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# INFO PACK

# MY LIFE IS MY PRIORITY

09-17 MAY  
STRUGA, R.MACEDONIA

MY LIFE IS MY PRIORITY IS A YOUTH EXCHANGE ,ACTION 3.1. IT'S A 9 DAYS PROGRAM WHICH AIM IS TO UNITE YOUNG PEOPLE COMING FROM 7 COUNTRIES THROUGH THE SAME MESSAGE PROVIDED ALONG WITH TOLERANCE AND MUTUAL UNDERSTANDING.

**Dear participant please keep this info pack and use the information here divided in chapters for outstanding study visit experience.**

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## INTRODUCTION

Dear PARTICIPANT, Thank You once again for applying on this Youth exchange project. We are more than happy, that nowadays there are so many interested young people, who are ready to learn, to develop and explore. We hope we will spend an outstanding week together with lots of fun and joy. This info pack will provide You with the necessary information that You might need before arriving to the youth exchange to R.Macedonia / Struga, the town where we will meet, and where we will run the youth exchange and activities.

We strongly encourage you to print one copy of this info pack so you will always have it next to you helping you with useful details on travelling arrangements, accommodation, contacts, money conversion rates, addresses of transportation stations and some general information on the area you will stay.

If You have further questions, do not hesitate to contact us on our  
email: [youthexchange.mlmp@gmail.com](mailto:youthexchange.mlmp@gmail.com)

or by phone: +389 71 956 999  
Enjoy exploring the practicalities!

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**THE PARTICIPANTS:** Our project is involving 43 people coming from Rep. Macedonia, Armenia, Albania, Romania, Turkey, Croatia and Czech Republic. We expect all participants to be able to work in English and actively participate in the entire program.

**ABOUT MACEDONIA:** Macedonia is a country located in the central Balkan peninsula in Southeast Europe. is in the center of Balkan peninsula between. For more information on the country's population, climate, history and culture, please visit: [http://en.wikipedia.org/wiki/Republic\\_of\\_Macedonia](http://en.wikipedia.org/wiki/Republic_of_Macedonia)



**THE WEATHER** The average is 15 - 20 C° and up, so prepare Yourself, and bring some hot clothes too, and T-shirts as well. We will be situated by the lake so Bring swimming clothes too. Later we will send You the weather forecast, so You can organize Your clothes.

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## PROJECT

“My life is my priority” is a youth exchange that is to take place in Struga, Rep. Macedonia, involving 43 people coming from Rep. Macedonia, Armenia, Albania, Romania, Turkey, Croatia and Czech Republic. The project aims to reduce the number of car accidents that take the lives of thousands of people yearly as well as to decrease the consumption of narcotics and alcohol, especially while combined with driving. Nevertheless, the project aims to unite young people coming from 7 countries through the same message provided along with tolerance and mutual understanding.

For 9 days, the participants will attend workshops with topics such as drugs and alcohol, and their effect, other issues that can cause accidents, Youth in Action Programme, cultural presentations, making of videos, flash mobs etc., through non-formal methods such as presentations, games, brain-storming sessions, debates, role-playing, movie making, flash mobs, evaluations, cultural events, etc., in order to reach the purpose of this project with as many positive results as possible

### Through this project we want:

- to spread information related to the topics like consumption of alcohol and narcotics;
- to discuss the other factors that are causing car accidents such as speed, inattention, bad weather conditions or bad infrastructure).
- the effects of the injuries on human bodies and the psychological impact on the families, as well as to keep a moment of silence for those that have been killed in car accidents.
- to draw the attention not only of young people, but also of the other members of the community and transmit the information regarding the danger they put themselves and other participants at the traffic into when driving reckless.
- We hope that our participants will think twice before abusing these substances, especially before driving.

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## DATES

### Youth exchange

**Will start on 09 May (Struga) by dinner at 19:00  
and finish on 17 May (leaving day, from Struga).**

**09 May ( Friday) is arrival day and 17 May (Saturday) is departure day.**

Please, plan your travel that you are able to reach the project venue – Struga by 19:00 on 09 May and that you are leaving the project venue (Struga) on 17 May. If you coming to Struga via Skopje, you can buy ticket at the international bus station in Skopje.

Please as you enter the country change some money (10 – 20 Euros) because the official valute here is Denar and you will need it. All money exchange offices are safe; you can also change money in all the banks. 1 Euro is 61 denars.

The participants should be older than 18, be able to communicate in English and fill in the application form no later than 20 April 2014 on our email: [youthexchange.mlmp@gmail.com](mailto:youthexchange.mlmp@gmail.com)

The sending organization is responsible for helping the participants with the travel plans and assisting in choosing the best route to come to the Place of the Venue (Struga). Additional information about travel possibilities will be provided to the sending organization if necessary or participants if need. We strongly recommend to buy the travel tickets in advance (especially for the airplane tickets), and send us copy at least a week before the arriving day 30 April 2014, so we can start doing the calculations in order to reimburse all of the participants on time.

The reimbursement of the 70% of the travel tickets will be the last day, after successfully attending on at least 80% of the programme.

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### Check more on :

- <http://en.wikipedia.org/wiki/Struga>
- <http://wikitravel.org/en/Struga>
- (google maps)

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## Accommodation and Venue

The Venue of this training Course is Struga (9-17 May).

Struga is a town and popular tourist destination situated in the south-western region of the Republic of Macedonia, lying on the shore of Lake Ohrid. The town of Struga is the seat of Struga Municipality.



Accommodation is 100% covered with support of the Youth in Action programme, by European Commission. We will stay in Hotel in Ezerski Lozja, near the lake.

There is free Wi-Fi, hot water and 3 meals per day. Please bring your own, towel, soap, shampoo and swimming clothes.

## CONTACT US:

During all preparation period feel free to contact us.

We are ready to assist when planning your travel as to provide you any additional information.

Contact email: [youthexchange.mlmp@gmail.com](mailto:youthexchange.mlmp@gmail.com)

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## Organizers

You are going to be hosted by Association of social Action, Education and Preventive (EASP) : Our main field of work is promotion of idea for Euro Atlantic integration and monitoring in the process of implementation EU standards in Rep. of Macedonia, enhancement of regional cooperation at the level of SEE and implementation of international standards, and regulations regarding the human rights and freedom protection. Development and promotion of civil society through inclusion of young people in social life, children's protection, direct action, educational and preventive activities and forms of activities of volunteerism, resolving and alleviation of social problems by lobbying the institutions of the system, development of democracy, civil society and human rights through coordinating, planning and implementing a volunteering activities in our network of children orphans centers, and youth centers for children with fewer opportunities. Key activity is Implementation of Convention for right of child, and implementation of international programs for children development and volunteerism of youth. The table of the partners looks like this:

### List of partner organisations

Partner no	Role	Organisation Name	City	Country
P1	Applicant	Association of social Action, Education and Preventive (EASP)	Skopje	the former Yugoslav Republic of Macedonia
P2	Sending organisation	Yellow Shirts	Baia Mare	Romania
P3	Sending organisation	Bartın University Youth Office	Bartın	Turkey
P4	Sending organisation	Organizata Pertej Barrierave	Tirana	Albania
P5	Sending organisation	Eritasardakan akumbneri dashnutyun	Yerevan	Armenia
P6	Sending organisation	Hrvatska udruga mladih (Croatian Youth Association)	Vrgorac	Croatia
P7	Sending organisation	Tmelnik o.s.	Mělník	Czech Republic

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## Travel

Our meeting point is in town Struga. We will meet You at the Hotel Ezerski Lozja where all the participants will get together. You can travel to Struga using bus and minivan. **ONE OF THE MAIN WAY FOR COMING IT WILL BE FROM SKOPJE MAIN BUS STATION.**

If you are coming from the Airport (Skopje-Alexander the Great) you can easily come to the city center by bus. You buy the ticket at the airport. The price is 150 denars (2.5 euro) one way. Here is link just to check and prepare in advance: <http://skp.airports.com.mk/default.aspx?ItemID=491>

If you are coming to Skopje by bus the arriving point will be Skopje bus Station:

<http://sas.com.mk/index.php>

Here is table of buses go from Skopje to Struga:

Skopje – Struga bus				
Departure time at the main <b>Skopje</b> bus station	Name of the bus company	Price of <b>One way ticket</b>	<b>Two way ticket</b>	Arriving time in <b>Struga</b> main bus station
05:30	ВАКЧАРЕ-СТРУГА	530 DEN.	730 DEN.	09:10
11:00	ЕУРО БУС СТРУГА	500 DEN.	800 DEN.	14:00
12:30	ВАКЧАРЕ-2-СТРУГА	500 DEN.	730 DEN.	16:20
12:50	МАРТИНОСКИ-СТРУГА	530 DEN.	780 DEN.	15:30
13:15	ЕУРОЛИНИЈА-СТРУГА	500 DEN.	800 DEN.	16:30
14:00	ДОКО-ТРАНС-СТРУГА	430 DEN.	630 DEN.	16:45
14:30	ВАКЧАРЕ-2-СТРУГА	530 DEN.	730 DEN.	18:15
16:00	ЕУРОЛИНИЈА-СТРУГА	530 DEN.	730 DEN.	19:05
16:10	МАРТИНОСКИ-СТРУГА	530 DEN.	780 DEN.	19:00
17:30	ВАКЧАРЕ-2-СТРУГА	500 DEN.	730 DEN.	21:15
19:00	МАРТИНОСКИ-СТРУГА	530 DEN.	780 DEN.	21:45

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## Finances

The food and accommodation will be provided and paid by the host organization “Association of social Action, Education and Preventive (EASP)” with financial support the programme Youth in Action, by European Commission.

Tickets for traveling **70%** travel costs will be reimbursed on the basis of the cheapest possibilities, e.g. second class railway tickets, bus, flights etc. either by bank transfer after the course or at the end of the course in cash. **WE NEED YOU TO BUY ROUND TRIP TICKETS, AND SEND US A COPY BY EMAIL, BEFORE ARRIVING HERE, SO OUR ACCOUNTANT WILL KNOW HOW MUCH SHOULD WE PREPARE, AND PAY YOU 70% AT THE END (LAST DAY) OF THE TRAINING COURSE.**

For that we ask You to **save all documents (ORIGINAL tickets, boarding passes, invoices or bills with the ticket price)** which are related to Your travel, the documentation background is obligatory for reimbursement. We kindly ask you to buy all the tickets for the travel for **both directions – return tickets** (plane tickets, train tickets, bus tickets and etc.), because we will be able to reimburse only REAL EXPENSES (made expenses).

We can not refund any travel costs done by taxi or car.

Participant must travel from country of sending organization, and back. Following the guidelines of the YiA programme the travel back must be realized by the participants on direct way within maximum **2 days**. (You can arrive in Macedonia up to 2 days in advance and leave up to 2 days later. Stay for an additional day is not covered from project budget.)

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.**

**Insurance is important we recommend it. You can buy travel insurance, but it will not be covered by us, it will be on your own cost.**

**Traveling is sometimes requiring additional day for catching a flight and staying for one night at the city, where airport is situated. We are aware of this problem but organizers can't cover this cost, this is participants own cost too.**

**Visa cost is participants own cost too.**

We recommend: use hostels (<http://www.hostelworld.com/>) or friends (<https://www.couchsurfing.org/>)

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## Travel cost

Name of partner organization	Number of participants	Maximum travel cost per participant 100%	Refundable only 70% of the real travel expenses
Organizata Pertej Barrierave, Albania	5 Participants + 1 youth Leader = 6	50 eur	35 eur
Eritasardakan akumbneri dashnutyun, Armenia	5 Participants + 1 youth Leader = 6	450 eur	315 eur
Bartın University Youth Office, Turkey	5 Participants + 1 youth Leader = 6	300 eur	210 eur
Yellow Shirts, Romania	5 Participants + 1 youth Leader = 6	300 eur	210 eur
Hrvatska udruga mladih (Croatian Youth Association), Croatia	5 Participants + 1 youth Leader = 6	200 eur	140 eur
Tmelník o.s., Czech Republic	5 Participants + 1 youth Leader = 6	300 eur	210
<p>Please be aware that only 70 % is refundable, so start buying tickets as soon as possible, and use the cheapest transport, 2<sup>nd</sup> class tickets and low budget air travel companies. We will provide some travel information soon.</p>			

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**WHAT SHOULD YOU BRING?** Here is a list of important things that You should bring with yourself to the training course:

1. Passport

**2. Two-way travel tickets, invoices, boarding passes**

- **We can only refund Your travelling costs, if You have the tickets, receipts of the trip. A maximum of 70% of the total costs will be covered.**

3. Medicines (anti allergy pills, pain killers, aspirin, etc)

- For preventive reasons we recommend for those who have health problems to bring their own medicine.

4. Towel and hygiene accessories

5. Music CD's and MP3's

- We would appreciate some music from Your home country.

6. Some traditional snacks, drinks or food

- In order to learn as much as possible about each other's culture, we will organise an intercultural evening, where You are supposed to share some of Your local specialities with the other participants.

7. Representative materials about Your sending organisation (brochures, CD's, etc.)

8. Other stuff you might need – digital camera, laptop, etc

**And also:** Be prepared for a lot of intensive work on the youth exchange. Bring comfortable clothing for working.

## OUR CURRENCY AND PRICES:

1 euro = approximately 61.5 denars. And here is some prices just as a orientation:

Here are some examples of local prices:

1 coffee at a coffee shop / 1-1,5 €.

1 glass of drink in a cafe / 1-1,5 €

1 beer in a pub / 1-1,5 €.

1 piece of snack in the shop / 0,5-1 €

1 cake in a pastry shop / 1 €.

0,5l of mineral water in the shop / 0,3-0,5 €

1 bread in a bakery / 0,5 €.



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**Language:**

In R. Macedonia the official language is Macedonian. Most of the Young people (18 – 25) understand English as well. So if you want to ask something please ask young people.

Customs: <http://www.customs.gov.mk/>

**LOGISTIC STAFF**

If You have any other question, please feel free to ask our logistic staff members.

Gjoko : +389 71 956 999

Zorica : +389 78 455 536

Vladimir : +389 78 761 429

**We hope that we will have a good time! ☺**