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2021-1-BG01-KA153-YOU-000011114

"Зелени умения" за "екологична" младежка работа -
обучителен курс за младежки работници
Програма Еразъм+, Мобилност на младежки работници

Green skills for an eco-friendly youth work - training
course for youth workers (GreenYou)
Erasmus+ Programme, Youth Workers Mobility



INFO-PACK

Training course for youth workers:

Green skills for an eco-friendly youth work- training course for youth workers

Dear partners and participants, through this info-pack we are sharing with you all the necessary information needed for a successful cooperation and implementation of the training course.

This info-pack addresses two aspects:

- Project objectives and expected results
- Logistical aspects of the mobility

When

31 of October – 06 of November 2021

- 31st of October → travel to Bulgaria
- 01st ↔ 05th of November – 5 days training course
- 06th of November ← travel back

Where

Sofia, Bulgaria

Summary

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Title of the project: "Green skills for an eco-friendly youth work - training course for youth workers".

Type of the activity: Erasmus+ KA105 – Mobility of youth workers

Venue: Sofia, Bulgaria

Duration of mobility: 5 days and 2 travel days

Working methods used: Non-formal education (getting to know each other, team building, teamwork, seminar sessions, work in small groups and in big group, role-playing, etc.)

Work Language: English

Project coordinator and host country:

1. Cultural Heritage Institute, Bulgaria

Project partners and sending countries:

2. Get Involved, Bulgaria
3. United in Diversity, Bulgaria
4. Cozumun Parcasiyiz – Part Of The Solution, Turkey
5. Associação para a Igualdade AEQUALITAS, Portugal
6. UMBRELLA, Georgia
7. OGRES TEHNIKUMS, Latvia
8. ASOCIATIA TINERILOR CU INITIATIVA CIVICA, Romania
9. SOCIAL YOUTH DEVELOPMENT CIVIL NONPROFIT SOCIETY, Greece
10. Asociación Juvenil "Jarrón Club", Spain
11. SEIKLEJATE VENNASKOND, Estonia
12. Regional Advocacy Center, The Republic of North Macedonia
13. Agency for Development and Cooperation Cerebra, Bosnia And Herzegovina
14. HRFORUM Personnel management Association, Ukraine

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15. Ekonomska skola Pirot, Serbia

The project

The main project goals:

The GreenYou Project for "eco" youth work is a training course for youth workers under the Erasmus + Program of the European Union. The project will involve 35 youth workers from 15 organizations in Europe. Participants will develop "green" skills to improve their work with young people by promoting environmentally, sustainable and responsible behavior. On the other hand, the project will encourage the use of environmental practices to reduce and compensate for the environmental footprint of the day-to-day activities of the participating organizations and make them a sustainable ecosystem.

The specific objectives of the project are:

- Development and improvement of specific "green" skills of the youth workers.
- Improvement of the youth work in the participating organisation and development of sustainable eco-system.

Project results are developed and improved new skills, knowledge and attitudes:

- Skills for environmental impact assessment in planning youth outdoor and indoor activities, sports activities, etc. The assessment will include air, water pollution, noise pollution, destruction of natural resources and more.
- Skills for environmental assessments in accordance with applicable standards, rules and laws;
- Skills to check youth activities in order to assess the impact on the environment regarding the generation of waste, noise and harmful substances, etc.



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- Skills for making plans and finding solutions for protection, preservation, restoration, reduction and prevention of further damage to the environment when organizing youth activities;
- Skills to develop and implement a strategy for transforming the youth organization in which they work into a sustainable ecosystem.- acquired skills for dealing with post-epidemic stress and depression and skills for non-discrimination and stereotypes towards certain youth groups;
- improved personal skills, as well as language, social and communication skills;
- encouraged the sharing of European values
- improved understanding of cultural diversity and encouraged intercultural communication;
- Improved understanding of Erasmus + opportunities for youth participation.
- Youthpass Certificate



The participants

Each partner will send 2 **youth workers** who must be at least 18 years old, with no upper age limit. The participants should work in the field of youth, school, education or training centre, youth centre, cultural centre or other connected with young people. The participants could be youth workers; youth project managers/coordinators, active volunteers, educators and social workers.

The participation of participants with fewer opportunities will be encouraged.

Application form <https://forms.gle/dMh1USyHVMMc5ukT7>

Financial conditions

Accommodation and food: covered by Erasmus + Program.



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Travel costs are budgeted according Erasmus + conditions (using the EU distance calculator)
http://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en.

The following amounts are per participant.

Romania, Turkey, The Republic of North Macedonia, Serbia – 180 EUR

Greece, Georgia, Latvia, Estonia, Ukraine, Bosnia And Herzegovina – 275 EUR

Portugal, Spain – 360 EUR

Important!

Reimbursement of travel costs of the participants is ALWAYS based on receiving all the eligible travel documents (tickets, invoices, boarding passes, etc.) in original (or in electronic original where available).

We ask you to use only the cheapest way of transportation (in case of overpriced ticket, we can only pay up to the price of a usual cheapest ticket for the route given). To avoid problems, make sure to select your tickets well before and consult with us before booking. Do NOT book tickets on last minute.

Venue and accommodation

City The training course will take place in Sofia, Bulgaria. Sofia is the capital of Bulgaria. There is an airport, international bus station and railway station. More info about the city you can read here:

<https://www.visitsofia.bg/en/>



Hotel Participants will be accommodated in a hotel in Sofia – Hotel Light - <https://hotellight.com> .

Internet connection will be available at all venues of the project. The accommodation will be in rooms with 2 beds.

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We could organise transfer to the hotel. We need to know your arrival point and time ☺

Travel tips and meeting info

Make sure you have a valid (not expired) ID card or a valid Passport. Also, make sure to have your **European Health Card**. Medical insurance for each participant will be made for the duration of the stay in Bulgaria.

Please use the cheapest possible means of transportation - **second class**. If you will use train and/or the bus as well, please use the second class, this is very important.

Keep all your boarding passes and travelling tickets otherwise, we will not be able to make any reimbursement!

Only public transportation will be reimbursed (e. g.: taxi at your own expense).

When you arrive at:

- **International Airport, Sofia, Terminal 1 or Terminal 2:** you could take a taxi, bus, metro or we could organise transfer and to be picked up by our volunteers.

- If you will decide to **travel by train or bus** you will arrive at main (bus/train) station. It is 1.5 km walking distance. You will be picked up by our volunteers.

Important!

Bulgaria is not part of the Euro Zone and our currency is the Leva (BGN). You can exchange money in exchange offices or banks. The official course is 1 EUR = 1,9558 BGN

Reimbursement

For the reimbursement, you need:

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- An invoice for the tickets
- Non-online purchases: a receipt (showing that you have paid the money) – only for train and bus tickets
- Document showing that the money was paid (receipt, bank confirmation etc.)

For the airplane tickets:

- Flight ticket (with the name of the passenger and flight details)
- All boarding passes
- Confirmation of reservation

Please, make sure that you have all these documents when you come to the training course (of course, the return boarding passes might be sent after the seminar).

Please DO NOT lose your boarding passes, train tickets and/or bus tickets. We will not be able to make the reimbursement anymore, if you lose them.

We encourage you to find flights which allow online check-in and also we recommend you to use the mobile check-in (when possible), as this way you can save a copy of your boarding passes easily and thus you can even make a print screen of the document and store it in a safe folder on your phone/cloud etc.

Reimbursement could be done by bank transfer or in cash, according to the rules of Erasmus+ and our National Agency.

What to bring along

Comfortable/casual clothing



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Make sure to bring comfortable clothes. During November, the weather in Bulgaria will generally be cold. You will need some warm clothes. The average temperature in Sofia in November is usually 5-10 degrees Celsius during the daytime and below zero Celsius at night.

Laptops

We encourage you to bring laptop/tablet or smart phone, as we will need several ones to work on the training course. We will bring ours, of course, but those might not be enough.

Eventually, don't leave at home your good mood and openness 😊



What to prepare?

Future participants are expected to make a little bit of research, prior to their arrival, on their local community and to look into the youth work activities are specific to their countries. These will be delivered by the participants in a presentation, by national group at the beginning of the activities. The specific preliminary tasks are:

1. preparation of presentation about the real situation of eco- youth work – at organisation level and project partner country level; will be shared during the mobility;
2. preparation of presentation about the role of implementation of the eco practices for youth work in your organisation;
3. good practices for eco youth work; each partner organisation will share their experience from everyday work
4. Good practices and ideas to deal with climate change.

Virtual meeting between participants and our team will be organised. Will discuss all details and logistic aspects.

Please, join in our FB group for the project -

<https://www.facebook.com/groups/1036143103826394>

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Presentation of your organisation: Please be prepared to present your organisation during the meeting.

Cultural evening



Please bring something typical from your place in order to present to the other participants during the event of cultural night. Food, drinks, traditional clothes, music, any "interesting stuff" to show, tell us some curiosity about your traditions or social behaviours, teach us some dance, play a traditional game, everything but power point presentation and touristic videos, such as from YouTube!

Contact us

For more information, please contact the project coordinator by email: s_prista@abv.bg
Tel. +359 888 88 55 32 – Stiliyan Stanimirov, project coordinator

Emergency number 112

Find us here:





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PROGRAMME

PROGRAMME							
Day 1	Schedule	Day 2 welcome session	Day 3	Day 4	Day 5	Day 6 Evaluation and Feedback	Day 7
			interactive training sessions				
arrival and accommodation	8:00 - 9:00	Breakfast					
	9:00 – 10:00	Ice break games. Erasmus+ session. <i>Presentations of partner organisations</i>	Complexity of ecological problems. Ecological responsibility	Legal measures to control environmental behaviour	Green jobs. Opportunities for professional development	Reflecting and evaluating eco youth work developments	departure
	11:15	Break					
	11:30-13.00	General introduction to green youth work.	Green energy and energy efficiency. Food, waste, recycling, reuse	Environmental ethics and social responsibility	Creating environmental practices. Presentation	Eco Youth Work: Where do we stand? Where to go next?	
	13:00	Lunch					



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	14:00-17.00	Partners presentations Green skills and impact on youth work.	Outdoor activities Collecting ideas for eco youth work activities	Outdoor activities Towards a low- carbon economy. Environmental practices applicable in youth work	Outdoor activities Green productivity. Ideas for youth activities	Exercise on the futures of eco youth work. Youthpass time	
	17:00-18:00	session "Reflection and self-assessment"					
Diner	19:00	Diner				Cultural evening	