



## MEU EMPATHY INFO PACK

*In this Infopack:*

### **0. MEU EMPATHY AT A GLANCE**

- 1. About MEU EMPATHY**
- 2. The Training**
- 3. Your Stay**
- 4. Travel & Reimbursement**
- 5. Before You Come**
- 6. Erasmus+ & Youthpass**
- 7. Šibenik & Useful Info**

## 0. MEU EMPATHY AT A GLANCE

---

-  8–15 November 2026
  -  Šibenik, Croatia
  -  Training Course
  -  6 activity days + 2 travel days
  -  3 meals/day
  -  Hostel Scala
- 

*Arrival: 8 November*

*Activities: 9-14 November*

*Departure: 15 November*

---

## 1. ABOUT MEU EMPATHY

Through our **Erasmus+ Accreditation**, we are launching the **MEU Learning Series** – a long-term programme of international learning activities designed to strengthen youth workers' competences, foster innovation in youth work and build meaningful partnerships across Europe.

**MEU EMPATHY – Mindful Empathy Unlocked** is the second activity of the **MEU Learning Series**. This training focuses on **Emotional Intelligence for Inclusive Youth Work**. Through non-formal education, practical activities, exchange of practices and reflection, participants will explore how emotional intelligence can strengthen their work with young people, support more inclusive environments and foster healthier relationships and communication.

---

*We will explore:*

 practical non-formal education methods based on Emotional Intelligence

 emotional awareness and self-awareness

 communication and emotional expression

 empathy and interpersonal relationships

 inclusion and understanding different perspectives

 practical emotional intelligence tools for youth work

## 2. THE TRAINING

MEU EMPATHY is based on **non-formal education and active participation**. Expect workshops, discussions, group work, practical and outdoor activities, exchange of practices and daily reflection. **Participants are expected to take part in the full programme.**

MEU EMPATHY - Erasmus+ Mobility of Youth Workers  
8th - 15th November 2026, Šibenik

Youth Association Youth  
in the European Union



Funded by  
the European Union

|               | 8.11.<br>Sunday                                                | 9.11.<br>Monday                         | 10.11.<br>Tuesday                                                  | 11.11.<br>Wednesday                                      | 12.11.<br>Thursday                                                | 13.11.<br>Friday              | 14.11.<br>Saturday         | 15.11.<br>Sunday |
|---------------|----------------------------------------------------------------|-----------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------|-------------------------------|----------------------------|------------------|
| 9.30 - 10.15  | Travel Day                                                     |                                         | 0. Let's build a group<br>EI Icebreakers                           | 2. Youth vs. Emotions<br>Coping with stress &<br>Anxiety | 4. Emotions as "skills" for job<br>search or academic orientation | Planning our EI<br>Workshop   | YouTPass Lab               | Travel Day       |
| 10.15 - 11.00 |                                                                |                                         | Coffee Break                                                       | Coffee Break                                             | Coffee Break                                                      | Coffee Break                  | Coffee Break               |                  |
| 11.00 - 11.15 |                                                                |                                         |                                                                    |                                                          |                                                                   |                               |                            |                  |
| 11.15 - 12.00 |                                                                |                                         | 1.1 How to become<br>an emotion detective?                         | 3. Emotions as allies<br>for school and study            | 5. Psychological wellbeing<br>Why feeling good feels good?        | Delivering our EI<br>Workshop | YouTPass Lab               |                  |
| 12.00 - 12.45 |                                                                |                                         | Coffee Break                                                       | Coffee Break                                             | Coffee Break                                                      | Coffee Break                  | Coffee Break               |                  |
| 12.45 - 13.00 |                                                                |                                         |                                                                    |                                                          |                                                                   |                               |                            |                  |
| 13.00 - 14.00 |                                                                |                                         | 1.2 Empathy<br>The oldest and most<br>modern of social<br>networks | Planning our EI<br>Workshop                              | Planning our EI Workshop                                          | Delivering our EI<br>Workshop | Evaluation and<br>Feedback |                  |
| 14.00 - 15.20 |                                                                | Lunch                                   | Lunch                                                              | Lunch                                                    | Lunch                                                             | Lunch                         | Lunch                      |                  |
| 15.00 - 16.45 |                                                                | Project Introduction &<br>Team Building |                                                                    |                                                          |                                                                   |                               |                            |                  |
| 16.45 - 17.15 |                                                                | Coffee Break                            | Coffee Break                                                       | Coffee Break                                             | Coffee Break                                                      | Coffee Break                  | Coffee Break               |                  |
| 17.15 - 17.30 | Emotional Intelligence<br>in Youth Work<br>the "YBER" Approach |                                         |                                                                    |                                                          |                                                                   |                               |                            |                  |
| 17.30 - 18.15 |                                                                |                                         |                                                                    |                                                          |                                                                   |                               |                            |                  |
| 18.15 - 19.00 |                                                                |                                         |                                                                    |                                                          |                                                                   |                               |                            |                  |
| 19.30 - 20.30 |                                                                | Dinner                                  | Dinner                                                             | Dinner                                                   | Dinner                                                            | Dinner                        | Dinner                     |                  |
| 21. - ....    |                                                                |                                         |                                                                    |                                                          |                                                                   |                               |                            |                  |

1 - The programme may be adjusted according to the needs of the group, weather conditions and local activities.

Activities will take place at the **Mladi u EU headquarters and Šibenik Youth Center** (Prilaz tvornici 41), as well as outdoors when needed. The venue provides all necessary materials and equipment; however, **it is not wheelchair accessible and may not be suitable for participants with reduced mobility.**

## 3. YOUR STAY



ACCOMMODATION

Participants will stay at [Hostel Scala](#), located at [Put gimnazije 5, Sibenik, Croatia](#).

Accommodation is in **shared rooms (5 participants per room)**. Bed linen, towels and hairdryer are provided, and Wi-Fi is available. Please bring your own beach towel if you plan to use one.

While you can indicate your preference for a same-sex or mixed dorm room in the Participant Details form, please note that due to facility constraints, **we may not be able to fulfil every request**. If we are unable to meet your preference, priority will be given to participants with religious or health-related needs.

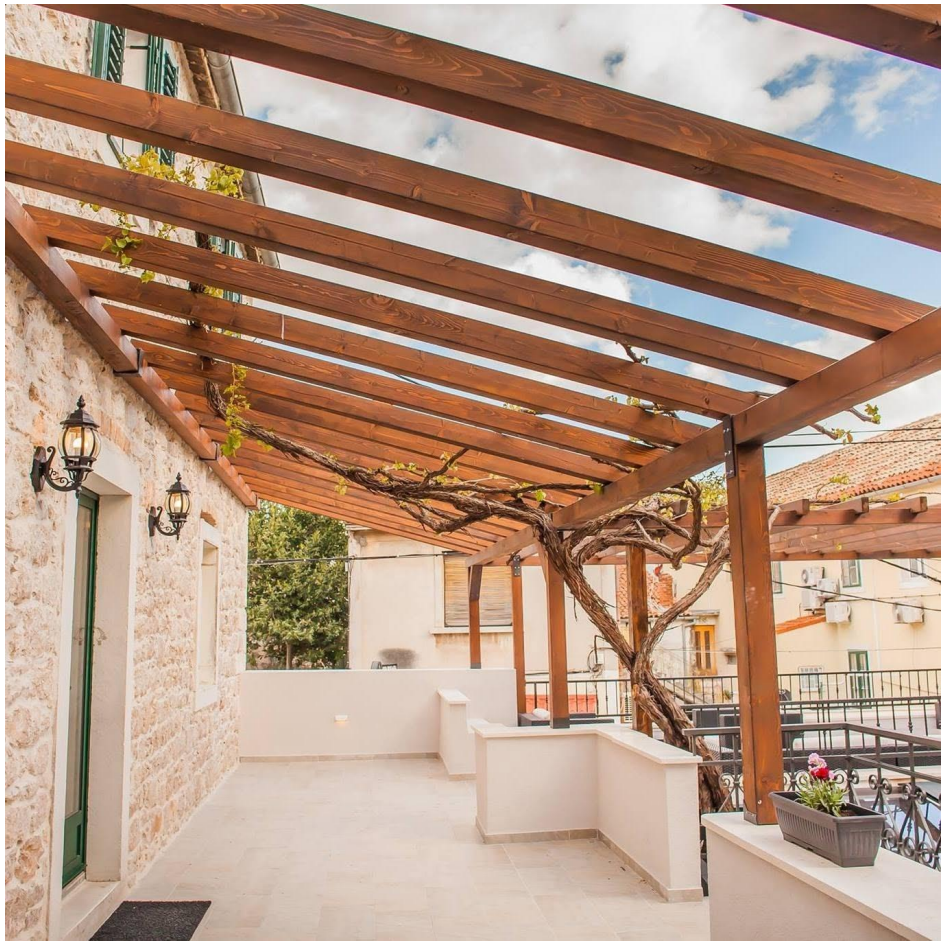
The accommodation is in the centre of Šibenik. It is close to all city facilities (cultural attractions, bars, restaurants, pharmacies, hospital, fire station, police station, library) and only a few minutes walk from the railway station, bus station and maritime terminals.

### MEALS

**Breakfast, lunch and dinner** will be provided throughout the activity. Please make sure your dietary requirements, allergies and intolerances are correctly indicated in the participant form.









**Please note:** private rooms and additional nights outside the agreed travel/project dates are **not covered by the hosting organisation**.

## 4. TRAVEL & REIMBURSEMENT

# GETTING TO ŠIBENIK

Šibenik has no airport. The most convenient options are Split (SPU) and Zadar (ZAD).  
Zagreb (ZAG) is possible, but further away.

### SPLIT AIRPORT (SPU)

**⚠️ DON'T GO TO SPLIT CITY FIRST!**  
Split Airport is around 20 km outside Split, in the direction of Šibenik, and only 6 km from Trogir. Going to Split first is an unnecessary detour.

#### SPLIT AIRPORT → TROGIR → ŠIBENIK

- AIRPORT → TROGIR**  
Bus 37 ⌚ ~10 min 💰 €2.50  
• Usually every 20–30 min during most of the day  
• Tickets: online / app, at the ticket machine or from the driver
- TROGIR → ŠIBENIK**  
Intercity bus ⌚ ~1 hour 💰 approx. €7–10  
• Tickets: online or at Trogir Bus Station

✓ AIRPORT → TROGIR → ŠIBENIK  
✗ AIRPORT → SPLIT → ŠIBENIK

TICKETS FOR BUS 37 AVAILABLE ON PROMET SPLIT APP

### ZADAR AIRPORT (ZAD)

#### ZADAR AIRPORT → ZADAR BUS STATION → ŠIBENIK

- AIRPORT → ZADAR BUS STATION**  
Airport shuttle ⌚ ~15 min 💰 approx. €5  
• Ticket: at the airport / shuttle
- ZADAR → ŠIBENIK**  
Intercity bus ⌚ ~1 h 30 min 💰 approx. €7–10  
• Tickets: online or at Zadar Bus Station

CHECK SHUTTLE TIMETABLE AT ZADAR AIRPORT (HOW/WHEN/TO-GET-HERE?)

1 Airport shuttle times depend on flight schedules, so check your connection in advance.

### ZAGREB AIRPORT (ZAG)

#### ZAGREB AIRPORT → ZAGREB BUS STATION → ŠIBENIK

- AIRPORT → ZAGREB BUS STATION**  
Airport shuttle ⌚ ~30 min 💰 approx. €8  
• Ticket: at the airport / shuttle
- ZAGREB → ŠIBENIK**  
Intercity bus ⌚ ~5 hours  
• Tickets: online or at Zagreb Bus Station

CHECK SHUTTLE TIMETABLE AT PLESOPRIVEVOZ/HR/LINES/ZAGREB/BOITYTOAIRPORT

### EARLY MORNING / LATE NIGHT FLIGHTS

Public transport may be limited very early in the morning or late at night. Always check your complete connection to/from Šibenik before booking your flight.

### PICK-UP / DROP-OFF OPTION

If no reasonable public transport option exists, we may exceptionally organise a pick-up/drop-off at Split or Zadar Airport. This must be agreed with us in advance.

### TRAVEL PLANS MUST BE APPROVED BY THE ORGANIZERS BEFORE PURCHASE.

### TRAVEL REIMBURSEMENT

Travel costs are reimbursed according to the applicable Erasmus+ distance band. Keep all tickets, boarding passes, invoices and proof of payment! See section 04 – Travel & Reimbursement for all the details.

### FIND YOUR INTERCITY BUS TICKETS AT

travelling.com · omio.com · flibus.com

### 2 - 🌅 EARLY MORNING / LATE NIGHT FLIGHTS

Public transport may be limited very early in the morning or late at night, so **check your complete connection to/from Šibenik before booking your flight**. If no reasonable public transport option exists, we may exceptionally organise a **pick-up/drop-off at Split or Zadar Airport**. This must be agreed with us **in advance**.

Travel plans **MUST BE** approved by the organizers before purchase.

---

## TRAVEL REIMBURSEMENT

Travel costs will be reimbursed according to the applicable **Erasmus+ distance band** and the maximum travel budget communicated to your organisation.

**KEEP:** tickets · boarding passes · invoices · booking confirmations · proof of payment. If you use a mobile boarding pass, **save a screenshot**, as some airline apps remove it after the journey.

**NOT REIMBURSED:** taxi/Uber/Bolt · BlaBlaCar · car rental · luggage exceeding 10kg · travel unrelated to the project. Exceptional situations may be considered only when justified and agreed with the project coordinators.

Participants must also complete the **Travel Reimbursement Form** as instructed during the **mobility** and provide all required supporting documents. **No documents = no reimbursement.**

---

| Travel distance | Green travel | Non-Green travel |
|-----------------|--------------|------------------|
| 10 – 99 km      | 56 EUR       | 28 EUR           |
| 100 – 499 km    | 285 EUR      | 211 EUR          |
| 500 – 1999 km   | 417 EUR      | 309 EUR          |
| 2000 – 2999 km  | 535 EUR      | 395 EUR          |
| 3000 – 3999 km  | 785 EUR      | 580 EUR          |
| 4000 – 7999 km  | 1188 EUR     | 1188 EUR         |

3 - Check your distance on the official [Erasmus Distance Calculator](#) tool.

### GREEN TRAVEL\*

Participants are encouraged to choose more sustainable means of transport whenever possible, such as **bus, train or carpooling**. Erasmus+ provides a **higher travel allowance and additional travel days** for participants using eligible green travel options for the main part of their journey.

\*The Croatian National Agency **AMPEU** considers as *green travel* every journey where **at least 51% of the total distance** was done by sustainable means of transport.

## 5. BEFORE YOU COME

### PREPARATION

Each national team should come with enough information about **one Mental Health Good Practice**: an activity, method or approach from your organisation, community or country that supports **emotional intelligence, empathy or inclusion** and could inspire other youth workers. During the training, you will develop it into an interactive session for the group, with time provided during the free afternoons. **No need to prepare the session in advance!** Also prepare a short introduction to your organisation, who you work with and what you do. Keep it informal — **no long PowerPoints needed!**

### WHAT TO BRING

ID/passport · European Health Insurance Card and/or travel insurance · personal medication · hygiene products · comfortable clothes and shoes · suitable outdoor clothing · something waterproof · reusable water bottle.

**November weather can vary, so bring layers and something warm.**

### INTERCULTURAL EVENING

We will have an intercultural evening during the training. Bring something small to share from your country — snacks, sweets, music, games, traditions or another creative idea. **No long country presentations necessary.**



## 6. ERASMUS+ & YOUTHPASS



### ERASMUS+ & YOUTHPASS

MEU GREEN is supported by **Erasmus+**, the European Union programme supporting education, training, youth and sport. The programme promotes international cooperation and places particular emphasis on **inclusion, sustainability, digital transformation and young people's participation in democratic life**.

Throughout MEU GREEN, you will have opportunities to reflect on your learning and the competences you are developing. At the end of the activity, participants will receive a **Youthpass certificate**, the European recognition tool for non-formal and informal learning in youth work.

## 7. ŠIBENIK & USEFUL INFO

### WELCOME TO ŠIBENIK

Šibenik is a historic Mediterranean city on Croatia's Adriatic coast, known for its **UNESCO-listed Cathedral of St. James, four fortresses, waterfront and nearby islands**, with Krka National Park only a short distance away.

#### Good to know:

 Currency: Euro (€) ·  tap water is safe to drink ·  the historic centre is compact and walkable ·  the main bus station is in the city centre ·  Banj city beach is within walking distance.

 **CARRY CASH!** - It's always better to carry some cash when traveling in Croatia. Unfortunately, payments by card might often not be accepted in restaurants, buses, bakeries, or coffee places. On the other hand, supermarkets and corner shops are always card-friendly!

**Free time:** Old Town · St. Michael's Fortress · waterfront · Banj Beach · cafés · local islands.

## CONTACTS

### Project & travel contact

Giovanna La Gala · [giovanna.la.gala@mladi-eu.hr](mailto:giovanna.la.gala@mladi-eu.hr)

Matej Matić · [matej.matic@mladi-eu.hr](mailto:matej.matic@mladi-eu.hr)

### Hosting organisation

Udruga mladih “Mladi u EU” · Prilaz tvornici 41, 22000 Šibenik, Croatia

[info@mladi-eu.hr](mailto:info@mladi-eu.hr) · +385 (0)22 212 834 · [mladi-eu.hr](http://mladi-eu.hr)

If you experience a **delay, cancellation or travel problem on your way to Šibenik**, please inform us as soon as possible.



**Co-funded by  
the European Union**