

TRAINING COURSE
ERASMUS+ KAI MOBILITY
OF YOUTH WORKERS PROJECT



26 OCTOBER - 03 NOVEMBER 2023
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 **“Comedy as a Tool - Enhancing Youth Engagement through Humor”** is a mobility of youth workers - training course that will involve 26 youth workers, youth leaders and trainers from N, Macedonia, Bulgaria, Greece, Serbia, Turkiye, Slovenia, Romania and Poland.

We have recognised that in our youth work, we are facing the problem of how to transfer important complex ideas and concepts to young people we work with in a simple, visual and easily comprehensible way. Many topics, workshops, and presentations are emotionally challenging for young people, because they are too serious for them to process and engage with. Some concepts, for example, the social inclusion of disadvantaged groups, are important for youngsters to grasp and understand, but they often seem too abstract for them. So, when activities on important topics are presented to young people, often they are not interested, or if they attend them, they are not paying full attention. That's why, if we want to have high-quality workshops and impactful, effective activities, we must make those abstract ideas more visual, more fun, interesting and memorable for the young people attending them.

Here comes into play humor and how it is used in stand-up comedy storytelling. Humor is an amazing tool for creating a light-hearted, playful and relaxed atmosphere. Humor is a great way to break the ice with an audience, keep them interested, and ensure that the presentation is memorable. With humor, people are at ease, more open and energized to discussion and more willing to consider new ideas and perspectives.

The idea of this project is not to make the youth workers professional stand-up comedians but to give them guidelines on how to cultivate their sense of humor, communicate better their ideas, explain easier complex concepts and how to create captivating activities for the young people they work with. The project will help the involved youth workers to understand better what stand-up comedy is, how to use humor in a well-structured manner and to give style in the delivery of different important ideas and concepts to young people. The youth workers will learn and practice different competencies and methods of communication and facilitation.






The main aim of the project is to improve the competencies and quality of the youth work of 24 youth workers in the fields of communication, facilitation, and youth engagement by using non-formal educational methods and stand-up comedy techniques.

- To improve the communication skills (verbal and non-verbal) of youth workers, including public speaking, presentation, persuasion, negotiation, articulation and active listening
- To facilitate the exchange of good practices, methodological approaches and resources for youth work, communication and facilitation between the participants and organisations
- To introduce the basic principles, elements and features of humor and stand-up comedy as well as different strategies, techniques, and practical tips for developing and performing them
- To learn and practice ways of how humor and stand-up comedy can be used by youth workers in improving young people's engagement or addressing social issues
- To improve the skills of participants to plan, develop, facilitate and evaluate non-formal learning activities and methods for improving young people's engagement in social issues and/or personal, professional and social development.
- To strengthen the cooperation and networking between involved organisations by providing an opportunity for partnership-building
- To promote the recognition and validation of competencies and experience through NFE by learning about and using the Youthpass certificate and its key competencies framework
- To raise awareness about the Erasmus+ programme and opportunities it provides to youth workers and young people in key competencies development and addressing social issues



Each partner organisation sends a group of **3 participants**.

- Youth workers, youth leaders, project managers or active volunteers with at least basic experience and knowledge in the topics.
- Older than 18 years old, preferably in the age group between 18 and 40 years old.
- Involved and active in the work of involved organisations.
- Strong motivation for participation and open-minded attitude.
- Readiness and commitment to organize follow-up activities after the training course in their local community.
- Able to comfortably communicate in English as its the working language.
- Residents in the involved countries.

 **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 1 male and 1 female participant per group.

PARTNER ORGANISATIONS



CET platforma Skopje

www.cetplatform.mk | macedonia@cetplatform.org



Patras Youth Club

patrasyouthclub@gmail.com



International Youth Activity Center

www.iyacbulgaria.com | iyac.bulgaria@gmail.com



Asociatia Tinerilor cu Initiativa Civica

atic.romania@gmail.com



Debatni klub Grada Niša

www.centar73.org | debate.nis@gmail.com



Youth Support Centre

www.youthsupportcentre.com | contact.ysc@gmail.com



Pi Youth Association

www.pigenklikdernegi.org | iletisim@pigenklikdernegi.org



Fundacija Študentski tolar, ustanova ŠOU v Ljubljani

www.studentski-tolar.si | info@studentski-tolar.si



WHAT TO BRING WITH YOU



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** for presenting each participating country. For this reason, please bring some traditional food, drinks, clothes, products, promotional materials. Also, you can present traditional music and dances or make a quiz.

3)

[EHIC Card](#)/Health/Travel/Accident **Insurance**. You should be covered during your stay.

4)

Comfortable clothes and shoes as we plan to have outdoor activities.

5)

Warm clothes - we will be in the mountain on an altitude of 1350m so it will get cold!

6)

Your national group should have at least **one laptop** during the training course.

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.



The Training course will be implemented in Krushevo from 26th of October to 3rd of November 2023 with 26th of October being the arrival day and 3rd of November 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 vila 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 training course will take place at the premises of the vila in their conference room, however, we also plan to do some 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 26 September!**

!!! Before buying tickets, participants must coordinate their choice with us by sending their travel plan at comedyasatool@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) or Ohrid St. Paul the Apostle Airport (OHD) > 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 26th of October 2023**, so you must arrive before or on that date, before 14:00. The same goes for the **departure day which is on the 3rd of November 2023**. You are allowed to stay **maximum 4 days** before OR after the training course (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 199 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 the **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 as original and via e-mail as scans** to comedyasatool@gmail.com.

Reimbursement will be **done in EURO within 4 weeks** after the activity by bank transfer to your organization's bank account or with an agreement to one person from your national team who will need to reimburse the other participants. Reimbursement will be transferred only if:

- All participants **provide all needed travel documents**. We will reimburse the traveling only if we have both arrival and return tickets. Screenshots will not be accepted as proof of travel!
- **Full attendance** on the training course activities.
- **Dissemination** of the project and its results by organizing local follow-up or visibility activities.
- Reimbursement will be transferred only after **all participants fill out and submit the project questionnaire** that they will receive from the European Commission in their emails after the training course.

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 the project coordinator.

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.

The **travel grant limits** per country are as follows, referring to traveling in both ways:

- North Macedonia (**23€**), Poland, Turkiye, Slovenia (**275€**)
- **Bulgaria, Greece, Serbia (210€)** and Romania (**320€**) for **GREEN TRAVEL** (which means participants can only travel by bus, train or car to the project).



IMPORTANT NOTICE
PLEASE READ IMMEDIATELY

Accommodation and safety protocol:

We will stay in double-bed or triple-bed rooms that have private bathrooms. You will be provided with towels and bed linen, but please bring your own sanitary products. There is internet access in the villas and in all rooms. The hotel will disinfect daily the venue, restaurant and conference room. Since the venue is not a hotel, but a vila run by a family, there won't be a cleaning service and change of towels/sheets every day, so we need to keep our room clean by ourselves. The villa staff will however clean the rooms and replace the towels and sheets twice during our stay.

Travel/accident insurance:

We live in times of uncertainties, 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 it 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 Macedonia is **112**.

Weather:

It will be the middle of Autumn and usually the climate at this time in North Macedonia is cold with occasional rain, but we will be in a mountain city at an altitude of 1350 meters so we might even have snow during the training course. For this reason, we advise taking some warm clothes and thick jackets because the nights can be with temperatures close to 0 degrees Celsius. **Don't forget to also take some comfortable clothes and shoes** because we plan to have outdoor activities during the training course. You can check the weather forecast for the week [here](#).

IMPORTANT

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.

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 training course 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 training course.

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 training course 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 and trainers.

ABOUT THE ORGANISERS



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.



SOUNDS INTERESTING?



APPLY NOW

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

N. Macedonia - CET platforma Skopje
macedonia@cetplatform.org

Greece - Patras Youth Club
patrasyouthclub@gmail.com

Bulgaria - International Youth Activity Center
iyac.bulgaria@gmail.com

Romania - Asociatia Tinerilor cu Initiativa Civica
atic.romania@gmail.com



THANK YOU!

Serbia - Debatni klub Grada Niša
debate.nis@gmail.com

Poland - Youth Support Centre
contact.ysc@gmail.com

Turkiye - Pi Youth Association
iletisim@pigenclikdernegi.org

Slovenia - ŠOU v Ljubljani
info@studentski-tolar.si

CONTACTS



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



Bojan Kocovski - Project coordinator

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