



YOUTH EXCHANGE
ERASMUS+ KAI MOBILITY OF YOUNG PEOPLE PROJECT

ECO(LOGICAL) YOUTH

21 - 28 OCTOBER 2024
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

“Eco(Logical) Youth” is a mobility of young people - Youth exchange that brings 37 young people and youth leaders from North Macedonia, Bulgaria, Greece, Croatia, Romania and Serbia.

In the heart of our modern world, lies a profound and urgent call to take action. We stand at a critical crossroads, where the fate of our environment is uncertain and could tip in either direction – toward preservation or further degradation. The decision to carry out this project is not merely a choice, but a solemn acknowledgment of the urgent environmental challenges facing our communities and Europe as a whole. In particular, we as young people are deeply concerned about the threats to biodiversity, the detrimental impact of human activities on the environment, the pervasive issue of air pollution, and the pressing need for robust recycling practices.

These issues can be felt in the everyday lives of participants as they come from countries with poor environmental practices. These nations exhibit high levels of pollution, as indicated by data from the EEA's statistics on the “Health impacts of air pollution”. Additionally, dissatisfaction with air quality is evident in the European Commission's 2023 report on the quality of life in European cities. This report also shows us the lack of green spaces in cities from the participating countries. Not to mention the alarmingly low recycling rates seen on Eurostat's statistics about “Recycling rate of municipal waste”. To tackle these challenges, our project has identified 4 key focus areas:

- 1. Biodiversity.** The variety of life on Earth is essential for the health and resilience of ecosystems and the well-being of all living organisms, including humans.
- 2. Human impact on the environment.** It is profound and multifaceted, ranging from individual eco-friendly behaviors to large scale environmental degradation caused by industrialization.
- 3. Nature & air pollution.** Pollution poses a significant threat to the health of our planet and all living beings, contributing to a wide range of environmental and public health problems.
- 4. Recycling.** Given the lack of recycling culture in our communities, our project will focus on promoting recycling as a fundamental pillar of sustainable living.





The main aim of the project is to inspire behavior change in 37 young people and youth leaders towards more sustainable lifestyles and stimulate a sense of collective responsibility for the health of the planet.

- To raise awareness about the environmental consequences of human actions while encouraging participants to critically examine their own behaviors and consumption patterns.
- To equip participants with strategies to make informed choices and minimize their environmental footprint.
- To inspire participants to take action to reduce pollution in their daily lives by educating participants about the detrimental effects of air pollution on public health and the environment.
- To encourage participants to implement recycling initiatives in their communities and promote a circular economy mindset.
- To facilitate intercultural dialogue and promote European values of solidarity, cooperation and mutual understanding.
- To facilitate opportunities for participants to connect with nature and develop a deeper appreciation for the environment.
- To foster and promote lifelong learning, personal development, exchange of competencies, civic engagement and democratic participation among young people through experiential, non-formal and peer-to-peer learning.
- To create opportunities for participants to share resources, exchange ideas and network with peers and experts.
- To promote learning mobility, cooperation and quality in the field of youth and environmental education.
- 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 | macedonia@cetplatform.org



CET platform Greece

www.cetplatform.gr | greece@cetplatform.org



International Youth Activity Center Bulgaria

iyac.bulgaria@gmail.com



Opportunities for Development through Education and Sport Association

odes.ngo@gmail.com



Razvojni Centar za Mlade

razvojnacentarzamlade.org.rs | razvojnacentarzamlade@gmail.com



CET platform Croatia

www.cetplatform.org | croatia@cetplatform.org

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)

Bring your own mug! To promote reusability and embrace the project's spirit, we'll kick off with a mug exchange on the first day. You'll use this mug throughout the entire week, so don't forget to bring one. We encourage you to decorate it or add a personal touch since it will be a gift for someone else.

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 outdoor 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 21st to 28th of October 2024 with 21st of October being the arrival day and 28th of October 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 WiFi 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.



Travel expenses of the participants will be covered in line with **Erasmus+ Programme rules** and **European distance calculator**.

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 5th of October!**

!!! Before buying tickets, participants must coordinate their choice with us by sending their travel plan at ecologicalyouth@gmail.com with the exact route, prices, dates and time for arrival and departure. **Bought tickets without our confirmation won't be reimbursed!**

This project fully implements a practice of **GREEN TRAVEL**, in line with priorities set within Erasmus+ programme. Green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus or train.

Therefore, participants should travel either by **BUS, TRAIN** or **CAR POOLING**.

The **arrival date is 21st of October 2024**, so you must arrive before or on that date, before 14:00 in Skopje. The same goes for the **departure day which is on the 28th of October 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.

Participants are responsible for obtaining their own health, travel or accident insurance which we can not cover, in case you are not eligible for European Health Insurance Card.

You will receive another set of information regarding your transportation from Skopje 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 option for transport, arrival dates and times.

REIMBURSEMENT PROCEDURE



Travel costs will be reimbursed up to the budget limit, set by the Erasmus+ programme, based on the [European distance calculator](#).

In order to receive the reimbursement, you need to provide the project coordinator with **all original travel documents** (paper or electronic tickets, receipts, invoices and email confirmations). All travel documents must clearly indicate price, currency, name of the passenger, date of purchase and travel itinerary. Electronic tickets must be sent to ecologicalyouth@gmail.com while paper tickets must be given in person, or **sent by post as original and via e-mail as scans**.

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 later reimburse the others. Reimbursement will be transferred only if:

- All participants **provide all needed travel documents** for 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.
- **All group leaders fill out and submit the Participant Survey** that they will receive from the EU's Beneficiary module system 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 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](#)**.

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

- North Macedonia (**56€**)
- Bulgaria, Croatia, Greece, Romania and Serbia (**285€**)



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 WiFi 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 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**.

Health, food and dietary preferences:

We strive to accommodate food and any other preferences that are related to medical, religious, or similar reasons. However, please note that personal dietary preferences (e.g. "I eat only lamb because I like it" or "I eat only specifically prepared food due to my fitness program") cannot be catered to. Meals will be prepared following a balanced diet and traditional Macedonian cuisine. If you desire additional specific foods, you may purchase them at your own expense from local markets.

If you have any medical or other issues that could impact your ability to participate in the project or affect your well-being or that of other participants, it is essential to inform the project coordinator in advance via the application form.

IMPORTANT

Weather:

It's October and usually the climate in this time in North Macedonia is pleasant, breezy 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 4 degrees Celsius. Don't forget to also take some comfortable sport clothes and hiking/sports shoes because we will have some physical and outdoor activities during the Youth exchange. You can check the weather forecast for the week [here](#).

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 and banks 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. You can exchange your money in Skopje in any bank or at the exchange office at Skopje central bus station (next to ticket counters) with normal exchange rate. There are few ATMs in Krushevo that you can 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.

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.

The certificate follows a standardized format recognized across Europe, making it easier for participants to use it in various contexts, including job applications and further education.

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 and facilitators.

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

Greece - CET platform Greece
greece@cetplatform.org

Bulgaria - IYAC Bulgaria
iyac.bulgaria@gmail.com



Romania - Opportunities for Development
through Education and Sport Association
odes.ngo@gmail.com

Serbia - Razvojni Centar za Mlade
razvojnacentarzamlade@gmail.com

Croatia - CET platform Croatia
croatia@cetplatform.org

CONTACTS



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



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