

YOUTH EXCHANGE

LET'S MAP IT!

Intercultural Dialogue in Countryside Areas



13 - 21 JULY 2022
KRUSHEVO, NORTH MACEDONIA



DESCRIPTION OF THE PROJECT

The project **"Let's Map it! Intercultural dialogue in countryside areas"** is a mobility of young people - youth exchange that will involve 31 young people and youth leaders from Sweden, North Macedonia, Italy, Ukraine and Georgia.

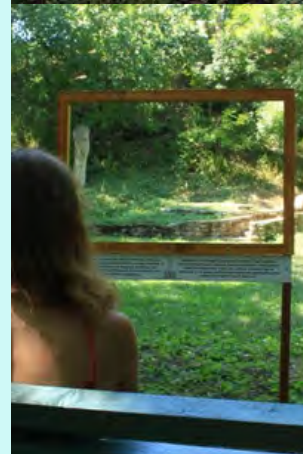
Despite increasing youth participation in cities, rural youth participation in various mobility and educational programs remains rather limited, together with daily life obstacles such as higher unemployment and more difficult access to all the opportunities present in urban areas. Much of the rural youth needs more skills and knowledge to start a project, enter a job market, develop their personal and professional path or access information and learn about possibilities they could benefit from.

The overall aim of our project is to empower young people, youth workers, and volunteers who could tackle this problem with more innovative ways, methods, tools and ideas.

The goal is to elaborate and implement a complex methodology that from one side engages and empowers youth from rural areas and from the other brings a tangible impact to the hosting communities. The identified methodology is based on the "Image Mapping" (www.imagemapping.org) project that has been in development by the Ukrainian partner DC Pangeya Ultima since 2015 and its activities have been carried out now in 8 rural communities in Ukraine and Lithuania. We plan to train young people interested in rural development in this methodology and therefore they will be able to replicate the activities in other contexts.

The activities that will be carried out by youth in the frame of the exchange program will stimulate the extensive experiential learning of the cultural and natural environment of the place to the youngsters, and will let them explore the social environment of the venue, history and economic characteristics. The set of tasks assigned to the youngsters will foster intensive inter-group communication and the need for collaboration. The exchange will be a good tool of understanding each own practical abilities and interests in the outdoor and natural settings of the countryside.

The youth exchange will use methods that are based on non-formal and experiential education.





The following issues and needs have been identified to be addressed throughout the implementation of the Youth exchange, developing competencies of all the young people that will be involved.


- Support the cultural diversity in different local and national realities
- Foster mutual understanding and cooperation between young people from different cultures and differently developed local areas
- Stimulate thoughts and reflection about ways to tackle issues related to rural areas with concrete actions
- Stimulate young people's spirit of initiative, creativity and active participation in society
- Discover different approaches of non-formal education and use them to make an impact
- Raise awareness about Erasmus+ programme and its opportunities for youth


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 rural development, outdoor education and experiential learning.
- 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. At the moment it is not needed for entering Macedonia.

 Participants with fewer opportunities facing some kind of obstacles or coming from rural and disadvantaged areas will 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



Ungdomsfronten



CET platform Italy



Pangeya Ultima



Georgian Youth for Europe



projects@cetplatform.mk



ungdomsfronten@gmail.com



italy@cetplatform.org



pangeya.ultima.dc@gmail.com



georgianyouth@gmail.com

** 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 to present your sening organization 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) [EHIC Card](#)/Health/Travel/Accident Insurance. You should be covered during your stay.
- 4) Comfortable and sports clothes and shoes as we will have outdoor activities.
- 5) Light jacket - we will be in the mountain, altitude of 1350m so it might get chilly.
- 6) Swimwear, there is a swimming poll in the venue and a sauna/steam room :)
- 7) Your personal cosmetics, medicines and other things that you might need. There are stores around the city, but no big supermarkets. If you take any medication, please bring it with you. In Krushevo there are pharmacies but if you need prescription medication you can not buy them over the counter without a prescription.
- 8) Good mood, smiles, open mind and motivation to participate in all activities.

WHEN AND WHERE?



The Youth exchange will be implemented in Krushevo from 13th to 21st of July 2022 with 13th being the arrival day and 21st the departure day.

Kruševo 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 and garden area, however, we 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 28th of June!**

!!! Before buying tickets, participants must coordinate their choice with us by sending their travel plan at yeletsmapit@gmail.com 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.

You can also check flights to nearby airports in Prishtina (Kosovo) and Niš or Belgrade (Serbia) from where there are daily buses to Skopje, few times per day. Other options are the airports in Thessaloniki (Greece) and Sofia (Bulgaria), but keep in mind that there is only one bus per day from there to Skopje. You can use [Skyscanner](#) or [Kiwi](#) to find suitable flights.

The **arrival date is 13 July 2022**, so you must arrive before or on that date, preferably before 14:00. The same goes for the **departure day which is on 21 July 2022**. You are allowed to stay **maximum 2 days** before OR after the youth exchange (e.g. 1 day before and 1 day after). We cannot cover any of your expenses for staying extra days 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.

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). All travel documents must clearly indicate price, currency, name of the passenger, date of purchase and travel itinerary. 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 yeletsmapit@gmail.com.

Reimbursement will be **done in EURO** 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.
- **Full attendance** on youth exchange activities.
- **Dissemination** of project and its results by organizing local follow-up or visibility activities.
- Reimbursement will be transferred only after the **group leaders submit the project reports** that they receive from European Commission in 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 European Commission's [website](#)**.

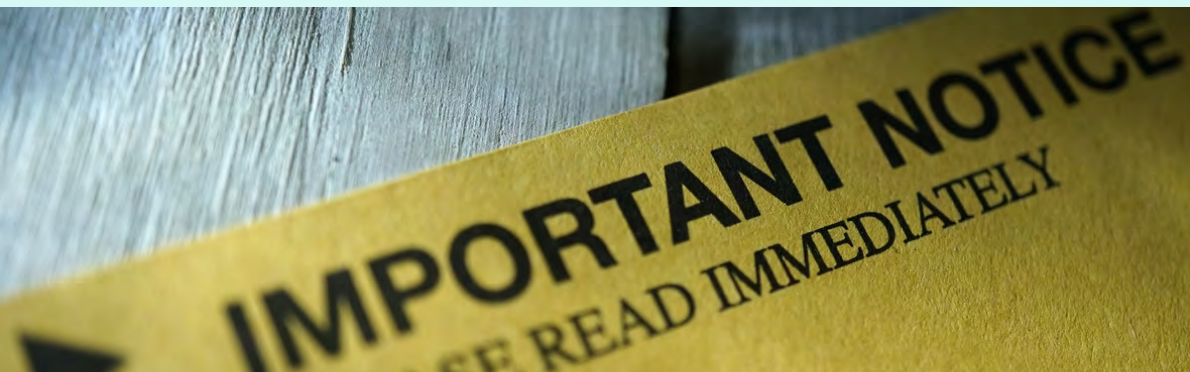
Participants are responsible for obtaining their own health, travel or accident insurance which we can not cover.



TRAVEL GRANT LIMIT PER PARTICIPANT

N.Macedonia 20€
Sweden 275€
Italy 275€
Ukraine 275€
Georgia 275€

! The given amounts refer to travelling both ways.



/ COVID-19 measures:

All travel bans and COVID-19 restrictions have been lifted in North Macedonia. There is no need for proof of vaccination or recovery or negative test to enter the country. There is no need to wear masks in closed spaces or other restrictive measures.

/ Currency and Exchange rate:

The currency in North Macedonia is Macedonian denar (MKD) which has an exchange rate of 1EUR = 61,35MKD. All local prices will be in MKD and it is not possible to pay with any other currency. There is an exchange office in Krushevo where you can exchange only EUR and USD. The majority of bars/restaurants/markets accept debit/credit cards, but smaller shops, souvenir places and outdoor vendors usually only accept cash. **There is an exchange office at Skopje airport, but the exchange rate is not good so don't use it!** There is an exchange office at Skopje central bus station (next to ticket counters) with normal exchange rate, so you can exchange your money there. You can also exchange currencies in any bank. There is few ATMs in Krushevo that you can also use to withdraw money from your cards.

/ Weather:

It will be July and usually the climate at this time in North Macedonia is hot with a lot of sun, but we will be in a mountain city at an altitude of 1350 meters. For this reason, we advise taking some light jacket and long pants because the nights can be chilly with temperatures close to 10 degrees Celsius. **Don't forget to also take some comfortable sports clothes and hiking/sports shoes** because we plan to have outdoor activities during the youth exchange. You can check the weather forecast for the week [here](#).

IMPORTANT

/ Travel/accident insurance:

We all still live in a time of pandemic, so more than ever it's important to be on the safe side and take precautions especially when traveling. We can't stress enough how important is for you to obtain travel/accident insurance before your departures for the days you will stay in North Macedonia. This kind of insurance usually costs a few euros but they provide you with safety and can save you a lot of money in case something happens. If you have a [European Insurance Health Card](#) (EHIC) then also take it with you. Unfortunately, according to the rules, we can't reimburse you for obtaining this kind of insurance and you need to cover this cost on your own. **The emergency contact in North Macedonia is 112.**

/ Roaming outside of EU and WiFi:

You will be outside of your countries, so you will be in roaming when using your phone to call, sending SMS and using data internet! The roaming is usually very expensive, so except if you have a contract with your mobile operator that allows you to use calls and internet in roaming, we really don't recommend using it while in North Macedonia! There will be WiFi at Vila Gora's premises (restaurant and rooms), but since we will be a lot of people it might get slow at times. We can provide you with our own data internet by making hotspots but only for urgent needs and during the youth exchange activities.

If you really need stable and fast internet, there is a great promotion from A1 mobile operator that you can use to buy 10GB of fast 4G+ internet for 300MKD (5 EUR), available for use for 14 days. There is no official A1 shop in Krushevo, so you need to buy it while in Skopje. There is a store really near to Skopje central bus station [in the shopping mall Vero](#). You will need to have your ID or passport with you to buy the SIM card.

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



Project coordinator: Ungdomsfronten

Hosting organisation: CET PLATFORMA Skopje

Ungdomsfronten is a non-profit and non-governmental organization that works on youth initiatives development and realization of innovative projects. Ungdomsfronten have been established by a group of youth that realized their needs to make a difference in society.

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.

Our main goal is to open the youth's eyes and show that together we can change and together we can build a better Europe. Our national activities are based on non-formal education. We are arranging workshops and other activities to the youth in the local community.

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.

Our staff are experts in the youth field and some of them have a long history in the local and international work within the youth area. We mainly focus on youth, especially those with fewer opportunities.

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

We realize that a lot of these young people have difficulties and we recognize that youngsters coming from minority cultures have such problems really often. We are always open for everyone who needs help and support.



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
projects@cetplatform.mk

Sweden - Ungdomsfronten
ungdomsfronten@gmail.com



Italy - CET platform Italy
italy@cetplatform.org

Ukraine - Pangeya Ultima
pangeya.ultima.dc@gmail.com

Georgia - Georgian Youth for Europe
georgianyouth@gmail.com



CONTACTS



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



Alaa Muneer – Project manager

alaa.muneer@uf2013.com | +46763063975

Bojan Kocovski - Project coordinator

yeletsmapi@gmail.com | +38978247458



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