

# EcoVolunteering 4 Rural Communities



Erasmus+



# Introduction to our project

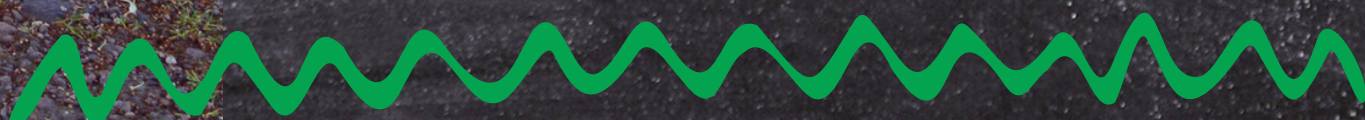
The project "Eco-Volunteering 4 Rural Communities" is a youth exchange that focuses on 2 main topics: rural development and eco-volunteering and targets directly young people who come from rural areas from participating organizations.

One of the 11 European Youth Goals for the period 2019 – 2027 is moving rural youth forward and this project is focusing on contributing towards achieving this goal. Young people who come from rural areas will be included in the project, will learn more about rural development and why is important to improve rural life, and at the same time they will learn about active youth participation through eco-volunteering. The youngsters will have a chance to explore and practice green skills and see how important is environmental protection in rural areas.

The program of the project is design to raise activities in local rural areas and with this improve social life of rural youth, provide them educational experience and involve them in activities that contribute towards rural development. The importance and role of young people in the development of rural communities are significant, because it serves as a good example for future generations in rural areas, gives hope and motivates these communities in general, also makes the development of this sector more sustainable and effective. Young people contribute to bringing improvements to infrastructure facilities and promoting empowerment opportunities among the rural youth to meet better living opportunities.

They also contribute to the rise and development of social life in rural areas, making them more attractive to live. And in the era where globalization is a trend, where people migrate from rural to urban areas daily, we face cities who can cope with the growth. Volunteering in rural areas can be tool to ensure rural development. Volunteering is one of the most rewarding things you can do. Spending your free time in nature, being a volunteer you can in fact help organizations, help people, and help community development.

This project will allow positive practical eco-volunteering that will provide satisfaction to all participants from individual aspect. The project will give them opportunity to build network, a sense of achievements, gain self-esteem, and grow personally and professionally.





# Project Objectives

The objectives of the project are:

- to engage rural youth in a project about rural development, enrich their knowledge in the field, help them understanding how they can achieve rural development in their local communities,
- to exchange innovative and inspiring best practices from different countries, practices related to youth entrepreneurship, rural-urban linkages, communication and digitization in rural areas, volunteering as a tool to ensure community development;
- to implement practical local eco-volunteering actions in the hosting village (cleaning action, planting trees action, building bird houses) and with this practice rural eco-voluntarism and volunteerism in general and through it ensure participants personal and professional development;
- to design and implement a social media campaign to raise awareness on rural development, eco-volunteering as a tool to community development in rural areas (composed of 5 short videos and 15 posters).
- to promote Cultural diversity and intercultural understanding between youngsters coming from different social, cultural, religious background.

# Project activities

## BE ready to:



to take part in interesting and fun educative workshops!



to participate in teambuilding games and fun energizers!



to organize national nights to present your country, culture and tradition to others!



to participate in different local actions such as planting tree, cleaning action, study trips!



to work on developing social media campaign on the topic of the project!

# Project facts:



1

The project will be implemented in STRUGA, Macedonia in the period 22 September - 01 October 2023.

(22/09 arrival day - 01/10 departure day)

2

Countries involved in the project: Island, Macedonia, France, Lithuania, Portugal and Italy.

6 participants + 1 leader

Age: 18 - 25

3

Accommodation: Hotel Ambient Struga  
Full board menu will be provided by the hotel and the workshop room is in the same location.

Participants will be accommodated in triple bedrooms with participants from the same country.



# Travel to Macedonia

The best way to travel to Macedonia from Island, Lithuania, France, Italy or Portugal is to travel by plane.

Although Ohrid airport is quite near the location where our project will take place, the airport is small and doesn't offer many possibilities. Therefore the best option is to use the airport in Skopje.

When in Skopje airport, search for a local airport bus that goes to Skopje Central Bus station. The ticket is around 5 EUR. When you come to Skopje Central bus station, you can use a public bus to come to Struga. There are regular bus lines to Struga and the ride is around 4 hours. The tickets costs around 10 EUR in one direction.

Another possible airports can be Sofia, Thessaloniki or Tirana. However please have in mind that bus ride from these airports to the location is quite long.



# Check list - what to bring with you:

1

## 4 National nights:

Souvenirs/ food / flag / music from your country to present on National night. During the project you will organize a presentation for your country as national team! To do a great presentation, please bring some things that are traditional for your country, make a presentation of the great things you have back home!

2

Personal electronic devices, headphones and chargers you might need during the project!  
One laptop per group for developing social media campaign!

Social games for playing like cards, uno, guitar.....

3

Cosmetic bag and toiletries for personal use - towels are provided by hotel  
Comfortable clothes, shoes, sunglasses ;)

Legal documents, ID and passport that you need for traveling  
Travel insurance

4

*Positive Energy!*

# Costs

The project is funded by the Erasmus+ Programme. The accommodation and food will be covered by the project budget. Travel costs will be also reimbursed up to certain limits!

To receive reimbursement it is necessary to save all the original tickets (including boarding passes if applicable). The reimbursement will be done once we have all the documents needed, AFTER completion of the project to your Sending Organization bank account. It is very important to CONSULT your TRAVEL DETAILS FIRST (before buying tickets) with Hosting organization!

# Travel Limits

ISLAND	530 EUR
MACEDONIA	210 EUR (green)
PTORTUGAL	360 EUR
LITHUANIA	275 EUR
FRANCE	275 EUR
ITALY	275 EUR

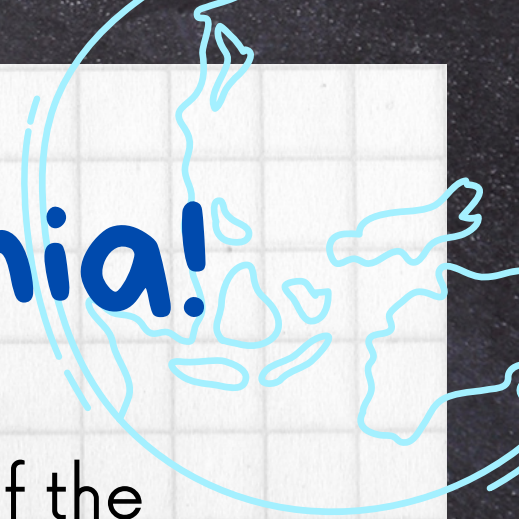
**Keep original bills, invoices, boarding passes!**



Erasmus+



# Info on your hosting country - Macedonia!



Macedonia is a small country in the center of the Balkan. Nice food, friendly people, great places to visit especially in the area where our project will take place.

The country currency is Denar and you can exchange EUR in every bank. The exchange rate is 1 MKD (denar) = 61.5 EUR

Almost every shop accepts bank / cards payment.

Some words in Macedonian:

GOOD MORNING!

DOBRO UTRO!

HOW ARE YOU?!

KAKO SI ?!

GOOD AFTERNOON!

DOBAR DEN!

GOOD EVENING!

DOBRA VECER!

THANK YOU!

BLAGODARAM!



# ERASMUS+

For 30 years, the EU has funded the Erasmus programme, which has enabled over three million European students to spend part of their studies at another higher education institution or with an organization in Europe. Today, Erasmus+ is an EU programme for education, training, youth and sport that brings such opportunities to all – students, staff, trainees, teachers, volunteers and more. It's not just about Europe or Europeans, Erasmus+ offers opportunities to people all over the world.

Erasmus+ is open to all young people, not just those currently enrolled in education or training. With Erasmus+, you can volunteer across Europe and beyond or participate in a youth exchange abroad.

MORE INFO CAN BE FOUND ON: <https://erasmus-plus.ec.europa.eu/document/erasmus-programme-guide-2023-version-1>



See you soon in STRUGA!!!

