



Guidelines to self development

*Uzana, Gabrovo
Bulgaria, 19-26.10.2014*



SHORT DESCRIPTION OF THE PROJECT...

The youth exchange „Guidelines to self development” will be held in Bulgaria in the village of Uzana, the region of Gabrovo. The participants will be 27 young people from Bulgaria, Serbia, Italy, Poland and The Czech Republic at the age of 18 to 26 and one group leader up to 30. The aim of the project activities is to orientate and help the participants in the process of career and social development. It will be realized by the opportunity given to participants to discover their competences through informal methods of education by analyzing their personal aims, career orientation goals, weak and strong characteristics and ways to improve them. We will use examples of good practices in order to select and develop competences for their desirable working sphere. The project will develop in the young participants skills and abilities that are not included in the school schedule but are really important for acquiring some experience in the beginning of their self development. Some of the main activities will be connected with the preparation of their own CV and motivation letter, good practices during a job interview and informal methods of education as role games, brainstorming, energizers, discussions, development and simulation of projects and social initiatives. By using these methods, the group spirit will get higher and the participants communication abilities will be improved. We aim development of management qualities and the sense for taking your own role in the team as well as realizing some individual qualities that should be developed or improved. The expected results after the end of the project are: participants will become aware of their own qualities, weak and strong sides, getting direction for the right career orientation as well as necessary skills and ways for reaching it, development of presentation skills, soft skills, identification of group roles, dynamic of the group process, development and improvement of leadership qualities and entrepreneurship skills. The expected influence of the exchange is each participant to specify their own priorities and weak sides and then to take relevant actions that will improve their own qualifications and abilities thus make them competitive on the job market and raise employability levels. This is one of our most important goals - a long lasting benefit of self development of all participants. All youngsters are expected to undertake actions for increasing their social statute as consequence of realizing their personal skills and realization through finding the right place in society and writing their own guidelines to self development.





WHERE AND WHEN?

Uzana, Gabrovo

19th of October arriving day -
26th of October departure day

The venue of happening will be in Uzana, Gabrovo and the hotel accommodation is Hotel Prima S <http://www.uzana.com/prima-s.html>
Participants will be accommodated in double and triple bed rooms. Each room has a bathroom ☺ Accommodation and full board meals (breakfast, lunch and dinner) are covered by the hosting organization.

If you would like to find more information about the hosting place you can visit:
<http://gabrovo.bg/bg>

We will provide bus from Sofia to Gabrovo day of arrival and departure !!!

Bulgaria



Italy



Serbia



Czech Republic



Poland



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**Young people from 5 countries Bulgaria, Italy, Czech Republic, Poland and Serbia.
Each country should be represented by
4 participants age 18-26 and one leader. Full group
of 5 people!!**

**The working language of the exchange will be
English and we will communicate between BY**

**USING ENGLISH,
LEARNING THROUGH
ROLE PLAY GAMES, ENERGIZERS,
SIMULATIONS, BRAINSTORMING,
TEAMBUILDING GAMES,
COMPETITION, DISCUSSION
AND WORKSHOPS.**



Intercultural Evening

During the project there will be an intercultural evening when you will have the opportunity to share something about your culture with others. You are welcome to bring specialties from your region or country: food and drinks for this evening.

Please bring a flag, map, posters, postcards and leaflets to give a picture of where you come from. You can be as much creative as you want. You may bring CDs of music, modern or traditional, that you want to play during the intercultural and other evenings. Bringing with you different games to be used during informal moments could be plus!

TRAVEL REIMBURSEMENTS !!!

The project is approved by Human Resource Development Centre in Bulgaria and will be implemented under the Erasmus+ Programme set for young people. According to the rules of the Erasmus+ the hosting organization will cover 70% of your travel tickets. In order to this we need to have from you:

- ✓ Your Original ticket (bus, trains)
- ✓ Invoice from a travel agency
- ✓ Boarding passes if you travel by plane and your e-ticket

Your travel should be arranged in the most economical way (using economy class tickets, public lines) because only in this way we can reimburse your tickets.

Maximum amounts from which we can reimburse 70% are the following.

- ✓ Italy 170 EUR per person
- ✓ Poland 170 EUR per person
- ✓ Czech republic 170 EUR per person
- ✓ Bulgaria 80 EUR per person
- ✓ Serbia 80 EUR per person



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Hosting organization !

The hosting team of IYAC BULGARIA wishes you good preparation and if you have any questions regarding preparation, time table please do not hesitate to write on

iyac.bulgaria@gmail.com

Looking forward to see you in Bulgaria!

