



Funded by the
Erasmus+ Programme
of the European Union

“Understanding Tolerance Diversity, Equality, Unity”



19.03.2018 – 28.03.2018

Sofia, Bulgaria

Youth Workers Training Course

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



Funded by the
Erasmus+ Programme
of the European Union

The essential information:

Name: “Understanding Tolerance - Diversity, Equality, Unity”

Dates of the training: 19.03.2018 – 28.03.2018

Dates for travel: 18.03.2018 (arrival) – 29.03.2018 (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:

Armenia, Albania, Bulgaria, Czech Republic, Croatia, Greece, Georgia, Italy, Lithuania, Latvia, Turkey.

Language: English

Coordinator: Education 21st Century Foundation

Contact for questions: Katya Arnaudova

Tel: 359 894 46 76 94

Mail: prosveta_21centiry@abv.bg



The project:

In recent years, political, economic and social decisions have become more and more relevant in terms of integration processes. The countries hosting immigrants, have great expectations for the opportunities of education to help the integration of people from different ethnic groups, social strata, races and others. The non-governmental sector needs to be actively involved in activities that facilitate the process of work in the multicultural environment through the non-formal learning tools.

The aim of the project is also to equip youth workers with competences and methods which will help them to promote better understanding and respect among people coming from different areas, with different backgrounds. Using these competences youth workers can help to prevent the violent radicalization and xenophobia in European society. It encourages young people to acquire critical analysis skills on how they can understand the solidarity and respect for human rights, in the economic and political uncertainty context today. Participants also will be invited to develop innovative proposals for the integration policies of the EU's foreign population. The methodology will be based on non-formal learning and education, using group dynamics, role games, moments of group reflection, etc. The training course will involve partners from 11 different countries, some of which are EU members states, some of them-not, which will allow the exchange of experience and expertise on the topic of the course within different geographical and economic realities.

Among the mandatory criteria for selection of participants, is each of the youth workers to show personal interest in working with young people and developing new competences and skills.

Another two mandatory criteria are the level of personal motivation and the willingness and ability of the applicants to disseminate the project results after completion of the mobility. Special attention will be paid to participants who are part of a disadvantaged group and have a strong desire and motivation to change attitudes of society through their work to provide new opportunities to their friends, acquaintances, family members of the local community by becoming mediators, trainers, leaders and role models for young people in the region.

- For the project, each partner organisation should send the following number of participants:
 - Albania – 3
 - Armenia - 3
 - Czech Republic - 4
 - Croatia - 3
 - Greece - 4
 - Georgia - 3
 - Italy - 4
 - Lithuania - 3
 - Latvia - 3
 - Turkey – 3
- The national groups should have both male and female participants.
- The participant's age should be above 18 – no upper age limit.

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



Funded by the
Erasmus+ Programme
of the European Union

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.

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 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.



Funded by the
Erasmus+ Programme
of the European Union

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



Funded by the
Erasmus+ Programme
of the European Union

Sofia



Sofia is Bulgaria's capital and its largest 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. Sofia offers a wealth of other historical and cultural attractions from Roman times 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.



Funded by the
Erasmus+ Programme
of the European Union

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 restaurants, bars, piano bars, parks, museums, theatres and many other kinds of entertainment.



You as a participant will:



Funded by the
Erasmus+ Programme
of the European Union

- 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 in people with different race, culture, nationality and religion.
- Gain skills to motivate and support young people and create 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.

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
- Albania –180 EUR
- Italy – 275 EUR
- Armenia – 275 EUR
- Lithuania –275 EUR
- Latvia – 275 EUR
- Greece – 180 EU
- Croatia – 275 EUR
- Turkey – 180 EUR
- Czech Republic – 275 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

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



Funded by the
Erasmus+ Programme
of the European Union

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 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 cold weather, for the temperatures in March 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 !!!