

Info pack

Trainig course

ECOLOGY IN MEDIA

Stara Zagora from 07.03 - 15.03.2024

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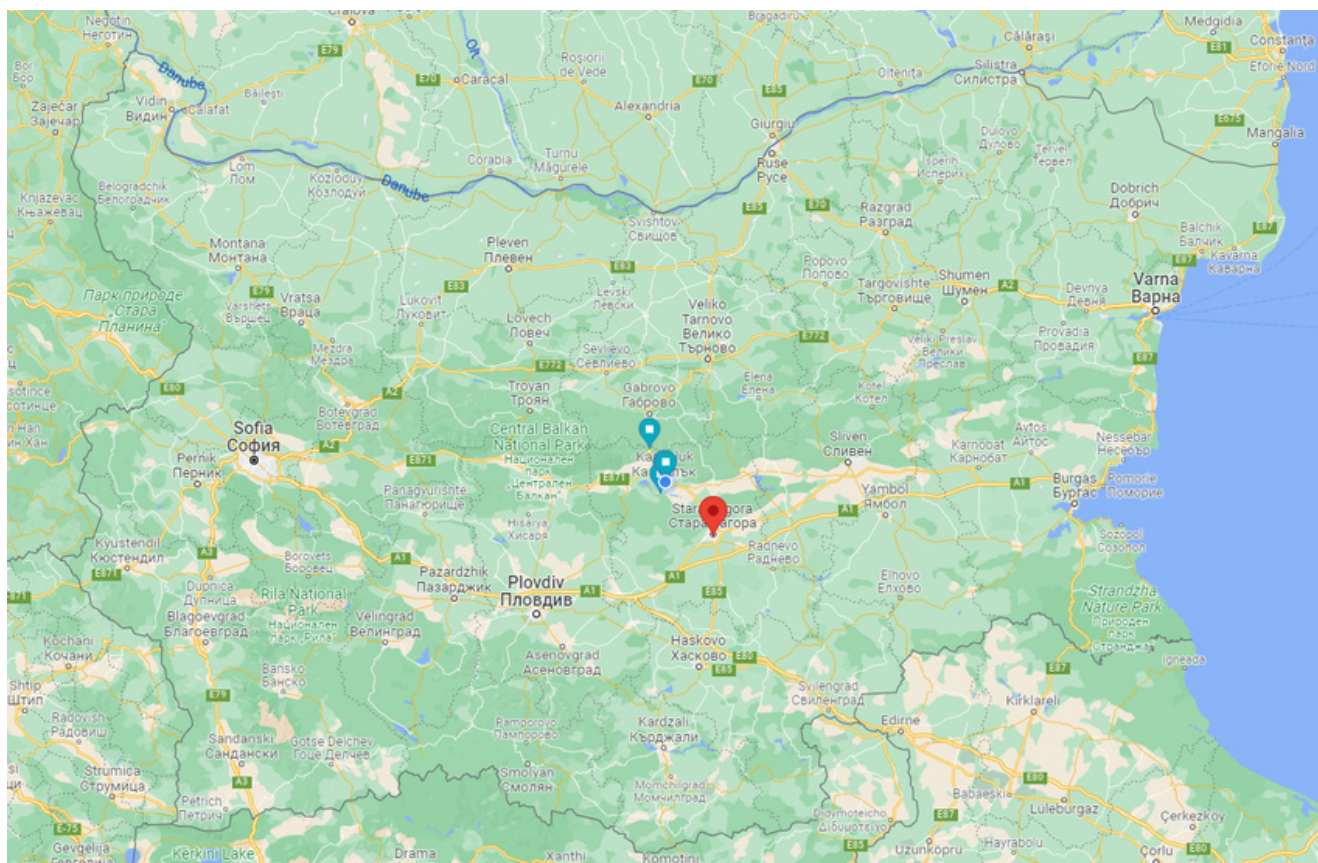
“Ecology in Media”

Place

Stara Zagora from 07.03 - 15.03.2024



The wonderful city of Stara Zagora, it's located in the middle of Bulgaria 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>



“Ecology in Media”

About the project:

Our training course “Ecology in Media”

Our training aims to provide youth workers with basic skills and experiences in using media, visual thinking and graphic facilitation methods in their youth work. Media and Visual thinking is a way to organize your thoughts and improve your ability to think and communicate the project itself, we will base our activities on the "zero waste" philosophy - this is how we will show in practice that we think about nature.



How to go to Stara Zagora



The best way to reach Stara Zagora is from Sofia. From Sofia airport, you have to take the metro. The ticket costs 1.6 BGN per passenger (please take into consideration that passengers with big baggage pay an additional ticket for 1.60 BGN. You have to change the metro at SERDIKA station in the direction of 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).

Ecology in Media

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

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

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

<https://www.busexpress.bg>

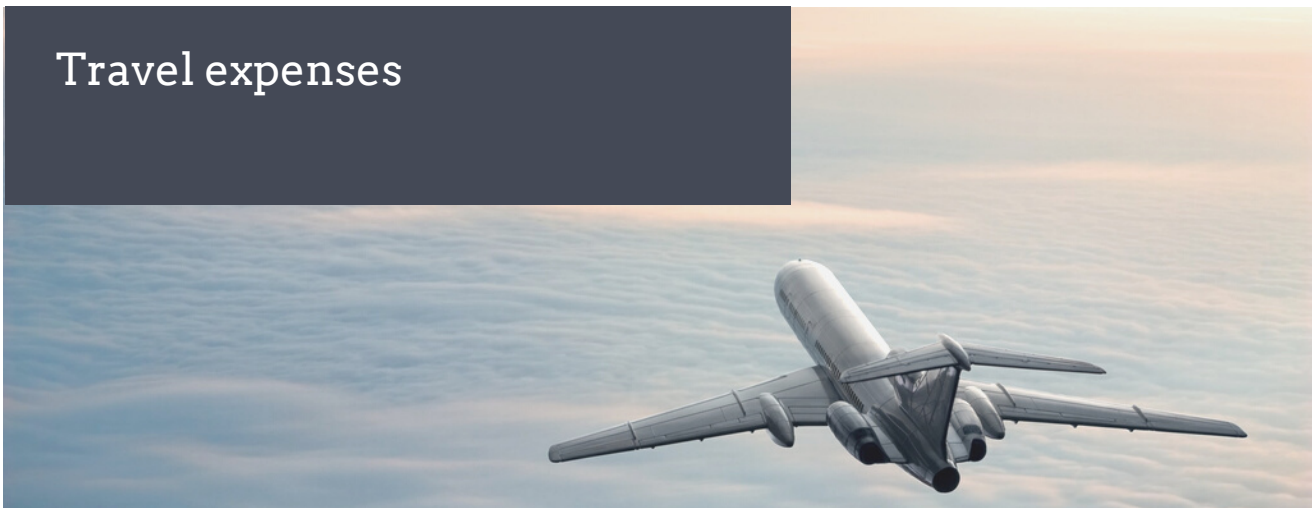
Normally travel time, in this case, is 3-3.5 hours.

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 10 BGN (5 EUR). This is the location of the International Youth Center where will be accomodated and the activities will be:

42.42274017704189, 25.616789871392204.



Travel expenses



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.

Travel expenses



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

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 will create a group chat in Whatsapp.

In case you have any questions, please, let us know through e-mail: ydcma2004@gmail.com with the subject "Ecology in Media".

Emergency contact phone number +359899307090 Mariya Slavova

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