

YOUTH EXCHANGE
ERASMUS+ KAI MOBILITY OF YOUNG PEOPLE PROJECT

FROM ZERO



TO HERO

12 - 19 MAY 2022
KRUSHEVO, NORTH MACEDONIA



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

C:E:T
Platform
МАКЕДОНИЈА



НАЦИОНАЛНА АГЕНЦИЈА
ЗА ЕВРОПСКИ ОБРАЗОВНИ
ПРОГРАМИ И МОБИЛНОСТ

DESCRIPTION OF THE PROJECT

The project **"From Zero to Hero"** is a mobility of young people - youth exchange that will involve 36 young people and youth leaders from N, Macedonia, Italy, Greece, Serbia, Turkey and Croatia.

Even before the pandemic of COVID-19 coronavirus, the situation with youth unemployment in Europe was critical and the general opinion of the youth was quite pessimistic. More than half of young people couldn't find decent work and around 5 million people younger than 25 were still jobless.

The situation looks dramatic, but there is a way out. The way out we see in the philosophy of entrepreneurship and that is why we would like to apply with this project as an attempt to break the dominant pessimistic limiting belief that governs young people. What better place to start with the introduction with the concept of entrepreneurship than with sports?! Sport is one of the greatest motivators of our time. It is about excellence, pushing yourself to the limit and also taking success and failure in your stride. There are multiple things that can be learned from playing or even watching a sport. When we watch in awe how great athletes are winning the games, then we realize that with the right attitude everything is possible. Oftentimes, business is referred to as a game, where the winner is the entrepreneur who finds success. In this case, the playing field is the office and the players within the game are the different companies that compete for customers in the industry. What is required for being a successful entrepreneur, the same is required for being successful in any sport. Entrepreneurship is the act of creating a business starting from scratch, which requires faith in your ability, thinking big, discipline and strategical thinking. The same can be said for any sport.

The youth exchange will use methods that are based on non-formal and experiential education in order to provide all the participants with the information needed to enhance their learning process, but also in order to create an inclusive and learner-centered learning environment. Methods that will be used will include: getting to know each other, ice-breakers and team building, energizers, discussions, debates, working in groups, learning-by-doing activities, peer-to-peer work, simulations, presentations, analysis and comparison, theatre and role-playing, personal and group reflections, open-space and outdoor activities.





The main aim of the project is to bring together 36 young people and youth leaders from North Macedonia, Croatia, Italy, Serbia, Turkey and Greece in order to introduce them with the concept of entrepreneurship and sports education as one of the solutions for combating youth unemployment.

In order to achieve the main aim, the project has the following objectives:

- To improve the entrepreneurial mindset and skills of 36 young people and youth leaders and to introduce them with the basics of entrepreneurship education
- To explore the connection, similarities and common characteristics of entrepreneurship and sports, especially in the ways to find success in both field
- To address youth unemployment as a common problem in Europe by educating and improving the employability skills of young people through non-formal and sports education
- To promote and foster mutual understanding, intercultural learning and cooperation between 36 young people and leaders from different cultures, backgrounds and regions
- To introduce participants with the philosophy of different sports by learning from experienced coaches/players about the right mind-set, motivation, team-work, processes, techniques and strategies for succeeding in sports
- To strengthen international cooperation and partnership building between youth organizations from 6 European countries for working on entrepreneurship and sports education
- To promote and educate about Erasmus+ programme and Youthpass as tools to work with young people in the fields of employability, entrepreneurship and sports

ARE YOU THE RIGHT FIT?



Each partner sends a group of 6 people, 5 young people + 1 group leader.



Young people, aged between 18 and 30 years old (preferably 18 to 25) with little or no experience, but with a strong interest in the fields of entrepreneurship, non-formal education, sports & youth participation.



Youth leaders should be older than 21 that are experienced with youth work, non-formal education and youth mobility projects.



Involved and active in the work of involved organisations.



Strong motivation for participation and open-minded attitude.



Able to comfortably communicate in English as its the working language.



Residents in the involved countries.



Preferably fully vaccinated OR with a certificate of recovery of COVID-19 not older than 180 days.



Participants with fewer opportunities facing some kind of obstacles are more than welcome to participate and have priority for selection.



Each partner should send a gender-balanced group, so at least 2 male and 2 female participants per group. Ideally should be 3 males and 3 females.

PARTNER ORGANISATIONS



CET platforma Skopje



Meraki



Hellas for Us



Jump In



SFERA Srbija



Pi Youth Association



cetmk.projects@gmail.com



ngo.meraki@gmail.com



hellasforus@gmail.com



selezionejumpin@hotmail.it



ngosferaserbia@gmail.com



iletisim@pigenclikdernegi.org

** Click on the mail address to contact the organisations.*

WHAT TO BRING WITH YOU



Things To Do

- 1) Bring leaflets/brochures/promotional materials from your organisations that can be used for **NGO Market** that will provide the following information: name & logo, goal/mission of organisation, field of work, target group(s), activities, good practices of implemented projects, plans for future, contacts.
- 2) We will have **intercultural nights** from each participating country. For this reason, please bring some traditional food, drinks, clothes, products, promotional materials. Also, you can think of some traditional music and dances that you can show to others.
- 3) Comfortable and sports clothes and shoes as we will have sports activities.
- 4) Warm clothes - we will be in the mountain, altitude of 1350m so it might get chilly.
- 5) Your national group should have at least **one laptop** with you during the youth exchange.
- 6) [EHIC Card](#)/Health/Travel/Accident Insurance
- 7) Your personal cosmetics, medicines and other things that you might need. There is a very small store nearby the hotel that doesn't work all the time, but the hotel staff can organize car for going to the city every day.
- 8) Good mood, smiles, open mind and motivation to participate in all activities.



The Youth exchange will be implemented in Krushevo from 12th to 19th of May 2022 with 12th being the arrival day and 19th the departure day.

Krushevo is a town in the western part of N. Macedonia. It is the highest town in N. Macedonia and one of the highest in the Balkans, situated at an altitude of over 1350 metres above sea level.

Set on a series of hills interlocked by vertiginous cobbled streets, Krushevo is home to a historic Old Bazaar, some phenomenal heritage architecture, and a collective of traditional craftspeople.

It's also the site of the Ilinden Monument, one of Former Yugoslavia's most iconic monuments, the origin point of a rebel republic that reshaped politics at the turn of the century,

Known locally as Makedonium, this structure is the recipient of many international accolades, including being named one of the top 10 most unique buildings in the world.

A large number of sunny days, the winter covers, along with the untouched nature, greenery, the unique flora and fauna in spring – and summertime, help make Krushevo a main tourist destination throughout the year.

Krushevo is located 165 km from the Capital, Skopje and 33 km from Prilep.





The accommodation will be in  "[Vila Gora Krushevo](#)". The Vila is located at the following address: Hotelska Zona b.b. - Pitu Guli 53a, 7550, Krushevo, N. Macedonia.

Participants are going to stay in double and triple rooms that have their own private bathrooms. The participants will be in rooms with participants from other countries of the same gender in order to encourage intercultural learning also in the informal time.

You will be provided with towels and bed linen, but please bring your own sanitary products, shampoos, etc. There is internet access in the hotel and in the all rooms.

Meals

There will be 3 meals per day, served in the hotel restaurant as well as 2 coffee breaks. Participants should inform us before the project about their diet preferences or allergies!



Working room

The activities of the youth exchange will take place at the premises of the hotel in their restaurant area, however, we also plan to do a lot of outdoor activities.



Participants should choose a comfortable but inexpensive option for travel, to fit in the budget. We recommend buying tickets as early as possible, **NO LATER THAN 10th of April!**

Before buying the tickets, the participants have to coordinate their choice with us by sending us their travel plan with the exact route, prices, dates and time for arriving and departing. Tickets purchased without our confirmation will not be reimbursed!

Please find flights to Skopje International airport (SKP) > www.airports.com.mk or busses/trains to Skopje central bus/train station.

The **arrival date is 12 May 2022**, so you must arrive before or on that date, preferably before 14:00. The same goes for the **departure day which is on 19 May 2022**. You are allowed to stay **maximum 4 days** before OR after the youth exchange (e.g. 2 day before and 2 day after). However, for this stay, we cannot cover any of your expenses and they are totally on your own budget.

When you reach the airport, you should take a shuttle bus from the airport to the city center of Skopje (we recommend stop of main bus/train station). The shuttle bus timetable is prepared according to the arrivals/departures of flights and is handled by the company 'WTransporter'. One-way ticket for the bus costs 180 MKD. You can check bus schedule on this LINK: www.airports.com.mk/en-EN/passenger-guide/to-from-the-airport/page/bus

You will receive another set of information regarding your transportation to Krushevo according to your ticket bookings. That means that either we will support you with information on how to reach Krushevo or we will organize a shuttle bus for the whole group. It depends on your arrival dates and times.



Everyone who is fully vaccinated (any vaccine) OR can show a certificate of recovery not older than 180 days can enter North Macedonia without the need for PCR/Antigen tests for COVID-19.

REIMBURSEMENT PROCEDURE

Travel costs will be reimbursed until the budget limit, set by the Erasmus+ programme, based on **real costs** of the tickets. E.g. if the tickets cost 152 euro and they are within the travel grant range, you will get 152 euro as reimbursement. If they exceed the travel grant per country, then participants should pay the difference.

In order to receive the reimbursement you need to provide the project coordinator with **all original travel documents** (tickets, boarding passes, receipts, invoices and email confirmations). Some tickets can be given in person, while the others need to be sent by post and via e-mail (original and scanned versions) to yefromzerotohero@gmail.com.

- Reimbursement will be **done in EURO within 4 weeks** after the activity by bank transfer to your organisation's bank account or to the group leader.
- Reimbursement will be transferred only if all participants **provide all needed travel documents**. We will reimburse the traveling only if we have both the tickets from arrival and return.
- Reimbursement will be transferred only after the **group leaders submit the project reports** that they receive from European Commission on their emails after the youth exchange.
- Participants **cannot travel in first class**. **Only in certain cases is possible to use a taxi or travel by car** but you must first get approval from us.
- Please note if you bought your ticket in your local currency which might be different than EUR, then we will calculate your travel costs according to the **exchange rates from this official EU website**.
- We **can not reimburse COVID-19 tests** for your travel except if you show symptoms during the youth exchange.

We might be able to reimburse you in person in cash, but this can only be done if your national group can provide us with all the original travel documents during the youth exchange.

Participants are responsible for obtaining their own health, travel or accident insurances.



TRAVEL GRANT LIMIT PER PARTICIPANT

N.Macedonia	20€
Greece	180€
Serbia	180€
Italy	180€
Croatia	275€
Turkey	275€

! The given amounts refer to travel both ways.

Youthpass


All participants are going to receive a youthpass certificate at the end of the project, provided that they have fully participated in the youth exchange.

Youthpass is a tool to document and recognise learning outcomes from youth work activities based on non-formal education.

While creating their Youthpass certificate together with a support person, project participants are given the possibility to describe what they have done in their project and which competences they have acquired. Thus, Youthpass supports the reflection upon the personal non-formal learning process and outcomes.


As a Europe-wide recognition instrument for non-formal learning in the youth field, Youthpass strengthens the social recognition of youth work. Youthpass supports active European citizenship of young people by describing the added value of their project.

Youthpass also aims at supporting the employability of young people by raising their awareness of and helping to describe their competences, and by documenting their acquisition of key competences on a certificate.

More information about Youthpass on:  www.youthpass.eu/en/

To support this process, every day during the youth exchange there will be space for individual and group reflections as a way to be more aware participants own learning, to have the chance to record it and also as a way to provide feedback and evaluation to the organisers.

ABOUT THE ORGANISERS



We empower you to
empower the world

CET platforma Skopje is established in January 2016 by young, motivated, competent and experienced youth workers, leaders, activists and experts who are active in the civil sector and youth work from 2008. CET platforma Skopje is the Macedonian branch of CET platform network that has member organisations in Serbia, Croatia, Poland, Montenegro, Slovenia, Kosovo, Italy, Bulgaria, Greece, Lithuania and Bosnia and Herzegovina.

Vision

The vision is to fulfil a broader social interest, to act and achieve objectives in the areas of civil society, democratic order, civic values, human rights, media, non-formal education and vulnerable categories of citizens in society. We strive to stimulate and sustain the personal, professional and social development of the local youth and to foster their active and responsible participation in educational, social, cultural, political and economic life in the communities they live in.

Mission

CET platforma Skopje is a voluntary, non-profit, non-governmental association of citizens with mission to: strengthen civil society on local, national and European level, promote and protect the human rights, perform activities which encourage moral and civic values, strengthen inter-ethnic relations, empower youth in society, advocate for social inclusion of vulnerable groups, promote non-formal education and offer support, education, training and mobility opportunities to young people.

www.cetplatform.mk



SOUNDS INTERESTING?



APPLY NOW

You can apply directly to partner organisations of this project
or by clicking on the 'APPLY NOW' button below.

North Macedonia - CET platforma Skopje
cetmk.projects@gmail.com

Croatia - Meraki
ngo.meraki@gmail.com

Greece - Hellas for Us
hellasforus@gmail.com



Italy - Jump In
selezionejumpin@hotmail.it

Serbia - SFERA Srbija
ngosferaserbia@gmail.com

Turkey - Pi Youth Association
iletisim@pigenklikdernegi.org

CONTACTS



More information as well as the activities programme will be provided to the selected participants.



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