

# Welcome

PACK

2 - 10 May 2011 in Kavadarci, Macedonia



## Youth centers - Uniting Young People

2 - 10 May in Kavadarci, Macedonia

### Welcome

Dear participant at the international Training Course "Youth Centers - Uniting Young People" to be held from 2 to 10th of May 2011 in Kavadarci, Macedonia.

In order to make out of this training more enjoyable and memorable experience for you and for us, we have designed this Welcome PACK as a guidance in helping you in way to the training course.

In this pages you will read more about the training course, the aims and objectives, the venue of the training - Kavadarci, about the

supporters of the project - the Youth in Action Programme, the programme of the training course, and a lot of practical information that you need to know before coming for the project.

We hope you will enjoy reading this pages and looking forward meeting you soon in Kavadarci. Macedonia

Yours,  
Organization Team  
*creACTIVE*



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# Welcome

Welcome, Mire se vjen, Dobrodosli, Bien binidu, Welkom, Willkommen, Aloha, Benvenuto, Добредојдовте, Добродошли, Falite, Vitajte, Karibu, Maeva, Hos geldiniz, Bienvenue, Tere tulemast, Kalos Orisate

## TRAINERS



Danijela Juric (F & Croatian) was born in 1978 and is currently living in Croatia. The trainer has been involved in several training activities such as "European Youth Week 2007" (Brussels, Belgium) and "Training for Trainers of Young European Citizens" (Sinaia, Romania).



Dragan Atanasov (M & Macedonian) was born in 1986 and is currently living in Macedonia, Former Yugoslav Republic of. The trainer has been involved in several training activities such as 'International Contact Making Seminar' (Ohrid, Macedonia) and 'Training Course "Arts for Social Inclusion"' (Toulouse, France).

If you have questions ask  
Dragan Markoski  
[markoski@kreativ.mk](mailto:markoski@kreativ.mk)



## ABOUT the TRAINING

"Youth Centers – uniting young people" is a Training Course for youth workers working/volunteering in youth centers. Its main aim is to increase the capacities of the European youth centers and to make them more prepared to support social inclusion and active participation of young people with fewer opportunities. Thus, the project will explore various aspects of youth work with young people with fewer opportunities; it will provide the youth workers with ideas for concrete tools and approaches; and will offer a platform for sharing experiences and positive practices. Part of the project activities will be implemented in creACTIVE's youth center in Kavadarci and the youth club in the village of Rosoman, which will be an opportunity for the participants to experience working with young people with fewer opportunities. Finally, the project also aims at encouraging the development of international youth exchanges under the Youth in Action Programme, designed and implemented with young people with fewer opportunities.

Main aim of this project is to increase the capacities of European youth centers and to make them more prepared to support social inclusion and active participation of young people with fewer opportunities. This will be achieved through providing training course for youth workers working/volunteering in youth centers. This training course also aims:

- To explore various aspects of youth work with young people with fewer opportunities;
- To explore various issues related to social exclusion and discrimination of young people with fewer opportunities;
- To provide the participants with a chance to have real experience of implementing an activity with a group of young people with fewer opportunities;
- To acquaint the participants with skills and practical tools for supporting social inclusion and active participation of young people with fewer opportunities;
- To provide a platform for sharing experiences and positive practices from working with young people with fewer opportunities;
- To encourage the development of international youth exchanges under the Youth in Action Programme, designed and implemented with young people with fewer opportunities.

# DRAFT PROGRAMME

## 2 May - Day 1

**09:00 - 13:00** Arrival of the participants

**13:00 - 15:00** Lunch / Free time

**15:00 - 19:00** Getting to know with each other

**19:00 - 21:00** Dinner

**21:00 -** Welcome evening

## 3 May - Day 2

**08:00 - 09:00** Breakfast

**09:00 - 13:00** Intro to the project and the programme / Team building

**13:00 - 15:00** Lunch / Free time

**15:00 - 19:00** Presentation of the Youth Centers and their target groups

**19:00 - 21:00** Dinner

**21:00 -** Diversity night in the Youth Center in Kavadarci

## 4 May - Day 3

**08:00 - 09:00** Breakfast

**09:00 - 13:00** Social exclusion and discrimination of young people with fewer opportunities

**13:00 - 15:00** Lunch / Free time

**15:00 - 19:00** Play action for the young people in the village Rosoman

**19:00 - 21:00** Dinner

**21:00 -** Karaoke Night

## 5 May - Day 4

**08:00 - 09:00** Breakfast

**09:00 - 13:00** Feedback from the play - action / Principles of youth work.

**13:00 - 15:00** Lunch / Free time

**15:00 - 19:00** Skills, knowledges of a youth worker

**19:00 - 21:00** Dinner

**21:00 -** Free night

## 6 May - Day 5

**08:00 - 09:00** Breakfast

**09:00 - 13:00** Trip to natural monuments near Kavadarci

**13:00 - 15:00** Lunch / Free time

**15:00 - 19:00** Identifying the main issues and challenges related to social exclusion of young people with fewer opportunities.

**19:00 - 21:00** Dinner

**21:00 -** Dinner out

## 7 May - Day 6

**08:00 - 09:00** Breakfast

**09:00 - 13:00** Case - studies of projects promoting social inclusion

**13:00 - 15:00** Lunch / Free time

**15:00 - 19:00** Developing tools and approaches to promote social inclusion

**19:00 - 21:00** Dinner

**21:00 -** Movie night

## 8 May - Day 7

**08:00 - 09:00** Breakfast

**09:00 - 13:00** Presentation of the Youth in Action programme

**13:00 - 15:00** Lunch / Free time

**15:00 - 19:00** Preparation of presentations of the Youth in Action in the Youth Center

**19:00 - 21:00** Dinner

**21:00 -** Dinner out

## 9 May - Day 8

**08:00 - 09:00** Breakfast

**09:00 - 13:00** Feedback and discussions about the presentations

**13:00 - 15:00** Lunch / Free time

**15:00 - 19:00** Developing tools for involving young people with fewer opportunities in implementation of youth exchanges

**19:00 - 21:00** Dinner

**21:00 -** Farewell party

## 10 May - Day 9

**08:00 - 09:00** Breakfast

**09:00 - 13:00** Final evaluation

**13:00 - 15:00** Lunch / Free time

**15:00 - 19:00** Departure of the participants

**21:00 -**

\* Please note that the programme is subject of minor changes



## KAVADARCI, Macedonia

The venue of the training

Kavadarci is one of the best known wine growing towns in the Balkans as well as in Europe. The wines Smederevka, Kratosija, Vitac, Country white, Aleksandria and others are produced in the wine cellars of the plant Tikves and have been awarded many international awards. They are the pride of the Macedonian wine production.

The town of Kavadarci is the centre of the Tikves area which got its name by the old settlement formed at the mouth of the River Tikvesica and the River Crna. The numerous objects made of Roman bricks point to the fact that it was an old Roman settlement, where the 17th century records confirmed its existence in the year 1378.

Unfortunately, the construction of the reservoir Tikves has flooded all the records.

Kavadarci was permanent Kajmekamluk i.e. administrative centre.

Today Kavadarci is a modern town with the population of 40`000 inhabitants in 9,076 households, which is even 76% of the total population of the area.

This area is characterized by the Mediterranean climate with average air temperature of 13.5°C and average rain fall of 437.4 mm. The reason why the town hosts the biggest indoor sporting events is the construction of the sports facility Jasmin, the best indoor sports facility in the country



### USEFUL LINKS

[www.kavadarci.gov.mk](http://www.kavadarci.gov.mk)

[www.en.wikipedia.org/wiki/Kavadarci](http://www.en.wikipedia.org/wiki/Kavadarci)

[www.kavadarci.info](http://www.kavadarci.info)



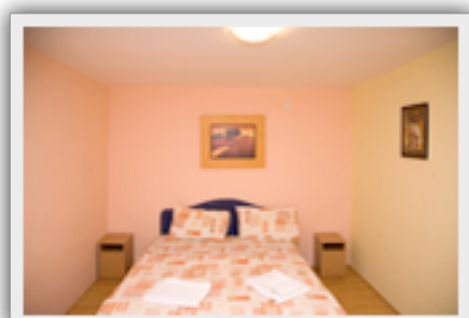


## HOTEL UNI PALAS \*\*\*

The hotel offers 24 hours Room Service, safe deposit box, facsimile, laundry service and most of the rooms have balconies.

Hotel Uni Palas is looking forward to welcoming you in the Hotel's Aperitif Bar where you can enjoy in excellent service and relaxing atmosphere.

For better enjoyment of our guest there are swimming pool, gym and sauna



Uni Palas has a restaurant with international cuisine with a capacity of 150 seats. Besides international cuisine, our restaurant can offer you delicious Macedonian specialities and charcoal grill.

## Basic Macedonian

Welcome  
Dobredojde

Good afternoon  
Dobar den

I love you!  
Te sakam!

How are you?  
Kako si?

Good night  
Dobra nok

Help!  
Pomos!

What's your name?  
Kako se vikash?

Goodbye  
Doviduvanje, Cao

Take care  
Chuvaj se

Where are you from?  
Od kade si?

Excuse me!  
Izvinete!

Where is ...?  
Kade e ...?

Good Morning  
Dobro utro

How much is?  
Kolku pari e?

How long ...?  
Kolku dolgo?

## Practical things ...

### Working language



Working language of the training course in English. Do not worry your English proficiency should not be

perfect, enough is to understand and be understood!

### Diversity Night



The intercultural evening gives you an unique opportunity in a crea(C)tive way to promote your

country and culture. Show us what you eat, drink, what are your traditions, music, culture ... so prepare your self to surprise us :)

### Reimbursement of travel expenses



Participants can get their travel expenses reimbursed according to the general rules of the

Youth in Action programme, meaning 70% of the travel costs. The reimbursement will be done **ONLY** by bank transfer upon

receiving all original invoices and bills

### Money exchange



You can exchange money in the banks or local exchange offices, any of the choices is more or less good. Some of

the may charge commission but this is really rare. At the airport/bus station there is an exchange office. The exchange rate 1 euro to denar is 61.5 denars.

### Internet and communication



The hotel where we will be accomodated is wireless free hot spot. We recommend buying

a prepaid mobile phone card which costs 10 euros with the SIM card and 10 euros to use.

### Rooming

You will be accommodated in double bed rooms. You can choose your roommate :)

## ARRIVALS

Please note that only public transport is subject to reimbursement. If you travel by train only 2nd class; airplane only economy class, taxi is not covered. Please consult us before buying your airplane ticket!

### By plane



When you get to Skopje airport a person from creACTive will be waiting for you at the airport holding tag with your name. This person will assist you in your trip from Skopje to Kavadarci.

### By bus



When you get of the bus go inside the bust station and ask for the first bus to Kavadarci (the schedule of busses can be obtained on the following web address [www.sas.com.mk](http://www.sas.com.mk) or ask for assistance)

### By train



The train station is at the same location where the bus station is. Go inside the bus station and ask for the first bus to Kavadarci. (the schedule of busses can be obtained on the

following web address [www.sas.com.mk](http://www.sas.com.mk) or ask for assistance)