



JUGEND  
für Europa

Co-funded by the  
Erasmus+ Programme  
of the European Union



Mobility of Youth Workers  
TRAINING-COURSE

# SPORT IT OUT

VOL. 3

24<sup>th</sup> September - 2<sup>nd</sup> October 2022  
Popova Shapka | North Macedonia



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.

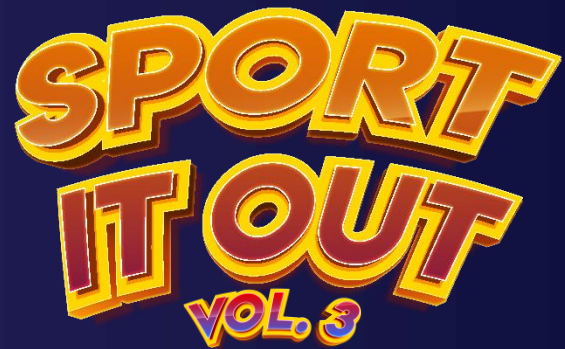


Although Bright is a young organization formed in 2019, the staff members have relevant experiences participating, coordinating and facilitating different international projects. They are all committed to promote young people's active participation in social issues becoming an active European citizen. 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



The outbreak of the global health pandemic, Coronavirus, has caused particular international challenges on social, economic, and health levels, due to daily life restrictions and travel bans.

'New reality' affected life's of millions of young people all around Europe. Lack of possibility to travel and the concerns about health most likely brought youth mobility participation to a halt.

The uncertain coming status is testing the international youth co-operation and limiting the implementation of Erasmus+ programs in Europe and abroad when it is probably most needed. Coronavirus is not only a global health pandemic but is putting youth mobilities progression and young generation in jeopardy of losing opportunity for growth and development. One of the events that was affected with pandemic was training course Sport it out vol 2. Due to travel restrictions and unstable health situation we had to transform event in online format. Project was succesufully implemented with regret that we couldn't run training in face to face non formal education format. That how idea for *Sport it Out vol. 3* format came to life.

Partnership has been strengthened and agree to apply for project that will adress following challangies in:

- Young people participation in sport has been restricted in accordance with the global Coronavirus's restrictions measures
- In the current situation of the global health pandemic, as the virus spreads across the world, national and international sport events are also facing special challenges and been affected of the pandemic worldwide
- Grass roots sports is highly affected
- The pandemic has limited young people's participation in national and international sport events due to many suspended and postponed competitions and trainings Out project is built on believe that engagement in play and sports gives young people opportunities for natural selfexpression, self confidence, relief of tension, achievement, social interaction and integration as well as for learning the spirit of solidarity and fair play.

These positive effects also help counteract the risks and harm caused by the demanding, competitive, stressful and sedentary way of life that is so common in young people's lives today.



# OBJECTIVES:

- To share our realities with the situations about inclusion of young people with fewer opportunities in our communities and different youth work programmes related to mental and physical resilience of young people
- To promote and explore the concepts “sports for all” and “healthy lifestyle” in relation with youth work
- To explore the youth work and youth trainings in connection to improve psycho - physical resilience of young people
- To raise competences in organising quality youth work with sport methodology with adequate mental and physical development of beneficiaries
- To share different sport methods useful for our youth work in every day work with youngsters mainstream and with fewer opportunities
- To share and understand challenges in implementation of quality sport methods in youth work for inclusion and intercultural acceptance of young people with fewer opportunities
- To define and develop basic plans for local/national workshops of youth workers and youngsters with using sports as methods for psycho - physical resilience of young people
- To establish Community of youth trainers and youth workers for youth sport work  
The benefits of sport have reached beyond the physical and well-being impact.

Today, sport has an inherent ability to promote psycho-social developments and to bridge people from different cultures and backgrounds.

The value of sport as a tool for improvement of psycho - physical resilience of young people will be highly demanded in after pandemic times.

With our project we would like to prepare youth work sector and youth workers to be able to address those needs.



# PARTICIPANTS AND PARTNERS:

## WE ARE LOOKING FOR PARTICIPANTS WHO ARE:

- Dedicated youth workers to work with young people with fewer opportunities in their local reality (working with orphans, refugees and migrants young people is desirable, but not necessary);
- Have the basic knowledge of facilitation of sports and outdoor activity based learning processes;
- Are ready to participate in all activities of the training-course, both in the theoretical and practical part, and in the part related to sports and physical activities/challenges;
- 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 (orphans, refugees and migrant young people);
- Are supported by their respective organizations in applying their competencies and newly developed tools in working with young people with fewer opportunities.

## HOW TO PARTICIPATE?

Fill the **Application Form** here:

<https://forms.gle/MKmMJXRxQER1XeRk6>

## PARTNERS:

- NORTH MACEDONIA - *Bright*
- SERBIA - Crveni krst Kruševac
- CYPRUS – Moufflons
- SPAIN - CD el Bosque de Hielo
- SLOVENIA - Zavod za turizem, kulturo, šport in mladino Metlika
- TURKEY - Demokrasi ve Hukuk Calismalari Dernegi
- HUNGARY - Lélektér Alapítvány
- LATVIA - SOLIS TUVAK
- ITALY - Maek APS





# VENUE

**Sharr Mountain** is the fourth national park in Northern Macedonia and the first since the country's independence.

Hotel **Tetex ARENA**, Popova Shapka, Tetovo, North Macedonia.

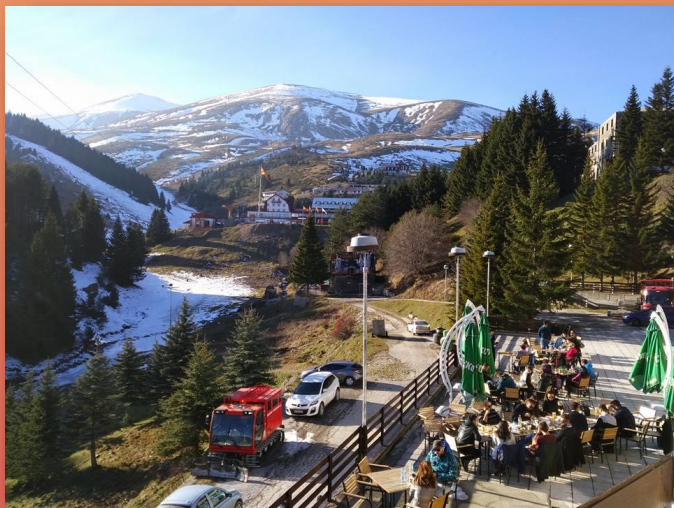


The participants will be accommodated in double and triple rooms with provided clean towels.

The hairdryer is provided at the reception, 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.



# BUDGET

**There is no participation fee.**

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

## REIMBURSEMENT

According to the rules of the National Agency of Germany, travel reimbursements can only be made by bank transfer to the Partner Organization if 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, completing the form generated by the National Agency, completing online evaluation form through the Mobility Tool by all the participants and completed dissemination of the results, according to the budget limits set by the Erasmus+ Programme.

Nr.	Country	Organization	Number of participants	Travel reimbursement
1.	Germany	<i>Lucky Punch</i>	4	275 €
2.	Serbia	<i>Crveni krst Kruševac</i>	3	210 €
3.	Cyprus	<i>Moufflons</i>	4	275 €
4.	Spain	<i>CD el Bosque de Hielo</i>	3	360 €
5.	Slovenia	<i>Zavod za turizem, kulturo, šport in mladino Metlika</i>	3	275 €
6.	Turkey	<i>Demokrasi ve Hukuk Calismalari Dernegi</i>	3	275 €
7.	Hungary	<i>Lélektér Alapítvány</i>	3	320 €
8.	Latvia	<i>SOLIS TUVAK</i>	3	275 €
9.	Italy	<i>Maek APS</i>	3	275 €
10.	North Macedonia	<i>Bright</i>	4	/





# RULES FOR 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.



# ADDITIONAL INFORMATION

## COVID-19 RESPONSE

The hosting organization will provide a detailed protocol about Covid-19 during the training course with explanations what measures are currently in place. During the training course, it is mandatory for all participants to follow all the instructions regarding the Covid-19 pandemic presented by the hosts, which will be in line with the current situation and current government regulations in the host country. In the case any of the participants is infected with the Covid-19 virus during the training course, the host organization will provide a safe isolated room and will cover the treatment, food and accommodation for those participants as long as the participant has valid travel insurance that covers Covid-19 related issues.

More information about entering to North Macedonia, due to Covid-19 rules, you can find on the Ministry of foreign affairs of the Republic of North Macedonia: <https://mfa.gov.mk/en/page/1706/information-for-covid19>.

## 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) 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 September it might be cold. Around 12-18 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 Antic*

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

