

CALL FOR PARTNERS

Erasmus+: KA1 – Youth exchange **No equipment? No problem!**

CET platforma Skopje is looking for partners for a project “No equipment? No problem!” that is planning to submit to Macedonian National Agency on 23rd of February 2023 deadline. The project is envisioned as 8-days youth exchange for young people and youth leaders coming from 6 European countries that will be organized in Autumn 2023 in Krushevo, North Macedonia.

PROJECT SUMMARY

The main aim of the youth exchange is to educate 36 young people from 6 different countries about different forms of maintaining their overall health by exploring different body weight and cardio exercises, healthy food from different countries and different strategies for reducing stress.

What our societies have learned anything during the pandemic, it's that any physical activity deserves a place in our daily lives. To live the healthy lifestyle is the most important for every human being, that the bad habits destroy not only individuals, but they also have the negative influence on whole communities. Basically, any physical activity saves lives! There are no more excuses that we don't have time to exercise, or we don't have options or equipment. Our societies depend on our healthy habits, and we must cultivate them daily. Science says exercising for 30 minutes at least 5 days a week makes us look and feel better while reducing your risks for many chronic conditions. Physical activity boosts the immune system and mental sharpness, and helps to avoid obesity, diabetes, cancer and heart problems. When we see how many benefits bring fitness, we must figure out how to make it attractive for everyone. With this project we would like to offer our philosophy of fitness which consists of four elements:

1. Bodyweight exercises: We consider bodyweight exercises as one of the most flexible ways of exercising that everyone can practice them wherever they are and whatever time they are able,
2. Cardio exercises: The cardio exercises add a great value to the overall health of the individuals and can be practiced easily,
3. Healthy nutrition: we are adding strong intercultural element to the project by promoting healthy traditional dishes from participating countries,
4. Different relax strategies: important for the balance between the body and mind and reducing the stress.

ELIGIBLE COUNTRIES



28 EU member states, EFTA countries, Serbia and Turkey

Each partner organisation should send **6 participants: 5 young people and 1 experienced youth leader**.

PROFILE OF PARTICIPANTS



Experienced or inexperienced young people, youth leaders or active volunteers in youth organisations involved in the project;



Young people should be in the age group of 18 to 30 (preferably 18 to 25 years old) while youth leaders must be over 18 years old’;



Ready, motivated and able to attend for the full duration of the youth exchange;



With good command of the English language.

THE ROLE OF PARTNERS



Take active participation in all project phases from the preparation and implementation of the youth exchange to the dissemination, evaluation and follow-up phases;



Select and send a motivated group of 6 participants according to the agreed profile;



Appoint a contact person who will be responsible for smooth and timely communication with CET platforma Skopje;



Contribute and support hosting organisation as much as possible for ensuring visibility of the project and disseminating the project idea, results and activities on your websites, blogs, mailing lists and social media networks before, during and after the project completion;



Be ready to organise with selected participants follow-up activities or events in form of local workshops, activities, presentations of project results after the YE for your members, volunteers or young people from your communities that will be on similar topics as the project.

FINANCIAL CONDITIONS

The applicant organisation will fully cover the accommodation, meals and program materials for the participants. Travel costs will be covered up to the 100% if they do not exceed the amounts established by the Erasmus+ Programme.

HOW TO BECOME OUR PARTNER?

If you want to be partner on the project, then please send us the attached fully filled **Partner Identification Form** by email to macedonia@cetplatform.org with subject line “Equip partnership”, not later than 20th of February 2023.

Please use the format of the PIF that we attach to this call for partners. It doesn't need to be the same document, but it MUST have the answers to all questions included in it.

WHO WE ARE

CET platforma Skopje is a voluntary, non-profit, non-governmental association of citizens with mission to: strengthen civil society on local, national and European level, promote and protect the human rights, perform activities which encourage moral and civic values, strengthen inter-ethnic relations, empower youth in society, advocate for social inclusion of vulnerable groups, promote non-formal education and offer support, education, training and mobility opportunities to young people. CET platforma Skopje is established in January 2016 by young, motivated, competent and experienced youth workers, leaders, activists and experts who are active in the civil sector and youth work from 2008. Furthermore, CET platforma Skopje is the Macedonian branch of CET platform network that has member organisations in Serbia, Croatia, Poland, Montenegro, Slovenia, Kosovo, Italy, Bulgaria, Greece, Lithuania and Bosnia and Herzegovina.

The vision of CET platform is to fulfil a broader social interest, to act and achieve objectives in the areas of civil society, democratic order and institutions, civic values, human rights, media, non-formal education and vulnerable categories of citizens in society. We strive to stimulate and sustain the personal, professional and social development of the local youth and to foster their active and responsible participation in educational, social, cultural, political and economic life in the communities they live in.

In the last 6 years, we have been very active as a reliable partner on Erasmus+ mobility projects. So far, we have sent over 600 young people and youth workers on more than [130 projects](#) abroad that were organised by our partners with the support of Erasmus+ programme.