



Co-funded by the  
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 **JUGEND  
für Europa**



Mobility of Youth Workers

# SEMINAR

# SPORT IT OUT

## Vol. 4

7-15 October 2023

Popova Shapka | North Macedonia



THE HOSTING ORGANIZATION:

IN PARTNERSHIP WITH:



# WHO WE ARE?

Our host is **BRIGHT**, a voluntary, non - profit, non - governmental civic association formed in Skopje in 2019.



The Association is carrying out activities for the promotion of moral values, strengthening of inter - ethnic relations and economic development of the state and beyond. Bright strives to foster sustainable and developed local communities and improve the quality of life of citizens. The mission of BRIGHT continuous improvement of the quality of life of citizens through sustainable economic, social and environmental development. Our main goal is achieving sustainable development, protecting and nourishing the environment and tackling climate change.

Although Bright is a young organization formed in 2019, the staff members have relevant experiences participating, coordinating and facilitating different international projects. They are all committed to promote young people's active participation in social issues becoming an active European citizen. Every member has relevant experiences in the field of youth exchanges. Bright's members have been actively involved in different projects' administration and implementation.

Many of our members have been active in activities with young people connected to development of the rural areas such as making youth strategies of mainly rural municipalities, implementing trainings for volunteering for eco employment, implementing workshops for agro entrepreneurship and community engagement in less developed areas.

# ABOUT THE PROJECT

# SPORT IT OUT

Drawing on years of experience in the youth field, the project team has identified a critical need to enhance the quality and impact of youth work for young people with fewer opportunities by improving the competencies of youth workers in using sport and outdoor learning tools and methodologies. These competencies are applicable not only in the educational field but also in projects and direct work with young people. Youth workers use many tools, such as sports-based games, outreach programs, and outdoor pursuits, which are based on experiential learning processes. However, the importance of this process is often overlooked, and many young people miss out on potential learning opportunities.

The project targets youth workers who are dedicated to working with young people with fewer opportunities in their local reality, have basic knowledge of facilitating sport and outdoor-based learning processes, and have a desire to apply their newly gained competencies in developing new sport education tools that increase the social inclusion of young people with fewer opportunities.



# GOALS?



During this seminar Youth Workers will:

- **learn about the importance of physical activity for overall health and well being. They will gain knowledge of the positive impact of physical activity on young people's physical, emotional, and social development.**
- **be in position to learn about a variety of sports and physical activities that are appropriate for different age groups, abilities, and interests. They will also learn how to adapt and modify activities to make them inclusive and accessible for all young people.**
- **gain practical skills and learn how to plan, organise, and deliver safe and engaging sports and physical activities. This includes skills in setting goals, designing activities, adapting to different group needs, and managing risk.**
- **develop skills in relation how to use sports and physical activities as a tool for social and emotional learning. This includes skills in creating a positive and supportive group environment, promoting teamwork and cooperation, and facilitating discussions and reflection.**
- **develop attitudes of inclusiveness, equity, and diversity. They will learn how to create a safe and welcoming environment that is inclusive of all young people, regardless of their background, ability, or identity.**
- **acquire or improve a range of competences applicable to youth work practice, including communication, leadership, teamwork, problem-solving, critical thinking, creativity, and adaptability. These competences are important for effective youth work practice, and can be developed through the practical experience of planning and delivering sports and physical activities.**

# PARTICIPANTS

There is no specific criteria regarding the age of participants, except that we are going to prefer participants who are over 18 years and above, but the main criteria will be that participants show some relevant experience in youth work, connection with the partner organisation and motivation to apply the newly gained competences in future work with young people, especially young people with fewer opportunities.

This project is designed for (aspiring) youth workers that:

- are dedicated to working with young people with fewer opportunities in their local reality;
- have the basic knowledge of facilitation of non-formal learning processes;
- have a desire to apply their competences in developing new non-formal education tools that would increase the social inclusion of young people with fewer opportunities;
- are supported by their respective organisations in applying their competencies and newly developed tools in working with young people with fewer opportunities.

We want to provide opportunities for younger members and volunteers of each organisation to improve their competencies and become more involved in youth work by actively participating in the project. The selection committee will evaluate all applications and work with our partners to select the most appropriate participants.

**Do you want to join us in this project?  
Follow the **link** and  
fill the **APPLICATION FORM** here:**

**<https://forms.gle/NcZanCk799baWd9N6>**



# PARTNERS

The partners in this project are from 16 different countries:

- Germany - Lucky Punch Jugendhilfe gGmbH
- North Macedonia - BRIGHT
- Serbia - Crveni krst Krusevac
- Turkiye - Demokrasi ve Hukuk Calismalari Dernegi
- Italy - Maek APS
- Spain - CD el Bosque de Hielo
- Romania - Liga Studentilor ETH din Iasi
- Greece - OMILOS ENERON NEON FLORINAS OE NEF
- Portugal - Quinta de Escola
- Netherlands - Caribbean Education and Culture Foundation
- Poland - Stowarzyszenie LEVEL UP
- Estonia - Leap2Peak MTU
- Lithuania - Mano Europa
- Bulgaria - CVS BULGARIA SDRUZHENIE
- Sweden - Tools for Youth
- Latvia - Augsdaugavas novada pasvaldibas centrala administracija



ACTIVE YOUTHS

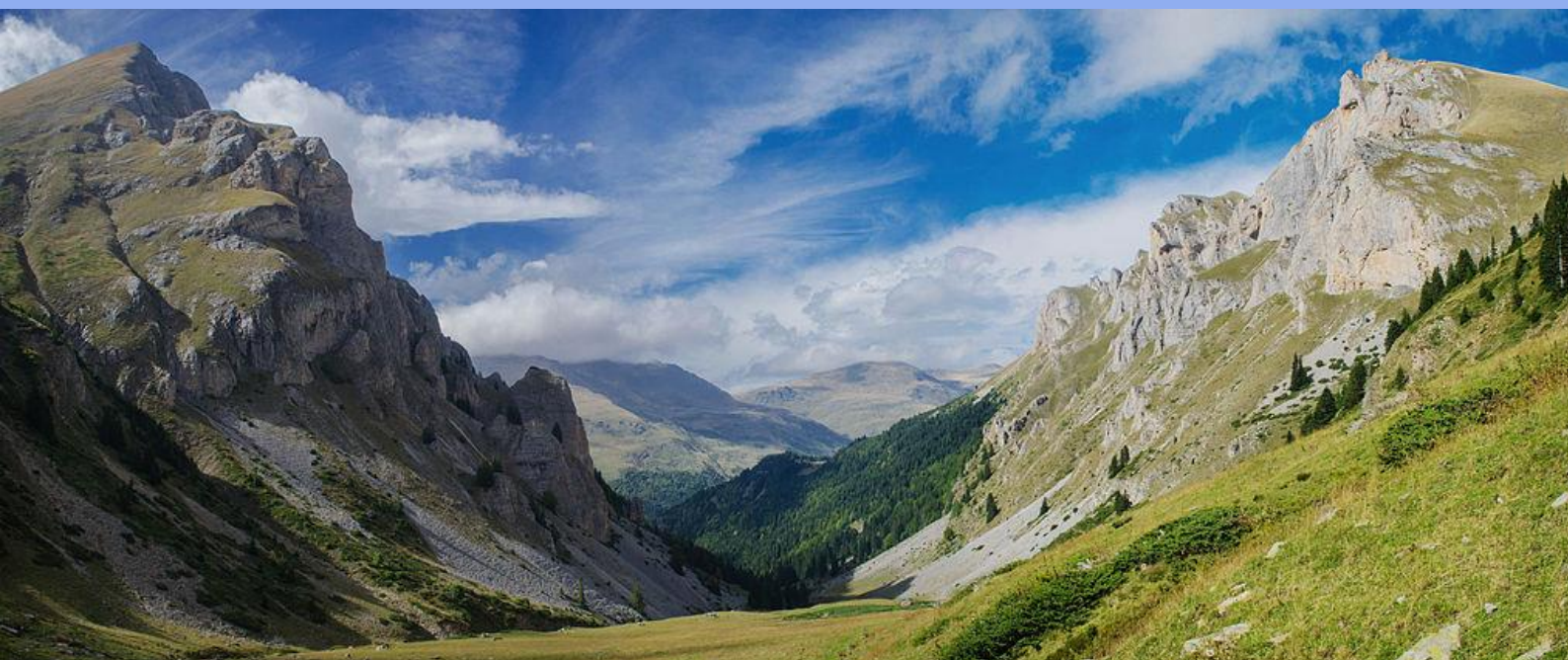


# THE VENUE

The **SHARR MOUNTAIN** is the fourth national park in North Macedonia and the first since the country's independence. Nestled in the heart of the Balkans, the Sharr Mountain National Park is a breathtaking natural gem that will leave you awe-inspired by its majestic beauty. With its towering peaks, pristine alpine meadows, and crystal-clear lakes, the Sharr Mountain National Park offers an enchanting escape into a world of untouched wilderness. Home to an incredible diversity of flora and fauna, the park is a haven for nature enthusiasts and wildlife lovers, providing a sanctuary for rare and endangered species. The park's extensive network of hiking trails beckons adventurers of all levels, offering unforgettable journeys through picturesque landscapes, lush forests, and panoramic vistas.

The Sharr Mountain National Park is renowned for its rich cultural heritage, with ancient archaeological sites and traditional villages that provide a glimpse into the region's fascinating history and customs. The park offers a wide range of outdoor activities, including mountaineering, rock climbing, mountain biking, and birdwatching, ensuring there's something for everyone to enjoy.

The warm hospitality of the local communities surrounding the park adds an extra layer of charm to your visit, as you savor traditional cuisine and immerse yourself in the warm embrace of Macedonian culture.



**Local communities and organizations have embraced ecotourism as a sustainable approach to tourism in the Sharr Mountain region. They offer guided tours that promote responsible travel, educate visitors about the park's biodiversity, and contribute to the conservation efforts. Some communities surrounding the park have adopted sustainable agricultural practices. They prioritize organic farming methods, preserve traditional seed varieties, and promote sustainable land management techniques to minimize the environmental impact and maintain the ecological balance. Several social entrepreneurship initiatives have emerged in the Sharr Mountain area. These enterprises focus on empowering local communities by creating sustainable livelihood opportunities. For example, cooperatives have been formed to produce and market organic products, such as honey, herbs, and handicrafts, promoting fair trade practices and supporting the local economy.**



**The Sharr Mountain National Park is a true natural treasure, inviting you to discover its wonders, embrace its serenity, and forge a deep connection with the extraordinary beauty of North Macedonia's wilderness.**



# THE ACCOMMODATION



**Hotel Tetex ARENA, Popova Shapka, Tetovo, North Macedonia.**  
**The participants will be accommodated in double and triple rooms with provided clean towels.**

**The hairdryer is provided, and there is an option for washing clothes.**

**The hotel has fast Wi-Fi, a swimming pool, and a SPA centre.**

**Regarding food: breakfast, lunch, dinner and two coffee breaks will be served at the hotel.**



# THE BUDGET

There is **NO PARTICIPATION FEE** by the organizers.

**Food, accommodation and local travel costs (only during the duration of the activity program) will be covered by the grant from the National Agency for the Erasmus+ Programme of EU.**

**According to the rules of the National Agency, travel reimbursements can only be made by bank transfer to the Partner Organization if they are based on real costs.**

**The bank transfer will be executed after reception of all of the original documents (receipts, invoices, boarding passes and reimbursement claims) by post. Additionally, the form generated by the National Agency must be completed, the online evaluation form through the Mobility Tool should be completed by all participants, and the dissemination of the results must be completed, all according to the budget limits set by the Erasmus+ Programme.**

No.	Country of residence	Number of participants	Limit for the travel reimbursement
1.	<b>GERMANY</b>	<b>3</b>	<b>275 €</b>
2.	<b>NORTH MACEDONIA</b>	<b>3</b>	<b>/</b>
3.	<b>SERBIA</b>	<b>3</b>	<b>180 €</b>
4.	<b>TURKIYE</b>	<b>2</b>	<b>275 €</b>
5.	<b>ITALY</b>	<b>2</b>	<b>275 €</b>
6.	<b>SPAIN</b>	<b>2</b>	<b>275 €</b>
7.	<b>ROMANIA</b>	<b>2</b>	<b>275 €</b>
8.	<b>GREECE</b>	<b>2</b>	<b>180 €</b>
9.	<b>PORTUGAL</b>	<b>2</b>	<b>275 €</b>
10.	<b>NETHERLANDS</b>	<b>2</b>	<b>275 €</b>
11.	<b>POLAND</b>	<b>2</b>	<b>275 €</b>
12.	<b>ESTONIA</b>	<b>2</b>	<b>275 €</b>
13.	<b>LITHUANIA</b>	<b>2</b>	<b>275 €</b>
14.	<b>BULGARIA</b>	<b>2</b>	<b>180 €</b>
15.	<b>SWEDEN</b>	<b>2</b>	<b>275 €</b>
16.	<b>LATVIA</b>	<b>2</b>	<b>275 €</b>



# THE RULES FOR THE REIMBURSEMENT:

1. Only the cheapest means of transportation will be accepted between the Partner Organization country and the actual venue. Before purchasing any ticket please send your proposed travelling itinerary including the itemized cost to [slobodan.antic12@gmail.com](mailto:slobodan.antic12@gmail.com) for confirmation. Participants will be reimbursed based on the least expensive route, real costs (we can only reimburse tickets which are accompanied by the receipts). Please keep in mind that we do not accept invoices from taxis and travel agencies.
2. Only participants who take part in all activities organized during the training course and who respect the rules of the hosting organization are entitled to be reimbursed.
3. Only the interrupted travel expenses incurred within the activity start and end dates can be accepted for reimbursement. If you wish to stay in North Macedonia or at the venue itself longer than the activity end date and you obtain tickets for the same or lower value as the one on the actual travel dates, then you can travel one day prior, or one day after the training course as well; however, if participants decide to arrive earlier or stay longer (up to 2 days), all costs related to that will be paid by the participants themselves.
4. In order to avoid any unnecessary issues (e.g. loss of documents by the post) please send us scanned copies of all documents by email to [slobodan.antic12@gmail.com](mailto:slobodan.antic12@gmail.com) before mailing them via regular post. Please note that no flight tickets will be reimbursed if the original or electronic invoice is not provided as well.
5. All expenses must be converted to euros by using the official exchange rate of the European Central Bank (ECB) on the date when the expense was paid.  
  
Link to ECB: <http://www.ecb.europa.eu/stats/exchange/eurofxref/html/index.en.html>
6. In case if a participant(s) fail to engage in the activity's daily program due to late arrival or early departure and therefore does not attend 80% of the sessions, the amount granted per participant per day will be deducted from the travel reimbursement. The maximum to be reimbursed per participant is highlighted in the table above and it was calculated by the distance calculator of the European Commission.
7. Insurance costs do not fall within the scope of reimbursement eligibility. This means that each participant must support his/her own insurance that covers: travel (including damage to or loss of luggage) wherever relevant; accident and serious illness (including permanent or temporary incapacity) as defined in the Erasmus + Programme Guide.

# THE ADDITIONAL INFORMATION

## TRAVEL AND HEALTH INSURANCE:

All participants **MUST** bring their European Insurance Card or HEALTH INSURANCE. We recommend taking out travel insurance also.



## PASSPORTS AND VISAS:

Please make sure that your travel documents (passport or ID) are valid for at least 6 months from the date of return and make sure that you have travel insurance (travel health and accident insurance) that includes Covid-19 issues. In the case that you need Visa to enter North Macedonia, please let us know, so that we can assist you.

Foreign citizens may enter North Macedonia with valid passports. Visas are not required for all EU, and Schengen citizens. If you need more information on the Visas and custom regulations visit the website of the Ministry of Foreign Affairs of North Macedonia.

## WEATHER:

Weather in October it might be cold. Around 15 degrees Celsius. However, please do have something warmer in case it gets colder, because Popova Shapka is in the mountains, and it can be cold during the night.



## MONEY EXCHANGE

The official currency is DENAR (MKD). Bills can only be paid in MKD. The foreign currencies can be exchanged in the official exchange offices across the city or banks and post offices.

You should change money when you arrive to North Macedonia, in order to buy bus or train tickets only in Macedonian Denar (MKD).

Here are some examples of local prices:

One coffee at a coffee shop costs around 1 €.

One juice in a pub cost 1 - 1,5 €.

One cake in a patisserie cost around 2 €.

Two breads in a bakery cost around 1 €.

Exchange rate 1€ = around 60 MKD.



## ELECTRICITY

Electricity in North Macedonia is 220V; 50Hz. Continental Europe (Schuko) plugs are used.

## THINGS TO BRING:

- Some traditional snacks, local food, music and drinks that you want to share with the others (intercultural evening can be organized in case you as a group want to organize it)
- Representative materials about your sending organization, country, city, town, or the region that you came from (brochures, presentations, CD's, etc.)
- And always welcome
- Good mood and a lot of smiles 😊



# THANKS A LOT FOR KEEPING IN MIND ALL OF THESE!

For any further question,  
assistance or clarification  
please, do not hesitate to contact us.  
We will gladly help you organize your travel  
to North Macedonia and Popova Shapka.

## WE ARE LOOKING FORWARD TO MEETING YOU IN NORTH MACEDONIA!

**Contact with any questions:**

*Slobodan Antić*

[slobodan.antic12@gmail.com](mailto:slobodan.antic12@gmail.com)

