

YOUTH EXCHANGE PROJECT

RECYCLE YOUR FUTURE

SUNNY BEACH, BULGARIA
(10.06 - 19.06.2024)



HUMAN
RESOURCE
DEVELOPMENT
CENTRE



Co-funded by
the European Union

Hosting organisation:



At Discover the world we have always strived to give a new opportunity to young people who have limited abilities. One of our main ideas is to support them and encourage their civic involvement. Our organisation works with young people aged between 18 and 30, in different cities around the country, organising local events, awareness campaigns and workshops.

The goals of our organization are:

- Educating the population on youth and European policies.
- Promoting active citizenship, human rights and democratic society.
- Emphasizing environmental protection, emission reduction, waste reduction and recycling.
- Identifying problems at local and national level and making decisions to tackle them.
- Promoting social and economic development in the country.



Summary:



According to the World Bank, twelve percent of all garbage on the planet is comprised of plastics, which poison our rivers and ecology for thousands of years at a time. In recent years, waste management has received a significant amount of attention as a result of the adoption of measures that are based on nations. The rate of environmental pollution may be significantly lowered by improving the recovery sensibilities of young people, who will play a vital role in the administration and social life of the world in the foreseeable future. With all of these suggestions and pieces of information, we have come to the conclusion that we should write this proposal in order to lessen our impact on the environment and improve the quality of life for future generations. For the sake of future generations and in accordance with the principles of international law, we need to make it easier for them to live in this planet.





Objectives:



Within this framework, the overarching objective of our project is to raise the level of knowledge among young people about recycling and to broaden the level of awareness regarding zero waste.

The following is a list of specific objectives:

- To educate younger generations on proper disposal of garbage
- To encourage and educate younger generations more effectively about the need of recycling rubbish.
- To acquire the appropriate skills for the categorization of trash for young people
- To raise awareness about the seriousness and consequences of environmental contamination
- To enhance the knowledge about the recycling of items inside the community



Profile of participants:

Each group will consist of seven people in total - six young people aged between 18 and 30 years and one group leader 18 + 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 economical, social and health obstacles. People with fewer opportunities will have priority upon selection.



Partners:

	Country:	Name of the organisation:
	Spain	XERACION VALENCIA
	Romania	ASOCIATIA TINERILOR CU INITIATIVA CIVICA
	Turkey	Antalya Değer Yaratanlar Derneği
	North Macedonia	CET PLATFORMA SKOPJE
	Hungary	Kulturális Kapcsolatokért Alapítvány
	Greece	UNITED SOCIETIES OF BALKANS

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 "Sun Palace", 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

Pharmacy - 200 meters

Health center - 300 meters

Night Club - 350 meters

Beach - 400 meters

Central Bus Station - 750 meters

Aquapark - 1 kilometer

The old town of Nesebar - 4 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.

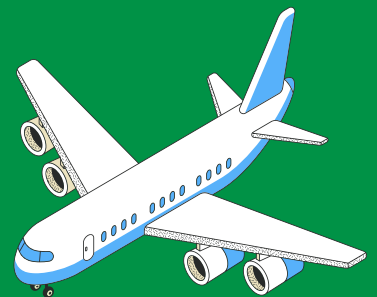
In case you arrive in Burgas from there you can use intercity bus transport to Sunny beach. Please coordinate your travel plan with us before picking up your tickets, as transport is limited at night.

- 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	7 people
Turkey	-	210 euro	7 people
Romania	-	210 euro	7 people
North Macedonia	-	210 euro	7 people
Greece	-	210 euro	7 people
Hungary	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.

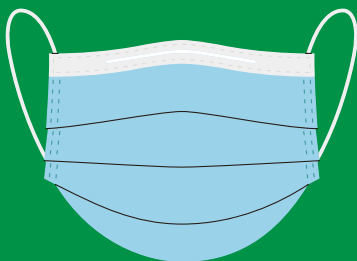


Additional information:

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 hosting NGO 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 the hosting NGO, 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.
- 11) After 11 PM is forbidden to have any noise inside the hotel.

Contacts:



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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.

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