

YOUTH EXCHANGE

**"DIGITALLY
YOURS"**



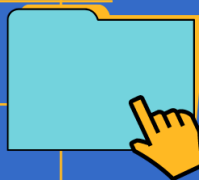
NIŠ, SERBIA 28. 04 - 06. 05. 2022



United Kingdom - North
Macedonia - Bulgaria - Estonia
- Latvia - Lithuania - Serbia



Co-funded by the
Erasmus+ Programme
of the European Union





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“Digitally Yours”

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DATES: 28. 04 – 06. 05. 2022

LOCATION: Niš, Serbia

PARTICIPANTS: 7 per country (6 participants + 1 group leader)

COUNTRIES: United Kingdom, Serbia, North Macedonia, Bulgaria, Estonia, Latvia, and Lithuania.

Project Description

The main idea of this project is to boost both the ICT skills and soft skills of young people by engaging them in digital activities through the use of digital tools, which can only help one to grow and prosper in this world becoming more digital every day. This project will not only raise awareness about the benefits of ICT in everyday life and show the participants how to use modern technology's advantages for their personal causes, job and career-related but also make young people from different countries work together and team up to use creativity while performing various challenges. At the end of the project, we will create a blog with different tutorials of skills and competences that can be gained with ICT solutions such as certain mobile or web applications, which are available to everyone. The blog will be accessible to the general public and published online in order to encourage and inspire as many young people as possible to improve themselves through the useful resources that are offered by technology. Also, we want to inspire by sharing experiences, so our participants will be asked to do a social media campaign about a topic that they are passionate about, using the presented digital tools. In the end, they will have their own online exhibition, made as an online event, they will invite people and host an online watch party where they will show their campaigns. Also, campaigns will be published on the blog.

The main aim of this project is to create an intercultural experience of 49 young people from 7 different countries, which would motivate them to realize the maximum of their potential with the help of modern ICT tools, and help them see the power of ICT, when used properly, equip them with needed ICT skills and develop their digital competence through non-formal methods and learning by doing experience.



Project Objectives

- To encourage young to recognize and use the benefits of technology for self-development, improving their self-esteem by learning new things through different digital tools.
- To understand what is digital competence and digital competence framework and why that is important today
- To encourage young to embrace the change and learn how to adapt when change comes to
- Promote the acquisition, by all young people, of digital skills to enable young people to fully exploit the potential of the digital world.
- Raising awareness among youngsters about the use of ICTs and social media as tools for job recruitment and promoting an aware, responsible use of them by young people in order to access the European labor market
- To develop participants' creativity and digital skills by providing them space to turn their ideas into reality with the help of digital tools
- To develop blog skills and competences that can be gained with the assistance of available, everyday digital tools
- To create a social media campaign
- To gain digital competencies needed for employment, personal development and social inclusion
- To empower the participants with skills to use digital tools for campaigns without or with low budget
- Giving participants an opportunity to become knowledgeable of various cultures and work in mixed cultural groups while enhancing their teamwork and communication skills



Project Programme:

https://docs.google.com/spreadsheets/d/e/2PACX-1vQMMRh19DlnFWLRs5WgWF3_5Gd_MmzJ-MTupilcc5FMvxiWPOoUsI3N29FXF7PxU4Sf2sG4TbO3OusN/pubhtml

PARTICIPANTS PROFILE

- Young people in age 18 to 30 residence of participant’s countries;
- Passionate to discover and learn new things, break barriers;
- Have a communicative level of English;
- Have basic computer knowledge;
- Motivated to participate actively in all the activities;
- Open-minded and motivated to work in an intercultural environment;
- Prepared to carry out the follow-up activities;
- Strongly interested in the possibilities that are offered by digital tools and learning how to use them for personal development;
- Ready to work on creating campaigns on a different topic using the presented tools;
- Interested to enrol into Erasmus+ programme and to become active;
- Interested to become volunteers in their local organizations and to make changes into their community.

Group Leaders profile

- No age limit;
- Expected to help in the selection of the participants;
- Will go on daily group leaders meetings during the youth exchange, to discuss what could be improved, will help with carrying out the workshops and also suggest workshops that she/he wants to implement.
- During the preparation phase, the group leader should find a way to connect the selected participants, support them by helping them buy tickets and answer any questions related to the exchange.
- The group leader should be able to support the participant during the whole youth exchange- by helping them to do the workshops more efficiently, reflect and talk to them about the activities, making it possible for them to carry out a workshop if they



have some ideas, listening to their requests and discussing them with the responsible organizers.

- After the youth exchange, the group leader should motivate and help the participants with the implementation of the follow-up activities, and also help them with any administrative work like scanning the tickets for reimbursement.

NOTE: Our partners are kindly invited to send equal numbers of participants from both genders!

WORKING METHODS

- Learning by doing method
- Ice-breakers and team building games to get to know each other.
- Workshops will leave room for guided but controversial discussions.
- Simulation games will allow us to identify current challenges of non-formal education and show possible measures that strengthen them.

These sessions will provide the participants with concrete ideas that can be implemented in their local communities, thus ensuring an important multiplier effect.

Accommodation and Food

Travel Arrangements

Every participant **is responsible for finding a way to reach the destination**. Here are some tips:

Use Websites:

- <https://rome2rio.com/> for trip planning
- <https://www.momondo.com> for flight connections
- <https://waze.com/> or download the app from the app store;
- Download offline Google Maps.



HOW TO REACH THE VENUE

An invitation to try to travel mindfully - with no excess luggage and extra effort to store it.

Welcome to use tips from EC: <https://bit.ly/3r23100>

Constantine the Great Airport is the closest airport to the venue.

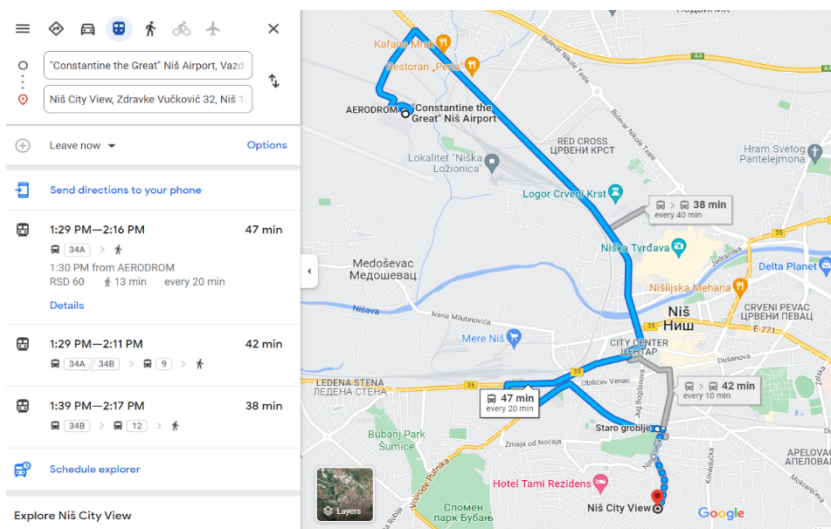
Flying to Belgrade, Skopje, and Sofia airports is an alternative. (you can ask us for some recommendations on how to reach Niš, from those airports.) If you land at these airports, you will have to take a bus to the **Niš Central Bus Station** (check timetables carefully - <https://www.polazak.com/en/>).

1. Flying to Niš Constantine the Great Airport

- Take a **bus 34A** (ride 14 stops and exit at **Staro groblje**).

The bus usually goes **every 20 minutes**. When you leave the bus, you just **walk 10 more minutes** and you will reach the hotel (<https://goo.gl/maps/KR45vrELX6RfGxCr8>). The single ticket costs **60 RSD** (Serbian dinars) and you can pay it only in CASH. Calculate 45 mins for the total trip from the airport to the hotel.

- Take a **taxi (non-refundable)** which costs around 5 EUR per car (1-2 EUR per person in a full car) and can be paid by CARD or CASH. It takes around 15 minutes.



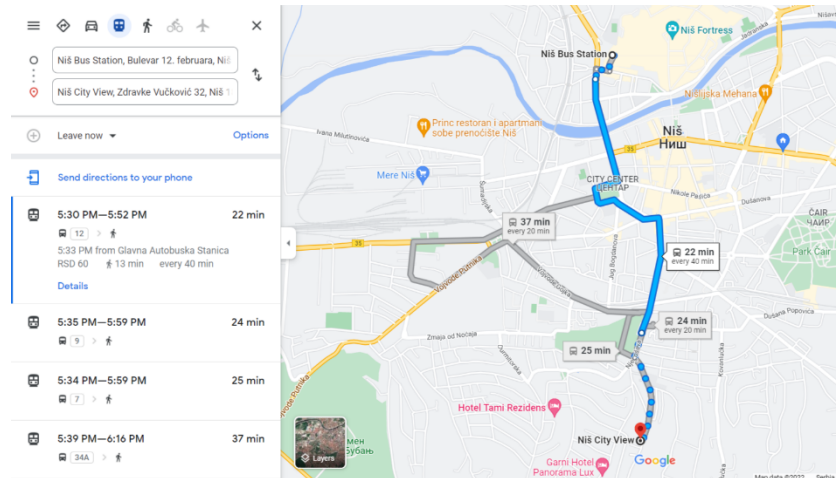


2. Coming to Niš Bus Station (<https://goo.gl/maps/YZbapobSet7niRoE8>)

- Take **bus 7, 9, 12 or 34A**.

For lines **9 and 12**, enter the bus at **Glavna autobuska stanica** and exit after **4 stops (Stanoja Bunuševca)**.

For lines **7 and 34A** take a bus at the bus station **Glavna autobuska stanica** (<https://goo.gl/maps/bBwaGWhnHFAJ1DXXA>) and exit at **Staro groblje**. Then walk for 10 minutes and you will reach the hotel.



- Take a **taxi (non-refundable)** which costs around 4 EUR per car (1-2 EUR per person in a full car) and can be paid by CARD or CASH. It takes around 10 minutes.

ACCOMMODATION AND FOOD

Accommodation and food are 100% covered by the Erasmus+ program.

The participants will be lodged in the Niš City View Hotel (<https://niscityview.rs/>).

Niš City View hotel is located in the calm city area, but just 1200 meters from the promenade of the city center.

Every room and apartment features a terrace and includes a flat-screen TV. The rooms are equipped with a private bathroom equipped with a bath or shower. Please bring your own slippers.

For your comfort, you will find free towels and a hairdryer. The hotel features free Wi-Fi throughout the property. Also offers a gym and fitness area and massage (additional), reception, bicycle rent and transportation from the property.

Your enjoyment of the first-morning coffee or romantic evening wine will undoubtedly complete the unreal view from the spacious terraces.

Check **IN**: 14 – 23h

Check **OUT**: 7 – 12h

PLEASE bring your own slippers.





Important information about accommodation:

- During the activity participants will be accommodated in a room with 3-5 other people from different countries.
- Each participant will have a roommate from a different country, and we can't make exceptions to accommodate people from the same country in the same room. The rooms will be gender divided.



- We can't arrange separate rooms for couples or make additional changes in the room match.
- Participants are obliged to take care of the rooms and working space inventory, and if damaged it will be charged. The hotel is recently opened, almost new.

FOOD: There will be 3 meals per day provided, breakfast will be in the hotel, lunch, and dinner in the traditional Serbian restaurant near the hotel.

During the official part of the event, and in the territory of the whole hotel drugs are strictly forbidden! Smoking is not recommended and in case of urgency only permitted outdoors in a designated space.

Everyone is welcome with these restrictions. Violation of this entitles the caretaker to immediately dismiss the person(s) concerned. No refund on travel costs will be guaranteed in case of dismissal.

Please, inform us in the application form about your food needs (vegetarian, vegan, food allergies).

The accommodation is covered at Niš City View Hotel, only for the days of the activity (28 April – 06 May 2022). In case of a longer stay, there is no chance of reimbursement of accommodation costs. You are not allowed to arrive after 28th April or leave earlier than 6th May. Please keep in mind when booking the tickets. For any other questions consult with the group leaders from sending NGO.

WEATHER

The expected daily temperature in this part of the year is from 20 to 30°C, but during the night it could decrease to 10°C. Bring comfortable shoes and clothes for day and night, but also for a hiking-barbeque day.

Please note that only public transport is subject to reimbursement. If you travel by airplane only economy class, taxi is not covered. Please consult us!

YOU ARE NOT ABLE TO LEAVE PROJECT ONE DAY EARLY TO CATCH YOUR FLIGHT OR BUS.
PLEASE BUY YOUR TICKETS ACCORDING TO PROJECT'S DATE.

We need you to buy round trip tickets, and send us a copy by email before arriving here, so our accountant knows, and adjust the budget.

We advise you to buy your tickets **as soon as possible** so that it fits in our limited budget for 100% reimbursement.

We kindly ask you to save all documents (Original tickets, boarding passes, invoices or bills with the ticket price) which are related to your travel, since the documentation background is obligatory for reimbursement. We kindly please you to buy all the tickets for the travel for both directions – return tickets (plane tickets, train tickets, bus tickets and etc.), because we



will be able to reimburse only REAL EXPENSES (made expenses). **IMPORTANT: We cannot refund any travel costs done by taxi.**

After sending their tickets and boarding cards, participants will receive the reimbursement of their travel costs. Travel (flights, other means of transport) expenses are compensated (up to 100%), based on the actual expenses incurred and the distance from your location of residence to the location of the project – Niš, Serbia. These distances must be calculated using the distance calculator supported by the European Commission. **We send only money to the sender organization and the sender organization will pay to participants.**

Please note if you buy your tickets in a currency other than EUROS, we will convert to EUROS according to the exchange rates from the official European Commission website: <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

We are not able to reimburse missing tickets!!!

Participants **must** travel from the country of the sending organization, and back. Following the guidelines of the Erasmus + programme the travel back must be realized by the participants in a direct way within a maximum of 2 days. You have the possibility to arrive in Niš up to 2 days in advance or leave up to 2 days later.

IMPORTANT: Traveling sometimes requires an additional day for catching a flight and staying for an additional night at the city where the airport is situated. We are aware of such situations, but organizers can't cover this cost, it is the participants' own cost too.

For that reason, we recommend you to use hostels (<http://www.hostelworld.com/>) or friends (<https://www.couchsurfing.org/>)

Budget Travel Cost

| Country | Organisation | Budget |
|-----------------|------------------------|--------|
| United Kingdom | Youth Work Alliance UK | 275€ |
| Serbia | Youth Workers Alliance | 20€ |
| North Macedonia | CTTR Skopje | 180€ |
| Bulgaria | Can You Association | 275€ |
| Estonia | Continuous Action | 275€ |
| Latvia | Young Folks LV | 275€ |
| Lithuania | Mano Europa | 275€ |



NOTE:

- The cost given is a limit in total **PER PERSON**, for both ways.
- **PLEASE REMEMBER THAT ACCORDING TO ERASMUS+ RULES MONEY FOR TRAVEL WILL BE REIMBURSED ACCORDING TO THE REAL COST YOU SPENT**, up to the amount given above per country, but not more (which means that if you spend less - you will be reimbursed the money you actually spent or if you spend more - you will get only limit)
- Before buying your ticket, please remember your cost limits, **EVERYTHING THAT WILL BE MORE THAN THE LIMIT WILL BE YOUR OWN COST.**
- Before booking the flight, please make travel arrangements **CONFIRMATION** with us!

What to bring?

- Passport or ID
- Comfortable clothes for the activities.
- Please bring comfortable clothes and hiking shoes as well and check the weather channels.
- Personal care products: shampoo, toothpaste, flip flops, etc.
- Camera, laptop, etc.
- Pills and medicines.
- Positive attitude
- **FOOD** and **DRINKS** for the intercultural night

Health and Travel Insurance

PLEASE, WHEN COMING TO THE PROJECT, MAKE SURE YOU HAVE A VALID EUROPEAN HEALTH INSURANCE CARD WITH YOU OR PRIVATE INSURANCE. ALSO, IT IS IMPORTANT THAT YOU NOTIFY US OF ANY HEALTH RISK OR POSSIBLY NECESSARY MEDICINES, SPECIAL FOOD ARRANGEMENTS (AS VEGETARIANS, VEGANS, INTOLERANCES) ... AND SO ON.

Preparation

- **Intercultural evening** – Participants are expected to create an interesting, interactive, and creative intercultural evening. The intercultural evening gives you a unique opportunity in a **creative** way to promote your country and culture. Show us what you eat, drink, what are your traditions, music, culture, stereotypes
- Find interesting videos/games/exercises/educational activities related to the topic.



- **Morning/Afternoon Energizers:** We would be really happy if each group prepare some energizers to increase the group energy
- Wherever possible, take your **laptops, digital cameras, smartphones, and tablets** – we will be doing some multimedia work that requires mobile equipment!

Basic Rules

All the participants will be expected to be present and active in all the activities unless being ill. Unauthorized absence from the activities and workshops won't be tolerated. Stress, nerves, and bad mood is prohibited everywhere. Bring your best mood and a big smile with you and keep it through the exchange! Prepare for fun! 😊

Participants' Task: It's very important to care for the scheduled time, be kind, respectful, be positive, destroy the borders, have maximum fun, be cheerful and try to be part of the solution.

Money Exchange

In Serbia the official currency is Dinar. Credit cards are accepted almost everywhere.

Contact Person

Coordinator of the project: Mladen Mitić

Mobile/Viber/What's App: +381668487959

Email: mladenbmitic97@gmail.com

Please fill out the application form:

<https://forms.gle/B2AYz7NW2kwpRCEH7>



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