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Info pack for “From consumer to creator” 28.05 - 06.06. 2022 in Tryavna, Bulgaria

Project summary:

The main purpose of this project is to show the participants the importance of being properly informed by using reliable sources of information only, and to emphasize the importance of the fact, that media could be seen as our window to the reality of the other countries. This is extremely important, because globally, we see that the problem with the freedom of speech as well as the manipulation and fabrication of news. This part of our main goal is to provide detailed information about all types of media and to show their development and the advantages and the disadvantages of each and every one of them. All of this plays a huge role in your life, so if you want to be a responsible and active citizen, you to know what is happening around the world and be sufficiently informed.

Another main goal of ours is to show the participants how mass communication can shape our perceptions of reality in different ways and to show them how the system of mass media works. It is also very important for us to show them that they can be more than just media users – they can be creators of creative content that can become not only their profession but also passion and a new hobby for them. Therefore, we will teach the participants how to create videos and edit them (with the FilmoraGo and Lumen5 apps) and how to write different types of text in a way that may be of interest to the audience. We will also provide them with rules on how to write news and travel reports, allowing participants to see another viewpoint – the one of of the content creator. We will take them to one of the most beautiful places in Bulgaria – Veliko Tarnovo (the old capital of Bulgaria) and Bozhentsi (historical and architectural reserve) to inspire and provoke them to create while exploring the authentic Bulgarian culture.

One of our very important goals is to raise the awareness of participants about the psychological impact that social media has on people and society. One of the most important problems in our society today is the little knowledge that people have when it comes to the media and how to get information right. This is the reason why we aim to focus on solving this problem and will teach participants how to filter the information they reach, as well as to be informed only by reliable and well-established public media. We will also show them how the media works and what methods they use to influence our perspective. Another big problem is how little people know about the fact that social media can affect people's psyches in a very negative way. That is why we will pay special attention to this topic by holding discussions with participants and showing them videos of a world



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famous psychologist to significantly enrich their understanding of the effect of social media on us.

The subgoals of the project are:

- Raising the participant's knowledge of the Erasmus+ program and how they can benefit from it in their future personal and professional development.
- Enhance participant's project idea development skills.
- Enhancing participant's knowledge and skills to use different methods to create the right content.
- Promoting their active citizenship through the implementation of projects based on society's problem.
- Creation of a brochure and other digital materials to reach more young people who were not able to attend the project.

The following activities will be organized according to the methods used for them:

1. **Energizers and Icebreakers.** Each day, for 10-15 minutes before each session, participants will optionally present a game. Their aim is to raise the mood and energy level of the participants, to awaken and encourage them. The games are fun and easy, testing their concentration, reflexes speed, rational and fast thinking, etc.

2. **Teambuilding games (including logic games and decision-making games).** The purpose of these games is to provoke the teamwork of the participants and thus to turn the participants from "strangers to each other" into teammates to support and help each other. Logic games are intended to provoke them to think critically and to seek solutions to a problem, through discussions and compromises.

3. **Presentations and discussions.** Their purpose is to encourage young people to express and defend their opinions, as well as to improve their oratorical and organizational skills. Also encourage them to think critically and ask questions in front of many people when something is not clear to them. But the most important aspect is the public speaking because many people are worried about it and don't ask questions and present and defend their own opinions. They will be implemented in a formal and informal way. Formal will be the official presentation of statistics, information on a certain problem, visits to both facilities, etc. And the informal ones, through theater, drama, music, etc.

4. **Creative activities.** When creating the brochure and daily publications to disseminate the results, participants will need to include their creative and inventive thinking in these activities. The purpose of these activities is to better prepare them for future initiatives and events that they themselves will implement. In addition, the quality of the final product depends to a large extent on these activities and their dedication to produce a great document.



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Additional information:

Eligible participants per country: 4 young motivated people from Bulgaria, Greece, Lithuania, Latvia, Portugal, Serbia, Slovakia and Spain at the age of 16-22 and 1 group leader with no age limit, but 18+

Duration: 8 days + 2 more days for the travelling

Working language: English, at least lvl A2

Insurance & Health assistance: The insurance is a responsibility of each participant. The cost for issuing it will **not** be covered by the hosting organizations. **Before coming to Bulgaria, you must issue and have valid European Health Insurance Card and Health Care insurance for the duration of the whole project!**

Participant`s profile required:

- aged 16-22;
- English level (at least A2 level of speaking and writing);
- Committed to contribute to the follow up of the project;
- Gender Balance have to be followed as much as possible (2 Male and 2 Female participant per country + the group leader);
- Be interested in developing competences and implement follow-up initiatives;
- Be aware of the characteristics of the learning environment (non-formal education);

The group of each country will be obligated to conduct dissemination events for other young people in their city/town, within 2 months at the end of the youth exchange.

YouthPass:

Every participant is individually entitled to receive a Youthpass Certificate, which confirms participation and validates the non-formal learning (NFL) experience of Training course project. Validating the learning experiences of participants is important in itself and the document can be of benefit in terms of the educational or employment future of the participant. Through Youthpass the European Commission ensures the Training course activity is recognized as a non-formal learning experience.

(*For more information on Youthpass you may click on [this page](#) to check it online)



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What to bring with you:

- Bring your hygiene products (shampoo, toothpaste, etc...).
- Bring comfortable clothes and shoes (we will walk).
- Bring slippers, because it is NOT allowed to enter the houses with shoes.
- Each group should bring some food and drinks to represent their own country.
- Bring your national flag, magazines, postcards what will help you to introduce your country.
- Bring your sending organization's leaflets and any kind of information what you might have.
- **Please, find a nice mug from your city/town/country and bring it to the project. On the first day we will make a lottery and you will get a cup that you can use the whole week and later bring home with you as a memory. Less plastic, more beauty!**
- If you bring your laptop will be easier for working.
- And your good mood and positive attitude. This is the most important 😊

Travel cost reimbursement:

100% of the participants' travel costs will be reimbursed within the valid budget sums calculated according to the official rules of the Bulgarian NA in the frame of Erasmus +. If a sum exceeds the limit, the excess will be paid by the participants themselves. The reimbursement limit per participant is based and calculated according to the [official Erasmus+ distance calculator](#) and the rules of the program.

The reimbursement will be conducted either to the partner organization or to one of the participants' personal bank account. If the group decides on a reimbursement to a personal bank account, each one of them should sign declaration, confirming his will.

There will be only one bank account per country.

Important: In order to obtain reimbursement for the tickets, you need to follow these steps:

- 1) You need to present **ALL THE TICKETS (that includes all the boarding passes)**, including **RETURN TICKETS**, which you will send after realization of the project, otherwise you will **not** be reimbursed.
- 2) You need to use **PUBLIC TRANSPORT** e.g. planes, trains, buses, trams or underground.
- 3) You need to depart from the country where your sending organization is.
- 4) It is recommended to make scans of tickets before your arrival in case you lose them. The reimbursement will be done only in Euros.
- 5) You must complete the dissemination activities and send to the organizers evidences of them (pictures, videos, written report, etc.). Could be one for the whole group or individual – the decision is up to each participant and national group.

About the venue:

Participants will be accommodated in a house in double rooms each one with single beds and separated by gender. Each of the elegantly furnished and functionally equipped rooms has a shower, W.C., a telephone with a direct dialing system, satellite TV and Internet connection.

The menu will be adapted according to the dietary requirements and the allergies of each participant. Therefore, it is highly important to fill in fully and correctly the application form, especially regarding that matter!!!

Food will be delivered and in order to minimize the food waste and decrease our carbon foot print, a menu will be given to the participants and they will select their food for the next day. The mother Earth will really appreciate, if everyone of us pays close attention to the amount of food he/she takes





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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
08:00 10:00	ARRIVAL	Breakfast								
10:00 11:30		Introduction of the project. Getting to know each other.	Broken phone Importance of communication	Types of media, their development and influence	Media Content Creators and Consumers	Visiting Veliko Tarnovo	Hiking to <u>Bozentsi</u>	From words to actions	DEPARTING	
11:30 12:00		Coffee break								
12:00 13:00		Establishing group rules and teambuilding	Difficulties in team work	Types of media, their development and influence	FilmoraGo and Lumen5	Visiting Veliko Tarnovo	Hiking to <u>Bozentsi</u>	From words to actions		
13:00 15:00		Lunch and free time								
15:00 16:30		Presentation of Youthpass	Creative methods for finding solutions	How to get information from reliable sources.	News hunting	Visiting Veliko Tarnovo	Hiking to <u>Bozentsi</u>	From words to actions		
16:30 17:00		Coffee break								
17:00 18:30		Erasmus+ FAQ and more	Creative methods for finding solutions	How news is written	News hunting	Visiting Veliko Tarnovo	Hiking to <u>Bozentsi</u>	From words to actions		
18:30 19:00		Reflection groups + Youthpass diary								
19:00 21:00		Dinner and free time								
21:00 23:00	Free time	Intercultural evening 1	Intercultural evening 2	Intercultural evening 3	Intercultural evening 4	Free night	Bg night	Free night		Farewell party

Additional information about the surrounding

General info about Bulgaria:



Bulgaria, officially the Republic of Bulgaria (Bulgarian: Република България, tr. Republika Bǎlgarija), is a country in southeastern Europe. It is bordered by Romania to the north, Serbia and Macedonia to the west, Greece and Turkey to the south, and the Black Sea to the east. With a territory of 110,994 square kilometers (42,855 sq mi), Bulgaria is Europe's 16th-largest country.

Organized prehistoric cultures began developing on Bulgarian lands during the Neolithic period. Its ancient history saw the presence of the Thracians and later the Persians, Greeks and Romans. The emergence of a unified Bulgarian state dates back to the establishment of the First Bulgarian Empire in 681 AD, which dominated most of the Balkans and functioned as a cultural hub for Slavs during the Middle Ages and it makes it the oldest country in Europe.



With the downfall of the Second Bulgarian Empire in 1396, its territories came under Ottoman rule for nearly five centuries. The Russo-Turkish War (1877–78) led to the formation of the Third Bulgarian State. The following years saw several conflicts with its neighbors, which prompted Bulgaria to align with Germany in both world wars. In 1946 it became a single-party socialist state as part of the Soviet-led Eastern Bloc.

In December 1989 the ruling Communist Party allowed multi-party elections, which subsequently led to Bulgaria's transition into a democracy and a market-based economy. Bulgaria's population of 7.4 million people is predominantly urbanized and mainly concentrated in the administrative centers of its 28 provinces. Most commercial and cultural activities are centered on the capital and largest city, Sofia.



The strongest sectors of the economy are heavy industry, power engineering, and agriculture, all of which rely on local natural resources. The country's current political structure dates to the adoption of a democratic constitution in 1991. Bulgaria is a unitary parliamentary republic with a high degree of political, administrative, and economic centralization.

It is a member of the European Union, NATO, and the Council of Europe; a founding state of the Organization for Security and Co-operation in Europe (OSCE); and has taken a seat at the UN Security Council three times.

Currency: Bulgarian Lev (BGN). 1 Euro = 1.9558 BGN
([EC currency calculator](#)).

Alphabet: Cyrillic.



Look also:

<https://www.youtube.com/watch?v=AovyocYjK8I> – interesting facts about Bulgaria.

<https://www.youtube.com/watch?v=vSodz71rS7Q> – Bulgaria from above (drone footage).

<https://www.youtube.com/watch?v=5hIBp0DJfyI> - Bulgaria from above (drone footage).

<https://www.youtube.com/watch?v=PBVQsEMx1Ng> – Hollywood stars talking about Bulgaria.

General info about Tryavna:



Tryavna (Bulgarian: Трявна) is a town in central Bulgaria, situated in the north slopes of the Balkan range, on the Tryavna river valley, near Gabrovo. It is famous for its textile industry and typical National Revival architecture, featuring 140 cultural monuments, museums and expositions. Tryavna is the birthplace of Bulgarian writer Pencho Slaveykov and revolutionary Angel

Kanchev.

The town is the administrative centre of the eponymous Tryavna Municipality. As of December 2009, it has a population of 9,831 inhabitants. The village was founded as early as the Thracian Era. However, the first documents of its existence date back to the 12th century. During Ottoman Bulgaria period locals defended the pass and enjoyed privileges for this reason.



Only Bulgarians lived in the town. During the period of Bulgarian National Revival, the town was heavily involved in the development of crafts. Houses from this period feature their own architectural design. The ground floors had irregular forms and housed craftsmen and traders. The upper floors featured wooden bow-windows, the roofs were covered with well arranged rocks.

The town square, named Capitan Diado Nikola, with the clock tower, dating from 1814, is among the landmarks. Another tourist attraction is the "kivgireniyat" bridge, built above the river behind the clock tower. One of the first secular schools in Bulgaria was built on Capitan Diado Nikola Square. Another symbol of Tryavna is the St. Archangel Mihael Church, situated in the town center and built in the late 12th century after Bulgarian tzar Asen defeated Byzantine emperor Isaac II.



The wood-carved iconostasis and the bishop's throne in the church are real masterpieces of the woodcarving in Tryavna. Next to the school, is the Raykov house with its ethnographic collection, which is the birthplace of the first Bulgarian chemist, Pencho Nikolov Raikov. Not far away from it is the museum-house of Angel Kanchev who was Vassil Levski's compatriot.



One of the most visited museums in Tryavna is the Daskalov house built in 1808. The museum features the famous wood carved suns. The house is a museum of woodcarving and icon painting art. The remarkable ceilings were made after a bet between two of the best masters of wood carving — Dimitar Oshanetsa and Ivan Bochukovetsa. The two masters worked hard for six months in the two largest rooms in the house without having a possibility to see each other's work.

The Petko and Pencho Slaveykov museum-house, situated in the old part of the town, features an exposition of the poetical works of the two authors. The son, Pencho, was nominated for the Nobel Prize but died before having a chance to win it. The Kalinchev house, also in the old part, has been transformed into an art gallery, offering the collection, donated by Totio Gybenski. The Museum of icon painting and woodcarving with its collection of over 160 original icons, painted by well-known masters, is housed in the Tsar's chapel at a distance of the town center. The unique Museum of Asian and African Art is housed in the old public bath, on the riverside. Tryavna is proud with its great samples of the woodcarving, icon painting and original architecture. Today the town is a preferable tourist spot, featuring modern hotels, private lodgings and villas, restaurants and mehanas (taverns).



There is also an Art school where successors of the old icon painters and woodcarvers master these crafts. The Voneshta voda village resort, famous for its healing mineral springs, is located 20 km. away from Tryavna. The Bulgarka Nature Park is located in the Starina Planina, south on the city. The town is well connected with the whole country thanks to its excellent road network and railway station. Besides Bulgarian National Revival figures, another native is former Bulgarian NBA player Georgi Glouchkov.

Look also:

Around the town from the sky: <https://www.youtube.com/watch?v=GUH6igKc6iE>

Internet portal: <http://www.tryavna.bg/en/>



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About the Hosting organization:

["The Change is in You" Association](#) has been established to support the youngsters who are willing to broaden their horizons and make an actual change in their own societies by using and implementing what they have learnt from all around the world.

Since the registration of the association (06.10.2014), we have been officially partnering (or organizing) in more than 350 projects and initiatives of any kind. Since then, our hard and consistent work in the field of formal and non-formal education led us to a new success of our work – to be part of a group from the Bulgarian Ministry of Culture and Education, developing a strategy for supporting the personal development of young people in the frame of the formal educational system. Also, we have a main role in the establishment and work of the youth strategy in our municipality as well as leading position in the Youth affairs commission in Tryavna.

We are an umbrella organisation of the following institutions and organisations: Tryavna Rehabilitation and Social Integration Centre, "Kalina" kindergarten, "Svetlina" kindergarten, High School of Fine Arts – Tryavna, "Prof. P. N. Raykov" Elementary school, "P. R. Slaveykov" Secondary school, Vello club – Tryavna, „Future World” Association, „Waldorf education - Veliko Tarnovo” Association, Basketball club “Zograf”, Athletics Sports Club “Hammer”, Karate sports club „Hikari”.

Also, we are the founding NGO of the Network of Organizations “The Change is in You” – International. At the present moment we are opening 2 branches in Bulgaria (Sofia and Razlog), in Torino (Italy), Avignon (France), Riga (Latvia), Bucharest (Romania), Viljandi (Estonia) and in the nearest future in Croatia, Cyprus, Serbia, Germany and Hungary.

Our main goal is to create the bridge between formal, informal and non-formal education as well as the bridge between governmental institutions, business and society.

Our idea is via using non-formal methods and approaches to promote volunteering services and informal education as a tool for motivating youngsters to study harder and be more open-minded towards different cultures, religions, genders, nationalities, etc.

Main objectives of the organization:

*Help the development of the civil society and incorporation of young people into its democratic values and principles.

*Stimulate the unrestricted exchange of ideas and information, intellectual values and models of cooperation.

*Promote outdoor activities and healthy lifestyle.

*Promote entrepreneurial and business models.

*Promote quality education, social help and qualification of young people.

*Promote rural development through social entrepreneurship and active citizenship.

*Prevent and react against the negative phenomena amongst young people (youth crime, drug addiction, prostitution, racism, xenophobia, etc.).

*Help integration and socialization of people with disabilities, ethnic minority groups and young people in the lowest income bracket.

*Offer social favor to society.

*Stand up for the values of the civil society.



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- *Introduce new programs and models of human communication and relationships.
- *Partner and cooperate with local authorities, organizations and institutions connected with young people.
- *Give access of young people to modern achievements and information technologies.
- * Encourage wider participation of local community in education development and youth work.
- *Popularize European and local volunteering.

Our activities:

Besides the association`s experience, the key staff have around 10 years of experience with non-formal education and projects (Youth in Action, Leonardo Da Vinci, Erasmus Mundus, etc.). We work on common projects with Tryavna Social Rehabilitation and Integration Centre, “Kalina” kindergarten, “Svetlina” kindergarten, High School of Fine Arts – Tryavna, “Prof. P. N. Raykov” Elementary school, “P. R. Slaveykov” Secondary school in the field of ecology, support and integration of people with disabilities, social inclusion, non-formal education and work with kids at risk and youngsters from rural areas. We cooperate with schools and try to popularize non-formal education among educational institutions. One of our main tasks is to promote volunteering and work with volunteers. We work together with the schools in Tryavna on common projects in the field of ecology, education, sport, arts and leisure time.

Education:

- We often organize informational meetings with teachers and/or youngster to promote the mobility of young people around Europe, using the opportunities which the Erasmus+ program offers.
- On 8th of September, the International Literacy Day, we realized an initiative under the motto: “Show that you are literate! Write in Cyrillic! Be Bulgarian”. We organize various of activities such as: interviews with people about the problems related to the illiteracy, flags with kids, quizzes, outdoor games, etc.
- Couple of times per month we organize various local trainings for young people to teach them how to write projects, to create business plans, to be able to analyze situations as well as their own skills, to use different tools for video, image and sound editing, to be able to use social media in a better way for promotion of their ideas, to create proper content and to be able to separate fake news from the mass-information flow, etc.

Sport, art and leisure time:

- We organize seminars with young people and through the methods of non-formal education we give information and discuss topics of interest for contemporary youth. Thus, we also manage to promote family values, social values and European values.
- A local initiative of ours is a theater where people with disabilities and people without disabilities play together and support each other.



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• Another one is a sport's festival in which kids play in teams together with their parents. We want to get parents more involved into their children's everyday activities. We receive the support of YMCA Gabrovo, Grabrovo informational centre and Tryavna Municipality.

• "Fairy tales outside" aims at taking children away of the computer and the new technologies and bringing them somewhere in nature, where they listen to or tell fairy tales. Both love to nature and love to reading are taught.

• In cooperation with the National High school of Fine Arts we are organizing a graffiti competition.

• "My roots – my identity" – since November 2017 in cooperation with Tryavna Municipality and Tryavna Museums we are organizing a photo contest for young people age 14-20.

• Street art - We have a contract we Tryavna Municipality to realise street art, painting on electric boxes, empty walls, in kindergartens and schools.

• "Outdoor FUN" Festival - In 2019 we realised for a first time a city festival dedicated to eco-friendly and healthy lifestyle, whose purpose was also to bring people of all ages to go out and have fun during different activities.

• Outdoor music parties - In summer once weekly we have Bulgarian folklore dancing in front of the main square and one time we have contemporary dancing in the park. Sometimes we organise music parties at the swimming pool. Our motif is to create social events for local people.

• Treasure hunts and other educational games

• Creative art workshops

Ecology:

• "Green School"- an initiative of ours, where all the lectures are outside the classroom and aimed to be more practical rather than theoretical.

• We often have some eco initiatives, such as cleaning eco paths, lakes, rivers, art from garbage, etc.

• We have created outdoor classroom with a gazebo and various "old school outdoor games" in cooperation with local donors, volunteers and the Municipality.

• Besides that a regular activity of ours is tracking/hiking/camping in the nature with youngsters where we teach them survival skills and everything related to proper camping without leaving a foot print nature.

• We work together with some of the biggest environmental NGOs in Bulgaria in order to promote healthy lifestyle, to raise awareness and educate youngsters about environmental issues and how to reduce the usage of energy and decrease the level of pollution in our daily lives.

• In cooperation with "Kalina" kindergarten we have already made for them a big wooden composter and since 2017 we grew some vegetables in the small permacultural garden we made for them in their yard as well as lots of educational games for the kids, related to the environmental protection and the reduction of waste.

Work with people with functional diversities:

• In our local work we collaborate with Tryavna Centre for Social Rehabilitation and Integration also in the social sphere and volunteering. We often take youngsters from the Centre, who are either disabled or in bad social condition, to participate in international projects. Our goal



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is to integrate them into society and prove that they are not different. We are proud that those kids have some amazing abilities which help them show their skills among others (e.g. – one of our participants has impressive memory. He can remember the names and dates of births of more than 30 people within few minutes and even give details of famous people who born on the same date, what they were famous for and how and when they died).

- "Use sound to watch around 1 and 2" - Visually impaired people got concrete knowledge and skills about how to use music and sound design possibilities for employment. That include music workshops, working in sound recording and editing software (mostly on radio forms: radio drama, interview, reportage, advertisement etc.), theme of entrepreneurship, Stock audio, inclusive music games and so on. During the second part of the project, we created the only one in the world platform specially designed to be used both by VIP and regular users, where they can offer their sound products and sound designing skills.

- "Realize with your eyes" - The aim of the project was to improve and increase entrepreneurship of deaf youth using non-formal learning methods regarding commercial stock photography. During the project, we have created video manual for deaf people in 9 different languages about "How to use and set a camera". Within the manual was explained absolutely everything to cover the all the basic steps of photography.

The projects we have been working on are directed mainly to volunteers and include training courses with experienced Bulgarian and foreign educators, trainers and professionals. We are partners with a lot of European associations and networks with great experience, but we are ready to welcome any other organizations with the same or similar activities and goals. Some of our greater partners are the Red Cross, SOS kindergardens, The Scouts network and the Youth Forum

As an accredited EVS organization, since 2015 we have sent abroad over 50 volunteers and we have hosted 56 volunteers from Italy, Spain, Portugal, Hungary, Latvia, France, Romania, Morocco and Pakistan.

About the staff involved in this project:

Director

The director of the association, Stanimir Tsvetanov Chukov, has completed "Book Publishing" and "Journalism" as well as "Marketing in the mass media" at St Cyril and St. Methodius University of Veliko Tarnovo, with a specialization in the Jagiellonian University in Krakow, Poland and practice in "Tele U" - regional TV channel of Craiova, Romania. He has taken part in more than 100 national and international training courses, several exchange projects, conferences, workshops and preparatory meetings. As a volunteer, he also has experience in work with children from institutions and children with disabilities, both in and out of Bulgaria - in Poland as a student and in Portugal as an EVS volunteer. He is certified to work with children. List of relevant projects will be sent upon request if needed.



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He is the founder of the organization and the main responsible person for the international activities and partnership cooperation. For the past several years he coordinated, facilitated and implemented more than 20 international projects under Erasmus+ KA1 and KA2. He is also helping several other organizations in Bulgaria to develop international projects and to start working on international level, because during the years, those organizations made a significant impact on local level with their activities and will be really useful for them to start working on international level. He is also the main responsible person for the training of the young people who would like to become group leaders, mentors, facilitators, project managers, etc. He`s work is on voluntary basis, because the goal is to create a better society, by giving personal examples.

Project coordinator

The project coordinator, Margarita Simeonova, has completed a master degree in “English Philology and Pedagogy” at Sofia University St. Kliment Ohridski, with an internship of three months at Wolverhampton University, UK. She also has a master degree in “Project Management” from St Cyril and St. Methodius University of Veliko Tarnovo and a qualification in "Management" from Sofia University St. Kliment Ohridski. She has five years of experience as an English teacher at Britanica Ltd., Sofia (English language schools). During her professional experience, she has worked mainly with children and teenagers, but also adults. The main methodology applied in her lessons is non-formal learning. Apart from some Erasmus+ projects, she has attended many seminars and trainings related to non-formal education. Certified as a teacher from Oxford University. Interested in alternative education. Certified Montessori educator. A professional suggestopedagogue. List of relevant projects will be sent upon request if needed.

Facilitator (intern)

Beatrice Tomova graduated "Second English Language High School" in Sofia, then went to The Hague, The Netherlands, to study "Creative Business: Media and Entertainment Management" at "Inholland University of Applied Sciences". Since September, she has been a student at "New Bulgarian University" in the program "Business Management and Entrepreneurship". She currently works for an American marketing agency and is mainly involved in studies about movies, which happens to be a great passion of hers. Her free time, she usually spends swimming. She is a fan of stepping out of her comfort zone and believes that this is exactly what helps people grow and develop. She likes meeting new people and being introduced to new cultures and is of the opinion that each person, with their life experiences and life paths, is a peculiar book of knowledge, from which you can learn something different.

We have a volunteer accountant with extensive experience in corporate accounting and control, who is the director of the accounting firm "Takea" LTD

In the association there are also over 30 volunteers with different skills - lawyers, designers, different sports trainers, teachers, musicians, etc.,

Some useful phrases:

WHEN MEETING SOMEONE

Hello	Здравейте	<i>[zdra-vej'-te]</i>
Good morning	Добро утро	<i>[do-bro' u't-ro]</i>
Good afternoon	Добър ден	<i>[do'-ber de'n]</i>
Good evening	Добър вечер	<i>[do'-ber ve'-cher]</i>
Good bye	Довиждане	<i>[do-vi'zh-da-ne]</i>
Good night	Лека нощ	<i>[le'-ka nosht]</i>
Thank you	Благодаря	<i>[bla-go-da-rya']</i>
You are welcome	Моля	<i>[mo'-lya]</i>
Here you are	Заповядайте	<i>[za-po-vya'-daj-te]</i>
Pleased to meet you	Приятно ми е	<i>[pri-ya't-no mi e]</i>
Excuse me	Извинете	<i>[iz-vi-ne'-te]</i>
I am sorry	Съжалявам	<i>[se-zha-lya'-vam]</i>
How are you	Как сте	<i>[kak ste]</i>
What is your name	Как се казвате	<i>[kak se ka'z-va-te]</i>
My name is...	Казвам се ...	<i>[ka'z-vam se] ...</i>

ON THE STREET

How can I go to...?	Как да стигна до...?	<i>[kak da sti'g-na do] ...?</i>
Where is... situated?	Къде се намира ...?	<i>[kə-de' se na-mi'-ra] ...?</i>
Where can I catch a bus from?	Откъде да хвана автобус?	<i>[ot-kə-de' da hva'-na av-to-bu's]?</i>
Where can I find a taxi?	Къде да намеря такси?	<i>[kə-de' da na-me'-rya tak-si']?</i>
East	Изток	<i>[i'z-tok]</i>
West	Запад	<i>[za'-pad]</i>
North	Север	<i>[se'-ver]</i>
South	Юг	<i>[yug]</i>
Left	Наляво	<i>[na-lya'-vo]</i>
Right	Надясно	<i>[na-dya's-no]</i>
Ahead	Направо	<i>[na-pra'-vo]</i>
Backwards	Назад	<i>[na-za'd]</i>

IN THE STORE

How much does... cost?	Колко струва...?	<i>[ko'l-ko stru'-va]...?</i>
Can I try...?	Може ли да пробвам...?	<i>[mo'-zhe li da pro'b- vam]...?</i>
Where is the change room?	Къде е пробната?	<i>[kə-de' e pro'b-na-ta]?</i>
Can I pay:	Може ли да платя:	<i>[mo'-zhe li da pla-tya']:</i>
In cash?	В брой?	<i>[v broj]?</i>
With I credit card?	С кредитна карта?	<i>[s kre'-dit-na ka'r-ta]?</i>
Write a check?	С чек?	<i>[s chek]?</i>

INSTITUTIONS

Hospital	Болница	<i>[bo'l-ni-tsa]</i>
Embassy	Посолство	<i>[po-so'l-stvo]</i>
Consulate	Консулство	<i>[ko'n-sul-stvo]</i>
Ministry	Министерство	<i>[mi-nis-te'r-stvo]</i>
Tourist Information Center	Туристически информационен център	<i>[tu-ris-ti'-ches-ki in-for-ma-tsi-o'-nen tse'n-tər]</i>
Accommodation Office	Квартирно бюро	<i>[kvar-ti'r-no byu'-ro]</i>
Customs	Митница	<i>[mi't-ni-tsa]</i>
Police Department	Полицейско управление	<i>[po-li-tsej'-sko up-rav-le'-nie]</i>
Museum	Музей	<i>[mu-ze'j]</i>
Library	Библиотека	<i>[bib-li-o-te'-ka]</i>
Post Office	Поща	<i>[po'sh-ta]</i>
Public Toilet	Обществена тоалетна	<i>[ob-shte'st-ve-na to-a-le't-na]</i>
Supermarket	Супермаркет	<i>[su'-per-ma'r-ket]</i>
Market Place	Пазар	<i>[pa-za'r]</i>
Bank	Банка	<i>[ba'n-ka]</i>
ATM	Банкомат	<i>[ban-ko-ma't]</i>

ACCOMMODATION

Hotel	Хотел	<i>[ho-te'l]</i>
Apartment Hotel	Апартхотел	<i>[a-pa'rt-ho-te'l]</i>
Hostel	Хостел	<i>[ho's-tel]</i>
Motel	Мотел	<i>[mo-te'l]</i>
Lodging	Квартира	<i>[kvar-ti'-ra]</i>
Apartment	Апартамент	<i>[a-part-a-me'nt]</i>
Camping	Къмпинг	<i>[kə'm-ping]</i>

HEALTHCARE

Emergency	Бърза помощ	<i>[bə'r-za po'-mosht]</i>
Physician	Лекар	<i>[le-kə'r]</i>
Dentist	Зъболекар	<i>[zə-bo-le'-kər]</i>
Drugstore	Аптека	<i>[ap-te'-ka]</i>
... hurts	Боли ме...	<i>[bo-li' me]...</i>
I am allergic to...	Алергичен съм към...	<i>[a-ler-gi'-chen səm kəm]...</i>
Medicine	Лекарство	<i>[le-ka'r-stvo]</i>
High temperature	Висока температура	<i>[vi-so'-ka tem-pe-ra-tu'-ra]</i>
Stomach disorder	Стомашно разстройство	<i>[sto-ma'sh-no raz-stro'j-stvo]</i>
Headache	Главоболие	<i>[gla-vo-bo'-lie]</i>
Toothache	Зъбобол	<i>[zə-bo-bo'l]</i>
Sun protection cream	Слънцезащитен крем	<i>[slən-tse-za-shti'-ten krem]</i>
Analgesic	Обезболяващо	<i>[o-bez-bo-lya'-va-shto]</i>

FOODS

Bread	Хляб	[hlyab]
Milk	Прясно мляко	[prya's-no mlya'-ko]
Yogurt	Кисело мляко	[ki'-se-lo mlya'-ko]
Tomatoes	Домати	[do-ma'-ti]
Cucumbers	Краставици	[kra's-ta-vi-tsi]
Peppers	Чушки	[chu'sh-ki]
White cheese	Сирене	[si'-re-ne]
Cheese	Кашкавал	[kash-ka-va'l]
Juice	Сок	[sok]
Soft drinks	Газирани напитки	[ga-zi'-ra-ni na-pi't-ki]
Chocolate	Шоколад	[sho-ko-la'd]
Sugar	Захар	[za'-har]
Coffee	Кафе	[ka-fe']
Salt	Сол	[sol]
Tea	Чай	[chaj]

ENTERTAINMENT AND

CATERING ESTABLISHMENTS

Restaurants	Ресторант	[res-to-ra'nt]
Cafeteria	Кафене	[ka-fe-ne']
Confectionary	Сладкарница	[slad-ka'r-ni-tsa]
Club	Клуб	[klub]
Disco	Дискотека	[dis-ko-te'-ka]
Snack bar	Бистро	[bis-tro']
Would you bring me the menu?	Бихте ли ми донесли менюто?	[bi'h-te li mi do-ne's-li me-nyu'-to]?

If you want to learn more Bulgarian before coming, check this out:

<http://www.surfacelanguages.com/language/Bulgarian.html>