



Change your old life  
to achieve your new  
aims as a **LEADER**



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



HUMAN  
RESOURCE  
DEVELOPMENT  
CENTRE

C:E:T  
Platform





# OFFICIAL GUIDE

YOUTH EXCHANGE | 10-18 MARCH 2019 IN UZANA, BULGARIA

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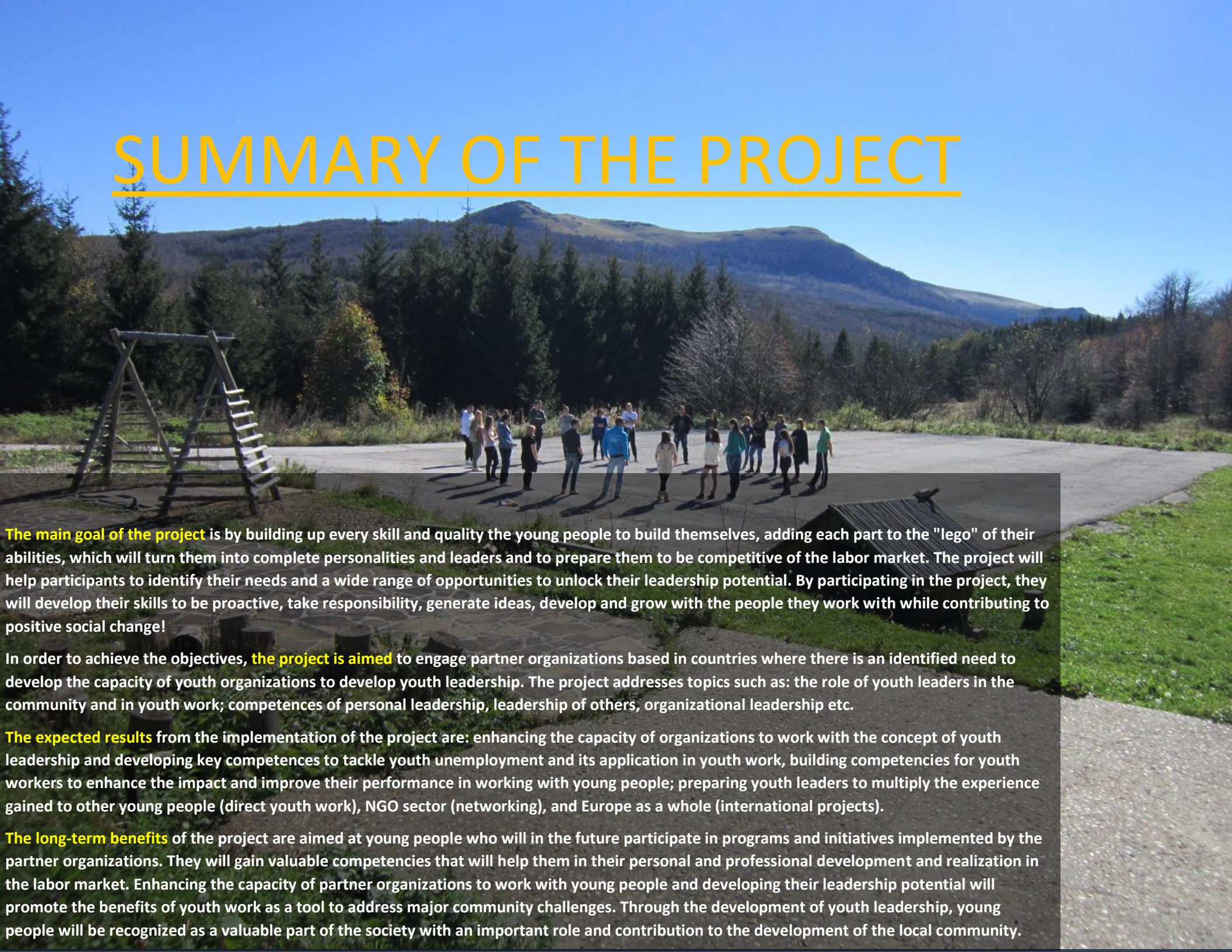
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**All pictures of this content are from our previous projects. Enjoy!**



# SUMMARY OF THE PROJECT



**The main goal of the project** is by building up every skill and quality the young people to build themselves, adding each part to the "lego" of their abilities, which will turn them into complete personalities and leaders and to prepare them to be competitive of the labor market. The project will help participants to identify their needs and a wide range of opportunities to unlock their leadership potential. By participating in the project, they will develop their skills to be proactive, take responsibility, generate ideas, develop and grow with the people they work with while contributing to positive social change!

In order to achieve the objectives, **the project is aimed** to engage partner organizations based in countries where there is an identified need to develop the capacity of youth organizations to develop youth leadership. The project addresses topics such as: the role of youth leaders in the community and in youth work; competences of personal leadership, leadership of others, organizational leadership etc.

**The expected results** from the implementation of the project are: enhancing the capacity of organizations to work with the concept of youth leadership and developing key competences to tackle youth unemployment and its application in youth work, building competencies for youth workers to enhance the impact and improve their performance in working with young people; preparing youth leaders to multiply the experience gained to other young people (direct youth work), NGO sector (networking), and Europe as a whole (international projects).

**The long-term benefits** of the project are aimed at young people who will in the future participate in programs and initiatives implemented by the partner organizations. They will gain valuable competencies that will help them in their personal and professional development and realization in the labor market. Enhancing the capacity of partner organizations to work with young people and developing their leadership potential will promote the benefits of youth work as a tool to address major community challenges. Through the development of youth leadership, young people will be recognized as a valuable part of the society with an important role and contribution to the development of the local community.



**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!

**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. Course 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 youth exchange, also to prepare them with the necessary knowledge on the topic. Info packages will be prepared by the team-trainers who prepare the program.

**5. Youth Exchange** – the program activities will be between **10<sup>th</sup> – 18<sup>th</sup> March, 2019** in Uzana, Gabrovo region, Bulgaria. You will have more details about the venue bellow.







# IMPORTANT DATES

**05 Feb 2019** – Deadline for submitting of application forms;

**5-10 Feb 2019** – Selection of participants;

**15 Feb 2019** – Deadline for buying tickets and sending copies of them;

**10 March 2019** – Arrival day before 15:00h. in Sofia;

**11 March 2019** – Start of program activities in Uzana;

**17 March 2019** – End of program activities in Uzana;

**18 March 2019** – Departure day after 17:00h. from Sofia;

**25 March 2019** – Deadline to send the tickets in original by post.



# PROGRAM AND METHODOLOGY

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 program is based on the main principles of experiential learning cycle and non-formal education. The activities foreseen are ice-breakers, role-plays, teambuilding and outdoor activities, debates, open space, workshops etc.

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/1zaTs\\_314TTxXtk8oF85wpBpHFfaF-ntp00\\_d5-Jz24Q/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1zaTs_314TTxXtk8oF85wpBpHFfaF-ntp00_d5-Jz24Q/edit?usp=sharing)

The training course will be fully implemented in English!







## SELECTION OF PARTICIPANTS

The project „Change your old life to achieve your new aims as a Leader” is youth exchange which aims at bringing together 33 young people from 5 countries.

**Involved countries:** Bulgaria; Greece, Italy, Croatia and Romania

**No of participants:** 6 per country - 5 between 16-30 years + 1 group leader without age limit.

**Target groups:** Young people actively working in youth field and participating in NGOs; volunteers, students etc.

All participants should fill the application form until **5th of February**.

**APPLY here - - >** <https://goo.gl/forms/CzoC7huMMx3wyWHT2>



# 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 10<sup>th</sup> March 2019 and after 16:00h. on 18<sup>th</sup> March, 2019.**

**NOTE!** The distance between Sofia and Uzana is 230 km or around 3.5 hours by bus.

## Travel limits:

Croatia – 275€

Italy – 275€

Greece – 275€

Romania – 180€

Please keep all original invoices, tickets and boarding passes. Reimbursement will be made after receiving all original documents during the project (if you have electronic boarding passes or after when we will receive them).

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

We are strongly recommending you to have insurance while you are in Bulgaria.





# ACCOMMODATION AND FOOD

The youth exchange will take place in hotel "Prima S". 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.

For more information - <http://www.uzanabg.com/EN/index.php>



## WHAT TO BRING?

- Clothes and shoes suitable for sports and walking/hiking.
- Your original tickets for the entire trip, the invoice of the travel agency (the price clearly indicated on the ticket), the boarding passes.
- Your travel insurance contract and a legible copy of it.
- Your ID/passport.
- Your own medication.
- Something typical about your country such as food, drinks, music, traditional objects, promotional materials and whatever else you want to present.
- Materials about your organization.
- Your willingness to reflect on your own skills, knowledge and attitudes.
- Your motivation, inspiration and energy for an intense and hard working week.
- Your spirit to share your experience, questions and doubts.

Concerning **special needs (diets, medicine)** please, tell us beforehand if you need any assistance from us in this matter.







# VENUE

The Uzana (Bulgarian: Узана) is a winter resort in Bulgaria. It is located at the foot of Ispolin peak at 1,420 m above sea level, near the Bulgarka Nature Park in the Stara Planina. It consists of large meadows surrounded by forest. The altitude varies from 1,220 to 1,350 m. The longest run is 4,265 ft /1,300 m. The nearest big city is Gabrovo, some 22 km away. Uzana is also the geographic center of Bulgaria. The resort with 15 hotels provides tourism opportunities throughout the year.

The surrounding sites of Uzana are suitable for paleontology, skiing, and rock climbing. There are possibilities for cultural tourism in the region. In the nearby open-air ethnographic museum Etara people can learn more about Bulgarian crafts. The Sokolski Monastery is situated a few kilometers away from Uzana. Tourism in the Uzana region started in 1937 when the first chalet also named Uzana was built on the southern side of the meadow. Uzana is a home of rare floral species included in the Red Book of Endangered Species.





## USEFUL INFORMATION

CAPITAL CITY IS **SOFIA**

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 MARCH IN THE MOUNTAIN ON 1300m. ALTITUDE IS  
**5-15 DEGREES CENTIGRADE.**

EMERGENCY NUMBER – **112**

FIND YOUR FLIGHT ON **[WWW.ESKY.COM](http://WWW.ESKY.COM)**

Located in South Eastern Europe, **Bulgaria** is bordered by Greece and Turkey to the South, Romania to the North and Macedonia and Serbia to the West. Its Eastern Border is formed by the beautiful Black Sea Coast. A country of outstanding natural beauty the environment remains unspoilt and is incredibly varied. A relatively small country, a few hours drive will take you from the snow covered central Pirin mountain Ranges to the long sandy beaches of the Black Sea coast. Forming the heart of several of ancient histories greatest civilizations Bulgaria's rich culture is reflected in a vast number of architectural treasures. Throughout the country you will find ancient Greek sites, Roman amphitheatres and Byzantine churches. The country is home to 160 monasteries, 36 cultural centres and 40,000 listed archaeological monuments. Nine sites have achieved a coveted place on the UNESCO world Heritage list.





# PROJECT TEAM



NIKOLAY  
NIKOLOV

PROJECT  
COORDINATOR

**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 7 projects under Erasmus+. Nikolay will be responsible for the coordination of the project.



**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.

LIYA SAVOVA

TRAINER







LETA  
PANAYOTOVA

TRAINER

Leta Panayotova is a trainer and facilitator in the youth field. She works with NC Future now, Learning for Change Foundation and TEMPO Foundation in the field of non-formal education and educational design. She is also part of the Pool of trainers of the National Youth Council of Bulgaria. She works on national and European level and has been actively involved in Erasmus+ trainings since 2016. With youth she enjoys working on topics like active citizenship, personal development, youth participation and creative thinking. She also trains teachers and youth workers to implement the principles and methods of non-formal education in their work. She enjoys designing educational activities based on outdoor education, experiential learning, art and play.

Leta devotes her free time to movement – skateboarding, snowboarding, rafting, cycling, and dancing. She loves animals and nature and mountains are her natural habitat.

“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 different topics, meet new cultures and gain new friend all around the globe.”



TOMISLAV  
BOGDAN

FACILITATOR







## **PROJECT PARTNERS**

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