



**About the project:** After long time of social isolation and removal of restrictive measures, people will try to get back to their daily life. For some of them this process won't be very easy as the pandemic will be over, although the economic, social and psychologic circumstances will still cause effect to their life. On one hand governments focus mainly the communication directly to the public at large and offer various measures, including support, but on other hand the independent organizations have crucial role for solving the problem, including Youth organizations. Through their youth workers and mediators, they can be important channel for delivering the information to people. Second, they can easily reach out the people they work with( youngsters, vulnerable and marginalized groups) and help limit the consequences using nonformal methods of education. One of the most appropriate methods for dealing with the above problems is Education for Sustainable

Development. The Individual approach for Education for Sustainable Development offers good, creative and innovative frame, broadening the possibilities for discussion and focusing on three main pillars for sustainable development: society, economy and environment. It also addresses the needs of youth workers and leaders in order to lean practical tools for implementing of the sustainable development in youth work. But in a way which can easily be interpreted and implemented in particular local/regional/national/international projects that are addressing and focussed on the sustainable life of the individual.

**The overall goal of the project** is the promotion of sustainable life and development. This is achievable through a holistic approach to sustainable development in European youth work, including its social, economic and environmental dimensions, using international / European tools and methods. The specific goals of the project are related to the development of a number of skills and competencies such as:

- raising participants' knowledge of the three pillars of sustainable development (environmental, economic and social)
- increasing the competencies of the participants regarding the sustainable development of youth work;
- sharing instruments and good practices in the field of education for sustainable development;
- knowledge of the EU strategy for sustainable development and other policies;
- enhancing the capacity of European youth organizations to tackle sustainable development issues through organic farming, social entrepreneurship, active citizenship and non-formal education;
- raising participants' awareness of intercultural learning and international youth work;
- competencies of youth organizations and youth groups to tackle sustainable development with an individual approach;
- increased awareness of the opportunities offered by the Erasmus program, in particular in the field of sustainable development.

**Our project will have an impact in three main areas:** social, economic and environmental. The impact of the project is measured in strengthening the international dimension of youth activities by promoting greater European cooperation in the field of sustainability and sustainable living. The project will have a direct impact on the work of participants in four areas of competence:

1. Transferring knowledge, practices and habits to young people from their target groups for Sustainable Development, Ecological Sustainability, Social Entrepreneurship, Alternative Economic Models, etc.;
2. Creating sessions (workshops) for young people developing skills and attitudes in the field of emotional intelligence, nonviolent communication, daily sustainable and environmental habits, basic human values, etc.;
3. Motivation to work with young people using innovative approaches such as: value-based youth work, holistic education, etc.;
4. Carrying out high-quality youth work, based on values and professional expertise and increasing civic participation and social transformation.

**We expect the achievement of learning outcomes to lead to:** increased self-confidence in life, increased motivation for selfimprovement and learning; self-

empowerment and stimulated active participation in society. After the end of the project, we anticipate that the participants will have developed a higher level of awareness about themselves and their values, ways to maintain their health and use innovative practices. In this context, youth workers will be able to practice and develop some of the key competences needed for lifelong learning and successful personal and professional realization, namely: learning skills; sense of initiative and entrepreneurship; social and civic competence; communication in a foreign language.

### **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 project. 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 facilitators 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 project. 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 14-22 October 2022 in Smolyan, Bulgaria. You will have more details bellow.

**6. Mentoring phase** - in the next 3 months after program activities (22 October 2022 – 22 January, 2023), 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.

## Selection of participants:

Number of participants: 6 per country

Age: 15-30 years. + 1 leader without age limit

Profiles of participants: Young people, students, youth leaders, eco activists, green entrepreneurs, youth workers, members of NGOs, volunteers actively work in youth field etc.

Countries: Bulgaria, Croatia, Greece, Italy and Spain

**APPLY here:** <https://forms.gle/FdtiA5WKaiFV2L4Z8>

**Deadline: 13.09.2022**

## Traveling:

### How to reach Smolyan city:

1. If you arrive at the Sofia Airport: take the metro from Sofia Airport to Central Railway station - <https://goo.gl/maps/8d2W1CmARQSmMCpE8>  
We will cover the costs for public transport. The costs for taxi are not refundable!



2. If you arrive at International Bus station: They are on the same place with Central Bus Station.

Here is the building of Central Bus Station.



Go inside and buy the ticket to Smolyan city:



Schedule:

Every day at: 08:00; 12:00; 13:10; 15:00; 16:00; 17:00

Route	Company		Hour	Sector	Price
SOFIA - SMOLYAN <small>Valid from 2022-04-17 Valid thru 2022-12-31</small>	GRUP PLYUS EOOD		08:00h.	35	One way ticket: 29.00 lv.
SOFIA - PLOVDIV - ASENOVGRAD - NAR.BANI - HVOYNA - CHEPELARE - PAMPOROVO - SMOLYAN					
SOFIA - ZLATOGRAD <small>Valid from 2020-03-30 Valid thru 2022-12-31</small>	IVO TOPCHIEV ET		12:00h.	33	One way ticket: 29.00 lv.
SOFIA - PLOVDIV - ASENOVGRAD - BACHKOVO - LAKI RAZKLON - NAR.BANI - HVOYNA - CHEPELARE - PAMPOROVO - SMOLYAN - TARAN - SREDNOGORTSI - MADAN - ZLATOGRAD					
SOFIA - SMOLYAN <small>Valid from 2022-04-11 Valid thru 2022-12-31</small>	ROZHEN EKSPRES EAD		13:10h.	39	One way ticket: 29.00 lv.
SOFIA - PLOVDIV - ASENOVGRAD - NAR.BANI - HVOYNA - CHEPELARE - PAMPOROVO - SMOLYAN					
SOFIA - SMOLYAN <small>Valid from 2020-03-30 Valid thru 2022-12-31</small>	REMA EOOD		15:00h.	35	One way ticket: 29.00 lv.
SOFIA - PLOVDIV - ASENOVGRAD - BACHKOVO - NAR.BANI - HVOYNA - CHEPELARE - PAMPOROVO - SMOLYAN - TARAN - SREDNOGORTSI - MADAN					
SOFIA - SMOLYAN <small>Valid from 2020-07-06 Valid thru 2022-12-31</small>	ROZHEN EKSPRES EAD		16:00h.	33	One way ticket: 29.00 lv.
SOFIA - PLOVDIV - ASENOVGRAD - NAR.BANI - HVOYNA - CHEPELARE - PAMPOROVO - SMOLYAN					
SOFIA - RUDOZEM <small>Valid from 2020-05-18 Valid thru 2022-12-31</small>	PAMPOROVO BUS EOOD		17:00h.	35	One way ticket: 30.00 lv.
SOFIA - ASENOVGRAD - BACHKOVO - NAR.BANI - HVOYNA - CHEPELARE - SMOLYAN - TARAN - SREDNOGORTSI - RUDOZEM					

2020  
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You can pay only in BGN or with Debit/credit card.

When you arrive in Smolyan take the taxi to hotel Dikas.

About your departure: Looking for options after 15:00h on 22 October 2022 from Sofia to your home.

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 program activities will not be reimbursed by the organizers.

### Reimbursement information:

The organisers will reimburse of your travel costs from your home city to Smolyan, Bulgaria and back. Reimbursement will be done on the bank account of partner organization from your country who will forward you the reimbursement once when organizers collect all your original tickets, boarding passes and reports from dissemination activities.

**NOTE:** Please note if you bought your ticket in your local currency which might be different than EUR. We will calculate your travel costs according to the exchange rates from official European Commission web-site: [www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en](http://www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en)

**NOTE:** If you plan to travel outside the official project dates you need approval by CET Platform Bulgaria, first. National agency from Bulgaria usually accepting traveling 2-3 days before/after the project dates but in any case in order to check and confirm it please contact us at [bulgaria@cetplatform.org](mailto:bulgaria@cetplatform.org) Dates out of the project activities are not cover by organizers!

Please **DO NOT BUY** any tickets before approval of the organizers!

Travel limits:

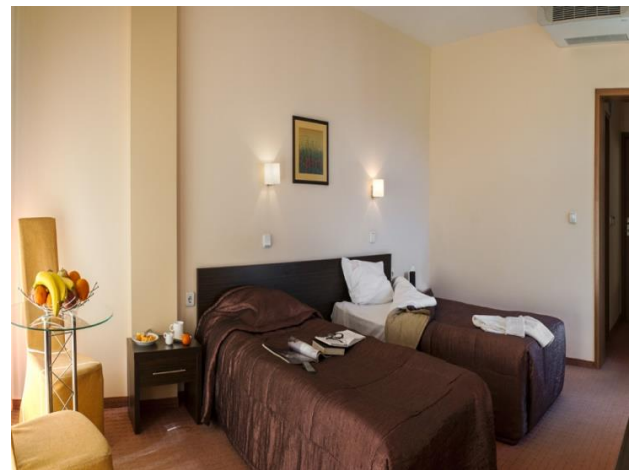
Greece: 180 euros

Croatia and Italy: 275 euros

Spain: 360 euros

### **Venue:**

The project will take place in hotel “Dikas” - <https://www.hotel-dikas.com> Participants will be accommodated in double and triple rooms with bathroom (included towels), TV, WiFi and balcony. Accommodation and full board meals (breakfast, lunch and dinner) are covered by organizers.



### **Important dates:**

**12 September 2022 - Deadline for submitting of application forms;**

**12-16 September 2022 - Selection of participants;**

**20 September 2022 - Deadline to buy your tickets;**

**14 October 2022 - Arrival day;**

**22 October 2022 - Departure day after 15:00h. from Sofia**

## **CONTACTS:**

### **Organizers:**

CET Platform, Bulgaria

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Contact person: Nikolay Nikolov

### **Project partners:**

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Contact person: Ana Del Valle

UNITED SOCIETIES OF BALKANS

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Contact person: Ioannis Tsilsou

### **Enjoy the videos from our previous projects:**

Youth exchange "Say YES to Human rights" <https://youtu.be/ctuTYffGin4>

Training course "Youth workers for peaceful conflict transformation"

<https://www.youtube.com/watch?v=-irq2m1N8u4>

Youth exchange "Say NO to discrimination"

<https://www.youtube.com/watch?v=MdAkA17MyXw>

Training course "Critical Thinking Skills"

[https://www.youtube.com/watch?v=TRo6lLa\\_Owc&t=237s](https://www.youtube.com/watch?v=TRo6lLa_Owc&t=237s)

Youth exchange "Change your old life to achieve your new aims as a Leader"

<https://www.youtube.com/watch?v=M98yhiohRKw>

Training course "Social Entrepreneurship Training 2"

[https://www.youtube.com/watch?v=YIF\\_98Q03Rc&t=63s](https://www.youtube.com/watch?v=YIF_98Q03Rc&t=63s)

Youth exchange "Say NO to discrimination 2" - [https://youtu.be/8j\\_5svdEu24](https://youtu.be/8j_5svdEu24)

**Thank you and see you soon!**