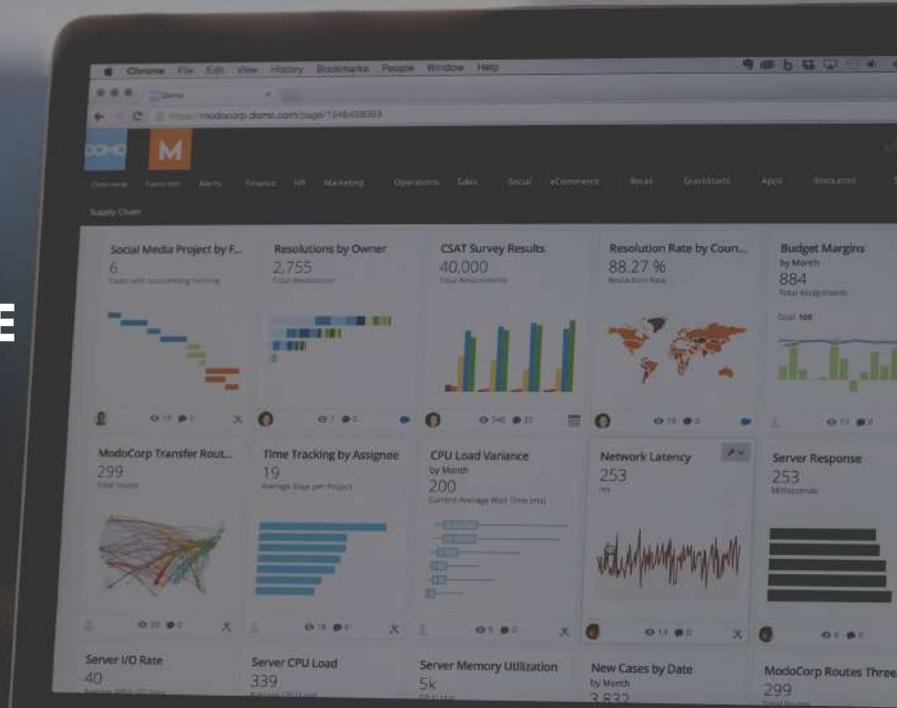




ERASMUS+
TRAINING COURSE

**BE A
CHANGEMAKER**



SUNNY BEACH, BULGARIA
5 JUNE – 13 JUNE 2021

INTRODUCTION

Project aims

This youth workers mobility is foreseen for youth workers, volunteers, youth from Bulgaria, Serbia, Spain, Lithuania, Portugal, Romania, Italy, Greece and Turkey. The project will gather 27 participants, regardless of age, to share, and extend their current knowledge and skills and acquire new ones in correlation with international youth project writing and management.

Young people must have the opportunity to lead change within their own communities. We aim to build the capacity of young people from Bulgaria, Greece, Serbia, Spain, Portugal, Turkey, Lithuania, Italy and Romania so that they increase their competencies in writing and involving the youth in the writing of international projects. Based on that, we set the following objectives for our project:

1. Raise competencies regarding planning and writing of Erasmus+ projects.
2. Develop abilities to identify and analyse the needs of young people for the 27 participants, from the seven partner countries, during the period of the project.
3. Develop skills to motivate and involve young people in the writing youth projects, for the 27 participants, from the nine partner countries.
4. Develop self-esteem of the 27 youth workers attending the project regarding writing and implementing European youth projects in their community.

PARTNERS

Navissos from Serbia

Trames Onlus from Italy

Asociation Desses3 from Spain

**Kiyikoy Doga Sporlari Kulubu Dernegi
from Turkey**

**FAJUB - Federação das Associações
Juvenis de Braga from Portugal**

**Asociatia Aspire Rise Connect Inspire
from Romania**

Hellas for Us from Greece

Mano Europa from Lithuania

YOUTH WORKERS' PROFILE

3 youth workers per country

Age: 18+ years old

Active youth workers

Motivation: to be intrigued in the process of writing project and project management

Eager to develop in the sphere of youth



Restaurant and facilities

During the youth exchange participants will be able to use all available facilities.

Three meals per day will be provided in the restaurant in the complex. Coffees, beverages and water will be served all day long. The beach is a 100 meters away.

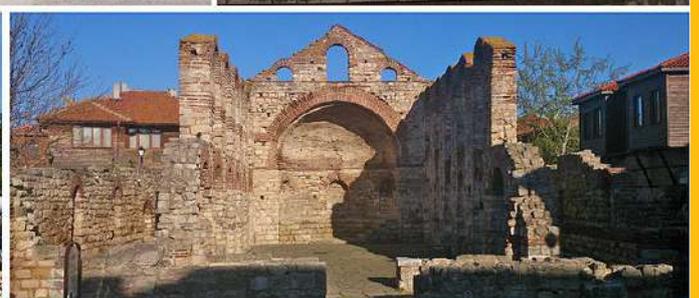


Accommodation

Participants will be placed in double rooms according to the same gender. Rooms are equipped with TV, balcony and each has a private bathroom and bathroom accessories.

THE SURROUNDINGS

Sunny Beach is a major seaside resort on the Black Sea coast of Bulgaria, located approximately 35 km north of Burgas and close to Nesebar – an ancient city. Attractions for visitors include the beautiful sandy beaches, water sports and the nearby historic site of Nessebar. There are also two water parks nearby the resort.





TRAVEL PLAN

All participants will be expected to arrive in Sofia - the capital of Bulgaria. We decided that it would be more comfortable, cheaper, Eco-friendly and of course FUN, if we arrange a bus to pick you all up from Sofia and share the ride to Sunny Beach. You will have time to get to know each other, to rest and enjoy the journey as a group. **The meeting point will be at Sofia Airport between 13:00 and 14:00 on 5th June (more details later on). The price of the bus is 20 euro per person both ways, which amount will be deducted from your travel budget.)**

In case you are coming by bus, you will arrive at Central Bus Station. You must catch the subway to "SERDIKA 2 METRO STATION", where you must change the line 2 with line 1 to the "SOFIA AIRPORT METRO STATION" which is the last stop and where we will be waiting for you. Check for more: <https://www.sofiatraffic.bg/en/common>

In case you are "lost in translation" and have no idea how to plan your trip, please contact us via e-mail for advice and recommendations :)

REIMBURSEMENT



Travel costs will be reimbursed to the sending organizations' bank accounts upon the receipt of all the justification documents and only if all the needed documents have been sent to the coordinating organization.

Reimbursement includes also local transportation costs (but not private transportation). The cheapest means of transport should be used.

REMEMBER - YOU HAVE TO TAKE OUR CONFIRMATION BEFORE BUYING YOUR TICKETS.



Travel expenses will be covered after collecting travel documents on condition that the participants use the cheapest ways of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets. Private cars, Taxi and first class tickets will not be reimbursed.

Make sure that you keep the invoices, boarding passes and other documents mandatory for the reimbursement!

Reimbursement can only be made on the basis of original tickets (either digital or paper), so it is mandatory to send us return tickets by post after the project. Please bring the payment confirmation: a bank extract or a printed statement released by your bank showing the payment/transaction.

In the case of traveling by plane, keep your boarding passes (or document that proves payment, in case there is no boarding pass).

If you are traveling by private car, reimbursement can only be made on the basis of the copy of driving license, documents that prove the vehicle ownership, fuel refueling invoices with the travel date appropriate to the project dates.



TRAVEL AMOUNT

**SERBIA, ROMANIA,
TURKEY, GREECE &
BULGARIA**

180€

PORTUGAL & SPAIN

360€

ITALY & LITHUANIA

275€

CHECKLIST

DOCUMENTS Bring with you all your travel documents.

INSURANCE Remember, travel insurance is your responsibility, so make sure you have it. Please note that each participant is required to have travel insurance, and it is reimbursable (for participants from EU countries the European Health Insurance Card (EHIC) is advised!).

TASKS Together with your group leader, you should prepare tasks that you are responsible for, as it is previously agreed.

INTERCULTURAL NIGHTS Bring enough national food and drinks for the intercultural night to present your culture in the best manner. You can show your country, culture, and traditions to others in any way you find appropriate (music, dances, quiz, short role-play, etc.). Don't forget to bring your flag as well.

QUESTIONNAIRE Please, fill in your details no later than 20/07/2020.

CLOTHES The weather in June is warm (around 25.0°C). Bring some sport shoes and sportswear for outdoor activities, towel, bathing suit, flip-flops, items for personal hygiene and medicines (although there are some shops nearby).

HEALTH PROTOCOL

The safety measures regarding **COVID-19** will be in accordance with the legislation in force at the time of the activity. We will strictly follow the rules prescribed by the Serbian ministry of health and relevant EU protocols and WHO recommendations.

The travel of any participant who presents symptoms before the trip to the Republic of Serbia is gravely **FORBIDDEN**.

We kindly suggest you to wear a **protection mask** and take all precautions during your travel. Please, plane your trip wise so to **reduce direct contact** with people outside your national group.

It is the responsibility of each participating organization to equip their participants with protection and disinfection resources during their trip to the Youth exchange venue. Throughout the entire exchange, it is **MANDATORY** to use a protection mask and follow accommodation and organization safety standards.

The hosts will ensure protection masks for every participant. We will carry out **temperature measurements** twice a day to guarantee the safety of the whole group.

ArTeam Bulgaria

contacts

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