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# Erasmus + Training Course

## “The Future European Entrepreneurs - Empathic and Responsible”

Stara Zagora, Bulgaria 12-19.06.2023



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Dear friends, this is the official INFOPACK of the Erasmus + project “The Future European Entrepreneurs - Empathic and Responsible”, hosted by NGO “Academy of Success”, Bulgaria. It is Erasmus +, Key Action 1, Mobility of youth workers training course. It will take place in Stara Zagora, Bulgaria.

**The date of arrival for the mobility is 12.06.2023 the departure is on 19.06.2023.**

It will gather 33 youth workers coming from 10 different countries – Bulgaria, Croatia, Greece, Italy, Lithuania, North Macedonia, Poland, Serbia, Türkiye and Slovakia.

In this INFOPACK you will find out more about:

- **Summary of the project**
- **Participants profile**
- **Venue, weather, how to get there**
- **Hotel accommodation**
- **Financial rules, insurance, travel budget, fee etc.**
- **Schedule**
- **Preparation and what to bring**
- **Additional info**
- **Important contacts**
- **Application procedure**



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# **“The Future European Entrepreneurs - Empathic and Responsible”**

## **2023**

### **➤ Summary of the project**

The aim of the project "The Future European Entrepreneurs - Empathic and Responsible" is to achieve common understanding amongst youth workers and youth leaders of the concept of mindful entrepreneurship and entrepreneurial awareness, so to initiate, support and run initiatives and projects based on community needs, with a focus on mindful entrepreneurship. This project is designed to identify and explore entrepreneurial tools and practices in a meaningful and mindful way. The core competences the participants will develop are with a view to improving their professional and personal development. After the main activity which will be the training course the participants will be able to use the knowledge and the skills, gained during the mobility, in their everyday work with young people.

Main objectives:

- To introduce the basic concept of entrepreneurship and mindful entrepreneurship
- To promote economic and social involvement of young people and to equip them with modern entrepreneurial tools
- To boost creative and motivation mindset and to build mental resilience towards failure
- To create a mindful mindset and deeper tolerance, acceptance and virtues in modern European youth.
- To improve personal development and foster future cooperation with other important stakeholders, organizations, other young people etc.
- To create new tools and methods of non-formal education aimed at developing entrepreneurial mindfulness and awareness

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- To create a network of non-governmental organization on European level for future cooperation in the field of entrepreneurial learning and training.

**The program of the course will be based on non-formal education and will be conducted using a highly interactive and participative approach. The activities will be managed by a team of experienced trainers and facilitators.**

## ➤ **Participants profile**

The following profile of participants have been identified:

- Youth leaders, trainers, mentors, youth workers actively involved in youth work within the partner organizations
- Under ideal conditions, participants should be able to influence decision-making process in the organization
- Be aged over 18
- Be able to use English language with working proficiency
- To commit to fully attend the course and take part in all the preparatory and follow-up tasks that the project coordinators and team will ask them

**The participants must be citizens or residents of the sending country!!!**

## ➤ **Venue, weather, how to get there**

The training course will take place in Stara Zagora, Bulgaria



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Stara Zagora (Bulgarian: Стара Загора) is a city in Bulgaria, a nationally important economic center. Located in Southern Bulgaria, it is the administrative capital of the homonymous Stara Zagora Province. The city has a population of appr. 150 000 inhabitants and it is the fifth largest metropolitan area in Bulgaria. It is 230 km. away from the capital Sofia and 170 km. away from the Black Sea.

## Weather:

The city is in an area of a transitional continental climate with a considerable subtropical influence. June is warm, but nights can become colder so keep in mind bringing transitional clothes as well.

Climate data for Stara Zagora (2002-2014)													[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	6.5 (43.7)	8.7 (47.7)	14.1 (57.4)	18.6 (65.5)	24.5 (76.1)	28.0 (82.4)	31.5 (88.7)	31.2 (88.2)	26.7 (80.1)	20.5 (68.9)	13.8 (56.8)	7.8 (46.0)	19.3 (66.7)
Daily mean °C (°F)	2.0 (35.6)	3.5 (38.3)	8.0 (46.4)	13.4 (56.1)	18.7 (65.7)	23.0 (73.4)	25.2 (77.4)	25.0 (77.0)	21.0 (69.8)	15.3 (59.5)	9.5 (49.1)	3.9 (39.0)	13.0 (55.4)
Average low °C (°F)	-1.5 (29.3)	-0.8 (30.6)	3.1 (37.6)	8.2 (46.8)	13.0 (55.4)	17.1 (62.8)	18.9 (66.0)	18.8 (65.8)	14.5 (58.1)	10.2 (50.4)	5.8 (42.4)	1.0 (33.8)	9.0 (48.2)
Average precipitation mm (inches)	47 (1.9)	35 (1.4)	37 (1.5)	51 (2.0)	71 (2.8)	66 (2.6)	57 (2.2)	48 (1.9)	32 (1.3)	45 (1.8)	57 (2.2)	52 (2.0)	598 (23.6)

Source: [Stringmeteo.com]

## How to get there:

**From Sofia to Stara Zagora you have to take a Bus from Central Bus Station in Sofia. It is the fastest travel option, there are also trains between the two cities but most of them**

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**are much slower.** The most comfortable mean of transportation from the airport to Central Bus Station is the metro.

Central Bus Station is very close to Central Railway Station, where the metro station is located.

**In order to get to the station you have to change the lines in Serdika station and take line 2 which leads to Central Railway Station!!!**

Some additional information on Sofia Metro website:

<http://www.metropolitan.bg/en/map/>

Once you arrive in Central Bus Station there are frequent buses to Stara Zagora. Each day usually they are around 10 lines from Sofia to Stara Zagora.

**The travelling from Sofia to Stara Zagora lasts approximately 3 hours.**

When you arrive in Stara Zagora Bus Station you can either call us to pick you up to the hotel or take a taxi which will cost you around 2 euro in total. The taxi fare is not reimbursable.

***We are planning to have dinner with all participants on the first day. We will also have “get to know each other” session this evening, consider this while you are making your travel plans!!!***

You can contact us during the trip on the following phone numbers:

**Zhivko Zhelev +359886776824**

**Kristian Stefanov +359877654589**

We will be accommodated in “City Hotel” which is a big hotel, suitable for international meetings. It is located around 2 km. away from the city center.

<https://goo.gl/maps/bMKkRsowypG3GUM48>



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## ➤ **Financial rules, travel budget, insurance, fee etc.**

**In order to get your travel reimbursement, you need to keep all your tickets, boarding passes, invoices etc. We will reimburse your travel expenses once you send us all original documents!!!**

The reimbursement will be done by bank transfer to your sending NGO account, which will redistribute it amongst the participants.

**As by the rules of the programme, the participants are encouraged to use the most suitable and cheap means of transportation, which means no first class, non-reimbursable taxi expenses etc.**

**Please be aware that we can't reimburse your travel expenses if they are done more than 2 days before and after the activity. Any accommodation and other expenses during your stay outside the project dates are non-reimbursable! During your stay the accommodation and the daily meals will be fully provided.**

This is the maximum travel budget per participant for each country calculated by the Erasmus + travel calculator. Your travel costs are covered 100 % to the maximum expenses allowed.

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## TRAVEL COSTS

<i>Country</i>	<i>Organization</i>	<i>Number of participants</i>	<i>Maximum reimbursable travel expense per participant in EURO</i>
<b>Croatia</b>	Institut za poticanje mladih	<b>3</b>	<b>275</b>
<b>Greece</b>	ICSD	<b>3</b>	<b>180</b>
<b>Italy</b>	ORIEL APS	<b>3</b>	<b>275</b>
<b>Lithuania</b>	ASOCIACIJA TAVO EUROPA	<b>3</b>	<b>275</b>
<b>North Macedonia</b>	YOUTH COUNCIL NEXT GENERATION	<b>3</b>	<b>180</b>
<b>Poland</b>	REGIONALNE CENTRUM WOLONTARIATU	<b>3</b>	<b>275</b>
<b>Serbia</b>	YOUTH WORKERS ALLIANCE	<b>3</b>	<b>180</b>
<b>Türkiye</b>	GENCLIK MEVSIMI DERNEGI	<b>3</b>	<b>180</b>
<b>Slovakia</b>	YOUTHFULLY YOURS SK	<b>3</b>	<b>275</b>

## **INSURANCE!!!**

**It is very important according to the rules of Erasmus + to have valid travel and health insurance while attending this mobility. All participants are obliged to ensure their own insurance.**

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➤ **Schedule** Please note that this schedule is not the final one and is subject to change.

TC "The Future European Entrepreneurs - Empathic and Responsible" 2023 Schedule									
	DAY 1(12.06.2023)	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8(19.06.2023)	
8:30-9:30	<b>Arrival and Welcoming to the venue Check In, lunch, official welcome session</b>	<b>BREAKFAST</b>							
9:30-10:00		Focus and Concentration	Focus and Concentration	Focus and Concentration	Focus and Concentration	Focus and Concentration	Focus and Concentration		
10:00 - 11:30		Getting to know each other	Introduction to the topic. Improvement of Personal Traits. The BIG 5 Test.	Sometimes win, sometimes learn - Building Resilience	Local Entrepreneurs - Inspirational Stories	Business Canva Part 1	Creating the Tools	<b>Departure of the participants</b>	
11:30 - 12:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break		
12:00 - 13.30		Aims and objectives of the training, Erasmus + introduction,	Innovation and Creativity Session	Psychology of Failure	Local Entrepreneurs - Inspirational Stories	Business Canva Part 2	Erasmus + and Youth Pass Presentation		
13.30 - 15.30		<b>LUNCH</b>							
15.30 - 17:00		Team building activities	World cafee - Modern Entrepreneurial Tools	Developing creative and motivated mentality -TED Talk	Self-education	Business Canva Part 3	Erasmus + project management		
17:00 - 17:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break		
17:30 - 18:30		NGO Fair	What is needed? Modern Entrepreneurial Tools	TED Talk 2	My country's example	Business Canva Part 4	Final Evaluation and Closing Ceremony		
18:30 - 19:00		Daily Evaluation	Daily Evaluation	Daily Evaluation	Daily Evaluation	Daily Evaluation			
19:00-20:00	<b>DINNER</b>								
21:00	Welcome evening	Intercultural evening part 1	Intercultural evening part 2	Bulgarian night	Movie night	Thematical night	See you soon party		

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## ➤ **Preparation and what to bring**

During the training course, we will organize couple of international evenings. In these events, each country participating will be presented by the participants coming from this country. This means that you should bring traditional meals, drinks, materials, music etc. from your country. We encourage creative and out of the box presentations.

Bring also materials about your organization-power point presentation, leaflets, brochures etc. Materials about the situation with entrepreneurship in your home country will be greatly appreciated as well.

Don't forget to bring your positive attitude!!!

## ➤ **Additional info**

The emergency number in Bulgaria is **112**.

### **Currency:**

The official currency in Bulgaria is LEV(pl. LEVA). This is the central bank exchange which is approximate.

**1 Euro = 1.9558 LEVA.**

Some average prices:

1 beer 0.5 l from a shop - 0.7 Euro

Taxi fare - 0.5 Euro per km.

One coffee in a coffee shop - 0.8 Euro

Average lunch meal in a restaurant - 7 Euro

The best places to exchange money are bank branches. Please keep attention while you are exchanging money in private exchange bureaus, some of them apply disadvantageous exchange rates which deviates greatly from the official rates.

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There are few exceptions with some countries swapping the meanings between nodding and shaking head. One of the exceptions is Bulgaria where a single nod of the head up (not down) indicates a "no". Be aware of this 😊

## ➤ Important contacts

Here you can find the contacts of the hosting NGO “Academy of Success” as well as the partner’s contacts for additional info:

**Official project email:** [future.entrepreneurs.erasmusplus@gmail.com](mailto:future.entrepreneurs.erasmusplus@gmail.com)

**BULGARIA**-Academy of success: [info@asbg.eu](mailto:info@asbg.eu)

**Croatia** - Institut za poticanje mladih: [iyp.croatia@gmail.com](mailto:iyp.croatia@gmail.com)

**Greece** - ICSD: [icsdeuprojects@gmail.com](mailto:icsdeuprojects@gmail.com)

**Italy** – ORIEL APS: [orielassociation@gmail.com](mailto:orielassociation@gmail.com)

**Lithuania**- TAVO Europa: [verseckas89@gmail.com](mailto:verseckas89@gmail.com)

**North Macedonia**- Next Generation: [nextgeneration.contact@gmail.com](mailto:nextgeneration.contact@gmail.com)

**Poland** – RCW Kielce: [partnership@centrumwolontariatu.eu](mailto:partnership@centrumwolontariatu.eu)

**Serbia** – Youth Workers Alliance: [z.todorovska@hotmail.com](mailto:z.todorovska@hotmail.com)

**Türkiye** – Youth Seasons: [genclik.mevsimi.dernegi@gmail.com](mailto:genclik.mevsimi.dernegi@gmail.com)

**Slovakia** – YouthFully Yours: [info@youthfullyyours.sk](mailto:info@youthfullyyours.sk)

## Application procedure

The deadline for application is 8<sup>th</sup> of May 2022 the latest. We encourage the participants to have bought their tickets before this date. The participants will be selected by their sending organization and notified about their approval.

In order to apply, please fill in the application form:

CTRL + Click here -->

**[APPLICATION FORM](#)**

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