



Say NO
to discrimination!

9-17 June 2019 in Uzana, Bulgaria



Co-funded by the
Erasmus+ Programme
of the European Union

Project number 2018-3-BG01-KA105-061009



**HUMAN
RESOURCE
DEVELOPMENT
CENTRE**

SUMMARY OF THE PROJECT

The idea behind the implementation of project "Say NO to discrimination!" is dictated by the need for young people to fight, understand and apply equality and tolerance every day and to demonstrate anti-discriminatory behavior, identifying different ways of responding to situations of inequality and discrimination; coping with them. Participants will discuss the importance, the elements and the various forms of inequality and discrimination and will try to find a mechanism to address these issues in their communities and organizations. By discussing the intercultural differences, similarities, values and problems that young people have in their communities, it will be clear what should be the guidelines for tackling with discrimination in their countries and Europe as a whole should be and how to eliminate inequality

The objectives of this Youth Exchange are:

-To empower participants and enable them to recognize discrimination and to improve knowledge about different forms of discrimination.

-To strengthen the development of youth workers and youth leaders by extending their competences to integrate themes as discrimination, tolerance and participation within their work and practice.

-To enable participants to reflect upon and to address key values related to discrimination, tolerance, human rights.

-To increase the participants professional competences in developing and evaluating projects with young people, empowering them or developing their own understanding and practice of discrimination, tolerance and human rights.

-To support capacity and partnership building and to contribute towards inventive and high quality projects by exploring diverse working methods and strategies and to acquire competence in dealing with youth issues and to equip the participants with the knowledge and competence necessary to make use of it.

All activities and methods will contribute the process of non-formal learning. **Methods in the program** are based on the "learning through action, participation and experience" model – debates, simulation, energizers, ice-breakers, communication games, exploring and sharing activities, group discussions, reflection and self-analysis, teamwork, brainstorming, open-space etc.

The expected results from the implementation of the project are: young people will have a greater awareness of project issues; will be with a wider mindset; will be able to interpret and actually understand European values equality, tolerance, solidarity, democracy as a right of free choice. Last but not least, they will seek to declare their respect and understanding to all other people. Long-term benefits from the project target young

people who will participate in the future in initiatives implemented by partner organizations.

The youth exchange will be fully implemented in English!

WORKING PROCESS

1. Preliminary information – information material for the host and partner organizations, training program, venue and important information about Bulgaria - transport, climate, currency, prices and more. The information contain requirement for documentation and reporting of travel expenses of participants as well as a list of necessary items and preparation prior to the course. So, if you reading those rows – welcome on the first phase!

2. Evaluation of personal training needs - filling in form, which will contain information on personal training needs of selected participants. The trainers will gather information and be able to carry out final tuning of the program so that maximum to meet the needs of the participants.

3. Online information packages - it will be several e-info package that will send participants before the start of the project. Info packages will represent a short online course with information on the topics of the training. The project will contain concepts, theories, video presentations and links to the participants on the topic. Info packages will have a role to set wave participants to learn and motivate them before the project, also to prepare them with the necessary knowledge on the topic. Info packages will be prepared by the team-trainers who prepare the program.

4. Homework - Participants will receive a list of tasks to prepare to national groups to cover several aspects of training strategic planning, inter-cultural learning, building partnerships and networks. The tasks will be to prepare presentations with the necessary materials: the future course of their organizations, the activities of the organizations and the national culture of the countries.

5. Youth Exchange – the program activities will be between 9-17 June 2019 in Uzana, Bulgaria. You will have more details bellow.

6. Mentoring phase – in the next 3 months after program activities (17 June – 17 September, 2019), each participant will receive mentoring support (if necessary) in two directions: directly mentoring - for the implementation of new tools and methods learned during the project; sharing of materials – our team will share useful information related with the topic of the project.

PROGRAM AND METHODOLOGY

The project is prepared and will be run on the basis of a methodology that emphasizes active participation and commitment of all who's involved. Therefore, the program is subject to regular changes and adaptations before and during the project. The activities foreseen are ice-breakers, role-plays, teambuilding and outdoor activities, debates, open space and several workshops to develop life skills and competences useful for any participant. The working methods are the: "Experiential learning", "Educator to Peer" and "Peer to Peer". We will like to remind you again that this training course will be quite challenging since we will be reflecting and facing challenges on individual and on group level overcoming demanding situations, we will be questioning a lot how we and others are living and will pass intensive reflection moments.

The methodology of the youth exchange is conceived in ways that require active participation and exchange between participants. It is based on participants' own experiences and builds on concrete actions for the future. The methodology of the training program is based on the main principles of experiential learning cycle and non-formal education.

The program is designed with a logical flow that starts with introduction to concepts and progressively gets into the topic, to end up working on the creation by participants of practical results. This way, the course will close with a document containing all the information gathered in the project. Here you can find full program of the project - https://docs.google.com/spreadsheets/d/14VovsnlGPXaX7D34U_V_D-Yboyx1HCz8zJMujHYo94A/edit?usp=sharing

SELECTION OF PARTICIPANTS

Age: 16-29 (1 leader without age limit)

Profiles of participants: Youth leaders, youth workers, members of NGOs, volunteers actively work in youth field, human rights activists, teachers and students.

Countries: Bulgaria, Italy, Croatia, Slovakia, Greece and Spain

Number of participants: 6 (5+1 leader) per country.

APPLY here: <https://forms.gle/MZwBoX9yib92w1CQ8> **Deadline: 12 April 2019**

TRAVEL INFORMATION

We will provide the bus from Sofia to Uzana in the day of arrival and departure!

Please, try to look for travel options which allow you to be in Sofia **before 15.00h. on 9th June 2019 and after 16:00h. on 17th June 2019.**

If you plan to **arrive earlier** or **leave later** and you need to find an accommodation, let us know, so that we can support you. Your expenses out of the days of the training will not be reimbursed by the organizers.

Travel limits:

Greece – 180€

Italy, Slovakia and Croatia – 275€

Spain – 360€

Board and lodging will be provided and paid by the organizers of the project. There will be travel reimbursement according to the Erasmus + regulations (see the table below). Please pay attention to the figures and conditions. We are strongly recommending you to have insurance while you are in Bulgaria. Each participant will be in charge of purchasing one, because no private insurance will be reimbursed.

Organizers will reimburse 100% of eligible travel costs up to the limit.

Very important: your tickets are an essential part of accounting of the project that we must keep and present to the Erasmus+ National Agency, the main funders of the project. **Therefore, if you cannot provide your original tickets, receipts, insurance and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.** Please **DO NOT BUY** any tickets before approval of the organizers!

VENUE

The project will take place in hotel "Prima S" in beautiful area Uzana, near to Gabrovo city <http://www.uzanabg.com/EN/index.php>

Participants will be accommodated in double rooms. Each room has a bathroom and balcony. Accommodation and full board meals (breakfast, lunch and dinner) are covered by CET Platform Bulgaria.



PROJECT TEAM



Nikolay Nikolov is a president of the youth non-governmental organization "Civic education and training platform – CET Platform", Bulgaria. In the past he was Secretary general of National Youth Forum (NYF) and a member of the "Project management" Pool of the NYF. He has successfully completed training of trainers of the National Youth Forum in the framework of the project "Youth Academy". He has participated in numerous national and international projects. He is a successful coordinator in 9 projects under Erasmus+.

Liya Savova creates and facilitates educational and personal development programs for children, young people and adults by using and mixing methods from her expertise and experience (Non-formal learning, Nature-based learning, Eco-centric development and art methods). She works mainly with Learning for change Foundation and has around 5 years' experience as a youth worker in active youth organizations like United Nations Association, National Youth Forum and other. Now she is mostly passionate about development of a deeper connection with the Self (body-mind-soul-spirit), nature and people. She finds inspiration also through music, authentic dance, ancient knowledge and practices, wondering in nature and photography.



George Merdjanov has more than 10 years in the NGO sector in Bulgaria. He is currently developing his own educational space called School for skills. During the years he was Vice President of the National Youth Forum concerning European, national and local youth policies, strategy development, law consultations with public bodies. He is a graphic designer and a photographer. His passions are music, climbing and outdoor solo experiences. Also mentoring young people to develop capacity how to deal with challenges on local level municipalities, and how to enrich local life by youth initiative and youth led activities.





Tomislav Bogdan - "I started to be involved in non-formal education 10 years ago through different projects of education of youth in the field of youth activism and volunteering. In 2012. I was the president of Youth Council in Djakovo, Croatia and Vice president of Youth Council in Osjecko- Baranjska county. In 2014. I started to work as a youthworker and establish NGO CET platform Croatia in which I am working on a position of project manager and the trainer on topics of youth activism, human rights, antidiscrimination, entrepreneurship and migrations. Erasmus+ gave me opportunity to learn a lot about diferrent topics, meet new cultures and gain new friend all around the globe."

IMPORTANT DATES

12 April 2019 – Deadline for submitting of application forms;

12-15 April 2019 – Selection of participants;

25 April 2019 – Deadline to buy your tickets and send the copies of them;

9 June 2019 – Arrival day before 14:00h. in Sofia;

17 June 2019 – Departure day after 17:00h. from Sofia;

USEFULL INFORMATION

- ✓ CAPITAL CITY IS **SOBIA**.
- ✓ OFFICIAL LANGUAGE IS **BULGARIAN**.
- ✓ THE CURRENCY IN REPUBLIC OF BULGARIA IS "LEV". THE COURSE OF EXCHANGE IS FIXED AND **1 EUR = 1.95583 BGN**.
- ✓ THE AVERAGE TEMPERATURE FOR JUNE IN THE MOUNTAIN ON 1300m. ALTITUDE IS **20-30 DEGREES CENTIGRADE**.
- ✓ EMERGENCY NUMBER – **112**
- ✓ FIND YOUR FLIGHT ON **WWW.ESKY.COM**

PROJECT PARTNERS

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