



“Be the change -Empowered Citizens, Empowered Communities”

Welcome to the YOUTH EXCHANGE

Dear friends,

First thank you for your contribution in the Training Course it was a privilege for us to be together for a week and working closer on this project.

*We are very glad to welcome all of you soon in Macedonia (FYROM) in the YOUTH EXCHANGE that will be held in Shtip, Macedonia from **12 – 21 August 2018**. We really hope this will be an unforgettable experience for all participants, and staff team.*

“Be the change -Empowered Citizens, Empowered Communities”

During the Youth Exchange the participants will have the opportunity to network with each other, intensify the relations between organization, exchange ideas and increase the capacity of cooperation and lobbying to develop more the how our citizens and youth worker in our communities through open discussion and new innovative projects could profit.

We are looking forward to meet you in Shtip–Macedonia (FYROM)!

Please send enter 25 June 2018 your travel ticket to our box mail

The organizing team

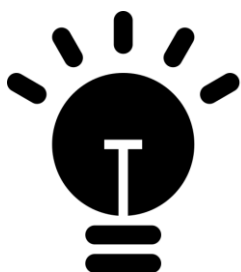
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In the youth exchange there is a restriction age for participation

The participants should be from 18-30 years old

For the group leader there is not a limited age





"Be the change -Empowered Citizens, Empowered Communities"

The **YOUTH EXCHANGE** will bring together 50 youngsters from our organisations to discuss about the concept of European citizenship, inclusion and how useful are those concepts in everyday life of young people in practical terms. Leaders will facilitate the learning process improving competencies of young people in active citizenship, youth participation and inclusion. Through different non formal education methods, we will engage young people to learn about European citizenship using mostly learning by doing.

Methods like: brainstorming, collage, simulation exercises, role plays, video, field visits will make participant learning process easy and comfortable.

The theme of the working groups will be chosen by participants, but as well will be connected with 4 dimension of European citizenship (social, political, economic, cultural). From the YE, we will have some products from the working group which will be presented in the final performance in the last day of the activity where local youngsters will be invited.



ABOUT - PRO~YOUTH

www.proyouth-al.eu

Pro ~Youth organization was created by youngsters from different background on 2014 and we are part of youth initiative in Albania. Pro ~ Youth support youth initiatives, social solidarity value, voluntarism work, human right, mobility of the youth, and citizenship imitative in order to promote the youth voice and to bring closer them with the integration process of the country in European Union.

The mission of the organization is the emancipation of the youth with supporting them with right commitment and action in order to promote the social solidarity the human rights, active participation in the life of the public institution in local and executive institution level, to promote the mutual understanding in society, to promote the European value and the youth exchange participation, to rise the right for education for each person, to rise the right for more integration of the marginalized communities (rural areas community, roma community etc.)

Pro Youth aims activity: to help all the young people with social and economic difficulties, to rise and to give information for a healthy society and to promote the best practice of the active citizenship initiative that develop the society as a fundamental tools of the democracy in nowadays. We promote the EU agenda for the Western Balkans as integral part for a successful integration of Albania and the region in the European Union. Our target groups are young people from 16 -35 years old, special focus are the young people who encounter difficulty in life, such as: exclusion, economic problems, health problems, youngsters from rural areas. Pro ~Youth has implemented over 10 projects in local level and European level mostly on topic of active participation, inclusion, no hate speech, active citizenship, and empowerment of youngsters with fewer opportunities. Main activities we have implemented are: campaigns, exhibitions, seminars, youth exchanges, trainings, flash mobs, conferences, workshops, fairs, round table to discuss about European Institutions, rights and responsibilities of citizens etc.



AGENDA

Youth Exchange

“Be the change -Empowered Citizens, Empowered Communities”

12– 21 August 2018, Stip, Macedonia (FYROM)

Day by Day programme

12	13	14	15	16	17	18	19	20	21
Arrivals	What is my learning point for this youth exchange, Youthpass presentation	European citizenship and associated	European Citizenship, Human Rights and Democracy	European Citizenship, Inclusion and Empowerment (social dimension)	Erasmus + and other supportive structure	Elaboration in progress	Elaboration in progress	Fulfilling Youth pass Certificate	Departure
	Group Building exercise		European Citizenship, Diversity and ICL	Take a step forward (economic and social dimension of the citizenship)		Reflection groups			
		Treasure hunt in the town			Elaboration in progress of workshops		Last preparation		
Get to know each other	Entering into the topic, what does European Citizenship means to me? How I can be an active citizen in my community	Presentation of the findings of the treasure hunt	Working groups	Working groups		European Citizenship Café	Final performance		
	Reflection groups	Reflection groups	Reflection groups: Discussing the activity, taking out the learning point of the day	Reflection groups	Reflection groups			Final Evaluation	
Welcome evening	Intercultural evening	NGO Fair	Intercultural evening no 2	City by Night	Intercultural evening no 2		Free evening	Free evening	



* **The methodology in the youth exchange** is Non-Formal Learning Approach. In some workshops we will use communication based methods such as interaction, dialogue, open discussions

Summary

‘Be the change - Empowered Citizens, Empowered Communities’ is a ERASMUS + project

The project “Be the Change – Empowered Citizens, Empowered Communities” aims to increase capacity building of 10 partner organizations, and involve of 55 youth workers in citizenship education in order to contribute to a working civil society across the national borders in Europe.

The general theme of the project is focused on Citizenship in general, European citizenship in particular and other concepts which associated it. Four dimension of citizenship will be in focus of working agenda, concepts such as intercultural dialogue, migration, rights and responsibilities, cultural identity and how each of the above concepts is translated in concrete activities with young people.

- The promotion of active citizenship has become a key policy concern in youth work. The one of the long-standing cornerstones of practice has been to “empower” young people through active participation. Much of this work draws on a rights-based approach to working with young people.

- To explore four dimension of citizenship (political, economical, cultural and social) for encouraging youth worker to take concrete action in society;

- To explore the meaning, relevance and implications of European citizenship in youth work in all its dimensions and in three main components (status, rights and responsibilities);

- To provide information to participants with the current talks on European Citizenship (its concepts, formal meanings and expressions)

- To bring concrete examples and the connection between European Citizenship, Human Rights, Democracy and Inter-cultural Learning.

- To improve participants skills in citizenship education for young people with fewer opportunities and guide them to be agent of positive change in communities they live and to promote and use different programmes and structures in support of youth work on citizenship education, including Erasmus + Youth in Action programme;

The project outcomes will be presented to the policy makers, with the final aim of moving issues of particular concern to young people.

Partnerships

The **involvement of CSO from 10 country from European country and western Balkan** is key to the successful implementation of the project. PRO YOUTH will prepare a **handbook** containing the project methodology to encourage the participants and from the organizations member to organize, in their own countries under the framework of “Be the change - Empowered Citizens, Empowered Communities !”.



INTERNATIONAL EVENING

It's a tradition to have an international evening at the TC, so we will have one as well. That's why we would like to ask you to bring some typical food and drinks from your country.

You can also bring music from the country that you come from, say some things that can present it to all the participants, perform a short dance.

This year in International Evening will join the social activity some guest from civil society. We leave your presentation to your imagination and we look forward to enjoy in it!!! **(check the program)**. Please bring some typical food, drink, national specialties, songs, instruments, brochures etc. to present your culture to the rest of the group.

HOW TO GET TO THE VENUE

TRAVEL TO SHIP, MACEDONIA

Take a flight to Skopje airport. There are direct flights from many cities in Europe with Wizzair. Other than them, you can fly with Croatia Airlines, Adria, Austrian, Air Serbia, Turkish Airlines, Swiss, Air Berlin or Pegasus. You might also consider flying to Sofia (Bulgaria), Belgrade (Serbia), Thessaloniki (Greece) and then take a bus/train to Skopje or Ship.

Once you're at Skopje airport, take a bus VARDAR EKSPRES towards the international bus station in Skopje. <http://skp.airports.com.mk/BusTransportPopUp.aspx?l=2&t=1> One way ticket is 180 denars. You can buy ticket at Vardar Ekspres ticket office (next to exit door) or in the bus. PLEASE ASK THEM FOR THE TICKET AND FISCAL BILL (WITHOUT THIS WE WILL NOT BE ABLE TO REIMBURSE YOU THE BUS TICKET). Exchange money at the post office at the airport!!! In order to be able to buy bus ticket.

From Skopje bus station, take a bus to Ship - <http://sas.com.mk/en/VozenRed.aspx> One way ticket costs 270 denars.

At Ship Bus station take a taxi to LOGOS STUDENT DORMITORY (STUDENTSKI DOM LOGOS in Macedonian). Price 50-70 denars.

Or if you are coming from different directions, whereby bus or train schedules should be checked individually, please consult travel arrangement with partner organizations or hosting organization preferably.

There is possibility to be picked up from the Airport/Skopje bus station and taken directly in the dormitory in Ship. Price per car (price is the same if you are 1 person or 4) is 40 euros. This amount will be deducted from your travel budget.

For late arrivals in Skopje or Skopje airport, please inform the host organization in advance, so they can arrange a pick up for you from there.



ACCOMODATION

Participants will stay in 3-4 people in a room. Each room has its own toilette. Bed linen and towels will be provided.

Logos Student Dormitory 11 Kongres 53, 2000 Shtip

Links <https://www.facebook.com/LogosStip/> <https://logos.mk/index.php/galerija.html>

MAIN RULES

- All meals are provided
- It is not allowed to eat, to drink or smoke in the rooms
- Respect the night silence time
- Do not take dishes out of the restaurant and take the trays to the trolleys when finished eating
- Keep the rooms tidy and put garbage in the dedicated waste and recycling bins

SHOULD YOU PREPARE IN ADVANCE?

- Please prepare a short description of your work in your NGO, some of its projects, main areas of work in English to present them the other participants. Bring with you any type of promotional materials that you would like to show.
- Good mood and enthusiasm

THINGS TO BRING ALONG

Besides the usual stuff that you are accustomed to bring along to survive some days away from home, we also would like you to remind to bring:

- Some typical food and/or drink from your country for the international evening!
- An object/thing that symbolizes your own culture
- If possible, a short-movie from your country (or other) about the topic of seminar
- A song/dance (preferably an active one) of your country
- Any other materials which correspondents the topic of Intercultural Dialogue
- Activity connected with the topic of the seminar
- Some cash money (EUR)
- Your travel documents, visa, ID/passport, student cards etc.
- Warm clothes, eventually rain coats/umbrellas
- Shower gel will be provided in the hotel, bring along everything else that you need

Free wi-fi is available

Travel Reimbursement

Travel costs will be administered **ON THE SPOT (cash)**. In order to facilitate the accounting process, please bring along all original tickets (**stamped train tickets, boarding passes, customer copy of online check in passes etc**). After the seminar you will be required to immediately send us the proof of travel from your return journey.

Please take in consideration that your flight tickets can be up to 1 day before start of the program and

also maximum 1 day after the end of the program.

It has to be a return ticket, we will not reimburse if you have only one-way flight ticket.

Participants are only allowed to travel to/from partner organization countries (e.g. Serbian partners

from Serbia, Turkish from Turkey etc.)

The reimbursement will be cash (**on the spot**) during the activity based in respective invoices. For those

who prefer a bank transfer we will send it after the training activity. **If you buy the ticket to a travel agency, we need an invoice issued by the agency. If you buy the ticket on line, please send us the bank statement as well.**

The organizers will only reimburse travel costs from the partner country to SHTIP, Albania up to the limits indicated in the Erasmus+ Programme Guide (see below), based on actual expenditure - original tickets and receipts; please note that amounts below are MAXIMUM amounts, that PRO YOUTH will reimburse the ACTUAL expenses up to the limits listed below:

Food, travel and accommodation costs are covered.

***Be aware TO FIND TICKETS that are economic and not high-class method.**

**** Full justification of the costs incurred, copy of travel tickets/invoices.**

***** Use of the cheapest means and fares (Economy class flight ticket).**

Partner	Travel from your country to tirana and from tirana to your country	Budget travel per one participant
CID - Center for Intercultural Dialogue Macedonia	Koumanovo-Macedonia	180 EU PER PARTECIPANT
Center for Youth Education and Mobility "ELEMENT" Bosnia& Herzegovina	Sarajevo-Bosnia and Herzegovina	180 EU PER PARTECIPANT
City of Nis Debate Club - Serbia	Nis -Serbia	180 EU PER PARTECIPANT
Kosovo Young Lawyers - Kosovo	Pristina-Kosovo	180 EU PER PARTECIPANT
Youth European Society- Bulgaria	Blagoevgrad-Bulgaria	180 EU PER PARTECIPANT
Asociația Tinerii 3D - Rumania	Craiova-Rumania	180 EU PER PARTECIPANT
Hellenic Youth Participation- Greece	Athens-Greece	180 EU PER PARTECIPANT
Associazione Culturale Communia - Italy	Ancona-Italy	275 EU PER PARTECIPANT
e-geçlik Dernegi- Turkey	Bursa-Turkey	275 EU PER PARTECIPANT



Electricity

Electrical supply in Albania is 230V/50Hz and sockets are compatible with two-pole Europlugs used in all continental European countries.

The type F plug, defined in CEE 7/4 and commonly called a “Schuko plug”

(*German word: Schutzkontakt*), is used in Austria, Bulgaria, Chile, Croatia, Estonia, Finland, Germany, Greece, Hungary, Iceland, Indonesia, Latvia, Luxembourg, the Netherlands, Norway, Pakistan,

Portugal, Romania, Russia, Serbia, Slovenia, South Korea, Spain, Sweden, Turkey and Uruguay.



Money Matters

The **Macedonian Denar** is the currency of Macedonia. Our currency rankings show that the most popular Macedonia **Denar exchange rate** is the **USD** to **MKD** rate.

1 EUR = 61.4048 MKD

Stip CITY

Štip is the largest urban agglomeration in the eastern part of the Republic of Macedonia, serving as the economic, industrial, entertainment and educational focal point for the surrounding municipalities. As of the 2002 census, the Štip municipality alone had a population of about 47,796. Štip is the largest textile production center in the country; Center of the fashion industry in Macedonia, as well as the location of the sole public university in Eastern Macedonia, Goce Delčev University of Štip. The city of Štip is the seat of Štip Municipality. The first known opera performance in Republic of Macedonia was staged in Štip in 1925. The city is located at the intersection of the Lakavica, Ovče Pole, and Kočani valleys.

Two rivers pass through Štip, the Bregalnica which is the second largest in the Republic of Macedonia, and the Otinja which divides the city center. The hill Isar, with its early medieval fortress on top, dominates the city and provides for the common reference as "The city under the Isar".



CONTACT INFORMATION

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EMERGENCY NUMBER

112 International line for emergency

