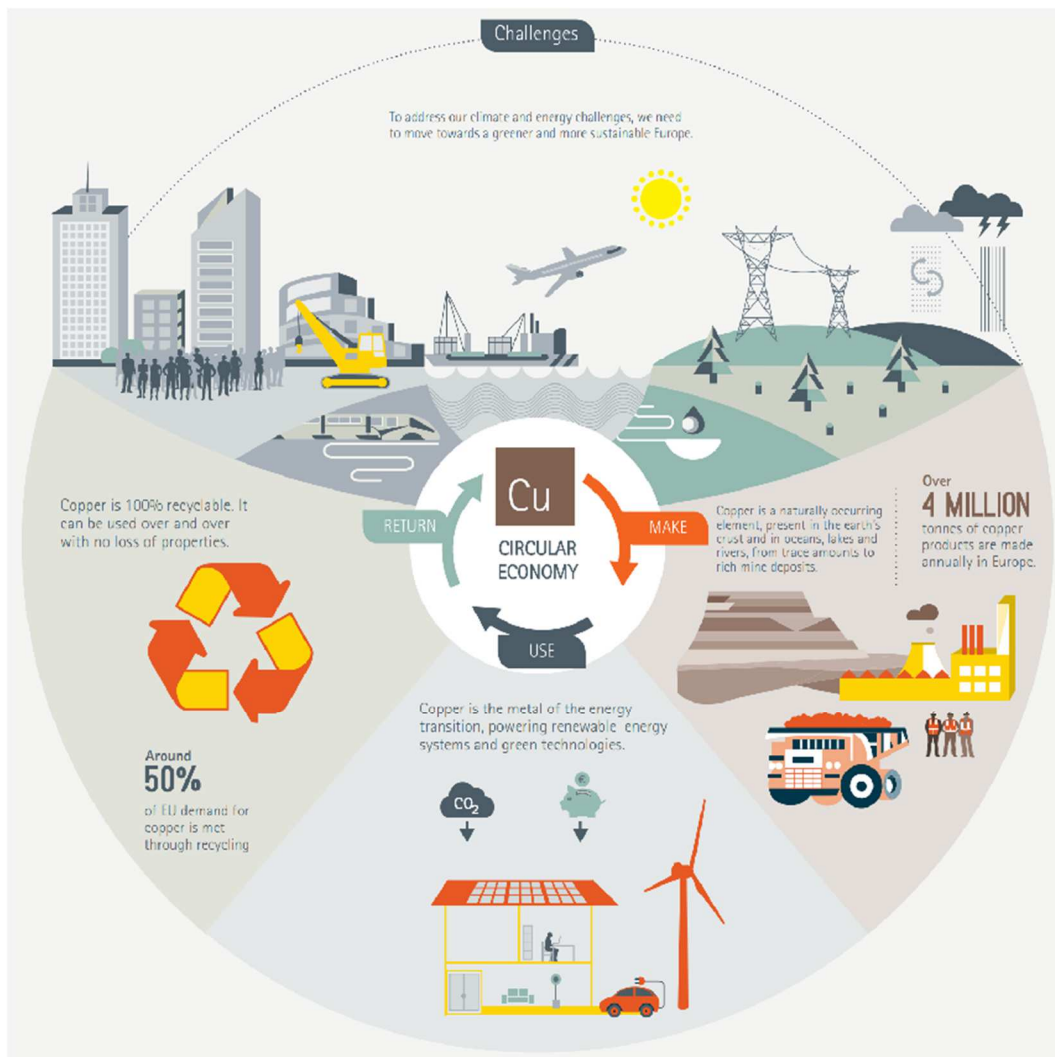


INFO PACK

for project „Circular economy in the youth work”



9 March 2020 – 16 March 2020
Bansko, Bulgaria



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



SUMMARY OF THE PROJECT

Circular economy in the youth work is a mobility of youth workers which will take place in Bansko, Bulgaria between 9 -16 March 2020. The project will use non formal learning methodology including methods such as: ice breakers, energizers, name games, reflection groups, working into intercultural subgroups, facilitated discussion, creative presentations, simulation, case study, debates and outdoor activities. The training course / mobility of youth workers/ will involve total of 27 people .

The main aim of this training course is to equip youth workers with the skills and knowledge needed for the development of innovative programs in circular economy and being able to engage youth to re-think the economic system they are experiencing every day:

- To raise awareness and understanding of circular economy and its benefits over a traditional linear economy for more brighter future of the EU
- To equip youth workers with knowledge and overview on the EU circular economy policies and practices.
- To promote prevention and present new methods of waste recovery.
- To empower youth workers to engage youth and advocate for greener environment without producing waste, following a circular economy approach.
- To increase the environmental awareness of youth workers and create campaigns to get the message to young people and stakeholders.
- To give platform for youth workers to share best practices among themselves in regards to transmitting environmental awareness to young people

By implementing the project we will directly influence the capacity of youth NGOs to be part of the EU plan regarding the green economy, economic growth and help to achieve Sustainable Development Goals, we can also, as well as support the fight against climate change. By transferring knowledge, skills and competences to the youth workers in the circular economy, we will strengthen the role of youth NGOs in managing food waste and in ensuring greener environment. Moreover, the youth workers will be transmitting the knowledge to young people afterwards and raising awareness on the topic and engaging youth to be multipliers themselves. We would like to raise awareness also on the youth NGOs across Europe about their role in promoting circular economy approach and engage more organizations to be active in the field thus to help in achieving greener environment, limit the food waste in the EU thus affect positively the climate change.

ACOMMODATION

Accommodation and food (breakfast, lunch and dinner) for the duration of the activities will be covered by the receiving organization ProVision International.

All participants will be accommodated in Royal Bansko apart hotel, located in Bansko Bulgaria at the following address: ul. "Kosherinata" 2770, Bansko, Bulgaria



VENUE

Bansko is a town in southwestern Bulgaria, located at the foot of the Pirin Mountains. It is a popular ski resort. The mountain peaks near the town, the numerous lakes and the old pine woods make it a popular site for recreation.



FOOD AND SPECIAL NEEDS

ProVision International will provide participants with three meals per day and two coffee breaks.

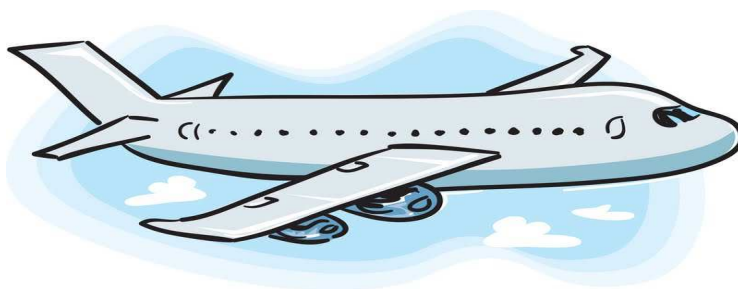
- **Special needs:** Any special food diet must be previously informed to the organizers. Please, make sure that we know about your special diet.
- **Extra nights:** For those who come earlier (before 9th of March) or/and leave later (after 16th of March), unfortunately the project cannot cover the extra nights and food. If your flights are earlier or later than the project dates, you will have to find accommodation for yourself. Of course, you can always contact the organizers to help you in finding a place to stay. The first provided meal will be the dinner on 9th of March. On 16th of March, the breakfast will be provided.

NB!!! PLEASE KNOW THAT THE TOTAL DURATION OF THE EXTRA STAY SHOULD NOT EXTEND 2 DAYS –MEANING (1 DAY BEFORE AND 1 AFTER, OR 2 DAYS BEFORE OR 2 DAYS AFTER) Tickets with longer extra stay will NOT be reimbursement.

ARRIVAL IN VENUE

How to get to BANSKO?

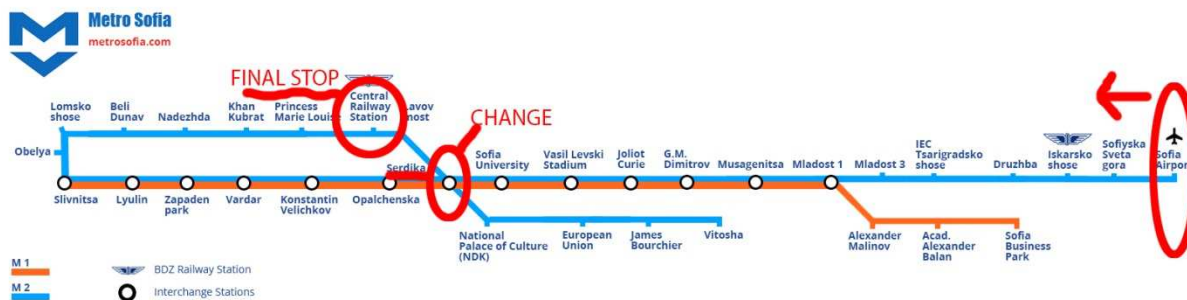
Although there are some different airports, the best option for everybody is to arrive to Sofia. There are several buses leaving everyday from Sofia to Bansko (the first one is at 07:00am and the last one is at 16:45).



You will have to use public transportation to get from Sofia to project venue. For that you will need small change – 1.60BGN (approx. 0.80 euro) for subway ticket and 16 BGN (8.11 euro) for bus from Sofia to Bansko.

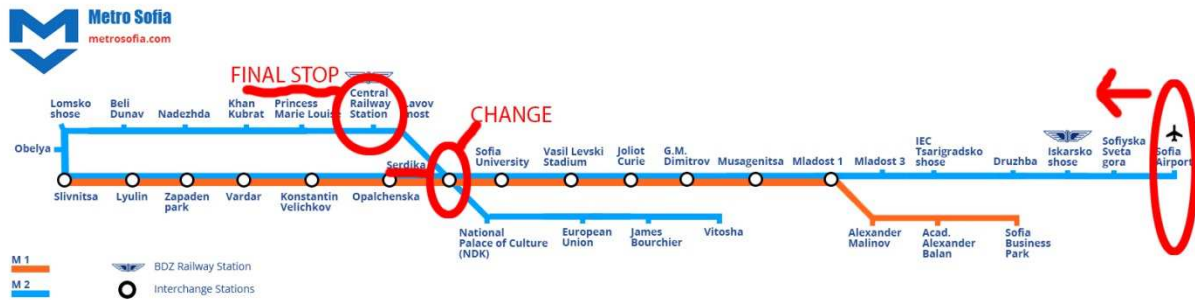
If you are arriving at **Sofia airport – Terminal 1**

Outside of the terminal you will find white mini bus with sign TRANSFER SHUTTLE /or simply ask any of the staff where is the free shuttle to Terminal 2/. Once you get in –it will drive you / about 7 min/ to TERMINAL 2 of SOFIA AIRPORT. From there you can get metro / subway /taking the blue line/ - From Sofia airport terminal 2 to station called SERDIKA, there you have to change with the orange line towards OBELYA OR LOMSKO SHOSE and you have to get out at the 2nd station which is called CENTRAL RAILWAY STATION. Once you get out from CENTRAL RAILWAY STATION you will see large blue building with the sign Central Bus Station. Inside the station you will be able to get the tickets for the bus. Please check the image below:



If you are arriving at **Sofia airport – Terminal 2**

Once at Terminal 2 of Sofia airport –please go out of the building turn left and go all the way down on the road and you will get to the / subway station of Sofia airport/ 2-3 min walk/ . From there take the blue line/ - From Sofia airport terminal 2 to station called SERDIKA, there you have to change with the orange line towards OBELYA OR LOMSKO SHOSE and you have to get out at the 2nd station which is called CENTRAL RAILWAY STATION. Once you get out from CENTRAL RAILWAY STATION you will see large blue building with the sign Central Bus Station. Inside the station you will be able to get the tickets for the bus. Please check the image below:



How to get from **Central Bus station to Bansko**

Once you arrive at CENTRAL RAILWAY STATION go out of the station and you will see large blue building with sign Central Bus Station. Please see the image below:



From there you can buy ticket to Bansko. The journey will be about 3h and it will cost you 16 Bulgarian leva.

There are few buses a day running from Sofia to Basnko with [schedule](#):

Route	Departing hour	Price
Sofia- Basnko	09:45	16 BGN
	11:25	16 BGN
	14:00	16 BGN
	16:45	16 BGN

If you are arriving after 16:45 and you are not able to get the public bus there is option for renting a private shuttle that needs to be paid by each of the passenger and it's upon request.

For the way back from Bansko to Sofia

Route	Departing hour	Arrival hour	Price
Bansko - Sofia	05:05	08:05	16 BGN
	06:50	10:20	16 BGN
	12:50	15:50	16 BGN

From Bansko bus station to Royal Bansko Aparthotel:

You have two options to get to the hotel.

- 1) Is to take a taxi which you can find just in front of the main entrance of the Bus station and will cost you about 10-15 BGN /5-7 euros/ per car. So if you are more people you can share the costs. Please know that taxi service can not be reimbursed.
- 2) You can walk to the hotel

TRAVEL COSTS AND REIMBURSEMENT

Travel costs: Please note that travel costs will be reimbursed on the basis of original tickets, boarding passes and invoices/receipts for travel. Do not forget to collect and bring all of them. Only cheapest/economy class travel will be reimbursed and a public transport.

PLEASE DO NOT buy your tickets without having confirmation from the organizers.

!!!Please know that tickets that are not confirmed will not be reimbursed

As soon as you filled the registration form and your participation is confirmed, you are kindly requested to submit your travel proposal for **validation** including detailed information about the name(s) of the participant(s) envisaged, itinerary (departure, arrival, dates, hours, transport company), type of transport (flight, bus, train etc.) and the website where you got the offer from:

- subject: [Travel validation] - Your country;
- address: provisioninternational.office@gmail.com
- deadline: 3 February, 2020

ProVision International is not responsible of reimbursing tickets without our prior validation.

REIMBURSEMENT

How to provide the needed justifying documents? (Remember! If anything is missing from the list below, unfortunately we are not able to reimburse the costs). We will try to do cash reimbursement to all participants only if they can provide electronic version of all tickets before they depart from Bulgaria.

1. Flight tickets (economic class/low cost if possible) – all the following are needed:

e-ticket (you receive it by e-mail after you buy the flight);

fiscal invoice (ask your travel agency or check on the website where you buy the ticket how can you get a fiscal invoice). The invoice can be issued on the name of traveler, or on the name of the organisation you represent;

proof of payment (signed and stamped): can be a receipt from where you buy the tickets, can be a payment order (if you pay by bank transfer) or can be a bank or an account statement (if you pay by

internet banking);

boarding pass (you get it online and print it at home 24h-30h before the flight or directly in the airport);

In the exceptional case when the amount on your invoice is different than the amount charged, a personal declaration will be needed and only the amount charged is subject of reimbursement.

2.Train tickets (make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice is even better);

3.Bus tickets (make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice it is better);

4.Private car transport and Taxi (including Bla Bla car, uber and such) – will not be reimbursed

5.Please note that additional services on your bookings won't be reimbursed (extra leg room in the plane, additional luggages and etc)

Important! Try to provide the documents above in English, or Bulgarian. If the documents are written in other languages we **will** need a declaration from you to explain the information provided in each document (in English).

Country	Number of participants	Travel cost limits
Bulgaria	3 participants	0
Denmark	3 participants	275 euro
Slovakia	3 participants	275 euro
Spain	3 participants	360 euro
Belgium	3 participants	275 euro
Greece	3 participants	180 euro
Germany	3 participants	275 euro
Italy	3 participants	275 euro

PRACTICAL INFORMATION (currency)

Currency: in Bulgaria, we use лв – Bulgarian Leva. 1 EUR is 1.95 lv. You will need them to travel inside Bulgaria (bus, taxi or whatever you will use to move around it), so make sure you change a little bit when you arrive at the airport or before coming here. In case you will need to change again, we will help you out on spot.

PLANNED ACTIVITIES

***The daily schedule will be provided within the next email very shortly**

Intercultural nights: For the intercultural evenings, we kindly ask you to prepare interactive presentation of your country. You can present it along with your food and drinks, music, traditional dances, etc. You can do it in the way you think is more suitable for the group, so be as creative as you want.

You are more than welcome to bring traditional food and drinks for this evening. It will not be possible to cook there. . You can also bring your flag, posters, postcards, leaflets or any kind of gift you want to give to the participants in order them to have a picture of where you come from. Videos or games are also a good idea to be implemented during that night!

INSURANCE:



Medical insurance: procuring a medical insurance valid during your stay in Bulgaria is your own responsibility. European Union citizens are entitled to have an European Health Insurance Card (EHIC) which you can get for free from your health authorities and you can use in Bulgaria and in any other EU country as well. Anyway, you can also choose a private insurance for the duration of your stay (it should not cost more than 10 EUR depending on the provider and issuing country). Although it might be not mandatory to enter Bulgaria, if you choose to not have a health insurance **you need to be ready to cover any medical related cost. We strongly encourage you to get a medical insurance for your stay!**

PARTICIPANT PROFILE:

- ✓ -Youth workers and leaders (18 +) keen on the topic of circular economy and environmental topics and working actively in the sphere
- ✓ -Demonstration of social sensibilities (socially active youth workers/volunteers with a role in local communities and interested in promoting circular economy and zero practices in their local contexts).
- ✓ -Highly involved in activities related to circular economy and willing to promote it among young people in their



local community.

- ✓ -Youth leaders/workers who wish to build capacity within their NGO and gain new skills as well as aiming to activate themselves to encourage other people from their community to become responsible for positive changes and be a part of the transformation, and who wish to develop international partnership with the other participants.
- ✓ -Experienced or interested in working with Erasmus+ programme.

WHAT TO BRING WITH YOU – CHECK LIST

- ✓ All travel documents;
- ✓ All material and things that you need for the program (as homework);
- ✓ Anything you need for the intercultural night(food, drinks, brochures and etc)
- ✓ Energizers that could be done in the mornings / after lunch break;
- ✓ Swimsuit and flip-flops/there is pool in the hotel.
- ✓ Comfortable clothes for the activities outside and inside conference room;
- ✓ Anything you think you will need during your stay in Bulgaria and of course, GOOD MOOD!



IN ORDER TO PARTICIPATE IN THE EXCHANGE PLEASE FILL THE APPLICATION FORM BELOW NOT LATER THAN 30 January 2020 :

https://docs.google.com/forms/d/e/1FAIpQLScw_Y-CiDHxnl9Naf2dRpJGmNOzeFop0WWa8qxBjnee2fjQ/viewform?vc=0&c=0&w=1