

AD ASTRA

Partner Organization

PIC number	
OID number	E10312080
Full legal name (National name)	Adastra Ljubljana, zavod za izobraževanje
Full legal name (Latin characters)	Adastra Ljubljana, zavod za izobraževanje
Acronym	Adastra Ljubljana
National ID (if applicable)	9218823000
Department (if applicable)	/
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Profile

Type of Organization	NGO
Is the partner organization a public body?	No
Is the partner organization a non-profit?	Yes
Is your organization: a public body at regional/national level; an association of regions; a European Grouping of Territorial Cooperation; or a profit-making body active in Corporate Social Responsibility?	No

Accreditation

Has the organization received any type of accreditation before submitting this application?

Accreditation type	Accreditation Reference
/	

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EU Programme	Project Identification or Contract No.	Title of Project	Applicant/Beneficiary Name
Erasmus+	2023-1-DE04-KA153-YOU-000131351	YOUR POWER	Bildungswerk Sachsen der Deutschen Gesellschaft e.V.
Erasmus+	2024-1-SI02-KA153-YOU-000232699	Mountain to move	Adastra
Erasmus+	2023-2-IE01-KA220-YOU-000170471	Ready	Belvedere Youth Club
Erasmus+	2024-1-BE05-KA153-YOU-000221814	Mental balance	EdUcAntwerp VZW
Erasmus+	2023-1-PL01-KA152-YOU-000143630	Youthexchange Poland	Stowarzyszenie Integrator
Erasmus+	2022-3-FR02-KA152-YOU-000097564	Casino Martinique	Martinique Animation développement et innovation
Erasmus+	2022-3-FR02-KA152-YOU-000093232	Youthexchange	Karibbean Osmose
Erasmus+	2022-3-BE05-KA153-YOU-000094057	Explore your limits.	Joetz
Erasmus+	2022-3-BE05-KA153-YOU-000094057	How far will you go.	Joetz
Erasmus+	2024-1-ES02-KA210-YOU-000247924	Nature in YOUth	Mojo de Cana

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Background and Experience

Please briefly present the organization.

Adastra Ljubljana is a non-governmental organization that focuses on three main areas of its activity: building an equal civil society, education and enabling young people and others to realize their goals and ideas. Our organization is created to serve as an educational organization that brings together trainers, youth workers, social workers, experts, young people and volunteers with different levels of competence to create and actively engage in social activities. The establishment of the organization was the result of recognizing the needs of youth workers and young people with whom we actively cooperate, as the needs outgrew individual actions and the establishment of the organization was the only logical way to achieve and realize the set goals and ideas.

Members of the organization actively cooperate with the surrounding elementary schools (Oskar Kovačič Elementary School, Livada Elementary School, Danile Kumar Elementary School, Mladinski dom Jarše Elementary School), the production school of Mladinski dom Jarše, the faculties of the University of Ljubljana (AGRFT, Faculty of Architecture, Faculty of Civil Engineering and Geodesy) and foreign organizations throughout Europe. Our members participate in Erasmus+ activities as participants and also as organizers of these (youth exchanges, mobility of youth workers, international conferences, sports projects, cooperative partnerships, solidarity projects,...).

All members of our organization have in common that we want to improve the lives of everyone we work with and realize ideas and visions together with them.

Adastra provides a supportive environment that enables young people and others to develop their talents and skills. It provides them with support in finding suitable education and/or employment in the desired field, as well as in the development of ideas and projects. An important goal is to encourage actions and activities that will encourage young people to lead a better life for themselves and their peers, and enable them to acquire skills through informal work methods. We raise awareness of important youth issues, develop partnerships between youth organizations around the world and continuously involve young people with fewer opportunities in international mobility and other projects.

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What are the activities and experience of the partner organisation in the areas relevant for this project?

Adastra Ljubljana has a long experience in International project management and organization, especially in the field of Training Courses and Youth exchanges. We have organized International Training Courses/Seminars in Youth in Action/Erasmus+ and Youth Exchanges as well KA2 projects. We work especially on mental health, sports, emotional management and communication. We also work a lot on creativity and art as tools for self development.

Goals of the institution:

- accepting diversity and preventing hate speech;
- promote the values of diversity and inclusion of young people;
- fight against stereotypes and xenophobia;
- to strengthen the knowledge, skills and behaviors necessary for the full acceptance, support and promotion of differences in society;
- involving people with fewer opportunities in international projects;
- support and encourage local initiatives and projects;
- transition to green energy;
- sustainable self-sufficiency and sustainable construction;
- to support and encourage the involvement of young people in voluntary work for the benefit of the community;
- cooperate and fight against racism, discrimination and corruption;
- education of youth workers and other interested parties;
- development of ideas for a better future for young people and others;
- intergenerational cooperation;
- connecting with other organizations and institutions.

Our goal is to support young people in difficult transitional periods. By joining forces with schools and various educational institutions, we have decided to develop our ideas in the organized form of an institute and thus enable various

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institutions to find joint solutions to help young people manage loneliness, lack of self-confidence, poor self-image, lack of social contacts and movement, in a way to make them feel more connected in their communities and schools. In our work, we use innovative co-designed workshops and methods that provide focus and actionable solutions that will have a real impact on young people and that can be applied beyond the community of the organizations involved. We also educate youth workers on how to use different work methods, and we especially emphasize the importance of sports and artistic activities for the successful development of young people.

Together with experts, we build concrete teaching, learning and guidance materials based on this framework. Currently, together with our partners, we are developing alternative ways of working and teaching, where we try to act diagnostically as well as therapeutically on young people with the help of various activities. The strategies and methods created offer teachers, youth workers and counselors the tools to overcome loneliness and promote and strengthen a sense of belonging and other personal qualities. The material created is devoted to meaningful and effective interventions, activities and methods to combat problems with belonging, self-esteem, mental problems, hardships, etc.

In accordance with our philosophy, we always place people at the center of all our activities: with the young people we meet, to make them aware, "successful", satisfied and happy citizens; in the case of our colleagues, to be successful and motivated in their work and the development of their ideas. We believe it is important to listen to people, to understand their needs and find solutions together in an open and innovative approach. Therefore, our work has always been based on many approaches and activities: sports, music, theater, dance, art, performances, outdoor experiences (in nature and with a focus on sustainability), digital skills, IT literacy and personal support and a personal approach. In doing so, we often cooperate with local, national and also international organizations (in several youth exchanges, research studies, visits,...).

The members of the institute, who will carry out activities in practice, are well trained in various topics, such as: empowerment, sports, personal development, human rights education, conflict management, environmental awareness, active citizenship, social inclusion, integration, recruitment, organizational management, sports activities,...

Other skills of project team members:

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- Management and organizational skills
- Team management skills
- Materials, tools, products and software
- Cognitive and problem-solving skills
- Social and communication skills and competences
- Artistic and sports skills and competences
- Business skills

Social, educational, psychological and medical assistance to people in socially threatened situations.

- Promoting the rights of minors, women and families to independent information
- In cooperation with health, social, educational services and other public authorities, enable and improve the decent quality of life of minors, young people and families in risky situations or social conflicts.
- Guiding, advising, informing and educating minors, women and/or families on legal, economic, social, psychological, medical and ethical issues. Comprehensive help and support for minors, women and families facing physical, mental, sexual, social and institutional abuse.
- Promote activity programs and implement services aimed at preventing possible situations of risk and/or social exclusion.

Please give information on the key staff/persons involved in this application and on the competences and previous experience that they will bring to the project.

Tomi Martinjak	Tomi Martinjak (youth worker) for many years have been employed at the Youth Center Jarše, where we deal with young people with emotional and behavioral problems. I focus most of my energy and time on alternative and new ways of teaching and methodologies on how to approach and influence young people. That is why I have been very active in the Erasmus+ program for many years, where I organized and carried out many youth exchanges, solidarity projects, international conferences and mobility of youth workers, where we learned about good practices in other countries, and hosted many volunteers and also sent
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	<p>our young people as volunteers. in addition, in recent years I have participated and am still participating in several KA2 projects within the framework of Erasmus+. I believe in our project, because I am convinced that with youth exchange comes changes that are necessary for successful work with young people, both in the field of education and personal goals. Young people need new ways of teaching, methods of work, etc. I believe in sport activities and use them as a diagnostic and therapeutic tool.</p>
<p>Nina Barbič</p>	<p>Nina Barbič: She has been a yoga teacher since 2015. She completed her yoga teacher training at the Agniyoga School in Ljubljana and specialized in yoga for teenagers at the Teen Yoga Foundation in England.</p> <p>As a teacher of Spanish language she started gaining experience with teaching young people at ŠOLT language school in Ljubljana where her pupils were mostly highschool and university students.</p> <p>As a mother of three boys she completed different trainings in nonviolent communication, mediation, and NLP and is an eager researcher of communication and connection with children and young people. She found yoga for teenagers to be an excellent tool for dealing with the challenges of this complex period of adolescence. She gives TeenYoga classes and strives for introducing yoga based techniques, breathing, mindfulness and meditation in the school environment and extracurricular activities for youth.</p> <ul style="list-style-type: none"> - In her free time you can meet her with her family and a dog in the forest and on the meadow, as she is an enthusiastic forager of nature's gifts. She also enjoys spending her time in the vegetable garden, baking bread, preparing herbal teas, and cooking homemade jams. Evenings are often spent in the cinema or with a good book.
<p>Jelena Milošević</p>	<ul style="list-style-type: none"> - 10 years of experiences in youth work on local level (involved in 4 different youth organizations. leading 2 organizations, both active also internationally), - 5 years of experiences on national level (trainer of Slovenian student clubs association from 2012, trainer of Slovenian youth council from 2015, trainer of Slovenian National agency for Erasmus+ program from 2016) - 6 years of experiences in youth work on international level (participant, trainer or organizer on 22 international activities). - 4 years of experiences with working with EVS,

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	<ul style="list-style-type: none"> - special skills in outdoor activities (certified mountain guide), - fund raising experiences (experiences with sponsors, donators, different funds in local, national and European level), - Completed ICF accredited Coach course.
<p>Juan Sebastian Pulpeiro Olivera</p>	<p>I'm a Spanish-Argentinean guy. Since my 6 years old I have been to the scouts (being scout and then chief for youngsters between 13 and 23 years old) and learned about the important values of sharing, being independent, helping each other, human values, solidarity... Later on I decided with some other scouts to create an organization for youngsters where they could spend their free time, where they could talk about their doubts and questions about any topic and receive all the necessary information. We received some funds from the government and I end being the president of the organization where I worked as a volunteer for 9 years.</p> <p>I'm a really motivated and devoted person that has a lot of energy and love to take initiatives. I love sports and outdoor activities and I think I can say I'm a healthy person. I have an easy contact with youngsters as it seems they feel comfortable with me. I'm also interested in the variety of cultures and European awareness. As I have a double citizenship I feel a high interest to know more about other cultures, traditions and identities and especially the one of my grandparents which was Spanish and German. About what I think I could bring to your project, I would say:</p> <ul style="list-style-type: none"> - My experience of several years in the scouts, where I organized different types of activities, like camps and socio- cultural activities - The experience I gained working through the years in the social sector of an Argentinian-Spanish NGO "Asociacion de Jovenes Descendientes de Espanoles de la Republica Argentina" and a national NGO which counts more than 3000members, www.ajdera.org.ar or www.sijeargentina.org.ar (in which we organize exchange activities with other regions or projects of labour trainings and international cooperation projects for youngsters) - My experience in organizing and participating to different projects and seminars on national and international level <p>I think I can bring my experience to your project and that I can learn so much out of it. I'm looking forward to get to know the youngsters of the association, of spending time with them and develop activities for and with them, of discovering your region, your culture, your language,...and sharing mine.</p>

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