TAVO EUROPA

Co-funded by the Erasmus+ Programme of the European Union

Erasmus + project

TC "Press Pause"



Rijeka, Croatia 28.11.-04.12.2026.

hosted by:

about the hosting organisation

Association Alfa Albona was established in 2011 with the aim of supporting young people and creating opportunities for their personal and professional development.

Our work focuses on youth information, non-formal education, youth participation and international mobility, as well as strengthening the competences of young people and youth workers. We also work closely with our local community, developing various youth-led initiatives, activities and events that promote wellbeing, inclusion, participation and a sense of belonging for everyone. We actively promote opportunities for learning, mobility and active participation, while also having extensive experience in Erasmus+ and European Solidarity Corps projects.

We are happy to welcome you to Rijeka, Croatia, for PRESS PAUSE and look forward to learning, creating and building new partnerships together!



about the project

PRESS PAUSE – is an Erasmus+ Training Course focused on stress, mental and emotional wellbeing, creativity and youth work.

The project explores what creates stress and pressure in the everyday lives of young people and youth workers – from digital overload, social media and constant availability to social comparison, expectations, fear of failure and uncertainty about the future – and how these factors can affect our wellbeing.

Through non-formal education and practical DIY and art-based workshops, participants will explore creative ways to recognise and respond to stress, slow down, express emotions, connect and support wellbeing. The focus is on discovering simple, inclusive and transferable creative methods that participants can later adapt and use in their work with young people.



project objectives

The main objective of PRESS PAUSE is to strengthen the competences of youth workers and volunteers to recognise and respond to contemporary sources of stress affecting young people and themselves, while providing them with practical creative methods that can be used to support wellbeing in youth work.

The project aims to:

- increase understanding of contemporary sources of stress and their impact on young people and youth workers;
- explore creative and DIY art methods as tools for stress management, self-expression, reflection and wellbeing;
- develop participants' skills to facilitate safe, inclusive and engaging wellbeing activities with young people;
- equip participants with practical and transferable methods they can use in their organisations and local youth work.



The goal is not simply to learn new art activities, but to understand how creativity can become a practical youth work tool for helping young people pause, express themselves, connect and take better care of their wellbeing.

DATES: 28.11.-04.12.2026. (28.11. arrival day, 04.12. departure day)
VENUE: Rijeka, Croatia
WORKING LANGUAGE: English

PARTICIPATING organisation and COUNTRIES:
1. Udruga Alfa Albona, Croatia
2. Asocijacija Tavo Europa, Lithuania
3. AJME - Associação Juvenil Memória Europeia, Portugal
4. Hellas For Us, Greece
5. Red blue beetle ngo, Italy
6. Youth ID, France
7. Stowarzyszenie "MAP" - Mosaic association of Poland, Poland
8. Asociación para el Desarrollo Juvenil y Cultural Almenaras, Spain



profile of participants

Project is for:
youth workers / youth interested in youth work / volunteers / members of sending organisations that are beginners in youth work

Age of participants: 18-35

Number of participants per country: 3-4 (we will together decide for each organisation how many participant to send)



schedule

28.11.2026. Arrival day - check in for the accommodation from 17:00 o'clock
(free day - no activities)

29.11.-03.12.2026. Working days

04.12.2026. Departure day - check out from the accommodation till 10:00 o'clock

Please notice that on the day of the arrival 28.11.2026. and on the day of the departure 04.12.2026. the meals are not covered by the project.



schedule by days

29.11.2026. SUNDAY
MEETING OF THE PARTICIPANTS AT 11:00 AND COFFEE TIME

12:00 - 14:00 WE GO TO THE MUSEAUM OF MODERN AND CONTEMPORARY ART AND WE START THE PROGRAMME: PRESENTATION OF THE TEAM AND THE PROGRAMME + GET TO KNOW EACH OTHER + EXPECTATIONS / CONTRIBUTIONS / FEARS + VISITIN THE EXHIBITION

15:00 - 16:00 LUNCH OUT IN THE RESTAURANT

16:30 - 18:30 TEAM BUILDING

18.30-19:30 DINNER OUT IN THE RESTAURANT

EVENING TO BE AGREED ON THE PLAN TOGETHER



30.11.2026. MONDAY
09:30 MEETING OF THE PARTICIPANTS AND MUTAL WALK TO YOUTH COUNCIL BENČIĆ
10:00-13:00 WORKSHOPS

13:00 - 16:00 LUNCH OUT IN THE RESTURANT + FREE TIME

16:00 - 19:00 WORKSHOPS

19:30 DINNER OUT IN THE RESTAURANT

01.12.2026.

09:30 MEETING OF THE PARTICIPANTS AND MUTAL WALK TO YOUTH COUNCIL BENČIĆ

10:00-13:00 WORKSHOPS

13:00 - 16:00 LUNCH OUT IN THE RESTURANT + FREE TIME

16:00 MEETING IN FRONT OF YOUTH CLUB PALACH

16:15-19:00 WORKSHOPS

19:00-20:00 DINNER WILL BE SERVED IN YOUTH CLUB PALACH

02.12.2026.

10:00 - 13:00 MEETING IN CLUB PALACH AND WORKSHOPS

13:00 - 15:30 LUNCH WILL BE SERVED IN CLUB PALACH + FREE TIME

15:30 - 18:30 STREET ART WALK AND WORKSHOPS

EVENING - PARTICIPANTS WILL RECIEVE MONEY FOR DINNER

03.12.2026.

10:00 - 13:00 MEETING IN YOUTH CLUB PALACH AND ART WORKSHOPS + FINAL EVALUATION + YOUTHPASS CEREMONY

13:00 - 14:00 LUNCH WILL BE SERVED IN YOUTH CLUB PALACH

14:00-20:00 FREE AFTERNOON

20:00 DINNER OUT + FINAL PARTY

location



RIJEKA ,
CROATIA

The location of our project is Rijeka, Croatia.

Rijeka is the third largest city in Croatia after Zagreb and Split in terms of number of population. Rijeka is also the most important Croatian seaport due to its strategic geographical position. Interestingly, Rijeka was selected as European Capital of Culture for 2020 along with Galway in Ireland. Not many people know the fact that Rijeka every year hosts one of the biggest Carnival Festivals, almost as popular as the one in Venice. The first festival was held in 1982 and more and more people attend it each year.

Rijeka has an interesting historical background and lots of other activities which will definitely amaze you.

As Croatia is a part of EU, also our currency is euro.

event venue 1





MMSU - museum of modern & contemporary art

Krešimirova ul. 26c,
51000, Rijeka, Croatia

The Museum of Modern and Contemporary Art (MMSU) in Rijeka is one of Croatia's leading cultural institutions dedicated to collecting, preserving, and exhibiting visual arts from the 19th century to the present day. MMSU holds more than 8,000 works, including paintings, sculptures, drawings, photographs, posters, and multimedia art.

On this venue we will have only workshops on the first day morning time, after which we will also visit the current art exhibiton there.

event venue 2







Vijeće Mladih Benčić

Križanićeva 6A,
51000, Rijeka, Croatia

The Benčić Youth Council (Vijeće mladih Benčić) is an organization providing informal education for children and youth, focusing on cultural-artistic development, civic engagement, and creative expression. Through participatory workshops, field research, and public presentations, the organization encourages critical thinking, emotional intelligence, and social values among young participants. By utilizing innovative methods such as community theater, street art exploration, and digital media, the Benčić Youth Council bridges the gap between youth and contemporary art, fostering a strong sense of community belonging and local cultural co-creation.

We will have workshops there on 30.11. and 01.12.2026.

event venue 3





KLUB PALACH

Kružna ulica 8,
51000 Rijeka, Croatia

The Ri Rock association began its formal work in 2006, through recognized cultural and social activities, events, festivals, music workshops, projects and permanent programs. They have strived to provide an alternative to consumerist culture and thereby satisfy the needs and interests of young people, enable them to achieve personal affirmation, integration and encourage their involvement in the urban music culture of the city of Rijeka and its surroundings. Klub Palach is one of the place they own and that is situated in the city centre with concert place, caffe bar, facilities for workshops, youth club and community internet radio Radio Roža.

On this venue we will have workshops on the days 01., 02. and 03.12.2026.

accommodation

During the project, participants will stayin shared flats located in the city centre of Rijeka. The flats are fully equipped and have everything you need for a comfortable stay. We hope you will feel at home and enjoy sharing the space with your fellow participants! 😊

📅 Check-in: 28 November 2026, from 17:00

📅 Check-out: 4 December 2026, by 10:00

The final accommodation details, including the addresses of the flats and the list of participants staying in each flat, will be shared with you before your arrival.







To make communication easier, we will also create a WhatsApp group for each flat, as well as a general WhatsApp group for the whole project. We will use these groups to share important information, daily updates, reminders, and arrangements throughout the project.

🏡 A few important house rules
We want everyone to have a pleasant and comfortable stay, so please respect the accommodation, your flatmates, and the neighbours.

Please keep in mind that:
🚭 Smoking inside the flats is not allowed.
🎉 Parties, events, and larger gatherings inside the flats are not allowed.
🤫 Quiet hours are from 22:00 pm to 08:00 am.
Please be especially mindful of the neighbours during this time.

Of course, we want you to enjoy your time in Rijeka, spend time together, go out, and have fun! 🥳
However, if you would like to party or organise a larger gathering, please do so outside the accommodation.
The flats should be used primarily as a place to stay, rest, and recharge during the project. Parties and gatherings in the accommodation may be reported by the neighbours or accommodation provider, which could create unnecessary problems for both participants and the organisers.

We are sure that, with a little consideration and respect for one another, everyone can have a great experience. 💛

more important info

Some meals we will eat in the local restaurants, and some meals will be served directly to us on the place of the workshops, in Klub Palach.



General profile of the participants: 3 -4 youth workers / volunteers / members of the ngo's aged 18-35 from each country included that are beginners in the youth work.

Geographical Scope: Residents of participating EU countries that are included as partners in the project: Croatia, Italy, Lithuania, France, Greece, Spain, Portugal and Poland.

The participation fee for this project is 25,00 euro per person and can be paid on the first working day of the seminar.

travel reimbursement



The hosting organization covers travel costs, accommodation, food and programme activities.

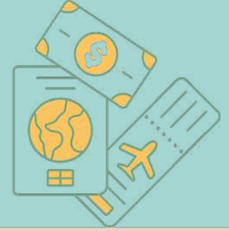
IMPORTANT:
The travel costs are calculated by the Erasmus + distance calculator, please check your town / place of the departure and put inside the place of arriving Rijeka, Croatia and you will get the number of km in distance which means:

if 100-499 km of distance then you can spend up to 211,00 eur
if 500-1999 km of distance then you can spend up to 309,00 eur
if 2000-2999 km of distance then you can spend up to 395,00 eur.

In case of using more than 50% of the transport for the return travel then the budget for the travel is different (it means travelling by train, bus, carpool, bicycle):

if 100-499 km of distance then you can spend up to 285,00 eur
if 500-1999 km of distance then you can spend up to 417,00 eur
if 2000-2999 km of distance then you can spend up to 535,00 eur.

important to know



Participants can be reimbursed for the travel based on the spend amounts and up to the amount according to the Erasmus + distance calculator AND UPON PROVIDING ALL INVOICES AND TICKETS FOR THEIR TRAVEL.

For example, if a participant spends 201,00 euro (out of 211,00 euro which is the highest amount for his/hers/theirs travel according to the Erasmus + distance calculator) the amount to be reimbursed is 201,00 euro which is the actual spend amount.

Please notice that in order for participant to be reimbursed for the travel there are the following rules:
1.) participant needs to actively participate in the programme of the project
2.) each participant needs to send to the email of the hosting organisation: all travel tickets with invoices (for the plane, bus, train) including the boarding passes after returning home and no later than a week after the project, so that we can process immediately with the money transfer.

The transfer of the money for the travel will be done directly from the account of Alfa Albona to the participant personal bank account, or in case that the sending organisation buys the participant the tickets for the travel, then on the account of the sending organisation.

On the last day of the project, the participants will receive a document to fill out with travelling info and prices that they will need to sign, and then when return home send all travel tickets, invoices and boarding passes.

important to know



Most of the flying companies, such as Ryanair now have only digital boarding passes.
These digital boarding passes often dissapear from the applications on the mobile phones, once they have been used, so in order to react on time and have them for later proof of travelling, please download them or make a screenshot of the boarding passes before you use them.

Please remember, to also send us a receipt / invoice for the purchase of the travel: plane, bus, train tickets. After buying the tickets download the receipt / invoice in which is visible how much you paid for the travel. For this is possible to send us a pdf file of the e-mail of the purchase or an actual receipt / invoice which you will receive or ask the travel provider.

Please notice, that taxi servise can't be reimbursed as a means of transport for your travel.

In case you have more questions, please don't hesitate to ask in order to know exactly all the rules for the travelling.
We are on disposal for any help and advice.

Once again, after you make a plan for travelling please share this with us, and after our approval you can buy the travel tickets.

For the participation on this project, each participant will recieve a Youthpass certificate, a European recognition tool for non-formal and informal learning in youth projects.

important to know



There are several places in which you can come close by plane and then reach Rijeka after:
Zagreb (Croatia) - Franjo Tuđman airport or Rijeka (Croatia) - Rijeka International airport / Venice (Italy) - Marco Polo airport / Trieste (Italy) - Friuli-Venezia Giulia airport - so check out low costs airplane companies that are operating in mentioned cities or choose green travel and travel by train or bus directly to rijeka.

After reaching out the choosen airport, the travel can be continued by bus to the town of Rijeka. Rijeka has only one bus station and it's called Žabica Rijeka - and it's only 5-10 minutes walking from your place of the accommodation.

You can check out the times and routes for the bus on the following link:
https://traveling.com/en-gb/

In case of reaching out the Zagreb airport (Croatia), which is situated in Velika Gorica (15 km from Zagreb), then you will need to first take a bus from the airport to the Zagreb bus station. It operates every 30 minutes from Zagreb airport and goes directly to the bus station Zagreb, and the duration of the trip is around 20-30 minutes, depending on the traffic. The tickets can be bought directly in the bus or online. The bus is situated on the right side of the exit from the airport and the name of the bus is Pleso - zračna luka Zagreb.

Important to know



In case of buying online tickets and not directly inside of the bus then you can do so on the following link:
https://plesoprijevoz.hr/

There is also an option to go directly from Zagreb airport - Franjo Tuđman to Rijeka, but this line operates daily only wih one departure daily, which is at 15:30. So in case you can't reach this line, then you will need to first take the bus from Zagreb airport to Zagreb bus station, and then continue the travel by bus to Rijeka. Usually it takes around 2,5 hours as the distance from Zagreb to Rijeka is around 160 km.

From Zagreb to Rijeka by bus you can buy tickets, as explained before on:
https://traveling.com/en-gb/



zagreb airport -franjo tuđman

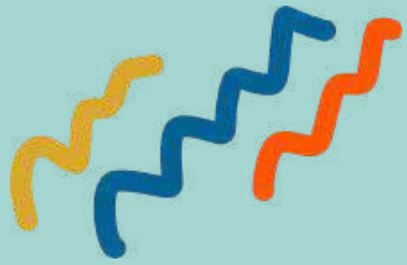


zagreb airport - place to find a bus transport to rijeka or to zagreb bus station (on the right side of the exit from the airport)



zagreb bus station -
place to find a bus transport to rijeka

some more facts to know



Water: it is safe to drink tap water in Rijeka, Croatia. We have really good quality of the water, so no need to buy water from the shops. Feel free to use tap water everywhere around. You will receive a reusable bottle to be used during the project.

Language & Social Norms: While many speak English, knowing "Hvala" (Thank you) and "Dobar dan" (Good day) is appreciated. Croatians are passionate, direct, and often speak loudly.

Coffee Culture: Coffee is a leisurely activity, not just a quick drink. Spending hours over one cup for Croatians is normal.

Social Life: People are very social, and it is common for friends to pay for each other's drinks rather than split the bill.

Plugs for electricity: Croatia uses Type C and F plugs. The standard voltage is 230V with a frequency of 50Hz.

Currency: Euro. Most places take card payments, but it's always a good idea to carry some cash, especially for the bars, green markets.

Join with Tavo Europa !

Educator Pass 2026.

You are welcome to join our new educational programme for 2026! Dive into non-formal learning exploration with an Educator pass for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members! Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

https://www.facebook.com/groups/186132221744993

TAVO EUROPA



Contact Us!

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