

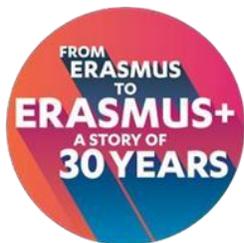
INFO PACK FOR ESC VOLUNTEERS

**EUROPEAN
SOLIDARITY
CORPS**

HOST ORGANIZATION: CENTER FOR YOUTH ACTIVISM CYA KRIK WEB PAGE: WWW.KRIK.ORG.MK

CYA KRIK - FB PAGE: WWW.FACEBOOK.COM/CYA.KRIK/

YOUTH CENTER KRIKNI - FB PAGE: WWW.FACEBOOK.COM/YOUTHCENTERKRIKNI/



Erasmus+



Project name: EUROASIA II

Activity dates of the ESC volunteering:

Hosting in Krik:

Group 1 of 2 volunteers should arrive on 1st of May 2022

Volunteering group is consisted of:

2 volunteers (one from Vietnam, one from Philippines)

Costs connected with the volunteering (per group)

Cost	Amount	Number of participants	Total
Travel costs	1500 euro per participant	2	3000
Pocket money	3 euro per day per participant.	2	Per month 90 euro per person
Food money	3,5 euro per participant	2	105 per person per month

Location of the office of CYA KRIK

Your new work place Center for Youth Activism KRIK is located in Przino, a nice neighborhood up from the center at Karadzica 6.



There are few ways to get there:

🌐 Bus- there is only one bus which is going from the city center to the office. The bus number 16 you can take from the bus stop opposite to City Hospital (big dark red building close to the GTC). There is no worry to counting the stops because you should get out of the bus at very last stop. Then go a bit further and on the right side you will have ZurMarket. Just turn right and start to walk straight. The second street on the left is your street you should take. After one minute of going up just choose the first street right and the third house on the right side is you destination.

🌐 Taxi- if your pocket money just arrived and it's the beginning of the month don't mind to hop to the taxi. The taxi drivers usually knows the address. Not always though. If they are still confused after saying to them Karadzica 6 vo Pržino just say "posledna šesnaestka" which means "the last sixteen". They will know then where it is. And you know how to explain where to next.

🌐 By walking - your house is 15 min. away from the office by walking

Here is a google map: <https://goo.gl/maps/2HzoMvMFt652>

CYA KRIK by itself

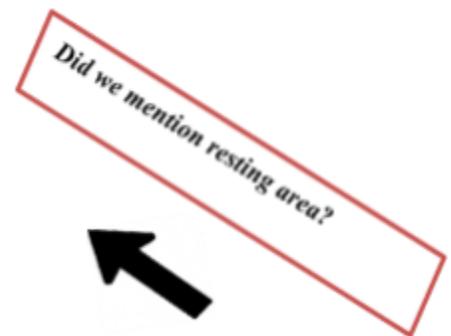
Now when you already get to the Youth center you should know more about things we are doing here.

Centre for youth activism KRIK is non-governmental, non-profit organization established by young people, led by young people and it works for and with young people. The translation of the word KRIK is SCREECH/OUTCRY and the inspiration for it came out of the vision of this organization, which is to be the voice of the youth that will be heard and will make changes and contributions in the society. KRIK strives to encourage greater youth participation, youth activism, encourage young people to be more included in the policy making process on local and national level. The target group that KRIK works with are all people (but mainly youth) who want to contribute and make changes in the field of ecology, critical thinking and communicative skills, as well as working for the well-being of the socially excluded groups from the society.

KRIK is cooperating also with Scout Center and both are actively organizing a lot of events and workshops for young people with fewer opportunities and with typical development.

What can you do here?

Well, there are a lot of things you can do, you only need your imagination and personal motivation. KRIKs staff will always give you support and help. All you need is actually your determination and creativity. You have all the support from KRIK's team and all the space in Youth and Training center.



Support the independent living of adults with disabilities

CYA KRIK is service provider of social services and coordinating assisted group living with 24 hours support for adults with disabilities. CYA KRIK is coordinating 4 houses, where in each house there are 5 adults with disabilities which are living together.

The volunteers are supporting the independent living of the beneficiaries and spending time together in the houses. Some of the activities that the volunteers can do together are:

- go together for a walk;
- cook together;
- help them with some work in the garden;
- listen music and watch TV together;

- have a coffee and lunch together;
- go together to the green market or other interesting place;
- organize any interesting activities which the beneficiaries would love.

In the house, there are caregivers which are providing 24 h support to the beneficiaries. Additionally, there is the team of the coordinator, who is a social worker and the physiotherapist which is providing the services daily. The volunteer will work together within the team.

Implement youth inclusive programs in the special schools

CYA KRIK is implementing youth inclusive programs in the special high schools in Skopje. The programs are lasting during the school year September-December and February-June. During the summer period, the program is usually offering different outdoor activities such as: visiting the mountains, swimming pools and similar.

Within these target groups, the volunteers can:

- Implement workshop in the schools on a topic the have experience and interest in;
- Do intercultural workshop and present their culture to the target group
- Organize interesting summer activities
- Do team building activities
- Implement movie nights and cooking together activities and similar.

Skopje

How to get to Skopje:

-  Airport “Alexander The Great” - Skopje

The airport has connections with Istanbul, Belgrade, Zagreb, Ljubljana, Budapest from the surroundings and most of the European capital cities. From the airport there is a shuttle bus from the company Vardar Express, which costs 175 MKD, approximately 3 euros.

-  Main central bus station Skopje

The central bus station has connections with every capital city from the surroundings, including Istanbul, Ljubljana and Budapest.

Central railway station Skopje

The central railway station is in the same place as the bus station and is internationally connected with Thessaloniki and Belgrade.

A capital city has a lot to offer. From the cozy coffee shops, best restaurants, awesome sweet shops and great pubs. And all of it right there in the center. Here is the few places you can't miss while you are staying in Skopje:

 Bit Pazar - you need to buy something for the kitchen? Or fresh vegetables? Or even maybe clothes? Shoes? Don't bother going to the regular shop. You buy anything you need at Bit Pazar. And trust us, it will be much cheaper there. You can even negotiate if the price still is to high for you :). Bit Pazar is located at the end of Old Bazar.

 Canyon Matka - it's good to plan the whole day for that place. A beautifully canyon by the water with take your breathe away. You can easily get there by local bus (around 40min drive) or negotiate a price with a taxi. It's not a problem to rent a guide with a boat and see even more beautiful things at that place. Also there is a restaurant where you can rest and enjoy the amazing view while drinking or having meal. You can also rent a kayak :)

 Vodno - Vodno is a hill where you can get by taking a local bus from the center or you can walk. From the middle of the mountain you can take a cable car and go to the top. Up the hill there is an enormous cross but what's the most important is the view. The whole Skopje just in front of you. Worth to go there.

Night life:

 Kafanas - are one of the more popular options when it comes to purely hanging out with friends, having a bite and enjoying a drink or two. The Kafanas are typical small and often great value for money restaurants that have a lively ambiance, also a live band performing and serve local specialties and drinks. Believe me, you will love it there.

 Pubs at Kej - promenade close to the river (Vardar) has many pubs for the most picky customer. From Irish pub, Havana club to nights clubs you will definitely find something for yourself.

☂ Stara Pivnica - It's located above the Old Bazar, close to the Fortress. It's a place with open area and live music. It's a brewery also so you won't order there an usual beer. Which is awesome because the beer they are serving it's unique and incredibly tasty. Not mention the atmosphere made by live music, you will definitely enjoy even during the winter where inside the pub turns to be great dance floor.

☂ Old Bazar (carsija) - there is no better place in Skopje. Turkish old bazar has the best restaurants with national food. You will eat here amazing kebapcinja , tavce gravce, sharska and many others. For a dessert we recommend to try delicious baklava or trileche (be careful, it's really sweet). And there is no better place to enjoy your time while drinking strongturkish coffee or tea.

Macedonia

If you have enough of Skopje and you want to see something else there is plenty of cities you should visit.

OHRID- city by the lake. Sounds normal but trust me, you will be amazed by that. It's the biggest natural lake and one of the oldest and deepest. It's a must have on your list. Just look at it.



PRILEP - in Prilep you can eat delicious baklava (Alfa cafe at the main square) and climb the hill called Markovi Kuli. The view from there is worth of climbing (around 1,5 hour walk).



BITOLA - a city famous from ancient amphitheater and a promenade where you can walk and be admired by local people. Or you can admire them.



Neighboring countries

There is very possible that your travel spirit will drag you to explore more. And you should listen to it. Around Macedonia there are countries you should definitely visit. Macedonia has borders with following countries: Albania, Bulgaria, Greece, Kosovo and Serbia. There is no problem to enter any of these countries. For each country there is at least few buses per day. The most easy is getting to Kosovo (buses to capital city Prishtina are going every hour for only 5 euro). For Bulgaria there are definitely two buses (one at the morning, one at the late afternoon) for around 30 euro both ways. To the Greece there is easy way to get by bus to Thessaloniki (two buses per day). Same for Albania and Serbia. There are a lot of companies so the best way is to check the schedule at the Main bus station just to avoid changes of the schedules.

Important note about going to Serbia throught Kosovo. There is no chance to do that so if you were planning that way you should change your plans. Since Serbia is not accepting the Kosovo independence there is no way to get to Serbia from Kosovo (since you are starting from Macedonia, Serbia wouldn't accept kosovian stamp in the passport).

Your living space

The street where the house you will live in is located in Kisela Voda, Dimo Hadzi Dimov 62 b.

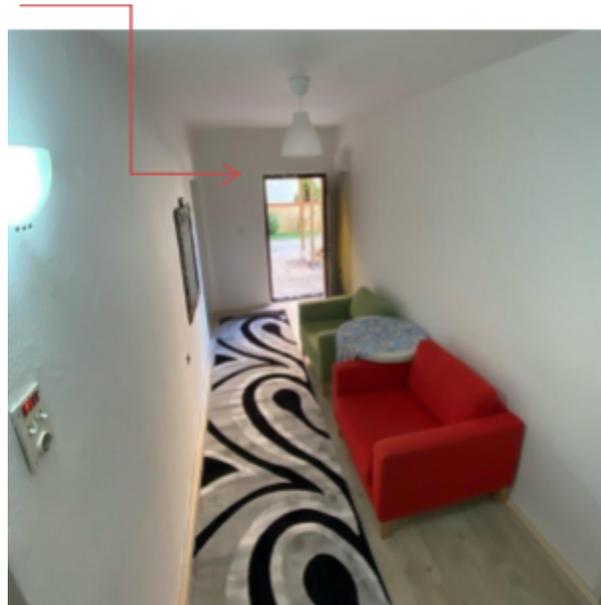
The house is located in Kisela Voda Municipality in South-eastern part of Skopje and it is 10 minutes by bus to the center of Skopje (15 minutes walking).

The volunteer's apartment is on the first floor



The house is full prepared for living and has excellent conditions.

Front door



Living room



Room number 2



Room number 3



Nearby useful objects:

Close to the house there is a big market which is open during the day

Down the street towards the center of the city there are few café bars.

From the center there is one buss that go in the direction of the house. Bus number is 24.

Covid 19 regulations

The volunteers can volunteer in North Macedonia without having the vaccine. The team in Krik fully recommends the vaccination process for everyone, especially because the

capacity of the target group. But the government still does not have any restrictions for volunteers.

Entering the country: In order to enter Macedonia, you need to have either full vaccination process (with any vaccine, not only EMA recognized) or obtain a negative PCR test for not more than 72 hours before entering.

Entering the bars and malls: In order to enter any bar or mall in the country you need to have either full vaccination process (with any vaccine, not only EMA recognized) or obtain a negative PCR test for not more than 72 hours before entering.

Contact and emergency number

- o Mila Karadafova : +38978370987
 - o Anastasija Georgievska: +38977503486
- } KRIKs staff number

In case of emergency these are national emergency numbers:

- o Police => 192
- o Firefighter Department => 193
- o Ambulance => 194



WE HOPE THE GUIDE WILL BE HELPFUL AT LEAST ON THE BASIC LEVEL. IF YOU HAVE ANY QUESTIONS OR DOUBTS DON'T HESITATE TO ASK FOR HELP OF ANY KRIK'S MEMBER. EVERYONE FROM THE ORGANIZATION IS WILLING TO HELP AND BE YOUR GUIDE. :)