

## *Info pack for “Recycling – how and why!” 01-10. 06. 2020 in Tryavna, Bulgaria*

### **Project summary:**

In the picturesque Renaissance town of Tryavna, situated in central Bulgaria, 40 young people from 8 different organizations and countries will join together for a common cause - the fight against one of the most recent and painful problems in Europe in recent years - youth unemployment.

The main need that motivates young people to think about this is the worrying statistics that are constantly being read on the internet or watched on television. At the same time, they feel powerless to change something, because even their parents often do not think in this direction.

Through this project, we expect to raise public awareness much more, because it is in the interest of all of us to take care of the environment.

### **The main objectives of the project are:**

- Raising their desire to combat environmental pollution.
- Raising awareness of the people about ways to reduce the use of water and plastic in our daily lives.
- Raising awareness of the people about the processes running at a wastewater treatment plant.
- Raise awareness of the processes happening in a waste disposal depot.
- Creating a brochure that can be used as an information guide that will provide practical examples of reducing the use of water and plastic in our daily lives.
- Raising their knowledge of the Erasmus + program and how they can benefit from it in their future personal and professional development.
- Increasing their knowledge in the field of project idea development.
- Promote their active citizenship.

This project is the first part of a long-lasting and extensive information campaign. The next steps will be focusing on the use of paper, metal and glass, then the various renewable sources of electricity, and we plan to close the training cycle with living gardens and permaculture.

We decided to start with this project because the majority of young people think that it is quite a serious problem, a solution that can be found very easily and they think that the results can be seen and reported more easily.

The main method used will be "learning by doing". The ways of presenting and teaching will be in different ways stimulating the different ways of learning - through writing, reading, music and so on.

They are based on the Cone of Experience (a model for explaining how audio-visual methods contribute to learning invented by American education expert Edgar Dale).

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.

### ***Additional information:***

**Eligible participants per country:** 4 young motivated people from Bulgaria, Spain, Serbia, Romania, Poland, Latvia, Lithuania and Cyprus at the age of 13-24 and 1 group leader with no age limit, but 18+

**Duration:** 8 days + 2 more for the travelling

**Working language:** English.

**Daily meals:** Each day we'll eat in the restaurants. Menu will be adapted to the dietary requirements of each participant. Breakfast is going to be from 8:30 till 9:30, lunch break is from 13:00 to 15:00 and dinner starts at 19:30.

**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 13-24;
- English level (at least Medium level 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)

## ***What to bring with you:***

- Bring your hygiene products (shampoo, toothpaste, etc...).
- Bring comfortable clothes and shoes (we will walk).
- 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.

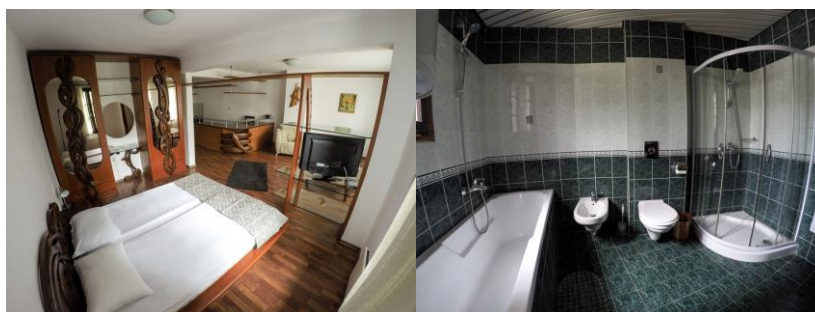
## About the venue:

Participants will be accommodated in double/triple 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, air-conditioning (in some of the rooms), central heating 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 won't be served, but will be provided as a buffet in order to minimize the food waste and decrease our carbon foot print. The mother Earth will really appreciate, if everyone of us pays close attention to the amount of food he/she takes. Food will never be over, so there won't be any need to take a lot at once

Website of the hotel: <http://www.zograf.tryavna.biz/>



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
08:00 0:00	ARRIVAL	Breakfast								
10:00 11:30		Introduction of the project. Getting to know each other.	Broken phone Importance of communication	Discussion about the water consumption in our countries and sharing good practices	Study visit in the water recycling plant in Tryavna	Discussion about the plastic consumption in our countries and sharing good practices	Study visit in the regional recycling depot	Open space	Assembling the final brochure for publishing	
11:30 12:00		Coffee break				Coffee break				
12:00 13:00		Establishing group rules and teambuilding	Difficulties in team work	What can we do about it? How to reduce it?		What can we do about it? How to reduce it?		From words to actions - preparation		
13:00 15:00		Lunch and free time			Assembling information about it for the brochure		Assembling information about it for the brochure			
15:00 16:30		Presentation of Youthpass and teambuilding	Mission impossible	Creating videos and materials for reducing the water waste		Creating videos and materials for reducing the plastic waste		From words to actions - preparation		
16:30 17:00		Coffee break				Coffee break				
17:00 18:30		Erasmus+ FAQ and more	Mission impossible	Creating videos and materials for reducing the water waste	Creating videos and materials for reducing the plastic waste	Presentations of the projects	Closing up activities and final evaluation			
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	Movie night	Intercultural evening 4	BG night	Farewell party		
DEPARTING										

## ***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.

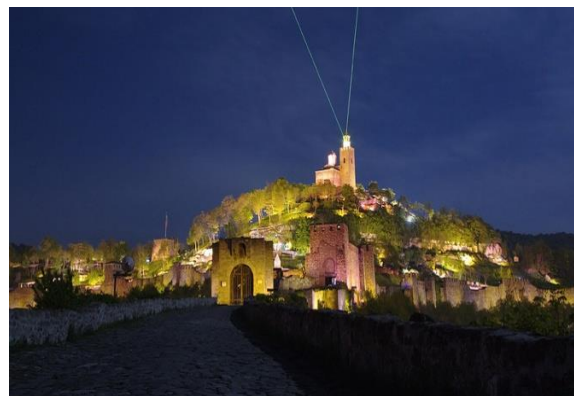


The strongest sectors of the economy are heavy industry, power engineering, and agriculture, all of which rely on local natural resources. The country's current political structure dates to the adoption of a democratic constitution in 1991. Bulgaria is a unitary parliamentary republic with a high degree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

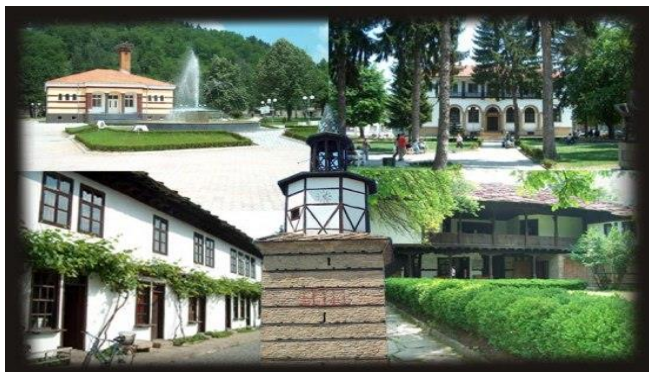
<https://www.youtube.com/watch?v=AovyocYjK8I> – interesting facts about Bulgaria.

<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/>

## ***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 250 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 favour to society.

- \*Stand up for the values of the civil society.

- \*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.
- 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 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.

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



Co-funded by the  
Erasmus+ Programme  
of the European Union



ЦЕНТЪР  
ЗА РАЗВИТИЕ  
НА ЧОВЕШКИТЕ  
РЕСУРСИ

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 and a professional suggestopedagogue.

### **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

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

### ON THE STREET

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

## IN THE STORE

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

## INSTITUTIONS

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

## ACCOMMODATION

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

## HEALTHCARE

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

## FOODS

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

## ENTERTAINMENT AND

## CATERING ESTABLISHMENTS

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

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

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