



**„Youth democratic voice of future leaders!" Project for KA 1
25th September – 3rd October 2021
Karlovo, Bulgaria**

„Dobre doshli” (Welcome)

DEAR PARTICIPANTS,

We are pleased to welcome you to the Youth Exchange „**Youth democratic voice of future leaders!**” Project for KA 1 of the “Erasmus +” Programme which is to take place from **September 25th till 3rd October 2021** (25th September/ arrival day/ and 3rd October/ departure day/) in Karlovo, Bulgaria. We hope you will enjoy it and benefit from the time you spend with us.

We are expecting 7 participants - 6 youth (3 girls and 3 boys if it is possible) + 1 leader from all partners. You can start selection of your participants. They can be in the age group 18-30, no age limit for the Leader.

We have created FB group for the project where we will post more detailed information. Please join it - <https://www.facebook.com/groups/519914879429285>

1. About us:

„Young, Active, Creative“ NGO was founded in December 2013 with more than 50 youth volunteers. Among our key priorities are: raising young people’ s awareness of the aching problems of our world, integration of socially disadvantaged and disabled people, fostering human rights, gender equality and intercultural dialogue. This we do through different initiatives such as: awareness raising campaigns, organizing local events, seminars, conferences, carrying out surveys, polling citizens’ opinion on different issues, taking part in intercultural youth exchanges.

The NGO "Young, Active, Creative" works in the areas of: youth participation, youth policy, volunteerism, human rights, violence prevention, gender equality, democracy and civil society.

Goals and tasks of our NGO are:

contribution to the strengthening of youth to become active in their own community, promotion of volunteer work and human rights, promote a non-violent culture /culture of peace/, intercultural activities, human rights and sustainability issues promote cultural diversity contribution of the youth participation in the society trough preparation of the youth to take more active role in salvation, as well as their own problems and the problems of the community and broader society.

NGO “Young, active, creative” gives all the needed help and support to the youth about informal education, social status, mobility and information, active involvement and volunteer work, ecology and sustainable development.

2. About the project:

The main project's goal is to increase capacity and skills of the organization and direct participants helping them to establish themselves as active participants in public life, preparing them for social realization through the knowledge, the enjoyment and protection of human rights and freedoms in accordance with the laws of a democratic society.

Six active youth organizations from Italy, Germany, Hungary, Greece, Rumania and Bulgaria have united around the idea of in the area of raising a sense of citizenship and promoting democratic activity. Through various informal methods of education, we would like to provoke participants to believe that change is only possible if we work on the "bottom-up" principle and we are active, not passive.

The objectives of the project are:

- promoting active citizenship and participation, analyzing how EU policy can foster shared planning youth-oriented;
- fostering interculturality as an instrument of cooperation, inclusion and tearing down marginalization;
- spreading EU democratic values to strengthen gender equality, respect for human rights social justice and individual freedom.

The cultural evenings when every partner will present their country's history, culture and traditions together with the common intercultural night will contribute to fostering intercultural dialogue, mutual understanding and breaking any cultural stereotypes. The rich programme with well-selected diverse non-formal methods of education will contribute to reaching the project's objectives while the follow-up campaigns and trainings each partner will carry out once they go back home will contribute to multiply the effect of the project, to popularize the "Erasmus+" programme and to reach a bigger number of indirect beneficiaries.

Partner Organizations:

- 1. YOUTH BRIDGES – GERMANY**
- 2. ENTREPRENEURSHIP AND SOCIAL ECONOMY GROUP - GREECE**
- 3. LONG TERM PLANING - HUNGARY**
- 4. ASOCIATIA TINERII 3 D - ROMANIA**
- 5. ORIEL ETS – ITALY**
- 6. YOUNG, ACTIVE, CREATIVE NGO - BULGARIA**

Here you'll find some basic information about the accommodation and things you need to prepare for the exchange.

3. About the Venue

The exchange will take place in the Hotel in the very center of Karlovo. We will send you link of the hotel later.

Board and Lodging:

Participants will be accommodated in double and triple rooms. All participants will be on a full-board basis, consisting of buffet breakfast in the morning, and lunch & dinner on a menu style. During the exchange, costs for board and lodging are covered by the project. Extra expenses, such as drinks in the bar in the venue, extra days have to be paid by participants.

NOTE: Some of you who want to arrive some days before or to depart some days after the official project's dates please send us the reason and we will ask our NA to give us permission for it and then you can buy your tickets!

4. Your Arrival and Departure

We expect you to arrive on Monday, 25th September **before 19.00 o'clock**. Participants are expected to leave not earlier than **Saturday 3th October in the morning**. **Participants will be responsible for planning their travel itineraries and buying their tickets. Please plan your travel in advance and inform us. Please consult with us before purchasing your tickets! Please consult us if you need to use any other transport than public bus service, train service or flight.** Make sure that you inform us by **30th August 2021** about your arrival and departure times, days & flight numbers as we need to make the necessary accommodation and transport bookings.

We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without sending them to us by post when you return home!

If for your airline is not possible, you still need to send us the boarding passes by post after the project. It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is not possible

Although we can't reimburse you the cost of health insurances, we strongly encourage you to make one! Bulgaria is an EU member state, so insurance for traveling here should be cheap and easy to make. If you have a European Health Card, please bring it with you, it is valid in our hospital system also and can replace a regular insurance.

At the moment, an epidemiological situation has been announced in Bulgaria until 31.07.2021 but the entry of foreign citizens is according to the European rules. The citizens, who are vaccinated against COVID-19, have a negative test result or has had an infection can enter without quarantine. But maybe the situation will be changed after 31 July. We will inform you again after 31 July with the actual information.

Transport to the venue:

STEP 1



HOW TO GET TO SOFIA BUS STATION FROM SOFIA AIRPORT

If you are at Terminal 2 you can also use the Metro to get you downtown, bus station and railway station - it's safe, fast and useful. **We recommend this option.** It will take you about 40 minutes to reach Serdika metro station and you can refer to [this](#) guide for more information. If you arrive at T1 and want go get to Terminal 2 or vice versa there is a free shuttle bus every 30 minutes.

Look for the signs. You can also ask at the information desk to give you the directions to the shuttle bus stop. **The shuttle operates everyday, 7:00 – 18:30 h, every 30 minutes.** Also check out our complete [Sofia Metro Guide](#).



Sofia Metro Line 1 connects Sofia Airport to the city centre.

The journey time from Sofia Airport to the city centre is

approximately 18 min.

Changing trains from Line 1 to Line 2 at Serdika Metro Station, passengers can travel from the airport to Sofia Central Bus and Railway Stations within less than half an hour.

For more information on the railway time schedule, see [BDZ Passenger Services](#).

The other Metro stations allow convenient transport connections to bus or trolleybus lines of the city transport system.

The metro trains on the route to the airport operate from 5:30 a.m. to midnight on weekdays and weekends/holidays. [View more](#)

The metro station at Sofia Airport is located in the eastern part of Terminal 2. You can reach it by following the floor markings in blue at the public area of Terminal 2.

Sofia Airport provides free-of-charge transportation between the two terminal buildings.

The shuttle bus stops located in front of the terminal buildings are designated by signage and pavement markings. [View more](#)

The airport is ten kilometres east of the centre of Sofia. Terminal 2 is directly connected with the bus station. A bus stop is also located near to the Arrival Hall of Terminal 1 and Terminal 2.



previous bus stop, on the right side of the road.

1.1. Getting to Sofia – Center

The regular No 84 Bus line covers the route Sofia Airport - Sofia University. Bus services are available from 05.00 AM - to 11.00 PM, all year round. The trip takes about 20 minutes, and departures are scheduled frequently, leaving every 10 or 15. A kiosk selling tickets is situated near the bus stop, although they can also be bought on board from the driver.

The currency in Bulgaria is BGN (known as "Lev").

The price of a ticket is 1,60 BGN (around 0.80 EURO).

When you take bus No 84 from the airport, travel for approximately 15-20 min and get off Pliska Hotel bus stop. The Pliska Hotel is a tall blue building which can be seen from the

1.2. Getting to Sofia Central Bus Station

From the Pliska Hotel bus stop, take any of the following – bus No 213, No 214, or No305 – and get off the Central Bus and Train Station.

Before the stop, the bus passes by the hotel Novotel Evropa on the left, and the Central Bus Station can be easily recognized. In case you want to ask someone, you can try both English and Russian, but – just in case – in Bulgarian it sounds like “Tsentralna gara”.

TICKETS & LUGGAGE

Another thing you need to know about using the public transport in Sofia is that you need a ticket. Tickets can be bought either from the bus driver or vending machines. **Tickets bought from the bus driver should be perforated to become valid!** The price of a single ticket is 1,60 BGN and allows you to carry up to two pieces of hand luggage whose dimensions do not exceed 140 cm (lets say 60x40x40, or 55X45x30 or whatever combination up to 140 cm). **Should your luggage be bigger than that you need to buy another separate ticket for it.** Although by law bus drivers are supposed to sell tickets, not all of them have tickets for sale or might refuse to sell you if you try buying with a big note like 20, 50 or 100 lev, because they don't have change to give you back. This means that you either need smaller notes or if you are a bigger group let one of you buy 4,5 or 10 tickets at once. This advice will save you a lot of

trouble, efforts and time. Another way is to use the vending machines. Surprisingly you won't find them at the bus stops, so there is another hint.

More information on the types of luggage, transport conditions, routes and timetables can be found at: [Sofia Urban Mobility Centre](#) and [Metropolitan Sofia](#).



TICKET MACHINES at Sofia Airport

If you are arriving at T2 look for the vending machines inside the entrance of the Metro station.

[Ticket vending machine inside the Metro station at Terminal2](#)

If you are arriving at T1 look for the vending machines inside the Arrival building.

The only problem with the vending machine is that you cannot use a credit/debit card. You can only use cash and only in Bulgarian lev.

PLEASE NOTE:

It is highly undesirable to take a taxi from Sofia Airport to anywhere – there are many airport taxi drivers who would charge foreigners much higher than the normal price.

If you need to take a taxi in Sofia we recommend you take a taxi with the initials O.K. on it but we will not be able to reimburse the taxi's costs!!!

STEP 2

HOW TO GET FROM SOFIA BUS STATION TO KARLOVO

There are two direct buses from Sofia to Karlovo at 12:00 and 17:00 and they leave from Bus Station Serdika. The name of the bus company is Union Ivkoni -



Price of one way ticket is around 13 BG leva (about 6.50 EUR). **You can not buy return tickets.** Tickets can be paid in cash or you can use your credit card.

Or you can go to the Sofia Central Bus station and take a bus to Plovdiv <https://avtogari.info/search.php?start=%D0%A1%D0%BE%D1%84%D0%B8%D1%8F&end=%D0%9F%D0%BB%D0%BE%D0%B2%D0%B4%D0%B8%D0%B2>. The journey to Plovdiv takes 2 hours and then from the Bus Station in Plovdiv there is a bus to Karlovo at 10:30; 16:30 and 19:30. The journey from Plovdiv to Karlovo by bus takes 1.30 hour.

Price of one way ticket from Sofia to Plovdiv is around 12 BG leva (about 6 EUR) and from Plovdiv to Karlovo is around 5-6 BGN (about 2.5 - 3 EUR)

STEP 3

HOW TO GET FROM SOFIA CENTRAL TRAIN STATION TO KARLOVO

The trains you can get from the Central Train Station. For the tickets to Karlovo you need to go to the ticket offices downstairs. You also can buy your tickets on-line from here:

<https://razpisanie.bdz.bg/en/sofia/karlovo>

Please, keep carefully your tickets for reimbursement!

Failing to provide the originals of your tickets and/or receipts will lead to impossibility to reimburse your travel expenses.

The approved maximum limits which we can pay per participant based on the distance calculator is as follows:

Romania - 180 EUR

Germany - 275 EUR

Greece - 275 EUR

Hungary - 275 EUR

Italy - 275 EUR

Before to buy your tickets please send us the departure and arrival time and after we give you OK you can buy your tickets.

This money will be paid by organizational bank account once you give us back the original tickets so we'll need the IBAN number of your organisation's bank account.

If you buy cheaper tickets we can cover your COVID-19 tests from the excess!

5. Other essential information

About Bulgaria

<http://www.visittobulgaria.com/visit/Default.asp>

www.karlovobg.eu

The official language is Bulgarian.

About the Weather

In the end of the summer in Bulgaria the weather is warm with occasional rains. However, we recommend that you bring with you some cardigans and light jackets. Don't forget your umbrellas as well. Check the weather situation prior to your arrival on:

<http://weather.bg/indexen.php>

Money

The national currency in Bulgaria is the Bulgarian Lev. However we are fixed to the EURO and the exchange rate almost everywhere is: 1 Euro =1,95583 BGN. You can easily exchange Euros in Karlovo at any bank or exchange office. There are ATMs everywhere which accept both Visa and Mastercard.

Electricity and Water Supply

The electrical supply in Bulgaria is 220volt, single phase, 50 cycles, using the standard 13 amp two pinned plugs. Tap water is safe for drinking, but bottled water is still recommended because of the possible quality and taste of tap.

Time Zones

Bulgaria is two hours ahead of Greenwich Mean Time (GMT).

6. Preparations and what to bring with you

Material about your organisation:

Please bring with you any material about your organisation/group you will be representing, such as brochures, leaflets, booklets, etc. There will be space to display these items throughout the exchange. During the programme you will be asked to produce a small poster/presentation about your organisation/group, so bring along any DVDs, power-point presentations, videos, photos...too Also we would be very interested in your country/region/town. Maps, posters, postcards or leaflets would be very nice to share with the participants from the other countries.

Thematic presentations:

Every organization has to prepare materials (presentations) for the the following:

- to exchange experience about democratic processes in your countries, democratic culture and competences for democratic citizenship and how young people understand citizenship, your previous projects you have implemented in your countries on the topic;
- what kind of policies are being developed and implemented by your governments to encourage civic participation;
- Energizers;

Intercultural evening:

For the intercultural evening bring traditional food, drinks, sweets and snacks, together with pictures, DVDs, and music of your country. You can bring food which can be kept in a refrigerator, but please do not bring any food which needs any cooking or warming up!!!!

We hope that the exchange and stay in Bulgaria will be fruitful for you, us, your organisations, and "Erasmus + "Programme at large.

We wish you a pleasant journey and look forward to meeting you soon in Bulgaria.

Warmest regards from the team,

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