

CREATE YOUR FUTURE

A 7-day Synergy youth exchange
June 27 to July 3 • Ravgonor, Bulgaria



About 'Create your future'

We offer a personal development program which brings together 36 young people from 6 European countries for a dynamic individual learning experience in a group context.



The program is based on experiential learning and provides opportunities to identify personal concepts and patterns that come from culture, family, social environment and experience. It also allows participants to broaden their horizons, get out of their automatic thoughts and cultivate actions that expand their limits and allow to gain control over life.

The approach is based on the concept that everybody is the creator of their own experience and sets the limits regarding how far to go during the project.

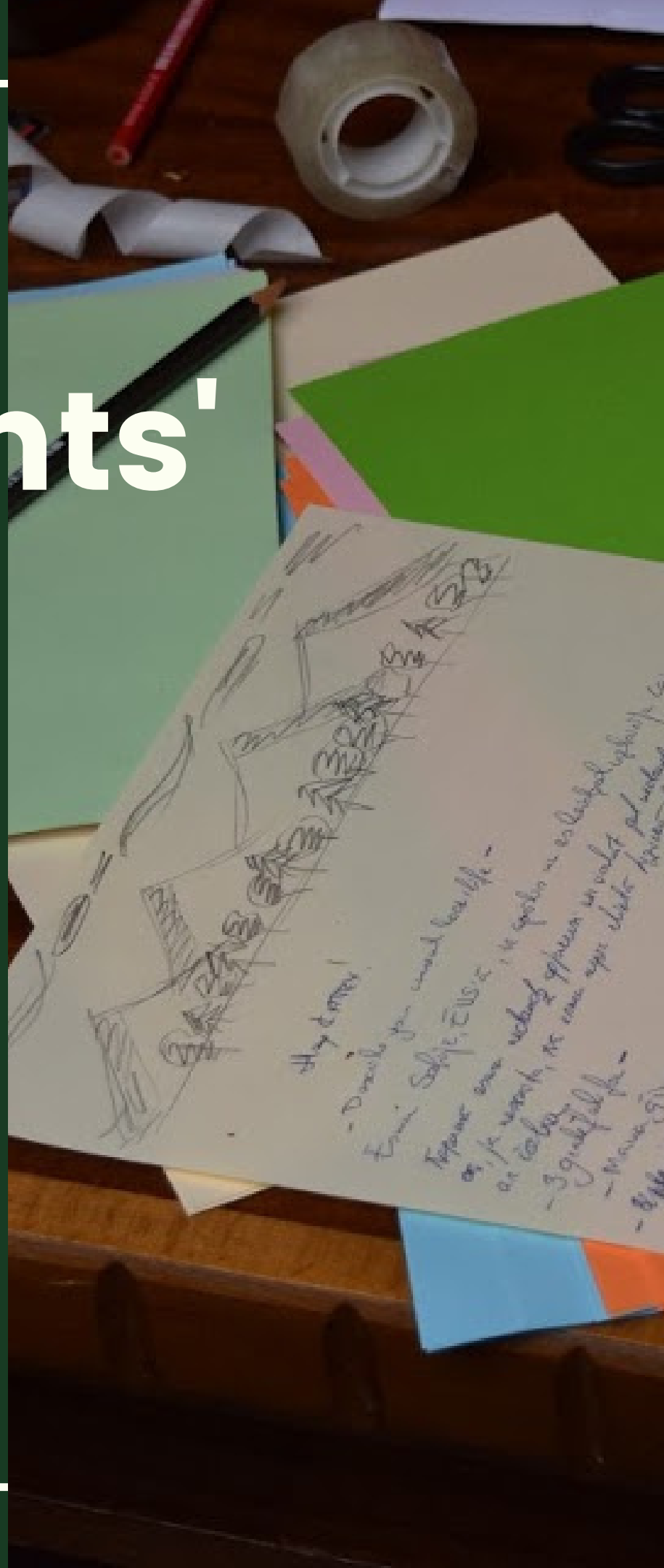


The method

The method is called “synergy” and equips people with tools and techniques that increase their abilities to achieve personal and professional success while enjoying life. The key is the HOW: the practice of integrity, striving for excellence and authenticity.

Within this frame, each coordinator develops the program with a specific approach combining it with other tools.

Participants' profile



- You're between 18–25 years old and reside in Bulgaria, Italy, Spain, Greece, Poland or Croatia;
- You're interested in the topic of the youth exchange and ready to be challenged;
- You're committed to take part in the whole program and follow-up;
- You are able to freely communicate in simple English.

Note: Young people with fewer opportunities (social, economic, cultural, geographical, NEETs) will be given a priority.



The Program

The activities of the program include non-formal education methods: simulations, games, reflections, sharings, outdoor processes, bodywork, guided visualizations and assignments. The first part of the program happens inside the training room, while the second part happens mainly outside and serves as a playground to practice learnt things.

In order not to spoil your experience and keep the surprise effect of the processes, we'll give you a general idea of what you're going to do every day:

DAY 0. JUNE 26 -ARRIVAL OF PARTICIPANTS

Participants arrive at the venue and settle down, the registration happens, and the organizers give practical information about the program.

DAY 1 - JUDGEMENTS

This day explores how judgements are formed and their impact on your life. Creating result-focused attitude.

- The three roles in life and their daily impact
- How to bring awareness in our relationships
- Stop, look, correct and take action as a leading principle
- Acknowledging where you are standing in regard with your life vision
- How your concepts and beliefs influence your judgments and actions

DAY 2 - PATTERNS

The second day is focused on behavioral patterns and the effects they produce.

- Cooperation as a biological process
- How new behaviors create new opportunities
- Sources of success and how you can learn from them
- How to realize your patterns and change them according to your will
- Energy management and how acknowledgement can lead to change

DAY 3 - SELF-LOYALTY

Self-loyalty: how to stick to your first intention and get creative in action.

- How to create win-win situations
- Self reflection as a tool for correction
- Counterproductive games people play and how to avoid them
- How to keep your intentions and values in the madness of the day
- How to bring the abstract concept of trust into a concrete operating system

DAY 4 - SPONTANEITY

Spontaneity: the ability to do whatever, whenever and truly be ourselves.

- How to realise your vision
- How motion can create results
- Circle of creativity as an action plan
- Defining your most important priorities
- Prioritising information: how clear questions bring clear answers

DAY 5 - CONFRONTATION

During this day you will deal with confrontation.

- How to tackle unexpected events and use them to your advantage
- How to turn obstacles into opportunities that help you achieve your goals and your vision
- How inclusion leads to results
- How to create working concepts rather than sticking to old ones that are not working

DAY 6 – FREEDOM

This day is all about freedom and the capacity to always have a choice.

- How to unlock your personal resourcefulness
- How to consciously choose your state and influence your mood
- How to use your support system

DAY 7 – SELF-FULFILMENT

Self-fulfilment is an inner job.

- The realization that you are complete
- How to become the source of your own fulfilment
- The difference between stopping, giving up and closing
- How to gain the willing cooperation of others and inspire them

DAY 8 JULY 4

DEPARTURE: Participants and organizers leave the venue and go back to Sofia.

Project facilitators



YASSAR MARKOS

Educator & Entrepreneur

Founder of Synergy Bulgaria,
recognized international
trainer & mentor



YULIA MARKOS

Coach & Youth worker

Strategic leader of Synergy
Bulgaria, certified coach &
trainer

Dates and place

June 25, 2021: Arrival of group leaders

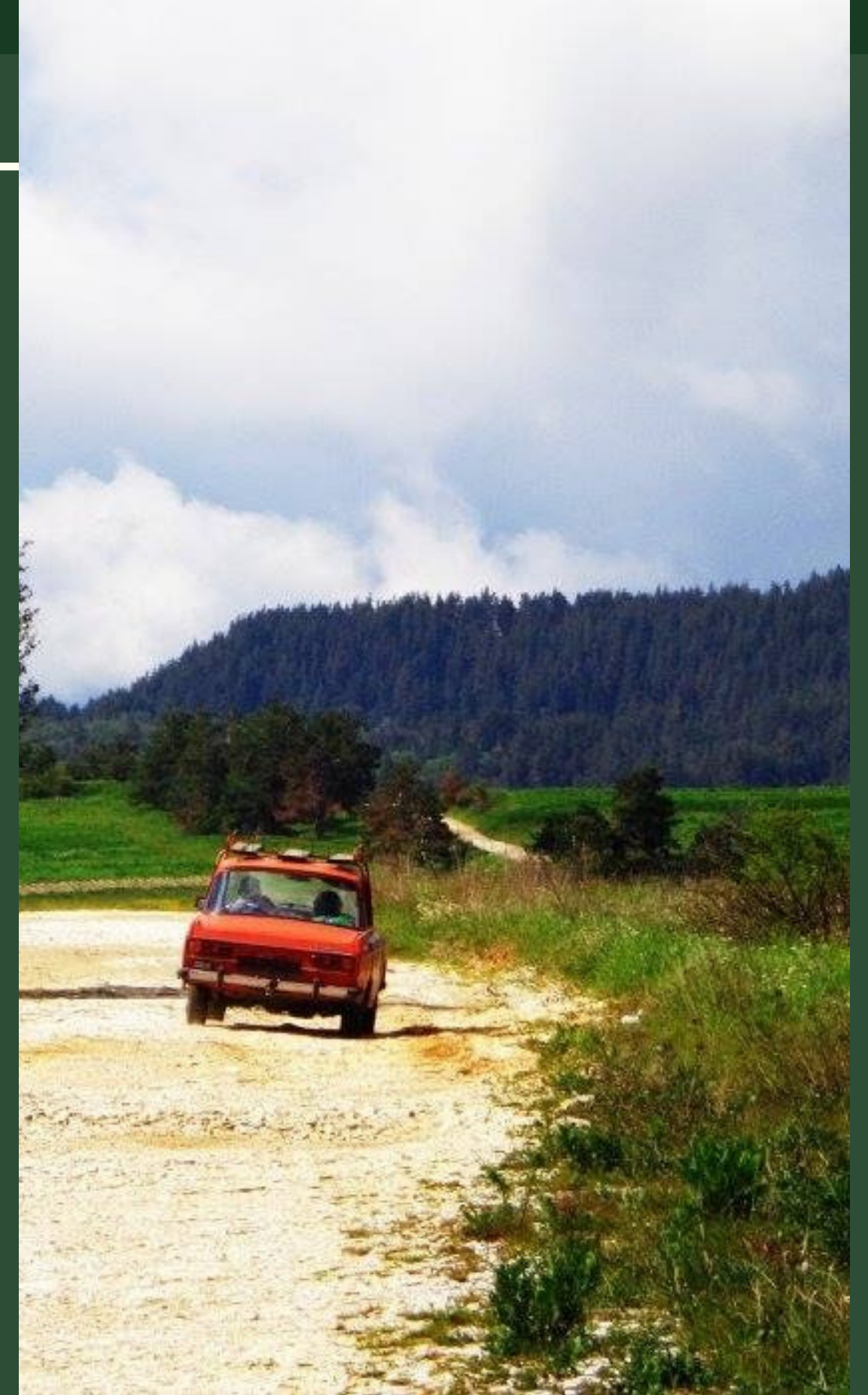
June 26, 2021: Arrival of participants (meeting around 16:00 in Sofia, then travel together by bus to Ravnogor)

June 27 (morning): Start of the program

July 3 (night): Closing of the program

July 4, 2021: Departure to Sofia

The program will take place in Ravnogor, Bulgaria. More precise information about the venue and travel arrangements will be provided to participants and group leaders after confirmation of their participation. Don't buy your tickets before receiving the confirmation letter!





Financial arrangements

This program is supported and co-funded by Erasmus+ Programme of the European Union. We ask each participant to contribute to the development of the project by investing the amount of 30€.

Travel costs of the participants who take part in the full project and provide required travel documents (invoices & boarding passes) will be reimbursed.

The reimbursement is done after the project when follow-up activities are completed up to the amounts stated below:

Bulgaria - 20€

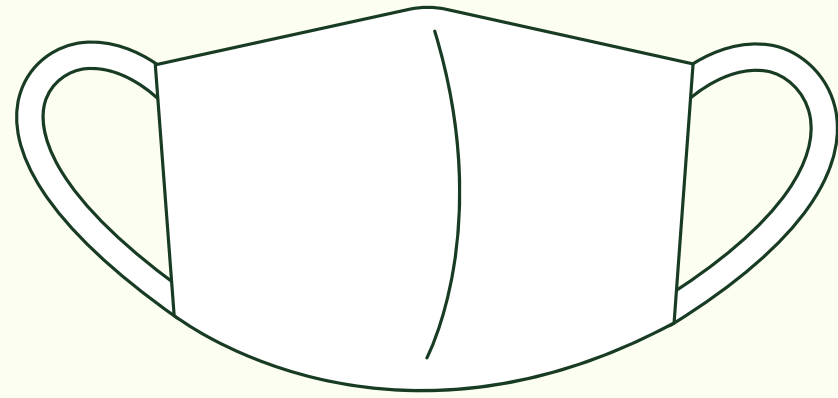
Italy - 275€

Spain - 360€

Greece - 180€

Poland - 275€

Croatia - 275€



COVID-related policy

We will follow the national regulations regarding COVID-19 during the whole youth exchange. You can additionally check the regulations regarding traveling from your country to Bulgaria here: <https://reopen.europa.eu/>

You'll take care of testing (if required) when traveling to Bulgaria, however, we'll take care of testing required to return to your home country.

COVID-related policy

To stay flexible with the program we ask participants not to book their flights earlier than 3 weeks before the exchange begins. If a participant shows symptoms of COVID-19 during the course, we will take all the measures needed and arrange quarantine stay, if required.

About us



Synergy Bulgaria was founded in 2013 with the mission to support young people and professionals in reaching their highest potential through continuous personal and professional development.

We organize local & international programs, mentor young people & volunteers and create impactful projects.

Contact

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[Web page](#)

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Partners

- PL | STOWARZYSZENIE EUROPE 4 YOUTH
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