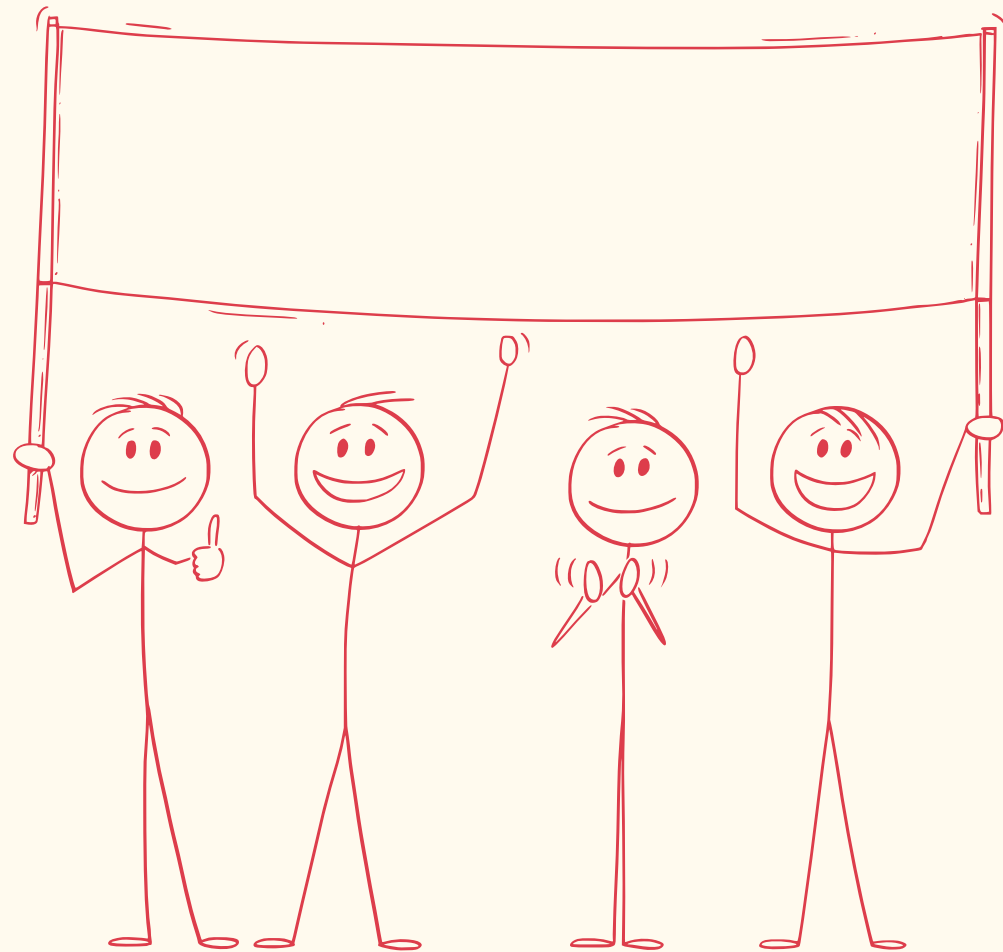
There will be 36 participants from six countries. From each partner organisation we will have national teams of:

5 PARTICIPANTS

AGED 18-30

1 GROUP LEADER

AGED 18+



IN TOTAL: ONE NATIONAL TEAM = 6 PEOPLE

For the YE each partner should send 5 participants (aged 18-30) and 1 group leader (aged 18+). We aim to include participants with fewer opportunities as much as possible and to ensure gender balance between participants in the exchange. Please, keep this in mind when searching for participants and during the selection process.

OTHER INFO

Financial conditions

The food and accommodation will be provided and covered by the organisers during the project. In other words, you could use some pocket money aside.

The organisers will reimburse your travel costs from your home city to Karlovac. Organisers will reimburse 100% of eligible travel costs up to the limit. Reimbursement of travel costs will only be done upon full attendance in the project and presentation of the tickets with boarding passes and receipts/invoices. Missing tickets cannot be reimbursed.

Travel costs will be reimbursed through the sending organizations by bank transfer after the youth exchange. All participants have to send/upload the necessary documents (tickets, boarding pass, invoices, receipts etc.). Reimbursement will be done after participants have completed dissemination activities and filled out final EC reports!

Erasmus+ program allocates a limit amount to be refunded for travel costs, according to the Erasmus distance calculator

Please, don't buy any ticket before consulting with us by e-mail.



OTHER INFO

The local currency is euro.

In Zagreb and KARLOVAC (as well as other parts of Croatia) you can pay either in cash or with your bank cards (but not everywhere).

WEATHER

The summers in Croatia are pretty hot and the temperatures in Karlovac during July are around 30 celsius during day and 20 during night. But it can also get a bit hotter and surpass the 30 celsius easily. So we advise you to bring appropriate clothes and bathing suit. We also have mosquitos here, so be prepared to become friends with them.

INTERCULTURAL NIGHT

There will be one intercultural evening where participants can introduce their country, customs, values, tradition and culture. We encourage you to introduce dances, sing songs, challenge yourselves and everyone else - go beyond a simple presentation!

Please, do not bring food that needs cooking!

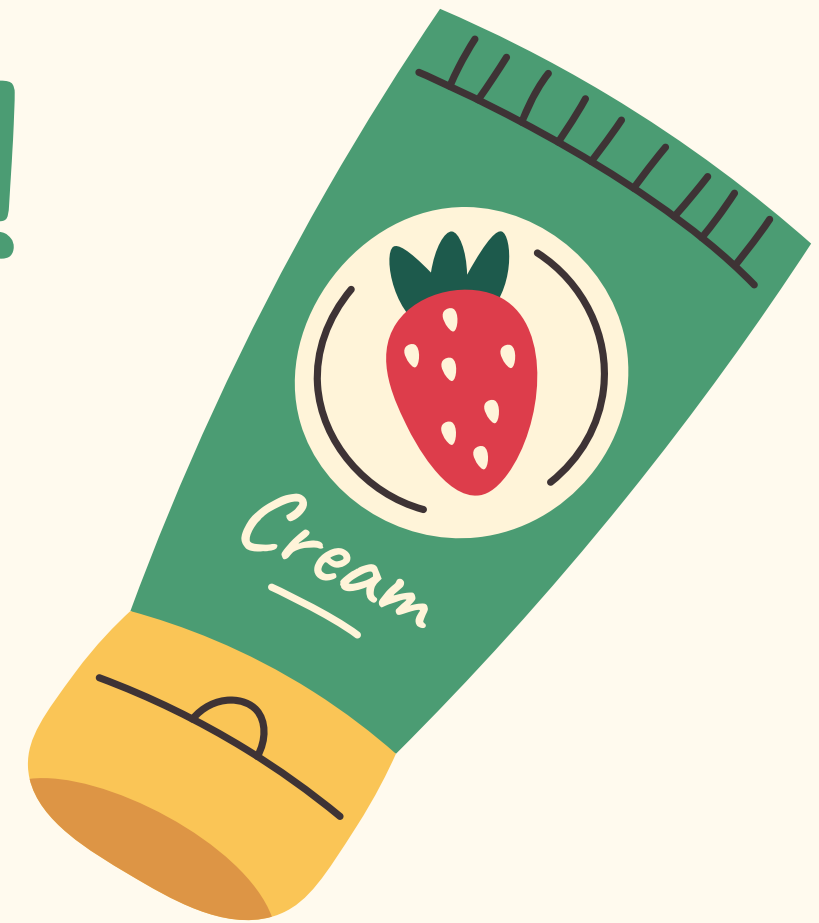
What to bring:

- your passport and/or ID card
- health insurance card or european health insurance card
- we recommend that you have travel insurance but, please keep in mind that it is not covered by the project
- national snacks, drinks, easy food, specialties,...
- medicines - if you need them (anti-allergy pills, pain killers, aspirin etc.)
- sun cream, bathing suit (nice weather and swimming in the river)
- good energy :)





SEE YOU SOON IN CROATIA!



Your contact at LAG Vallis Colapis is Zrinka:

zrinka.pavlov@vallis-colapis.hr