

Training Course

“Youth information - key to success”

06-12 October 2016

Ruse, Bulgaria



“Youth information - key to success” is an Erasmus+ youth workers mobility project funded by the European Union. The project coordinator is Association “IMPULS” which will implement it in partnership with Municipal Youth Centre Ruse, Bulgaria.

Dates of project activities: 06.10 - 12.10.2016 Ruse, Bulgaria

Partners in the project:

1. ASOCIACION JUVENIL INTERCAMBIA – Malaga, Spain.
2. YOU IN EUROPE – Nea Moudania, Greece
3. AVENTURA MARAO CLUBE - Amarante, Portugal
4. FUNDACION IUVE – Madrid, Spain
5. RONESANS Enstitüsü Dernegi – Ankara, Turkey
6. ASOCIATIA ZURY – Timisoara, Romania
7. Yalova University – Yalova, Turkey
8. Asociatia Culturala pentru Copii si Tineret Millenium Art –Giurgiu, Romania
9. Municipal Youth Centre Ruse, Bulgaria
10. Association IMPULS – Ruse, Bulgaria

SUMMARY OF PROJECT:

The main objective of the project *“Youth information - key to success”* is to enable youth workers to meet, gain new knowledge and new skills necessary in order to raise the quality of their work, to share best practices in this area, to write standards for working of the youth workers with youth information and to create an information network with the participating organizations. The training will be held from 6 to 12 October 2016 in Rouse and will be led by experienced trainers who will use interactive methods, typical for the non-formal education field. As a result of their participation in this training, youth workers will create a basic concept and action plan for working with youth information in their organizations, which will be based on generally accepted methods which are imposed at European and international level. The discussion platform which will be created during the project will become a source of youth information not only between the participating partners but also among other European and international organizations.

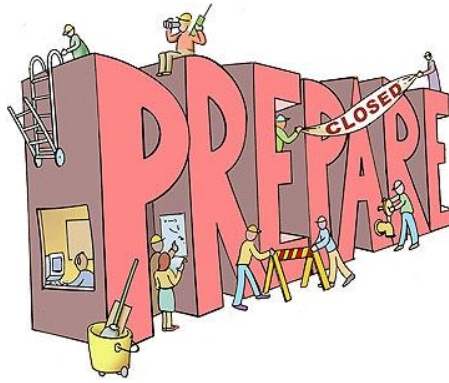
Another aspect of the project is to meet the cultures of our countries. With intercultural nights, presentation of our cultures and traditions and spending informal time together, we are strengthening unique European identity.

Some of the topics in the programme are:

- Background and Principles of Youth Information
- Youth Information in Practice
- The Art of Working with Young People in a Youth Information Setting
- Continuous Professional Development in Youth Information Work.

Participants: 3 per organization – youth workers and youth leaders over 18 years old, who are motivate to learn and share knowledge and skills.

WHAT TO PREPARE BEFORE THE TRAINING



1. For the intercultural night bring some food and drinks from your national cuisine (not much). Don't bring anything that needs to be cooked. Could you please prepare some national music, videos, posters etc. that will present your culture in a best way? (10 minutes per country)
2. Leaflets, posters, brochures, and other materials presenting your organization if you have.
3. As a small homework project, please make a research and team discussions with youth workers from your organization about the topic of the project and collect information about:
 - history of the youth information in your country
 - level and quality of the youth information service in your country
 - good practices in your organization or country, like youth information networks etc.
4. Declaration from the president for the reimbursement (see the section Reimbursement)
5. Participants have to participate in result sharing after mobility when they go home. Example; share with partner organizations, colleagues and friends web links to project results, multimedia, etc. Share this links on social networks, through email, et

IMPORTANT INFO

INSURANCE

The European Health Insurance Card -Every EU citizen has right to European Health Insurance Card – get one before coming to Bulgaria. The European Health Insurance Card (or EHIC) is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EU, EEA countries and Switzerland to receive medical treatment in another member state for free or at a reduced cost, if that treatment becomes necessary during their visit (for example, due to illness or an accident), or if they have a chronic pre-existing condition which

requires care such as kidney dialysis. The term of validity of the card varies according to the issuing country. More info on <http://www.nhs.uk/chq/Pages/1073.aspx>.

We recommend you to make an additional health insurance before your coming to Bulgaria

Youthpass

At the end of a project you will get Youthpass certificate. More about Youthpass will be presented during the training, but you can also read here www.youthpass.eu

Accommodation



We are staying at Hotel Lombardi in Ruse - <http://lombardi-ruse.com/>, which is a small friendly hotel in city centre of Ruse

TRAVEL AND REIMBURSEMENT



You have to book and buy your tickets to Bulgaria as soon as possible, but after 1 of August 2016. We recommend you to discuss in advance with us your flight and time of arrivals /departure before you buy the tickets.

We would like to remind you to take and keep an invoice about the tickets. Please, send us your place and time of arrival in order to support you in your traveling to Ruse.

Arrival in Bucharest

Please send us your arrival time and we will try to help you with the traveling to Ruse. There are fewsome buses and 1 train per day, but for 3 persons it's better to take a taxi. It costs around 15-20 Euro per person and if you take an invoice from the driver we can reimburse the amount for the taxi. If you choose to travel by taxi, please write us, we will help you to arrange that!!!

For those who arrive in Sofia

From the airport you have to go to the Central bus station. You can use an underground from the Sofia airport or a taxi. A Taxi from the Sofia airport to the city center costs around 10 Euro. **BE CAREFUL WHEN YOU TAKE THE TAXI AND LOOK FOR THE STICKER ON THE WINDOW WHERE THE PRICE PER KILOMETER IS SHOWN!** Take cars of the company which has an agreement with the airport (they have an office inside the terminal). There are some buses to Ruse -in 00.30, 07.00, 08.00; 09.00, 10.30; 12.30; 14.30; 15.30; 16.00; 17.30; 19.00; 22.00. The travelling by bus from Sofia to Ruse is around 5 hours, the one- way ticket costs around 13 Euro .

For the participants from Yalova, Turkey - there is every day buses from Istanbul to Ruse, for the participants from Romania we can discuss the best way of traveling for you.

REIMBURSEMENT

This project is co-funded by the European Commission. Erasmus+ programme offers a fixed amount for the trip of the participants based on the distance between the sending organization and the receiving one. If your trip is more expensive than the maximum limit set below, it will be the participant to pay the difference between the maximum amount and the real price of the ticket.

The travel expense limits per country are as follows:

| Country | City | Organization | Travel budget per person | Number of participants |
|----------|--------------|----------------------|--------------------------|------------------------|
| Spain | Madrid | Association IUVE | 360 Euro | 3 |
| Greece | Nea Moudania | You in Europe | 180 Euro | 3 |
| Portugal | Amarante | Aventura Marão Clube | 360 Euro | 3 |
| Spain | Malaga | Intercambia | 360 Euro | 3 |

| | | | | |
|---------|------------|--------------------|----------|---|
| Turkey | Yalova | Yalova Univercity | 180 Euro | 3 |
| Romania | Timisioara | Association ZURY | 180 Euro | 3 |
| Turkey | Ankara | Renesans Institute | 275 Euro | 3 |
| Romania | Giurgiu | Millenium Art | - | 3 |

We will reimburse the travel costs after the project activities by one bank transfer to the sending organization (for all the participants) but only after receiving all the original travel documents from the participants from the respective organization.

You have to keep and send us:

1. Your invoices for the plane tickets
2. Plane tickets
3. Boarding cards
4. Bus tickets
5. Train tickets
6. Other documents for your traveling showing the price paid

N.P The travel calculations are based on the distance calculator of the European Commission http://ec.europa.eu/education/tools/distance_en.htm for traveling of the participants from the town of the Sending organization to Ruse. If there is a participant traveling from another place we have to calculate the distance by the distance calculator from the actual place of departure to Ruse and check the band and the amount of the travel costs which can be covered and which can be less than the maximum amount indicated in the aforementioned table.

There is no participation fee for the participants in this project!

Deadlines:

- After 1 of August you can start to look and book your flight tickets, but do not forget to discuss this with us before buying them.
- Till 15.09.2016 – You have to send us the names, sex and way of traveling of the participants of your organization
- Till 25.09.2016 – The participants have to fill in and send back a questionnaire for the personal expectations, practical information, food allergies, special needs etc. /the questionnaire will be sent to you at the end of August/.

If you have any questions or need additional information, don't hesitate to contact with us:

Project coordinator and contact info

Association IMPULS; Teodora Trayanova (FB), tel. +359 894 406 421, impulsprojects@gmail.com

ABOUT BULGARIA



Capital: Sofia (2 mil. Inhabitants)

Official language: Bulgarian, alphabet – Cyrillic

Religion: Orthodox (85%), Muslim (8%), others (7%)

Time zone: GMT (London) + 2 hours, East-European time (Germany) + 1 hour

Climate: Continental to Mediterranean in the South parts of the country. Average temperatures during January vary from -2 to 2 degrees centigrade in the valleys to – 10 degrees centigrade in the mountains. Average temperatures for October vary from 7-15 degrees centigrade in the valleys to 5 degrees centigrade in the high mountains. Rainfalls are 450-600 mm in the valleys to 1300 mm in the mountains.

You can see the Ruse's weather forecast in next 10 days in this web - www.foreca.com/Bulgaria/Ruse

Electricity: 220 V, 50 Hz

Entrance in the country: Most of the foreign citizens entering Bulgaria don't need visa but they must carry their valid international passport. The list of the countries which citizens need visa, when entering Bulgaria, can be found at www.mfa.government.bg

Custom's formalities and limitations:

Upon crossing the state border of the Republic of Bulgaria passengers may import and export duty free commodities that in type, quantities, and value are not of a commercial nature and personal belongings. Common custom declarations and restrictions are applied for import and export of currency, food, alcohol and goods. There is a special custom regime for antiquarian objects, historic and cultural treasures, medicines, narcotics, weapons, ammunitions.

Money exchange: The Bulgarian Lev is pegged to the Euro. 1 EUR = 1.955 BGN.

You may exchange money in banks and in any of the numerous exchange offices. Some of those offices are opened during the holidays. Euro-checks may be cashed on a lot of banks.

Approximate Exchange Rates for 1 BGN:

1 USD 1.56 LEVA

1 EURO 1.96 LEVA

1 CHF 1.39 LEVA

1 GBP 2.28 LEVA

Credit cards: Most of the hotels work with VISA, Master Card or American Express.

Taxi-cabs: In towns and resorts there are taxi-cabs situated in the respective taxi ranks. People can take a taxi by calling a taxi company or in the street.

Urban transport: In towns there is urban transport: buses and mini-buses. In Sofia there are trams, trolley buses and underground. Tickets are usually bought before getting on the vehicle.

Car rental: You can rent a car from international rent-a-car companies such as AVIS, Hertz, Budget, Eurocar, etc. Many of the hotels in Bulgaria offer this service through a licensed Bulgarian rent a car companies.

Post offices and telecommunication: Working time of post offices is from 8:00 a.m. to 6:00 p.m. Postage stamps and postcards may be bought from the desks in the post office or from pavilions selling newspapers. There are a lot of internet-cafes from which you may talk cheap or send e-mails (most of them work 24 hours).

Local and international telephone services are covered through automatic street telephones operating with tokens and calling cards. Tokens for local calls (0.20 leva) and calling cards are available for purchase from any post office or places where newspapers are sold.

Important phones:

Dialing code for Bulgaria from abroad +359

Fire-brigade 112

First aid 112

Police 112

Emergency call number 112

Telephone information 11 800

Some examples of prices in the bars of Bulgaria:

coffee - between 1,00 and 2,00 BGN

beer - between 1,60 and 2,50 BGN

mineral water - 1,00 BGN

soft drink - 2.00 BGN

whiskey 0,50 ml - between 4,00 and 5,00 BGN

bottle of wine - between 10,00 and 20,00 BGN

Taxi - around 0,90 BGN per kilometer

About Ruse



Rousse is the fifth largest city in Bulgaria and the biggest city in the country on the bank of the Danube River.

It is situated 320 km away from the capital of Bulgaria- Sofia and 203 km from Varna. The city is also called "The small Vienna", because of its unique ancient architecture.

Almost 200 buildings in Rouse are included in the list for historical and architectural inheritance. The Dohodno building was built in 1902 and the liberty monument was officially opened in 1908. The first was built in German classic style and the monument is unique creation of the Florentine architect and sculptor Arlondo Tsoki.

The museums in the city are numerous: The Pantheon of the Renaissance men, the City's historical museum, Baba Tonka museum, Museum of the city's style and living standards in the Kaliopa's house, the National museum of transport and communications and etc. The Leventabiya fortress, the door of Mitiriza,

Mahamudova column, the “St. Trinity” Church and the Flotilla fortress are also attractions in the city. Rouse is a big and modern city with live nightlife, many night clubs and restaurants that suite even the most sophisticated taste. You can receive more information in the Tourism Information centre Rouse-
<http://rusetourism.org/index.php?lang=en>

