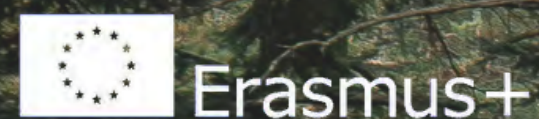


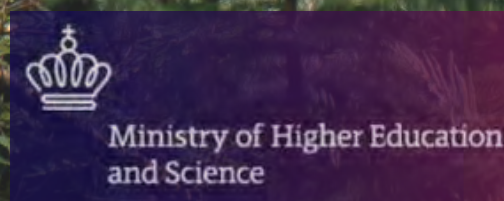
# Find your inside - outside



YOUTH EXCHANGE

**11-18 OCTOBER 2021**

**VENUE KAVADARCI, KOZUF  
MOUNTAIN, N.MACEDONIA**



# Partner organizations



Denmark  
*applicant*



North Macedonia



The Netherlands



Croatia

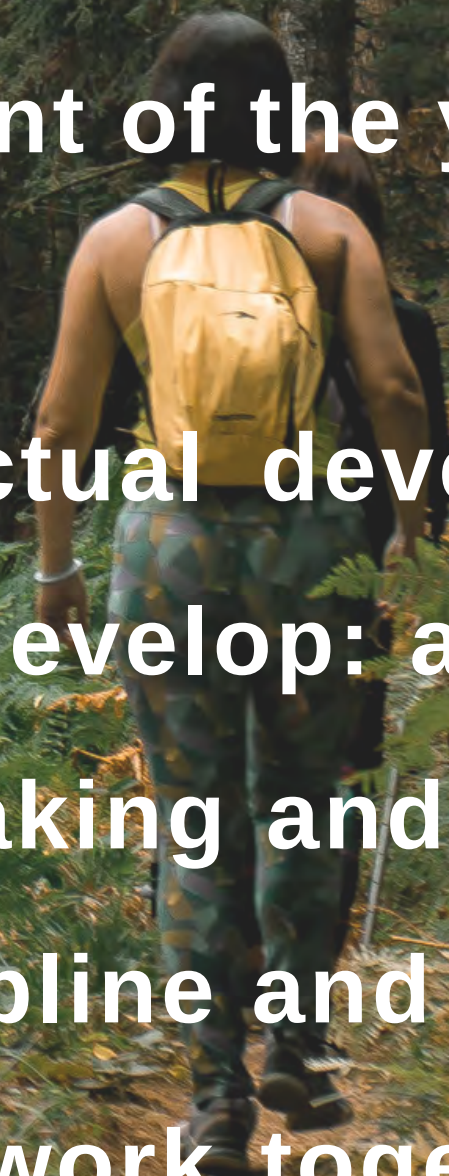


Czech Republic

# Why this project?

The main aim of the youth exchange is to raise the awareness among the young people about the importance of outdoor activities and the health benefits they have, to encourage and to initiate intercultural dialogue through outdoor activities and use the outdoor methodology for self-development of the youth.

Outdoor activities support emotional, behavioral and intellectual development. Studies have shown that youth who learn outdoors activities develop: a sense of self - independence, confidence, focus, creativity, decision-making and problem-solving skills, empathy towards others, motor skills, self-discipline and initiative. It also allows them to develop social skills, as they learn to work together with their friends and peers.



# Why this project?

The project consists of 3 main activities:  
1 training course for youth workers and  
2 youth exchanges.

The training course Find your inside outside took place from 12-20 June in North Macedonia as the participants of the training course will be the trainers on the youth exchange.

The main aim of the training course was to train the youth workers from the partner organizations to develop, organize and facilitate outdoor programs for personal development, team development, coaching of youth, gain new skills and methodology for increasing physical and mental health.

This infopack is for the second youth exchange in Czech Republic!

# The youth exchange

A scenic mountain landscape at sunset. The sky is a mix of orange, yellow, and blue. In the foreground, two people are silhouetted against the light, standing on a rocky peak and high-fiving. The background shows a range of mountains under a hazy sky.

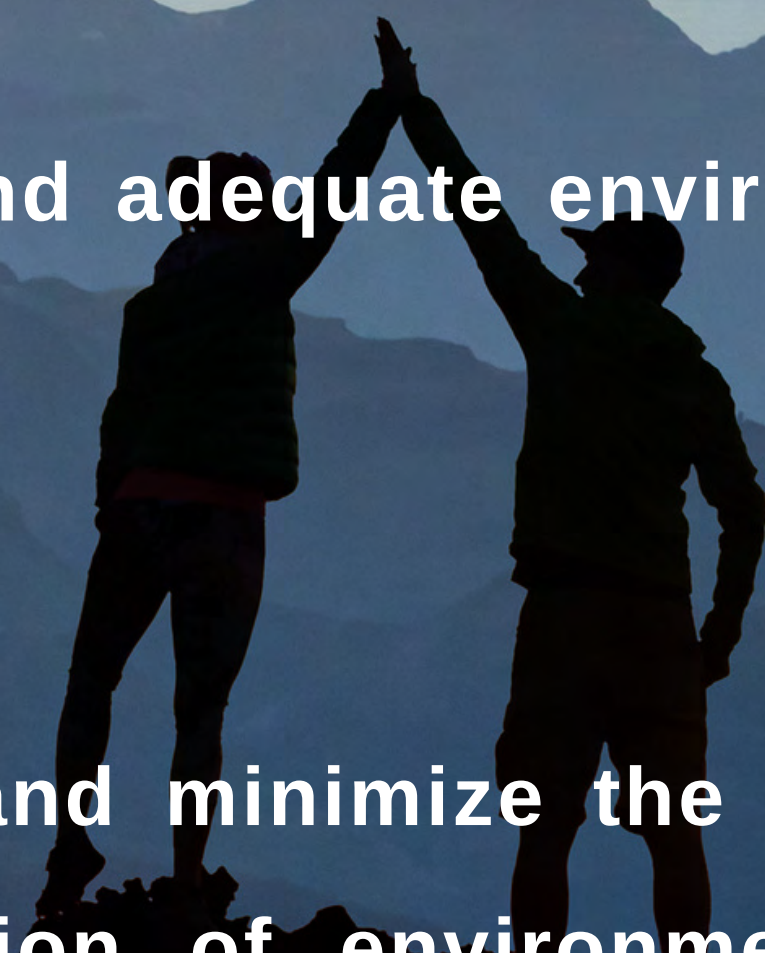
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N.MACEDONIA**

# The youth exchange

Main skills and abilities that will be developed on this youth exchange :

Main skills:

- Technical skills (there is a range of different outdoor skills relevant to outdoor adventure education)
    - making fire
    - making knots
  - Safety skills (skills that are needed to maintain a safe and adequate environment for the activities such as)
    - first aid
    - navigation
  - Environmental skills (skills that are needed to prevent and minimize the damage to the natural environment posed by activities and introduction of environmentally friendly practices)
    - setting up campsites
    - collecting garbage
- 
- The background of the slide features a scenic landscape of mountains at sunset. The sky is a mix of orange, yellow, and blue. In the foreground, two people are silhouetted against the sky, standing on a rocky peak and high-fiving their hands. The overall mood is one of achievement and outdoor adventure.

# The youth exchange

- Flexible leadership style (Skills needed to lead a group safely and responsibly)
  - quick reaction and plan changes in case of unexpected situation
  - adapting to the needs of the participants
  - dividing roles in the group
- Intercultural skills
  - Introducing your culture
  - learning about different cultures
  - raising awareness and accepting the difference
  - having tolerance



# Profile of participants

The youth exchange itself will gather young people from 5 countries North Macedonia, Netherlands, Denmark, Croatia and Czech Republic and will take place in Kavadarci, Kozuv Mountain, North Macedonia from 11 - 18 October 2021.

We are inviting all young people who are motivated to learn with outdoor methodology and who feels enthusiastic about nature and outdoor activities.

Experience in outdoors methodology is welcomed but not required to participate, however English will be the working language, so it will be a requirement to join this project, together with the willingness to actively participate in the youth exchange.

To apply for this youth exchange fill out the following application form:

<https://forms.gle/PwM5oCBS4pKuRxcA>

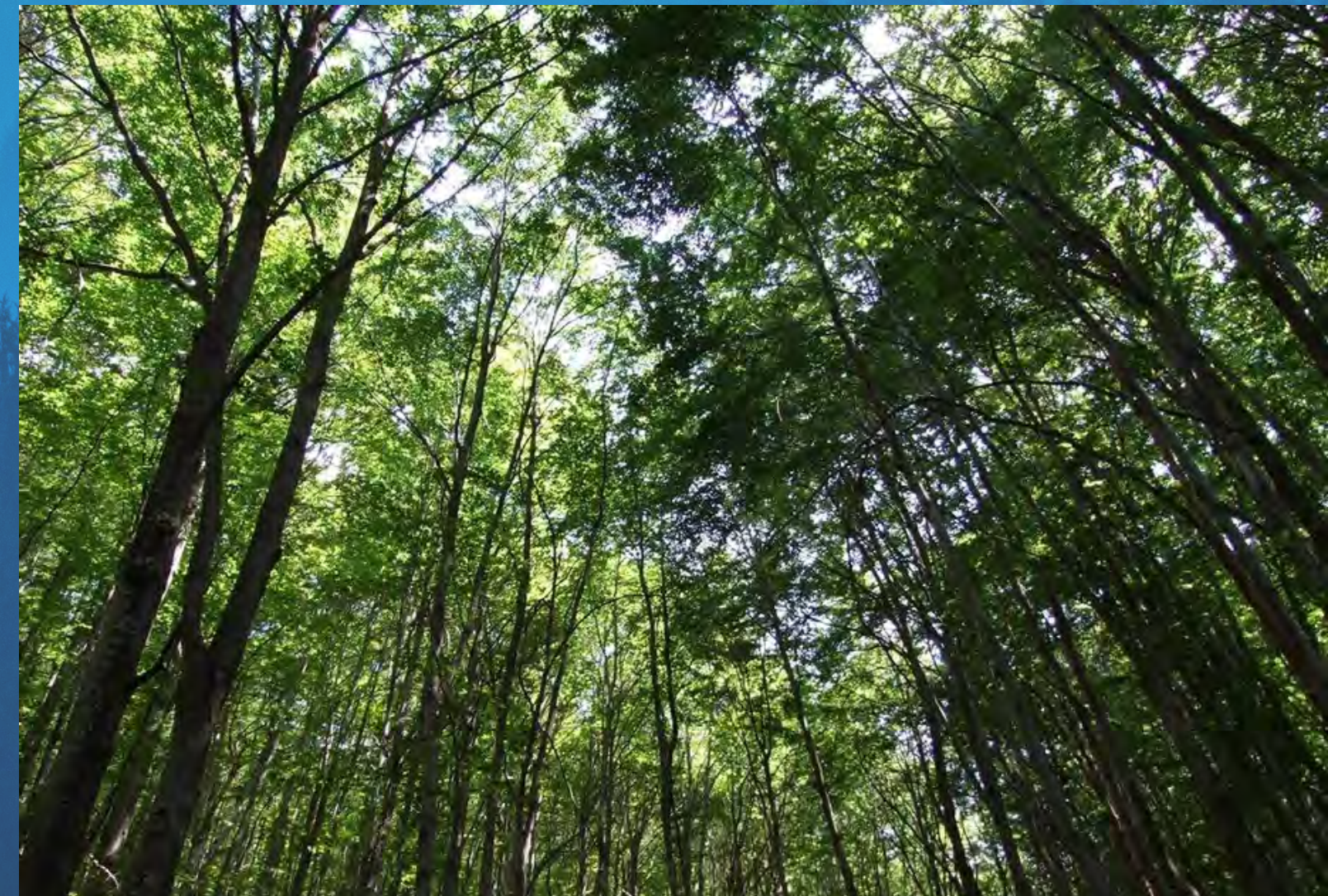


# Accommodation

The venue where we will stay is located at an altitude of 1,200 meters on the slopes of Kozuf Mountain and is 38 km away from Kavadarci. The site offers rich nature and landscaped forest hiking trails, sports playgrounds for recreation and sports.

If you want to check out more information about the accommodation and surroundings follow the link:

<https://www.facebook.com/mihajlovokavadarci/>



# Travel and Safety

From September 1, 2021, domestic and foreign citizens will be able to enter the territory of the Republic of Northern Macedonia if they have previously submitted at the border crossing:

- Certificate / confirmation for performed immunization (vaccination) from the SARS-CoV-2 virus, ie received at least two doses of vaccine against the infectious disease KOVID-19;
- Certificate / confirmation for having passed KOVID-19 in the last 45 days, counting from the day of recovery;
- Medical confirmation with negative result from RT PCR SARS-CoV-2 test, made 72 hours before entering the territory of the Republic of Northern Macedonia.

From September 1, 2021, domestic and foreign citizens and for exit from the territory of the Republic of Northern Macedonia at the border crossings will have to submit:

- Certificate / confirmation for performed immunization (vaccination) of the SARS-CoV-2 virus, ie received two doses of vaccine against the infectious disease KOVID-19;
- Certificate / confirmation for having passed KOVID-19 in the last 45 days, counting from the day of recovery;
- Medical confirmation with negative result from PCR SARS-CoV-2 test, made 72 hours before leaving the territory of the Republic of Northern Macedonia, or negative rapid test for antigen bodies made 48 hours before leaving the country.

# Travel and Safety

**How to travel to Kavadarci?**

**You can start looking for tickets to the closest airports to the venue. We recommend <https://www.kiwi.com/us/> as a good flight search website. Airports in order of preference: Skopje, Thessaloniki, Ohrid.**

**Our recommendations:**

**Participants from the Netherlands can come with a direct flight Eindhoven - Skopje - Eindhoven on the exact arrival and departure dates 11-18 October.**

**The team from Croatia can travel with a direct bus Zagreb - Skopje - Zagreb.**

**The team from Czech Republic can travel from Bratislava -(connection in Brussels )- Skopje**

**The team from Denmark Copenhagen - Skopje direct flight.**

**We will organize transport from the city Kavadarci to our venue.**

**Your leaders and our project coordinators will help you find the best travel tickets, so do not buy tickets before consulting with us!**

# Travel and Safety

## REIMBURSEMENT

The organizers will reimburse your travel costs from your home city to the venue of the project and and back. The reimbursement of travel costs will only be done upon Full attendance in the youth exchange program and presentation of the original tickets.

By the Erasmus + calculations these are the maximum travel cost we can reimburse:

<b>COUNTRY</b>	<b>TRAVEL COST PER PARTICIPANT</b>
<b>North Macedonia</b>	<b>0 euros</b>
<b>Czech Republic</b>	<b>275 euros</b>
<b>The Netherlands</b>	<b>275 euros</b>
<b>Croatia</b>	<b>180 euros</b>
<b>Denmark</b>	<b>275 euros</b>

Any costs above these represents your own contribution. Please keep all your original tickets!

Your accommodation and food will be fully paid by the project budget. All participants are required to purchase health insurance. Reimbursement will be done by BANK after receiving all original travel document by post to the leader or organizational account in EURO.

**Note: Transfers by Taxi will not be refunded**

# What to bring

- **Bring your own water bottle and coffee cup**
- **Comfortable hiking shoes and clothes**
- **Clothing appropriate for 3 seasons (wind and rain can be expected)**
- **Sleeping bag and inflatable mattress for the camping night**
- **Backpack for the hike(30l+)**
- **Toiletries and any medicine**
- **Funky clothes for carnival night**
- **Cultural stuff to represent your country at the intercultural evening**
- **Travel insurance and your European Health Card Optional**
- **Pocket knife**
- **Headlight**
- **Stuff for free time**

# Contact

## FACILITATOR AND PROJECT COORDINATOR:

Katerina Popovska [katerina@sferainternational.org](mailto:katerina@sferainternational.org) (Contact about the programme and activities)

## LOGISTICS TEAM

Milcho Duli [info@sferainternational.org](mailto:info@sferainternational.org) (Contact regarding logistics matters)

Marijan Milenkovski [youthdevelopd@gmail.com](mailto:youthdevelopd@gmail.com) (Contact regarding financial matters)

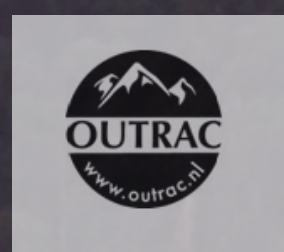
## PARTNER ORGANIZATION CONTACTS:

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Czech Republic: [kancelar@mladiinfo.cz](mailto:kancelar@mladiinfo.cz)



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