



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



**2 - 9 SEPTEMBER 2023 |
SUTOMORE, MONTENEGRO**

Infopack

Youth Exchange "Sustainable Innovations: Eco- Visionaries of Tomorrow"





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Project Description

The project 'Eco-Entrepreneurship & Circular Economy: On the Path to Sustainable Change' is set in line with the priorities of the Erasmus+ Programme and the general objectives of the call. The project is based on the need to increase the capacities of 6 youth organizations representing the Programme (North Macedonia, Serbia and Cyprus) and Partner countries of the Western Balkans (Bosnia and Herzegovina, Kosovo* and Montenegro) to work with the concepts of eco-entrepreneurship and circular economy, to be able to develop competencies of young people, young people with fewer opportunities in these areas, and to transfer the principles of circular economy in their practices to become more green, sustainable youth organizations ready to face ecological and sustainable challenges of 21st century.

Youth Exchange aim

to explore the concepts of eco-entrepreneurship and circular economy, to learn about the realities and the practices in participating countries, to work on the development of entrepreneurial mind-set, to test the 1st prototype of the Board Game and give feedback, to brainstorm and to work on the development of ideas for local projects addressing local ecological issues. We aim that the Board Game will be created by young people. It means it will be peer to peer product. Even if the overall process will be managed by the Youth Exchange Team and the Core Project Team active involvement of the young people will be essential. The participants of the Youth Exchange will create ideas for the content of the game, and for its design. Furthermore, the participants of the YE will come up with ideas for projects/initiatives targeting their local communities with the aim to raise the understanding of their peers on the concepts of eco-entrepreneurship and circular economy.

Board Game: Develop by young people for young people

Aim: to introduce the concepts of eco-entrepreneurship and circular economy to young people, young people with fewer opportunities through interactive way, to increase their interests in the issues, to raise their entrepreneurial mindset, to support development of their competences

The project is strongly contributing to the implementation of the EU Youth Strategy including the 11 European Youth goals:

Goal

Connecting the EU with youth

The project will equip the partners, and target groups with knowledge and understanding of the role of the EU in building a green and sustainable future. The target groups will understand better what's the plan in the areas of eco-entrepreneurship and circular economy and how the EU is supporting different actors to behave more green and sustainable.

Goal

Sustainable and Green Europe

This goal is firmly tackled by this project. The young people directly involved in the activities delivered under Work Packages 3, and 4 will raise their knowledge and understanding of sustainability. They will learn about the principles of circular economy, get inspired by stories of eco-entrepreneurs, and learn what practical steps they can take to help to create a Sustainably and Green Europe

Goal

Youth Organisations & European Programmes

Through the project, the consortium will actively promote the European Programmes and ensure that youth organizations, youth workers, young people will become aware of the possibilities that European Programmes provides.

Goal

Quality Learning

Through the activities, young people will not just develop their knowledge and understanding of eco-entrepreneurship and the circular economy. They will also develop competencies essential for the 21st century: working in a mix-intercultural environment, problem-solving, etc.

Youth Exchange Description

Find Agenda on this link:

https://docs.google.com/spreadsheets/d/14U_C812bGOFclaliPR8FNLeqF4JTjTPKw36z4OX6wbw/edit?usp=sharing



DATES

02 - 09 September 2023



LOCATION

Dom Solidarnosti, Sutomore, Montenegro



PARTICIPANTS

6 per country
(5 participants + 1 group leader)
aged 18 -30

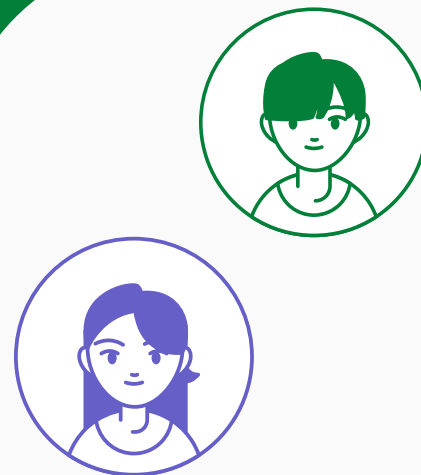


COUNTRIES

- **North Macedonia**
- **Serbia**
- **Kosovo***
- **Montenegro**
- **Bosnia and Herzegovina**
- **Cyprus**

Participant Profile

Participants of the Youth Exchange should have the following background:



- Young people in age 18 to 30 residence of participants' countries;
- Strongly interested in exploring the topic - Eco – entrepreneurship, circular economy;
- Have experience or just love educational board games
- Motivated to work on the development of their personal and professional competencies in an international setting (communication, teamwork, problem-solving, conflict management, facilitation, and presentation);
- Motivated to take part in Erasmus+project, work in an international team and share their experiences in follow-up period;
- Ready to work in a mix-intercultural learning environment, to contribute to successful project implementation.

Every group will include participants with fewer opportunities facing cultural differences and social, economic obstacles. It means young people who meet unemployed, are coming from a socially and economically challenging environment, and/or might face discrimination, stereotypes, and prejudices in their communities.

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

Working Methods & Official Language



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.

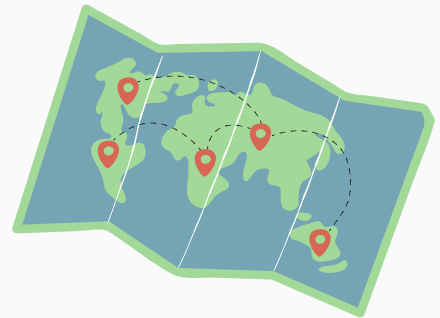
These sessions will provide the participants with concrete ideas that can be implemented in their local communities, thus ensuring an important multiplier effect.



The official language of the project

Working language of the youth exchange will be English. Do not worry, your English proficiency should not be perfect, enough is to understand and be understood!

Travel Arrangements



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

Usefull Websites:

Trip Planning	Flight Connections	Maps	Montenegrin transportation
<ul style="list-style-type: none"> • https://rome2rio.com/ 	<ul style="list-style-type: none"> • https://www.momondo.com • https://www.flightconnections.com/ 	<ul style="list-style-type: none"> • https://waze.com/ (or download the app from the app store) • Download offline Google Maps 	<ul style="list-style-type: none"> • https://busticket4.me/ • https://www.zcg-prevoz.me/ • https://airmontenegro.com/

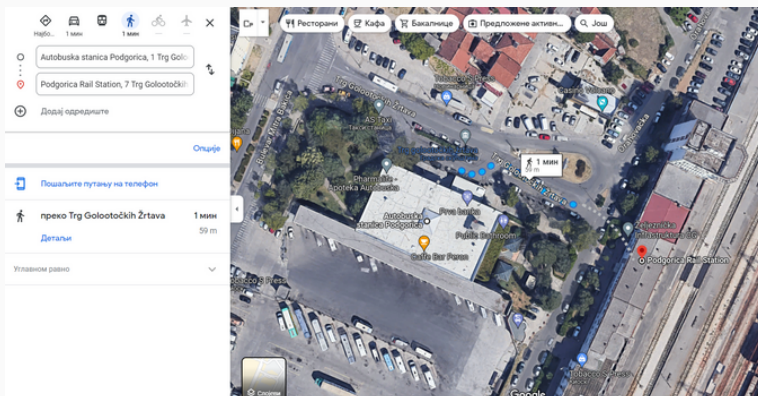
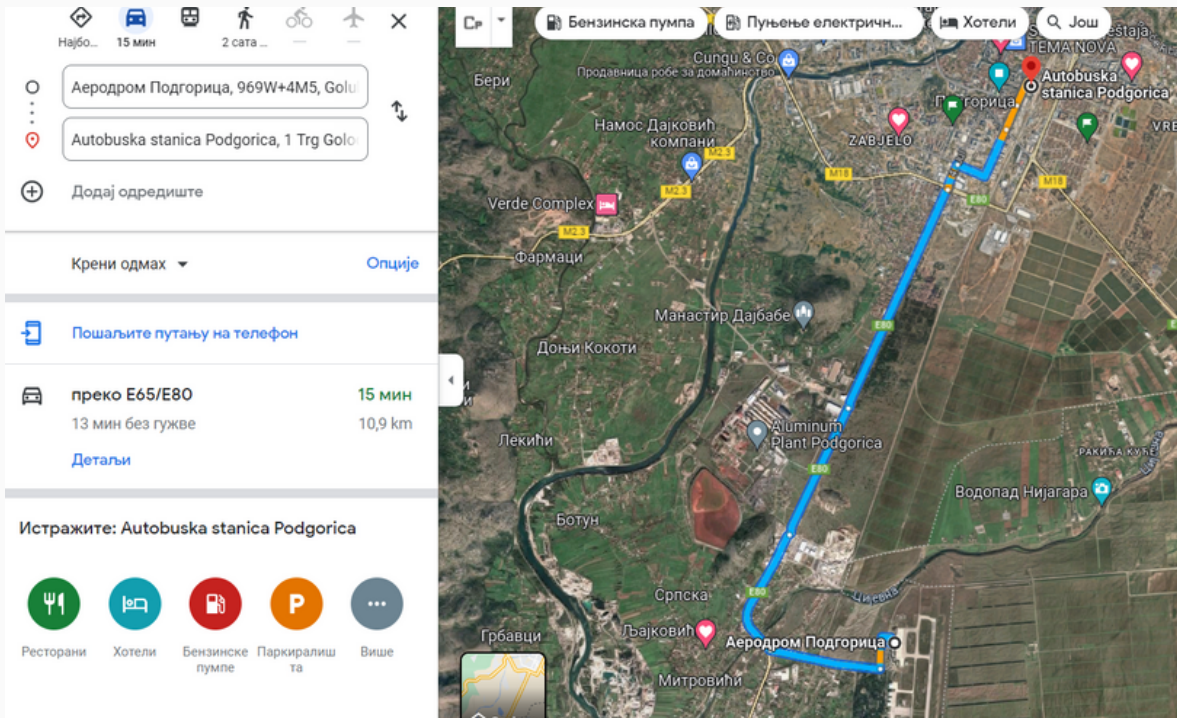


An invitation to try to travel mindfully - with no excess luggage and extra effort to store it. Welcome to use tips from EC: <https://bit.ly/3r23I00>

HOW TO REACH THE VENUE?

1. Flying to Podgorica Airport

- a) You can go from the airport by taxi to the Podgorica bus station or Podgorica train station and directly go by bus or train to Sutomore. Taxi to the Podgorica costs 10 EUR and it is non-refundable. You can book a taxi vehicle through the Viber group "Naš taxi" that issues fiscal receipts:
<http://www.viber.com/nastaxipodgorica>

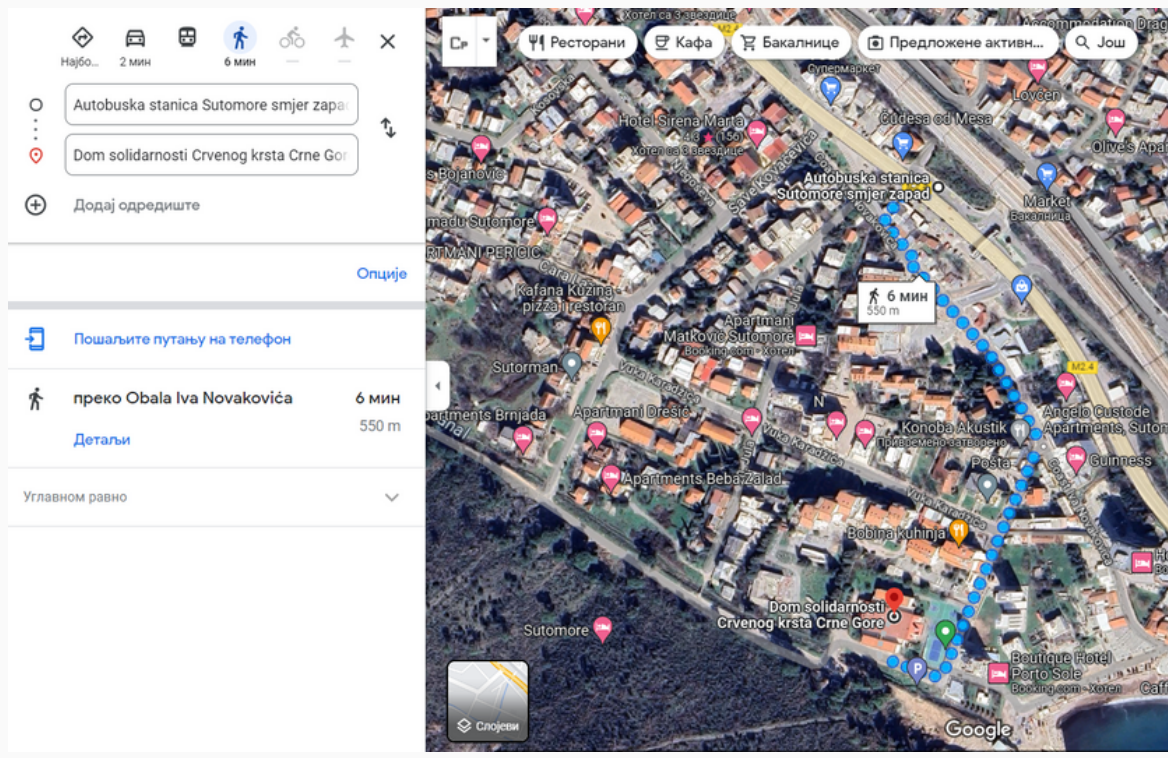


Distance between Podgorica bus station and Podgorica Rail station

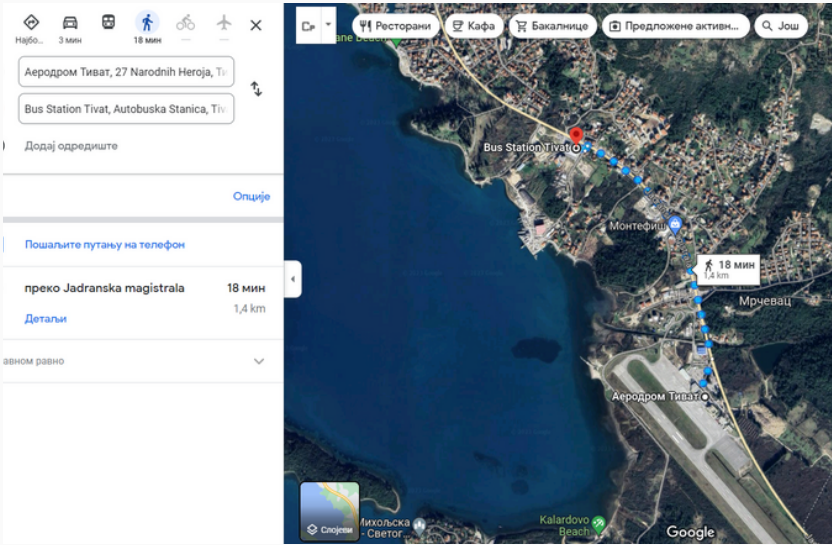
b) The costs of bus tickets and schedules for bus lines from Podgorica to Sutomore can be conveniently accessed and purchased through the website www.busticket4.me or directly at the bus station.

Similarly, for train travel, the costs of train tickets and schedules for train lines from Podgorica to Sutomore can be checked on the website <https://www.zcg-prevoz.me/> and purchased directly at the train station.

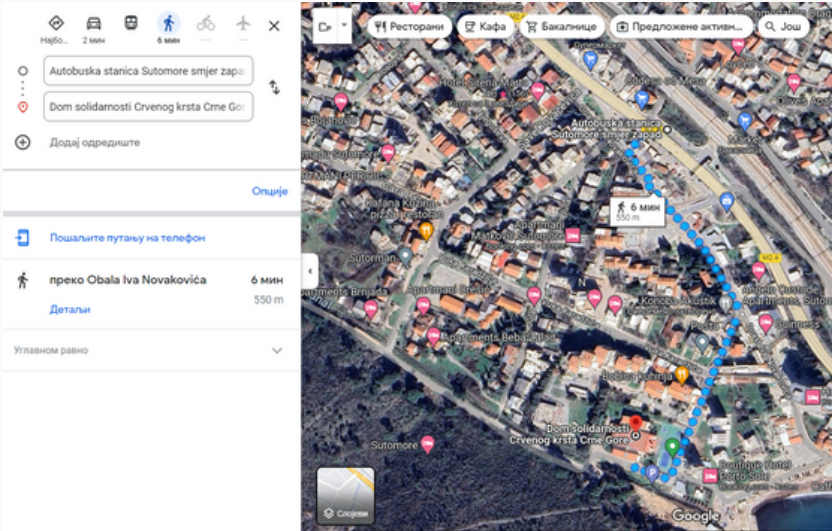
From both the bus station and train station, you have the option to conveniently access the venue by foot. The distance between the stations and the venue allows for a pleasant and manageable walking experience.



2. Flying to Tivat Airport



a) You can easily reach the Tivat bus station on foot or by taxi, where you can board a bus that will take you directly to Sutomore. The costs of bus tickets and schedules for bus lines from Podgorica to Sutomore can be conveniently accessed and purchased through the website www.busticket4.me or directly at the bus station.



b) From the bus station you have the option to conveniently access the venue by foot.

NOTE: Nearby airports that serve as convenient entry points to Montenegro, allowing easy access to your desired venue, include Dubrovnik Airport in Croatia and Tirana Airport in Albania. These airports provide excellent connectivity options and facilitate smooth travel to Montenegro. Whether you choose to fly into Dubrovnik or Tirana, you can seamlessly continue your journey to your destination within Montenegro.

About Sutomore, Montenegro

Montenegro is a land of diverse landscapes and natural beauty. It is renowned for its picturesque coastline along the Adriatic Sea, offering crystal-clear waters, pristine sandy beaches, and scenic coves. Sutomore, located on the country's southern coast, is a coastal gem known for its relaxed atmosphere and family-friendly beaches. It provides an ideal setting for sun-seekers and those seeking a peaceful seaside retreat.

In addition to its beautiful beaches, Sutomore offers a range of amenities and attractions. The town boasts a variety of accommodations, including hotels, guesthouses, and apartments, ensuring a comfortable stay for visitors. Sutomore's lively promenade is lined with cafes, restaurants, and shops, where you can indulge in local cuisine which is characterized by Mediterranean and Balkan flavors, sip refreshing beverages, and browse for souvenirs. Popular dishes include seafood, grilled meats, cheese, and hearty stews.

For nature enthusiasts, Sutomore serves as a gateway to Montenegro's stunning natural wonders. Take a short trip inland, and you'll find yourself surrounded by breathtaking mountains, such as the majestic Rumija Mountain. Hiking enthusiasts can explore scenic trails and enjoy panoramic views of the coastline and surrounding landscapes.



As you explore Montenegro, you'll discover a rich cultural heritage and historical landmarks.

Within reach of Sutomore, you can visit the ancient town of Bar, with its impressive old fortress and fascinating archaeological sites.

Don't miss the opportunity to experience Montenegro's traditional music, dance, and folklore, which are deeply ingrained in the local culture.

Travelers to Montenegro will find a warm and welcoming atmosphere, with friendly locals ready to assist and share their vibrant traditions.

The official language of Montenegro is Montenegrin. It is a South Slavic language and is mutually intelligible with Serbian, Croatian, and Bosnian. Montenegrin is written using the Latin alphabet, although the Cyrillic script is also recognized. English is commonly spoken in tourist areas, and there are pockets of other languages spoken due to the multicultural nature of the country.

The official currency of Montenegro is the Euro (€), adopted in 2002. It is worth noting that Montenegro is not a member of the European Union, but it unilaterally adopted the euro as its currency. The euro is widely accepted in businesses, including hotels, restaurants, and shops. It is recommended to have some cash on hand, as not all establishments may accept credit cards in more remote areas.

Water in Montenegro is drinkable.



Accommodation and Food

The Solidarity Home Sutomore - Dom solidarnosti Sutomore (<https://ckcg.me/en/house-of-solidarity-sutomore/>) is located in Sutomore, in the south of the Montenegrin coast, on the seashore.

Due to its location, climatic conditions, traffic connections, equipment and program concept, it provides ideal conditions for the organization of educational, entertainment and sports-recreational activities, which makes it particularly suitable for the stay of preschool groups, elementary school children, high school students, students, athletes, and for the organization of seminars, schools in nature and other forms of education, both domestically and internationally.



Accommodation

In the House of Solidarity there is also a Training Center for the training of water rescuers.

Participants will be accommodated in multi-bed rooms with a maximum of 4 beds, with personal bathroom.

There will be 3 meals per day provided, breakfast, lunch, and dinner, as well as 2 coffee breaks, and they will be served in the resort's restaurant.

Additional facilities available to guests include a congress hall, playroom, toilets, reception, a carefully landscaped and fenced yard with firs and pines, and a park with swings and equipment for children.

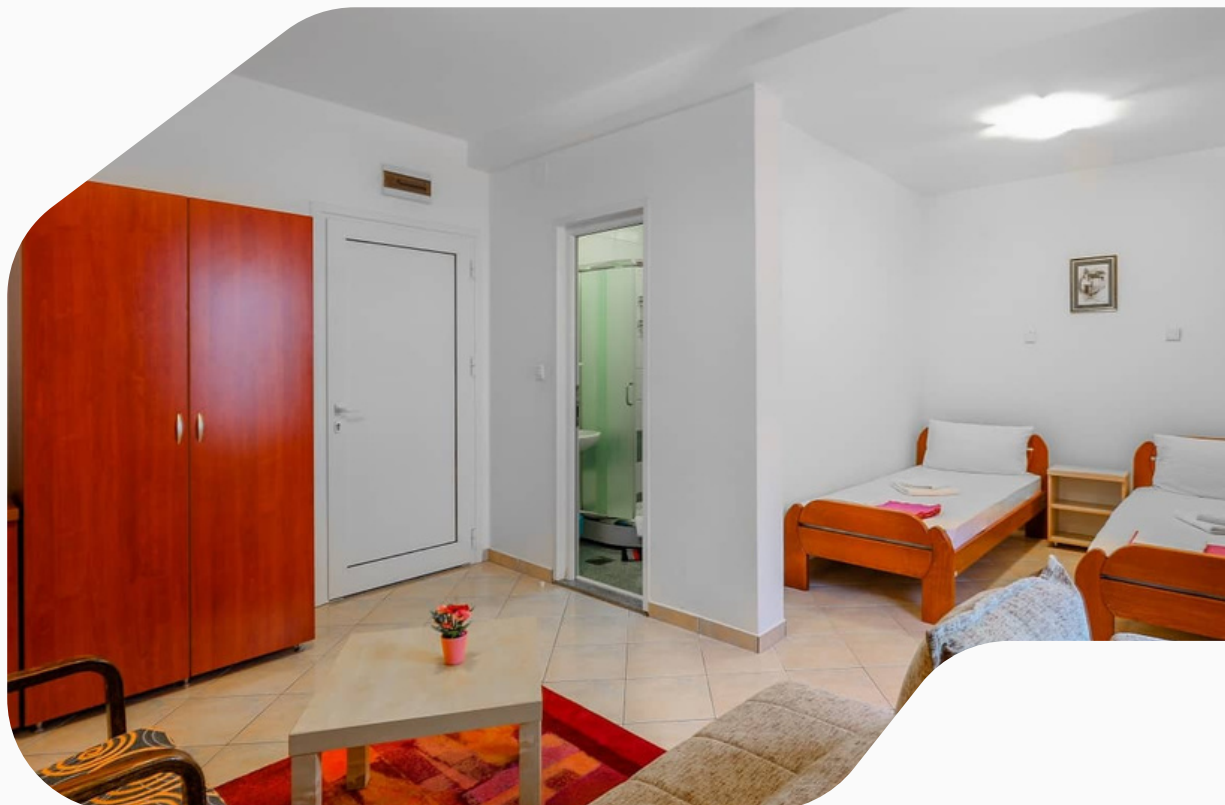
Within the resort, there are also courts for basketball, volleyball, handball and futsal, with a concrete surface, as well as a field for futsal, with a grass surface.

The medical service is at the service of the users 24 hours a day.



Important information about the accommodation:

- During the activity, participants will be accommodated in rooms with people from different countries.
- Participants will have roommates from different countries, and we can't make exceptions to accommodate people only 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 workspaces inventory, and if damaged it will be charged.



Important Notes

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

Smoking is not recommended and in case of urgency only permitted outdoors in a designated space.

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 expected daily temperature in this part of the year is around 25-35°C. . Bring comfortable shoes and clothes for day and night, and also some more elegant ones for going out.

During the official part of the event, and in the territory of the whole resort drugs are strictly forbidden!



The accommodation is covered at Dom Solidarnosti, Sutomore only for the days of the activity (02- 09 September 2023). In case of a longer stay, there is no chance of reimbursement of accommodation costs. You are not allowed to arrive after 02 September or leave earlier than 09 September Please keep this in mind when booking the tickets. For any other questions consult with your sending NGO.



Travel Reimbursement



- 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 into 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.
- You are not able to leave the project one day earlier to catch your flight or bus. please buy your tickets according to the project's date.

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- After sending their tickets and boarding cards, participants will receive reimbursement for 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 – Sutomore, Montenegro. 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 them to EUROS according to the exchange rates from the official European Commission website: https://commission.europa.eu/funding-tenders/procedures-guidelines-tenders/information-contractors-and-beneficiaries/exchange-rate-infoeuro_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+ program, 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 Montenegro 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 in the city where the airport is situated. We are aware of such situations, but organizers can't cover this cost (accommodation), it is the participants' own cost too. For that reason, we recommend you find accommodation using [booking.com](https://www.booking.com) or <https://www.airbnb.com/>
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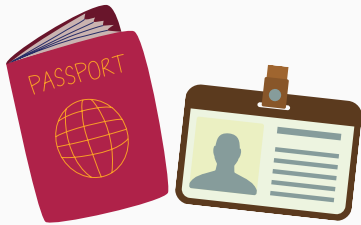
Budget travel cost:

Country	NGO	Max Amount (EUROS)
North Macedonia	NEXT GENERATION SKOPJE	180 EUR
Kosovo*	CET PRIZREN	180 EUR
Cyprus	DOREA	275 EUR
Montenegro	NVO GLAS	20 EUR
Bosnia and Herzegovina	SPIN	180 EUR
Serbia	YOUTH WORKERS ALLIANCE	180 EUR

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 paid 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 card



Comfortable clothes and shoes for activities and fancy ones for going out, and check the weather channels



Personal care products (shampoo, toothpaste etc.) and beach outfits (swimsuits, flip flops etc.)



Towels



Mug and/or metal/glass bottle to avoid single-use plastics as much as we can



Camera, laptop, etc.



Pills and medicines.



Health & Travel Insurance



Positive attitude!

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 risks or possibly necessary medicines, special food arrangements (such as vegetarians, vegans, intolerances...), and so on.

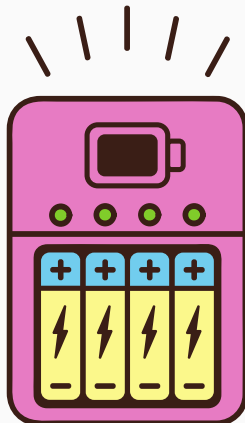
Preparations



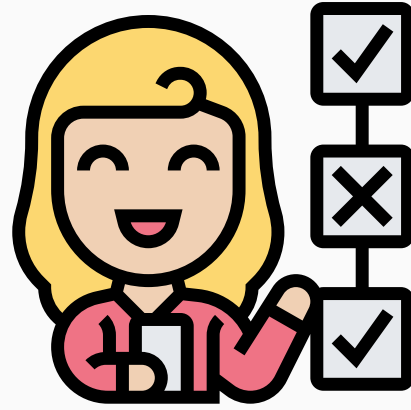
Find interesting videos/games/exercises/educational activities related to the topic.

Morning/Afternoon Energizers: We would be really happy if each group prepare some energizers to increase the group's energy!

Wherever possible, take your laptops, digital cameras, smartphones, and tablets – we will be doing some multimedia work that requires mobile equipment!



Basic Rules



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 are 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, and positive, destroy the borders, have maximum fun, be cheerful and try to be part of the solution.**



Contact person

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E-mail: teanvoglas@gmail.com

Application form:
<https://forms.gle/UPqfYoATXxJ9YfpK6>

See you in Sutomore!