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3-9 October 2022
Bitola, North Macedonia

Infopack for
BIKE - UP
Youth Exchange



NATIONAL AGENCY
FOR EUROPEAN EDUCATIONAL
PROGRAMMES AND MOBILITY



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Erasmus+ Youth Exchange "Bike-Up"
2022-1-MK01-KA152-YOU-000067228
Bitola, N. Macedonia

PROJECT BACKGROUND

Urban communities and city centres are overloaded with cars, traffic jams, congestion and pollution and public spaces are shrinking, because of the passive public authorities that remained stuck with the car-centric concepts of urban design coming back from the 70s of the 20th century when the cities were built to secure fast flow of cars. The urban designers in the modern era have shifted their focus and have become people-centric meaning they are designing the cities primarily for the people and not for cars resulting with closing city centres for cars, reducing parking spaces, expansion of green spaces, pedestrian areas, bike lanes, promoting sustainable transport and making the cities more livable.

The aim is to promote the bicycle as a means of urban transport that is saving money, is available for each member of the local community, is highly cheap, that fights global pollution while helping to live a more healthy life. At the same time, we would like to inspire young people to become active at home in their organizations in promoting cycling as one way to protect the environment and foster active citizenship of young people.

OBJECTIVES

- To raise awareness and increase the use of bicycles as an environmental urban non-polluting means and the same promote healthy lifestyles.
- To empower young people to reflect on their "Ecological Footprint" and the lifestyles in their local communities, from a sustainability perspective related to architecture, science and technology, transport, fashion and healthy lifestyles.
- To mediate intercultural learning, giving young people the chance to learn about themselves, the other cultures, and to take responsibility with content-related inputs.
- To empower young people in sharing and confronting their opinion, so the participants will go home motivated and curious to become more active in their local community.



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TIMELINE OF ACTIVITIES

September 5, Open call for participants
September 16, Deadline for application
September 19, Selection of participants

October 2, arrival day, for YOUTH EXCHANGE starting with dinner
October 3-9, full program days
October 10, departure day for YOUTH EXCHANGE, after breakfast
October 25, follow-up and dissemination activities in local organizations.



PROFILE OF PARTICIPANTS

- 16-29 years old
- Residing in Bulgaria, Croatia, Denmark, Greece, Italy or N.Macedonia
- Having a basic knowledge of English language
- Willing and motivated to fully participate in all activities
- Eager to share own and learn other youth's opinions on the topics
- High interest in the project topic and strong will to create a positive impact in their community.
- Since this event will be with NO FEE, we will encourage applicants facing economic obstacles with fewer possibilities to travel abroad or who are living in rural areas with geographical obstacles, and who are feeling that they are culturally challenged.



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PROGRAM & METHODOLOGY

The participants will be faced with the topic of transport, environment, climate change and sustainability. They will get a deep insight in the situation of the other European countries that are partners in this exchange, which will let them, compare the situation with their home country. Therefore, participants can reflect on about the similarities and the differences in their own realities, so they can better understand the context we live as a baseline.

The working methods are going to be based on non-formal education principles. There will be diverse workshops, in which we are going to use introduction games, team building games, lectures, brainstorming activities on various issues that will be addressed, solving questionnaires as group work in diverse groups and also individual work, as well as outdoor components (driving bicycles, bicycles repairing and revitalizing, thematic artistic expression on public spaces, etc.).

ACCOMMODATION AND FOOD

The Youth Exchange will take place in **Bitola**, North Macedonia in the **student dormitory "Kocho Racin"**. Accommodation will be in two and three people bedrooms based on boys and girls principle. There will be a shared bathroom, one for boys and another for girls. Accommodation, food and project materials will be covered by the Coordinating organization YMCA with the grant from the Erasmus+ program.



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SAFETY

The Coordinating organization YMCA will buy group insurance plan for all the participants during the full program days of the Youth Exchange. Having in mind the Covid-19 situation, we will follow the Ministry of Health protocols, make sure to ventilate our indoor spaces and use the outdoors as much as possible.

TRAVELS

- Airport Skopje (N. Macedonia) 160km to Bitola
- Company that has most connections with the airport is www.wizzair.com.
- Italy with direct flights from: Bologna, Milan Malpensa, Rome Ciampino, Rome Fiumicino, Venice Marco Polo, Venice Treviso
- Croatia (Daily flights in several cities to Skopje with Croatia Airlines)
- Bulgaria has buses from Sofia to Skopje
- Denmark (Connection flights to Skopje or Sofia, Thessaloniki, Tirana, Pristina).
- Note for the connection flights: If you go via Sofia, the advantage is that you can share the costs of car/taxi with the Bulgarian youth.
- Greece is very close and can come by train to Florina and by taxi or car from there to Bitola.
- From Airport Skopje to Skopje International Bus Station ([Shuttle bus](#))
- From Skopje to Bitola we will provide info based on your arrival time since the bus and train schedules are often changed.
- There is an option for car sharing which can take you from Airport to Bitola.



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COSTS AND REIMBURSEMENT

- Keep all your travel invoices, boarding passes and tickets from your travel.
- The reimbursement will be done after the Youth Exchange when we will receive all the invoices, tickets and boarding passes.
- The reimbursement will be done based on agreements between Coordinating and the Partner organizations on the accounts of the partner organizations.
- The maximum amounts for travel costs will be based on the Erasmus+ distance calculator.

IMPORTANT NOTICE!

Do not buy your travel tickets before receiving the Confirmation Letter that you have been officially selected as a participant. As soon as you receive the confirmation letter in coordination with your sending organization and the group leader, you can plan your travel and purchase the travel tickets.

ORGANIZATION AND COUNTRY	NUMBER OF PEOPLE (TRAVEL COSTS PER PERSON)	BUDGET	TRAVEL DAYS
Walk Together (Bulgaria)	1 group leader + 5 participants	180 EUR	0
Eutopia (Croatia)	1 group leader + 5 participants	275 EUR	1
Danish Youth Team (Denmark)	1 group leader + 5 participants	275 EUR	1
Hellas for us (Greece)	1 group leader + 5 participants	23 EUR	0
Marzano Giuseppe (Italy)	1 group leader + 5 participants	180 EUR	1
YMCA (N.Macedonia)	1 group leader + 5 participants	23 EUR	0



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CONTACT:

ORGANIZATION AND COUNTRY	NAME AND SURNAME	E-MAIL	TELEPHONE
Walk Together (Bulgaria)	Vilislava Metodieva	_walktogetherbulgaria@gmail.com	+359 88 696 9670
Eutopia (Croatia)	Diana Grgat	_dianagrgat@yahoo.com	+385 95 75 66 471
Danish Youth Team (Denmark)	Andreea-Oana Corciovei	_andreea@danishyouthteam.com	+45 71 56 59 51
Hellas for us (Greece)	Lamprini	_youth@hellasforus.com	+30 24 611 02 335
Marzano Giuseppe (Italy)	Simona	_simonadetullio@libero.it	+39 339 877 4973
YMCA (N.Macedonia)	Jovche Krsteski or Viktor Iliev	_project@ymca.mk _viktor@ymca.mk	+389 72 556 386 +389 70 59 43 41

DEADLINE SEPTEMBER 16



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