



The European  
Institute  
Foundation



# YOUTH, RIGHTS & EUROPE

TRAINING COURSE



Co-funded by  
the European Union

EMPOWERING YOUTH WORK  
THROUGH EU FUNDAMENTAL RIGHTS  
STRUGA, NORTH MACEDONIA, 25–30 AUGUST 2025

# YOUTH, RIGHTS & EUROPE



The European  
Institute  
Foundation

We are delighted to share with you this info pack for the training course, which will bring together youth workers, educators, and youth leaders from across Europe for a unique learning experience. Taking place in **Struga, North Macedonia, from 25 to 30 August 2025**, this course is designed to strengthen your understanding of EU fundamental rights and explore how these values can be applied in youth work practice. Through a rich program of non-formal education, collaboration, and exchange, we aim to inspire active citizenship, foster inclusion, and equip participants with practical tools to empower young people in their communities.

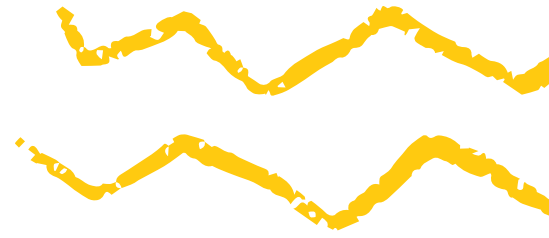


Co-funded by  
the European Union



The European  
Institute  
Foundation

# YOUTH, RIGHTS & EUROPE



## COURSE OVERVIEW

What role do **fundamental rights** play in the daily lives of young people? How can youth workers and educators use the values of the European Union to promote inclusion, participation, and equality in their communities?

- “Youth, Rights & Europe: Empowering Youth Work through EU Fundamental Rights” training course is designed for youth workers, educators, youth leaders, and NGO professionals who want to better understand the core values of the EU, such as dignity, equality, justice, freedom, and participation, and apply them in their work with young people.

Over the course of 6 days, participants will explore how fundamental rights are not just abstract principles but practical tools that can guide and strengthen youth work. Through engaging workshops, discussions, and group activities, we’ll unpack key concepts like non-discrimination, youth participation, and inclusion, and connect them to the real challenges faced by young people today.



The European  
Institute  
Foundation

# YOUTH, RIGHTS & EUROPE

## PROGRAMME AND OBJECTIVES

Together, we will:

- Discover how the EU Charter of Fundamental Rights shapes policy and daily life in Europe
- Reflect on how to promote and protect rights in youth work settings
- Learn about the EU Youth Strategy and European Youth Goals
- Share experiences and best practices from different countries
- Create practical tools and educational materials to bring back to your organizations



## METHODOLOGY

The course uses non-formal education methods, with an emphasis on peer learning, creative approaches, and hands-on activities. There will be a balance of short presentations, group work, role plays, and collaborative creation of new tools and resources.





The European  
Institute  
Foundation

# YOUTH, RIGHTS & EUROPE

## PROJECT RESULTS

---

This training course aims to produce tangible and transferable results that will strengthen youth work practices across Europe and promote the integration of EU fundamental rights into local, national, and international youth initiatives. At the end of the training, participants **will gain a solid understanding of EU fundamental rights and take home practical tools and ideas they can immediately apply in their youth work.**

All participants will receive **access to preparatory resources before the training and post-course materials afterward**, including useful readings, links, and examples of best practice.

Upon successful completion of the training, each participant will also receive a **detailed Youthpass certificate**, documenting their learning outcomes and competences developed during the course, in accordance with the Key Competences for Lifelong Learning.



# YOUTH, RIGHTS & EUROPE



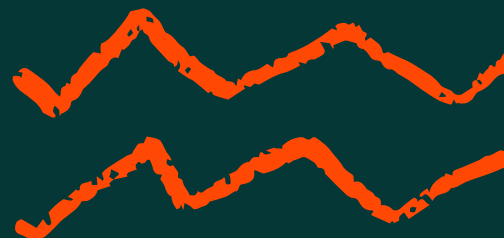
The European  
Institute  
Foundation

## ABOUT THE ORGANIZERS:

This training course is organized under the **Erasmus+ Youth Accreditation**, with support from the European Union's Erasmus+ Programme.

The **European Institute Foundation (EIF – Fundacja Instytut Europejski)** is the coordinator of this initiative. With **20 years of experience**, EIF is a well-established organization committed to strengthening **civic engagement, youth participation, and European integration**. EIF's origins date back to the **Polish Youth Council (2003–2005)**, the first attempt in Poland to create a collaborative forum for youth and student organizations. Today, EIF promotes **non-formal education**, active citizenship, intercultural dialogue, and democratic values by organizing **youth exchanges, training courses, public debates, and educational programs**. The Foundation also supports **volunteering, internships, and teacher training**, and plays an active role in managing **international cooperation** projects across Europe. As the project coordinator, EIF is responsible for the overall design and implementation of the training, including partner coordination, educational content development, and dissemination.

[www.instytuteuropejski.pl](http://www.instytuteuropejski.pl)



# YOUTH, RIGHTS & EUROPE



The European  
Institute  
Foundation

## ABOUT THE PARTNER:

The European Institute Foundation is pleased to collaborate with its partner **AMPERSAND**, based in Skopje, North Macedonia. AMPERSAND is a center for the development of skills and competences, dedicated to advancing non-formal education for both youth and adults.

The organization works to empower individuals through innovative, learner-centered approaches, aiming to bridge the gap between formal education and practical, hands-on learning. AMPERSAND engages in partnerships with public institutions and VET providers, and promotes inclusive, accessible learning opportunities that foster personal growth and social transformation.

[www.ampersand.mk](http://www.ampersand.mk)







The European  
Institute  
Foundation

# YOUTH, RIGHTS & EUROPE

## COURSE FACILITATOR

The course will be facilitated by Luiza Czajkowska, a highly experienced non-formal education trainer and facilitator.



Luiza works with universities, NGOs, businesses, and independent professionals to design and deliver tailored, human-centered educational experiences. With over two decades of experience in the education and training sector, Luiza has developed a strong reputation for creating meaningful learning environments that foster dialogue, critical thinking, and personal growth. Her approach is grounded in connection and empathy, focusing on practical impact rather than theory alone.

Luiza has implemented over a hundred educational projects at both national and international levels and has been involved in various civil society networks. She previously served as President and board member of the European Co-operation Centre in Krakow, where she coordinated international partnerships and public engagement initiatives.



The European  
Institute  
Foundation

# YOUTH, RIGHTS & EUROPE

## RESOURCE PERSON



**Piotr Uhma** is the Co-founder and President of the European Institute Foundation and an experienced expert in international law, human rights, and civic education. He holds a doctorate in law from the Jagiellonian University in Krakow, where he also completed postgraduate studies in company law at the University of Warsaw.

Dr. Uhma is a legal advisor, a member of the District Chamber of Legal Advisors, and a lecturer in international law at the Institute of Law and Economics of the Pedagogical University of the National Education Commission in Krakow.

With several years of experience in project management and leadership in non-governmental organizations, Dr. Uhma has coordinated educational and training initiatives for professionals and youth across the European Union, the Eastern Partnership region, and beyond.



The European  
Institute  
Foundation

# YOUTH, RIGHTS & EUROPE

## PROJECT MANAGER

**Zofia Dźwigała** is a Project Specialist with a strong background in European Studies, having graduated from the Faculty of Political Science and International Studies at the University of Warsaw. She participated in multiple Erasmus+ training courses and brings both academic insight and hands-on experience in international project work.

Zofia specializes in securing EU funding for research, development, and innovation projects, including programs such as Horizon Europe, the Cohesion Fund, and the European Regional Development Fund. In her current role, she analyzes EU and national regulations on state aid and funding procedures, and collaborates with research institutions, scientists, and NGOs to support their application and implementation processes. Passionate about European integration and mobility, Zofia aspires to further her career within European institutions, promoting cross-border cooperation and innovation.



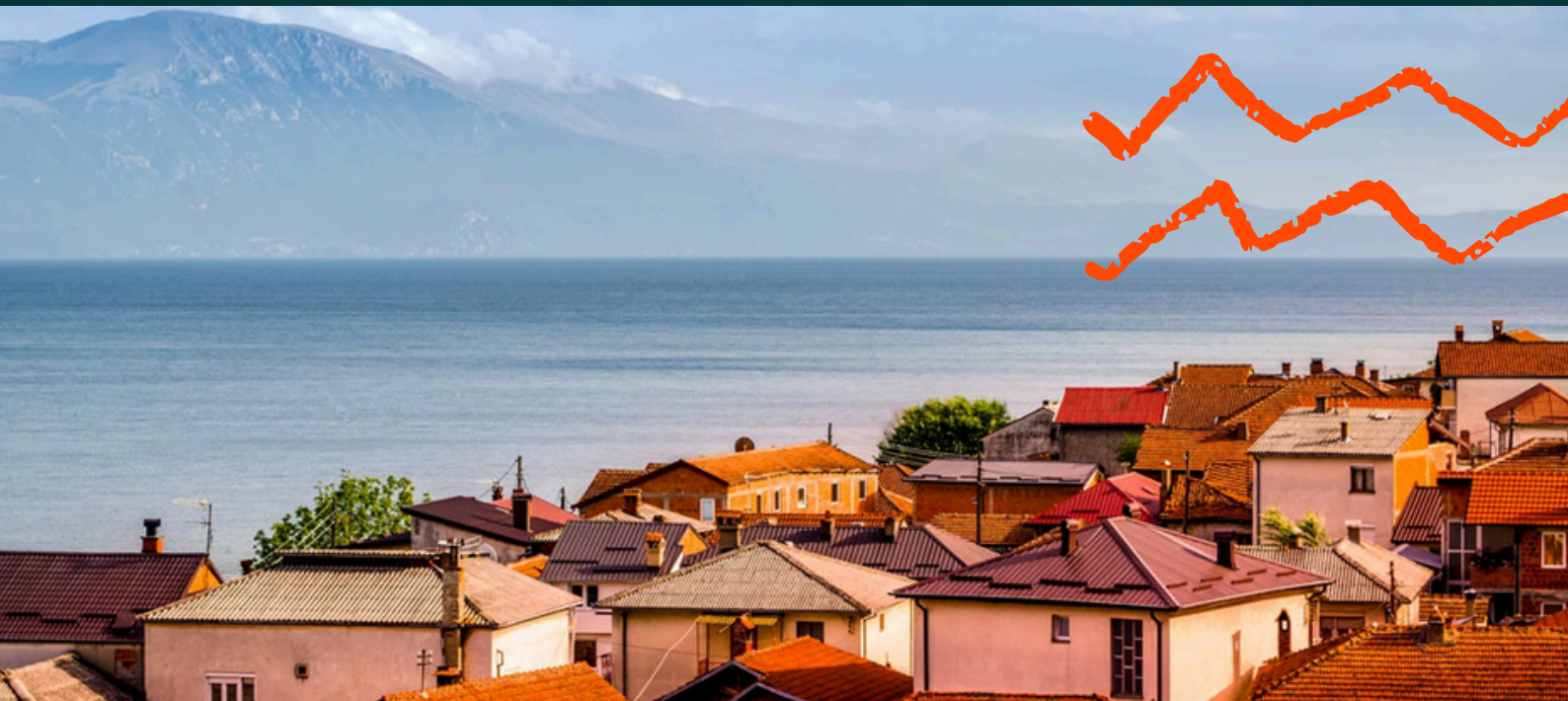
# YOUTH, RIGHTS & EUROPE



The European  
Institute  
Foundation

## ABOUT THE ORGANIZERS:

**Struga** is a picturesque town located in the southwest of North Macedonia, nestled on the shores of the renowned Lake Ohrid—one of Europe's oldest and deepest lakes, and a UNESCO World Heritage site. The town is bisected by the Black Drim River, which flows directly through its center and into the lake, giving Struga its unique charm and tranquil atmosphere. Known for its multicultural heritage, scenic beauty, and cultural vibrancy, Struga is a peaceful destination perfect for learning, reflection, and connection. The town offers visitors a blend of historic architecture, serene lakeside promenades, and natural landscapes ideal for outdoor activities. Struga also has a rich tradition in poetry and hosts the Struga Poetry Evenings, an international literary festival that celebrates voices from around the world.



## TRAINING VENUE: SOLFERINO TRAINING CENTER

Beautifully situated on the shore of Lake Ohrid, surrounded by rare trees and peaceful natural surroundings. It provides a perfect location for learning, networking, and recharging - right by the water. Accommodation & Facilities

- 20 triple rooms
- 19 twin rooms
- 3 apartments

All rooms offer a lake view, creating a serene and inspiring environment for participants. The center features:

- A restaurant with modern equipment and air conditioning
- A large conference hall (50 seats) and a smaller seminar room (30 seats), both equipped with LCD projectors, flipcharts, and wireless internet
- A beautiful summer terrace overlooking the lake
- Private beach access
- On-site sports playground and free parking

Solferino is fully equipped for seminars, business meetings, and training activities, offering comfort and functionality in a relaxing lakeside setting.

[www.ckgs.org.mk/centar/centar-solferino/](http://www.ckgs.org.mk/centar/centar-solferino/)



The European  
Institute  
Foundation

# YOUTH, RIGHTS & EUROPE

## ACCOMMODATION & LOGISTICS

---

All participants will be accommodated in double rooms at the Solferino Training Center, each equipped with a private bathroom and shower. The hotel offers a comfortable and peaceful environment, with all rooms providing a view of Lake Ohrid.

There is free wireless internet available throughout the hotel, including in individual rooms, conference spaces, and common areas.

The hosting organization will provide three meals per day (breakfast, lunch, and dinner) as well as two coffee breaks during the training schedule. Meals will be served in the on-site restaurant, which is fully air-conditioned and equipped to accommodate dietary needs with prior notice.

Training sessions will take place in the fully equipped conference room or, weather permitting, outdoors by the lake to take advantage of the natural surroundings and enhance the learning experience.



The European  
Institute  
Foundation

**YOUTH,  
RIGHTS &  
EUROPE**

## **TRAVEL & REIMBURSEMENT**

---

Your international travel costs will be reimbursed via bank transfer after the training course, based on the Erasmus+ distance band rules and submission of all required travel documents. To calculate the maximum eligible travel amount for your country, please use the official **Erasmus+ Distance Calculator**

Please note:

- Do NOT purchase your tickets before receiving approval from the project coordinator.
- Only public transport is reimbursable.
- Economy class only is allowed for flights.
- Taxi services are not covered.
- Local transport (e.g., buses to/from airports) must be included within the total maximum amount.

We kindly ask you to save all original travel documents, including: Tickets and boarding passes, Invoices or bills clearly showing the price, Travel receipts. These are mandatory for reimbursement. Documents without pricing or proof of payment may not be accepted.



The European  
Institute  
Foundation

# YOUTH, RIGHTS & EUROPE

## PARTICIPATION FEE

---

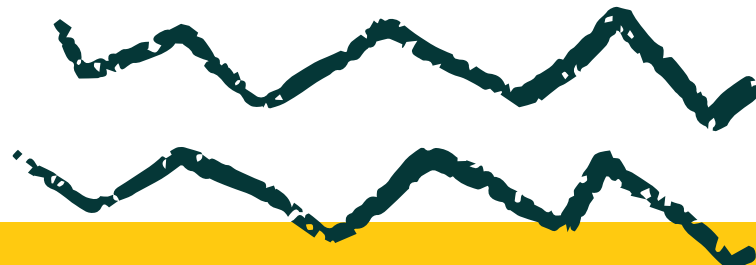
There is a **participation fee of €40**, to be paid in **cash upon arrival** to the project coordinator. This fee **includes a group excursion** to the historic city of **Ohrid**, one of North Macedonia's most culturally significant and scenic destinations.

---

### Before You Travel – What to Bring

- All required travel documents and tickets
- Travel insurance valid for North Macedonia
- Any medication or personal medical supplies you need
- Comfortable clothing for both warm days and cooler evenings
- Positive energy, openness, and motivation for learning, sharing, and relaxing by the lake!

Let us know if you need any support with planning we're here to help!





## HOW TO APPLY?

Please note that the Youth Rights Europe training course is open only to participants from Erasmus+ Programme Countries. Unfortunately, we cannot accept applications from Partner Countries.

Applications will be reviewed based on the following:

- Motivation to participate in the training
- Proven experience in working with youth
- Representation of an established NGO with a valid OID number
- Commitment to gender and age balance within the selected group

The training course will be conducted entirely in English, so participants must be comfortable communicating and working in English. Please apply via the following form:

**<https://forms.gle/6kcSnj3knoC6cUkV9>**

Results will be communicated by the end of May at the latest. We look forward to receiving your application!