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HUMAN
RESOURCE
DEVELOPMENT
CENTRE

Youth Exchange for youthworkers:

“Youth Work through Social Media”

16th – 24th October 2016
Uzana, Gabrovo region, Bulgaria



Organized by:

**EUROPE FOR ALL OF US
BULGARIA**



Welcome to “Youth Work through Social Media” youth exchange!

Dear friends and partners,

In the following pages, we have summarized the information you need to know about the youth exchange “Youth Work through Social Media”.

We are very glad that you have decided to participate in our project, and therefore we will strive to offer a warm welcoming to you in Bulgaria.

If you have further questions, do not hesitate to contact us at europe.for.all.of.us@gmail.com

Enjoy exploring the practicalities!

Welcome to



The Project is hosted by: “Europe for All of Us”, Bulgaria

Who are we?

"Europe for all of us" is a non-governmental organization of youth leaders and volunteers, which is established to support various community causes and work for the benefit of society. "Europe for all of us" strives to develop the potential and capacity of young people by looking for ways to improve their skills and make them acquire new knowledge and experience in the NGO sector. One of our main principles is to promote participation in projects of disadvantaged people and those with low social status. We want to provide equal opportunities for career advancement for all young volunteers, regardless of their religion and race.

Amongst our aims are:

- Promotion of active European citizenship and non-formal education among young people.
- Promotion of intercultural dialogue and providing a platform for young leaders from different countries.
- Promoting education through sport and outdoor activities.
- Support and promotion of European practices in the field of sustainable development and ecology.



- Development of culture, music and art among young people.
- Promoting innovation in the youth sector.
- Promoting young people's participation in society and promoting social integration and personal realization.
- Working with people with disabilities

Information regarding the Youth Exchange

What is “Youth Work through Social Media” about?

The project “**Youth Work through Social Media**” is a youth exchange, created for young people from European countries, who are interested in the implementation of social networks and media as a tool in their organizations. The project stimulates and encourages the cooperation, exchange of experience, skills and good practices between the participants and their youth organizations.

The main aim of the project is to show the participants how Internet and the social media can be used as a way for encouraging the active European citizenship and entrepreneurship amongst young people.

The specific aims are: to develop know-how for raising of important matters in the media in relation to youth, to form initiative skills and skills for lowering the rate of youth unemployment, to train and provoke the organizational skills of the participants for the implementation of activities, which would lead to higher employment amongst the youth.

How will we work?

The programme 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.

The main project activities include: discussions, interactive presentations, games, outdoor activities, intercultural evenings.

The working methods are selected in conformity with an unified methodology based on non-formal education and consist of: creative presentations, ice-breaking games, energizers, discussions, team-building games, learning through experience, methods for summarizing, work in small groups, evaluation methods and the “World café” method.

The programme will be held in **English**.



What we want to achieve?

The main result, which we are expecting to achieve, is a well-formed team of active young European citizens, who will develop their knowledge about marketing, social media, new start-up ideas, which is possible due to the present-day technologies and Internet. The participants in the exchange will learn how the social network services can be used for organization of activities, events, groups, discussions and promotion of particular matters and opinions.

The project will contribute for the establishment of a long-term partnership between young people and representatives of organizations from Europe, who work with young people and children, thus creating possibilities for planning and creation of project proposals between the partners' organizations.

When will the project take place?

Participants' Arrival day: 16th October 2016 before 18:00 (PM) in Sofia.

Start of the program: 16th October 2016 at 20:30 in Uzana.

End of the program: 23th October 2016 at 22.00 in Uzana.

Departure day: 24th October 2016.

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

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 training will not be reimbursed by the organizers.

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

Who will participate?

Participants & Partner Organizations

The youth exchange will consist of 34 participants from 6 countries:

Country	Number of participants	Partner organizations
Bulgaria	9	Evropa za vsichki nas
The Czech Republic	5	Evropske Centrum Mladeze Breclav – European Youth Centre Breclav z.s
Italy	5	Erasmus Students Network Italia
Spain	5	Federación Erasmus Student Network España



Poland	5	Central European Trainers' Platform
Croatia	5	Civilna, edukativna i transparentna platforma

Financial and practical conditions

First of all, there is NO participation fee for this Youth Exchange! ☺

Travel reimbursement & Insurances

Board and lodging will be provided and paid by the Organizers of the Training Course. There will be travel reimbursement according to the Erasmus + regulations (see the table below).

Please pay attention to the figures and conditions.

We are strongly recommending you to have insurance while you are in Bulgaria. Each participant will be in charge of purchasing one, because no private insurance will be reimbursed.

Very important!!!

Your tickets are an essential part of the accounting of the project that we must keep and present to the Erasmus + National Agency, the main funders of the training.

Therefore, if you cannot provide your original tickets, boarding cards, receipts, insurance and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.

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

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: <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

Note: In case of higher travel expenses we will try to assist you and reimburse you additionally!

Country	MAX. REIMBURSEMENT PER PERSON
The Czech Republic	150€
Italy	150€
Spain	250€
Poland	150€
Croatia	150€



Travel expenses

The travel expenses (from your home town till the venue of the course) are reimbursed on presentation of the relevant receipts **up to the maximum amount listed in the table**. In the frames of the Training Course the reimbursement will be done only for travel expenses incurred according to the rules given below:

- **Travel expenses** will be reimbursed only upon presentation of **documentary evidence** of the sum actually paid: original invoice or/and a copy of credit card slip. **The documents** must have the date, price, name of the traveler, destinations of the travel and the bill has to be completely clear.
- **Electronic tickets** will only be reimbursed on receipt proof of payment (invoice, paper of booking/purchase printed from internet, copy of credit card-slip showing the transfer of the money for the ticket, **payment confirmation from internet**) and on presentation of the boarding pass for the outward journey.
- Kindly note, that **the booking paper alone is not enough to prove your travel expenses**. You should present as well **the boarding passes**, a bill, a slip of payment and print-out from your bank account to confirm the sum paid for your ticket.
- **Keep all travel documents** you get during your trip: boarding passes, bills, slips, tickets etc., because we absolutely need them!
- **Taxi fares** cannot be reimbursed.

Organisers will reimburse **100%** of eligible travel costs up to the limit.

50% of travel cost will be reimbursed after participants provide their original tickets.

Remaining 50% of travel cost will be reimbursed after approval of project report. Reimbursement will be done by bank transfer in Euro **to the Sending organization's bank account**.

Note that, only participants attending the entire training course can be reimbursed. The Commission **solely** reimburses public transport costs.

Personal health

It is very important that you notify us of any health risk or possibly necessary medicines (if you did not note it yet in your application form, please let the team know about it as soon as possible via e-mail).

The information you provided on any special needs does not remove your own personal responsibility for ensuring your own health.

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**.

Where will the project take place?

=> **Uzana – the region of Gabrovo**

People say that home is where the heart is.

The heart of many Bulgarians and foreigners belongs to a dream Uzana - the Heart of the Balkan. **Uzana** (Bulgarian: Узана) is a summer-winter resort and also the geographic center of Bulgaria.



Once you set a foot on its ends, you can not help falling into her enchantment. The mighty embrace of the mountain has preserved this unique place where one can recharge with energy from its grandeur and beauty.

Far from the urban vanity you will find abundance of colors and shades, serenity and peace of mind.



Uzana 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 average altitude is 1300m.

Here the warbling of the birds and the whisper of wild grasslands will put a spell on you forever. Uzana is a home of rare floral species included in the Red Book of Endangered Species.

The region of Uzana provides a lot of opportunities for cultural tourism. The nearest big city is **Gabrovo**, around 22 km away. Internationally known as the center of humor and satire of Bulgaria, Gabrovo offers many interesting places of historical importance for its visitors. Near Gabrovo is situated the open-air ethnographic museum Etara, where people can learn more about Bulgarian crafts. Another landmark of the region - the Sokolski Monastery is situated a few kilometers away from Uzana.





Accommodation and food

Participants will be accommodated in double and triple bed rooms in a 3-star hotel. Each room has a bathroom and all necessary facilities for a pleasant stay . Accommodation and full board delicious meals (breakfast, lunch and dinner) are covered by the hosting organization.

<http://www.uzana.com/prima-s.html>



Contact information

If you need help, or need further information please do not hesitate to contact us:

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