

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



OUT of the BOX



Samokov, Bulgaria
September, 2 - 8, 2019
(including travel)



Project

Summary

Samokov Municipality faces the challenges with the Roma youths, the young people from a disadvantaged background and the one with disabilities in its daily work. The way they see the world, the stereotypes citizens live with create an invisible barrier wall which prevents them to be active part of the live and to experience opportunities, which under other circumstances will lead to their personal development and success.

We truly understand that being active and effective part of the society requires an open mind, a positive attitude, a broader way of understanding, an acceptance and slight compromise on certain issues. In that context we came up with the "Out of the box" project idea.

The aims of the project are to take out the youths of their comfort zone, to make them understand that stereotypes are just putting useless restrictions that limit their possibilities and perspectives.





Project

Objectives

Bring together 40 youths and 10 group leaders from 5 countries to experience their differences through common activities in diverse fields such as informal education, culture, sports playing team games, organizing intercultural meetings and stereotype workshops.

Through informal interaction give them the opportunity to learn from each others personality and life experience.

Motivate the participants to come up with ideas of including youths of disadvantaged background in the social life.

Enable youths to create a brainstorming hub to gather on regular basis and after the end of the project ideas and proposals for activities, where they see a potential for development and which can contribute to their easier access into the daily issues, in the informal life "after school" and "outside the home" as a tool for personal building and personal development.

Motivate youth workers to search for innovative, eye-catching tools to easily and effectively work with Roma youths, youths with disabilities, youths of disadvantaged background.

Participants

We are searching for **8 young people and 2 group leaders** of each partner country:

Profile

Youths of Roma origin, disadvantaged youth or youths of disadvantaged social background and fewer possibilities – 4 per organization;

Participants are going to be from 16 to 30 years old. We expect group leaders to be 18+ years old and with previous experience in youth exchanges.

Participants in the project doesn't need to possess over specific skills and abilities which makes it perfect for a broader audience.

Good level of English;

Participants should be motivated and willing to dive into the topic, share their experiences, and use real life examples;

Participants should be open to challenge themselves for learning in the intense program of the exchange;

Participants will conduct Dissemination events in each country which includes: sharing personal impressions of the exchange ; showing the video and pictures of the exchange or performing one of the workshops/ flash-mobs created during the exchange.

Project

Elements

Workshops on the key competences and Youthpass used as a learning support system in the everyday reflection groups.

Non-formal education session related to stereotypes.

Body expression, Drumming Circle and other inclusive tools shared.

OUT OF THE BOX

Preparing and participating in **final happening** – **demonstration** of the learnings through the exchange in bigger social context.

Structured exercises and activities from outdoor, dance, theatre, art, carried out in mixed-nationality groups, couples, trios and individually, followed by debriefings about personal learning outcomes.

Self-directed learning of participants according to their own learning goals and the YouthPass process; - experiential learning putting in practice the methods developed in the exchange.

Theoretical input given in an interactive, dialogue-encouraging way.

Facilitated debates and discussions in plenary and in small groups.

Information sessions about YouthPass and the Erasmus+ Programme.

Project

Methods

Countries

- ✓ **Bulgaria – 20 EUR**
- ✓ **Macedonia – 180 EUR**
- ✓ **Romania – 180 EUR**
- ✓ **Italy – 275 EUR**
- ✓ **Spain – 360 EUR**

Food and accommodation are covered by the project.

On the left you can find the maximum allocated funds for travel (flights, train tickets, shuttle buses, etc.) per person per country.

Travel should be with public transportation only. Please note that only the cheapest options will be reimbursed, therefore no first class tickets!

Make sure that you get a receipt from ALL transportation. You **MUST** keep all receipts and boarding passes in order to be reimbursed.

Reimbursement



Accommodation

Arena Hotel is located in the central part of Samokov, with magnificent view to the Rila Mountain. The Iskar River, which is the longest river in the country, passes west of the hotel. The hotel has lobby-bar, classic restaurant, swimming pool with a semi-olympic size, relax area, sauna, aroma sauna, steam bath, adventure shower , fitness. Hotel Arena offers two conference halls having 120 seats convenient for work in daylight, a sound system and a flipchart. All hotel guests use free parking and Wi-Fi in the entire hotel.

Facilities nearby the hotel: tennis courts, mini football ground, playground for kids, two street fitness areas, round track, pump track. The hotel is connected with the sport hall Arena Samokov, designed for 26 different sports. From the hotel you go directly to the park “Krayiskarets” . There are two more parks in the town.

Samokov and the region are also famous with cultural and historic sights easily accessible from the hotel.

Only 10 km far way from the town is Borovets resort – the oldest mountain resort in Bulgaria. The resort offers excellent conditions for winter sports and it is the starting point for hiking and biking at the other seasons.

More information on Hotel Arena : <http://www.hotelarena-samokov.com/?lang=en>

Arriving at the

Venue



Arriving at Sofia Airport, Terminal 1 (T1)

Step 1: Shuttle bus from 5 a.m. till 11 p.m. driving every 10 min ensures direct transportation to Terminal 2 (T2) . Shuttle bus is free of charge.

Step 2: Metro station on Terminal 2 (in every 20 min.) - take the metro (blue line) for 10 stops and go down on station Jolio Curie. Ticket costs 1.60 BGN (ca. 0.80 Euro)

Step 3: From metro station Julio Curie you should reach Bus station South – 5 min. walking distance

Step 4: Take the bus to Samokov (75 min. diving distance). Buses are in every 30 min. from 7 a.m. till 8 p.m. Ticket costs 4-6 BGN (2 – 3 Euro)

Step 5: From the bus station in Samokov to the hotel Arena – 10 min. walking distance

Arriving at Terminal 2 (T2) – please follow the instructions above as of Step 2.

Total time for reaching the final point ca. 2 hours 30 min.



Метро София
Metro Sofia
metrosofia.com





Practicalities



A.

It is mandatory to have a valid travel and medical insurance (i.e. European Health Insurance Card. The host organization will not cover any personal health costs.

B.



The local currency in Bulgaria is Bulgarian Lev (BGN).
1 Euro is ca. 1.96 BGN.



Checklist

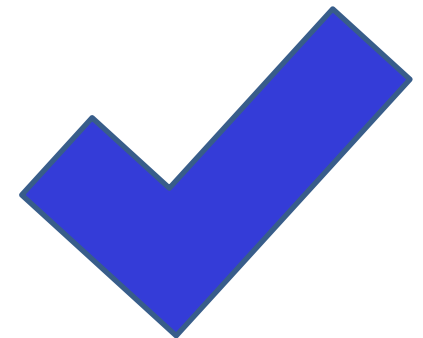
Save all your tickets and travel invoices and bring them to the project!

Make sure to obtain and bring your European Health Insurance Card. Make a travel insurance!

Create a brief presentation of your organization and bring any materials!

Think of a funny and creative way to present your country and culture at the Intercultural evening.

Bring traditional Snacks and Drinks for the Intercultural evenings!



Apply

for



OUT
of the
BOX

https://docs.google.com/forms/d/e/1FAIpQLSfe5KPZBYPjW5_JHeGUCfdou8HDkG4CltsZYIY02Zd98SivNg/viewform?usp=sf_link

Application due date: 31st July 2019

Contact us!

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Macedonia: Center for Education and Development., Mr. Lazar Gjorgjevski

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Romania: Asociatia Centrul Pentru Strategii de Dezvoltare a Tineretului, Mr. Tudor Andrei Vilceanu, programe.csdt@outlook.com

Italy: Associazione di Promozione Sociale Joint, Mr. Tommaso Poscetto Cosentino
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Spain: Ayuntamiento de Maracena, Mr. Noel Lopez Niares
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