



ЦЕНТЪР  
ЗА РАЗВИТИЕ  
НА ЧОВЕШКИТЕ  
РЕСУРСИ



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Erasmus+ Programme  
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## INFORMATION PACK

Youth exchange project:  
**“ACTIVate YOUrself”**

20.06.2017 - 28.06.2017

*Varbovo, Bulgaria*

*Dear participants,*

*We are glad to have you as partners in our mutual initiative. In the following informational package, you will find all essential information about the village where you will stay, how to get there, how to prepare for this exchange, what to take with you, the programme of the project and the host organization. Our goal is to make your participation as pleasant and beneficial as possible so please read the next pages carefully. If you have any additional questions, please refer them to our International coordination team of Bulgarian Youth Forum at these coordinates:*

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*Enjoy!*

*Bulgarian Youth Forum*

## **Brief description of the project**

Increasing the civil activity of young people and their participation in democratic life is a problem that needs a solution at national and European level. Back in 2013 Eurobarometer published a study according to which 44% of young people between 15-30 years of age have not participated in activities of any organization during the last year. This is the percentage of young people who did not vote in the last three years at the local, regional or national level. "ACTIVate YOUrself" is organized by Bulgarian Youth Forum in partnership with 5 NGOs: OneEurope e.V. (Germany), Asociación Sociocultural y Recreativa Jiribillas 3.0 - ASCRJ 3.0 (Spain), Zdruzenie za volonterizam Volonterski Centar Skopje - VCS Skopje (Macedonia), Asociatia "Tineret pentru Dezvoltare Durabila" – ATDD (Romania), Ipekyolu International Youth and Art Association – IGESAD (Turkey). The youth exchange will be held from 20 to 28 June 2017 in Varbovo (Belogradchik), giving the opportunity to 30 young people to exchange experience and gain knowledge for active citizenship and inclusion of young people in democratic processes at local, national and European level. With the implementation of the project "ACTIVate YOUrself" the partner organizations aim to contribute to raising civic awareness of young people about the importance of their participation in social and political life at national and European level. The participants will be encouraged to identify problems in their communities and develop an approach to deal with them by sharing best practices and experience through examples of active citizenship in different countries. "ACTIVate YOUrself" includes a variety of role-playing, discussions, reflections, formal and informal meetings through which participants will gain important skills for their personal and professional growth as active citizens.

## **Who are we?**

Bulgarian Youth Forum is a fast developing NGO in Bulgaria and since 2012 we have been organizing many projects related to youth entrepreneurship and initiative, human rights, preservation of cultural and historical heritage, motivation of people in rural areas. Our members are highly trained and experienced youth workers with volunteering background predating the NGO itself. Our main goal as host organization is to stimulate active participation,

exchange of ideas and good practices by encouraging creative thinking. For more information about us, our members and the organization's goals please visit:

<http://bulgarianyf.eu/home/> or our Facebook page (please like it 😊 )  
<https://www.facebook.com/BulgarianYouthForum>. 

### **Travel directions from Sofia to Belogradchik:**

**Please choose the most suitable (according to time and budget) solution for getting here. If you need additional help regarding your travel, contact us.**

In order to reach **Belogradchik**, you need to fly to **Sofia** first. Sofia has only one international airport (1) – Vrazhdebna (SOF). From there you need to get to **Belogradchik** by bus from the Central Bus Station (CBS). To reach the CBS (3) in Sofia from the Sofia Airport you need to use a subway that is very comfortable (\*note - you can use taxi, but we **WILL NOT** be able to reimburse it). After you exit the airport you need to get the subway that is just in front of the departures exit on the Terminal 2. You need to buy one way ticket from the kiosk which is 1,6 BGN (0,82 €). After that you need to get off the “**Serdika**” (2) station (approximately after 25 minutes) and change the subway line using the same subway ticket (follow the sign “**Serdika II**” to get on the subway Line 2). From “**Serdika II**” you need to get the metro train towards “**Obelya**” and get off the train on the second station after getting it which is “**Central Railway Station**” (the central railway station and the Central Bus Station are next to each other). When you are on the CBS you need to find the “**Montana AT**” kiosk and buy ticket to **Belogradchik**. Your transportation from Belogradchik to Varbovo will be organised by us.

**IMPORTANT:** There is **only ONE** bus daily at **16:30** which mean that you are **expected to arrive at the Sofia CBS by 15:30**. The price of the roundtrip ticket is 32 BGN (16,36 EUR). If you are arriving in Sofia by bus, you will be at the Central Bus Station (all international busses arrive there).

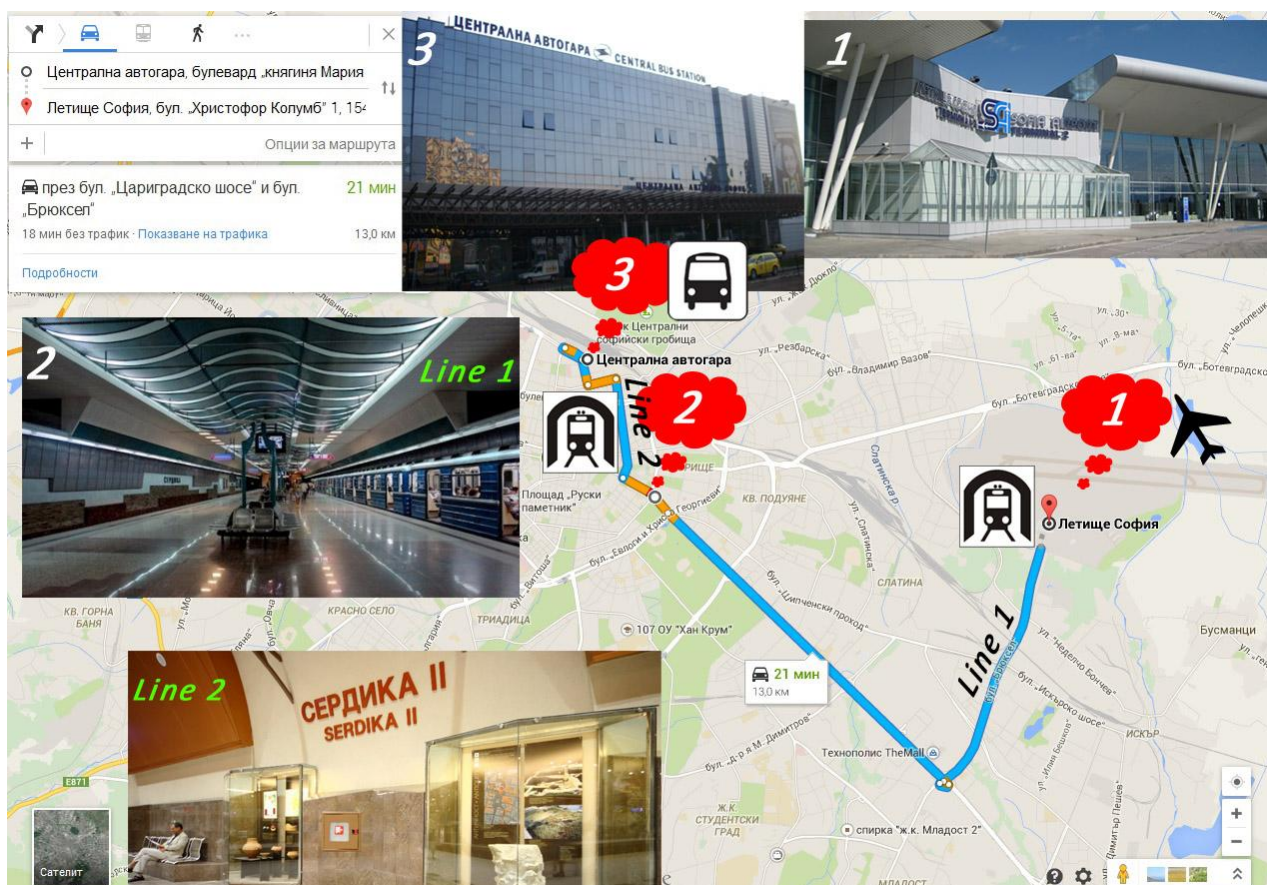
**IMPORTANT:** You should plan your departure from Sofia to your country for the last day after **11:30** (the bus from Belogradchik arrives in Sofia at **10:00**

a.m.). If you wish to stay additional day in Sofia, you will have to cover your accommodation costs.

### Financial details:

We will reimburse 100% of your travel costs according to the travel expenses limit in the table (at the end of this INFO Pack) only after you send us your **ORIGINAL** travel documents, invoices, tickets, boarding passes, credit card slips with stamp from the relevant bank and/or original travel agency receipt. Reimbursement of the relevant amount will be made via organisations' bank account only after receiving **ALL** of the participants' original tickets and boarding passes at the mailing address of BYF.

**IMPORTANT: DEADLINE** for sending us the participants' list and applications of your country is **15 May 2017**. You should send the filled documents to: [bulgarianyf@gmail.com](mailto:bulgarianyf@gmail.com)



## Location of the venue:

Get directions My places

A Sofia

B Belogradchik

Add Destination - Show options

GET DIRECTIONS

Suggested routes

Route 81 and Route 1 175 km, 2 hours 43 mins

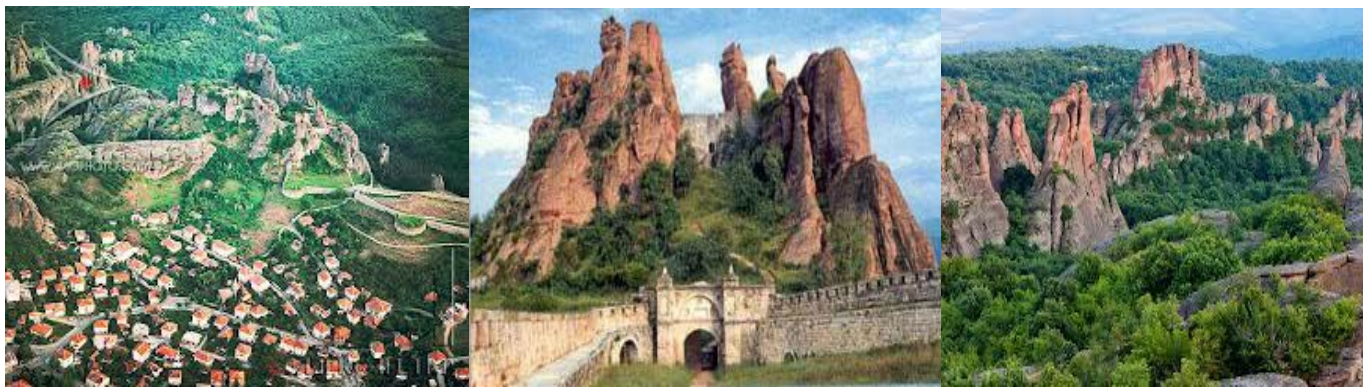
Route 1 215 km, 2 hours 55 mins

Driving directions to Belogradchik

A Sofia

1. Head south on бул. „Княгиня Мария Луиза“ toward пл. „Независимост“

2. Take the 1st right onto бул. „Тодор Александров“



## Accommodation and weather conditions:

You will stay in a beautiful guest house near Belogradchik in a small village: **Varbovo** – <http://selo-vrbovo.webnode.it/hotel/>. There are 7 rooms for 3 persons, and one big room for 9 persons. All the rooms have TV, air-conditioner, household linen and towels, private bathrooms with soap dispenser. There is good Wi-Fi connection available in the guest house. Please, keep in mind that it is 15 km far from Belogradchik in a mountainous region, so don't forget to take warm clothes for the evenings,

if necessary medicines, cosmetics, and personal toilet articles. The local climate is temperate with monthly temperatures in summer (+18 and +20 °C) and winter between (minus 1° and minus 3 °C).

### **Meals:**

Three meals per day will be included and provided for you. The kitchen will be able to prepare meals for people with special needs - if you are vegan, vegetarian or have an allergy or special diet due to metabolic or religious reasons, please let us know – we are planning the meals in advance and it will not be possible to switch to a different menu on site.

### **Free time activities:**

We have incorporated free time into the schedule, so you will have time on your own - you can look around the town or the village too. We have also planned some organised tours in **Vidin, Belogradchik, Chuprene** and some interesting, beautiful and secret 😊 places in the region.

### **What to bring with you:**

- Personal documents - ID or Passport;
- All original travel documents, invoices, receipts, boarding passes and RETURN tickets
- Health insurance;
- Warm clothes and suitable mountain/hiking shoes (we might have walks in the mountain and the worldwide famous Belogradchik rocks);
- Flip-flops (slippers); Any medications that you will need;
- Cosmetics and personal toilet articles (shampoos, soaps etc.);
- Pocket money (BGN) in CASH (ATM availability is scarce and the local stores most likely does not accept debit/credit card or traveller cheques);
- Traditional food, snacks, drinks, flag and presentation of your country, traditional music, brochure and/or other materials about your country;
- Board games, cards etc. (for the Games evening and your free time)
- Smile, Happiness, Motivation, Positivity and Creativity;
- Excellent mood 😊



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## Participants:

Four participants aged 18-30 and one group leader without age limit from each of the following countries: ***Bulgaria, Germany, Macedonia, Romania, Spain and Turkey.*** Please try to keep the gender balance in the groups.

## Travel budget:

No	Country	Maximum grant for the project (for 1 person in EUR)	Maximum grant for the project (for all participants in EUR)
1	Germany	170	850
2	Macedonia	80	400
3	Romania	80	400
4	Spain	400	2000
5	Turkey	170	850

**DEADLINE for sending of your travel details is 1 June 2017.** You will receive a template that you are expected to fill with the relevant information for your travel to e-mail: [bulgarianyf@gmail.com](mailto:bulgarianyf@gmail.com)

## Some useful links:

<http://www.lonelyplanet.com/bulgaria> (Bulgaria)

<http://www.lonelyplanet.com/bulgaria/sofia> (Sofia)

[http://bulgariatravel.org/en/object/187/Belogradchik\\_grad](http://bulgariatravel.org/en/object/187/Belogradchik_grad) (Belogradchik)

## IF YOU HAVE ADDITIONAL QUESTIONS CONTACT US AT:

e-mail: [bulgarianyf@gmail.com](mailto:bulgarianyf@gmail.com); skype: bulgarianyf; Facebook:

[www.facebook.com/BulgarianYouthForum](http://www.facebook.com/BulgarianYouthForum) And don't forget to like us ☺

We will be happy to work with you on this project and look forward to seeing you soon in Varbovo!

Greetings,  
Bulgarian Youth Forum Team

