

Infopack

Trainig couse

TAKE UP, HELP YOURSELF

Stara Zagora from 30.04 - 08.05.2022

travel days 30.04.22, 09.05.2022

Stara Zagora, Bulgaria 30.04-08.05.2022

“Take up, help yourself.”

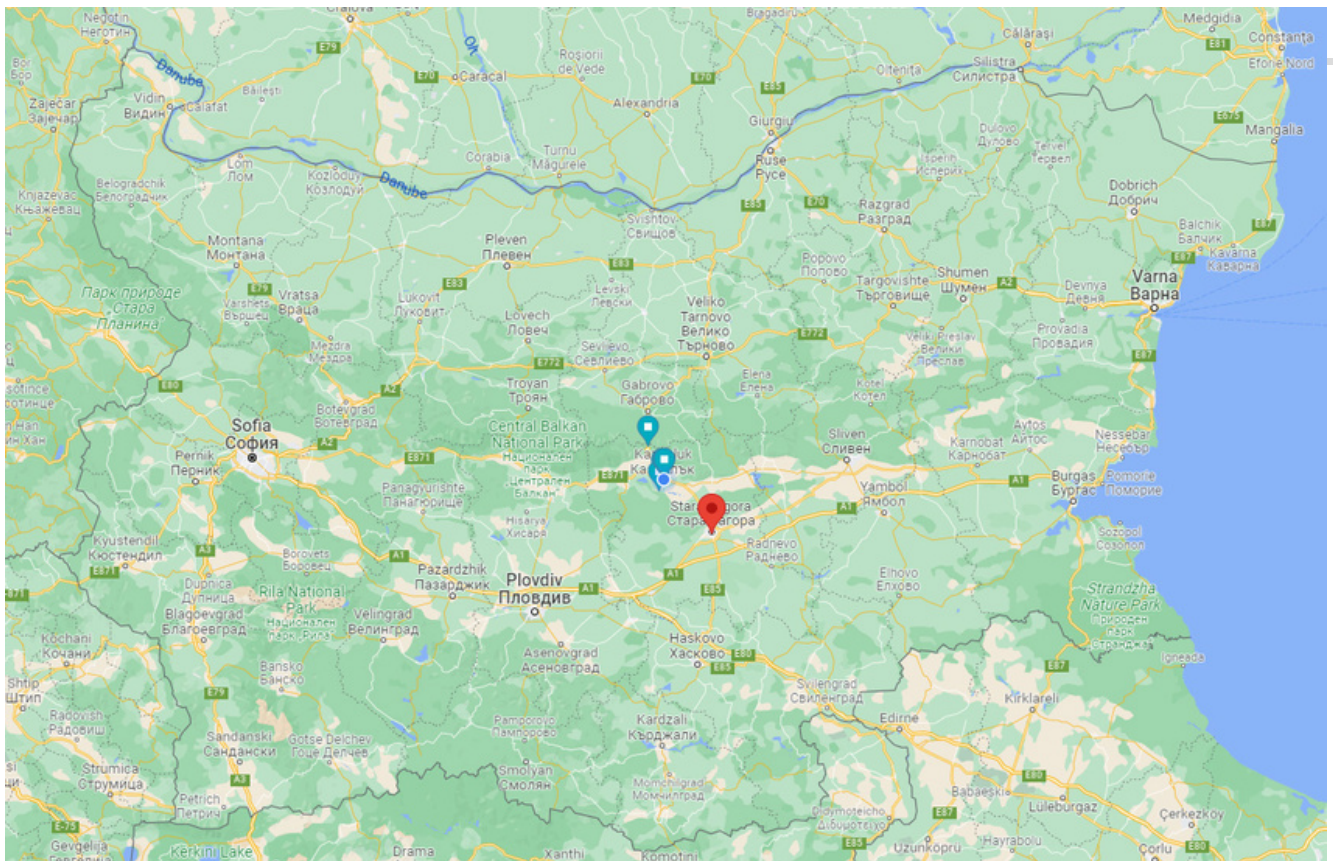
Place International youth center Stara Zagora



The wonderful city of Stara Zagora, it's located in the middle between Sofia (the capital) and Burgas (at the seaside).

Here you can see something more:

<https://www.youtube.com/watch?v=4hG7ZiRc2Hg>
<https://www.youtube.com/watch?v=4-8hXsp6m5w>



About the project

The core objective of TC “Take up, help yourself.”, is introduction of the nonformal and informal methods and tools for youth workers that can foster their contribution and support in the integration process in the labour market. The group of participants will consist of 30 participants coming from 9 partner countries, over 18 years old motivated to develop their competences in applying nonformal methods to facilitate the young people’s integration on the labour market. We aim to increase the level of awareness of youth workers from Bulgaria, Poland, Romania, Greece, Czech Republic, Spain, North Macedonia, Sweden and Portugal regarding the impact of using nonformal methods in helping youths get a job. Participants come from similar backgrounds: countries with an increased level of unemployment and the limited competences of youth workers where the young people face difficulties when search for a job. TC comes as an answer to this problem and aims to help young people to increase their job perspective and also from a macro point of view leads to an increased level of youth employability. The profile of the participants fulfils following criteria: -be a youth worker in the sending organisation; -active in the youth work field; -have a B2 level of English language; -interested to develop their competencies regarding nonformal methods to empower youths; -motivated to contribute to their communities; -come from communities with an increased level of unemployment; -availability to get actively involved in all phases of the project until the end (including the dissemination and exploitation of results); -gender balance and non-discrimination principles are considered.

How to go to Stara Zagora International youth center Stara Zagora



The best way to reach Stara Zagora 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.

For the trip to Stara Zagora you can take a train or bus

It's possible to buy a train ticket online on this website:

<https://www.bdz.bg/en>. Select the stations, the date and time and choose the right train for you. Once you clicked on 'Buy online', everything is explained on the right side of the page. Follow the steps, you may only need to create an account, then buy and print the ticket. Travelling time: 4 to 5 h (use only direct trains).

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With a bus you have to take it from the central bus station it's next to the train station, here you can see the list:

Route	Company	Travel days	Hour	Sector	Price
SOFIA - BURGAS <small>Valid from 2021-08-28 Valid thru 2022-12-31</small>	YUNION - IVKONI OOD	m t w t f s s	06:15h.	25	One way ticket: 20.50 lv.
SOFIA - ST ZAGORA - BURGAS					
SOFIA - SL.BRYAG <small>Valid from 2021-05-17 Valid thru 2022-12-31</small>	YUNION - IVKONI OOD	m t w t f s s	08:00h.	23	One way ticket: 19.50 lv. EXPRESS
SOFIA - ST ZAGORA - BURGAS - POMORIE - NESEBAR - SL.BRYAG					
SOFIA - BURGAS <small>Valid from 2021-05-17 Valid thru 2022-12-31</small>	YUNION - IVKONI OOD	m t w t f s s	10:00h.	23	One way ticket: 18.40 lv.
SOFIA - ST ZAGORA - NOVA ZAGORA - SLIVEN - BURGAS					
SOFIA - SVVLAS <small>Valid from 2021-05-17 Valid thru 2022-12-31</small>	YUNION - IVKONI OOD	m t w t f s s	11:00h.	23	One way ticket: 17.60 lv.
SOFIA - PLOVDIV - ST.ZAGORA - NOVA ZAGORA - SLIVEN - BURGAS - POMORIE - AHELOY - RAVDA - NESEBAR - SL.BRYAG - SVVLAS					
SOFIA - AHTOPOL <small>Valid from 2021-06-15 Valid thru 2022-12-31</small>	YUNION - IVKONI OOD	m t w t f s s	13:00h.	23	One way ticket: 19.50 lv.
SOFIA - ST ZAGORA - NOVA ZAGORA - SLIVEN - BURGAS - SOZOPOL - PROMEORSKO - KITEN - LOZENETS - TSAREVO - AHTOPOL					
SOFIA - SLIVEN <small>Valid from 2020-04-14 Valid thru 2022-12-31</small>	DORIS OOD	m t w t f s s	14:30h.	25	One way ticket: 17.00 lv.
SOFIA - CHIRPAN - ST.ZAGORA - NOVA ZAGORA - SLIVEN					
SOFIA - AHTOPOL <small>Valid from 2020-11-23 Valid thru 2022-12-31</small>	YUNION - IVKONI OOD	m t w t f s s	15:30h.	23	One way ticket: 16.60 lv. EXPRESS
SOFIA - ST ZAGORA - BURGAS - SOZOPOL - PROMEORSKO - KITEN - TSAREVO - AHTOPOL					
SOFIA - SL.BRYAG <small>Valid from 2021-09-13 Valid thru 2022-12-31</small>	YUNION - IVKONI OOD	m t w t f s s	17:00h.	23	One way ticket: 17.50 lv.
SOFIA - PLOVDIV - ST.ZAGORA - SLIVEN - BURGAS - POMORIE - AHELOY - RAVDA - NESEBAR - SL.BRYAG					
SOFIA - SLIVEN <small>Valid thru 2022-12-31</small>	GLOBUS - ES OOD	m t w t f s s	18:30h.	28	One way ticket: 17.00 lv.
SOFIA - CHIRPAN - ST.ZAGORA - NOVA ZAGORA - SLIVEN					
SOFIA - OBZOR <small>Valid from 2020-09-14 Valid thru 2022-12-31</small>	YUNION - IVKONI OOD	m t w t f s s	23:30h.	23	One way ticket: 19.00 lv.
SOFIA - PLOVDIV - ST.ZAGORA - SLIVEN - BURGAS - POMORIE - AHELOY - RAVDA - NESEBAR - SL.BRYAG - SVVLAS - OBZOR					

Here is the web site of the Central bus station (only in Bulgarian). You can check the timetable there: <http://www.centralnaavtogara.bg>

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

<https://www.busexpress.bg>

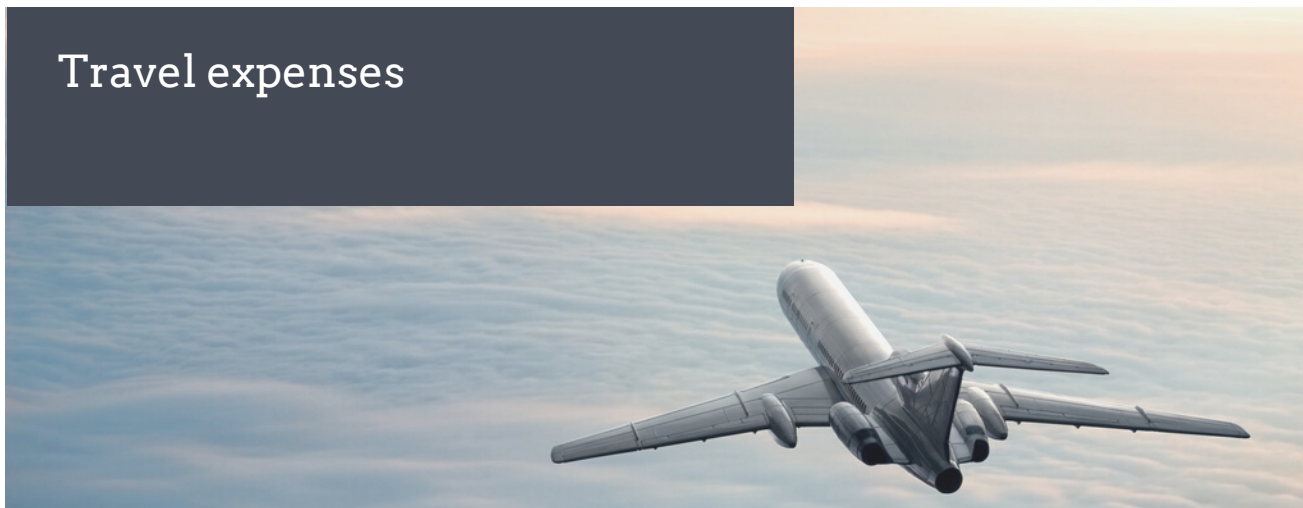
Normally travel time, in this case, is 3-3.5 hours.

Once you arrive in Stara Zagora you can use public transport 1.5 BGN for a ticket, or TAXI (but it will not be REIMBURSED) it will cost you not more than 5 BGN. This is the location of the International Youth Center:

42.42274017704189, 25.616789871392204

“Take up, help yourself.”

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 (Stara Zagora). 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.

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Country	Travel expenses in euro covered by the project
Poland	275
Romania	180
Spain	360
Czech Republic	275
Sweden	275
Greece	180
Republic of North Macedonia	180
Portugal	360
Bulgaria	180

Every participant has 90 euro in total for COVID PCR test.

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Accommodation:
International youth center Stara Zagora



!!!! Due to unforeseen circumstances we have been obliged to change the location of the participants accommodation. This stems from the fact that part of the premises of the International Youth Center in Stara Zagora have been allocated for people in need of special protection, Ukrainian citizens.

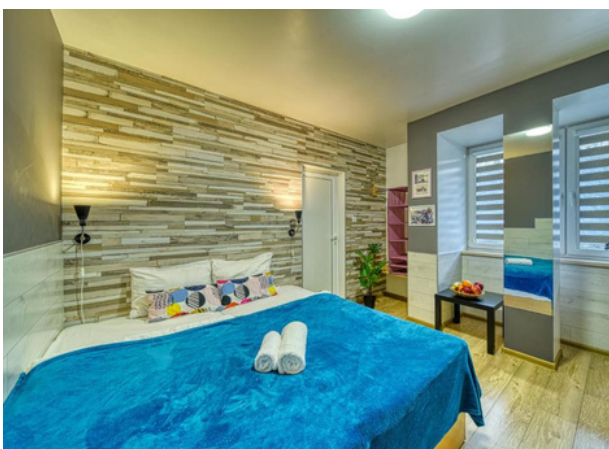
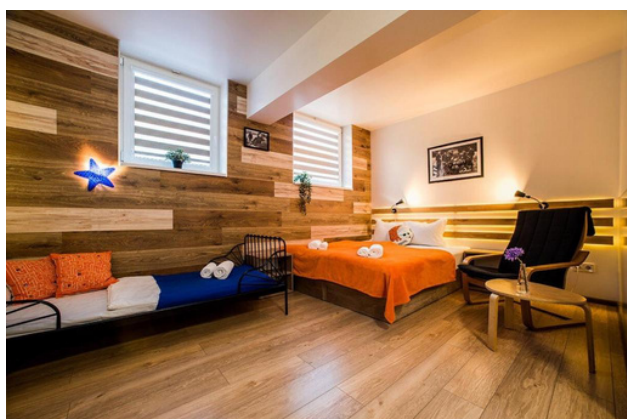
New accommodation is "Fox Rooms Aparthotel" - Stara Zagora Here you can see the location:

<https://goo.gl/maps/PZBpa7C1B9FeWvRW9>

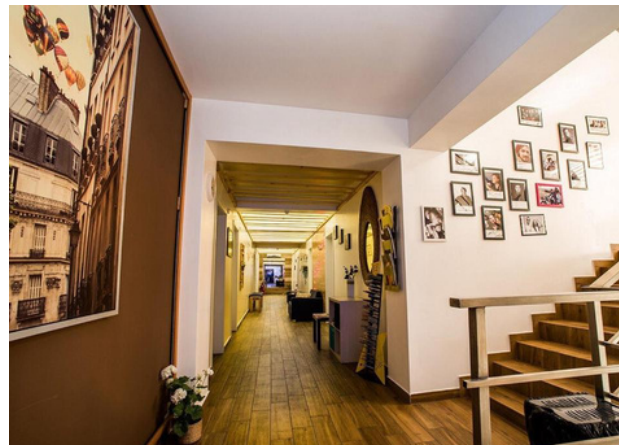
The hosting organization will provide the participants with food (3 meals per day). **Please inform us in advance if you have any dietary requirements!**

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What to prepare for the activities:



- Energizers (each day a different national team will perform them)
- Souvenirs, food and drinks typical of your country and national flag (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

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 (20 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, 50 BGN (25 Euro) will be enough to cover your train/bus ticket and some food. At many shops and restaurants also you can pay by debit/credit 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.

Facebook group: Despite trying to strengthen human bonds in person, Facebook can still be useful. We already created a FB group here:

<https://www.facebook.com/groups/1122725378546508>

In case you have any questions, please, let us know through e-mail: ydcma2004@gmail.com with the subject “Take up, help yourself.”.

Emergency contact phone number +359899307090 Mariya Slavova

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 Стара Загора (edin bilet/dva bileta/tri bileta/chetiri bileta/pet bileta

do Stara Zagora)- One/two/three/four/five tickets to Stara Zagora

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

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

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

Additional phrases:

http://wikitravel.org/en/Bulgarian_phrasebook

**WE ARE EXPECTING TO
SEE YOU IN STARA
ZAGORA!**