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Црвени крст Србије
Црвени крст Крушевац

MOBILITY OF YOUTH WORKERS TRAINING-COURSE

HEALTHY VOLUNTEERING *And* LOCAL ACTIVISM

HIVALA

2 YOUTH WORK

0020-3-8581-8423 000-000287334

4-12 July 2026

Brzeće (Kopaonik)
Kruševac
Serbia



INFO PACK

Erasmus+

Enriching lives, opening minds.

Erasmus+ is the EU's programme to support education, training, youth and sport in Europe. The Erasmus+ Programme is the programme combining all the EU's current schemes for education, training, youth and sport, the most recent programme covering the years from 2021 to 2027.

This programme encourages active participation, solidarity, and inclusion by supporting activities such as Youth Exchanges, Training Courses, and Volunteering Projects. Through these experiences, young people can discover new cultures, improve communication and teamwork, enhance personal development, and become more active European citizens.

Participating in an Erasmus+ project helps young people:

- Learn through interactive and creative non-formal methods
- Connect with peers from different countries and backgrounds
- Reflect on social and cultural topics
- Strengthen personal and social competences
- Contribute to positive changes in their communities

Youthpass

At the end of the activity, each participant has the opportunity to receive a YouthPass certificate.

YouthPass is an official certificate that recognises the learning outcomes of young people who take part in Erasmus+ Youth Projects. It supports participants in becoming more aware of the skills and knowledge they have gained during the project.

YouthPass is not just a certificate — it's a tool for self-reflection and personal growth. It can be used to improve CVs, prepare for job or university applications, and show evidence of active participation and learning in international projects.

Dear Participant,

Welcome to our Erasmus+ project HVALA 2 Youth Work.

It is a great pleasure to welcome you on behalf of your host and coordinator, Crveni krst Kruševac (local branch of Red Cross), an organization proudly marking 150 years of humanitarian work and presence in Kruševac. We are truly excited to have you join us on this meaningful journey of learning, sharing and growing together.

This project represents a continuation and development of our previous successful youth exchange HVALA, where we explored the power of youth work, solidarity and active participation. Building on that strong foundation, HVALA 2 Youth Work comes as a follow-up, enriched with new experiences, deeper insights and strengthened partnerships that we have developed along the way, including through the implementation of the READY project.

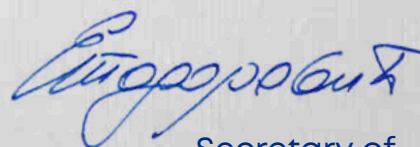
With each project, our mission remains the same, to create a safe and inspiring space where youth workers from diverse backgrounds can come together, exchange knowledge and co-create impactful ideas. Here, learning goes beyond theory. Through non-formal education, you will reflect on your experiences, develop new competences and gain tools that you can take back to your local communities.

We strongly believe that each of you brings unique energy, perspective and value to this group. That is why we encourage you to be open, curious and supportive. This is your space to express ideas, challenge yourself, step outside your comfort zone and grow, both personally and professionally.

Our team will be with you every step of the way, ensuring that your experience is not only educational, but also enjoyable, safe and memorable.

We are looking forward to meeting you and creating unforgettable moments together.

Warm regards,



Secretary of
Crveni krst Kruševac,
Emina Todorović

ABOUT THE PROJECT

In today's rapidly changing social environment, youth workers across Europe are facing increasing challenges in supporting young people in meaningful, sustainable, and engaging ways. Issues such as declining motivation for volunteering, mental health concerns, social exclusion, and lack of long-term engagement require new approaches that go beyond traditional youth work practices.

The Erasmus+ project *HVALA 2 Youth Work* is designed as a response to these shared challenges, bringing together youth workers from different countries to explore innovative ways of connecting volunteering, healthy lifestyles, and civic activism into one coherent and impactful practice. The project builds on real needs identified across partner organisations, where youth workers expressed the need for practical tools, adaptable methodologies, and stronger mentoring systems to better support young people in their communities.

The main aim of the project is to strengthen the competences of youth workers in using volunteering, wellbeing, and local activism as tools for empowering young people and building resilient and inclusive communities. Through a structured training course, participants will gain practical knowledge, exchange experiences, and develop methods that can be directly applied in their daily youth work practice.

The project brings together 30 youth workers and youth leaders from 10 partner countries, creating a diverse and dynamic learning environment. Special attention is given to inclusion, ensuring that participants with fewer opportunities are actively involved and supported throughout the process.

By the end of the project, participants are expected to improve their competences in youth work, particularly in the areas of volunteer management, health promotion, and civic engagement. Beyond the training itself, the project will generate long-term impact through follow-up activities in local communities, the development of practical tools and resources, and the creation of a strong international network of youth workers.

Ultimately, *HVALA 2 Youth Work* aims to redefine volunteering not as an obligation, but as a meaningful and sustainable lifestyle that supports both personal wellbeing and active citizenship, contributing to stronger, more connected communities across Europe.

WHO WE ARE?

Our host and coordinating organization is Crveni krst Kruševac, a humanitarian, independent and voluntary organization established in 1876, operating within the network of Red Cross of Serbia.

This year is especially important for us as we mark 150 years of humanitarian work in Kruševac, and this project is part of a broader program of activities celebrating this significant jubilee.

Crveni krst Kruševac gathers 1,286 members and more than 500 active volunteers, most of whom are young people, supported by a team of four full-time staff members.

As part of one of the oldest and largest humanitarian movements in the world, the Red Cross operates on the principles of humanity, impartiality, neutrality and independence. It provides support to all people in need, responding to disasters and crises while helping individuals and communities recover and return to everyday life.

At the local level, young people are actively involved in various programs of non-formal education, volunteering and international cooperation, where they learn about Erasmus+ opportunities, develop competences and promote European values.

Through its work, the organization is committed to creating meaningful opportunities for youth development, encouraging active participation, learning and personal growth.



GOALS?

This training course aims to:

- Strengthen the competences of youth workers in using volunteering as a tool for personal development, social inclusion and active participation of young people
- Promote healthy lifestyles and wellbeing as an integral part of youth work, encouraging sustainable habits and balanced personal development
- Enhance the capacity of youth workers to design and implement meaningful, inclusive and engaging activities at the local level
- Support the development of practical skills in mentoring, facilitation and working with young people from diverse and disadvantaged backgrounds
- Encourage active citizenship by empowering youth workers to motivate young people to take initiative and engage in their communities
- Foster the exchange of experiences, methods and good practices between partner organizations from different countries
- Strengthen international cooperation and build long-term partnerships in the field of youth work
- Develop innovative approaches that connect volunteering, wellbeing and community engagement into a sustainable youth work practice
- Increase the quality and impact of youth work activities by equipping participants with tools that can be directly applied in their daily work



PARTICIPANTS?

Participants must be residents of partner countries involved in the project.

The training course will gather **youth workers, youth leaders, volunteers and individuals actively involved in youth work**, aged 18+, with no upper age limit.

Participants should be interested in topics such as volunteering, healthy lifestyles, youth engagement and community development, and motivated to actively contribute to all activities of the training course.

The project especially encourages the participation of individuals with fewer opportunities, including those facing social, economic or geographical challenges.

As a participant in this Erasmus+ training course, we encourage you to respect all participants, trainers and members of the local community, to be inclusive, value diversity and contribute to a safe and supportive environment.

Active participation is essential, so we expect you to engage fully in all sessions and activities, be punctual and present throughout the programme, and take care of the venue, materials and shared spaces.

During the sessions, we invite you to be open to non-formal learning and new experiences, to share your ideas and experiences while also listening actively to others. Stay curious, ask questions and contribute to group discussions, while limiting phone usage unless it is part of the activity.

Photos and videos will be taken during the project and may be used for visibility and dissemination purposes, including social media and project materials.

By participating, you agree to be part of this documentation. If you do not wish to appear in photos or videos, please inform the organizers in advance.



HOW TO PARTICIPATE?

Participants will be selected through partner organizations, as well as through an open call.

If you are interested in joining, you can **apply** by completing the application form available at the **following link**:

<https://forms.gle/KJZkbNda5BW4QRCi9>

CLICK HERE!

APPLY NOW

There is **no participation fee** for this training course. Accommodation, food and programme costs are fully covered in accordance with Erasmus+ rules.

The open call will also be published on the **SALTO Youth** platform, providing additional information about the project and application process.

For any additional questions, you may also contact the partner organization in your country.

PARTNERS:



- **Serbia:**

Crveni krst Srbije - Crveni krst Krusevac (E10095933, RS)



- **Slovenia:**

Mladinski center BIT (E10066205, SL)



- **Italy:**

Comune di Casorate Sempione (E10146516, IT)



- **Latvia:**

Augšdaugavas novada pašvaldības centrālā pārvalde (E10114194, LV)



- **Romania:**

Asociatia Tinerilor Ieseni (E10158442, RO)



- The Republic of **North Macedonia:**

Association for Education and Sustainable Development BRIGHT (E10232078, MK)



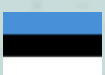
- **Greece:**

Association of Active Youth of Florinas (E10069896, GR)



- **Bulgaria:**

CVS Bulgaria Sdruzhenie (E10082327, BG)



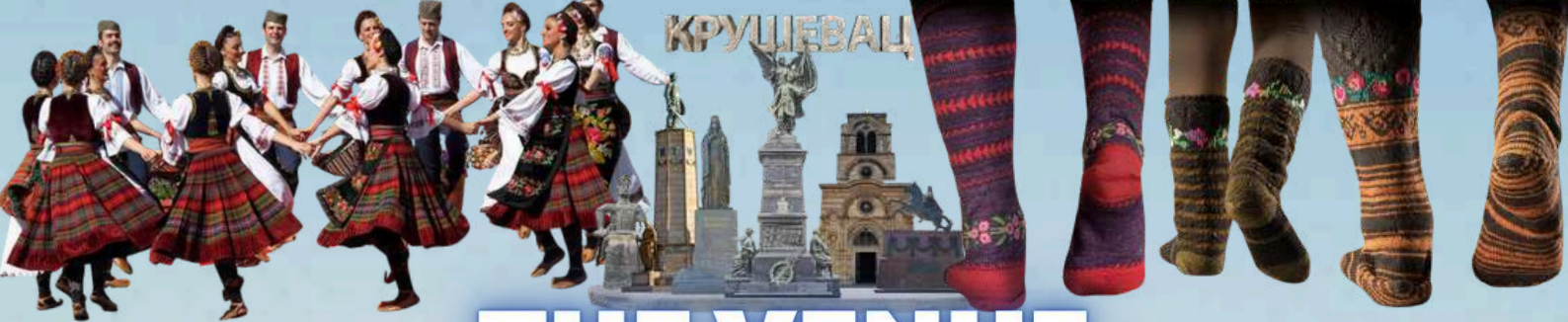
- **Estonia:**

Leap2Peak MTÜ (E10323919, EE)



- **Germany:**

Internationaler Jugend- und Bildungsverein Kaiserslautern e.V. (E10404746, DE)



THE VENUE

KRUŠEVAC

The City of Krusevac is medieval capital of Serbia, located in the heart of Balkan region. It has been the second biggest industrial center in this region and the main town in The Rasian District. It has population around 113.000 people, with more than 20% of youth.

This gorgeous mountain of Kopaonik is extremely suitable for this kind of youth exchange, because it is pure nature, suitable for hikers, climbers and recreational athletes who enjoy climbing the mountains and taking walks along the long meadows filled with natural springs and waterfalls, for mountain cyclists, scouts, as well as for height preparations of professional sports teams.

In coordination with partners, the transport of participants will be organized to Kruševac, which has a train and bus station well connected to all airports in the country: Belgrade, Niš and Kraljevo, as well as to Skopje.

For more information please visit:

<http://www.turizamkrusevac.com/en/>



THE ACCOMMODATION

VILA IVANOVIĆ



During the training course, participants will be accommodated at **Vila “Ivanović”**, located in **Brzeće**, a mountain village near **Kopaonik**.

Participants will be accommodated in comfortable double or triple rooms. The venue provides appropriate conditions for both accommodation and learning, ensuring a safe and supportive environment for all participants.

The accommodation offers free Wi-Fi, a shared lounge area for socializing and relaxation, as well as a 24-hour reception service. Free parking is also available within the premises.

Full board is provided and includes breakfast, lunch, dinner and two coffee breaks per day, served at the accommodation.

Participants are expected to arrive in Brzeće in line with the official travel arrangements and the final travel information that will be shared by the organizers before the activity.



GETTING TO KRUŠEVAC

By plane:

Numerous foreign airline companies are serving scheduled flights to Belgrade. (Airport Code: BEG) 26 airline companies covered more than 50 destinations. More info about Belgrade airport "Nikola Tesla" you can find on: <https://beg.aero/eng>.

FROM AIRPORT TO BUS STATION:

From Belgrade airport to main train station (train station is nearby bus station) you can come by using a free bus line or by Mini bus line A1. It runs every 20 minutes and starting point is just in front of the airport. When you step out, on your left. A1 ticket price is around (400 rsd) 3.5 euros and you will need around 30 minutes. If you have to get the new, main bus station in Belgrade. Important: From 2025 Belgrade has a **new bus station**, on a new location.

More info you can find following the [link](https://beg.aero/cir/prakticne-informacije/javni-prevoz):
<https://beg.aero/cir/prakticne-informacije/javni-prevoz>

***We suggest using bus from Belgrade to Krusevac.

Several companies are flying to Nis Contantine the Great Airport (Airport code: INI)

If you are traveling to Nis airport, in order to get to Krusevac you can use public transport, there are busses just in front of the airport, on your right waiting for passengers and driving them to main bus station in Nis. Since it is a very small airport, busses are waiting the planes which arrive to Nis and taking them to main bus station. The price of the ticket is around 300 RSD (approx. 2,5 Euros).

From main bus station in Nis, there are several companies driving to Krusevac:

You have busses from Nis to Krusevac on following hours:

05:30 07:25 08:15 10:30 12:05 13:00 14:30 15:15 16:00 17:00

...it will take you 1h 30 minutes, or 2h, depending of a company.

IMPORTANT:

When arriving to Belgrade by bus, have in mind that one bus station has arrival terminal and departing terminal. It might happen that taxi drivers offer you transportation to departing terminal, but it is only 50 meters away. Just ask someone.

The transportation from Kruševac to Brzeće will be organized for groups.



TRAVEL PLANING



Before purchasing any ticket, please send your proposed travelling itinerary to slobodan.antic@redcross.org.rs for confirmation. Please keep in mind that we do not accept invoices from taxis and travel agencies.

COUNTRY	NUMBER OF PARTICIPANTS	LIMIT FOR THE TRAVEL COSTS REIMBURSEMENT	GREEN TRAVEL
NORTH MACEDONIA	3	285,00 €	
ITALY	3	309,00 €	
LATVIA	3	309,00 €	
SLOVENIA	3	417,00 €	
ROMANIA	3	417,00 €	
BULGARIA	3	285,00 €	
GERMANY	3	309,00 €	
ESTONIA	3	309,00 €	
GREECE	3	285,00 €	
SERBIA	3	56,00 €	

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.

The bank transfer will be executed after reception of all of the original documents (receipts, invoices, boarding passes and reimbursement claims) by post, or e-mail depending if they are digital or hard copies. Additionally, the form generated by the Erasmus Plus has to be completed: the online evaluation form through the should be completed by all group leaders, and the dissemination of the results must be completed by participants.

We recommend using green travel (bus, train, shared car...), as a sustainable travel option!

THE RULES FOR THE REIMBURSEMENT

Please, be sure you take all the tickets or bills with you for the travel reimbursement! Without originals we will not be able to reimburse.

1. We encourage you to choose the most economic and sustainable means of transportation that will be accepted by the Partner Organization country. Once again: before purchasing any ticket, please send your proposed travelling itinerary to slobodan.antic@redcross.org.rs for confirmation. 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 event 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 Serbia 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 tickets, boarding passes ect. by the post) please send us scanned copies of all your travel documents by email to slobodan.antic@redcross.org.rs 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. 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.)



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/accident insurance). In the case that you need Visa to enter Serbia, please let us know, so that we can assist you.

Foreign citizens may enter Serbia 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 Republic of Serbia.



SIM CARD - ROAMING

Since Serbia is not part of the EU roaming zone, many EU mobile providers do not offer free roaming here. This means that using your regular EU SIM card may result in high charges for calls, texts, and data. Before departure, check with your mobile provider to see if they offer special roaming packages for Serbia. Wi-Fi is available at the accommodation and in most cafés, public spaces, and restaurants. However, signal strength might vary, especially in rural or mountainous areas like Brzeće and Kopaonik – so a local SIM or eSIM is strongly recommended.



WEATHER:

Weather in July could be warm enough, so keep in mind that. Usually it is around 25-35 degrees Celsius. However, please do have something warmer in case it gets colder during the night, since we are in the mountain region and it can be changeable. Bring light clothing, sunscreen, a hat, and a light jacket for the evenings. Occasional summer rain is possible – a small umbrella or raincoat is a good idea



LANGUAGE CORNER

Serbian is the official language in Serbia and is written in both Cyrillic and Latin scripts – during your stay, you'll mostly encounter the Latin alphabet, especially in informal and tourist-friendly settings.

Greetings and Politeness

- Zdravo / Ćao – zdrah-vo / chao – Hello / Hi
- Dobro jutro – doh-broh yoo-troh – Good morning
- Dobar dan – doh-bar dahn – Good afternoon
- Dobro veče – doh-broh veh-cheh – Good evening
- Laku noć – lah-koo noch – Good night
- Doviđenja – doh-vee-jen-ya – Goodbye
- Molim – moh-leem – Please
- Hvala – hvah-lah – Thank you
- Nema na čemu – neh-mah nah cheh-moo – You're welcome
- Izvinite – eez-vee-nee-teh – Excuse me / Sorry
- Kako ste? – kah-koh steh? – How are you? (formal)
- Kako si? – kah-koh see? – How are you? (informal)
- Dobro sam – doh-broh sahm – I'm fine
- Da / Ne – dah / neh – Yes / No

Introducing Yourself

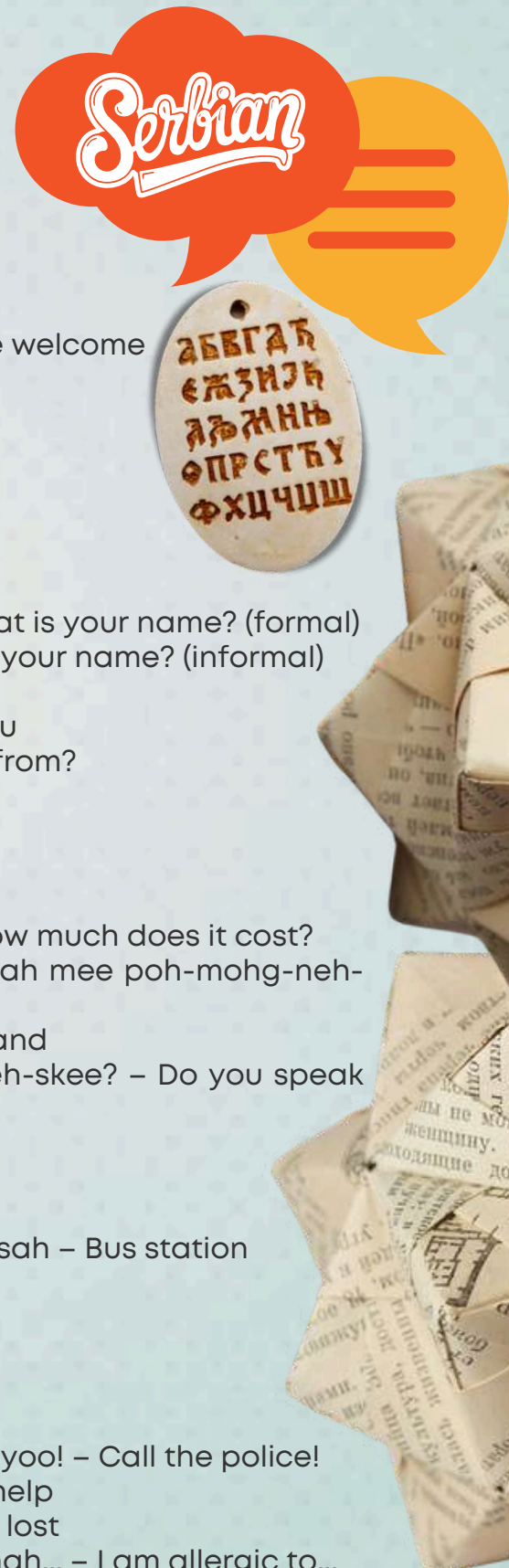
- Kako se zovete? – kah-koh seh zoh-veh-teh? – What is your name? (formal)
- Kako se zoveš? – kah-koh seh zoh-vesh? – What is your name? (informal)
- Zovem se... – zoh-vem seh... – My name is...
- Drago mi je – drah-goh mee yeh – Nice to meet you
- Odakle ste? – oh-dah-kleh steh? – Where are you from?
- Iz ... sam – eez ... sahm – I am from...

Getting Around

- Gde je ...? – gdeh yeh ...? – Where is ...?
- Koliko to košta? – koh-lee-koh toh koh-shtah? – How much does it cost?
- Možete li da mi pomognete? – moh-zhe-teh lee dah mee poh-mohg-neh-teh? – Can you help me?
- Ne razumem – neh rah-zoo-mem – I don't understand
- Govorite li engleski? – goh-voh-ree-teh lee en-gleh-skee? – Do you speak English?
- Toaleta – toh-ah-leh-tah – Toilet
- Voda – voh-dah – Water
- Hrana – hrah-nah – Food
- Autobuska stanica – ow-toh-boos-kah stah-nee-tsah – Bus station
- Bolnica – boh-nee-tsah – Hospital
- Apoteka – ah-poh-teh-kah – Pharmacy

Emergency

- Upomoć! – oo-poh-moch! – Help!
- Pozovite policiju! – poh-zoh-vee-teh poh-lee-tsee-yoo! – Call the police!
- Hitna pomoć – heet-nah poh-moch – Emergency help
- Izgubio sam se – eez-goo-bee-oh sahm seh – I am lost
- Imam alergiju na... – ee-mahm ah-lehr-ghee-yoo nah... – I am allergic to...



MONEY EXCHANGE

The official currency is DINAR (RSD). Bills can only be paid in RSD. The foreign currencies can be exchanged in the official exchange offices across the city or banks and post offices. Exchange offices, banks and post offices are open from 08:00 to 19:00 hours on weekdays, and from 08:00 to 15:00 on Saturdays. You should change money when you arrive to Serbia, in order to buy bus or train tickets only in Serbian Dinar (RSD).

Here are some examples of local prices:

One coffee at a coffee shop costs around 1,5 €.

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 117 RSD.

RSD



ELECTRICITY



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



DRINKING WATER

Tap water is excellent and safe to drink in almost whole Serbia.

EMERGENCY CONTACT NUMBERS

For the safety and well-being of all participants, a list of important emergency contact numbers will be provided. These include:

- **Medical Emergency (Ambulance): 194**
- **Police: 192**
- **Fire Department: 193**

The Contact Person will be available and reachable 24/7 during the exchange to ensure quick response in case of any emergency. Participants are advised to save these numbers in their phones upon arrival.

THINGS TO BRING:

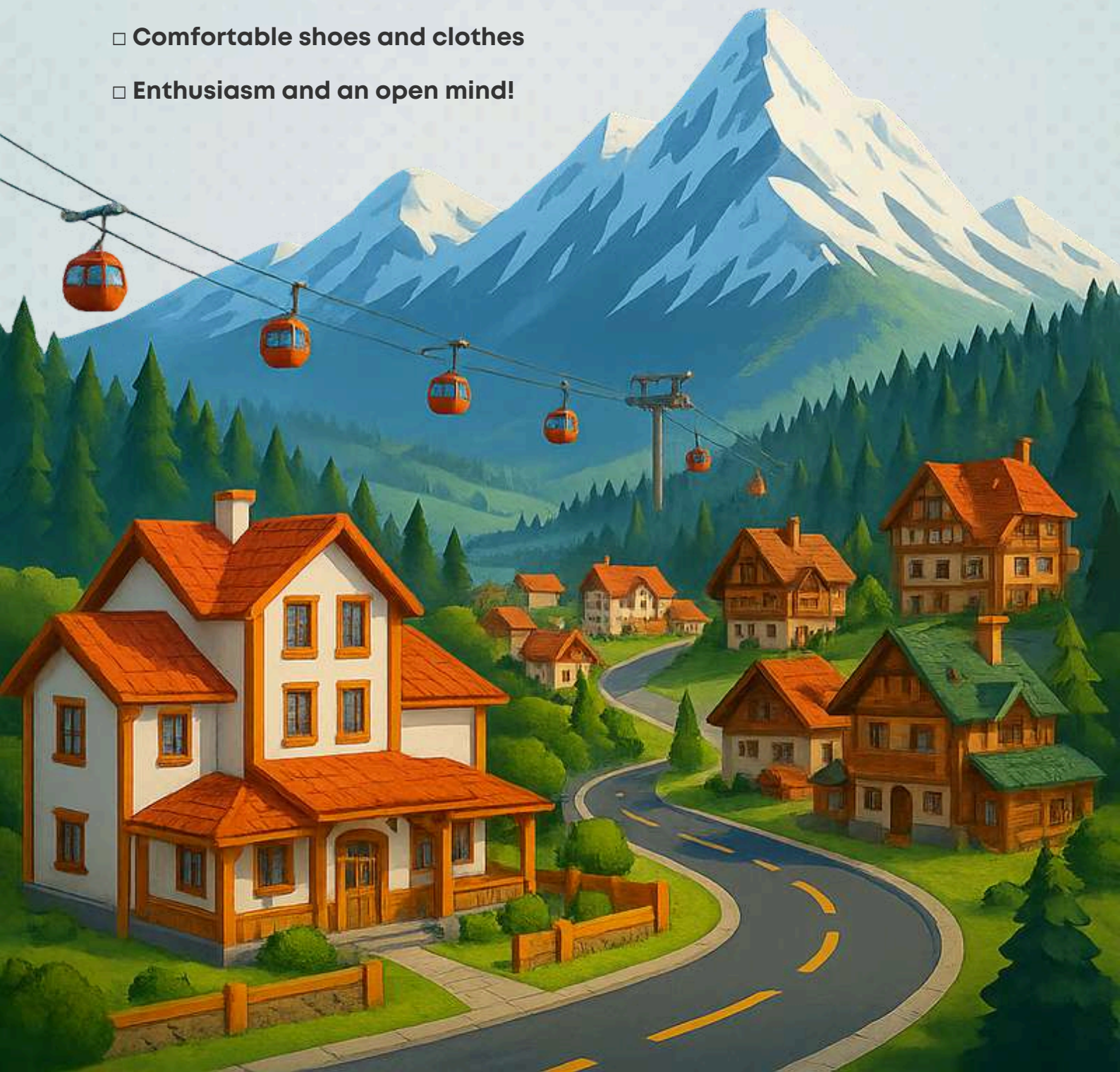
- Representative materials about your sending organization, country, city, town, or the region that you came from (brochures, presentations, CD's, etc.)

- Always welcome: Good mood and many smiles!



DEPARTURE CHECKLIST

- Passport/ID**
- Travel tickets & boarding passes**
- Health insurance / EU card**
- Reusable water bottle**
- National food/music/drink for intercultural night**
- Personal hygiene items**
- Personal medication**
- Comfortable shoes and clothes**
- Enthusiasm and an open mind!**



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 Serbia and Krusevac.

WE ARE LOOKING FORWARD TO MEETING YOU IN SERBIA!

Contact person:

Slobodan Antic

slobodan.antic@redcross.org.rs

Phone - WhatsApp - Viber:

+381 62 8141911





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