



TRAINING FOR YOUTH WORKERS


“First aid kit” II

4-14 SEPTEMBER 2020

Park-hotel “Rodopi”,
Varhovich (Върховръх), Bulgaria



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Project summary:

Place

THE PROJECT "FIRST AID KIT II" WILL TAKE PLACE AT VARHOVRAH, BULGARIA (NEAR PERUSHTITSA)

About the project

The project aims at developing various skills and competences of youth workers related to first aid, risk management and managing with difficult situations.

Three experienced trainers will provide the participants with the necessary information, and will help them enhance their abilities through the methods of non-formal and informal education. After the course, the youth workers will know more about protection of the people they work with, how to prevent risk situations, and how to make the other members of their organizations aware of these issues.

As part of the dissemination of the results, a short movie and an online platform will be created and popularized in their countries.

Participants

**30 PARTICIPANTS FROM 9 COUNTRIES
POLAND, BULGARIA, ITALY, SPAIN, SLOVAKIA, ROMANIA, CZECH REPUBLIC, LITHUANIA, AND ESTONIA.**

Date

FROM 4 SEPTEMBER TO 14 SEPTEMBER 2020 (INCLUDING ONE DAY FOR TRAVEL)

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Previous edition

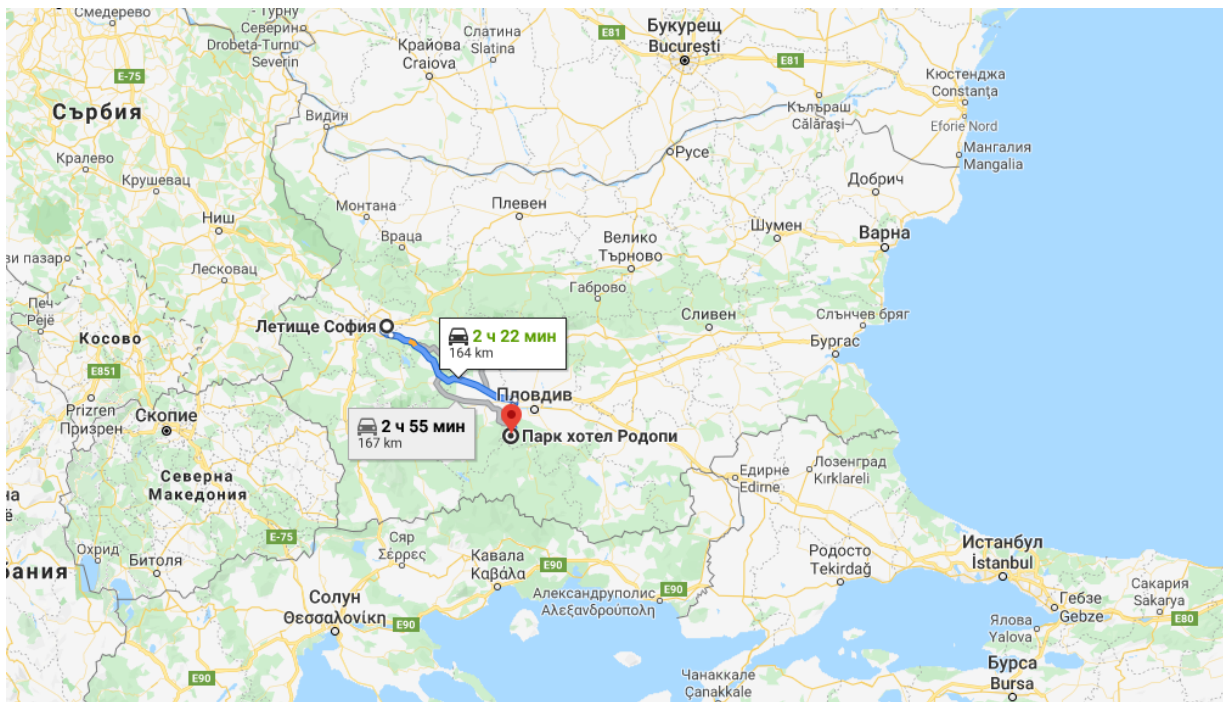


Accommodation:

Where?

All the participants will be accommodated in a hotel in the Rhodope Mountain. The place is isolated and surrounded by a forest, located 1550 m above the sea level. The biggest city nearby is Plovdiv, 40 km away from the venue and the nearest village is 2 km away.

➔ The hosting organization will provide the participants with food (3 meals per day). Please inform us in advance if you have any dietary requirements!



Here is the web site of the hotel: <http://hotelrhodopi.eu>

Here is the location on Google maps:

<https://www.google.de/maps/place/Park+Hotel+Rodopi/@41.9615032,24.4999509,13z/data=!4m7!1m4!3m3!1s0x14acead7487bffd3:0xb1935300a551686e!2sPark+Hotel+Rodopi!3b1!3m1!1s0x14acead7487bffd3:0xb1935300a551686e?hl=bg>

IMPORTANT: *We will book a bus for you.*

It will wait for you on the bus station Rodopi in Plovdiv (nearby the Central rail station). Be careful because there are 2 bus stations there! ASK FOR RODOPI BUS STATION (Avtogara Rodopi). If you travel from Sofia by bus, probably you will arrive at the other bus station.



We ask you to arrive in Plovdiv on 4 of September by 15:30. However, in case this is not possible please inform us well in advance!

One of the possible ways to do this is to arrive in Sofia a day earlier, on 3 of September. Then you will have time to do a sightseeing tour around the Bulgarian capital.

Plovdiv is also a town full of landmarks and we recommend you to make a tour around the center and the historical Old Town.

Another important note: you can arrive in Bulgaria at earliest 3 days before the start of the project (at earliest on 1st September). The same is valid of your departure: your return should be made at most 3 days after the project. You should decide either to arrive earlier or to depart later from Bulgaria. It is not possible to stay for more than 3 days outside of the project. Otherwise, the Bulgarian National agency may not reimburse your money for traveling (and they will be taken from the project budget). There were cases in the past when participants had their departure 6 days after the project and the National agency did not pay their reimbursement money.

How to reach Plovdiv:

There is hourly traffic from Sofia and Plovdiv.

Trains travel every two hours, and buses travel every hour during the day (not so often in the evening).

1-Flight to Sofia

The best way to reach Plovdiv is from Sofia. From Sofia airport, you have to take the metro. The ticket costs 1.60 BGN per passenger (please take into consideration that passengers with big baggage pay additional ticket for 1.60 BGN. You have to change the metro at SERDIKA station in direction Central railway station. You have to get off at Central railway station (Централна гара, Centralna gara). The bus station is 100 m away.

It is possible to catch a taxi but it will **not be REIMBURSED**. If you are a group, this is the best option. The most reliable are "OK taxi". You can also order a taxi on a special desk at the arrivals hall.

2-Taking the train

Once arrived at the Central railway station, you should look for the ticket desks. Currently they are located underground (level -1). Please keep in mind that **you CANNOT pay with a debit/credit card and you CANNOT pay in foreign currency. There is NO cash machine (ATM) in the building.** However, there are 2 exchange offices located near the building (next to a small bus station opposite the building). However, the rates are not good. So, if you can find an ATM at the airport, we advise you to use it! If you exchange money, always ask for a receipt because usually they do not give receipts!

It is possible to buy train tickets online but the system has many bugs, especially if you use foreign debit cards, so we don't recommend this option.

For timetable: <http://www.bdz.bg/en/>

One ticket for the fast train (ББ) costs about 9 BGN. Group ticket (3-6 persons) costs 7.70 BGN for 1 person (you need to pay the whole ticket together). Avoid regional trains (ПБ in Bulgarian), they take more than 4 hours.

3-Taking the bus

The bus station is located nearby.

Do not mix it up with the small station opposite the rail station! You need to cross a small street and you will see the modern terminal of the bus station. The prices to Plovdiv vary and should be around 12-15 BGN.

Here is the web site of the Central bus station (only in Bulgarian). You can check the timetable there:

<http://www.centralnaavtogara.bg/#b>

You can also check the timetable here, and even buy a ticket:

<https://www.busexpress.bg/bg/>

Keep in mind that the ladies at the desks probably do not speak English. You can tell them you are going to Plovdiv, they will issue a ticket for the next bus and will tell you which section (sector) you should go to. There are different companies travelling to Plovdiv.

The traveling time to Plovdiv is about 2.30 hours by train as well as by bus.



Accommodation in Sofia: there are about ten hostels in Sofia with prices around 10 euro in a dormitory room. A private single room should be between 15-20 Euro. You can search on Booking.com or AIRBNB.

Travel expenses

According to the conditions of the Erasmus + programme, participants in trainings for youth workers can have their travel expenses reimbursed within the amount given below. The reimbursement covers your departure from your home town (residence) to the place of activities (Varhovah). You must depart from the country you represent: for example, if you are a representative of Italy, you must depart from Italy.

The reimbursement covers only traveling by plane, train and bus. Money paid for taxi cannot be reimbursed! Please keep all receipts and invoices with you. **Print all your tickets and invoices if the tickets are bought online.**

IMPORTANT: You will get your reimbursement after **WE HAVE RECEIVED** all your travel documents. You will receive your reimbursement money through your sending organization, so you need to inform them about the details of your bank account. We are forced to do this because in the past a lot of participants had delay in sending their boarding passes to us and we were not able to submit our final report on time.

If you travel only by bus, we just need your tickets.

Country	Travel expenses covered by the project
Poland	275 EUR
Romania	180 EUR
Spain	360 EUR
Czech Republic	275 EUR
Italy	275 EUR
Slovakia	275 EUR
Lithuania	275 EUR
Estonia	275 EUR

When you buy tickets, please keep in mind that you should arrive in Sofia at latest on 4 September, 10:00, and you can take a flight from Sofia at earliest at 17:00 on 14 of September! If possible, buy tickets for 3-15 September!

What to prepare for the activities:

- Energizers (each day a different national team will perform them)
- Souvenirs, food and drinks typical of your country (for the intercultural nights)
- The details of your personal bank account in your country of residence as well as the details of the bank account of your sending organization (you can ask them for this).
- Good mood

What to prepare for yourself:

There are food and drinks at the hotel but the prices are more expensive so if you want to drink or eat something just buy it in advance. The nearest shop from the hotel is 26 kilometers away. We will have trip there but it's better to take all your need things in advance (for example, before catching the bus from Plovdiv).

There are towels in the hotel (140-70 centimeters) but if you think this size is too small, you can bring your own.

Bring your own shower gels and shampoos (and other cosmetics).

The weather at the beginning of September should be warm, about 15-20 degrees. Take into account that the place is located in the mountain. It is possible to be raining, so take appropriate shoes and a jacket. Generally, in the previous years the weather was nice and warm but we cannot be certain. If needed, the rooms will be heated.

Medicine: take whatever you need, the nearest pharmacy is not very near. We will have some medicine with us, but it is good to be prepared.

It is good to have your presentations or videos on a memory stick. Do not rely on the internet connection, although there is wi-fi at the hotel :)

The region:

The region is a mountain terrain with a lot of forests. There is a historical small town nearby- Perushtica.

Important: a trip to Plovdiv is planned! However, if you want, you can walk around the Old Town to do sightseeing before or after our project!

Other practical advice:

Currency: The currency in Bulgaria is lev (BGN). Its rate to Euro is fixed (it cannot change), 1 Euro = 1.955 BGN.

We recommend you to exchange a small amount of money at the airport (10 Euro per person) because of the currency rates. You can find the best rates at the departures hall (there is also a bank office there). Do not change money immediately after arriving!

In all cases, 30 BGN (15 Euro) will be enough to cover your train/bus ticket and some food. At many shops and restaurants also you can pay by debit card.

Language: Bulgarian is a Slavic language. Young people speak English, but people such as drivers, ticket sellers, shop assistants usually do not speak English, so it is good to learn some useful phrases in Bulgarian (see below).

If you know a little Russian, you can try it with older people.

The alphabet used in Bulgaria is Cyrillic, hence it is recommended also to gain some knowledge about it.

Internet: We will try to figure out ways of enjoying spending more time together instead of checking our Facebook notifications and messages. There is Wi-fi connection at the hotel. You can also use your mobile data (Bulgaria is a part of the EU and you can use your roaming).

Facebook group: Despite trying to strengthen human bonds in person, Facebook can still be useful. We will create a FB group and will notify you about it.

In case you have any questions, please, let us know through e-mail: msslavova@ydcma.org with the subject "First aid kit II".

Useful phrases in Bulgarian:

Да (da) - *yes*

Не (ne)- *no*

Добър ден (dobyr den) - *Hello (official)*

Добро утро (dobro utro)- *Good morning*

Лека нощ (leka nosht)- *Good night*

Здравей/здравейте (zdravey/zdraveyte) - *Hello (to 1 person/to more persons)*

Довиждане (dovijdane)- *Goodbye*

Чао (chao)- *Bye (informal)*

Извинете (izvinete)- *excuse me*

Благодаря (blagodarya)- *thank you*

Моля (molya)- *please, you are welcome*

Не разбирам (ne razbiram)- *I don't understand*

Говоря английски (govorya angliyski)- *I speak English*

Извинете, къде е автогарата/гарата/тоалетната? (izvinete, kyde e avtogarata/garata/toaletnata)- *excuse me, where is the bus station/rail station/toilet?*

Влак (vlak)- *train*

Гара (gara)- *railway station*

Автобус (avtobus)- *bus*

Автогара (avtogara)- *bus station*

Един билет/два билета/три билета/четири билета/пет билета до Пловдив (edin bilet/dva bileta/tri bileta/chetiri bileta/pet bileta do Plovdiv)- *One/two/three/four/five tickets to Plovdiv*

Един групов билет до Пловдив за три/четири/пет/шест души (edin grupov bilet do Plovdiv za tri/chetiri/pet/shest dushi- *the stress is on the first syllable*) *One group ticket to Plovdiv for three/four/five/six persons.*

Колко струва това? (Kolko struva това)- *How much is this?*

Търся... (tyrsya)- *I am looking for...*

Additional phrases:

http://wikitravel.org/en/Bulgarian_phrasebook

**THE PARTICIPANT IN THE PROJECT
CONFIRMS THAT SHE/HE:**

1. Is informed that the training IS NOT AN ACADEMIC PROJECT. The activities will not be of academic nature, i.e. there will not be any lectures neither academic type of discussions. The proposed activities will be only introduction into the topic. The trainers and the experts present during the project are not university lecturers.

2. Is informed that the methods used during the activities are methods of INFORMAL and NON-FORMAL EDUCATION. That means, the participant will be actively involved in the activities. This includes also being on time for all the activities.

3. Agrees with the financial conditions of the reimbursement, more precisely: (1) that the participant will receive her/his reimbursement money through her/his sending organization; (2) that the participant will receive reimbursement only if ALL NEEDED TRAVEL DOCUMENTS (tickets, boarding passes, invoices) have been received by the hosting organization. In case not all of the documents are received, we can reimburse your money only partially (for example, if you send us two tickets, we can reimburse only them); (3) the reimbursement cannot exceed 275/360 Euro (depending on your country), as defined by the European Commission; if your travel expenses are higher, you will not receive any reimbursement above the amount of 275/360 Euro (for example, if your tickets cost 300 Euro and you travel from Latvia, you will receive only 275); (4) the transfer of the reimbursement money to the bank account of the sending organization will be realized by the hosting organization within ONE MONTH after the documents have been received. The faster you send us the documents, the sooner you will receive your money :) (5) All tickets paid in other currencies than Euro will be calculated (converted) in Euro, and you will receive your reimbursement money accordingly.

4. Agrees she/he will respect the other participants, the trainers and experts, and the hosting organization, as well as the hotel staff. Everyone can share their opinion freely without using bad words :) This also includes respect for other cultures :)

5. Agrees she/he will behave responsibly regarding the properties of the hotel (and will required to pay for any damage, e.g. breaking a window).

6. Agrees to be instructed in detail about the safety regulations during the project and to observe these regulations.