

INFO PACK

Youth Council-Prilep

Prilep



Macedonian flag



Skopje



Macedonian map



Dear Partners and Applicants,

Through the following pages, we have summarized the information
you

need to know about your EVS volunteering in Macedonia and about
our Strategic European Voluntary Service Project.

We are very glad that you have decided to apply in this project, and
therefore we will strive to offer a warm welcoming to you in
Macedonia.

If you have further questions, do not hesitate to contact us

Evgenija Chapragoska
Project assistant

Contact:

evgenija@ycp.org.mk
+38978245109

Meri Gjorgjijoska
Project assistant

Contact:

meri@ycp.org.mk
+38975781529

About Macedonia

1.Ohrid Lake is the oldest and one of the deepest lakes in Europe. It is estimated to be around 4 million years old and has 200 endemic species that haven't been found at any other place in the world. It was also declared a World Heritage site by UNESCO in 1979

2.Macedonia's capital city, Skopje has a population of just under 700,00 people. Macedonia's total population is just over 2,000,000

3.Mother Theresa of Calcutta was born in Skopje

4.Macedonia is the only country that got independence from Yugoslavia without shedding any blood. It remained totally at peace during the Yugoslav war in the early 1990s

5.It has more mountains and mountain peaks than any other country in the world. Macedonia has around 34 mountain peaks and most peaks have never been visited by people

6. The Cyrillic alphabet, the official in Macedonia, is based on the alphabet developed by two Macedonian brothers in the 9th century. It was taught by their disciples at a monastery in Ohrid, and from there it spread across the eastern Slavic world

7. Macedonia was the first country in the world to have full access to a wireless broadband connection in 2006, after being part of a high-tech project.

8. The country is old! The ancient kingdom of Macedon dates back to 808BC and Skopje is said to be around 7,000 years old

9. It has its own language – Macedonian – which is spoken by around 2 million people, made up of the majority of the population of the country, plus a number of people in the neighboring countries

10. Thanks to being part of the Ottoman Empire from the 14th century, there are a number of notable mosques, including the multi-colored Painted Mosque, built in 1495 and said to be one of the most magnificent examples of Islamic architecture in the world

Food in Macedonia

Tavce Gravce

First on the list, of course, is Tavce Gravce. The beans are among the most popular legumes in Macedonia, and preparing Tavce Gravce is the litmus test equivalent for every Macedonian housewife. Macedonians would often put embroidered peppers as well, enhancing the flavor and increasing the sharpness of it.



Shopska Salad

The ample prelude to every Macedonian lunch, Shopska salad brings together the best Macedonian produce and the finest Macedonian cheese. Popular lore holds true that you can survive on Macedonian bread and Shopska Salad alone. Nutritious and simultaneously refreshing, it is the perfect combination for those hot summer months.



Stuffed peppers

This Macedonian recipe is perhaps the best example of how locals like to mix organic produce with all sorts of meat. Stuffed Peppers take quite a while to prepare, but the end result is yummy. Red bell peppers, therefore, although quite common in Macedonia, are a true commodity once the season is in full swing.



Burek

This is clearly one of the best remnants from the Ottoman era, and definitely the favorite breakfast across the country. Describing Burek, you instantly think of a carbohydrate and meat explosion, as the crispy thin pastry meets the juicy fats. If you want to have the best breakfast in the world, make sure to order yogurt as well, as it perfectly washes away the excess fat, instantly enhancing the flavor.



Ajvar

Also known as the caviar of the Balkans, Ajvar is the best product that comes out of Maceodnia. Preparing it is a twofold challenge, as you need to grill, peel, and grind those red peppers, before you spent an hour or two stirring the mix on the stove, depending on quantity. The end result is pure bliss. Served with Macedonian bread and cheese, it is the frosting on the metaphorical cake, dwarfing everything else in significance.



Pastrmajlija

The central region of Macedonia makes one of the best alternatives to pizza known to men. Called Pastrmajlija, this tasty dish is nothing short of extraordinary. Served with either pork or chicken, it is one of the most popular Macedonian recipes.



Macedonian carp

When it comes to fish, Ohrid is the capital gourmet city. You can try the stuffed Macedonian Carp, or the renowned Ohrid trout.



Macedonian wine and beverage

If you visit a Macedonian kafana, which is a traditional restaurant with an ethno appeal, you'll most definitely have a sip of one alcoholic beverage or another. Macedonian wines do not need an acquired taste, and strong alcoholic beverages will take most anyone by surprise.



Final word on Macedonian food

Macedonian cuisine is colorful and diverse, and this is largely thanks to various cultural influences throughout the centuries. Nevertheless, every dish has its own unique stamp, and most anything on the menu is good enough to impress you so much so that you'll want to adjust your accommodation arrangements, staying a while longer. Make sure to enjoy plenty of vegetables, as they are available in every supermarket at surprisingly affordable prices, explore different places to eat, and try to order as many Macedonian dishes as you can. Make sure to have your plate full at all times, as Macedonian food is a form of art in and of itself, and a reason enough to visit this country over and over again. Bon appetite!

Our currency and prices

Macedonia's official currency is the Denar (MKD). One Euro is approximately 61.3

Macedonian denars. For other exchange rates, check the following website
Notes are in denominations of 10, 50, 100, 200, 500, 1000, and 2000 MKD. Coins are in denominations of 1, 2, 5 and also 10 and 50 MKD. Most of the credit cards are accepted

All major currencies may be exchanged in all banks, hotels and exchange offices.
Proportion: 1 Euro = 61.50 MKD;
When you come to Macedonia you will find the new banknotes of 200 and 2 000 MKD.



You can change currency at exchange office in hotels, or get Denars right out of the ATM in several places in the town, banks and exchange offices.



NOTE!

You should change or withdraw money when you arrive to Macedonia, in order to buy bus tickets that are available only in Macedonian Denars (MKD).

Here are some examples of local prices:

One coffee at a coffee shop costs 1,30 €.

One beer in a pub costs 1,30€.

One cake in a patisserie costs 1,30€.

Two breads in a bakery costs 1 €.

ATMs and Credit Cards

All major banks in Macedonia have automatic teller machines (ATMs) in most towns.

All major credit cards are accepted almost everywhere.



About Prilep

Prilep is a city in Western North Macedonia nicknamed "The city under Marko's towers", alluding to its fortress. The city of 76,768 is the Macedonian tobacco and beer capital - tobacco leaves can be seen drying across the city and Prilep's brewery produces most of the country's most popular beers. The city was the capital of the medieval kingdom of Kings Vukašin and Marko which explains the large number of churches and monasteries in and around the city.

Understand What

is most striking about Prilep is the strange bare scenery with huge rocks scattered around. The city is nestled below a bare hill. On the top of the hill, ruins of a medieval fortress stand. All around the city are tobacco fields, and if one visits the city in late summer or fall, one will see tobacco drying everywhere he turns. What is unique about Prilep is the strange sense of humor its inhabitants have and the way they have preserved their traditional way of life. Near Prilep is the Mariovo region, one of the most untouched regions of Macedonia, with small half deserted villages scattered in untouched nature.

Curiosities

The whitest marble in the world is found in Prilep. The marble is called "Sivec". The pedestal of the Statue of Liberty is made of Sivec, and the marble has also been used in building the White House and other buildings in Washington, D.C.

Prilep and the village of Varosh are attached to each other. In the Middle Ages Varosh was actually the city and Prilep was a suburb attached to the city.



Opening hours

Shops normally open around 08:00 and close around 22:00.

Shops in tourist areas, large shopping centers and department stores may stay open on

weekends and public holidays as well.

Banks are open on workdays (Monday to Saturday) usually between 08.30 and 16.00

Restaurants and cafes have varying opening hours, but lunch is most often served between

12:00 and 15:00. Dinner is served from 19:00 until late in the evening.



Youth In Action 2.0

General Information

Youth in Action 2.0 wants to contribute towards Young people actively participate in their community development aiming to enhance youth participation in school communities with inter-cultural dimension.

We focus on Participation as a human right and not a privilege, every individual needs to have opportunity to build better society. Local authorities and youth organizations need to promote opportunities; nevertheless they need to create these opportunities in order to see young people actively participate in community development. If we use the Hart's ladder of young people's participation, current and previous analysis have shown that level of youth participation in Macedonia is still on level of Symbolism Decoration and Manipulation. Insufficient integration of the youth in decision making processes is still the main obstacle that does not allow making appropriate decisions that concern the real needs of all stakeholders.

There are several factors influencing the current situation on youth participation in decision making, with our project we focus on high school students as one dynamic, energetic target group always needing support and empowerment.

The objectives of the EVS assignments are:

- To provide continuous support to school organizations by EVS international volunteers within YCP facilities.
- To increase the mobility of young people
- To increase the outreach of young people consulted by YCP
- To raise the awareness on voluntarism, cultural exchanges and dialogue through direct contact with the local population;

The three mobility phases are identical and complementary one to another

Tasks

The volunteers will carry out following general activities:

- will assist in project development and implementation of project activities with high school students visiting YCP
- will assist in creation and implementation of yearly programs of school organizations
 - will gather information and data once per month from 5 high school organizations
- will create brief documents on information gathered from high school students in Prilep.
 - prepare articles and reports and update organization web site
 - participate in meetings, promotion and other social events (twice a month)
 - organize presentations/workshops to young people (at least twice a month)

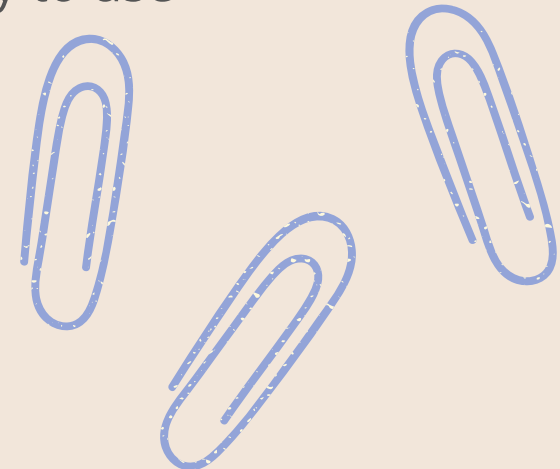
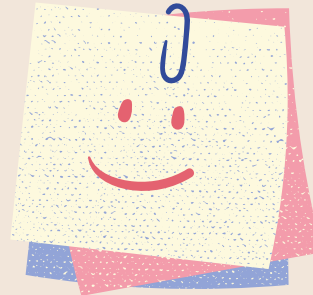
During the realization of the activities the volunteers will have full support from the organization team and the rest of the volunteers. He will have full freedom to bring initiatives and modify the tasks in direction to his/her learning processes.

In coordination with the program manager of the organization and the program assistants, the volunteers will implement the tasks.



Working time

Regarding the working time, working days are Monday-Friday. Saturday and Sunday are non-working days. During national holidays the organization is not working. We will respect and the holidays that the volunteers are celebrating in their home countries as well. It is also important to us as host organization but also as for the volunteers to follow and evaluate their learning process. We consider that this is especially important for the volunteers. In this manner person from the staff will conduct periodical evaluation process with the volunteers and will assist him in memorizing his learning process during the EVS. We will decide what methodology to use together with the volunteers.



What should you bring with you?

Here is a list of important things that you should bring with yourself:



1. Very important!!! Bring with you your passport!
2. Travel tickets

We can only refund you're travelling costs, only if you have the original tickets, receipts of the trip.

3. Some amount of money

We strongly recommend to bring some amount of money for the first days/ week of the stay while bank account is open and the volunteer receives monthly allowances.

4. Medicines

For preventive reasons we recommend for those who have health problems to bring their own medicine.

5. Some traditional snacks, drinks or food In order to learn as much as possible from each other's culture, we can organize an intercultural welcome, where you are supposed to share some of your local specialties.

6. Representative materials of your sending organization (brochures, CD's, etc.)

7. Bed sheets and personal belongings

The apartment has all basic things according to Macedonian Standard, but we advise to bring personal bed sheets and pillow cases

8. Warm clothes

During winter the weather is cold.

9. Make a prediction what will you need as you live in your home town.



Selection Criteria

Potential Volunteers needs to fulfill the next criteria

- 1.To be between 18-29 years old
- 2.To speak English
- 3.Have a valid passport 6 months after ending of the volunteering activity
- 4.Share an apartment/room with another EVS Volunteer
- 5.Attend Skype interview with Hosting Organization
- 6.Young people with economical and geographical obstacles will have advantage.
- 7.Experience in volunteering in Non-governmental organization
- 8.Experience in facilitating and running workshops
- 9.Possessing presentational skills
- 10.Experience in working with youth

Additional information

EVS in Youth Council Prilep will have additional opportunity to Learn Basic Macedonian with grammar and audio (project from our former EVS Volunteer Clement Almero)

Note

Each Volunteer receives money for food and pocket money, Accommodation, Macedonian SIM card, 30 hour Macedonian lessons.

Upon Completion each volunteer is awarded with Youth Pass Certificate.

Upon selection VISA Procedure will be started and set of documentation will be requested from the selected volunteers.

