

We are looking for



VOLUNTEERS

VOLUNTEERING OPPORTUNITY

LONG TERM ESC
PROJECT

BITOLA, NORTH MACEDONIA



SFERA
INTERNATIONAL

ABOUT SFERA INTERNATIONAL



Our motto

"BE THE CHANGE YOU WANT TO SEE"

Mahatma Gandhi

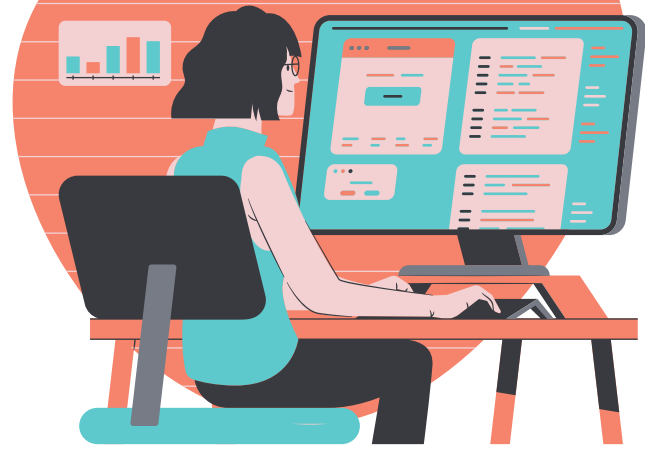
SFERA INTERNATIONAL - Bitola is an NGO from Bitola, North Macedonia which was first formed in 2007 as an informal group and in July 2009 it was registered as an NGO. The general goal of SFERA INTERNATIONAL-Bitola is to educate the population in North Macedonia, using different non-formal methods, about the protection of the environment, cultural and natural heritage, with the purpose to raise the awareness of all age groups about the importance of healthy lifestyle and the benefits that come with it.

SFERA INTERNATIONAL has 15 years of experience of hosting and sending EVS/ESC volunteers and we would be happy to host your volunteers in our beautiful town of Bitola, in N.Macedonia!

We have the quality label for hosting and sending ESC volunteers.



PROJECTS

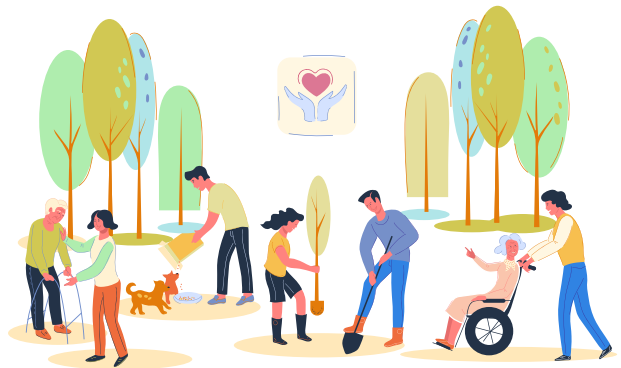


The projects we have been working on address a large variety of topics such as:

- environment protection and recycling,
- sport and health,
- art and creativity,
- youth work and counseling,
- fighting youth unemployment,
- social inclusion,
- discrimination and prejudice,
- leadership and democracy,
- digitalization and developing digital skills.
- human rights

We have successfully implemented over 100 projects on a local and international level addressing the above-mentioned topics which aim at improving the youth on a professional and personal level.





LOCAL PROJECTS

UPCYCLING WORKSHOPS

LANGUAGE LESSONS

CLEAN UP ACTIONS

ART ATTACK

KARAOKE NIGHTS

EDUCATIONAL WORKSHOPS

PERSONAL DEVELOPMENT WORKSHOPS

DEVELOPING DIGITAL SKILLS

PHOTOGRAPHY WORKSHOPS

ORGANIZING EVENTS AND EXHIBITIONS

ORGANIZING FESTIVALS



YOUR PROJECT ACTIVITIES



We offer two ESC Positions

- **Two volunteers April - July 2023 (4 months) Green practices, Environmental protection, sustainable development and climate**

Tasks:

- Organize Recycling and Upcycling workshops
- Organize Cleaning actions
- Non formal Education for young people in the local community on environmental awareness
- Research about environment, biodiversity, sustainability and climate
- Organize local environmental awareness campaigns
- Implement your own activity ideas.





- **Two volunteers August - November 2023 (4 months)**

Virtual components and/or digital technology, Digital transition

Tasks:

- ▶ Create E-course/tutorials
- ▶ Organize workshops for young people in the local community for developing their digital skills
- ▶ Research about digital technology
- ▶ Work on Canva and other graphic design tools
- ▶ Maintain Sfera's website and other social media platforms
- ▶ Photography
- ▶ Implement your own activity ideas.



Regardless of the topic the voluntary activity the participants will carry out tasks such as:

- Engage in intercultural dialogue with the local community through different types of activities
- Promote volunteering and active citizenship through organizing different actions and activities with the local youth
- Work with other local and international volunteers
- Work on the social media pages and website of Sfera international
- Work on Canva and create posters for promotion of their events
- Helping on exchanges, and seminars in North Macedonia organized by SFERA
- Organize a promotional event in their home countries upon the volunteers' return: evaluation with the sending organizations, open info day about ESC
- Promote European values and European citizenship.

HOW A TYPICAL WORK WEEK LOOKS LIKE:



Working hours: 10-16:00

Monday - Office work, work on Sfera's local projects

Tuesday - Office work, work on social media posts and blog articles

Wednesday - Office work and Macedonian Language lessons

Thursday - Work on preparing personal workshops

Friday - Work on preparing personal workshops, Mentor meeting

WHAT WILL YOU GAIN BY VOLUNTEERING ON THIS PROJECT?



The volunteers are expected to gain a number of competencies, skills, knowledge about the chosen topic, new behaviors directly from performing the project activities, from working in an international team, the experience of living abroad, learning a language, meeting people from different cultures and backgrounds. These are all activities and experiences which will without a doubt have a large positive impact on their lives, on a personal and a professional level.

This experience will get them to grow and leave the project a richer person, richer in knowledge, life skills, new attitudes and lifelong friends created on the project. They will increase their digital, soft skills and/or gain environmental knowledge and explore Bitola and its beautiful surrounding.



At the end of the service the volunteers will gain a Youthpass Certificate to validate the competences acquired by the participants during their experiences.





WORKING SPACE



SFERA International is managing the national project of the National Youth Council of Macedonia which is a place for all youth organizations from the region to organize youth events for free.



**Youth Center
Bitola**

SFERA International is managing the first and only public youth center in Bitola in partnership with YMCA Bitola and MKC. A place where youth work is happening every day.



MLADIHUB



PRACTICALITIES

What we will provide for you:

- Accommodation in a 2-bedroom apartment in the center
- Food money 110 euros per month
- Pocket money 90 euros per month
- CIGNA life insurance
- Travel costs up to the distance limit
- Language course 2 lessons per week
- Mentor
- 6 hours per day work
- Sending cost for the supporting organization is 30 euros x month x volunteer

**AND A BEAUTIFUL INTERCULTURAL
EXPERIENCE**



ACCOMMODATION



The volunteers will be lodged in an apartment not far from the city center and the office and the school where the activities will take place. The apartment is located in the area with good infrastructure, transport connection. The volunteers will be accommodated in a rented apartment living in single rooms or sharing rooms with participants of the same gender. They will be provided with common areas such as the kitchen, bathroom, and they will have internet access.

Safety and Protection: Health and Safety are covered in pre-departure inductions for participants, and the hosts will demonstrate that adequate actions and training are taken to ensure a safe environment for participants. We will take into consideration all the COVID-19 safety measures during the stay of the participants. We will be constantly in contact with the embassies regarding any travel restrictions because of the pandemic. The volunteer will get an info pack specifically about all the new laws and regulations coming from the safety measures for the COVID-19.



Visa Requirements: If the project is longer than 3 months for the volunteers is required to have a visa for their stay. The candidates will be informed about the requirements before their application and our staff will help the volunteers with all the visa application process.

PARTICIPANTS' PROFILE



We are looking for enthusiastic volunteers who are who are interested in topic Green practices, Environmental protection, sustainable development, climate or Virtual components and/or digital technology, Digital transition, and they are eager to learn more, share knowledge with youth in Bitola and people that are full of creative ideas. Moreover, the volunteers should be comfortable living on their own, be able to show that they are able to adapt to new situations and demonstrate good problem-solving skills.

The participants who will be involved in our projects will be selected according to the following qualities and interests:

- motivation to gain knowledge about the above mentioned topics
- motivation to work with youth
- motivation to contribute to the local community development
- an interest in working in a multicultural environment;
- ability to initiate, develop and implement their own activity ideas.

After the preliminary selection based on the application, the candidates will be asked to provide their CV and motivation letter.

**For more information contact:
info@sferainternational.org**



VENUE



Bitola (Macedonian: Битола) is a grand old town that still bears the marks of its turn-of-the-century importance as a center for diplomacy – while also exemplifying the country’s time-honored safe culture. Bitola is nicknamed “City of Consuls” and is the second largest city in North Macedonia, with a population of over 70,000 in the city proper and nearly 100,000 in the larger Bitola Municipality. Near the border with Greece, it straddles the Dragor River at the foot of Baba Mountain in Pelister National Park.

Bitola is quite nice, and it is favourite city for the Macedonians, since it has the most European atmosphere. It was a seat of consuls in the 19th century and with them they brought the European culture and influenced the local aristocracy, who started living in European fashion and building their houses in mixed neo-classical styles. Bitola is a nice place to visit since Pelister National Park is close, the ancient city of Heraklea is there, it has nice Ottoman architecture and 19th-century romantic architecture, so some good examples of everything. It can all be done in a day including enjoying coffee on Shirok Sokak, but you have to put aside a separate day for Pelister National Park.



TRAVEL

We will search and arrange the best travel option for the volunteers to get to Bitola. The selected participants will receive a special travel infopack before departure.

WE ARE LOOKING FOR YOU!



*Be part of the SFERA community of
volunteers!*

**JOIN US AS WE DO WHAT WE CAN
FOR A GOOD CAUSE!**

HOSTING ORGANIZATION CONTACT

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