



TRAINING COURSE
FOR YOUTH WORKERS

S.O.S. IV

12-22 JUNE 2026

Stara Zagora, Bulgaria

Project summary:

Place

Bulgaria, International Youth Center, Stara Zagora

Participants

All countries members of the EU, 18+, youth workers

**YDCMA
Bulgaria**



**the
youth
media**

Timing

12.06. 2026 ARRIVAL DAY
22.06.2026 DEPARTURE DAY

About the project

The project aims to develop youth workers' skills and competencies related to first aid, risk management and managing difficult situations.

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.



Co-funded by
the European Union

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Previous editions of the project



Place & Acomodation

The activities and accommodation during the project will take place in the international Youth Center of Stara Zagora.

International Youth Center works for the personal development of young people and the improvement of their well-being and social inclusion. The Youth Center identifies itself as an incubator for the development of ideas and initiatives that promote civic engagement. The Center actively participates in dialogue with decision-makers in the field of youth policies and is an advocate for their qualitative implementation at local and national levels.

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



How to reach Stara Zagora

The best way to go from Sofia to Stara Zagora is by bus or by train. You can take it from central bus station of Sofia: Here you can see the list:

Buses

[https://www.centralnaavtogara.bg/index.php?](https://www.centralnaavtogara.bg/index.php?mod=06a943c59f33a34bb5924aaf72cd2995&d=l#b)

[mod=06a943c59f33a34bb5924aaf72cd2995&d=l#b](https://www.centralnaavtogara.bg/index.php?mod=06a943c59f33a34bb5924aaf72cd2995&d=l#b)

Trains <https://www.bdz.bg/en>



Currency

The currency in Bulgaria is Euro



Language

The official language of the project will be english. All the workshops and sessions will be implemented in english.

Аа	Бб	Вв	Гг
Жж	Зз	Ии	Йй
Мм	Нн	Оо	Пп

Transport costs

Participants in training for youth workers can have their travel expenses reimbursed according to Erasmus + travel calculator: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

The reimbursement covers only travelling by plane, train, bus and metro. The money paid for a 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.



What to prepare for the activities:

- Energizers (each day a different national team will perform them).
- Food and drinks typical of your country (for the intercultural cafe breaks) - The details of bank account of your sending organization (you can ask them for this).
- Good mood !!!



THE PARTICIPANT IN THE PROJECT
CONFIRMS THAT:

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 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 309/395 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 309/395 Euro (for example, if your tickets cost 300 Euro and you travel from Latvia, you will receive only 309); (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 be 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.
7. Is informed that the all database and pictures from the project can be use from organizers where is needed.