



ASSOCIATION WALKTOGETHER  
BULGARIA



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the European Union

# EU YOUTH EMPOWERMENT: GOALS UNLOCKED

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Training Course

14.07 – 20.02. 2024

BANSKO, BULGARIA

# PROJECT DESCRIPTION

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The "EU Youth Empowerment: Goals Unlocked" project is designed to equip youth workers across the European Union with the necessary knowledge, skills, and resources to effectively support and empower young people in achieving the objectives outlined in the EU Youth Goals framework. Recognizing the pivotal role of youth workers in shaping the lives and futures of young people, this project aims to strengthen their capacity to address the diverse needs and challenges facing today's youth.

# KNOWLEDGE GOALS

## Sustainable Development

*Awareness of sustainable development principles equips young people to address environmental and social challenges, contributing to a more sustainable future.*

## EU Youth Goals

*Understanding the EU Youth Goals provides a framework for young people to engage with and advocate for issues relevant to their lives and communities.*

## Youth Rights and Responsibilities

*Knowledge of youth rights empowers young people to advocate for themselves and others, fostering a sense of agency and citizenship.*

# SKILLS GOALS

## *Communication Skills*

Effective communication is crucial for understanding, expressing ideas, and collaborating with others.

## *Critical Thinking*

***Developing critical thinking skills allows young people to analyze information, make informed decisions, and solve problems.***

## *Collaboration*

Working collaboratively helps young people leverage diverse perspectives and talents to achieve common goals.

# ATTITUDES GOALS

## *Empowerment*

Cultivating a sense of empowerment encourages young people to take initiative, pursue opportunities, and effect positive change in their lives and communities..

## *Open-Mindedness*

***Being open-minded fosters empathy, understanding, and cooperation, essential for navigating diverse perspectives and fostering inclusive environments.***

## *Optimism*

Maintaining optimism inspires resilience, perseverance, and a proactive approach to overcoming challenges and pursuing goals for personal and societal progress.

# PARTICIPANT'S PROFILE AND INTERESTS

Our project welcomes individuals who are passionate about youth empowerment, sustainable development, and fostering positive change within their communities. Participants may include:

1. **Youth Workers:** Dedicated professionals working directly with young people in various settings, including youth centers, schools, NGOs, and community organizations.
2. **Educators and Trainers:** Teachers, trainers, and educators who are invested in equipping young individuals with the knowledge, skills, and attitudes needed to thrive in today's world. They are experienced in facilitating learning experiences and are eager to explore innovative approaches to youth development.
3. **Youth Advocates and Activists:** Young leaders who are actively involved in advocating for youth rights, social justice, and environmental sustainability. They are passionate about making a difference in their communities and are eager to connect with like-minded individuals to amplify their impact.
4. **Community Leaders and Volunteers:** Individuals who play leadership roles within their communities or volunteer their time to support youth-focused initiatives. They are dedicated to fostering inclusive and supportive environments for young people to thrive and are eager to learn new strategies and approaches for community development.

Age of the participants: Turned 23 years old, with no upper age limit.

# VENUE - HOTEL "ROYAL BANSKO"

We will accommodate you in apartments - 3 to 4 people. Food will be served in the hotel's restaurant based on swedish table- 3 meals per day. Please, keep in mind that the hotel is preparing the food for all the guests in the hotel and some of the days it might not address your diaries. You will also have at your disposal a swimming pool, sauna, table tennis an outdoor space and fitness.

Website: <https://www.royalbansko.bg/pictures>

Google Maps Location: <https://goo.gl/maps/DBydycdLEAayEwV98>



# HOW TO GET TO THE VENUE?

You will need to use public transport to get from Sofia to Bansko. 1. You need to get a subway from the airport in Sofia to the Central Bus station. For this you will need changed cash (1.60 bgn which is around 0.80 euro).

2. You need to get a bus from the Central Bus station in Sofia to the bus station in Bansko. For this you will also need changed cash (around 20 bgn one way which is around 10 euro).

From Sofia Airport to the Central Bus station:

Outside Terminal 1 you will find a white minibus labeled "Transfer Shuttle" (you can also ask a staff member for it), which will take you to Terminal 2 (around 7 mins). Once you're on Terminal 2, you have to get outside of the building and take the road on the left - you will see a sign for the subway entrance (it's right next to the airport building). Once you're inside the subway you have to take the BLUE line to "Serdika" station. Once you're there you have to change to the RED line, towards "Obelya" or "Lomsko Shose". Once you're on the RED line you have to get off at the second stop which is called "Central Railway Station." Once you're outside of the subway you will see the blue building of the station itself





# HOW TO GET TO THE VENUE?

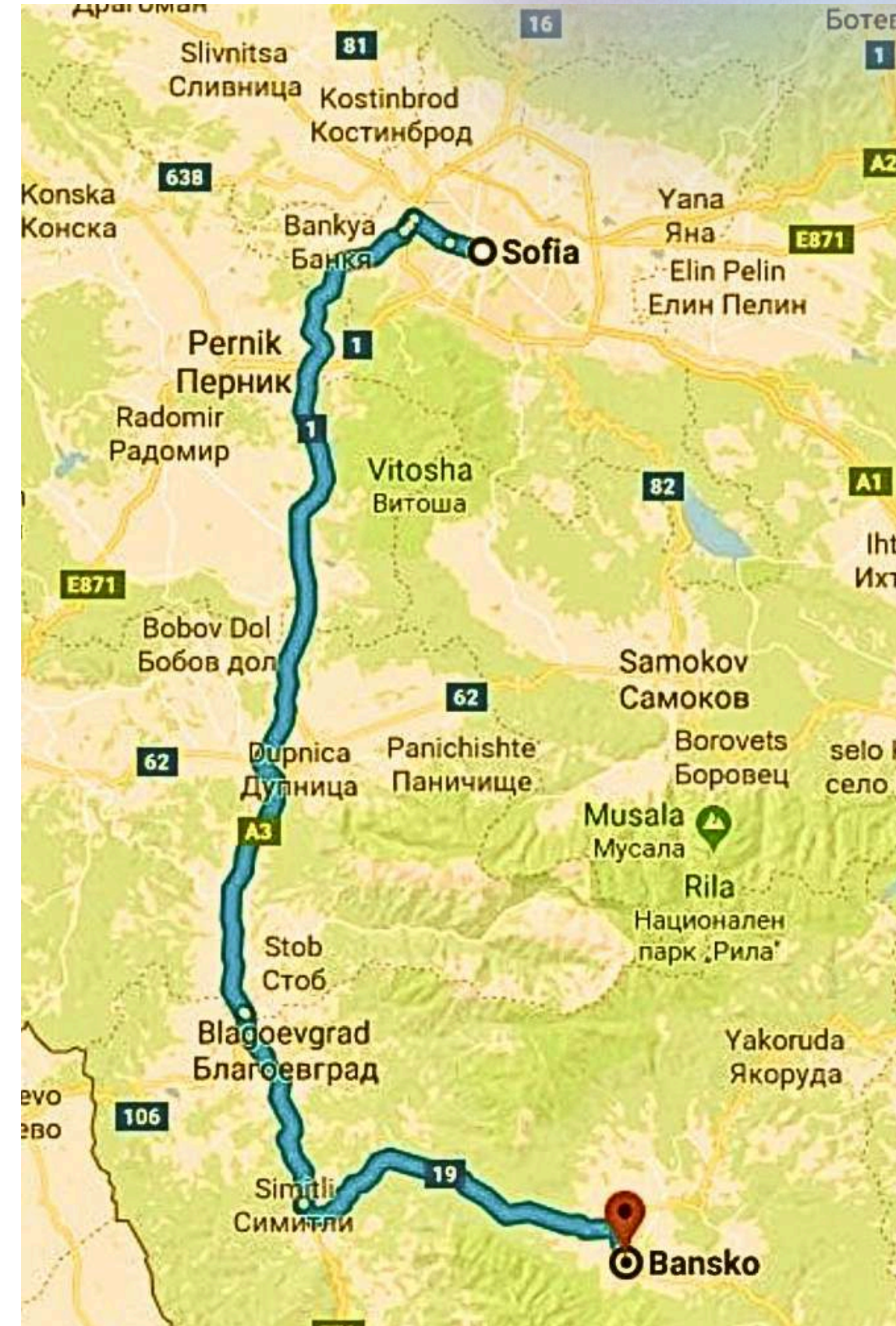
Once you reach the Central Bus station in Sofia, you need to get tickets to Bansko. You can do so inside the building itself at one of the registers. The bus leaves from the Central Bus station in Sofia and arrives at the bus station in Bansko in around 3 hours. Remember you will need to pay around 20 bgn (around 10 euros) in cash for this bus. The bus has a specific schedule and leaves from Sofia at 9:45, 11:25, 14:00. Keep in mind that these times may change, so check the departure times before you book your tickets for the plane.

You can do so at this website:

[https://www.centralnaavtogara.bg/index.php?](https://www.centralnaavtogara.bg/index.php?mod=06a943c59f33a34bb5924aaf72cd2995&d=1&t=24#b)

[mod=06a943c59f33a34bb5924aaf72cd2995&d=1&t=24#b](https://www.centralnaavtogara.bg/index.php?mod=06a943c59f33a34bb5924aaf72cd2995&d=1&t=24#b)

Please pay careful attention to these times and schedule your entire trip accordingly, seeing as there is no other way to get to Bansko. Once you're at the bus station in Bansko you can get to the hotel walking, or if needed, we can schedule someone to pick you up.



# REIMBURSEMENT AND TRAVEL BUDGET

Reimbursement of travel documents will be made minimum 2 months AFTER the project on the basis of ORIGINAL documents (TICKETS and INVOICES). If you have electronic tickets, we will require them on email and in the designated folders in GD. However if you have physical tickets we have to have the originals - this means to bring your originals with you and to post us the ones for your way back to our address with a RECOMMENDED LETTER. ONLY THE MOST ECONOMICAL WAY OF TRAVEL WILL BE REIMBURSED. You can buy priority boarding, however check-in luggage and everything else extra is YOUR OWN cost.

TICKETS WHICH ARE NOT APPROVED BY THE HOSTING ORGANISATION WILL NOT BE REIMBURSED.

PLEASE SEND US YOUR TRAVEL PLAN BEFORE BUYING ANYTHING on [ngo.walktogether@gmail.com](mailto:ngo.walktogether@gmail.com)

Participants can arrive 2 days earlier and stay 2 days after the project. Keep in mind that you have to pay your expenses for the extra days (accommodation, food etc.) on your own if you choose these options.

Travel cost will be reimbursed based on the distance calculator. You can check the link: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator> by adding your starting city and end city - Bansko.

Green Travel will be a PRIORITY that means: a transport with low emissions, as trains and buses and carpooling.

ARRIVAL: On 14.07. by 16:00h.

DEPARTURE: On 20.07. after 13:00h.

Program ends at 13:00h.



Travel distance	Standard travel	Green travel
0 – 99 km	23 EUR	
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR

# WALKTOGETHER'S TEAM



Management Team: Ida, Vili and Lora



Trainer: Tisha

## **For more projects:**

**Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:  
<https://www.facebook.com/groups/186132221744993>**

## **The Learning Pass 2024**

**You are welcome to join our new educational programme for 2024! Dive into non-formal learning exploration for a 50 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year! Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.**

