



Youth Senate Bulgaria



SUNNY BEACH, BULGARIA

29.04.2023- 08.05.2023

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Hosting organisation:



**Youth
Senate
Bulgaria**

Youth Senate Bulgaria is one of the fast-growing non-profit organizations in Bulgaria that stimulates young people to discover their potential and talents. This NGO was established to provide learning opportunities for youths, social workers and volunteers, who want to gain skills in the field of innovations, digital technologies, active citizenship and how to start your own business successfully. The main aim we want to reach is to build a partnership that can be useful for our volunteers in the field of project management.

Our target group is youths aged 18-30 who are active and motivated to learn by doing, training, volunteering, travelling and discovering different countries and communicating with representatives of other international communities, to achieve our common aim we organize several courses.



Summary:



Young people in the European Union are becoming increasingly apathetic and disinterested in the world. Due to this, there is a decreased interest in political participation and this is mostly reflected in passive citizenship. The misinformation of young people is making them more and more individualised individuals and interest in politics and social life is sharply declining. Since young people do not take an active civic stance and the lack of political participation is palpable, it is also information on the functioning of EU structures and decision-making procedures that remains in the background, and the problem worsens considerably.

The monitoring of attempts to create platforms for political participation aims to strengthen the process of involving young people in these mechanisms. While the structure of the EEU and its functioning are essential, it is important to focus on a proper understanding of their concession and working methods. This is why in our project we have set out to look at the simulation of the work of the European Union, the European Commission and the European Council. Key issues for youth participation on climate, health and migration will be addressed.



Objectives:



As a result, our aim is to promote the participation of young people in decision-making processes and political mechanisms in the participating countries of the European Union.

Specific objectives:

1. To increase the interest of youth to actively participate in decisions on health, climate change and migration.
2. Providing young people with the processes and functioning of the European Union.
3. Raise awareness among young people about the need to participate in decision-making processes and political procedures.
4. To inform young people about the decision-making process in the European Union.



Profile of participants:

Each group will consist of seven young people aged between 18 and 30 years. The selection process will also give preference to people who have not participated in international projects and will pay special attention to participants with reduced opportunities. The partner organisations will select participants with cultural, health and geographical obstacles. People with fewer opportunities will have priority upon selection.



Partners:

	Country:	Name of the organisation:
	Spain	Asociación Arousa Moza
	Romania	ASOCIATIA TINERILOR CU INITIATIVA CIVICA
	Turkey	Düzce Alfa Gençlik Derneği
	North Macedonia	CET PLATFORMA SKOPJE
	Italy	YOUth Connect
	Netherlands	INTERNATIONALE ARBEIDSVERENIGING
	Greece	DreamTeam AMKE

Venue:

The venue for the project will be the most well known seaside touristic place in Burgas region of Bulgaria. Its name is Sunny beach and it is a lovely and nice place to organize and realize European mobilities.



Accommodation:

All participants will be accommodated during the project mobility in Hotel "Amaris", in the city center of Sunny beach, Bulgaria.



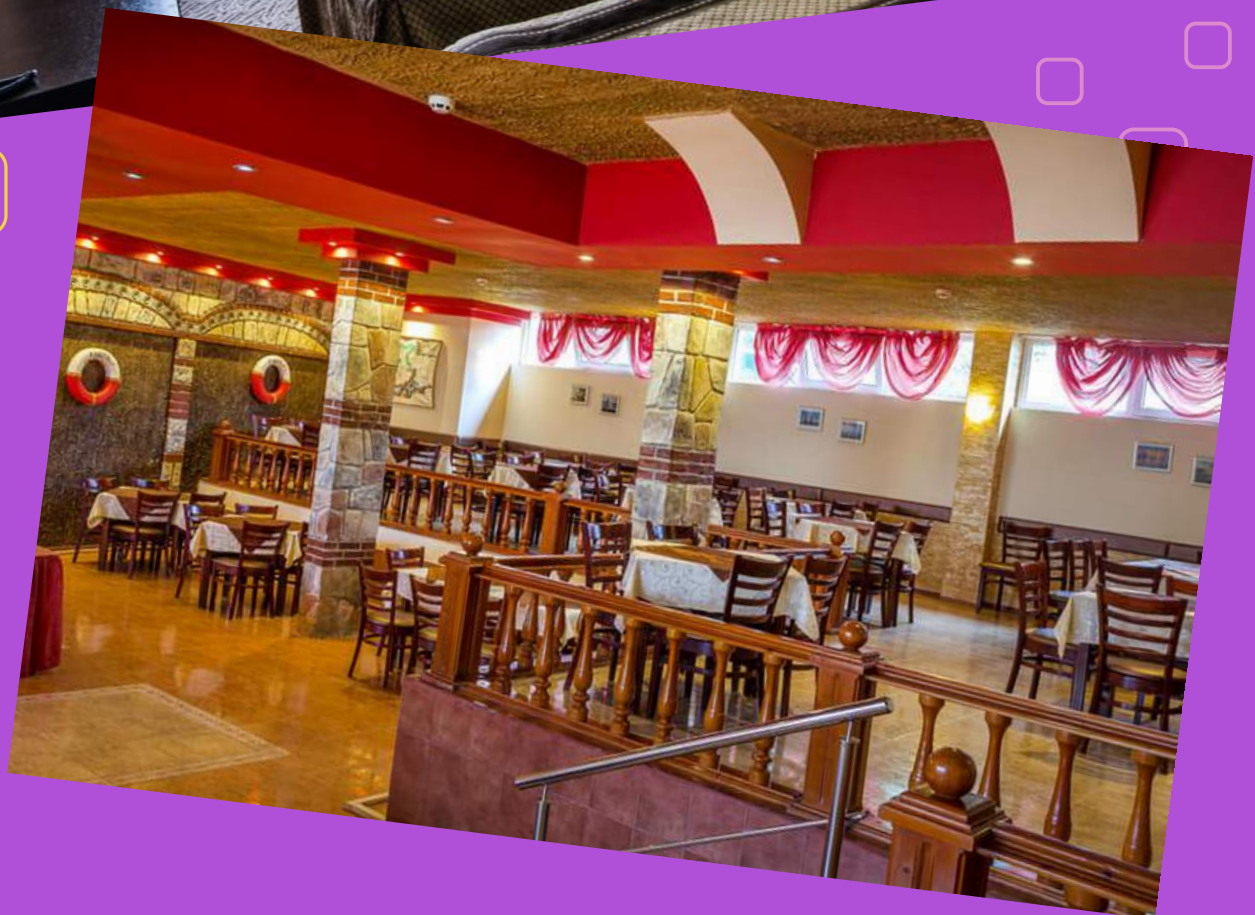
Accommodation:

Participants will be fed on a full board 3 times per day and two coffee breaks will be provided.



Accommodation:

There will be 2-3 people per room according to the gender ballance.



Free time:

During the free time, participants can use the hotel swimming pool and visit the beach in Sunny beach.

The hotel is located in the central part of the town near a number of shops, restaurants and night clubs.



Supermarket - 100 meters

Central Bus Station - 400 meters

Health center - 500 meters

Post office - 700 meters

Beach - 800 meters

Laboratory - 800 meters

Aquapark - 1.6 kilometers

The old town of Nesebar - 3.8 kilometers



Transport:

The main airports in the country are Sofia, Plovdiv, Burgas and Varna. The most frequent flights that can be found for the needs of the project are operated to Sofia Airport, Bulgaria and Bucharest Airport, Romania.

- From Sofia Airport

Travel is by metro to the Central Railway Station from where a train or bus can be caught in the direction of Burgas or Sunny beach.

* Travel by train is possible from Central Railway Station or Iskarsko Shose station to Burgas. Carrier - Bulgarian State Railway.

* Travel by bus is possible from Central Bus Station, located next to the metro station. Direct buses to Burgas run very frequently along the route, with connections to Sunny beach. Carrier - Union Ivconi and Biomet.

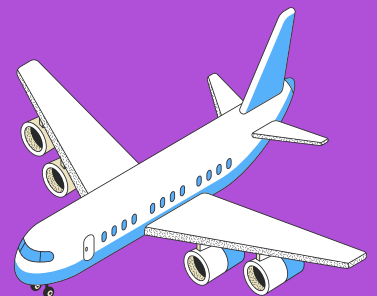
In case you arrive in Burgas from there you can use intercity bus transport to Sunny beach. Please coordinate your travel plan with us before picking up your tickets, as transport is limited at night.

- From Bucharest airport

Travel can be done by bus to Varna with Flixbus departing late in the evening. From there, travel to Burgas and Sunny beach is by intercity bus.

Further information, timetables, convenient modes of transport and applications for free navigation will be provided to selected people in detail.

Later arrival and earlier departure from the project are not possible, please note this once you apply.



Travel budget:

Country	Standard travel:	Green travel:	Participants:
Bulgaria	0 euro	0 euro	7 people
Turkey	180 euro	210 euro	7 people
Romania	180 euro	210 euro	7 people
North Macedonia	180 euro	210 euro	7 people
Greece	275 euro	320 euro	7 people
Italy	275 euro	-	7 people
Netherlands	275 euro	-	7 people
Spain	360 euro	-	7 people

The travel limit is written per person. Please note that green transport contains bus, train and carpooling. We highly encourage all participants to whom green transport applies to use it to protect the environment and travel safely. Possible changes to the budget may apply according to your departure city. Please check your exact budget with the EU Commission distance calculator. <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Extra time in Bulgaria:



Each participant can arrive 1-2 days before the project and leave 1-2 days after the project. Extra days beyond the mobility dates and costs related to accommodation and meals are covered by the youth.



Additional information:

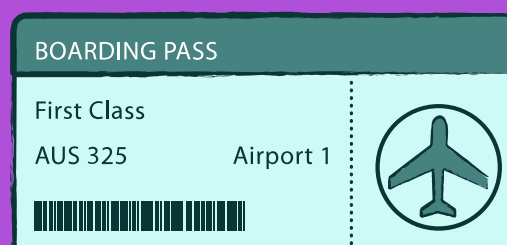


In order to ensure a smooth journey for the participants, we recommend that they are vaccinated, recently vaccinated and have had an illness, as the host organisation cannot reimburse participants in the event of a positive Covid-19 test before, during or after the activities, except in case of force majeure.

The host organisation will inform the participants and project partners regarding the current cohort travel restrictions and relevant documents required.

The use of alcohol and drugs during the project activities will be absolutely prohibited. Those who violate the established rules of the project, harass others, undermine the prestige of the organization or commit systematic violations of the established norms will be excluded from the project. The sending organisation will be informed of this by email with details of the case and the specific reasons for removal.

Attendance at all project sessions is fully compulsory, failure to attend less than 80% of activities will result in cancellation of travel reimbursement.

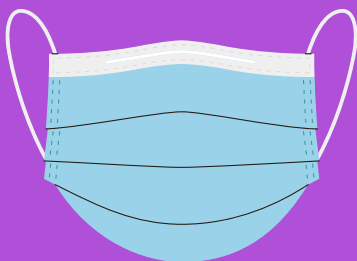


Additional information:

Three meals per day and two coffee breaks will be provided during project mobility. Participants who have certain dietary requirements, intolerances, allergies or other eating habits should inform the host organisation no later than one week before arrival so that options can be discussed with the hotel and meals can be re-arranged. Information received after this deadline cannot be taken into account regarding the meals and menu of the participants.

It is essential to note dietary habits as well as allergies, intolerances to certain things and medical conditions on the application form. Participants should self-suggest any necessary medications they use daily or think they will need to use during the project.

All project participants **MUST** have insurance covering medical and health expenses during the project in order to ensure their smooth stay in the country. For example, the European Health Card is issued free of charge. Please contact the sending organisation for further assistance.





Reimbursement:

Reimbursement will be made in the quickest possible way. We ask all participants to purchase their plane, bus, train or other transportation tickets as soon as possible. Before doing so, remember that you should make a note to contact the sending organisation and make a travel plan for the trip. It must be sent to the Youth Senate Bulgaria for approval via email. Travel plans that are not approved by us or purchased from a travel agency and online platform such as skyscanner, esky, kiwi or others will not be refunded.

Please take only your travel tickets from the official website of the carrier. Purchase the tickets for the project both ways for transportation. We will not be able to reimburse after the end of the project. All paper documents must be submitted in original to Youth Senate Bulgaria, take this into consideration so that you can have all return tickets to provide during the project, otherwise they will need to be posted by delivery company.

All attendees should note that this is a European project funded by the European Commission and the cheapest and most environmentally friendly travel routes will be considered for the participants' journey. The purchase of additional services such as seat, meals on board, automatic check-in, excess baggage, late arrival at the gate and other services not included in the standard ticket price will not be reimbursed.



Dissemination:

Dissemination is a crucial part of any Erasmus+ funded project. The European Commission is investing in You, as a community leader, as a change-maker, thus each of us is responsible to give back and share the positive experience among our network with the goal that at least one newcomer discovers the opportunities of Erasmus+.

Each participant (country group) is responsible to perform:

- Article: The youth will prepare an article with photos to be used by the news reporter to shape the overall publication.
- Website: Participants who have graphic design skills will help us shape the look of the website,
 - Social networking: daily reports, photo material, measurability of achievements and uploading of useful resources will be led by the project participants, who will themselves design and layout the news stories.
- Videos: On a rotational basis, participants will upload videos, interviews and submit daily vlogs on what is happening during its implementation. They will invite their friends and acquaintances to follow the channel to keep up to date.
- Workshop: After the participants return back to their country they will do at least one event.
- To submit the questionnaire from the European Commission.

The host organisation and partner organisations will assist and guide participants as needed.





Important notes:

- 1) Do not use a taxi or private car, it is not an eligible cost, in case there are other options.
- 2) NEVER lose your boarding cards, e-tickets, and bus/train tickets, you cannot be reimbursed without boarding documents.
- 3) Please make health and travel insurance from your own budget, It is vital for you.
- 4) There has to be a gender balance. All cannot be male or female.
- 5) Prepare some presentations for the intercultural night. You can put some pictures about your culture, songs, famous people etc
- 6) Bring national drinks, food, national clothes etc for the intercultural night.
- 7) Take photos, newspapers, booklets, brochures etc for the NGO fair. You will be given stands and you will talk about your organization to the visitors. Prepare a presentation about your NGO/group.
- 8) Fully participation in the project is obligatory in order to get the reimbursement.
- 9) To take part in all the stages of the project (preparation, implementation and dissemination).
- 10) To follow the rules and conditions of the hosting organisation and the accommodation.

Contacts:

Youth Senate Bulgaria

Don't hesitate to contact us with any questions or for assistance. Our team is here to help and to make your participation even better. Don't wait to apply for this amazing project.

E-mail:
youthsenatebulgaria@gmail.com