



- * Republic of North Macedonia
- * Lithuania
- * Spain
- * Albania
- * Turkey

STOP Violence

21.10-29.10.2019

Bitola, North Macedonia

- * Bosnia and Herzegovina
- * Slovenia
- * Serbia
- * Bulgaria
- * Italy



Erasmus+



Sumnal



NATIONAL AGENCY
for European Educational
Programmes and Mobility



Summery of the project

In order to understand domestic violence on children and society at all, it is important to enter the world of domestic violence. Domestic violence includes many forms of physical and emotional abuse, as well as neglect carried out by family members. It may include a single act of violence, or a number of acts that form a pattern of abuse. Domestic violence can have serious and sometimes fatal consequences for victims, especially for children, and for those who see or hear the violence. The consequences that children have in living in such an environment affect the formation of their personality. Children who have grown up in families where there is domestic violence over time show deviant behavior.

The activities planned in the training enable the participants to raise the level of their knowledge about this topic through them. Becoming aware of this problem will contribute to early detection of cases of domestic violence as well as prevention of it. Children of abuse feel isolated and vulnerable. They are starved for attention, affection and approval.

Because mom is struggling to survive, she is often not present for her children. Because dad is so consumed with controlling everyone, he also is not present for his children. These children become physically, emotionally and psychologically abandoned. Our main purpose in this project is to raise awareness among young people about this problem in our societies. Sumnal study addresses Romani women's experience with domestic violence and their knowledge of the victim services. With this research, we had found out that in Romani's families, domestic violence is more represented. For this reason, the accent of this project is preventing and recognizing domestic violence in Roma population.



OBJECTIVES

- ✓ Rising awareness about the content of domestic violence on the participants at the training,
- ✓ Becoming aware of factors that cause domestic violence on children
- ✓ Rising awareness on participants about early recognition of forms and cases of domestic violence on children
- ✓ Contributing to the fight against domestic violence on children by means of young people and organizations from different cultures.
- ✓ Gaining information and knowledge on how to deal with domestic violence if it occurs
- ✓ Obtaining information and procedures for organizations that handle this issue
- ✓ Recognizing and analyzing the signs of children that lives in families where there is domestic violence

About Host organization - Association for Roma Community Development SUMNAL

Established in June 2004 answering the needs of predominately Roma community of Topaana (Skopje), related to extremely poor school performance, high school drop out rates, illiteracy, low awareness of the importance of education, unemployment and subordinate living standards.

At Sumnal, we work diligently every day to improve the lives and living standards of the people of Topaana through education and advocacy. Our organizational strategy is reflected into 4 mayor programs: education, health, integration and improving the overall quality of living. Sumnal organizes and performs various educational, social and character building activities in close relation with the proposed and taught material in the regular schools and curricula prepared by the Ministry of education.



www.sumnal.mk



Participant profile

- European Youth workers, involved in work with Roma people and other minorities, youth programs, nonformal activities on a daily basis.
- Preference will be given to the teachers who are working in schools with young children with special emphasis on children from marginalized groups
- People who work with children
- Motivated people who will contribute to this project with their knowledge and also who will contribute to increase the development of these target groups.
- We will take into consideration people who don't have too much experience, but are willing to work with this kind of groups
- Willingness to disseminate and multiply the results of the project in their community
- Be present and have an active participation on all sessions
- Show initiative and interest in the topic and follow up activities
- 30 participants, 3 per country
- Language: English Intermediate
- Age: 20+



Bitola lays in the valley of the biggest mountain of Macedonia: Baba with the top Pelister. This old national park is a nice place to get away from all the fuss and to relax in a natural atmosphere. In summer a lot of people go there to cool down from the hot temperatures in the valley and in winter a lot of people go there to ski and to enjoy the many nice resorts up mountain. The rare glacial mountain lakes are very unique and wonderful to see. For the adventurous types hiking is no problem..



Bitola is with over 100 000 people, the second largest city of Macedonia. It is University city with several faculties and has great student population. The river Dragor streams right in the middle of the town and the divides the old Turkish town from the 18th century town. The latter managed to maintain its beautiful 18th- and 19th-century architecture. In the other part of town you will find nice Ottoman architecture in the form of mosques, covered markets and bath houses. The main street of Bitola hosts a lot of opportunities to go out at night, to eat the local food and to watch the locals doing their daily activities. Above all, the multicultural city shows you a taste of Orthodox, Muslim and Roma tradition. Thirty minutes' walk southly is the impressive site of the ancient city of Heraclea Lyncestis. It was established in the 4th century BC, and has an excavated amphitheatre, baths, basilicas and some impressive mosaics.



ACCOMMODATION Hotel Kapri

Food: The participants will have breakfast, lunch and dinner in the restaurant of the hotel, based on their dietary needs. We will provide 2 coffee breaks.

- Is located at the beginning of the road for Nizepole – National park Pelister;
- ADDRESS: Dovledzik b.b. Bitola, 7000 Macedonia
- <http://kapri.com.mk/en/>

Conditions:

The participants will stay in double or triple rooms. All rooms have plasma TV, telephone, internet, WC, hair dryer, towels, central heating and cooling, lighting card.

National currency in Macedonia is Denar (MKD) and its value in Euro is 61.5 denar for 1 Euro. Payments everywhere in Macedonia are accepted only in national currency. You can change Euro to MKD in every bank and exchange office in Macedonia.

Practical Travel Information:

Departure Bus timetables Struga - Bitola

Departure	Arrival	Travel time	Distance	Carrier	Price
Monday, 1 April 2019					
10:00 01/04/2019	12:07 01/04/2019	02:07	90 km	Transkop	tickets for this route unavailable
12:00 01/04/2019	14:07 01/04/2019	02:07	90 km	Transkop	tickets for this route unavailable

← Earlier Later →

Bus Schedule Struga – Bitola

https://www.balkanviator.com/en/bus-timetables/struga-mkd/Bitola-mkd/01.04.2019?fbclid=IwAR0du9N7AbrZlimSkroNjs_GH1WfVHBjTQWFHZ0zTERouhuFX0YZXGE8F5c

Bus Schedule Skopje – Bitola (prices are shown in MKD):

<http://sas.com.mk/en/VozenRed.aspx?fbclid=IwAR1rA8tUfhoiwGAjo6mv23odzJoeSqUON7k-Od0UgAnMwnCpya2-zYzdXuM>

starts	arrive	place	Carrier	Price	return ticket
04:15:00	07:15:00	BITOLA	TRANSKOP BITOLA	480.00	630.00
06:00:00	09:30:00	BITOLA	GALEB OHRID	470.00	700.00
09:00:00	12:40:00	BITOLA	TRANSKOP BITOLA	480.00	630.00
11:00:00	14:45:00	BITOLA	TRANSKOP BITOLA	480.00	630.00
12:30:00		BITOLA	TRANSKOP BITOLA	480.00	630.00
13:30:00	17:15:00	BITOLA	TRANSKOP BITOLA	480.00	630.00
14:30:00	18:10:00	BITOLA	TRANSKOP BITOLA	480.00	630.00
15:00:00	18:40:00	BITOLA	TRANSKOP BITOLA	480.00	630.00
15:30:00	18:45:00	BITOLA	TRANSKOP BITOLA	480.00	630.00
16:30:00	20:05:00	BITOLA	GALEB OHRID	480.00	700.00
17:00:00	20:40:00	BITOLA	TRANSKOP BITOLA	480.00	630.00
19:00:00	22:30:00	BITOLA	TRANSKOP BITOLA	480.00	630.00
21:00:00	00:40:00	BITOLA	TRANSKOP BITOLA	480.00	630.00

Train Schedule Skopje – Bitola:

<http://mktransport.mk/en//vozen-red/tt/voz/fsn/skopje/tsn/bitola?fbclid=IwAR1kUNOkIrnLiO1WjHT9ts4UzYqZXluxN62g65k-fwGtTvHBQc4TjhFhpRQ>

MAKEDONSKI ZHELEZNITSI

Departure	Arrival	Price	
1:35 Skopje	4:30 Bitola	314 den. 502 den.	MAKEDONSKI ZHELEZNITSI SKOPJE - BITOLA
6:42 Skopje	10:16 Bitola	314 den. 502 den.	MAKEDONSKI ZHELEZNITSI SKOPJE - BITOLA
14:30 Skopje	17:52 Bitola	314 den. 502 den.	MAKEDONSKI ZHELEZNITSI SKOPJE - BITOLA
17:10 Skopje	19:56 Bitola	314 den. 502 den.	MAKEDONSKI ZHELEZNITSI SKOPJE - BITOLA
20:10 Skopje	23:52 Bitola	314 den. 502 den.	MAKEDONSKI ZHELEZNITSI SKOPJE - BITOLA



We propose to fly to “Skopje International Airport” as main airport in Macedonia
*Check out here bus from airport to the city Skopje:
<http://skp.airports.com.mk/default.aspx?ItemID=491>

NOTE: The participant has to consult with us before buying the ticket and obtain our written confirmation that we agree on the chosen transportation means and route before buying any travel tickets. We will only reimburse approved tickets

- We will pick you up from the Bus/Train station (they are next to each other): we will manage to bring you from the bus/train station to our hotel.
- There is a very good bus connections from Skopje to Bitola every day, also there are buses from Sofia (Bulgaria), Belgrade (Serbia) every day. Also to Skopje there are busses every day from Zagreb and Ljubljana.
- From Thessaloniki you have a buses to Florina, daily 6 times and cost 25 euro returning ticket, which is just 15 km to Macedonian border then we can arrange your transport to Bitola.
- From Sofia you have every day busses to Bitola connection to Skopje 5 times and cost round trip 50 euro and 8 hours of traveling



Financial aspects of project

North Macedonia	0€
Albania	180€
Bulgaria	180€
Italy	275€
Serbia	180€
Turkey	275€
Slovenia	275€
Bosnia and Herzegovina	100€
Spain	360€
Lithuania	275€

This project is financed by the European Commission through the Erasmus+ programme. Food, accommodation and training are fully covered. The project will cover only expenses during the project days (21.10.2019 – 29.10.2019). 21st is arrival day, on this day we are starting with intercultural night of North Macedonia and on 29th we are finishing with breakfast.

The travel costs are reimbursed up to the limits. These limits are described in the table below. Please note that to be able to reimburse your travel costs **we need all your original travel documents (tickets, boarding passes, invoices...)**!!! The reimbursement will be done via bank transfer after receiving all the original travel documents and proof of realized dissemination. Transfers by Taxi will not be refunded.

To be entitled for reimbursement the participant has to comply with the following guidelines:

- The travel has to be economical mean for the group as the whole
- For plane, train or bus the ticket has to be economy/2nd class
- For electronic ticket/receipt/invoice the document has to be delivered in PDF format. If it's on a website, it has to be saved as PDF or printed into PDF. Forwarded confirmation emails of your plane tickets
- The participant has to be on the project for the whole duration and has to attend all the sessions



What to bring



Bring with you
open minds,
head full of
ideas and good
humor

Please bring typical food and drinks from your countries! We will have 2 traditional evening. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and nonalcoholic drinks etc. There is no possibility to cook, to heat food, so try to keep it simple. Also, you can show videos, photos, sing music and dance traditional dances from your countries! For each country we will have around 15minutes.

Each participant need to have medical insurance, either personal or the European Health Insurance Card!



Contacts:

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|-----------------------|--|----------------|
| ➤ Kristina Petrovska | kiki_petrovska@hotmail.com | +389 78 269022 |
| ➤ Elena Temelkovska | elena.temelkovska@hotmail.com | +389 71 249511 |
| ➤ Violeta Stevanovska | violeta.setvanovska@gmail.com | +389 76 433810 |
| ➤ Monika Markovska | monikamarkovska@gmail.com | +389 75 494946 |

Application :

https://docs.google.com/forms/d/1RFC2XNYBo-TrwK4ynBMmUhl-FJ1Rp550k-W0IQp_h8s/edit?fbclid=IwAR3v_TB1DxEfwjrQby7qdP2Q402g2KuldIepenXO1TZRUK7uK-FsZrqxPOs

Facebook group:

https://www.facebook.com/groups/519787655425763/?hc_ref=ARTJC8Gsqa2rbHYJvAEjh0bx8xsziIvVTb3UPVpiRCPTTooZLDlg_eld3RScIzbiwIEQ&fref=gs&dti=519787655425763&hc_location=group