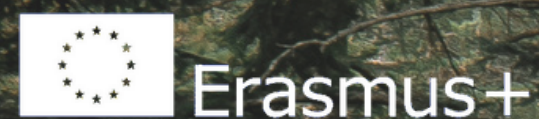


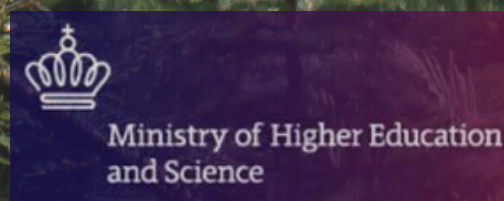
# Find your inside - outside



TRAINING COURSE

12 - 20 JUNE 2021

BITOLA, NORTH MACEDONIA





# Why this project?

Outdoor activity programs can increase self-efficiency, mindfulness, and subjective well-being, and can foster mental health in youth and youngsters. The general aim of the project is to promote using outdoor activities as a tool for personal development youth and increasing physical and mental health.

The project will consist of 3 main activities:

- 1 training course for youth workers and
- 2 youth exchanges

The main aim of the training course is to train youth workers from the partner organisations to be able 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.

The main aim of the youth exchanges is to promote the importance of outdoor activities and the health benefits they have, encourage and initiate intercultural dialogue through outdoor activities, and use the outdoor methodology for self development of the youth.





# Partner organizations



You(th) Develop Denmark

Denmark  
*applicant*



SFERA  
INTERNATIONAL

North Macedonia



The Netherlands



OUTWARD BOUND  
CROATIA™

Croatia



Czech Republic



# The Training course

Main skills and abilities that will be developed on this training course:

- **Technical skills** – there are a range of different outdoor skills relevant to outdoor adventure education such as – rock-climbing, making knots etc. Having these skills in a higher level than participants, allows instructors to keep the control over group during the activities and create a safe environment for learning.
- **Safety skills** – skills that are needed to maintain a safe and adequate environment for the activities – navigation, first aid, weather predicting, water safety etc.
- **Environmental skills** – skills that are needed to prevent and minimize the damage to the natural environment posed by activities, and the introduction of environmentally friendly practices such as setting up campsites, garbage collecting etc.
- **Organizational skills** – skills that are needed to plan, organize and analyse the activities – risk management, choosing hiking routes, provide equipment etc. **Instruction skills** – ability to introduce the group with an activity or concrete situation, explaining rules and teaching basic skills.
- **Facilitation skills** – ability to resolve conflicts and foster good group dynamics, trust and cooperation between participants and instructors.
- **Flexible leadership style** – ability to quickly react and change plans in case of unexpected situations, adapting to the needs of the participants.
- **Experience-based judgement** – sound judgement, the reaction in situations with missing information.



# The Trainer

The trainer for this project is Gerrit Onstein. He has worked since the early '90s in many local and international projects, as well on many activities with social work and education (formal and nonformal) He is experienced in managing the activities in a non-formal way, train volunteers/professionals and working toward to achieve the objectives of his organization SLOE in several training projects, national and international re socially excluded based on their status, life choices or beliefs, bringing together a culturally diverse youth body that would inspire and encourage growth for generations to come. His programs are aimed at teams and individuals who want to acquire relevant knowledge and skills. Talent and competence development are central here. He works in a practical and result-oriented way, positive and stimulating, involved and in-depth. His courses are offering a tailor-made and lasting learning experience. The programs he works on are made based on the learning question and direct intensive experience of the participants themselves. (<https://outrac.nl/>, <https://www.facebook.com/outrac1/>)



**Educational background:** Canadian woods travel and survival instructor CSWI Level 1 and 2, IGA Apprentice Interpreter Advanced rope rescue Basic Wilderness First Aid Search and Rescue Developmental Psychology / Psychopathology Outdoor Sports Instructor Extensive national and international experience in the guidance and instruction of groups and courses in: The Netherlands, Belgium, Canada, Croatia, Georgia, Spain, Germany, France, Finland, Nepal Egypt. Seminar for orthopaedics Special Education Course Mountains 101, University Alberta, online course Developmental psychology/ psychopathology.



# Profile of participants

**This project is open for people from the partner countries (Denmark, N. Macedonia, The Netherlands, Croatia and Czech republic (age 18+), regardless of their gender, ethnicity, cultural and religious background. Each partner organization will select 4 participants.**

**We are inviting all motivated youth workers, volunteers, teachers and anyone else who would like to gain skills to use outdoors methodology and activities, and gain practical experience in organizing a youth exchange, to join this training course.**

**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 training course, and in one of the youth exchanges.**

**To apply for this training course fill out the following application form:**

**<https://forms.gle/8rvMBNDnoymwQJG29>**



# Training course accommodation



We will be accommodated in Vila Dihovo, in the village Dihovo, 5km from Bitola, North Macedonia. The villa is a restored traditional house, built-in 1928, in the typical Macedonian stone-and-wood style. The venue is equipped with a kitchen, a big yard for activities, a conference room and is at the base of the mountain Baba which will be perfect for all of our outdoor activities and hikes. The guest rooms are all built of natural wood, with traditional carpets and décor and private bathrooms. The participants will be sharing rooms with members of the other national teams, same gender.

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

<http://villadihovo.com/> / <https://www.facebook.com/villadihovo>

<https://bitola.info/dihovo-village-bitola-excellent-destination-for-rest-and-relaxation/>



# The Youth Exchanges

After the training course, the participants will be responsible to deliver 2 youth exchanges, one in Czech Republic, and one in Denmark. The participants will be divided into 2 groups and each group will be working on the programs for the exchanges during the last days of the training course. This means that 2 participants from each national team will work the first exchange, and the other 2 participants will work on the second exchange.

While creating the programs, the participants have to think about activities that will contribute towards achieving the aim and objectives of the youth exchanges.

The main aim of the youth exchanges is to promote the importance of outdoor activities and the health benefits they have, encourage and initiate in intercultural dialogue through outdoor activities, and use the outdoor methodology for self development of the youth.

**General objectives:**

- Promote outdoor activities as being beneficial for physical and mental health
- Encourage young people to become aware of what they need to learn foster mutual understanding between young people from different social, religious, ethnic and cultural backgrounds
- Promoting intercultural dialogue
- Promote active participation, volunteering and the E+
- Learn how to connect soft skills with hard skill, outdoor-related.
- Promote nature as a tool for personal and group development



# The Youth Exchanges

A person wearing a white cap, a red shirt, and a black backpack is walking away from the camera on a rocky, dirt trail. The scene is set at sunset or sunrise, with a warm, golden light illuminating the landscape. The person is looking towards a valley with mountains in the distance under a sky with scattered clouds.

## **PLANNED DATES**

**YOUTH EXCHANGE IN CZECH REPUBLIC**

***7 - 14 AUGUST 2021***

**YOUTH EXCHANGE IN DENMARK**

***10 - 17 SEPTEMBER 2021***

**\*NOTE: BECAUSE OF THE UNPREDICTABLE CHANGES IN TRAVEL REGULATIONS AND SAFETY MEASURES CONNECTED TO THE COVID -19 PANDEMIC IN THE COUNTRIES, THE DATES MIGHT CHANGE!**



# Travel and Safety

The safety of the participants is our ultimate priority for this project. Having into consideration that the COVID - 19 pandemic is still ongoing, we will require the ONE OF the following documents/tests from ALL OF THE PARTICIPANTS in order to join the Training Course:

- proof of vaccination,
- proof of recovery from Covid-19 (COVID -19 antibody presence test), done no later than 2 weeks before the travel.
- or a negative PCR test (or rapid PCR test) done no later than 2 days before travel.

Please note that at the moment to enter North Macedonia you do not need the above mentioned tests, but we require them because we want to create a safe environment for all the participants.

If you require a test to go back to your country, the price for a PCR test in Macedonia is around 45 euros and we can arrange the tests for the group. The antibody test costs and the rapid PCR costs.

PLEASE NOTE THAT SINCE WE HAVE 3 MOBILITIES WE CANNOT AFFORD TO REIMBURSE THE PARTICIPANTS FOR THEIR TESTS.

*\*The project was applied before the pandemic and we do not have these costs calculated in our budget.*



# Travel and Safety

Regarding the travel, the borders of North Macedonia are open for all EU countries, so you should have no trouble entering. The means of transport and connections however are quite limited, and so far we have these travel suggestions for each of the groups. Have in mind that by 12th of June these could change:

## THE NEDERLANDS

### Option 1

11 June Wizzair Eindhoven – Skopje

21 June Wizzair Skopje – Eindhoven

99 euro without bag

150 euro with 10 kg

180 euro with 20 kg

### Option 2

11 June Wizzair Eindhoven – Skopje

20 June Pegasus Skopje – Istanbul - Amsterdam

144 euro without bag

170 euro with 8kg

222 euro with 20 kg

## DENMARK

12 June Wizzair Malmo – Ohrid

45 euro without bag

78 euro with 10 kg

89 euro with 20 kg

21 June Wizzair Skopje – Copenhagen

45 euro without bag

76 euro with 10 kg

88 euro with 20 kg

20 June Airserbia Skopje – Belgrade – Copenhagen

120 euro with 20kg



# Travel and Safety

## CZECH REPUBLIC

### Option 1

12 – 20 June CAR (13h drive Brno - Bitola)

### Option 2

12 June Prague – Copenhagen – Skopje

20 June Skopje – Warsaw – Prague

217 euro hand bag

### Option 3

11 June Vienna – Skopje

20 June Skopje – Vienna

170 euro hand bag

200 euro with 20kg

### Option 4

12 June Vienna – Skopje

20 June Skopje – Vienna

209 euro hand bag

## CROATIA

### Option 1

Bus Zagreb – Skopje – Zagreb

Goes every day

110 euro return ticket

### Option 2

11 June Croatia airlines Zagreb – Skopje

20 June Croatia airlines Skopje – Zagreb

170 euro with 20 kg



# Travel and Safety

## REIMBURSEMENT

The organizers will reimburse your travel costs from your home city to Dihovo, Bitola, N.Macedonia and back. The reimbursement of travel costs will only be done upon Full attendance in the Training course (and including 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>Denmark</b>	<b>275 euros</b>
<b>The Netherlands</b>	<b>275 euros</b>
<b>Croatia</b>	<b>275 euros</b>
<b>Czech Republic</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
- Layered system of clothing appropriate for 3 seasons
- (rain/wind, insulation, underwear, hat)
- Extra clothing: socks, underwear(thermo), rain, wind
- A sleeping bag and mattress for the camping night
- A backpack for the hikes
- Pocket knife (if you have a checked in bag)
- Sunglasses, sunscreen and .
- Toiletries and any medicine that you need
- Intercultural evening stuff: national food and drinks from your country
- Travel insurance and your European Health Card
- Please take EUR. The currency in Macedonia is the Denar (MKD). The exchange rate is: 1 EUR = 61,50
- Lap top (if you need if for personal use)



# Contact

## FACILITATOR AND PROJECT COORDINATOR:

Katerina Popovska katerina@sferainternational.org

## LOGISTICS TEAM

Milcho Duli info@sferainternational.org

## PARTNER ORGANIZATION CONTACTS:

Denmark: youthdevelopd@gmail.com

The Netherlands: outrac@kpnmail.nl

Croatia: tamara.lipnjak@outwardboundcroatia.com

Czech Republic: eliska@mladiinfo.cz

To apply for this training course fill out the following application form:

<https://forms.gle/8rvMBNDnoymwQJG29>