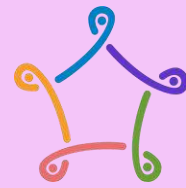


**Erasmus+**  
Enriching lives, opening minds.



NATIONAL AGENCY  
FOR EUROPEAN EDUCATIONAL  
PROGRAMMES AND MOBILITY

**TRAINING COURSE:**  
**EMPOWERING YOUTH WORKERS**  
**FOR INCLUSION AND SUSTAINABILITY**



**Co-funded by  
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Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



# INFO PACK

## Erasmus+ Training Course

### “Empowering Youth Workers for Inclusion and Sustainability”



**12–18 June 2025**



**Hotel Molika, Pelister National Park,  
Bitola, North Macedonia**

# ABOUT THE TC

This training course brings together youth workers from North Macedonia, Slovenia, Spain, Romania, and Italy to strengthen their capacities in supporting young people from diverse and marginalized backgrounds.

Through interactive workshops, cultural exchange, and hands-on collaboration, participants will:

- ❖ Enhance their skills in intercultural communication, inclusion, and digital engagement;
- ❖ Explore practical tools for promoting environmental sustainability in youth work;
- ❖ Develop peer-to-peer learning strategies and collaborative project ideas for future cross-border initiatives.

The course aims to equip youth workers with the knowledge and tools to foster inclusion, encourage active participation, and promote sustainability within both local and international youth contexts.





# PARTICIPATION DETAILS

Each country will send:

- 4 youth workers (aged 18+)

👉 2 participants per country must be participants with fewer opportunities.

📌 **Total participants: 20 (4 per country)**

**All participants must sign a participant's agreement after confirmation of their participation to ensure that each of them understands their responsibilities, project rules, and conditions for travel reimbursement.**



# Who Can Participate?

We are looking for motivated youth workers who are passionate about creating inclusive communities, eager to exchange knowledge, and open to intercultural dialogue. Participants should be actively involved in youth work—whether professionally or voluntarily—and willing to explore new tools and approaches for engaging young people. No previous international experience is required—only curiosity, commitment, and a desire to contribute to inclusive and sustainable youth work practices. Participants must be citizens or legal residents of North Macedonia, Slovenia, Spain, Romania, or Italy.

This project especially welcomes participants with fewer opportunities, including but not limited to:

- Those from economically disadvantaged backgrounds
- Young people from rural or remote areas
- Youth facing social, cultural, or educational barriers
- Members of minority or migrant communities
- Those experiencing light disabilities or health conditions.

## ⚠ Note for Participants with light Health Conditions or Disabilities

Some activities will take place outdoors and involve physical effort (e.g. walking, hiking). If you have any health conditions, accessibility needs, or disabilities, please inform us in advance so we can provide the necessary support or adjustments. Your well-being and full participation are important to us.

**Our goal is to ensure an inclusive, safe, and enriching environment for all.**

**Extra support will be provided as needed to ensure everyone can participate fully.**



# TIMETABLE WITH ACTIVITIES

Time/Day	12.06.2025	13.06.2025	14.06.2025	15.06.2025	16.06.2025	17.06.2025	18.06.2025
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
08:00-10:00	Arrival and accommodation	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00-11:30		Workshop: Inclusive teaching methods	Workshop: Cultural Sensitivity and Dialogue	Workshop: Digital Tools for Youth Work	Eco-Friendly Event Planning	Job Shadowing: Local Youth Center Coffee break	- Reflection & feedback session
11:30-12:00		Coffee break	Coffee break	Coffee break	Coffee break		Coffee break
12:00-13:30		Case study analysis: Inclusion in action	Peer mediation techniques	Brainstorming: Engaging Youth Digitally	Discussion: Funding for Sustainability		Closing Ceremony, YouthPass giving
13:30-15:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00-16:30	Introduction, official opening, getting to know each other & team building	Role-Play: Tackling Discrimination	Designing intercultural workshops	Collaborative Project: Digital Campaigns	Outdoor Action: Eco Project	Teamwork: Cross-Border Project Ideas	Departure
16:30-17:00	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00-18:30	Rules, contributions, expectations Erasmus+ Programme & YouthPass	Inclusion challenges at home	2 <sup>nd</sup> part of the previous session	2 <sup>nd</sup> part of the previous session	2 <sup>nd</sup> part of the previous session	2 <sup>nd</sup> part of the previous session	
18:30-19:00	Free time	Reflection time	Reflection time	Reflection time	Reflection time	Reflection time	
19:00 – 20:30	Welcome dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
	Free evening	Free evening	Intercultural evening	Team games, informal talks	Free evening	Farewell party	



# VENUE & ACCOMMODATION



Hotel Molika, National Park Pelister, Bitola

<https://www.hotelmolika.com.mk/hotel-molika-pelister/>



Located in the heart of the mountains, the venue offers a peaceful setting surrounded by nature.



Participants will be accommodated in double rooms with private bathrooms, central heating, TV, free access to internet.

🍴 Full board (3 meals per day + coffee breaks) is provided.





# PRACTICAL INFO



## What to Bring:

- Comfortable shoes and clothes, especially for outdoor activities including compact umbrella or waterproof jacket and shoes in case it rains;
- Warm clothing – it can get cold in the mountains;
- Personal hygiene products;
- Reusable water bottle: To stay hydrated during activities;
- Sunscreen and sunglasses: To protect against sun exposure during outdoor activities;
- Backpack or daypack: For carrying personal items during excursions;
- Any personal medication you may need (e.g., for allergies, pain relief, or chronic conditions);
- Your national flag, traditional snacks, music, dance, and a big smile for the intercultural evening;

**P.S. Don't forget your passport and other important travel documents 😊**



# TRAVEL INFO

Participants will travel to Bitola, North Macedonia.

Our main arrival point is Skopje International Airport (SKP), which is the primary airport in North Macedonia. From Skopje airport there is a shuttle bus to the main bus station in Skopje. One way ticket costs 199 MKD, or 3,23 EUR). Here you can see the timetable and the stops

<https://skp.airports.com.mk/en-EN/passenger-guide/to-from-the-airport/page/bus>

From Skopje bus station there is a bus to Bitola almost every 2-3 hours. Return ticket costs 950 MKD or 15,4 EUR.

- From Slovenia you can also travel by bus from Ljubljana to Skopje and then to Bitola, or you can travel by car.
- From Romania you can also use bus for traveling with a common route Bucharest → Sofia → Skopje → Bitola, or you can travel by car.

From Bitola bus station to the venue the travel will be arranged by the host organization.

Travel by bus or car is considered as green travel.

## Important:

Please inform us of your travel means and do not buy tickets without our approval.



# TRAVEL INFO

- After receiving info about the selected participants, the project coordinator, in consultation with partner organizations and participants, will help arrange the best travel routes and means according to each country's situation.
- Each group will receive individual travel guidance as itineraries may differ.

- 🕒 Arrival day: 12 June (before 13:00/ lunchtime)
- 🕒 Departure day: 18 June (after lunch)



- If anyone needs to arrive a day earlier, please inform us in advance so we can arrange accommodation/logistics accordingly.



# Travel Reimbursement Info:

- **Keep the original tickets, boarding passes, toll receipts, gas bills, etc. + make a copy for backup.**
- Reimbursement is based on the travel distance according to the Erasmus distance calculator and rules:
  - ✓ 10–99 km → 28 EUR
  - ✓ 100–499 km → 211 EUR
  - ✓ 500–1999 km → 309 EUR
  - ✓ 200 – 2999 km → 395 EUR

⚠ Up to 10 participants may be eligible for an additional 80 EUR travel contribution if they use **green travel** options such as bus, train, or carpooling for their entire journey—please contact us in advance to check eligibility.

🔒 **Each participant must have travel insurance.**

⚠ If a participant cannot pay for the travel in advance, please inform us — we are here to help!





# INTERCULTURAL EVENING:

Each national team will present their culture through:

- Flag 🌐
- Music 🎵
- Traditional dance 🎭
- Snacks or small treats 🍪

Let's celebrate diversity together!



- You can also prepare a presentation, show a video.  
Feel free to use your creativity and imagination.



# FOLLOW-UP & DISSEMINATION ACTIVITIES

- All participants are required to implement a follow-up activity after the main activity. This can be in the form of a **workshop, campaign, or educational session** in their local community, school, or organization to share the knowledge and experience gained during the project.

**!** **Travel cost reimbursement will only be made upon completion of these dissemination activities**, in accordance with the instructions and deadlines set by the host organization.

- Participants will also be expected to document their activity (photos, short report, or feedback) and submit it to the sending and hosting organization for dissemination.



# COMMUNICATION

After selection, participants will be added to:

- A WhatsApp Group (quick updates & coordination)
- A Facebook Group (for sharing media and staying in touch)



## HOW TO APPLY?

- **Fill in this APPLICATION FORM**

<https://docs.google.com/forms/d/e/1FAIpQLSd3wMnbBwwwxZELYxyKmBA0wXXZGApsTec6juJyReU-1lxcg/viewform?usp=dialog>

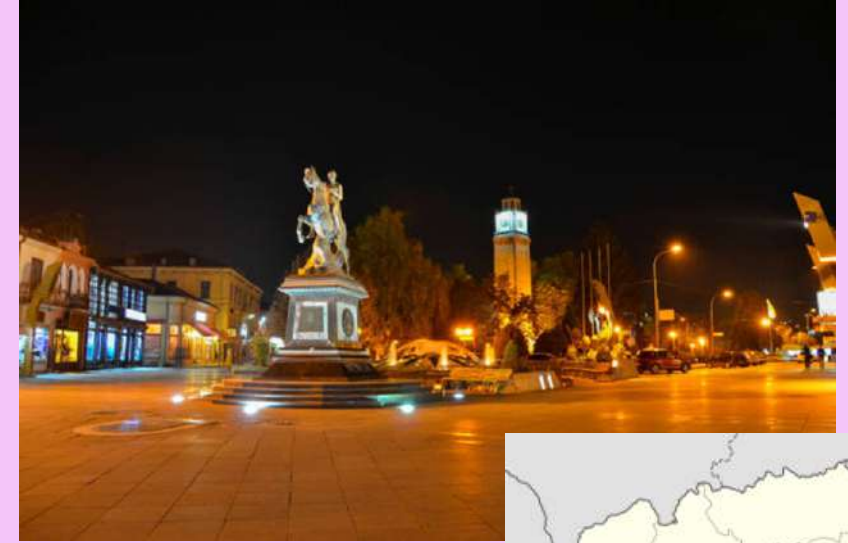
Deadline for participant selection is  
**12 May 2025**



# ABOUT BITOLA & PELISTER

**Bitola** – also known as the "City of Consuls" – is a charming town with rich history, Ottoman architecture, and a vibrant youth scene.

**Pelister National Park** is famous for its majestic pine trees (Molika), clear mountain lakes, and hiking trails. It's a great place to disconnect, breathe fresh air, and connect with nature and new friends.





# ABOUT YOUR HOST

Association for Roma Community Development – SUMNAL

 Skopje & Bitola, North Macedonia

 [www.sumnal.mk](http://www.sumnal.mk)

 [sumnalb@yahoo.com](mailto:sumnalb@yahoo.com)



Sumnal is a grassroots Roma-led organization dedicated to empowering Roma communities through education, advocacy, and inclusion. Since 2004, we have worked to improve access to rights, increase civic participation, and support youth development.

In 2024, Sumnal received the Erasmus+ Accreditation in the field of youth, recognizing our long-term dedication to creating inclusive and impactful opportunities for young people through international mobility and non-formal learning.

Let's build a more connected, inclusive, and sustainable Europe – together! 