

Activate YOUTH for social change

A training course in Plovdiv, Bulgaria



Dates of project: 19-28 September 2022 (8 activity days, 2 travel days, 19th of September arrival, 28th of September departure)

Place: Plovdiv, Bulgaria

Participants: 27 youth workers from Bulgaria, Romania, Lithuania, Cyprus, Greece, Hungary, Spain, Netherlands, Sweden

Requirements: Eligible participants over 18 years. Priority will be given to youth workers with no previous Erasmus + experience.

About the project: During this project, you will learn what methods you can use in order to activate young people, encourage them to start their own initiatives and to support them in the process. We will learn how to enhance our creativity, how to conduct effective brainstorming sessions and how to create our own non-formal methods. As part of the project, the participants will create new non-formal methods to make young people more active and will test them with youngsters in the local schools in Plovdiv. Sessions to share good case practices and discuss future partnerships with the other participants, intercultural events and interesting leisure time activities are part of the diverse program of this training course!

Project expenses: accommodation, travel and meals are covered for, participants don't need to pay for any activities part of the official project programme.

Venue: Plovdiv , Bulgaria



Accommodation: 4* Hotel Kendros, Plovdiv

<https://www.kendroshotel.com/> Participants will be hosted in spacious apartments, 3 people share 1 apartment.



Practical information about the country:

Insurance: Please make sure you have applied for and carry your European Health Insurance card with you as Medical insurance for other EU countries. EHIC entitles you to receive emergency and urgent (medical and dental) care during your stay in the Member States of the European Union and you can obtain it free of charge in your home country.

Currency and exchange: Currency in Bulgaria is Bulgarian lev. You can't make payments in euros or other currencies. We advise you to exchange a small amount of money before coming to Bulgaria so you would be able to cover ticket prices/taxi bill to reach the hotel, snacks etc. Once in Bulgaria you can also exchange currency in any bank or big exchange bureau. We strongly advise you not to exchange money on the street or in suspicious small exchange bureaus where there is no information board on rates. Our lev is tied to the euro and the central course is 1 Euro = 1,95583 lev.

Getting around:

Closest airports: Sofia airport (Plovdiv also has an airport but with a limited number of flights, check if it is suitable for your location). When you arrive at Sofia airport, you can take the subway to the central bus station. Buses to Plovdiv leave every couple of hours. We can assist you find the right bus or train tickets (get in touch with us, if you need help)

Public transport is very reliable, especially on working days. The price of 1 ticket is 1 lev. You will receive detailed information about the location of bus stops and bus itinerary once you arrive at the hotel.

Taxi: It is best to order a taxi via phone or online. Here are a few reliable taxi companies. If you need to stop a taxi car on the street, always ask for the price to the destination or

check their price per km. +359326155 Eko taxi , +359329999 Green Taxi , +359326665 or +359878356665 Elma taxi. Current prices are about 0.90 lev per km/day and 1.10 km/night. Here you can also order a taxi online: <https://ekotaxi.bg/en/mobile-app/> ,

Please avoid taking random taxis on the street, especially the ones standing in front of bus/train stations and at the city center.

Cultural evening:

Preparation for cultural evening: We will have a traditional evening during the project where every team will have space to present their country. You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, drinks... and so on!

Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make this evening as interesting as possible and promise to help you in any way that we can!

There is no project budget for this activity, so decide what you can take, use your creativity, take homemade things etc.

Weather forecast: It is usually quite warm and sunny in Plovdiv during this period, but please make sure to check the weather forecast before packing your luggage.

Emergency numbers: +112 Emergency Hotline, **Coordinator phone numbers:**
Kunka+ 359896807605 ,

Eco-friendly: we are trying to have an eco-friendly project, so would really appreciate it if you can bring:

- a favorite cup/mug from home
- a reusable water bottle that you can refill with mineral water here
- you can choose whether to bring your own towel to be more sustainable (the hotel is providing towels)
- a notebook to take notes (if you like taking notes)



Erasmus+



ORENDA Foundation

Any other questions?

If you have any questions, you can contact us at orenda_varna@abv.bg, our FB page [-www.facebook.com/Фондация-Оренда-Варна-196938447030425/](https://www.facebook.com/Фондация-Оренда-Варна-196938447030425/) or +359 896 807 605