

YOUTH EXCHANGE  
ERASMUS+ KAI MOBILITY OF YOUNG PEOPLE PROJECT

# NO EQUIPMENT? NO PROBLEM.



08 - 15 MAY 2024  
KRUSHEVO, NORTH MACEDONIA



Co-funded by the  
Erasmus+ Programme  
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C:E:T  
Platform  
МАКЕДОНИЈА



НАЦИОНАЛНА АГЕНЦИЈА  
ЗА ЕВРОПСКИ ОБРАЗОВНИ  
ПРОГРАМИ И МОБИЛНОСТ

# DESCRIPTION OF THE PROJECT

**“No equipment? No problem!”** is a mobility of young people - Youth exchange that brings 37 young people and youth leaders from North Macedonia, Bulgaria, Greece, Italy, Romania and Serbia.

According to a Eurobarometer study from September 2022, 1 in 3 European adults does not meet recommended physical activity levels. The survey showed that up to 45% never exercise or partake in physical activity. Less than 40% play sports or exercise at least once a week or more, while nearly 20% exercise less than once a week. Two and a half hours of moderate-intensity physical activity per week is the minimum level of physical activity recommended by the World Health Organisation for adults aged 18 or over. This inactivity contributes significantly to weight problems and obesity which are increasing at a rapid rate in most European countries, with estimates of 52.7% of the adult EU's population being overweight in 2019. According to Eurostat and WHO, participating countries of North Macedonia, Romania, Bulgaria, Serbia, Greece and Italy have the lowest rates in Europe for aerobic physical activity and muscle-strengthening exercises. Not surprisingly, the same countries are also at the top of the obesity list with the biggest share of overweight population.

The project will advocate for an integrated approach to address these issues, by motivating, educating and empowering youth to practice healthy lifestyles and put an important place of physical activity in their daily lives. Exercising regularly makes us look and feel better while reducing the risks for many chronic conditions. Physical activity boosts the immune system and mental sharpness, and helps to avoid anxiety, depression, obesity, diabetes, cancer and heart problems. When we see how many benefits regular physical activities bring, we must figure out how to make them attractive to young people. With this project we will promote continuous physical activity of young people and improve their well-being by focusing on learning and practicing the following elements: 1) body-weight exercises, 2) cardio exercises, 3) healthy nutrition and 4) relaxing techniques.

During the youth exchange, participants will jointly carry out working activities based on non-formal education that will help them to become aware of the possibility for creating a healthy lifestyle and also develop different competencies (knowledge, skills and attitudes).





**The main aim of the project is to improve the physical and mental well-being of 37 young people and youth leaders from 6 European countries by empowering, educating and providing them with creative ideas on how they can practice, maintain and promote healthy lifestyles.**

- To explore different forms of maintaining health and well-being by practicing different body weight and cardio exercises, tasting healthy food from participating countries and trying different techniques for relaxation.
- To promote the importance and benefits of healthy habits by guiding participants in finding their own ways to create them and providing them with motivation, practices and experiences.
- To break the excuses of not having enough time, options, finances, infrastructure or equipment to exercise by offering participants with creative solutions for doing physical activities.
- To promote and foster mutual understanding, cooperation, intercultural learning and exchange of competencies between young people from different cultures, backgrounds and regions by using experiential, non-formal and peer-to-peer learning.
- To promote healthy habits among young people on local and international levels by sharing the results of the project through follow-up activities organized by participants in their own local communities.
- To foster cooperation and partnership building between youth organizations from 6 European countries that work to improve the healthy habits and physical activity of young people.
- To promote and educate about Erasmus+ programme and Youthpass as tools to work with young people in the fields of sports, participation and intercultural learning.



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 non-formal education, youth participation, sports and practicing healthy habits.



Group leaders should be older than 21 that are experienced with youth work, non-formal education and youth mobility projects so to be able to lead their groups.



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 youth exchange in their organisation or 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** composed of at least 2 male and 2 female participants. Ideally should be 3 male and 3 female participants.

# PARTNER ORGANISATIONS



## CET platforma Skopje

[www.cetplatform.mk](http://www.cetplatform.mk) | [macedonia@cetplatform.org](mailto:macedonia@cetplatform.org)



## United Societies of Balkans

[www.usbngo.gr](http://www.usbngo.gr) | [placements@usbngo.gr](mailto:placements@usbngo.gr)



## Youth Senate Bulgaria

[youthsenatebulgaria@gmail.com](mailto:youthsenatebulgaria@gmail.com)



## Asociatia Tinerii 3D

[www.tinerii3d.ro](http://www.tinerii3d.ro) | [contact@tinerii3d.ro](mailto:contact@tinerii3d.ro)



## SFERA Srbija

[ngosferaserbia@gmail.com](mailto:ngosferaserbia@gmail.com)



## Agenzia per la Promozione dei Giovani

[promozionegiovani@gmail.com](mailto:promozionegiovani@gmail.com)



# 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)

It is planned that each group of participants **cooks and teaches the others at least one traditional healthy dish** from their country or region. For this reason, **please bring any specific ingredients** or plan the recipe for the dish/es beforehand.

4)

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

5)

Pack comfortable and **sports clothes and shoes** as we will have sports activities.

6)

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

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 8th to 15th of May 2024 with 8th of May being the arrival day and 15th of May 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 ([Google maps](#)).

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 and breaks

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 a conference room in the vila, however, we also plan to do some outdoor activities around the city.





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 8th of April!**

**!!! Before buying tickets, participants must coordinate their choice with us by sending their travel plan** at [ye.equip@gmail.com](mailto:ye.equip@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](http://www.airports.com.mk) or busses/trains to Skopje central bus/train station. You can use [Skyscanner](#) or [Kiwi](#) to find suitable flights.

It's very much recommended to use **Green Travel** for your traveling to the project that includes car pooling, buses and trains.

The **arrival date is 8th of May 2024**, so you must arrive before or on that date, before 14:00. The same goes for the **departure day which is on the 15th of May 2024**. 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.

If you travel by plan, 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 and can be bought online from [www.bus2go.mk](http://www.bus2go.mk). You can check bus schedule on this link: [www.airports.com.mk/en-EN/passenger-guide/to-from-the-airport/page/bus](http://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 [ye.equip@gmail.com](mailto:ye.equip@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 Youth exchange activities.
- **Dissemination** of the project and its results by organizing local follow-up or visibility activities.
- Reimbursement will be transferred only after **all group leaders fill out and submit the project questionnaire** that they will receive from the 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 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€**), Italy (**275€**)
- Bulgaria, Greece, Romania and Serbia (**210€**) 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 once or twice during our stay.

### **Travel/accident insurance:**

We live in times of uncertainties, so it's important to be on the safe side and take precautions especially when traveling abroad. 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's May and usually the climate in this time in North Macedonia is pleasant, warm with a lot of sun, but we will be in a mountain city at an altitude of 1350 meters. For this reason, please take some warm clothes (hoodies, jackets, long pants, warm shoes) because the afternoons and nights can be cold with temperatures close to 8 degrees Celsius. Don't forget to also **take some comfortable sport clothes and hiking/sports shoes** because we will have a lot of physical and outdoor activities during the Youth exchange. 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 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](http://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 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, Bosnia and Herzegovina and Latvia.

## 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?

## BE PART OF IT

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

**North Macedonia** - CET platforma Skopje  
[macedonia@cetplatform.org](mailto:macedonia@cetplatform.org)

**Greece** - United Societies of Balkans  
[placements@usbngo.gr](mailto:placements@usbngo.gr)

**Bulgaria** - Youth Senate Bulgaria  
[youthsenatebulgaria@gmail.com](mailto:youthsenatebulgaria@gmail.com)



**Romania** - Asociatia Tinerii 3D  
[contact@tinerii3d.ro](mailto:contact@tinerii3d.ro)

**Serbia** - SFERA Srbija  
[ngosferaserbia@gmail.com](mailto:ngosferaserbia@gmail.com)

**Italy** - Agenzia per la Promozione dei Giovani  
[promozione giovani@gmail.com](mailto:promozione giovani@gmail.com)

# CONTACTS



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



## **Bojan Kocovski - Project coordinator**

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