

# EVS & ESC GUIDE FOR VOLUNTEERS



ПОУ “Д-р Златан Сремец “  
Скопје

# WELCOME

Dear volunteers,  
Welcome to your ESC, welcome to Macedonia! In this Information Guide you will find some basic information about Macedonia, Macedonian capital Skopje, your project and activities you can get involved in.

# ABOUT US

VOLUNTEERS CENTRE SKOPJE is an organization which will provide support for your ESC project. We are a non-governmental youth organization created in 2006 by former EVC volunteers. The main goal of the organization is to give non-formal educational possibilities to young people, in different fields, on local and international level; to promote the idea of volunteerism and to connect young people regardless of their nationality, religion, political, economical or social status.

Primary school «Dr Zlatan Sremec» is a public special elementary school for education of children with special needs. The school operates according to special programs for work with pupils with intellectual disability, autism and combined disability. The Special Elementary School «D-r Zlatan Sremec»-Skopje for children with intellectual disabilities was opened on 28.08.1972 by the great Macedonian humanist Dr. Ljupcho Ajdinski. The school is one of the four schools for students with intellectual disabilities. The school has 47 employees, most of which are teachers of special education, physical education teacher, music teacher and teacher in technical education. The school has an expert team composed of a speech therapist, a social worker, a psychologist and a special educator.

## More information about our organization:

[www.zlatansremec.edu.mk](http://www.zlatansremec.edu.mk)



«POU « D-r Zlatan Sremec

# TEAM



## MARIJA DELETIKJ

*Director*

She has an experience in the NGO sector with youth and with pupils with intellectual disability, autism and combined disability. She is working as special educator and rehabilitator for 13 years. Also, she has an experience as assistant practitioner for developing adapted curriculum for special schools in the Bureau for Development of Education of Republic of Macedonia.

Phone : +389 227 704 46  
e-mail: [zlatansremec@yahoo.com](mailto:zlatansremec@yahoo.com)



## MERI NOLCEVA

*ESC coordinator*

She has a master degree in special education and rehabilitation. She will be responsible for all the communications with the volunteers, giving them an orientation training. She has been working in the NGO sector with youth from different social background so that will be an advantage for the new volunteers because they will communicate with experienced personnel.

e-mail: [mnolceva@gmail.com](mailto:mnolceva@gmail.com)



## ANDREJ NAUMOVSKI

*Project coordinator*

He has a master degree in Intellectual Property Law. He is interested in local development, environment, as well as in non-formal education and youth participation in society. He attended Summer Law Institute in China and he took part in several youth exchanges, as a team leader and facilitator. He is experienced in writing Erasmus+ projects. He did also short ESC in Lithuania where he worked with people with atypical development

e-mail: [andrej@vcs.org.mk](mailto:andrej@vcs.org.mk)



# PARTICIPANT PROFILE

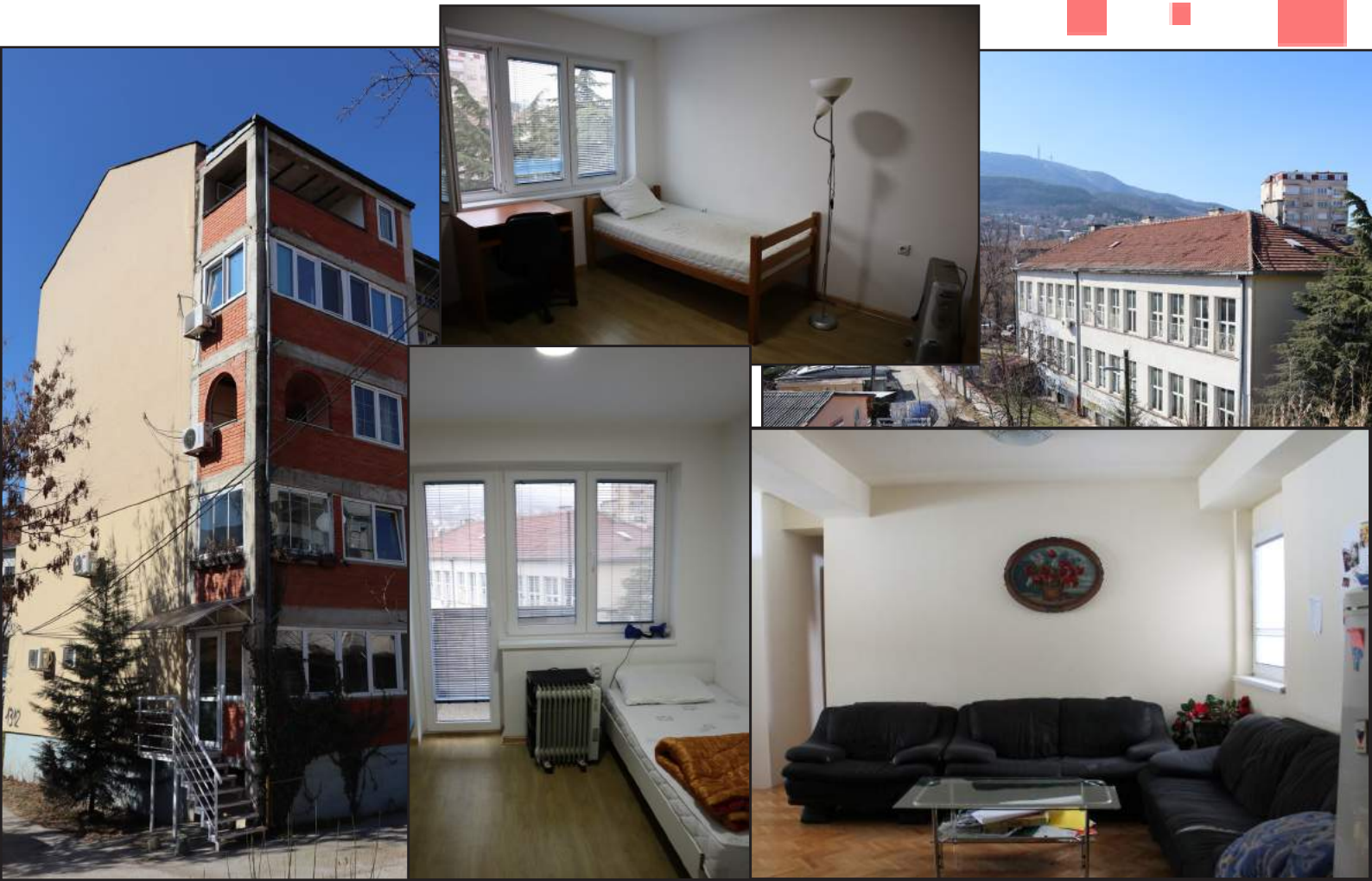
- Should be 18+
- Being strongly interested in the activities
- A previous working experience with youth with disabilities could be a plus for you
- Highly motivated, flexible and willing to face the different challenges that each day brings
- Good communication skills in English
- Interested to work with pupils and young people,
- Should be open to live and work in a new environment
- Needs to have high sense of responsibility
- Open to cooperation, ready for teamwork

## ACCOMMODATION

You will be hosted in one of our flats. Both of them are in «Kisela Voda», really close to the office with a view to the mountain Vodno! In the first one there are 5 rooms, 1 bathroom, 1 kitchen with living room and 1 balcony. In other one, there are 5 rooms, 1 living room, 2 bathroom's and 1 balcony. It's close to markets «Vero and Stokomak» and lots of commodity. Flats are located at 15 min from city center by walk. Train and bus station is also near, around 15 min walk. Each volunteer have a room. You will be sharing kitchen and other facilities with other ESC volunteers. In the flat you can find all necessary stuff as kitchen stuff, blankets, bed clothes, towels, etc. The Wi-Fi internet is available in flats as well. It's recommended for you to bring your towels.

Address of the first flat:  
Ivan Kozarov 24/2-4  
Kisela voda, 1000, Skopje

Address of the second flat:  
Emil Zola 3-2/3  
Kisela Voda , 1000, Skopje



# MENTOR

Your mentor will be around you during all your ESC, you can think that your mentor will be your first friend. The mentor will help to arrange practical things and stay in Skopje. During the first days s/he will take you around the city, shows the most important and interesting places. During the whole project the mentor will help you with practical arrangements and other issues. S/he will be a person who will try to make your ESC the best experience! Mentors in our organization are mostly university students and/or young people who were by themselves ESC volunteers or willing also to become ESC too.

# MONEY

In Macedonia we use Macedonian denars (MKD). The current exchange rate: 1 EUR = 61.5 MKD. You can exchange euros and denars without any problems here. Most of the biggest shops and restaurants accept also credit cards, but take care about fees of your bank. Just when you will leave Macedonia, do not forget to exchange your money back, because you cannot exchange MKD outside Macedonia! In Macedonia ESC volunteers receive 90 € / 5500 MKD pocket money, as well as 100 € / 6100 MKD food allowance.

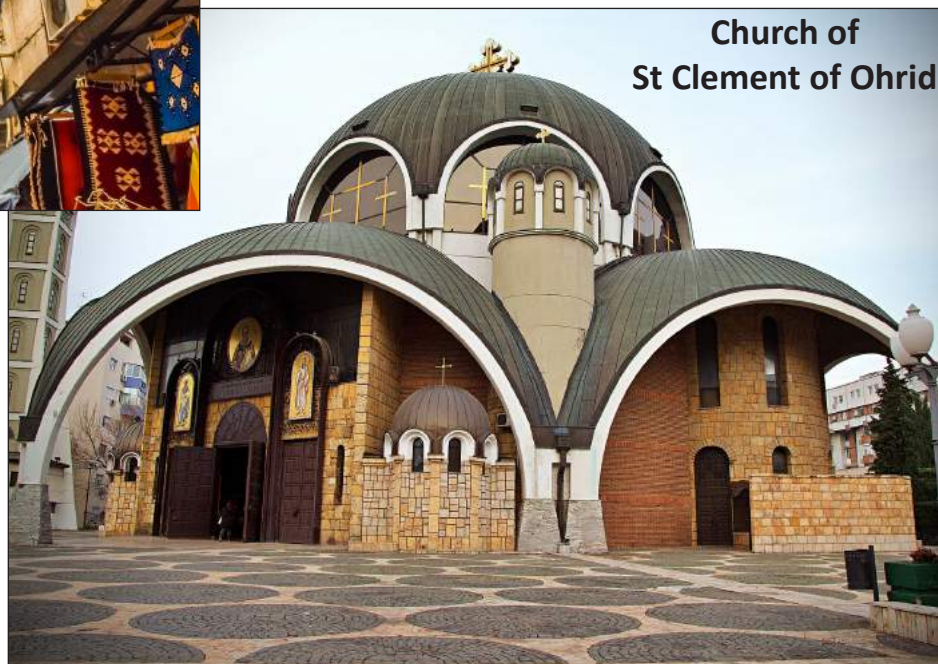
! Да зборуваме македонски !

# LANGUAGE

Lets speak Macedonian! During your ESC time you will take part in classes of Macedonian language so you can feel free and more comfortable in daily life situations.



The Old Bazar



Church of  
St Clement of Ohrid

# INSURANCE

During your ESC you are insured by Cigna that covers all the expenses for visits to doctors, operations etc. Your sending organization should arrange your insurance, please ask about it, if you did not receive any information until now. If you have some specific health problem, please, take your medicine with you, be informed what should be done in case your health condition gets worse, also be sure to leave correct emergency contact information to us and to your sending organization.

# WEATHER

In summer it is hot, really hot in Macedonia. Especially in June and July you can expect temperatures over 40 °C. And winter can be cold with a lot of snow.

**View from the Skopje Fortress**



# TRANSPORT

In the case if you want to take a taxi: taxi in Skopje is cheap, just remember that taxi drivers sometimes do not know where the place where you want to go is. For one ride in the city you should pay from 100 MKD to 200 MKD. Two of most reliable companies:

Global Taxi - call to 070 515 180

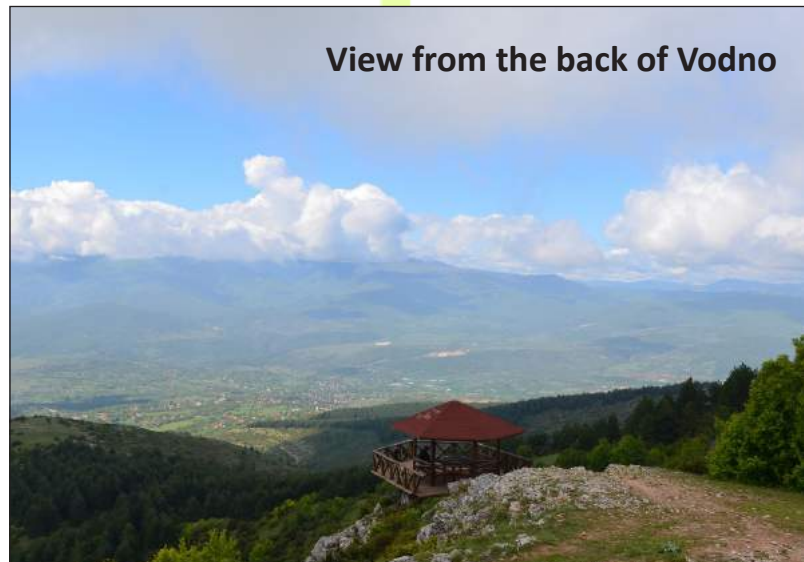
Nashe Taxi - call to 02 15 152

In Skopje there is also local bus that you can use with a bus card, one trip is 35 MKD and with it its easy to get places more far away. There's also regular transport to cities and countries near by. Transport will be provided to volunteer in necessary situations like events outside of Skopje or workshops from bus ride away.

# TRAININGS

Your on-arrival training will take place in Skopje at the beginning of your ESC project, or sometimes few months after your coming. This training will be organized by the National Agency, the institution in charge of accreditation of ESC organizations and organizing trainings for volunteers in Macedonia. Then the National Agency will also organize your midterm training that will also take place in Skopje. These two trainings will be the occasion for you to meet and making relationship with other volunteers coming from the other organizations and from local associations.

**View from the back of Vodno**



# CHECK LIST

- \*Check if your travel documents (you can enter Macedonia with ID card or passport) are VALID at least three months after your project to be finished.
- \*Pack with you all the medicaments that you'll use.
- \*You will receive Macedonian sim card for easier communication with hosting organization, mentor, local friends etc. so you can discharge the deal with your operator from your own country.
- \*As there is WI-FI internet available in our office, house and other public places in Skopje feel free to take with you your laptop or tablet.
- \*Get ready for project activities: brainstorm ideas for intercultural nights as for your workshops and share your ideas with us.

**Useful phone numbers :**      Police: 192      Emergency: 194      Firemen: 193      Information Center: 188

## LINKS

<http://skopje.fr>

<http://www.exploringmacedonia.com/>

<http://www.skopjeonline.com.mk/>

Skopje bus station

<http://sas.com.mk/index.php>

<http://www.jsp.com.mk>

<http://www.balkanviator.com/en/> (not just for Macedonia)







# Useful Sentences

Good morning: Dobar den - Добар ден

Water: Voda - Вода

Hi: Zdravo - Здраво

Wine : Vино - Вино

Thank you: Fala - Фала

Beer : Pivo - Пиво

Goodbye: Prijatno - Пријатно

Cheers!: Na zdravje! - На здравје!

How are you?: Kako si? - Како си?

C'moon/Here we go: Ajde - Ајде

Bye!: Chao! - Чао!

Why not?: Zosto da ne? - Зошто да не ?

See you later!: Se gledame! - Се гледаме!

I know: Znam - Знам

What's your name?: Kako se vikash? - Како се викаш?

I don't know: Ne znam - Не знам

My name is...: Jas se vikam... - Јас се викам...

I don't understand: Ne razbiram - Не разбирам

Please: Te molam - Те молам

No problem: Nema problem - Нема проблем

Okay/Good: Dobro - Добро

There is no rakija!: Nema rakija - Нема ракија

How much?: Kolku e? - Колку е?

Oh lalala!: Leleee! - Лелеее!

What?: Shto? - Што?

Happy: Sreken - Среќен

Why? Zoshto? - Зошто?

Beautiful: Ubava - Убава

Oh my god: O boje - О боже!

## Cyrillic Alphabet

A - a

З - z

Н - n

У - u

Б - b

С - dz

Њ - nj

Ф - f

В - v

И - i

О - o

Х - h

Г - g

Ј - j

П - p

Ц - c

Д - d

К - k

Р - r

Ч - č

Ѓ - gj

Л - l

С - s

Џ - dž

Е - e

Љ - lj

Т - t

Ш - š

Ж - ž

М - m

Ќ - kj

# Cool places in Skopje

## BARS

### Old Bazaar

Pivnica  
Rakija Bar  
La kaña  
Kapan Ann  
Allure

### City Center

**Irish Pub St.Patrick** - On Vardar's Key  
**Custom Bar** - Bikers Bar and sometimes live music  
**Cocktail Bar** - Classic bar and good cocktail around 200 MKD. On Macedonian Street  
**Saloon** - Different music styles, open every day!  
**Станица 26** - Nightclub

### Debar Maalo

**Van Gogh** – Every Monday Live music  
**Spalato** - Good cocktail for 100 MKD  
**Club Marakana** - Live rock music every weekend

### Kisela Voda

**BEERTIJA PUB** - Pleasant rock bar with concerts

## FOOD

**Macrobiotic Sandwiches** - In GTC

**Gino** - It's a little bit expensive but good

**Staro Bure** - In Kučkovo, very good restaurant with fresh meat

**Zelena Sedmica (or 7 fast food)** - Popular fast food famous for big portions

**Galerija 7** - Turkish restaurant in Old Bazaar

**Gostilnica Latana** - Very good Kafearna

**Plaza de Toros** - Italian restaurant with nice, big and cheap pizzas or pastas

**London Cafe Trend** - Every Sunday 50% discount, but not the best service you could expect

## USEFUL

**Fitness room Atanasovski** - Close to the office, good and friendly staff. 1200 MKD for one month

**Optika Tri** - Close to the office, cheap prices and nice guy!

**Pharmacsy** - One in the same building than the other flat and many near by



# EXPLORE SKOPJE

**Gradski park** - It's city park, nice place for walk or to read a book.

**Gazi Baba park** - Also nice place for walk or to read a book.

**Stara Čaršija (or Old Bazaar)** - Typical place of old Skopje. In this area, you can find Pit Bazar and some cheap restaurants, shops, souvenirs, ...

**Vodno** - The most famous mountain in Skopje that you can see from everywhere.

**Millenium Cross.** You can go by bus and take cablecar to go to the Cross. Also, you can go up by hiking!

**Matka** - Beautiful place in nature with canyon and hiking way. You can hike between Vodno and Matka, but you need one day and good preparation! :)

**Aqua park** - Classical Aqua park, perfect during hot summer!

**Bit bazar** - Bazar for everything! located at the end of Old bazaar.

**Green Bazar** - Bazar for vegetables and fruits

**Skopje Zoo** - On boulevard Illiden - 60 MKD..

**Macedonian Museum of Archaeology** - 150MKD for students or 300MKD full price.

**Museum of Contemporary art** - After the Fortress of Skopje - 50 MKD.

**Museum of Macedonia** - In Old Bazaar - 100 MKD

**National Gallery** - At the entrance of Old Bazaar in Hammam - 100 MKD - Open Monday to Friday.

**Museum of the city of Skopje** - In old rail station, at the end of Macedonian Street - free entrance.

**Mother Tereza Memorial House** - On Macedonian Street.

**Macedonian museum of Uprising** - After the Stone Bridge - 300MKD - open everyday.

**Holocaust Memorial** - After the Stone Bridge - open Monday to Friday - free entrance.

**GTC (Gradski Trgovski Centar)** - It's an old city mall in center of Skopje with a lot of shops!

**Skopje City Mall** - The main city mall in Skopje. A little bit expensive and far from the city center, but with international brands.

## Archeological Museum of Macedonia



# EVENTS AND CULTURAL LIFE

**Face without of masks (April)** - Theater festival.

**VinoSkop Spring (May)** - It's wine fest in Skopje close to Vero Center.

**Skopje Street Art Festival (Baskerfest) (June)** - Festival about all forms of street art : Graffiti, Dance, Music, Culture, Lifestyle... They have good program with contest of dance, live music, performance graffiti...

**Paratissima (June)** - Good festival about contemporary art and dance. It's in MKC with some exhibitions and performances.

**Pivofest (September)** - Beer festival at the Fortress of Skopje.

**VinoSkop (September)** - It's the main wine fest in Macedonia. Every year, around 25 wineries come in Skopje and during 5 days make party !

**Skopje Jazz Festival (October)** - Classic jazz festival.

**MKC (or Mladinski kulturni centar)**

- it's Youth Cultural Center. There are concerts, exhibitions, performances.

**Kino Millenium** - in GTC. it's a cheap cinema, around 120 or 180 MKD for one ticket.

**Kinoteka** - On Partisanka Boulevard.

**Cineplexx** - Cinema at Skopje City Mall.

**Kino Kultura** - it's a cultural center with exhibitions. It's real interesting place. Check on internet, because they move their place in this moment.

**Theatre of Skopje** - It's close to "Rekord Bus Station"

**Opera and Ballet of Skopje** - Nice place and good price. Between 300 MKD and 800 MKD for one ticket. They have a good program and the concert room has a really good acoustic.

*Also you can find really good discounts on this website:*

<https://grouper.mk/> or  
<https://kupinapopust.mk/>

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## European YOUTH CARD

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The European Youth Card is a card for young people offering a large number of discounts as culture, travel, accomodation, shopping and services in most of european countries.

This card costs between 5 and 19 € but you will get it for free... :-)

The card is usually used and valid for one year.

You can find more informations on : <https://www.eyca.org/>



# Discover Macedonia

## **Veles** (1 afternoon)

Close to Skopje, around 30/45 min by Bus, it's a little city. You can find some restaurants or bars, walk across the city and discover the Clock Tower and also the Bridge of Veles.

## **Tetovo** (1 day)

From Skopje, you need 1h to go to this city. The city is not so cute, but they have a beautiful «Paint Mosque» in the city center. You can also discover the «Monastery of Derviches» at the end of the city.

## **Gostivar** (1 day)

You need 1h30 to go to Gostivar, it's a nice place to discover old traditional city of Macedonia. Also, you can take a Taxi for 3€ and go to Vrutok. It's the source of Vardar and there is a restaurant close to the source. This place is really cute.

## **Mavrovo** (1 day)

At 2h by bus, great place for hiking in forest or around the lake. Also, in winter, you can practise skiing.

## **Bitola** (1 weekend)

Nice city in south of Macedonia.

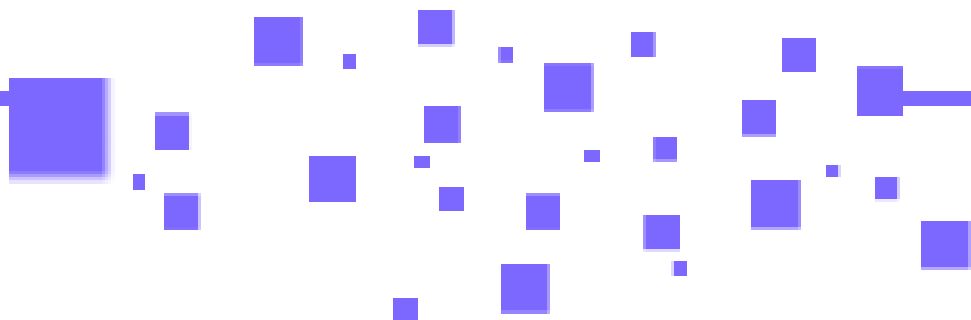
## **Vevchani** ( for the Carnival in January / 2 days )

The best carnival ever in Balkans and really famous around the world. Insane and strange. Vevchani is really cute, it's a traditional city of Macedonia.

## **Ohrid Lake** (1 week-end)

Located in south of Macedonia, 3h by bus from Skopje, it's a perfect place for hot summer. You can take a rest around the lake and discover one of the most beautiful city of Macedonia.

<http://www.exploringmacedonia.com/>



# MAP OF SKOPJE



# MAP OF MACEDONIA



# Advices to survive in Macedonia !

## **TAKE IT EASY!**

Take your time! You don't need to hurry :-) (They won't hurry either)

## **CURIOSITY IS ESSENTIAL!**

Be curious and prepared for surprises!

## **DON'T JUDGE!**

Forget about stereotypes and stay open-minded!

## **WATCH OUT ON THE STREET!**

Be careful while walking on the streets ! Drivers are (sometimes) crazy here

## **LEARN MACEDONIAN!**

Then you can talk to local people and explore more

## **ILLEGAL TAXI ARE FREQUENT!**

Don't get into any kind of taxi and be careful about the prices they charge you with.

## **TRY LOCAL FOOD AND DRINKS!**

Enjoy macedonian food which is delicious even more with a glass of wine, beer or rakija while listening to local music: it will be unforgettable!

## **HOT SUMMER AND COLD WINTERS!**

Be prepared for amazingly hot summer but also severe winters. You can go swimming in summer and go skiing in winter. Amazing, right?

## **BUY VEGETABLES AND FRUITS ON THE LOCAL MARKET!**

You can buy fresh vegetables and fruits and local specialities in local stores and bazaars. It's incredibly tasty and cheap.

## **THE MOST IMPORTANT: ENJOY!**

Enjoy every moment you have in Macedonia. Some things will surprise you, some will make you wonder, some will make you pleased or sad. Appreciate and take all of those moments.

