

Youth Senate Bulgaria



SUNNY BEACH, BULGARIA

A1 - HEROES OF PLANET EARTH (8 - 17.9.2023)



This project is financed by the European Commission through the Erasmus plus Program. This publication reflects the view only of the author, and the European Commission cannot be held responsible for any use which may be made of the information contained therein.

Hosting organisation:

The logo for Youth Senate Bulgaria features the text "Youth Senate Bulgaria" in white, bold, sans-serif font, centered within a dark blue circle. This circle is partially overlapped by a larger, semi-transparent light blue circle behind it, creating a layered effect.

**Youth
Senate
Bulgaria**

Youth Senate Bulgaria stands as a beacon of empowerment, proudly accredited under the esteemed Erasmus+ program's Youth Sector. Our accreditation is not just a badge; it's a testament to our unwavering commitment to delivering top-notch learning experiences that transcend geographical and cultural boundaries.

At the heart of our organization lies a deep-seated dedication to fostering personal growth through experiential learning. Our meticulously designed programs are tailored to cater to the needs of youth, social workers, and volunteers. We equip them with a diverse array of skills that are not just relevant, but crucial, in today's rapidly evolving world. From honing digital proficiency to nurturing entrepreneurial acumen, our courses serve as a transformative conduit for self-improvement.

However, our work doesn't stop at individual development. By emphasizing the importance of effective project management and forging strategic alliances, we're not just creating a network – we're building a vibrant ecosystem where dreams don't merely stay as dreams; they evolve into impactful projects that drive tangible change.



Summary:



"Heroes of Planet Earth" is an innovative Erasmus+ project aimed at addressing a critical and pressing challenge that young people face today: the escalating environmental crisis. Recent statistics and research highlight the gravity of this issue, with the European Commission's Green Deal initiative underscoring the urgency for comprehensive action. Young people are witnessing the alarming impacts of climate change, deforestation, pollution, and resource depletion on a global scale. A Eurobarometer survey conducted by the European Commission reveals that 93% of European citizens consider environmental protection a priority, with 68% believing that the EU should take more action in this regard. Furthermore, the United Nations warns that climate change and environmental degradation are the most significant threats to global well-being, affecting everything from food security to livelihoods.

Despite the growing concern, many young people face barriers to effective engagement with environmental issues. Limited access to accurate information, resources, and platforms for action often lead to feelings of helplessness and disillusionment. This gap in knowledge and empowerment inhibits their ability to contribute positively to addressing these challenges.



Objectives:



The main objective of the "Heroes of Planet Earth" project is to empower and inspire young participants to become effective climate change advocates, equipped with the knowledge and determination to drive impactful action towards a more sustainable future.

The sub-objectives of the project are:

- Inspire participants to adopt sustainable practices in their daily lives by calculating and reducing their carbon footprints, turning knowledge into tangible action.
- Enhance participants' understanding of climate change, its causes, and consequences, fostering informed discussions and advocacy for urgent climate action.
- Integrate informative sessions into the campaign to raise awareness about the impact of pollution on ecosystems and public health, aiming to transform participants into informed advocates.
- Encourage participants to organize local cleaning events, collaborating with community members, schools, and local authorities to foster a sense of shared responsibility.
- Equip participants with skills to visually communicate environmental messages through compelling photographs and videos, emphasizing the power of visual storytelling to inspire change.
- Guide participants in understanding and applying the principles of the 5Rs (Refuse, Reduce, Reuse, Recycle, Rotanagement).

Profile of participants:

Each group will consist of 9 young people aged 18 - 30 years and 1 group leader over 18 years, where 8 of them will be with fewer opportunities. 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, economical and geographical obstacles. People with fewer opportunities will have priority upon selection.



Partners:

Country:	Name of the organisation:
 Greece	DreamTeam AMKE
 Turkey	Creative Youth Academy
 Romania	ASOCIATIA TINERILOR CU INITIATIVA CIVICA
 North Macedonia	CET PLATFORMA SKOPJE



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 "Bahami Residence", 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.



Aquapark - 450 meters

Supermarket - 500 meters

Health center - 600 meters

Laboratory - 750 meters

Beach - 800 meters

Post office - 900 meters

Central Bus Station - 1 kilometer

The old town of Nesebar - 6 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.

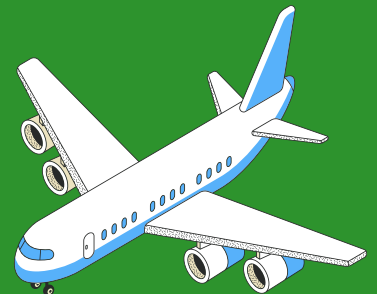
In case you arrive in Burgas from there you can use intercity bus transport to Sunny beach. Please coordinate your travel plan with us before picking up your tickets, as transport is limited at night.

- 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.

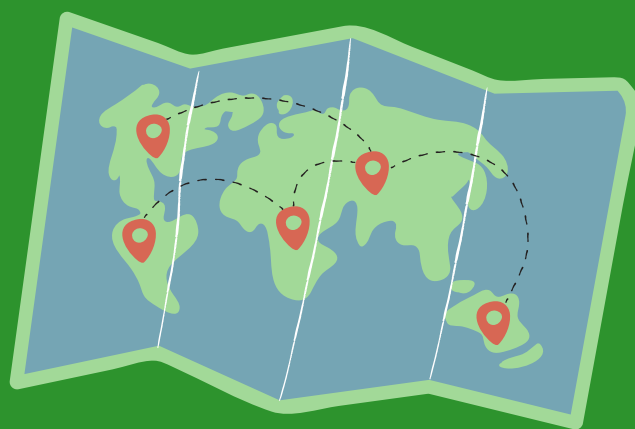
Further information, timetables, convenient modes of transport and applications for free navigation will be provided to selected people in detail.

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	10 people
Turkey	180 euro	210 euro	10 people
Romania	180 euro	210 euro	10 people
Greece	275 euro	320 euro	10 people
North Macedonia	275 euro	320 euro	10 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:

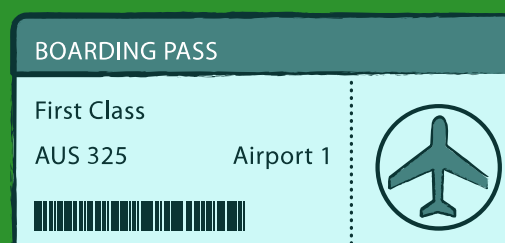


In order to ensure a smooth journey for the participants, we recommend that they are vaccinated, recently vaccinated and have had an illness, as the host organisation cannot reimburse participants in the event of a positive Covid-19 test before, during or after the activities, except in case of force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

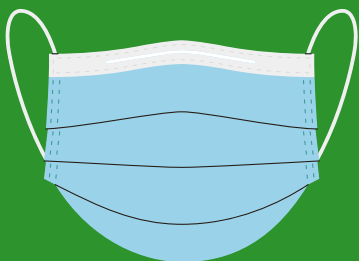


Additional information:

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.

All travel plans must be approved by Youth Senate Bulgaria via email. Priority boarding + 2 cabin baggage is allowed. Checked baggage is NOT covered. All tickets MUST be presented in original. Photos of tickets or scanned copies will not be refunded.



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:

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**Youth
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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:
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