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# Youth Work for Shaping an Inclusive Society



11/07/2018 - 20/07/2018

Sofia, Bulgaria

Youth Workers Training Course

**Info pack for applicants**  
**April 2018, Sofia Bulgaria**



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## **The essential information:**

**Name:** “Youth Work for Shaping an Inclusive Society”

**Dates of the training:** 11.07.2018 - 20.07.2018

**Dates for travel:** 10.07.2018 (arrival) и 21.07.2018 (departure)

Please note that the organizers will not provide any additional accommodation outside the dates of the exchange! If you wish to travel on other dates than the dates of the exchange, please take contact with the organizers before purchasing your tickets!

Please plan your trip carefully: in case your travel dates are different than the ones above mentioned, the organizers might not be able to reimburse you!!

**Venue:** Sofia, Bulgaria

**This training course is for participants from Erasmus+ partner countries as follows:** Bulgaria, Spain, Italy Czech Republic, Estonia, Slovakia, Poland, Ukraine, Georgia, Turkey, Lithuania and Greece.

**Working language:** English

**Coordinator:** New Opportunities Association

**Contact for questions:** Tzveta Pavlova

**Tel:** 359 894 46 76 94

**Mail:** [newopportunitiesbg@abv.bg](mailto:newopportunitiesbg@abv.bg)

## **The project:**

As a member state of the European Union, Bulgaria is part of the common European efforts to create a working and modern vision for a social Europe, taking into account the challenges in the areas of poverty, marginalization and social exclusion. Considering the increasingly serious social exclusion of entire groups of the population, there is a pressing need to train people to cope adequately with the challenges faced by socially excluded groups.

Therefore, the training of youth workers, mentors, psychologists, teachers and educators in the implementation of techniques to reduce barriers to social inclusion and the promotion of respect for human rights and merits is the main objective of the “Youth Work for Shaping an Inclusive Society” regardless of social status, religion, gender and race. In addition, it aims to increase the qualifications of youth workers for the development, participation and management of programs and projects, as well as communication and media campaigns that would support the promotion of social inclusion.

Social inclusion favors the process of integration into society by providing access to the opportunities and resources needed for the full participation of individuals in the economic, social and cultural life of the country in which they live. As this is also one of the objectives of the EU Sustainable Growth

Strategy, through the training methods foreseen during the implementation of the project proposal, we will enable young people to work in it.

Participants will develop professionalism and work ethics, to increase their capacity and skills in their work with marginalized and socially excluded communities in terms of risk assessment, conflict management, effective problem solving. Participants will be provided with an adapted training program with a balance between theoretical and practical activities and formal and informal learning methods. As a form of training, methods will be selected to promote active participation. The use of appropriate ICT is also envisaged during the implementation of mobility activities.

As part of the criteria for sustainable and qualitative implementation of the activities envisaged in the project proposal, the qualification level of the teaching and facilitation team is the same. The trainers will be selected according to their experience in a practical environment, according to their knowledge of the field, as well as their participation in various initiatives, projects and activities related to social inclusion.

The project will also attract teachers and facilitators who have a clear view of the situation in Bulgaria and Europe regarding the non-observance of horizontal principles and basic human rights as well as with experience in working with socially excluded persons of all ages. The team will be selected in such a way that it has a great deal of knowledge, flexibility in teaching, methods and concepts of

innovative teaching by imposing professional standards that participants will adopt in their working practices and daily work. The training methodology to be set up is mainly non-formal learning, and this will require a high level of engagement and participation by all attending representatives of organizations involved in the project. It will focus on "learning through experience" and "learning by doing" to focus on practical seminars, individual experiences, workshops and brainstorming.

- **For the project, each partner will send 3 participants (no age limits)**
- **The national groups should have both male and female participants.**

**Each organization partner must to select participants and prepare their groups.**



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# Venue

## Bulgaria

**Capital and largest city:** Sofia

**Official languages:** Bulgarian

**Official script:** Cyrillic

**Currency:** Lev (BGN)

1.956 BGN = 1 EUR

**Time zone:** EET (UTC+2)

Summer (DST): EEST (UTC+3)

**Drives on the:** right

**Calling code:** +359



Bulgaria is located in Southeast Europe, in the northeast part of the Balkan Peninsula. It is situated closer to the Equator than the pole. It falls within the southern part of the temperate climate zone with subtropical influence. Its location on the transition line between two climate zones influences the climate, soils, vegetation and animal species. All of them are characterized by great diversity. The country's geographic position angle of sunlight that falls on the country, making the country predominantly sunny.

## Weather:



### Winter (Dec – Feb)

Temperatures fall rapidly in autumn, and snow is common over much of the country in winter. Many coastal resorts close down completely, but the ski resorts are in full swing between December and February.



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### **Spring – Autumn (Apr–May) (Sept-Oct)**

Spring and Autumn are great time to visit Bulgaria. The weather is warm, though evenings may still be chilly. All the sights and attractions are open again after winter, and there are fewer tourists around. September is also pleasant.

### **Summer (Jun–Aug)**

Expect high temperatures, bright sunny days and warm evenings throughout Bulgaria during high season. The Black Sea coast, especially, is at its busiest and most expensive at this time.

### **Mountains & Forests**



With no fewer than seven diverse mountain ranges criss-crossing the country, Bulgaria is a true haven for hikers, mountaineers and anyone interested in wildlife and the great outdoors. An extensive system of hiking trails and huts



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makes it easy for walkers to enjoy the country's rich and varied landscapes. Unspoiled alpine forests, lakes, waterfalls and bubbling streams are all there to explore; bears, lynx and wolves still roam and activities from skiing and snowshoeing to caving and kayaking are all available.

## **Black Sea Beaches**



It isn't hard to see why so many foreign – and Bulgarian – holidaymakers descend on the Black Sea coastline each summer. The long, professionally maintained sandy beaches at the big resorts are the equal of some of the most popular Mediterranean destinations, and, if you just want to relax, top up your tan or try out some water sports, there's nowhere better. Away from the parasols and jet skis you'll find smaller, more traditional seaside towns ideal for young families, as well as ancient settlements with cobbled lanes, quaint wooden houses and long, fascinating histories. Even the coast's two big cities, Varna and Burgas, have attractive beaches within minutes of their busy urban hearts.

**Public transport tickets:** 1.60 BGN (in Sofia), around 1BGN in other cities

**Water:** safe and drinkable



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## Sofia



**Sofia is Bulgaria's capital and its largest today city**

**At present, the city has a population of 1,250,000.**

Sofia is located in the western part of the country, on The Sofia Plain and on the lower slopes of Mount Vitosha. The city's a sea level, the climate is moderate and continental characterized by cold winters and relatively cool summers.

One of Europe's youngest capitals, Sofia a settlements, stretching back several millennia from ancient Thracian and Celtic tribes through the Romans, Slavs and Serdica. Some excavation sites are now open to the public. Of course since the late 19th century (after the country gained its independence from the Ottoman Empire), Sofia offers a wealth of other historical and cultural attractions from Ottomans to the present day. This impressive heritage lends the city a highbrow historical element to accompany the great food, drink and party vibe Sofia has always been known for.

The full extent of the city's ancient found decade with the building of the metro. As bulldozers worked to lay rail, they unearthed whole streets, intact houses, baths and churches dating back almost 2000 years when Sofia was a Roman provincial capital, Sofia, in the Vitosha, Lozen, and Stara Planina (Central Balkan) Mountains, over the centuries so many monasteries have been founded that they came to be known as in Sofia's.

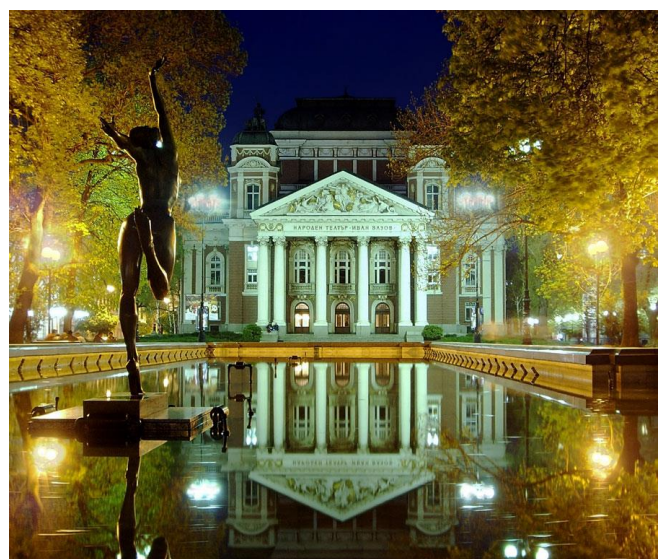
Opportunities for sport and recreation in the capital are many and varied – outdoor swimming pools, tennis courts, modern gymnasiums and sports halls, and parks.





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Like every big city, Sofia has something for every taste. There are a great many luxury hotels, including those that are part of international hotel chains. There is also a wide variety of hostels and smaller family guesthouses. There are a multitude of discotheques, restaurants, bars, piano bars, folk clubs, taverns, fast food and many other kinds of entertainment.



### **You as a participant will:**

- Learn more about yourself
- Learn how to collaborate with young people
- Learn which are the youth worker competences
- Learn how to listen actively, ask powerful questions, communicate directly and create awareness
- Learn how to help the young people, develop projects and initiatives
- Gain skills to motivate and support young people, leadership skills
- Exchange experience with other people employed in the youth sector
- Discuss challenges there are for you in your work with young people
- Learn how to empower young people and your colleagues using the methods of the informal learning.

### **Your profile as a participant:**

- You are employed in the youth sector or are working with young people
- You are trainer, educator, social worker or volunteer
- You are facilitator of non-formal learning
- You want to learn new working non-formal techniques in your work with young people
- You are ready to use the new competences further after the training in your own professional area
- You have your own motivation and strong arguments to participate in the training course
- You have willingness to spread the results of the training and to promote what you have learned in your community
- You have a sufficient level of English as a working language – basic knowledge
- You are committed to being active during the whole process of the training – preparation before, the course itself and evaluation afterwards

The goal of the selection process is also to ensure a diverse group of participants - people working in a variety of sectors, which will bring different experience to the project.



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## Accommodation:

The costs for accommodation and food are fully covered by the hosting organization. 100% of the travel costs up to limits according to the distance calculator of Erasmus+ programme are covered.

## Travel grants:

- Georgia –275 EUR
- Estonia –275 EUR
- Italy – 275 EUR
- Lithuania –275 EUR
- Poland – 275 EUR
- Slovakia –275 EUR
- Ukraine – 275 EUR
- Turkey – 275 EUR
- Czech Republic – 275 EUR
- Spain – 360 EUR
- Greece – 180 EUR

## Travel reimbursement:

Please, **KEEP ALL YOUR BOARDING PASSES AND TICKETS** otherwise we will not be able to make any reimbursements.

**Please note that if some of the participants are not traveling from the home cities of the partner organizations** the reimbursement will be done according to the following rules:

1. If the travel distance is longer than the distance from the home city of the partner organizations the expenses will be reimbursed according to the project approved band distance (which is stated in the list above).
2. If the travel band distance is shorter than the distance to the home city of the partner organization the expenses will be reimbursed according to the actual travel band.

Here you and the participants can calculate the travel distance:  
[http://ec.europa.eu/dgs/education\\_culture/tools/distance\\_en.htm](http://ec.europa.eu/dgs/education_culture/tools/distance_en.htm)



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**The reimbursements will be proceeded by bank transfer after the exchange upon sending all travel documents and international bank details.**

Reimbursement of travel costs will only be done upon full attendance of the project and presentation of the original travel tickets with boarding passes, receipts, invoices.

**Any wishes to stay shorter or longer should be consulted with organizers prior any booking!**

Reimbursement will be done in EURO, regardless of the currency indicated on the ticket and receipt/invoice. Any tickets purchased in a local currency other than EURO, will then be converted and calculated according to the exchange rate of the month when the ticket/s were purchased, as stated in the official European Commission web-site. The organizers recommend you to have personal insurance.

## **Certification:**

As this youth workers exchange is based on the principles of non-formal education, all participants will be able to get a Youthpass certificate after the project.

Youthpass is a part of the European Commission recognition of non-formal learning. It confirms the participation in the training course emphasizing the learning process and individual reflection about new competences that the participants gained during the project. The participants have the possibility to describe what they have done in the project and which skills and competences they have acquired.

## **What to bring with you:**

**Cultural Evening:** Please arrange with your country leader and participants to bring some gastronomic specialties (food and/or drinks) from your country. It is also strongly recommended to prepare and bring some material showing your country/region/city, and the traditional (or modern) music and dances.

**Comfortable clothes:** Make sure to bring comfortable clothes – prepare for both warm and rainy weather, for the temperatures in July in Sofia may vary.

## **Useful words in Bulgarian:**

Hello –Здравей [Zdravej]

How are you? –Как си? [Kak si]

What's your name? –Как се казваш? [Kak se kazvash]

My name is ...- Казвам... се... [Kazvam se]

Good morning –Добро утро [Dobro utro] Good day –Добър ден [Dobar den]

Good evening –Добър вечер [Dobar vecher] Good night –Лека нощ [Leka nosht]

Goodbye –Довиждане [Dovijdane]

**Looking forward to welcome you in Bulgaria !!!**