

## « Rivjèka ! »

### Youth-exchange - Échange de jeunes – Jugendaustausch - Razmjena mladih

#### J+N Pro Natura Neuchâtel (CH) – CEM Travnik (BiH)

15 days of knowledge and skill-share on river protection and environmental responsibility, in August 2020

#### Participating organizations:

##### **Jeunes+Nature Pro Natura Neuchâtel (Switzerland):**

The group “J+N Pro Natura Neuchâtel” is part of the Swiss organisation for nature protection “Pro Natura” and the local youth branch in the canton of Neuchâtel. It is composed of around 10 young volunteers, who organize every month a daily program for children aged from 5 to 12 years in this region. The aim of the activities is to raise awareness of the value and importance of local nature resources among the participating children as well as the volunteers. The development of social competences, responsibility taking and creativity is also enhanced during the activities. One salaried coordinator is officially responsible for the group. Responsible person: Maiann Suhner, [maiann.suhner@floraneuch.ch](mailto:maiann.suhner@floraneuch.ch), [www.pronatura-ne.ch](http://www.pronatura-ne.ch)

##### **Centar za edukaciju mladih (CEM), Travnik (Bosnia and Herzegovina):**

The “Centar za edukaciju mladih” in Travnik is an association working for and with the local youth with the aim to enable young individuals to be proactive and to engage for the society they are part of in a creative, human and responsible way. Next to several programs regarding culture, sport, economy, the CEM would like to initiate a group focusing on the protection of local natural resources and environment.

Responsible person: Adis Arnautovic, [adis.arnautovic@cem.ba](mailto:adis.arnautovic@cem.ba), [www.cem.ba](http://www.cem.ba)

##### **Centar za životnu sredinu (CZZS), Banja Luka (Bosnia and Herzegovina):**

CZZS is a national organization for environmental in Bosnia-Herzegovina. CZZS as well as Pro Natura are partners – and both organizations are part of Friends of the Earth International. The meeting centre Pecka is a place for awareness raising on environment and nature protection, where CZZS is actively engaged.

Responsible person: Nestor Ruiz, [nestor.ruiz@czzs.org](mailto:nestor.ruiz@czzs.org), [www.czzs.org](http://www.czzs.org)

##### **i-Platform, Bern (Switzerland):**

i-platfom aims to support and promote the development of Bosnia and Herzegovina by connecting its diaspora in Switzerland, gathering and exchanging information, connecting actors from both countries, supporting and promoting initiatives that contribute to the development of social, economic, ecological and cultural processes in Bosnia and Herzegovina. In its action, i-platform undertakes maximum efforts to build bridges between persons, professions and common interests of Switzerland and Bosnia and Herzegovina.

Responsible person: Nikola Buric, [nikola.buric@idijaspورا.ch](mailto:nikola.buric@idijaspورا.ch), [www.i-platform.ch](http://www.i-platform.ch)

The following organisations are also involved in the project:

- J+N Pro Natura Deutschschweiz (Switzerland) : Participants of Pro Natura J+N-groups of from German-speaking Swiss sections are welcomed to join the group. Exchanges with Wädiwiesel, Pfäffiker Eichhörnchen and Jugendgruppe Einsiedeln have taken place.
- “The brave women of Kruscica” in Travnik, BiH

### **Participants:**

- max. 9 young volunteers from Switzerland, active as volunteers in the group J+N Pro Natura Neuchâtel/Jura bernois/Jura and surroundings, possibly volunteers from other sections of Pro Natura or institutions with similar aims.
- 3 coordinators and persons in charge from Switzerland
- max. 9 young volunteers from Bosnia-Herzegovina, active as volunteers at CEM in Travnik, possibly volunteers from other institutions with similar aims.
- 3 coordinators and persons in charge from Bosnia-Herzegovina

### **Goals:**

The goals of the project are:

- Knowledge exchange between the participating organizations. Mutual learning about the organization of activities for children and young people. Through non-formal learning methods, participants will get experience on the topics of environmental responsibility, nature protection and emotional binding to local natural value.
- Creation of a group "Youth for Nature" within CEM in Travnik, inspired by the functioning of the groups Jeunes+Nature of Pro Natura Switzerland.
- Motivation of young volunteers to engage locally for nature protection within their youth-groups, develop ownership and self-identification to their organization.
- Learning about the environmental and cultural context of the partner country to strengthen the international skills of all participants and to best support each other for future projects and activities
- Bringing together young people of different social and ethnic contexts, and learning about different life situations by getting in touch with the culture, daily life and nature protection topics of the partner country, in order to break stereotypes and create bonds of friendship
- Strengthening the international network Friends of the earth by further collaboration of the two member organizations Pro Natura (Switzerland) and CZZS (Bosnia-Herzegovina).

### **Topics and activities:**

- Workshops on nature (water) protection and work with children (focus Switzerland and J+N Neuchâtel)
- Excursions and hiking along a riverside (Areuse/Seyon/Doubs in Switzerland, Rivers Kruscica and Sana in Bosnia). Topics: nature habitats and biodiversity in and along course of the river, effects of hydropower plants, water protection strategies
- Excursion and hiking to Jura Mountain (Switzerland) and Vlasica (Bosnia). Topics: climate change and effects on water courses, biodiversity of karst landscapes
- Organization of a typical J+N children's program in Neuchâtel and in Travnik
- Organization of a public event to present the project and to display the film "Blue heart of Europe"
- Show around the cities of Neuchâtel and Travnik
- Overnights in guest families and simple mountain lodges
- Common journey by train and bus Neuchâtel-Travnik

### **Calendar of the project:**

October 2018 :	first contacts between the participating organizations
October 2019:	Visit of Maiann Suhner to Travnik, meetings between Maiann Suhner from J+N Pro Natura Neuchâtel and CEM, Nestor Ruiz from CZZS and Nikola Buric from i-Platforma
May-November 2019:	Exchanges between participant organizations, definition of the participating persons and broad program, contact with the parents of the interested volunteers, ensure basic financial support to ensure the feasibility of the project
November 2019:	Information evening for parents in Neuchâtel
January and March 2019:	Workshops with participating persons and coordinators in Neuchâtel and Travnik, with the aim to get a first knowledge about the inviting country and community, to define the

program and the activities during the stay of the partners, possibly. fundraising activities by the volunteers, follow-up activities

April and July 2020: Detailed preparation of the journey and the common activities during the exchange

August 2020: Exchange, travel and stay in Switzerland and in Bosnia

Until December 2020: Evaluation-meetings within coordinators and together with participants in Switzerland and in Travnik. Evaluation of the project, synthesis. Continuation of activities for nature protection in Travnik ("Youth for Nature") and Neuchâtel (group J+N Pro Natura).

### **Funding possibilities:**

- Movetia – Exchange and Mobility: Movetia funds and supports exchange and mobility projects and activities in education and training. A special focus is given to youth exchange projects and knowledge exchange between organizations. [www.movetia.ch](http://www.movetia.ch)
- Pro Natura Neuchâtel and Pro Natura Switzerland: supports the administration work of Maiann Suhner in 2019 for the Group J+N Pro Natura, could support additional coordination work of Maiann Suhner for the project. [www.pronatura.ch](http://www.pronatura.ch)
- I-platform: aims to support projects in the spheres of economy, culture and ecology in Bosnia-Herzegovina by creating a network within Bosnian diaspora in Switzerland. Supports knowledge-exchange between organizations in Switzerland and Bosnia. Could support a part of the coordination work of Nikola Buric. [www.i-platforma.ch](http://www.i-platforma.ch)
- Centar za edukaciju mladih (CEM) in Travnik: supports and finances activities related to youth programs and activities in Travnik. Could support a part of the coordination work of Adis Arnautovic. [www.cem.ba](http://www.cem.ba)
- Centar za životnu sredinu (organization for protection of the environment in Bosnia-Herzegovina) could support a part of the coordination work of Nestor Ruiz. [www.czzs.org](http://www.czzs.org)
- Mercator Foundation
- Other foundations for nature protection or youth work
- Contribution of the participating persons and/or their parents
- Funding by different activities of the volunteers, according to their interests and ideas: selling pastries at the market place, selling art works (f.ex. self-made postcards or handicraft connected with environmental subjects), organize "Bosnian/Swiss events" with films, music, food, ...

### **Main activities:**

Sunday 2.8.2020 (Day 1)	Travel Travnik-Neuchâtel by the Bosnian participants
Monday, 3.8. (Day 2)	Arrival to Neuchâtel, welcome ceremony, arrival to the guest families
Tuesday 4. – Saturday, 8.8. (Days 3-7)	Neuchâtel and surroundings: <ul style="list-style-type: none"> <li>- Show around Neuchâtel, guided and prepared by local participants</li> <li>- Workshops on nature (water) protection and work with children (focus Switzerland and J+N Neuchâtel)</li> <li>- Excursions and hiking along a riverside (Areuse/Seyon/Doubs). Topics: natural habitats and biodiversity in and along course of the river, effects of hydropower plant, water protection strategies</li> <li>- Excursion and hiking to Jura Mountain. Topics: hydropower plants, climate change and effects on water courses</li> <li>- Organization of a typical J+N children's program</li> <li>- Organization of a public event to present the project and to show the film "Blue heart of Europe"</li> <li>- 5x overnights in guest families: parents of the participants as well as open call to members of Pro Natura Neuchâtel or other families</li> <li>- 2x overnights in the very simple mountain lodge La Menée</li> </ul>
Sunday, 9.8. (Day 8)	<ul style="list-style-type: none"> <li>- Evaluation of the week</li> <li>- Travel Neuchâtel – Zurich, departure Night-Train Zurich&gt;Zagreb</li> </ul>

Monday, 10.8.- Tuesday, 11.8. (Days 1-2)	Travel Zagreb-Pecka Visitor center Pecka: - 2x overnights in the Visitor Center Pecka, located within political entity of «Republika Srpska ». The Center is a meeting point for sports in nature, permaculture, a learning center for solar energy, regardless to ethnical belonging - Excursion to the spring of the river Sana by bicycle - Workshops on renewable (in particular solar) energy, permaculture - Together cooking and having a little party in the evening
Wednesday, 12.8. – Sunday, 16.8. (Days 3-7)	Travnik and surroundings: - Travel Pecka – Travnik - Visit of Jajce and the AVNOJ-Museum (place of foundation of Socialist Federal Republic of Yugoslavia in 1943) Guided tour in Travnik by local participants - Overnights within guest families: parents of the participants as well as open call to friends of CEM or other families - Workshops on nature (water) protection and biodiversity and work with children (focus BiH and “Youth for Nature” Travnik) - Excursions to river Kruscica and meeting of Brave women of Kruscica (group of women having successfully blocked the construction of a hydropower plant) - Hiking tour to Vlasica mountain on topics of mountain biodiversity and water management under climate change - Organization of a children’s program with and for the “Youth for Nature” - Organization of a public evening for locals to present the project and to show the film “Blue heart of Europe” - Evaluation by the participants, final good-bye ceremony
Monday, 17.8. – Tuesday, 18.9. (Days 8-9)	Travel Travnik – Neuchâtel by the swiss participants - Travnik-Zagreb by bus - Night-train Zagreb-Zurich - Zurich-Neuchâtel by train

### **Detailed program (work in progress, provisory):**

#### **Switzerland:**

##### **1. Day : Travel Travnik-Neuchâtel by bus by the Bosnian group**

##### **2. Day: Arrival to Neuchâtel**

Arrival of all participants to Neuchâtel. Meet together at the lakeside. Little welcome-ceremony. Getting to the guest-families.

##### **3. Day: Neuchâtel and surroundings**

Morning: First exchange within the whole group. “Braking the ice”- rituals. Presentation and discussion of the week’s program. Discuss rules, creation of a common “Charta”.

Lunch: Picnic at the lake or lunch at Maison des Associations.

Afternoon: Introduction to Neuchâtel and Switzerland: Personal tour through Neuchâtel in small groups with a focus on history, important places, gymnasium, natural spaces, ... prepared and guided by hosting volunteers.

Back to the lakeside: Return and share on the city-walk. Time for diary-writing. Present the program of the next days. Discuss possible changes of the official program.

Supper and over-night within the guest families.

##### **4. Day: Excursion to river Areuse. Topic: river protection**

Get by train to Champ du Moulin. Workshop to prepare the program for children of J+N Pro Natura Neuchâtel.

Lunch: Picnic in Champ-du-Moulin

Hike along the river Areuse to Noiraigue. Visit the hydropower plant and the karst spring in Noiraigue. Evtl. visit of the chocolatier Jacot. Get by train to Neuchâtel.

Time for diary-writing. Feel-good-round. Feed-back on the day, discuss the following day. (Maison des Association)

Supper and over-night within the guest families.

### **5. Day: Hike in Jura-mountain, Workshops on nature protection and work with children**

Morning: Travel by train Neuchâtel-Les Hauts-Geneveys. Hike to the Jura mountain lodge La Menée (ca. 2 ours of walk).

Lunch: Picnic

Afternoon workshop: Preparation of the children's program. Cooking in small groups.

Supper: typical swiss dinner cooked by the participants.

Time for diary-writing. Feel-good-round. Feed-back on the day, discuss the following day. Evening around the fireplace.

Over-night in the mountain lodge La Menée.

### **6. Day: Children's program**

Morning: get back to Neuchâtel.

Lunch: Picnic or dinner at Maison des Associations.

Afternoon: Program with children at the river Areuse/Doubs/Seyon. Topic: Biodiversity in and along water courses. Observation of water fauna. Collection of plastic along the river. Get back to Neuchâtel.

Time for diary-writing. Feel-good-round. Feed-back on the day, discuss the following day. (Maison des Associations)

### **7. Day: Public evening**

Morning (Maison des Associations): Preparation of the public presentation of the project and of the film "The blue heart of Europe".

Lunch at Maison des Associations.

Afternoon: Preparation of the swiss-bosnian apéro.

Evening: public presentation.

Over-night within hosting families.

### **8. Day: Evaluation of the week, travel Neuchâtel-Zagreb**

Morning: Preparation of the luggage. Get with all the stuff to Maison des Associations near the train station. Evaluation of the week in little workshop: individually, within the participants, within coordinators, and all together. What have I learnt, what could we do better next week, discuss expectations, fears and hopes of the coming week. Time for diary-writing.

Lunch: Common picnic at the lakeside

Afternoon: Relax at the lake, in the city of Neuchâtel or surrounding, free time, little leaving ceremony at the lakeside, photo of the group.

16h: Get to the train station. Travel Neuchâtel-Zurich

20h40: Night-train: Zurich>Zagreb

## **Bosnia-Herzegovina:**

### **1. Day: Zagreb-Pecka**

Arrival to Zagreb at 10h48. Little walk through Zagreb in small groups.

Lunch in Zagreb.

Get by bus to the visitor center Pecka.

Over-night in Pecka.

Evening: Time for diary-writing. Feel-good-round. Feed-back on the day, discuss the following day.

### **2. Day: Workshops on permaculture, solar energy, river Sana in Pecka**

Morning: workshops on permaculture with Boro from Pecka or solar energy with Nestor Ruiz from CZSS.

Lunch in Pecka.

Afternoon: Visit of the source of the river Sana by bicycle. Cooking in small groups.

Supper: typical bosnian dinner cooked by the participants.

Evening: Time for diary-writing. Feel-good-round. Feed-back on the day, discuss the following day. Little Bosnian evening-party, evening around the fireplace.

### **3. Day: Travel Pecka-Travnik**

Morning: Transfer to Travnik, via Jajce. Visit of the city of Jajce and the museum of the foundation of Yugoslavia.

Lunch: traditional Burek at "kod Sejo", the best of Travnik

Afternoon: Introduction to Bosnia and Travnik: Personal tour through Travnik in small groups with a focus on history, important places, gymnasium, natural spaces, ... prepared and guided by hosting volunteers.

Evening: Return and share on the city-walk. Time for diary-writing. Feel-good-round. Feed-back on the day, discuss the following day. Discuss the program of the following day.

Supper and over-night within hosting families.

### **4. Day: Excursion to River Kruscica, water protection, public evening**

Morning: Visit River Kruscica and the battle for free rivers: Meeting of the "Brave women of Kruscica" which successfully fought against the installation of a small hydro-power-plant. Hike along the river, insights on diversity and importance of aquafauna as well as the river as source for drinking water and recreational area. Preparation of the afternoon's children's program.

Midday: Picnic on the riverside.

Afternoon: Children's program at Kruscica River, as newly lanced project "School in Nature" of CEM Topic: Biodiversity in and along water courses. Observation of water fauna. Collection of plastic along the river.

Evening: Time for diary-writing. Feel-good-round. Feed-back on the day, discuss the following day. Discuss the program of the following day.

Supper and over-night within hosting families.

#### **5. Day: Hike to Vlasic and Guca Gora**

Morning: Excursion to mountain Vlasic. Hiking-tour to settlements Bukovica, mountain-house Konska, Guca Gora. Biodiversity of mountain meadows. Observe and discuss similarities and differences of the landscape, agriculture, flora and fauna of Jura and Vlasic. On the way, explanations on development of the settlements on Vlasic mountain and surrounding in relation to recent war (1992-1996), by participants of Bosnia.

Lunch at the mountain-lodge Konjska

Afternoon: Hike to Guca Gora.

Evening: Time for diary-writing. Feel-good-round. Feed-back on the day, discuss the following day. Discuss the program of the following day.

Supper and over-night within hosting families.

#### **6. Day: Public evening**

Morning: Preparation of the public presentation of the project and of the film "The blue heart of Europe".

Lunch in town or at CEM.

Afternoon: Preparation of the swiss-bosnian apéro.

Evening: public presentation.

Supper and over-night within hosting families.

#### **7. Day: Free time in Travnik, good-buy ceremony**

Morning: Evaluation of the project: individually, within the participants, within coordinators, and all together. Time for diary-writing.

Lunch in town or at CEM.

Afternoon: Free time in Travnik.

Evening: Little party in CEM.

#### **8. Day: Travel Travnik-Zagreb**

Morning: Little good-buy ceremony, get to the bus station.

Afternoon: Little walk through Zagreb. 18h38: departure of the train Zagreb>Zurich

#### **9. Day: Arrival to Neuchâtel**

Morning: Little good-buy ceremony, get to the bus station.

Afternoon: Little walk through Zagreb. 18h38: departure of the train Zagreb>Zurich