



YOUTH EXCHANGE:

From Participation to Action - Youth Leading Inclusive and Green Communities

8-15 June 2025 - Bitola, North Macedonia



Co-funded by
the European Union



INFO PACK

Erasmus+ Youth Exchange

“From Participation to Action - Youth
Leading Inclusive and Green Communities”



8–15 June 2025



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



ABOUT THE PROJECT

The youth exchange “From Participation to Action: Youth Leading Inclusive and Green Communities” aims to empower young people to become active contributors in their communities by exploring inclusion, diversity, and sustainable practices through non-formal learning.

The project focuses on:

- ❖ strengthening intercultural understanding and cooperation;
- ❖ encouraging active youth participation and civic engagement;
- ❖ supporting young people to develop and implement small-scale community actions;
- ❖ promoting inclusion, equal opportunities, and environmental awareness;
- ❖ building confidence, creativity, and teamwork skills.



PARTICIPATION DETAILS

Each country will send:

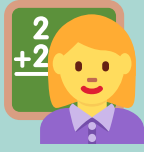
- 1 Team Leader (18+)
- 4 Participants (aged 16–29)

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

✓ Minors must bring a signed parental consent form (attached with the info pack).

📌 **Total participants: 25 (5 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 young people who are curious, open-minded, and ready to engage in intercultural learning. No previous international experience is required – just a willingness to share, learn, and grow! The participants have to be citizens or residents of the eligible country.

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.



TEAM LEADER ROLE & RESPONSIBILITIES

- Each group will be accompanied by 1 Team Leader (18+) who plays a key role in ensuring the smooth experience of all participants from their country.

◆ Responsibilities include:

- ✓ Supporting and guiding their team before, during, and after the exchange;
- ✓ Assisting with logistical arrangements and communication;
- ✓ Ensuring participants understand the rules, schedule, and safety measures;
- ✓ Acting as the main contact person between the hosting organization and their national team;
- ✓ Helping participants with language or cultural barriers;
- ✓ Supporting participants with fewer opportunities to ensure they are fully included;
- Encouraging teamwork, respect, and positive group dynamics.

Team Leaders are not just chaperones –they are facilitators, motivators, and bridges between cultures!

ACTIVITIES

The programme will be based on non-formal education methods, focusing on active participation, creativity, and experiential learning.

- ◆ **Participants will be involved in a variety of interactive activities, including:**
 - Team-building and group dynamics sessions;
 - Experiential activities exploring identity, diversity, and inclusion;
 - Outdoor challenges and collaborative tasks;
 - Creative workshops (photography, storytelling, visual expression);
 - Development of small group initiatives and action projects;
 - A local Action Day in Bitola, where participants will implement their ideas in real-life settings;
 - Cultural exploration activities, including a visit to Ohrid;
 - Reflection sessions and peer learning moments throughout the exchange.

A detailed daily agenda will be shared with participants before the mobility after all participants and their arrival and departure are confirmed.



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;
- Warmer clothes – it can get cold in the mountains during the evening and early morning;
- 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.

If you travel by plain you will arrive on Skopje International Airport, our biggest airport with the most routes.

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.

Other close airports are in Thessaloniki in Greece, Sofia in Bulgaria, Tirana in Albania, Nish in Serbia and Pristina in Kosovo.

In case you arrive on one of this airports inform us to arrange transport to the hotel.

You can also travel by car or bus from the neighboring countries (Greece, Bulgaria, Serbia, Albania). Additional info will be provided depending on the sending country.

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. In case of late arrivals transport will be organized.

- ⌚ Arrival day: 8 June 2026 (after lunch)
- ⌚ Departure day: 15 June 2026 (after lunch)



- If anyone needs to arrive/leave a day earlier, or stay a day more, 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
 - 2000–2999 km → 395 EUR
- ✓
- **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 youth exchange. This can be in the form of an **online workshop with peers and friends, 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.

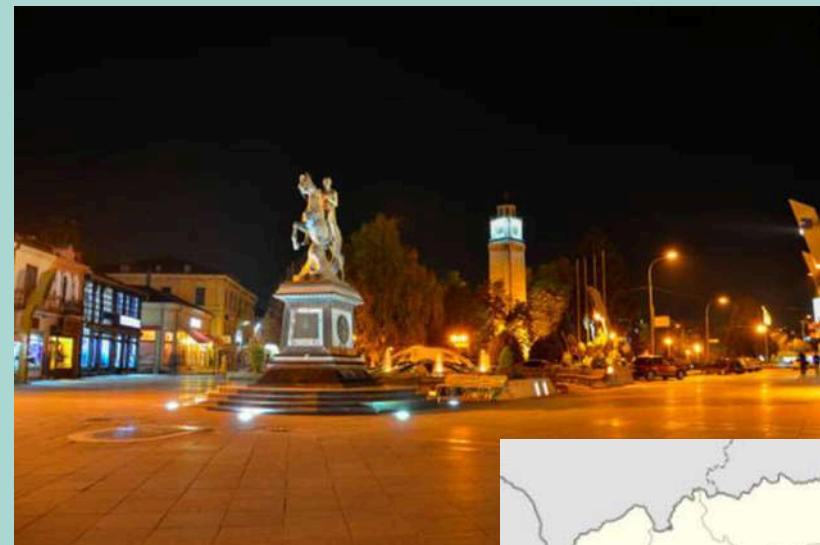
- Participants will also be expected to document their activity (photos with feedback shared on social media with mentioning the YE name, venue and tagging the host organization) and submit it to the sending and hosting organization for dissemination.



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

 sumnalb@yahoo.com



Sumnal

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! 

Contact Us!



Project Coordinator in Lithuania

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Join with Tavo Europa

Explorer Pass 2026. You are welcome to join our new educational programme for 2026!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa.
Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>



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