



**“Youth and Civil Initiatives in the Rose Valley”**



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



**"Building the Young Digital Leaders of the Future!"**

**Erasmus+ KA 1 Training Course**

**16-23 August 2021**

**(16<sup>th</sup> -arrival day-23<sup>rd</sup> - departure day)**

**Karlovo, Bulgaria**

***“Dobre doshli” (Welcome)***

## **DEAR PARTICIPANTS,**

We are pleased to welcome you to the **"Building the Young Digital Leaders of the Future!"** Training Course which is going to take place in the period **16-23 August 2021 in Karlovo, Bulgaria.**

Under the project our NGO will host 33 youth workers, teachers and youth trainers from Estonia, Italy, Lithuania, Cyprus, Romania, Serbia, Greece, North Macedonia and Bulgaria.

The main goal of the project is to promote digital citizenship education, safer use of the Internet, No Hate Speech online and pack the participants with useful digital tools for youth online learning opportunities.

After the training, the direct participants in the mobility will:

- be more informed and prepared for the online challenges;
- have increased media literacy and critical thinking;
- be able to recognize fake and biased news and know how to train others to do so;
- have increased capacity, knowledge and skills on the topic both from the training itself and from the exchange of good practices from partners and other participants;
- be more familiar with European programs and initiatives on the project topic such as "Safer Internet", "Meet and Code", European Media Literacy Week, in which we will encourage them to participate;
- have acquired knowledge of useful digital tools for diversifying their youth work and reaching more young people from isolated areas through online training and communication opportunities;
- be motivated to continue to participate in such training mobility programs in order to acquire new knowledge, skills and competences;
- have improved foreign language skills both in English as the project working language and in other foreign languages they will practice during the training course with the other participants;
- improve their intercultural dialogue and mutual understanding;
- be prepared to share all the knowledge acquired during the project with their local target groups, thus contributing to building the young digital leaders of the future;

Here you'll find some important information about COVID requirements, the accommodation and things you need to prepare for the exchange.

## COVID-19 requirements for entering Bulgaria and measures in the country

You can check the necessary requirements for entering Bulgaria at <https://reopen.europa.eu> also at your Ministries of foreign affairs websites or Bulgarian Embassies in your countries.

Currently all project country nationals can enter Bulgaria if they meet one of these requirements:

- are vaccinated against COVID-19 with 14 days past from their last dose, proving it with their vaccination passport/certificate
- present a negative result from PCR or fast antigen test from certified laboratory. PCR must be from 72 hours and fast antigen from 45 hours prior your entering Bulgaria
- a proof they have recovered from COVID-19 which is a positive PCR test valid 180 days before entering the country.

**For participants from Romania no PCR tests are required due to neighbouring agreements.** BUT please, check again 5 days before departure

The measures in Bulgaria for the moment (17 June 2021) are: You don't have to wear masks outdoors, just indoors in all closed spaces- shops, training rooms etc. All shops, restaurants, bars, cafes, museums are open.

Hopefully the masks will be also removed for indoors in July- we will keep you updated

## 1. About the Venue

The participants will be accommodated in the "Shterev" Hotel in the very centre of Karlovo. Most of the project activities will be done outdoors in the yard of our Youth Centre located near the hotel and in the villages around Karlovo.

Info about the hotel: Hotel Shterev - Karlovo

<https://shtere-hotels.com>

### Board and Lodging:

Participants will be accommodated in double and triple rooms. Due to COVID-19 situation we will not mix groups so you will be staying with your national team and mix during the activities. All participants will be on a full-board basis, consisting of buffet breakfast in the morning, and lunch & dinner on a menu style. During the exchange, costs for board and lodging are covered by the project. Extra expenses, such as drinks in the bar in the venue, extra days have to be paid by participants.

## 2. Your Arrival and Departure

We expect you to arrive **on Monday 16<sup>th</sup> August 2021 before 19.00 o'clock**. Participants are expected to leave **not earlier than Monday 23<sup>rd</sup> August 2021 after breakfast**. Make sure that you inform us by **31<sup>st</sup> July 2021 the latest** about your participants details, arrival and departure times, days & flight numbers as we need to make the necessary arrangements with the hotel.

### Transport to the venue:

STEP 1

HOW TO GET TO SOFIA BUS OR TRAIN STATION FROM SOFIA AIRPORT

The airport is ten kilometres east of the centre of Sofia. Terminal 2 is directly connected with the metro station. A bus stop is also located near Arrival Hall of Terminal 1.

**NEW!!!!** Metro Line Mladost 1(M1) now connects the Sofia Airport to the centre. For more info check <http://www.metropolitan.bg/en/map/>

### 1.1. Getting to Sofia – Center

The regular No 84 Bus line covers the route Sofia Airport - Sofia University. Bus services are available from 05.00 AM - to 11.00 PM, all year round. The trip takes about 20 minutes, and departures are scheduled frequently, leaving every 10 or 15. A kiosk selling tickets is situated near the bus stop, although they can also be bought on board from the driver.

The currency in Bulgaria is BGN (known as "Lev").

The price of a ticket is 1,60 BGN (around 0.80 EURO).

If you carry luggage larger than 60x60x40 cm, you are expected to buy a separate ticket for it. The ticket price for a piece of luggage is also 1,60 BGN (approximately 0.80 EURO).

When you take bus No 84 from the airport, travel for approximately 15-20 min and get off Pliska Hotel bus stop. The Pliska Hotel is a tall blue building which can be seen from the previous bus stop, on the right side of the road.

### 1.2. Getting to Sofia Central Bus Station

From the Pliska Hotel bus stop, take any of the following – bus № 213, 214, or 305 – and get off the Central Bus and Train Station.

Before the stop, the bus passes by the hotel Novotel Evropa on the left, and the Central Bus Station can be easily recognized. In case you want to ask someone, you can try both English and Russian, but – just in case – in Bulgarian it sounds like “Tsentralna gara”.

#### **PLEASE NOTE:**

***It is highly undesirable to take a taxi from the Sofia Airport –the programme doesn't cover taxi cost.***

If, anyway, you need to take a taxi in Sofia we recommend you take a taxi with the initials

**O.K.** on it.

## STEP 2

### HOW TO GET FROM SOFIA BUS STATION TO KARLOVO

**There are no direct** buses from Sofia to Karlovo

A way to reach Karlovo is by bus to Plovdiv and then Plovdiv-Karlovo. You must go to the Sofia Central Bus station and take a bus to Plovdiv/ they are at every exact hour. The journey to Plovdiv takes 2 hours and then from the Bus Station in Plovdiv there is a bus to Karlovo at every hour. The journey from Plovdiv to Karlovo by bus takes 1 hour.

Price of one way ticket from Sofia to Plovdiv is 14 BG leva (about 7 EUR) and from Plovdiv to Karlovo is around 5 BGN (about 2.5 EUR)

## STEP 3

**The best public transport to Karlovo are trains:** TRAINS SCHEDULES FROM SOFIA CENTRAL TRAIN STATION TO KARLOVO

### TRAINS:

Sofia	Karlovo
5:40	9:30 direct passengers train
6:35	11:04 with a change in Plovdiv
<b>7:05</b>	<b>9:35 Direct fast train</b>
8:30	13:01 with a change in Plovdiv
12:55	15:25 <b>Direct fast train</b>
13:50	17:05 direct passengers train
<b>16:10</b>	<b>18:24 Direct fast train</b>
16:35	20:50 with a change in Plovdiv
17:50	21:18 Direct passengers train
22:39	01:04 Direct passengers train

The trains you can get from the Central Train Station. For the tickets to Karlovo you need to go to the ticket offices downstairs. Check for any changes in the trains' timetables in the link below, from where you can also buy your tickets on-line: <https://bdztickets.com/en/>

**Please, keep carefully your tickets for reimbursement!**

**Failing to provide the originals of your tickets and/or receipts will lead to impossibility to reimburse your travel expenses.**

## 3.PROJECT PRACTICALITIES

We expect **3 participants from each partner (above 18)** who can be youth workers, trainers or leaders as well as teachers working with young people. Each participant must fill in the **application form and send it to us no later than 31 July 2021- if possible earlier**. You can start selection of your participants. Make sure there is relative gender balance in your groups.

**The eligible start-up date of the project was 1<sup>st</sup> January 2020, SO YOU CAN START BUYING TICKETS for participants!!!**

The approved maximum limits which we can pay per participant based on the distance calculator is as follows:

**Romania - 180 EUR**

**Lithuania- 275 EUR**

**Cyprus – 275 EUR**

**Estonia- 275 EUR**

**Italy – 275 EUR**

**Serbia-180EUR**

**NorthMacedonia-180 EUR**

**Greece - 180 EUR**

**Make sure your participants meet the Programme's age requirements (they must be above 18) as we won't be able to reimburse neither their stay, nor their travel cost if they are under 18.**

**The travel cost will be reimbursed either in cash during the project if participant provides all travel documents or to the organisation's bank account once you send us back the return boarding cards/tickets.**

**NOTE: Some of you who want to arrive some days before or to depart some days after the official project's dates you can do so not longer than two days before and two days after the dates 16-23 August 2021!**

**Emergency - contact:**

Tsvetina Zaharlieva - **00359 888054233**

## **4. Preparations and what to bring with you**

**Info about your organisation:**

Please bring with you any material about your organisation/group you will be representing, such as brochures, leaflets, booklets, etc. There will be space to display these items throughout the exchange. During the programme you will be asked to produce a small poster/presentation about your organisation/group, so bring along any DVDs, power-point presentations, videos, photos...too Also we would be very interested in your country/region/town. Maps, posters, postcards or leaflets would be very nice to share with the participants from the other countries.

**Every organization must help or inform participants to :**

- do some research about useful online tools they can share with others in the Digital World Cafe;
- **have at least one laptop in the group(one per national team of 3) to use for the sessions**
- prepare for the intercultural evening(food, drinks, dances, music)
- prepare for the cultural evenings when every country will have time to present its culture with videos, small sketches, quizzes etc.

**Intercultural evening:**

For the common intercultural evening bring traditional food, drinks, sweets and snacks, together with pictures, DVDs, and music of your country. You can bring food which can be kept in a refrigerator, **but please do not bring any food which needs any cooking or warming up!!!!**

For the cultural evenings prepare some interesting presentations/quizzes/plays which will best present your country to the group;

We hope that the training course and stay in Bulgaria will be fruitful for you, for us, for your organisations, and Erasmus +programme at large.

We wish you a pleasant journey and look forward to meeting you soon in Bulgaria.

Warmest regards from the team,

***Tsvetina Zaharlieva –trainer***

**<https://www.salto-youth.net/tools/toy/tsvetina-zaharlieva.2331/>**

***Mariya Chonlova-Minkovska –facilitator***

## 5. Other essential information

### About Bulgaria

<http://www.visittobulgaria.com/visit/Default.asp>

[www.karlovobg.eu](http://www.karlovobg.eu)

The official language is Bulgarian.

### About the Weather

We usually have mild, warm autumns with occasional rains. However, we recommend that you bring with you some cardigans and light jackets. Don't forget your umbrellas as well. Check the weather situation prior to your arrival on:

<http://weather.bg/indexen.php>

[www.dalivali.bg](http://www.dalivali.bg)

### Money

The national currency in Bulgaria is the Bulgarian Lev. However we are fixed to the EURO and the exchange rate almost everywhere is: 1 Euro =1,95583 BGN. You can easily exchange Euros in Karlovo at any bank or exchange office. There are ATMs everywhere which accept both Visa and Mastercard.

### Electricity and Water Supply

The electrical supply in Bulgaria is 220volt, single phase, 50 cycles, using the standard 13 amp two pinned plugs. Tap water is safe for drinking, but bottled water is still recommended because of the possible quality and taste of tap.

### Time Zones

Bulgaria is two hours ahead of Greenwich Mean Time (GMT).