



# Hike Together

## INFO PACK



**18<sup>th</sup> and 19<sup>th</sup> of June 2021, Rijeka Croatia**

**Arrival day:** 17 June 2021,  
**Departure day:** 20 June 2021

**TRANSNATIONAL PROJECT MEETING**



Project Hike together contributes to raising awareness of the importance of health benefits of physical activity through walking in nature – as a natural exercise through increased participation in hiking and trekking. Project Hike together is more focused on young people from disadvantage background, to promote hiking and walking in the nature is a basic to many sporting activities, well-being and fitness. European project Hike together is an opportunity to examine and reflect upon the issues around inclusion from different perspectives, to learn from different countries and cultures by sharing knowledge about new ways of working, and to clarify ideas around a common understanding of inclusion. It will also help to build a wider and better European network to tackle the challenges around how to be more inclusive within Europe.

More info about project Hike Together: <http://hiketoproject.com>

### **Project consortium:**

Coordinator: Innovative Education Center, <http://zentrumib.org/innovation/>

### Partners:

Iniziativa Democratica (Italy), <https://www.iniziativademocratica.org/>

Rijeka Sport's Association (Croatia), <https://rss.hr/>

Bulgarian Sports Development Association (Bulgaria), <http://bulsport.bg/>





## Agenda

<b>Day 1 – 17/06/2021 – Arrival day</b>	
.....	Arrival of participants to the Rijeka
20:00	Welcoming dinner (Get to know each other) – Restaurant in city center to be announced
22:00 - .....	End of day 1
<b>Day 2 – 18/06/2021 – First day of activities</b> Venue: Meeting at the office of Rijeka Sports Association 3 <sup>rd</sup> floor, Verdijeve 11, 51 000	
07:00 – 08:00	Breakfast in the hotel
08.30	Meeting in the premises of the Rijeka Sports Association, arrival by cars and driving to mountains
08:30 – 13:00	<b>½ day Hike in Risnjak I.</b>
13:00 – 14:00	Lunch at the top of the hill – packed lunch
14:00 – 19:00	<b>½ day Hike in Platak II.</b>
20:00 – 21:30	Individual dinner due to late arrival from hike
22:00 - .....	End of day 2
<b>Day 3 – 19/06/2021 – Second day of activities</b> Venue: Rijeka Sports Association, 3 <sup>rd</sup> floor, Verdijeve 11, 51 000 Rijeka	
07:00 – 9:30	Breakfast in the hotel
10:00 – 11:00	<b>Introduction to project Hike Together and project partners</b>
11:00 – 11:30	Coffee break
11:30 – 13:00	<b>Challenges addresses at the round table:</b> <ul style="list-style-type: none"> <li>• Awareness on the added value of hiking and physical activities in relation to the personal, professional and social development of individuals</li> <li>• Hiking as a tool for social inclusion of minority groups and promotion of equal opportunities and bringing together people, regardless of their age, sex, origin, financial status. What are the barriers of hiking as a physical activity? Maximizing equal opportunities through dialogue: individual members, and their groups and communities must voice their concerns, be heard, and act in concert to overcome barriers together.</li> <li>• Strengthen volunteers skills on organization and management of activities and events of hiking clubs and improving their role as a professional providers of services in local communities</li> </ul>
13:00 – 14:00	Lunch in city center
14:00 – 16:30	<b>Representatives of partners organizations: project management team meeting</b> <b>Participants: Free time / Cultural visit in town</b>
16:30 – 18:30	Free time / Cultural visit in town
18:30 – 21:30	Dinner out pre-arranged by Rijeka Sports Association
22:00 - .....	End of day 3
<b>Day 4 – 20/06/2021 – Departure day</b>	
07:00 – 09:30	Breakfast in the hotel
.....	Departure of participants



### **Expected results of the meeting with participants**

1. Overview and understanding of the overall project and project goals
2. Outcomes from the round table discussions

### **Expected results of the project management team meeting**

3. Review of activities already implemented by partners
4. Review administrative and financial aspect
5. Elaborating and planning the details of project implementation
6. Agreement on dissemination plan and exploitation prepared and approved, responsibilities shared
7. Planning of 3TPM in Sofia

### **Venue details**

The meeting will be held in Rijeka Sports Association premises.

Address: Verdijeva 11/III

Rijeka, Croatia

Phone number: +385 99 3432 332

### **Dietary requirements and disability**

If you have any dietary requirements, disability or special needs that the organisers should be aware of, please notify Tara Mikić Pavić ([tara@rss.hr](mailto:tara@rss.hr)).

### **Photography**

Partner organisation staff will take video and photograph throughout the duration of the meeting. Pictures will be shared on partner social network sites. Please advise us if you are aware of sharing pictures that you are on.



## HIKE DAY – 17<sup>th</sup> of June

We will meet at the premises of the Rijeka Sports Association at 08:30 AM.

After that we head towards Platak together, by cars.

### Route PLATAK – RISNJAK

[https://www.google.com/maps/d/viewer?mid=1pspxd\\_YP61KYEvFg0RzHQCy-kWY&ll=45.42986198765967%2C14.591410227640601&z=14](https://www.google.com/maps/d/viewer?mid=1pspxd_YP61KYEvFg0RzHQCy-kWY&ll=45.42986198765967%2C14.591410227640601&z=14)

### Route statistics and overview:

Duration: 02 h 15 min

Starting height: 1104 m

Destination height: 1519 m

Minimum height: 1104 m

Maximum height: 1519 m

Uk. vis. rye. climb: 756 m

Uk. vis. rye. descent: 341 m

Total length: 7.6 km

Average slope: 16%

Energy consumption: 4776 kJ

Trail difficulty: Medium difficult

Trail marking: Good

Type of activity: Hiking

Some photos:

[https://photos.google.com/share/AF1QipP9aGmVGEbS9-UZ5eCy5yD2\\_sj-cDTYqICnkj19O4ZRAZQfYd47Fstg1oJKjvWWA?pli=1&key=aThONGNTc0ZqRHEXMXM5RW9JaEpkX0MwbEpJN0VB](https://photos.google.com/share/AF1QipP9aGmVGEbS9-UZ5eCy5yD2_sj-cDTYqICnkj19O4ZRAZQfYd47Fstg1oJKjvWWA?pli=1&key=aThONGNTc0ZqRHEXMXM5RW9JaEpkX0MwbEpJN0VB)

### NP RISNJAK ( <https://www.np-risnjak.hr/en/>)

Veliki Risnjak is one of the most picturesque Croatian peaks, the second highest in Gorski Kotar county, 6 meters lower than Bjelolasica. In 1952, an inscription was carved on the top rock in memory of Schlosser and Vukotinović, researchers of the nature of Risnjak. The entire area of Risnjak is characterized by rich and diverse flora and interesting wildlife, and is therefore protected as a national park.

The massif of Risnjak, with the whiteness of its rocks, dominantly rose above the greenery of the mountain forests. Beautiful views from 1528 m above sea level to the Kvarner Bay, Istria and the Julian Alps in neighboring Slovenia.



**PLATAK** ( <https://platak.hr/en/> )

Ski resort Platak in Primorje-Gorski Kotar County, a ski resort overlooking the sea, and only a few kilometers.

With its highest peak Radeševo (1363 meters above sea level), Platak is located in the mountain society of Snježnik and Risnjak. It is half an hour's drive from Rijeka and about 10 kilometers as the crow flies from the sea. For this reason, the climate is specific - mountain and Mediterranean mix, so it is not uncommon for Platak to be covered with snow when the temperature in the Littoral is above zero or for its peaks to be covered with snow in April.

**! IMPORTANT INFO !**

- The total length of our hiking route is approx. **04 h 30 min**
- If you have a physical injury or obstacle that would make such a length of the hiking route difficult for you or you would risk worsening your condition, please do not risk and do not engage in it.
- **If you do decide, you take the responsibility.**
- Temperature is expected to be between 25 and 30 Celsius, so dress appropriately for hiking on a hot summer day, but also bring a layer of clothing if it is cold in the forest.
- Bring **HIKING FOOTWEAR**
- We recommend that you bring your hiking poles
- Bring **enough fluids with you**
- Eat in the morning before heading to Platak and get enough sleep the night before
- Bring bugs and ticks repellents with you
- We advise you to bring an umbrella and / or a light raincoat because the weather in Rijeka is quite changeable - although the forecast is good, short-term summer showers are frequent in Rijeka.
- We advise you to book Travel Insurance covering also Mountaineering and Hiking and which covers COVID-19.



## COVID-19 regulations

During the event will be implemented all actual at the time of delivery safety measures. Please note that if PCR tests are needed, they can be covered by PMI budget.

### **PCR AND RAT TESTING ON COVID-19 ON PERSONAL REQUEST IN THE TEACHING INSTITUTE OF PUBLIC HEALTH PGC RIJEKA,**

**Address:** KREŠIMIROVA 52a, RIJEKA

- Taking swabs is carried out every working day and Saturday without prior ordering in the parking lot next to the Institute building from 8 am to 12 am
- The price of the PCR test is HRK 490 and HRK 150 for RAT test (approx. 65 EUR for PCR and 20 EUR for RAT) **must be paid in HRK.**
- Test results are ready within 48 hours for PCR and in 30 minutes for RAT and sent by e-mail or can be picked up in person at the counter every working day from 7 am to 7 pm, Saturday from 8 am to 3 pm, and Sunday from 10 am to 2 pm. If you do not see the e-mail in your inbox, check for the spam folder and add our address to your contacts.

*In-person:*

- Before testing, it's necessary to submit a completed purchase order (<https://www.zzjzpgz.hr/obavijesti/2020/order%20form%20pcr%20rat.pdf>) and make a payment at the counter on the ground floor of the Institute

*For Legal entities:*

- Completed purchase order/approval with necessary information must be sent to the e-mail address [narucivanje.poslovni@zzjzpgz.hr](mailto:narucivanje.poslovni@zzjzpgz.hr)
- Taking swabs will be arranged upon agreement

### **HOW TO GET THERE FROM THE CONTINENTAL HOTEL:**

<https://goo.gl/maps/K3YpzFeYEkv6BrMd6>

### **HOW TO GET THERE FROM THE MARINA BOTEL:**

<https://goo.gl/maps/SgM5DAZr4hThmBtH6>

(\*We recommend going by foot or local buses because of the lack of the parking problem)