



**16 - 24 JUNE 2022
STRUGA
NORTH MACEDONIA**



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

**YOUTH EXCHANGE
GENDER
THINKERS**

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Project details

- Date: 16-24 June 2022

- Place: Struga, North Macedonia
- Participant countries: Denmark, North Macedonia, Italy , Serbia, Turkey, Bulgaria and Lithuania.
- Number of participants: 42 (5 participants + 1 group leader per country)



Project description

As of 2014, 143 countries have guaranteed equality between men and women in their constitutions, but unfortunately one third of the developing countries are still falling behind with achieving this goal. Women and girls represent half of the world's population and therefore also half of its potential. But, today gender inequality persists everywhere and unfortunately stagnates the social progress. Thus, gender equality still seems like a faraway goal. Even with the progress that has been made, the numbers continue to tell a discouraging story. For example, disadvantages in education translate into lack of access to skills and limited opportunities in the labor market. In fact, over 2 billion women don't have the same employment options as men, and at this current rate it will take about a century to close the global pay gap. Furthermore, while human trafficking affects men and women, women and girls make up over 70% of the world's human trafficking victims. In the face of this data, gender equality needs to be a priority. Regardless of where we live in, gender equality is a fundamental human right.



Project Objectives

The project's objectives are the following:

- To enable gaining knowledge and change in young people's attitudes regarding the importance and benefits of supporting gender equality;
- To allow exchange of issues and realities between young people living in societies with low gender gap and those coming from countries with higher levels of inequalities;
- To explore the factors contributing to gender inequality and to discuss solutions and actions;
- To enable young people to acquire digital skills and to encourage them to use their knowledge for contributing to a greater cause;
- To support active youth involvement, as well as to promote social inclusion and anti-discrimination;
- To promote the Erasmus+ programme and to support greater recognition of non-formal education;
- To encourage intercultural encounters and acceptance of cultural differences.



Working method

- Learning by doing method
- Ice-breakers and team building games to get to know each other.
- Workshops will leave room for guided but controversial discussions.
- Simulation games, practical work, brainstorming, interactive presentations etc.

PLEASE CHECK THE PLANNED ACTIVITIES HERE:

<https://drive.google.com/file/d/1OH0eLW9B-jaW3Uh2kI1CYmFuC8FnQnNz/view>

Participants profile



The criteria for selection will be the following:

- interest in the topic, which will be proven through an online questionnaire that all potential participants will have to fill in.
- We also want to give an opportunity to young people who are very interested in working on these issues but have still don't have any experience.
- be aged 18 to 30 years old (there will be no age limit for the group leaders).
- participants must be citizens or residents of partner countries.
- all the participants need to fully attend the youth exchange and take part in all preparatory and follow-up tasks anticipated with this Youth exchange.
- preference will be given to young people who have fewer opportunities such as cultural differences, geographical obstacles, and economical obstacles.

Every group will include participants with fewer opportunities facing cultural differences and social, economic obstacles. It means young people who face unemployed, are coming from socially and economically challenging environments, and/or might face discrimination, stereotypes, and prejudices in their communities.

PROFILE OF GROUP LEADERS: Group leaders will be selected by each organization. The Group leader is expected to be a person with previous experience in youth work and Erasmus + Programme who is ready to take participation and during the project, facilitate the project activities and provide support to the participants during the whole project, especially during implementation phase abroad but also during preparation and follow up period. There is no age limit set for group leaders.



About Struga

Struga is a town situated in the south-western region of North Macedonia, lying on the shore of Lake Ohrid. Struga has a population of approximately 15 000 inhabitants. There is one well-known saying: "There is no other place like Struga". Except the Ohrid lake in Struga there is a river called Crn Drim which flows gently through the town, as it does not want to disturb the visitors walking along its banks, thrilled by its crystal clear waters. In the evening when many lights are turned on, the river has even a better view by the reflection of light from its waters.



Accommodation



The participants will be lodged in the hotel "Solferino" in Struga in rooms for 2 or 3 people with private toilets and showers. The participants will be roommates with people from different countries, with the same gender, in order to straighten the intercultural dimension of the project and good team spirit. There is internet access in the hotel and in all rooms. The Hotel is property of the Red Cross organization of Skopje, and is a training centre specialised for Training Courses and Youth Exchanges.

Contact information of the hotel:

<https://www.facebook.com/pages/Hotel-Solferino-Struga/252912894747771>



Food

The participants will have 3 meals per day and 2 coffee breaks.

Please, inform us in the application form about your food needs and preferences (fast, vegetarian, vegan, food allergies)!



Budget travel costs

Country	Organisation	Max amount per participant
North Macedonia	Center for tourism, training and research Skopje	180 €
Turkey	GENCLIK MEVSIMI DERNEGI	275 €
Italy	EUdication Italy	275 €
Serbia	YOUTH WORKERS ALLIANCE	180 €
Bulgaria	SDRUZHENIE WALK TOGETHER	180 €
Lithuania	Unique projects	275 €
Denmark	Copenhagen Vibration	275 €

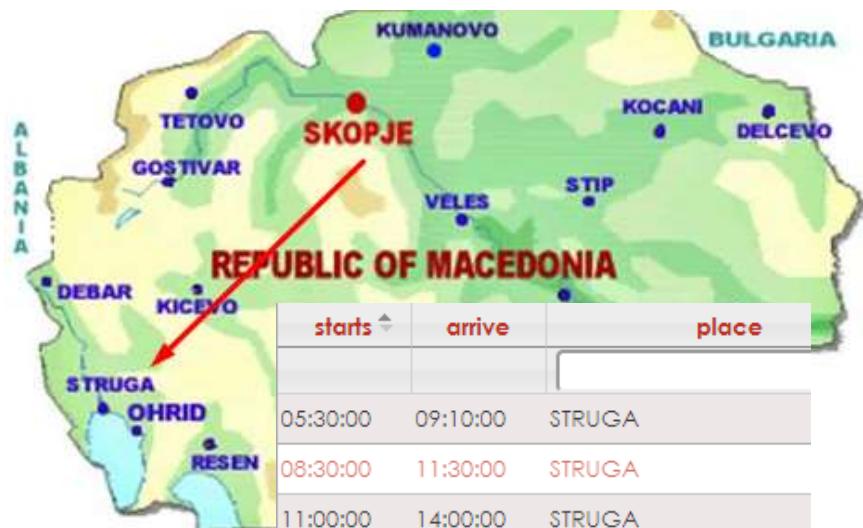


❗The cost given is a limit in total PER PERSON, for both ways.

- Please remember that according to Erasmus+ rules money for travel will be reimbursed according to the real cost you spend, up to the amount given above per country, but not more (which means that if you spend less - you will be reimbursed the money you actually spent or if you spend more - you will get only limit)
- Before buying your ticket, please remember your cost limits, **EVERYTHING THAT WILL BE MORE THAN THE LIMIT WILL BE YOUR OWN COST.**
- Before booking the flight, please, make travel arrangements CONFIRMATION with us!
- **PCR test if needed will not be covered by the organiser**



Travel arrangements



How to get to North Macedonia?

By plane: You can check the flights to Skopje, with the closest and most comfortable airport to arrive which is 21km to the city <http://skp.airports.com.mk/>

By bus: There are busses running several times per day from Skopje (the capital city) to Struga. You can find the schedule here

Please note that only public transport is subject to reimbursement. If you travel by airplane only economy class, taxi is not covered. Please consult us!

We need you to buy round trip tickets and send us a copy by email before arriving here, so our accountant knows and adjusts the budget.

We advise you to buy your tickets **as soon as possible** so that it fits in our limited budget for 100% reimbursement.

We kindly ask you to save all documents (Original tickets, boarding passes, invoices or bills with the ticket price) which are related to your travel, since the documentation background is obligatory for reimbursement.

We kindly please you to buy all travel tickets for both directions – return tickets (plane tickets, train tickets, bus tickets and etc.), because we will be able to reimburse only REAL EXPENSES.

IMPORTANT: We cannot refund any travel costs done by taxi. Reimbursement of travel costs will be done AFTER SENDING your tickets and boarding cards.

Please note if you buy your tickets in a currency other than EUROS, we will convert to EUROS according to the exchange rates from the official European Commission website: <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

Participants must travel from the country of the sending organization, and back. Following the guidelines of the Erasmus+ programme the travel back must be realized by the participants in a direct way within a maximum of 2 days. Contact us and we will assist you or prolong this where needed, only in special cases.

(You have the possibility to arrive in North Macedonia up to 2 days in advance and leave up to 2 days later. The stay for any additional days is **not covered** from the projects' budget, and it can be characterized as tourist travel and we will not be able to reimburse your tickets)

IMPORTANT! We reimburse the transport money ONLY if the participant will ACTIVELY take part during the whole project. This is an international project with non-formal education that is granted from European fund. Participants should be aware that they are not on holidays!

Don't buy your travel tickets before getting our confirmation!

The accommodation is covered in Hotel Solferino, Struga only for the days of the activity. In case of longer stays or indirect travelling (holiday travel etc.) there is **no chance** of reimbursement of travel costs. You are not allowed to arrive after this date, or leave earlier than the date of the departure day. Please keep in mind when booking the tickets. For any other questions consult with the group Leaders form sending ngo.

IMPORTANT: Traveling sometimes requires an additional day for catching a flight and staying for an additional night at the city where the airport is situated. We are aware of such situations, but organizers **can not** cover these costs, participants should cover themselves.

For this reason, we recommend you to use hostels (<http://www.hostelworld.com/>) or friends <https://www.couchsurfing.org/>)



What to bring with you

- Passport or ID 
- Travel insurance or European health card 
- Please bring clothes according to the weather forecast and swim suit 
- Please bring some nice clothes as well and check the weather channels before arriving 
- Personal care products: shampoo, toothpaste etc 
- Slippers or flip flops 
- Camera, laptop etc. 

- Pills and medicines 
- Positive attitude 



Health and travel insurance

We kindly invite you to make health insurance, especially the participants who aren't EU citizens. The health insurance **is not provided** and will not be reimbursed by the hosting organization.



Basic rules

Participants' Task: You must care for the scheduled time, be kind, respect, be positive, destroy the borders, have maximum fun, be cheerful and try to be part of the solution. Be on Time in the meeting Room always, be respectful and friendly to the other participants. To see a problem and to criticize something is so easy. So do the difficult one and tolerate people always, be a positive example for others.

Team Leaders Task: You must collect and manage your team, share their problems with us kindly, and try to be part of solutions. You are responsible for facilitating at least 2 workshops, to collect and organize travel tickets of the participants, as well as their travel insurances, and to upload to the google drive.

To publish an article about the project on your organization web page. To collect all the boarding passes and send it to us by post.

To prepare at least 3 energizers. To make sure the project aims and objectives are fulfilled, and change the programme if needed according to the learning needs of the participants.



Preparations

Intercultural evening – Participants are expected to create interesting, interactive and creative intercultural evenings. The intercultural evening gives us a unique opportunity in a **creative** way to promote your country and culture. Show us what you eat, drink, what are your traditions, music, culture, stereotypes ... so prepare yourself to surprise us.

Be aware that there are no kitchen facilities available (don't bring food that requires cooking).

Bring food, drink, promotional materials and whatever else you want to present.

Money exchange

In North Macedonia, official currency is Macedonian denar. 1 € = 61.3 MKD. There are several exchange offices and ATM machines where you can withdraw money. Credit cards are not everywhere accepted as a way of payment.



Contact person

Project Coordinator Viktor Krstevski - krstevski.vk@gmail.com

Apply on the following link:

<https://forms.gle/SqZdnJ7DErdY6Hvb6>