



INTERNATIONAL YOUTH TRAINING:
DEBATING, DIALOGUE AND ACTIONABLE SOLUTIONS

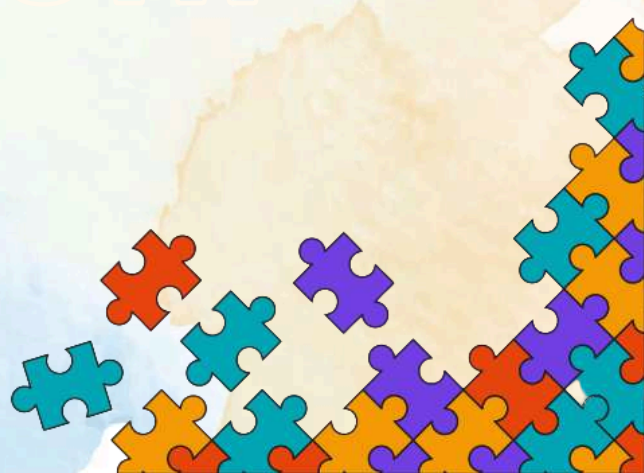
TU-N-E+

Transnational United Network in Europe

10 - 15 SEPTEMBER 2025
KRUSHEVO, NORTH MACEDONIA



Co-funded by the
European Union



LET US TELL YOU ABOUT



Transnational United Network in Europe

TUNE (Transnational United Network in Europe) is a youth network of **21 organisations from 18 countries** coordinated by United Societies of Balkans (USB).

Focus: Empowering youth, especially marginalised and underrepresented groups (rural youth, minorities, NEETs, youth with disabilities), to **participate in democratic processes** at local and European levels.

Our Mission

A just and sustainable future where digitally connected and empowered youth shape democratic societies.

Our Vision

Youth-led participation, digital engagement, and inclusive governance.

Main Objectives for 2025

- Train youth workers in digital tools, sustainability, and participation.
- Conduct research to collect local youth concerns across member countries.
- Train young people and youth professionals to analyze this data, develop local debates, and co-create Local Sustainability Plans.
- Present outcomes at the General Assembly, reflecting on results and planning forward.

AIM OF THE INTERNATIONAL YOUTH TRAINING

The training opportunity aims to advance the skills of youth in debating, constructive dialogue, decision making and becoming active in their local contexts while promoting youth participation and community development.

OBJECTIVES

- Empower young people to be active citizens, engage and develop local debates and co-create sustainability plans.
- Advance the skills of youth to participate in constructive dialogue in order to create actionable solutions on issues from their local contexts.
- Develop the debating skills of participants, by training them in structured argumentation and inclusive dialogue, while practicing in formulating and expressing evidence-based perspectives on social issues.
- Provide them with structured methodology to create actionable local sustainable plans. Participants will be tasked with drafting initial versions of Local Sustainability Action Plans relevant to their local realities.



WHAT TO BRING WITH YOU



- 1) Bring your own mug!** To promote reusability and embrace the project's spirit, we'll kick off with a mug exchange on the first day. You'll use this mug throughout the project, so don't forget to bring one. We encourage you to add a personal touch or bring a mug that's souvenir from your country since it will be a gift for someone else.
- 2)** It is mandatory to have [EHIC Card](#)/Health/Travel/Accident **Insurance**.
- 3)** Pack comfortable and **sports clothes and shoes** as we will have outdoor activities.
- 4)** **Warm clothes** - we will be in the mountain on an altitude of 1350m so it can get cold!
- 5)** **Your personal cosmetics, medicines and other things that you might need.** There are stores around the city, but no big supermarkets. If you take any medication, please bring it with you. In Krushevo there are pharmacies but if you need prescription medication you can not buy them over the counter without a prescription.
- 6)** **Good mood, smiles, open mind and motivation** to participate in all activities.

WHEN AND WHERE?



The Training Course will be implemented in Krushevo from 10th to 15th of September 2025 with 10th being the arrival day and 15th of September the departure day.

Krushevo is a town in the western part of North Macedonia. It is the highest town in North Macedonia and one of the highest in the Balkans, situated at an altitude of over 1350 metres above sea level.

Set on a series of hills interlocked by vertiginous cobbled streets, Krushevo is home to a historic Old Bazaar, some phenomenal heritage architecture, and a collective of traditional craftspeople.

It's also the site of the Ilinden Monument, one of Former Yugoslavia's most iconic monuments, the origin point of a rebel republic that reshaped politics at the turn of the century,

Known locally as Makedonium, this structure is the recipient of many international accolades, including being named one of the top 10 most unique buildings in the world.

A large number of sunny days, the winter covers, along with the untouched nature, greenery, the unique flora and fauna in spring – and summertime, help make Krushevo a main tourist destination throughout the year.

Krushevo is located 165 km from the Capital, Skopje and 33 km from Prilep.



THE VENUE



The accommodation will be in "[Vila Gora Krushevo](#)". The Vila is located at the following address: Hotelska Zona b.b.-Pitu Guli 53a, 7550, Krushevo, North Macedonia ([G maps](#)).

Participants are going to stay in double and triple rooms that have their own private bathrooms. The participants will be in rooms with participants from other countries of the same gender in order to encourage intercultural learning also in the informal time.

You will be provided with towels and bed linen, but please bring your own sanitary products, shampoos, etc. There is WiFi internet access in the vila and in the all rooms.

Meals and breaks

There will be 3 meals per day, served in the vila's restaurant as well as 2 coffee breaks. Participants should inform us before the project about their diet preferences or allergies!



Working room

The activities of the Training course will take place at the a conference room in the vila, however, we also plan to do some outdoor activities around the city.



Participants should choose a comfortable but inexpensive option for travel, to fit in the budget. We recommend buying tickets as early as possible, **NO LATER THAN 4th of August!**

The **arrival date** is **10th of September 2025** and the **departure day** is on the **15th of September 2025**.

How to reach Krusevo:

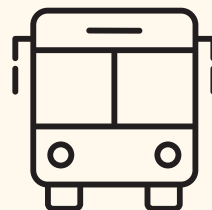
You will receive another set of information regarding your transportation from Skopje to Krushevo according to your ticket bookings. That means that either we will support you with information on how to reach Krushevo or we will organize a shuttle bus for the whole group. It depends on your option for transport, arrival dates and times.

Travel expenses of the participants will be covered in line with **Erasmus+ Programme rules** and **European distance calculator**.

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

*Green travel:

Travel that use low-emissions of transport for the main part of the travel, such as, bus, train, bike or car-pooling.



REIMBURSEMENT PROCEDURE



Travel costs will be reimbursed up to the budget limit, set by the Erasmus+ programme, based on the [European distance calculator](#).

In order to receive the reimbursement, you need to provide the project coordinator with **all original travel documents** (paper or electronic tickets, receipts, invoices and email confirmations). All travel documents must clearly indicate price, currency, name of the passenger, date of purchase and travel itinerary. Electronic tickets must be sent to finance@usbngo.gr while paper tickets must be given in person, or **sent by post as original and via e-mail as scans**.

Reimbursement will be transferred only if:

- All participants **provide all needed travel documents** for both arrival and return tickets. Screenshots will not be accepted as proof of travel!
- **Full attendance** on the Training course activities.
- **Dissemination** of the project and its results by organizing local actions that will be planned during the Training course.

Participants cannot travel in first class and Taxi bills cannot be reimbursed.

Please note if you bought your ticket in your local currency which might be different than EUR, then we will calculate your travel costs according to the **exchange rates from this official European Commission's [website](#)**.

OTHER PRACTICAL INFO



IMPORTANT NOTICE
PLEASE READ IMMEDIATELY

Accommodation and safety protocol:

We will stay in double-bed or triple-bed rooms that have private bathrooms. You will be provided with towels and bed linen, but please bring your own sanitary products. There is WiFi internet access in the villas and in all rooms. The hotel will disinfect daily the venue, restaurant and conference room. Since the venue is not a hotel, but a vila run by a family, there won't be a cleaning service and change of towels/sheets every day, so we need to keep our room clean by ourselves. The villa staff will however clean the rooms and replace the towels and sheets once or twice during our stay.

Travel/accident insurance:

We live in times of uncertainties, so it's important to be on the safe side and take precautions especially when traveling abroad. We can't stress enough how important is for you to obtain travel/accident insurance before your departures for the days you will stay in North Macedonia. This kind of insurance usually costs a few euros but they provide you with safety and can save you a lot of money in case something happens. If you have a [European Insurance Health Card \(EHIC\)](#) then also take it with you. Unfortunately, according to the rules, we can't reimburse you for obtaining this kind of insurance and you need to cover this cost on your own. The emergency contact in Macedonia is **112**.

Health, food and dietary preferences:

We strive to accommodate food and any other preferences that are related to medical, religious, or similar reasons. However, please note that personal dietary preferences (e.g. "I eat only lamb because I like it" or "I eat only specifically prepared food due to my fitness program") cannot be catered to. Meals will be prepared following a balanced diet and traditional North Macedonian cuisine. If you desire additional specific foods, you may purchase them at your own expense from local markets.

If you have any medical or other issues that could impact your ability to participate in the project or affect your well-being or that of other participants, it is essential to inform the project coordinator in advance via the application form.

OTHER PRACTICAL INFO

IMPORTANT

Weather:

It's September and usually the climate in this time in North Macedonia is pleasant, breezy with a lot of sun, but we will be in a mountain city at an altitude of 1350 meters. For this reason, please take some warm clothes (hoodies, jackets, long pants, warm shoes) because the afternoons and nights can be cold with temperatures close to 4 degrees Celsius. Don't forget to also take some comfortable sport clothes and hiking/sports shoes because we will have some physical and outdoor activities during the Youth exchange. You can check the weather forecast for the week [here](#).

Currency and Exchange rate:

The currency in North Macedonia is Macedonian denar (MKD) which has an exchange rate of 1EUR = 61,35MKD. All local prices will be in MKD and it is not possible to pay with any other currency. There is an exchange office and banks in Krushevo where you can exchange only EUR and USD. The majority of bars/restaurants/markets accept debit/credit cards, but smaller shops, souvenir places and outdoor vendors usually only accept cash. You can exchange your money in Skopje in any bank or at the exchange office at Skopje central bus station (next to ticket counters) with normal exchange rate. There are few ATMs in Krushevo that you can use to withdraw money from your cards.

Roaming outside of EU and WiFi:

You will be outside of your countries, so you will be in roaming when using your phone to call, sending SMS and using data internet! The roaming is usually very expensive, so except if you have a contract with your mobile operator that allows you to use calls and internet in roaming, we really don't recommend using it while in North Macedonia!


There will be WiFi at Vila Gora's premises (restaurant and rooms), but since we will be a lot of people it might get slow at times.

If you really need stable and fast internet, there is a great promotion from A1 mobile operator that you can use to buy 10GB of fast 4G+ internet for 300MKD (5 EUR), available for use for 14 days. There is no official A1 shop in Krushevo, so you need to buy it while in Skopje. There is a store really near to Skopje central bus station [in the shopping mall Vero](#). You will need to have your ID or passport with you to buy the SIM card.

Hosting organisation



CET platforma Skopje is established in January 2016 by young, motivated, competent and experienced youth workers, leaders, activists and experts who are active in the civil sector and youth work from 2008. CET platforma Skopje is the Macedonian branch of CET platform network that has member organisations in Serbia, Croatia, Poland, Montenegro, Slovenia, Kosovo, Italy, Bulgaria, Greece, Lithuania, Bosnia and Herzegovina and Latvia.



We empower you to
empower the world

Coordinator of TUNE



United Societies of Balkans (U.S.B) is a non-governmental organization (NGO) - a civil society organization, created in Thessaloniki in 2008, by a team of active young people, socially sensitized and with rich experience around voluntary programs. Their vision includes the youth empowerment at local, national and international level, the intercultural dialogue, the promotion of principles and values of democracy and human rights through the mobilization and mobility of young people, their assimilation into volunteer work as well as their awareness raising on social issues.

SOUNDS INTERESTING?

BE PART OF IT

Contact the member organisations of TUNE
to express interest.

If nominated, the member organisation will
share the registration form with you.

21 Partner Organisations
from **18** Different Countries
Around Europe



CONTACTS



More information as well as the activities programme will be provided to the selected participants.



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