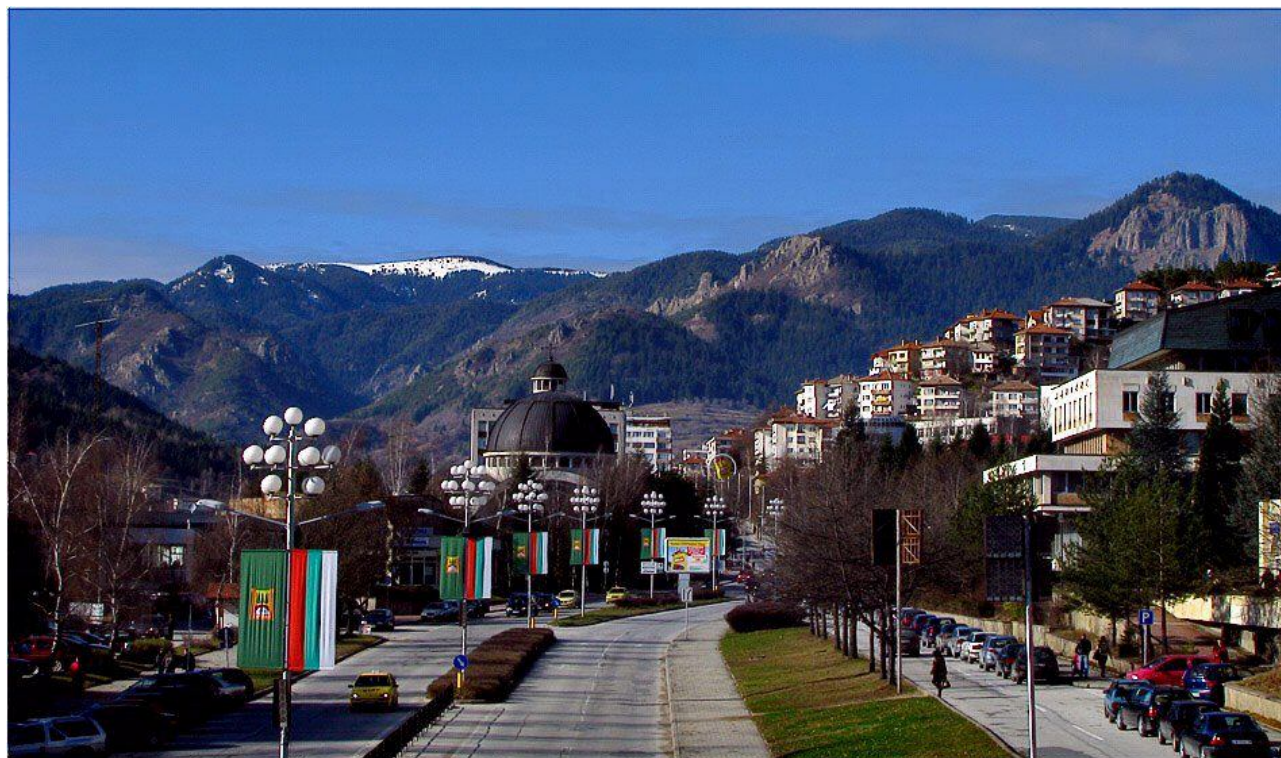


RRRR in the Rhodopes



**K1 – Learning Mobility of Individuals
Youth Mobility**

July 27 - August 5, 2018 (excluding travel days)

Smolyan, Bulgaria

Project Code: 2018-1-BG01-KA105-047736

SUPPORTED BY



Erasmus+

ORGANIZED BY

***ECOWORLD RHODOPES
ASSOCIATION***

PROJECT INFORMATION

Project Legal Name: “RRRR in the Rhodopes”

Hosting Organisation: “Ecoworld Rhodopes” (Bulgaria)

Project Start Date: June 1, 2018

Project Total Duration: 5 Months

Project End Date: October 31, 2018

Dates of the meeting: **July 27, 2018 - August 5, 2018** (excluding travel days)

Dates of travel: **July 26, 2018 (arrival day) – August 6, 2018 (departure day).**

Place of the Youth Exchange: Smolyan, Bulgaria

Countries: Bulgaria, Spain, Romania, Italy, Latvia

Participants: 5 young people between 18 and 30 years + 1 group leader (+18 y.o.) = 6 people per country. Recommendation: ensuring as far as possible the gender balance.

Budget: accommodation, food, activity costs 100% will be covered within the program.

Most importantly: There will be a contribution to travel expenses based on the distance in kilometres as shown in the Erasmus program.

Working language: English.

Contact: ecoworldrhodopes@abv.bg

ORGANIZATIONAL NOTE

Each sending association (**Bulgaria, Spain, Romania, Latvia and Italy**) will take care of organizing the delivery of its group of young participants.

PROJECT SUMMARY

The project includes the organization of 5 non-governmental organizations dealing with youth and sustainable development in **Bulgaria, Romania, Latvia, Italy and Spain**. The main goal is to raise awareness and to get participants to identify with the idea of sustainable development. Young people will exchange ideas and develop knowledge about sustainable development values and attitudes, thereby enhancing the environmental sensitivity of other young people and local communities. During the 10 - day exchange in Bulgaria, 30 young people will discuss the idea of sustainable resource management and the impact of waste on the environment. The emphasis is on **Reduction, Reuse, Recycling, Reduction waste in everyday life**, which has a huge impact on the environment and climate change respectively. Meetings, discussions, group work, intercultural dinners, games will allow participants to learn more about how to protect the environment by reducing, reusing, recycling, reducing waste in everyday life, and promoting awareness-raising activities on environmental issues. Intercultural cooperation will encourage young people to design and present their ideas on recycling, reduction, reduction of waste and, in general, the message on the reduction of household waste. All this will enable us to broaden the knowledge and improve the environmental knowledge and skills of the participants. The International Youth Group will invite the local community to visit its exhibition at a public event.

Long-term benefits for young people and partner organizations are in the expected annual active participation in the European Week for Waste Reduction.

During their stay, participants will have the opportunity:

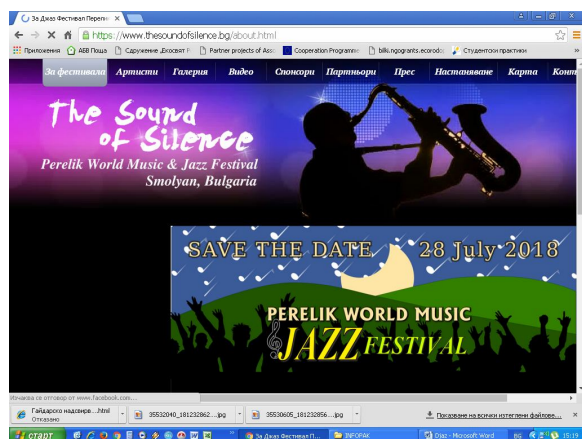
- To present their local and national culture;
- To learn the local and national culture of the partner countries and of the host country through the presentation of sustainable experiences, especially with regard to waste management
- To co-operate among peers for the construction of an intercultural project;

- To experience cooperative learning, peer education to practice, to be teachers and students;
- To gain practical skills and improve communication skills.

Besides, the program includes many interesting and amusing activities such as visits, night activities, daily games, intercultural party, contests and so on.



Ecology at the International Folk Festival in the Mountain on August 4, 2018



Optionally - visiting of Jazz Festival under the stars at 2000m altitude in the mountains.

OBJECTIVES

The main objectives of the project are as follows:

- Developing skills to do an independent project;
- Promoting knowledge of different cultural expressions;
- Promoting the comparison among young people, in order to find contact points and to enrich the cross-cultural training;
- Encouraging the development of a European consciousness, stimulating reflection on the differences in cultures and values.

The different activities will use informal procedures and appropriate methodologies: team-building, peer-education, cooperative learning, role-play, debates, outdoor activities, learning by doing and workshops.

The association “Ecoworld Rhodopes”, together with the other project promoters, will organize the learning program to improve and upgrade the skills in the field of cultural promotion, exchange of knowledge, using innovative methods and best practices already tested in the field of environmental education and waste.

The objective of the project is to promote creative thinking, knowledge of the cultural heritage of the partner countries and supporting the waste experiences by comparing the results with similar initiatives at European level.

PARTICIPANTS PROFILE:

- 5 participants + 1 team leader (per organization);
- No age limit to team leader;
- Participants between 18 and 30 years old;
- To have interest on the topic of the project
- English Level (at least medium level speaking and writing);
- Ability and flexibility to participate at the youth mobility in Smolyan from 27.07-05.08.2018 in a multi-cultural environment;
- To hold the European Health Card valid during the period of the Exchange. If not, you must sign a document that exempts us from any responsibility related to eventual health care costs upon your arrival.

NOTES:

- Gender balance has to be followed as much as possible (3 Male and 3 Female participants per organization);
- At least, two participants per group must be 23 years old or above.
- Participating in groups with fewer opportunities or unemployed young people.

FINANCIAL ISSUES:

Accommodation and meals are fully covered by the Erasmus + and will be paid by Ecoworld Rhodopes Association.

Practical information***TRAVEL (Arrival & Departure)***

The participants should arrive to Smolyan on 26 of July and depart on 6 of August 2018.

The closest airports are Sofia and Plovdiv.

From Sofia Airport by metro you can go to Central Bus Station Sofia. The ticket for the metro is 1.60 BGN /leva/. Buses for Smolyan are at 12, 13, 15, 16 and 18 hours. The ticket price is 23 BGN.

From Plovdiv Airport, you get to Rodopi Bus Station by taxi. The ticket price from Plovdiv to Smolyan by bus is 10 BGN.

Reimbursement rules for travel costs:

- 1) MOST ECONOMICAL TRAVEL: You will have to buy the most economical way to travel from your country to the venue, thus including train, bus, and airline flights.
- 2) TRAVEL SCHEDULE/ROUTE: You will have to provide us with your travel Schedule beforehand for approval.
- 3) PURCHASE OF TICKETS: DO NOT BUY ANY TICKET WITHOUT OUR CONFIRMATION OR PERMISSION AND UPON APPROVAL OF THE TRAVEL SCHEDULE/ROUTE.
- 4) We WILL NOT REIMBURSE ANY EXTRA LUGGAGE for any participant.

As foreseen by Erasmus + the amount of travel costs allowed for reimbursement are calculated according to the distance of your country to Smolyan, Bulgaria. The following table shows the max. amount of reimbursement to participants from each country.

Country	Number of Participants	Travel per person (max. Euro)
Bulgaria	6	0 €
Italy	6	275 €
Spain	6	360 €
Latvia	6	275 €
Romania	6	180 €

Important reimbursement rules regarding travel costs

- The amount is per participant and is not transferable to another participant (even if there is still some money not spent);
- If there is still some money not spent from one country, the amount is not transferable to another country;
- We will reimburse your travel expenses on your bank account 12 weeks after the training course at the latest.

For the reimbursement you need:

- An invoice for the tickets;
- A receipt (showing that you have paid the money) – only for train and bus tickets;
- A printed document showing that the money was paid (receipt, bank confirmation etc.) – for the airplane tickets;
- Flight ticket (with the name of the passenger and flight details);
- All boarding passes;
- A printed confirmation of reservation;

Please, make sure that you have all these papers when you come to the exchange. The return boarding passes might be sent after the YE.

Please send us the prices of the tickets when you have them, so we could plan our budget.

We cannot reimburse travel costs if you lose your tickets or we do not receive all details and proofs of your expenses!

The refund will be made after receiving all requested documents and up to two months after the end of the project.

Participants cannot be reimbursed for their travel fees if they do not travel from and to their home country.

EU calculates the participants reimbursement automatically http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

Every sending organization must communicate with a formal letter the exact account number; bank data (IBAN code and BIC code) and our organization will refund the total amount corresponding to the group of participants. Individual payments will not be made.

The reimbursement of travel costs will be done by bank transfer to the partner organisations only after we have received all travel documents in original form and after the project has officially ended. Travels not adequately reported cannot be reimbursed.

Accommodation

We will accommodate the participants in comfortable rooms with two or three beds at Hotel Moni in Smolyan.

<http://hotelmoni.com/>

Men and women sleep separately – no exceptions.



Food

Our organisation will provide breakfast, lunch and dinner and fruit/snacks for the breaks. There will always be options for people with food restrictions (vegetarian, vegan, allergic, religious reasons, etc), as long as they point it out in the corresponding form that participants will fill in before the Project.

Breakfast and dinner at Hotel Moni.

Lunch in the restaurant "Rodopski Kut"

near the activity hall in the Youth Home



Packed lunch will be provided during excursions.

You must communicate allergies, special food requirements.

About Smolyan

Smolyan is a regional town, a tourist resort, not far from the border of Bulgaria with Greece. The city has shops where you can buy everything you need.

The climate is usually mild, warm and moderate. There is relatively little rain in the summer.

Temperature in July / August: 13 degrees (minimum temperature); 30 (maximum temperature); the average temperature is 23 degrees (more or less 2 degrees).

About clothes

Take with you all you need for your own comfort.

It is possible to visit the outdoor jazz festival during the night at 2000 m height in the mountain, for which you will need a corresponding overcoat. Wear raincoats in case of rain during your stay or during the outdoor folklore festival that we will visit.

Healthcare

We strongly advise all of our partners to ensure that their members obtain a European Health Insurance Card.

What to bring

Typical national food (if you know it isn't easy to find in Bulgaria), folk costumes, flag and national anthem, folk songs, brochure of your country.

Intercultural evenings

During the project we will have several intercultural evenings. So we will enjoy all together with small event organized by participants to celebrate our diversity like an opportunity to discover the other and to allow people from other culture to discover them through food, music, dance, drinks, images and much more!

We therefore expect each partner organisation to plan a partner/ country specific PowerPoint or other type of presentation (feel free to be creative) in English to show to the rest of the group. We encourage the participants to present traditional, typical, local dishes; drinks; games; music; dances or whatever you find relevant in order to give the rest of us an 'insight tour' of your country, national identity and culture.

Rules

Basic rules about respecting each other will be mandatory: be on time, respect the others, clean up after yourself, do not make noise after midnight, follow the accommodation rules, separate wastes, follow the workshops and sessions actively. In the beginning of the exchange, rules will be presented in detail.

Serious misbehaviours, such as drug usage, violence, sexual harassment, theft or any other, will result in us calling the police, excluding you from the exchange and charging you for your travel costs to go back to your country.

NOTE: travel cost will not be covered for the people who:

- Do not take part in the whole duration of the Exchange
- Repeatedly break the basic rules and don't react to warnings
- Commit any serious misbehaviour

Other important aspects

- **Insurances:** Ecoworld Rhodopes Association has signed different insurance policies required by the Erasmus+ program. This includes an accident insurance, which will cover you facing any severe accident and civil responsibility insurance covering our activity.
- **Weather:** it can rain some days, but the expected weather is sunny and mild temperatures (12° to 30°).
- **Currency:** in Bulgaria we use local currency - BGN (BGN). Currency can be exchanged at the airport. Also in any bank or bank machine. The official Euro / BGN rate is 1 euro = 1,95583 BGN. Banks have an approximate rate.

Contact number and E-mail:

Ecoworld Rhodopes Association	+359889532745 ecoworldrhodopes@abv.bg
Lidiya Arsova - coordinator	+359878775919 lidars@abgbv
Emergency number	112

WE ARE EXPECTING YOU!!!

