

Training Course for youth workers in North Macedonia with

*Inter
Aktion*

Mov(i)e yourself!

Link to the Application form at the last page

Ohrid, North Macedonia
17-23 October, 2026



Co-funded by
the European Union

About the training course!

Dear Participants, welcome to our outdoor Training Course journey!

From October 17th to 23rd, 2026, youth workers and leaders from different countries will gather in National Park Galichica. Our focus is non-formal outdoor education, mental & physical well-being, and youth empowerment—using nature as a tool for youth work.

This is not a competitive sports event, but an experiential learning journey. Together, we will explore historic Ohrid through team challenges, stay at the Spiridon Mountain Hut in Galičica

National Park, learn from park experts and mountain rescue teams, hike to Lake Prespa viewpoints, ascend Peak Magaro (2254m) with an eco-action, and create digital video outputs of our experience.

Evenings will be reserved for intercultural nights to share traditions, stories, and local treats!

Note: Mountain activities may slightly adjust based on weather conditions.



How and what will I learn?



1. Physical & Outdoor Learning

- Hiking to Peak Magaro (2254m) builds stamina, resilience, and mountain safety skills.
- Hands-on eco-action and direct safety guidance from Mountain Rescue teams.



2. Mental Health & Well-being

- Nature immersion on Galičica for stress relief, focus, and emotional regulation.
- "Walk & talk" sessions combining outdoor movement with self-reflection and recharge.



3. Social & Team Collaboration

- Ohrid treasure hunt and group tasks build trust, communication, and leadership.
- Intercultural evening exchanges foster empathy and global connection.



4. Youth Work & Personal Growth

- Pushing physical limits builds self-confidence and personal resilience.
- Experiential outdoor tools ready to be applied in daily youth work.



5. Digital & Life Skills

- Content creation and video editing for impactful digital storytelling with limited internet access.
- Practical skills in route planning, environmental preservation, and group safety.

Who is involved?

Hosting organizations

*Inter
Aktion*

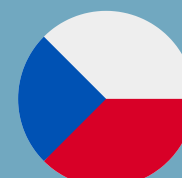
InterAktion -
Verein für ein
interkulturelles
Zusammenleben
(Austria)



Association
Humanost is a non-
governmental
humanitarian
organization North
Macedonia



Partner countries



Getting to know each other

The evening programme is mainly reserved for getting to know each other. You will meet youth workers from different countries.

Would you like to share your favourite song, dance, or hiking/cycling story from your country with other participants? How would you present your country to them? What do you love the most about your home? Please bring your favourite snacks specific to your country to share them with the others.



Getting to know Ohrid

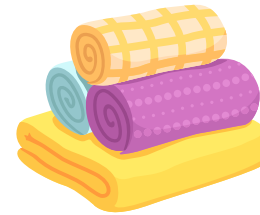
We will meet in Ohrid_- a city with 38.000 inhabitants, situated in the southwestern region of N. Macedonia. You will meet friendly people, locals and enjoy beautiful nature, stunning views and breathtaking mountains. Ohrid is known for once having 365 churches, one for each day of the year, and has been referred to as the "Jerusalem of the Balkans". Ohrid and Lake Ohrid are accepted as Cultural and Natural World Heritage Sites by UNESCO.



What do I need to take with me?

The temperatures in October can go low at night, and there might be rain as we will be in the mountains, so please do take warm clothing with you, a waterproof jacket, and hiking shoes.

Possession of a European Health Insurance Card or travel insurance if your country is not a member of the EU is a must! Don't forget to **take your own medicine - in case you need some painkillers or else.**



The prices for coffee in Ohrid vary. For example, espresso is from 1.5-2.00 EUR, depending on the location. Breakfast, lunch, dinner, and coffee breaks at the venue are provided by InterAktion. however, bear in mind that prices for drinks can be higher than in your home country.



Bring your own towels, a shower gel, tooth paste and tooth brush.



You won't need headphones :) jewellery, expensive cameras, a lot of make-up, an evening dress, a suit, a tie... but surely a **rain jacket**, an extra pair of **warm socks**, comfortable **shoes for hiking**, a **warm sweater**, and a **jacket**. Oh, and don't forget your pyjamas! If there is an instrument you play that you can take with you, do it!

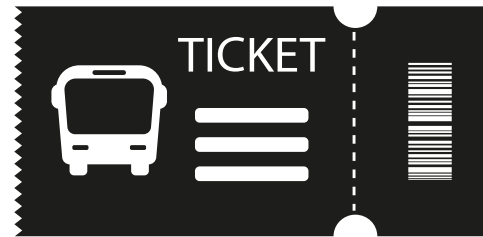


Are there any costs?

No, your participation is covered through the European programme Erasmus+. 😊

Your travel costs will be reimbursed depending on the country you are coming from, according to the distance band and the Erasmus Plus lump sums (**up to**, and only the real costs - **no first class tickets**):

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR



Only actual costs as stated with travel documents will be reimbursed, within 4 weeks after the project via a bank transfer.

We **strongly recommend having a valid travel insurance, that can be calculated as part of the travel costs, for those who do not have EU health insurance card,**



What you need for the reimbursement:

Invoice of your plane ticket with your complete data

Boarding passes

Relevant tickets (train, bus, etc.)



The venue and your way to Ohrid



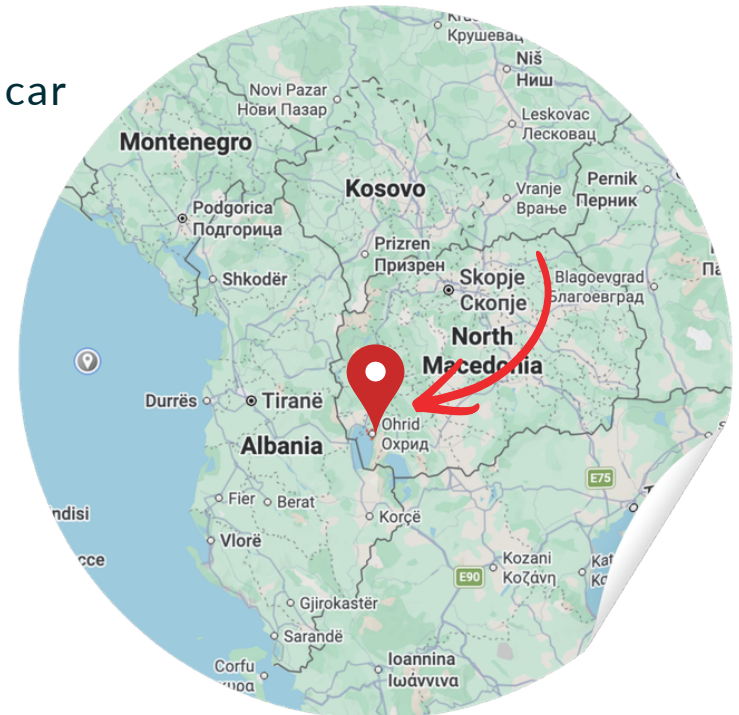
Activities take place on Mount Galichica, Ohrid, North Macedonia, at the mountain hut Spiridon, P504, Ohrid.

The closest airports are Ohrid and Skopje, as well as Tirana. Shuttle will be organized for those arriving in Skopje to travel to Ohrid. From Tirana, check schedules to Struga (city 10 km away from Ohrid).

Participants may also choose to travel by private car, but that only counts as green if at least 2 people share the ride. Secure parking will be provided at each accommodation where overnight stays are scheduled.

In such a case, make sure you possess green card for your car (insurance) consult the organizers for the travel reimbursement rules.

You can ask us anytime for assistance if you have any further questions.





VENUE AND ACCOMMODATION

Activities and accommodation will be hosted in Galichica National Park in Ohrid and one night in the city of Ohrid.

You will be accommodated in mixed rooms. To fully connect with the nature-based methodologies of the project, one night will be spent outdoor camping in tents on Galičica (optional). The activities and the meals will take place in the same venue.

HOW DOES IT LOOK LIKE

We will be living like a self-organized community where we will be taking care of the facility and the common areas together. Every day it will be assigned a group that will be the host for the rest of the group, but each person is responsible for keeping the place tidy and clean after himself/herself.



The Team



Ekaterina, Eco Logic
Almost a doctor, Hiker, Climber



Kristijan, Humanost
Youth worker, mountain guide



Goran, InterAktion
Pedagogue, youth worker, cyclist



**Inter
Aktion**

For participants

Application form

Goran
+43 660 8808233

goran.janevski@interaktion
.org

**Deadline for applications:
20.8.2026**

**The call is open for participants from the EU
Selection will be done on rolling basis, and you might
be informed earlier if selected.**

*See you in October in
North Macedonia!*



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