

SPORT IS A WAY OF LIFE

Youth Exchange, Hosted By
AROPMO, **Bulgaria**

06/05– 15/05/2016.
Berkovitsa, Bulgaria





SUMMARY OF THE PROJECT

The overall objective of our project is through practical activities to encourage young people to put more effort in sport activity and to lead an active lifestyle. Despite that, this project has a series of additional specific goals, aimed at improving participants' skills and competences, fostering active participation in social life of local communities and people with fewer opportunities, multiplication of the results achieved by projects funded by Erasmus+ and others.

The YE "Sport is a way of life" aims to bring together 48 young people from 8 different countries – Bulgaria, Turkey, Romania, Macedonia, Hungary, Poland, Czech Republic and Spain from 06.05.2016 to 15.05.2016. The main target group of the project are youths in the age between 18 and 30 years old from 3 social groups (pupils, students and working youth) who do not do sport actively, but are willing to learn how to overcome the obstacles they face in their social environment preventing them from having active way of living and how to involve more sports and other physical activities in their daily life.

The project activities will combine theory and practice with the main focus being concentrated on active outdoor sport activities such as daily sport games and competitions, participation in a mass sport event together with local schools, mountain hiking etc. In the theoretical activities widely spread is the methodology of the informal education.

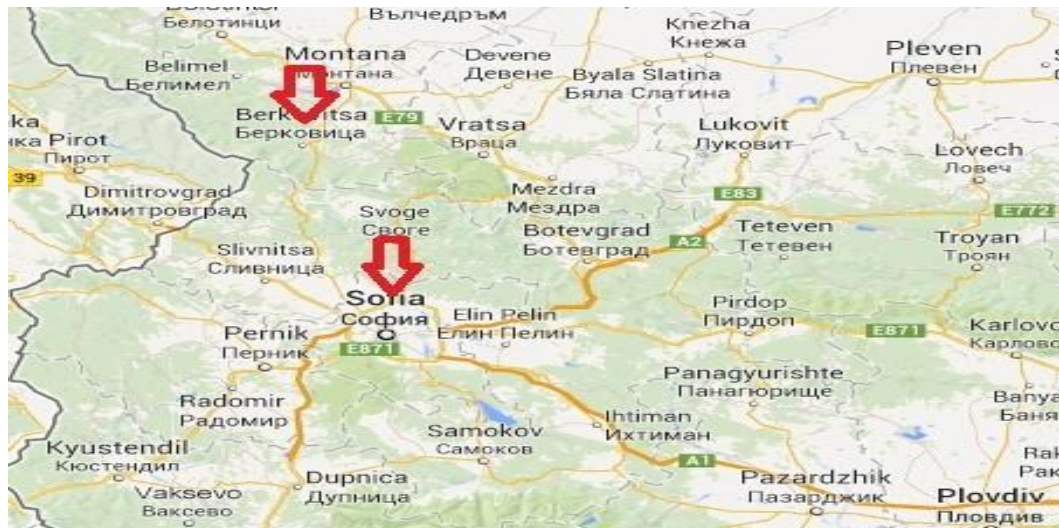
The expected results are targeted to acquisition/improvement of:

- Knowledge, skills and attitudes in the field of sports and active way of life
- Social skills and skills for intercultural dialogue and team work
- Language knowledge
- Initiative and self-discipline skills
- Knowledge about "Erasmus+" programme
- Partnership and building networks of intercultural contacts.



VENUE OF THE PROJECT

Berkovitsa is a town and ski resort in northwestern Bulgaria. It is situated in northern slope of Kom peak of the Berkovska Stara planina. It is around 85km away from Sofia.



Arrival:

Until 5 pm (+01, CET)
Friday 06th of May, 2016

Working Days:

May 6th (PM), 7, 8, ,9, 10, 11, 12,
13, 14, 15 (AM)

Departure:

Sunday 15th of May 2016



Accommodation

Komhotel has one of the highest ratings in Berkovitsa according to the most popular travel sites like booking.com. Meals will be provided 3 times a day. Wi-Fi is available.





How to arrive to Berkovitsa

You can arrive from different directions, whereby bus or train schedules should be checked individually, or in consultation with partner organizations or hosting organization. We recommend traveling to Sofia, from which you can take bus to Berkovitsa or Montana, which is nearby.

Transport options from the airport in Sofia to the city you can check on: <http://sofiaairport.co/sofia-airport-bus/>

❖ Bus schedule Sofia – Berkovitsa/Montana can be checked on: <http://www.centralnaavtogara.bg/index.php#b>

Hereby we are providing current bus schedule:

1) Sofia - Berkovitsa - 11:00 (doesn't run on Sundays). Bus is leaving from sector 35 2) Sofia - Berkovitsa 13:00(every day). Bus is leaving from sector 36 3) Sofia - Berkovitsa - 16:30 (doesn't run on Sundays). Bus is leaving from sector 4 4) Sofia - Berkovitsa - 17:30(Every day). Bus is leaving from sector 35 5) Sofia - Berkovitsa - 19:30 (Every day). Bus is leaving from sector 4. The last bus going to Montana is at 18:00.

- Please note that the hosting organization is planning to organize single ride Sofia-Berkovitsa for the group in the late afternoon on 6th of February which you'll be notified timely about.

For any questions or travel assistance, do not hesitate to contact us.



Travel cost reimbursement

Reimbursement of your travel costs will be done right after the Seminar in EUR regardless of the currency indicated on your ticket or receipt/invoice. Please make sure that:

- Your travel cost can only be reimbursed up to the amount presented in the next slide.
- You should present the original tickets with boarding passes and receipt/invoices, and provide them to your organization, after the Seminar is over. So please keep them all.
- Note that 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 for the month of ticket's purchase.
- TAXI bills will not be accepted in general, except in situations where no other means of transport was possible, and only if it was earlier agreed with the hosting organization via e-mail.
- **Travel costs that occur more than 48 hours before OR after the activity will not be taken into consideration.**
- *Due to the Erasmus+ travel cost reimbursement scheme, the overall amount indicated on the next slide per person (or per group) will be done by bank transfer to your sending organization, so you can claim your reimbursement as soon as the transaction is completed.*
- All the costs that occurred before the start of the Seminar or after the departure will not be taken into consideration (for example: accommodation costs, travel to other destinations, costs of activities not included in the programme, etc).

Reimbursement Limits

Country Participant	Host	Distance	Participants	Limit (Euro)
Bulgaria	Bulgaria	0	9	0
Czech Republic	Bulgaria	500 - 1999 km	5	170.00
Romania	Bulgaria	500 - 1999 km	6	170.00
Spain	Bulgaria	2000 - 2999 km	6	270.00
Macedonia	Bulgaria	100 - 499 km	6	80.00
Turkey	Bulgaria	500 - 1999 km	5	170.00
Hungary	Bulgaria	500 - 1999 km	5	170.00
Poland	Bulgaria	500 - 1999 km	6	170.00

Costs are expressed per person, showing the very maximum of the amount to be spent for travel.

Additional Information



- Local currency is LEV. **1 EUR = approx 1.95 LEV**
- Payment in EUR is prohibited. Exchange offices can be found everywhere, but please do not change large amounts of money (more than 20 EUR) in exchange offices at the airport and bus station, because exchange rate can be low, as well as when exchanged in banks. ATM of DSK bank is available in the center of Berkovitsa.
- Pharmacies, shops of various goods, bars and restaurants, can be found in the city.

Application and Deadline

Please send your fully filled application forms by 11th of April on our email or to your sending organization.

aropmo@yahoo.com

For additional information, questions and dilemmas do not hesitate to contact us.



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