



'Youth in Action' Programme



Youth exchange "You(th) and Water(land)" Dojran, Macedonia INFORMATION GUIDE for the youth leaders and participants

**Youth exchange 10 – 17 October 2013
in Dojran, Macedonia**

Dear youth leaders,

Hereby we are presenting you information pack that you should read before your trip to Dojran, Macedonia.

The **Youth exchange** will take place from **10th** until **17th October 2013** in Dojran, Macedonia.

Following you will find a description, how to reach Dojran and all necessary information on the programme, travel costs and some more information about Macedonia.

1. SUMMARY OF THE PROJECT

The aim of the project is to get participants familiar with the fact that preserving the environment contributes to our well being and improves the healthy lifestyles of young people. The way to do this is to get young people out into the environment via outdoor activities, give them the knowledge and tools that will raise their motivation, self-development and giving them a stake in the environment in order to empower and encourage them to fight and protect it. Shortening the options for young people to go out in the nature and enjoy it, this will be a chance for social interaction, well being and change for our health and our environment. The project will directly lead to development and sustainability of a healthy life style while preserving and protecting the environment.

This project will be a youth exchange held in Dojran, Macedonia, between 10 and 17 October 2013, to be titled "You(th) and Water(land)" and will be based around the theme of the promoting young people's health and healthy life style while protecting of the lake and the countryside. It will feature 40 participants from Macedonia, Albania, Serbia, Croatia, Turkey, Lithuania, Romania and Portugal.

The project aims to promote a preservation of the environment by making it a valued part of young people's everyday lives, rather than simply an abstract argument. Therefore the project will include workshops centred on ways to protect the environment and to promote environmentalism as a social and political agenda as well as workshops that encourage young people to enjoy spending time in the natural environment.



2. TARGET GROUP

Young people from the Lithuania, Romania, Turkey, Albania, Portugal, Croatia, Serbia, and Macedonia on age 18 to 25 and exception can be made for 2 participants to be on age from 15 to 17 years old.

Each partner organization will send 4 participants + 1 youth leader.

3. ACCOMODATION

We will be accommodated in hotel in Dojran, in the centre of the city. The rooms will be from 3, 4 or 5 bedded. Each room has its own toilette and TV.

Breakfast, lunch and dinner will be provided in the hotel.

The hotel has free wireless coverage.



4. PREPARING FOR THE YOUTH EXCHANGE

The Youth exchange will be held from 10th October (arrival date) until 17th October (departure date).

a) Each group will have to research before the youth exchange on how their country is dealing with environmental issues.

b) If possible, prepare short, but creative, funny and interesting presentation of your country for the intercultural evening. Feel free to bring any culinary specialty (food or drink) from your country as well.

5. THE VENUE: DOJRAN

Dojran is a small city situated in the south part in Macedonia, situated at the Dojran lake side. According to the 2002 census, it has population of 2000 people. Dojran is unique town in Macedonia with its warm climate and healing power of the lake.

7. TRAVEL ARRANGEMENTS

Please book your tickets as soon as possible and inform us about the dates and time of arrival and departure. **DO NOT BUY THE TICKETS BEFORE YOU INFORM US ABOUT THE DETAILS AND THE PRICE.** Once we get this information we will immediately confirm you to buy the tickets.

We will also let you know how you can get from the airport to Dojran, as soon as we collect all the travel data. If more groups are arriving in the same time to Skopje/Skopje airport, we can also arrange a minibus or bus to take us directly to Dojran.

8. TRAVEL COSTS AND REIMBURSEMENTS

There are not participants fee. We will reimburse **70%** of the travel costs for the youth exchange on the basis of the cheapest possibilities, eg. Second class railway ticket, APEX – flights, etc.

Following the guide lines of the YiA programme the travel back must be realised by the participants on direct way within maximum 2 days. In case of longer stays or indirect travelling (holiday travel etc.) there is no chance of reimbursement of travel costs. Missing tickets will not be reimbursed.

Maximum travel costs for Youth Exchange per participant from Serbia from home town to Dojran and back is 140 EUR. (as 70% of travel costs)

Participants will come from Lithuania, Portugal, Albania, Serbia, Croatia, Turkey and Romania.

The travel amounts given in the tables are including the whole transport from your cities to Dojran. Please calculate in this amount maximum 50 eur Skopje – Dojran and back for those that will fly to Skopje. If using public transport Skopje – Dojran – Skopje it will be around 14 eur per person.

Public bus schedule:

Departure time	Bus company	One way ticket price	Arrival time in Dojran
11:00	Rule turs	430 denars	15:00
14:00	Rule turs	430 denars	18:00
15:00	Stefani	430 denars	19:00
16:00	Stefani	430 denars	20:00

10. PRICES IN MACEDONIA

1 EUR = 61.3 denars (Macedonian money). You could bring euro, dollars or pounds with you and change them in denars in the city. There are exchange offices and banks in the city that are working till 20:00 in the evening.

- One beer costs 70 denars, coffee 40 denars, and coca cola 50 denars

11. HOW TO APPLY

By sending application form on e-mail office@cetplatform.org by 31/09/2013 23:59 CET.

11. CONTACT:

Group leader from Serbia:

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