



**“INNOVATIVE MINDSETS CREATE
INCLUSIVE SOCIETIES”
A YOUTH EXCHANGE**

STRUGA, NORTH MACEDONIA

8 - 15 APRIL 2024

(8TH ARRIVAL IN THE AFTERNOON, 15TH DEPARTURE IN THE AFTERNOON)



**THIS IS YOUR INFO PACK FOR THE PROJECT. IT
CONTAINS KEY INFORMATION FOR YOU TO
PREPARE WELL AND HAVE A SMOOTH EXPERIENCE.**

**WE RECOMMEND YOU READ IT CAREFULLY, MORE
THAN ONCE.**

ABOUT CRD - SEE



Our mission is to improve the conditions of all people who live in rural areas, with a particular focus on young people from the western part of the country.

We aim to promote inclusiveness and coexistence among minority groups who live in rural and cross-border areas by fostering cross-border cooperation between our and neighbouring countries. At the same time, we believe in promoting tolerance and honouring the traditional heritage while adopting European values.

We are a firm believer in supporting active citizenship to open up employment possibilities for young people and inspire them to engage in entrepreneurship. We also aim to raise awareness about climate change and promote sustainable living.

Our values are rooted in human rights, liberties, and dignity, equality between women and men, and people of all races, backgrounds, religious, social, and political views. We advocate for the education of young people and lifelong learning for all people.



PARTICIPATING ORGANISATIONS AND NUMBER OF PARTICIPANTS PER COUNTRY

MK * ASSOCIATION CENTRE FOR RURAL DEVELOPMENT - SEE, STRUGA (**5 PARTICIPANTS**)

HR * UDRUGA ZA SAVJETOVANJE MORE COACHING (**5 PARTICIPANTS**)

GR * INSTITUTO POLITISMOU, LAOGRAFIAS, ATHLITISMOU & NEON TEHNOLOGION (**5 PARTICIPANTS**)

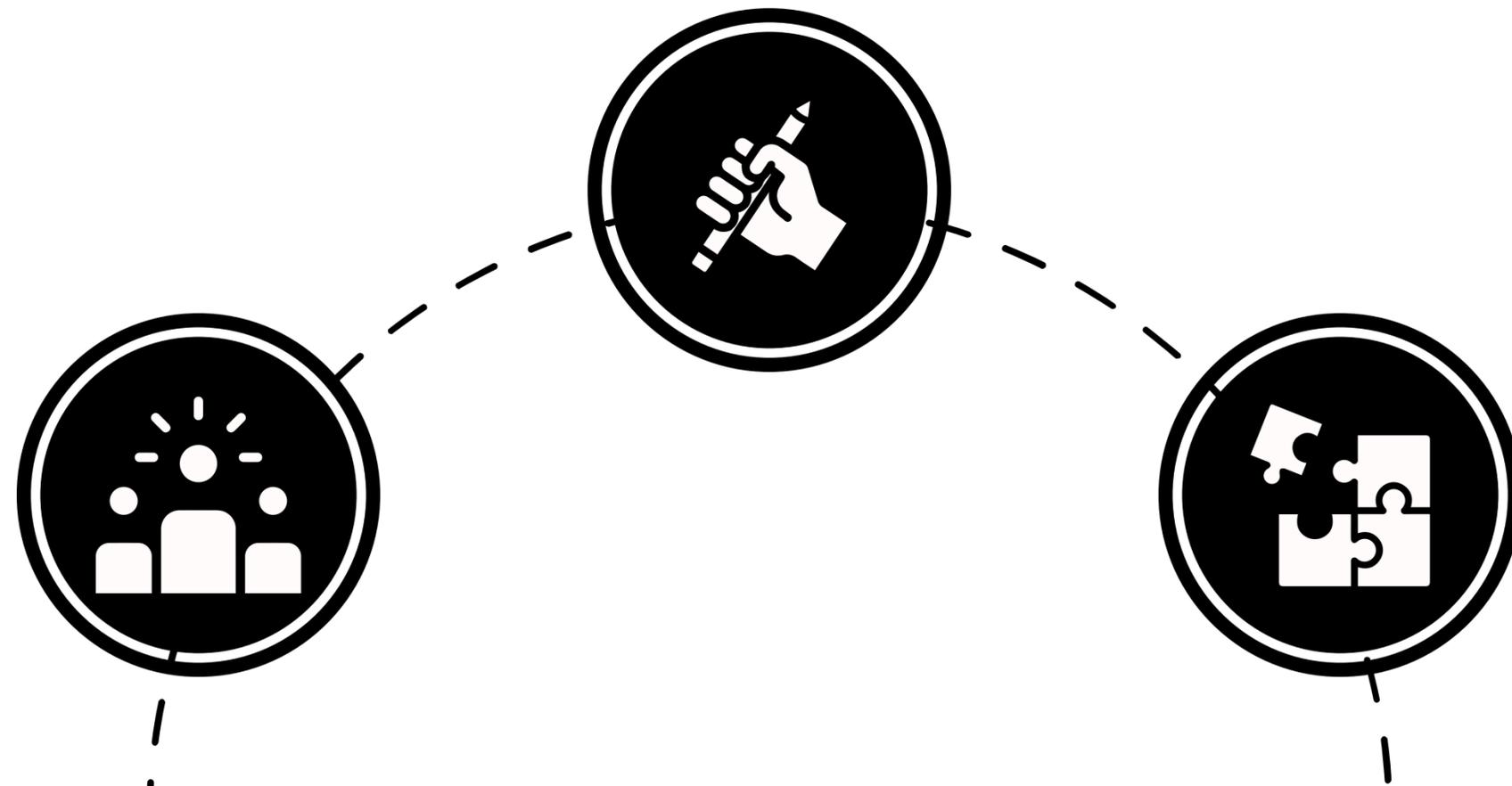
IT * EUROPAMENTE (**5 PARTICIPANTS**)

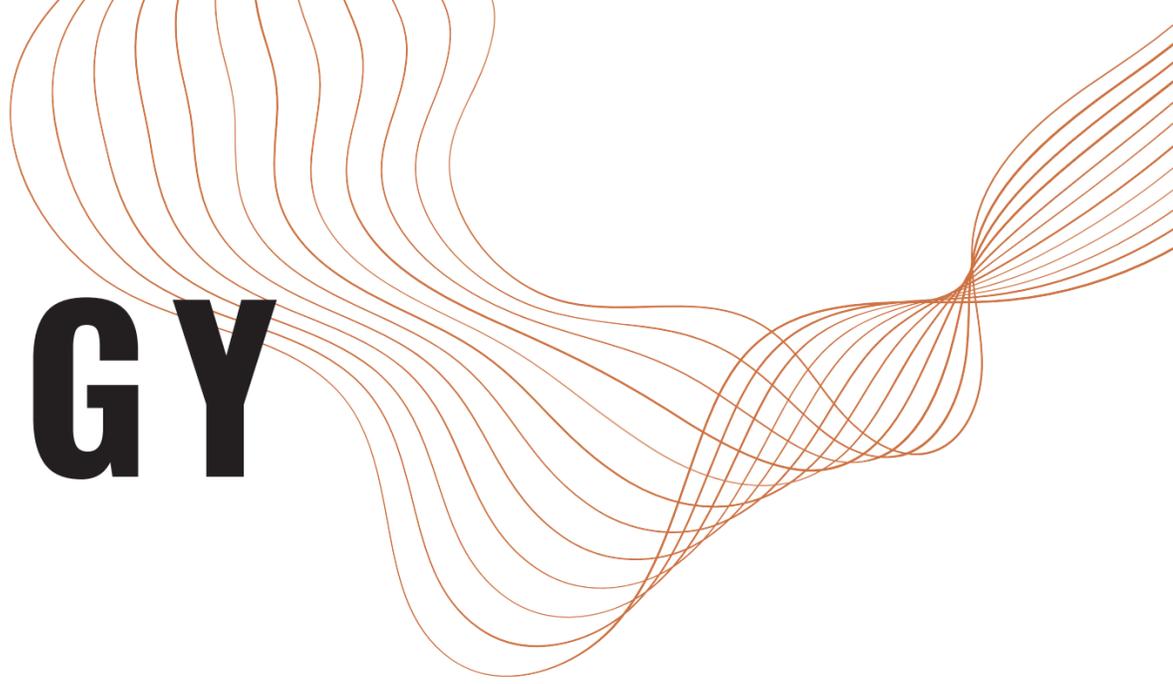
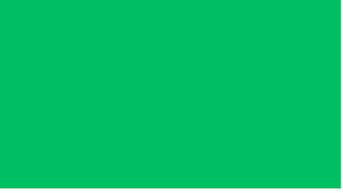
ES * ASOCIACIÓN EXTREMUNDO (**5 PARTICIPANTS**)

TR * BOLU YOUTH ASSOCIATION (**5 PARTICIPANTS**)

PROJECT OBJECTIVES

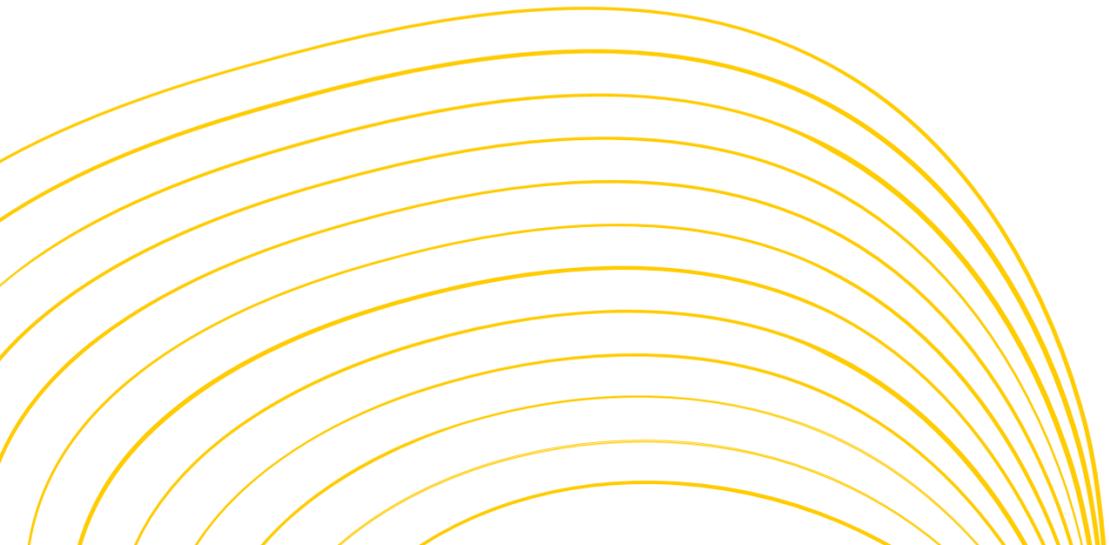
“Innovative Mindsets Create Inclusive Societies” aims to empower young people with the skills and mindset necessary to foster innovation, entrepreneurship, and inclusivity. The youth exchange focuses on bridging cultural and geographical borders, encouraging collaboration on business ideas that are not only innovative but also inclusive and sustainable.





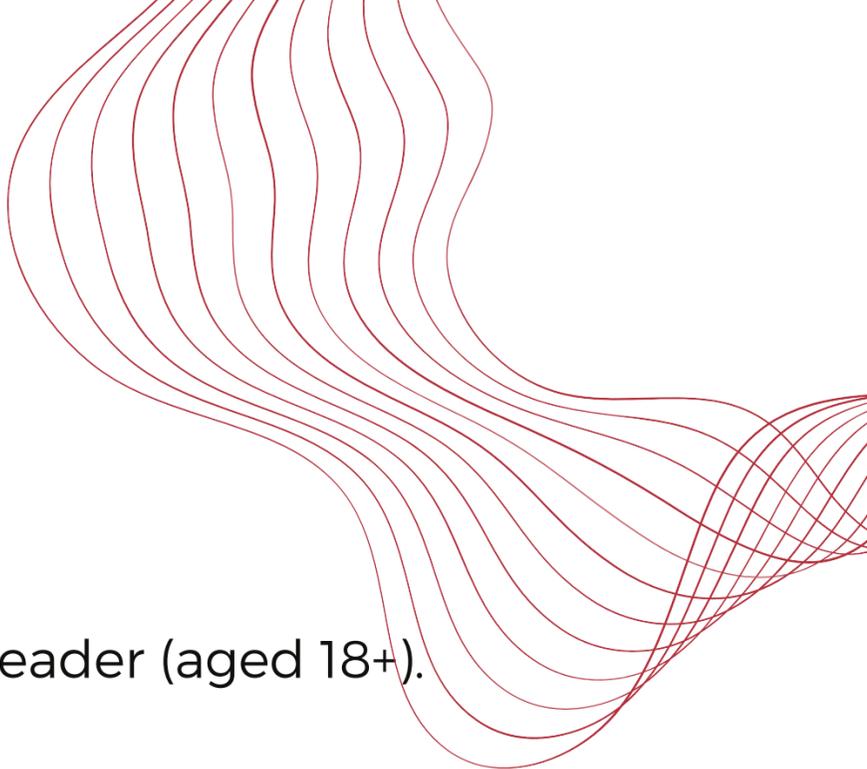
THE METHODOLOGY

The activities will be done using a non-formal methodology like problem-solving, creativity, innovation, communication, teamwork, and many others to foster a successful learning process, the development of the key competences, and a wide range of soft skills to achieve the objectives.





THE PARTICIPANTS



A total of 30 individuals will take part in this project.

The groups (6 in total) are formed by 4 young people (aged 18-30) and their group leader (aged 18+).

The profile of the youngsters:

- open-minded, proactive, eager to learn new things and also contribute with their knowledge and experience;
- to have a good level of English to be able to benefit from the activities and to contribute, as well;
- interested in the project topic (having previous experience is not mandatory but it is a plus);
- participants with fewer opportunities are more than welcome!

The leader of the group should be a person experienced in Erasmus+ and know what youth exchanges are, and the rules and responsibilities they will have. They should be experienced in international travel and have excellent English-speaking skills to be able to support the group during the project. They must be responsible and communicative, and able to manage groups of youngsters.



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TICKETING RULES AND DISTANCE BAND

The participants are allowed to buy only economy and second class travel tickets as per the Erasmus+ rules. Taxis are not allowed unless there is no other travel option. (This needs to be well documented and presented as proof).

Keep **ALL** receipts, reservations and boarding cards, and bus/train tickets, regardless of whether they are electronic or paper because they are the basis for your reimbursement of travel costs. **Unless you provide all the necessary documentation for your trip, you will not be reimbursed.** So, be very responsible.

The reimbursement will be made based on real costs up to the budget calculated per participant per country (see next page). It will be made to the sending organisation's bank account in a single transfer for all the participants **AFTER** the national teams have completed the dissemination. The sending organisation will then distribute the funds to each participant.

**IMPORTANT! DO NOT BUY ANY TICKETS WITHOUT THE APPROVAL OF THE HOSTING ORGANISATION!
IN CASES IN WHICH THE PARTICIPANT BUYS TICKETS WITHOUT THE APPROVAL OF THE HOSTS,
THEY RISK NOT BEING REIMBURSED!**

Ideally, those participants who will use air travel should look for flights to Skopje or Ohrid Airports, and from there get a bus to get to the venue. However, if the tickets are over the budget, other potential airports to be looking at are the Tirana and Thessaloniki Airports. In such cases, please contact your host to check if transport can be arranged according to your needs and within the budget.

TICKETING RULES AND DISTANCE BAND

The participants who will use GREEN TRAVEL should look for bus tickets to Struga. If no such options are available, you should look at options for the Skopje intercity bus station and from there get a bus to Struga.

The participants will receive our full support with the logistics. Once selected, they will coordinate with our travel officer to get the best travel options.

Budget per participant per country

MK - 23 EUR

GR - 180 EUR (210 EUR for green travel)

HR - 180 EUR (210 EUR for green travel)

IT - 275 EUR

TR - 275 EUR (320 EUR for green travel)

ES - 360 EUR

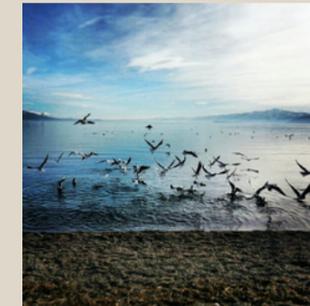
THE VENUE



THE SOLFERINO HOTEL

Struga, North Macedonia

Address: Partizanska Street, 6330 Struga



THE VENUE



THE SOLFERINO HOTEL

The venue provides towels, linen, shampoo, soap and shower gel. It also has hairdryers at your disposal, but they must be requested at the reception desk.

For all other care/hygienic products you normally use, please make sure you bring them along with you.



WHAT YOU NEED TO KNOW

● SAFETY

North Macedonia is a safe country with low crime rates. Struga is a small tourist town known for its hospitable and welcoming people.

For safety during your stay here, please make sure you procure travel and health insurance for the entire duration of the exchange. The insurance is not covered by the project.

● WEATHER

The weather in spring is changeable so please make sure you check the weather forecast regularly in the two weeks before travelling to the exchange to make sure you pack accordingly.



WHAT YOU NEED TO KNOW

• INTERCULTURAL GATHERINGS

THE NATIONAL TEAMS WILL PRESENT THEIR SENDING ORGANISATIONS AND THEIR COUNTRIES DURING THE INTERCULTURAL EVENINGS.

FOR THIS PURPOSE, THE PARTICIPANTS SHOULD BRING ALONG PROMOTIONAL MATERIALS OF THEIR ORGANISATIONS, PREPARE PRESENTATIONS OF THEIR WORK AND ALSO PREPARE CULTURAL PRESENTATIONS OF THEIR COUNTRIES.

WE DO NOT WISH TO STEER YOU IN ONE DIRECTION AND WITH THAT LIMIT YOUR CREATIVITY, SO FEEL FREE TO PRESENT YOUR COUNTRY IN A WAY YOU SEE FIT TO BEST SHOW US ITS CULTURAL RICHNESS.



WHAT YOU NEED TO KNOW

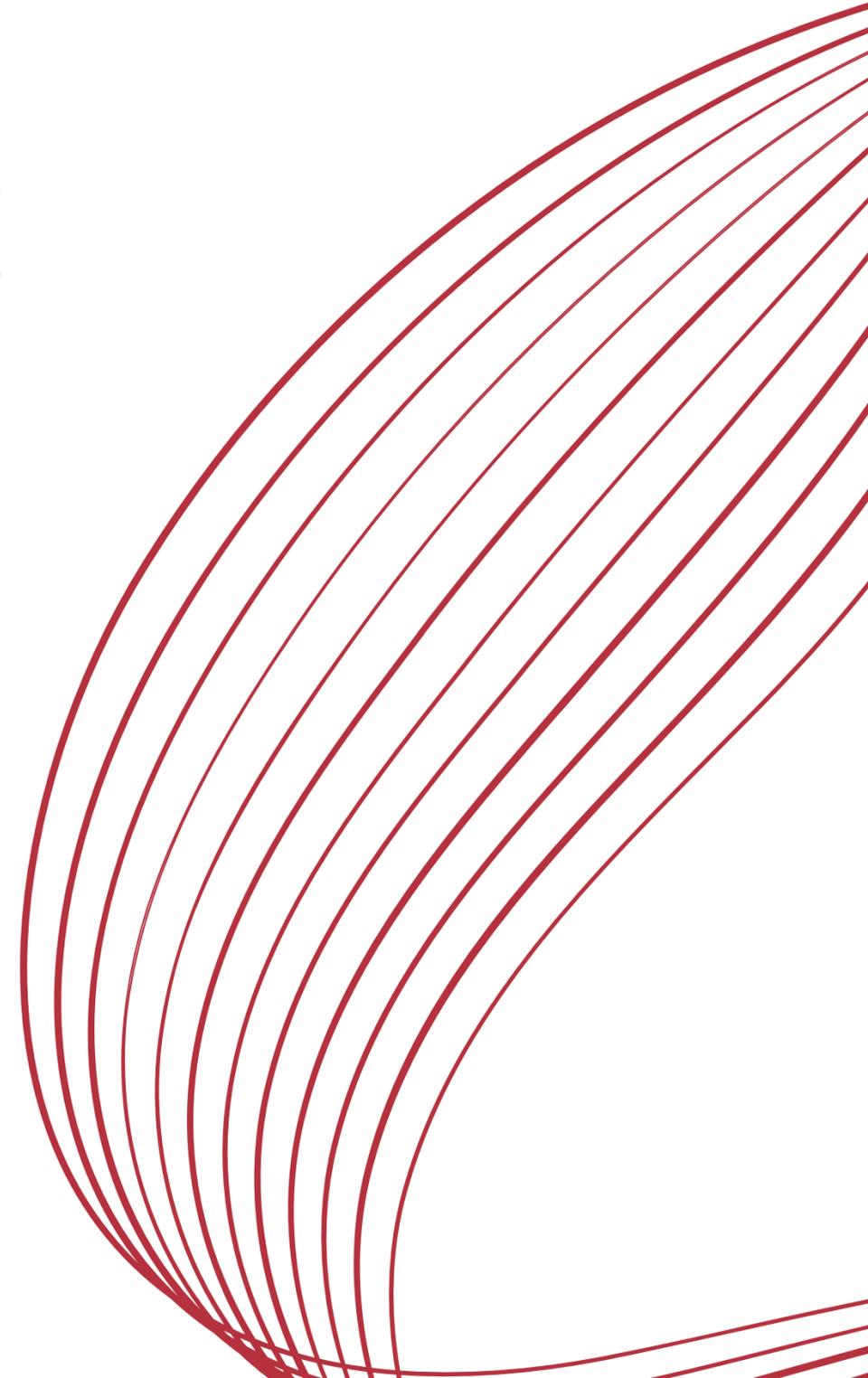
• PREPARATION OF WORKSHOPS

ALL THE NATIONAL TEAMS ARE REQUIRED TO DO AT LEAST ONE WORKSHOP DURING THE EXCHANGE. DON'T WORRY. TO BE ABLE TO DO THIS, YOU WILL RECEIVE SUPPORT AND GUIDELINES FROM THE PROJECT COORDINATORS. DURING THE EXCHANGE, YOU WILL ALSO RECEIVE SUPPORT FROM THE HOSTS.

THE WORKSHOP TOPIC, OBJECTIVES AND TIME WILL BE DEFINED BEFORE THE EXCHANGE AND THE TEAMS ARE EXPECTED TO SEND THE FORMAT AND INSTRUCTIONS TO THE HOST 2 WEEKS BEFORE THE EXCHANGE AT THE LATEST SO WE CAN PROVIDE ALL THE NECESSARY MATERIALS YOU WILL NEED TO FACILITATE THE WORKSHOP.

EXCHANGES ARE FOR YOUNG PEOPLE TO DO EXACTLY THAT - EXCHANGE EXPERIENCES AND KNOWLEDGE, SO BE BOLD AND ACCEPT THIS CHALLENGE.

YOU ALSO NEED TO DO RESEARCH ON THE TOPIC TO PREPARE BETTER FOR THE PROJECT. FIND GOOD EXAMPLES FROM YOUR COUNTRY WORTH SHARING INFORMATION ABOUT.



**LAST BUT NOT LEAST!
BRING A POSITIVE ATTITUDE AND
GOOD CHEER!**



WE CAN'T WAIT TO MEET YOU!



Centre for Rural Development
SEE