



Co-funded by
the European Union

Training Course
Wild Roots
Outdoor Education & Sustainable Living for
Youth Workers
Bansko, Bulgaria
8-19 June 2025



ASSOCIATION WALKTOGETHER
BULGARIA



TAVOEUROPA



DESCRIPTION



This hands-on training course is designed to reconnect participants with nature, develop essential survival skills, and promote environmental awareness through immersive outdoor experiences. The program blends experiential learning, team challenges, and practical eco-friendly habits, making it an active and engaging journey into sustainability and resilience.



GOALS OF THE PROJECT



Deepen Connection with Nature

Foster appreciation and respect for the environment through direct engagement.

Develop Essential Survival Skills

Teach practical techniques for outdoor self-sufficiency.

Promote Sustainable Living

Encourage eco-conscious behaviors and responsible resource use.



Build Teamwork & Resilience

Strengthen problem-solving, adaptability, and leadership skills through group challenges.




KEY ACTIVITIES

2




1

- **Shelter Building & Fire Making** - Learning the basics of survival in the wild.
- **Finding & Purifying Water** - Understanding essential water conservation and safety.

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- **Orienteering & Navigation** - Using natural signs and maps to find your way.
 - **Eco-friendly Practices & Minimal Impact Living** - Practical ways to reduce environmental footprints.

3

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- **Wildlife Awareness & Tracking** - Learning to observe and respect nature's balance.
 - **Team Challenges & Outdoor Problem-Solving** - Building trust, resilience, and leadership in nature.

METHODOLOGY

1

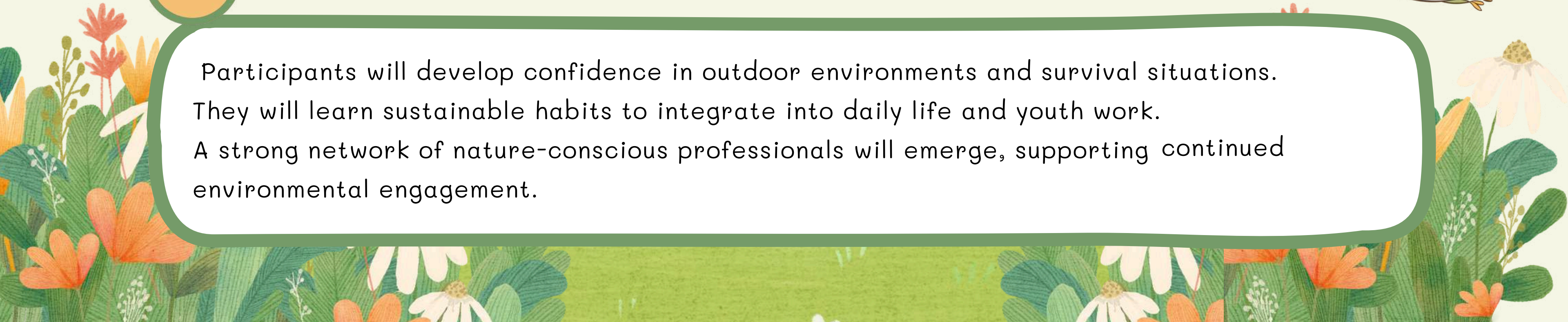
Experiential Learning & Learning by Doing – Learning through real outdoor experiences. **Non-Formal Education & Reflective Practices** – Encouraging self-awareness and continuous growth. **Active Participation & Group Work** – Encouraging teamwork, creativity, and problem-solving in nature.



2

Participants will develop confidence in outdoor environments and survival situations. They will learn sustainable habits to integrate into daily life and youth work. A strong network of nature-conscious professionals will emerge, supporting continued environmental engagement.

IMPACT



PARTICIPANTS

Number of participants per country: 15 participants (3 per country)
Youth workers, educators, youth leaders with experience in youth participatory activities and community work with experience in Erasmus + program.
Age: 23 + years old.

APPLICATION FORM

VENUE - HOTEL "ROYAL BANSKO"

We will accommodate you in apartments - 3 to 4 people. Food will be served in the hotel's restaurant - 3 meals per day, which will be according to the dietary restrictions for each participant. You will also have at your disposal a swimming pool, sauna, table tennis an outdoor space and fitness.

Website: <https://www.royalbansko.bg/pictures>

Google Maps Location: <https://goo.gl/maps/DBydycdLEAayEwV98>



HOW TO GET TO THE VENUE?

You will need to use public transport to get from Sofia to Bansko. 1. You need to get a subway from the airport in Sofia to the Central Bus station. For this you will need changed cash (1.60 bgn which is around 0.80 euro).

2. You need to get a bus from the Central Bus station in Sofia to the bus station in Bansko. For this you will also need changed cash (around 20 bgn one way which is around 10 euro).

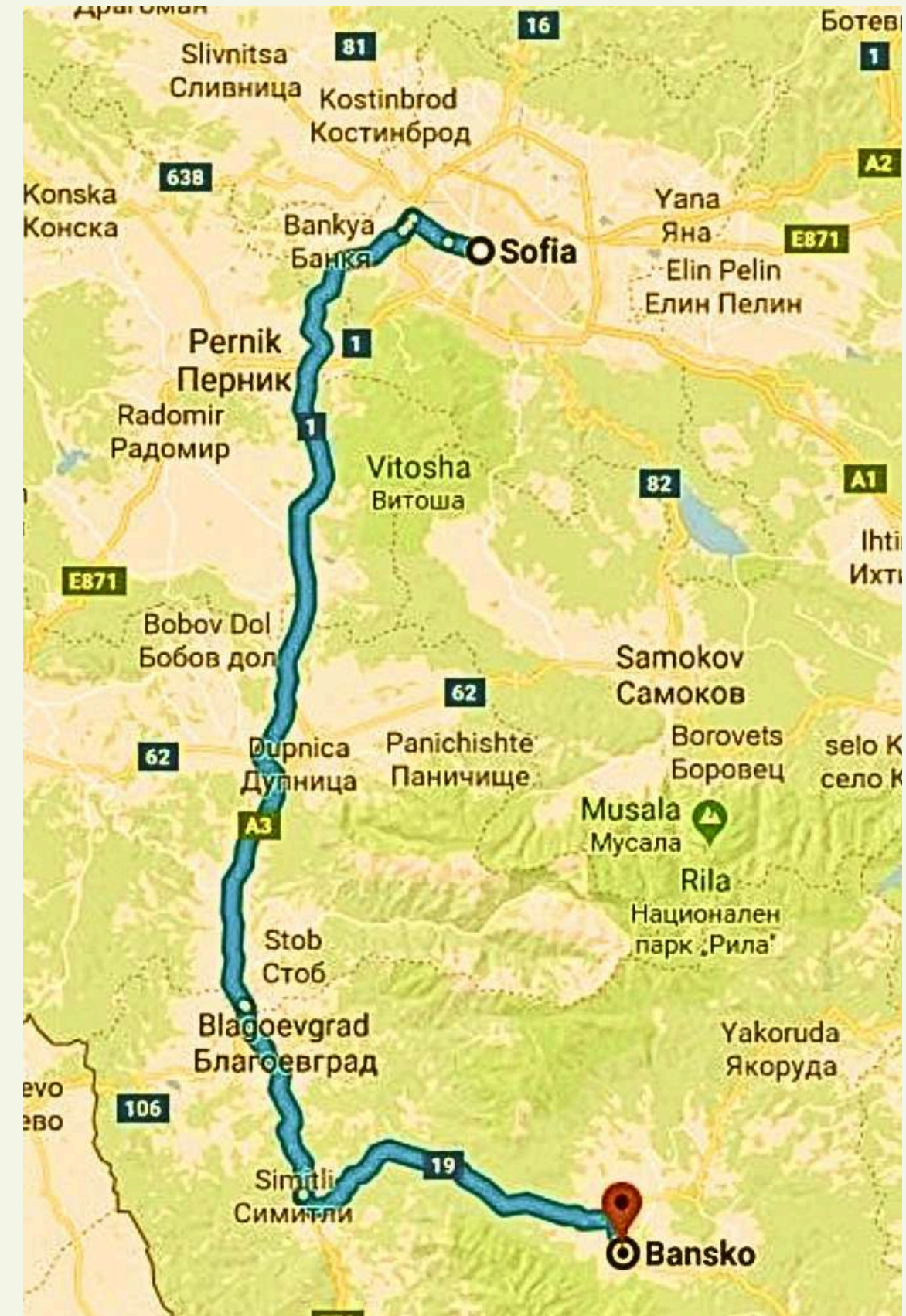
From Sofia Airport to the Central Bus station:

Outside Terminal 1 you will find a white minibus labeled "Transfer Shuttle" (you can also ask a staff member for it), which will take you to Terminal 2 (around 7 mins). Once you're on Terminal 2, you have to get outside of the building and take the road on the left - you will see a sign for the subway entrance (it's right next to the airport building). Once you're inside the subway you have to take the BLUE line to "Serdika" station. Once you're there you have to change to the RED line, towards "Obelya" or "Lomsko Shose". Once you're on the RED line you have to get off at the second stop which is called "Central Railway Station." Once you're outside of the subway you will see the blue building of the station itself



HOW TO GET TO THE VENUE?

Once you reach the Central Bus station in Sofia, you need to get tickets to Bansko. You can do so inside the building itself at one of the registers. The bus leaves from the Central Bus station in Sofia and arrives at the bus station in Bansko in around 3 hours. Remember you will need to pay around 20 bgn (around 10 euros) in cash for this bus. The bus has a specific schedule and leaves from Sofia at **11:25, 14:00 and 16:45**. Keep in mind that these times may change, so check the departure times before you book your tickets for the plane. You can do so at this website: <https://www.centralnaavtogara.bg/index.php?mod=06a943c59f33a34bb5924aaf72cd2995&d=1&t=24#b> Please pay careful attention to these times and schedule your entire trip accordingly, seeing as there is no other way to get to Bansko. Once you're at the bus station in Bansko you can get to the hotel walking, or if needed, we can schedule someone to pick you up.



REIMBURSEMENT AND TRAVEL BUDGET

Travel Guidelines:

- **Green Travel:** Available only for participants from Turkey and Romania (no flights allowed). Green Travel means low-emission transport like trains, buses and carpooling.
- **Standard Travel:** Applies to participants from Italy and Lithuania.
- **No Travel Budget:** For participants from Bulgaria.

Travel costs will be reimbursed after the project dissemination is completed and based on submitted original documents (tickets and invoices). Electronic tickets must be emailed and uploaded to designated folders. For physical tickets, bring the originals with you and send the return tickets by post to our address with a recommended letter. Only the most economical travel option will be reimbursed. Priority boarding is allowed, but check-in luggage, taxis, and other extras are at your own expense.

Tickets not approved by the hosting organization will not be reimbursed. Please send your travel plan for approval to walktogetherbulgaria@gmail.com before purchasing anything.

Participants can arrive up to 2 days early or stay up to 2 days after the project, but all extra expenses during these days (accommodation, food, etc.) are your responsibility.

Travel cost reimbursement is based on the [Erasmus+ distance calculator](#).

Travel distance	Standard travel	Green travel
0 – 99 km	23 EUR	
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR

ARRIVAL: On 08.06 by 18:00h.

DEPARTURE: On 19.06 until 11:30h.



EDUCATOR PASS 2025

You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>

JOIN NOW

<https://www.tavo.europa.eu/training-courses/wild-roots/>

