



Funded by the European Union



Regional Centre for the Safeguarding of Intangible Cultural Heritage in South-Eastern Europe under the auspices of UNESCO

Youth and Intangible Cultural Heritage

YOUTH EXCHANGE Plovdiv, Bulgaria 6 - 11 April 2025

Project 2024-1-BG01-KA151-YOU-000235005



Hosting organisation

The Regional Centre for the Safeguarding of Intangible Cultural Heritage in South-Eastern Europe under the auspices of UNESCO, inaugurated in 2012, is dedicated to the safeguarding and promoting of intangible cultural heritage (ICH), with the following main objectives:

- to promote the 2003 Convention for the Safeguarding of the Intangible Cultural Heritage and contribute to its implementation;
- to strengthen the participation of communities, groups and individuals in the safeguarding of ICH;
- to enhance the capacity of the Member States for the safeguarding of ICH;
- to foster regional and international cooperation for the safeguarding of ICH.

Objectives of the project

- Introduce the concept of intangible cultural heritage to the widest possible range of young people;
- Raise awareness among young people about the safeguarding of intangible cultural heritage and its importance for sustainable development;
- Enhance intercultural dialogue and mutual understanding;
- Proactive involvement of young people in the decision-making processes regarding heritage, as well as in its safeguarding and its use for the purposes of sustainable development;
- Promotion of local entrepreneurship based on intangible cultural heritage.

Participating countries

- Bulgaria
- Lithuania
- Greece
- Romania
- Slovenia

Participants

Group of 30 participants from 5 countries – separated in groups of 5 participants and 1 group leader per country;

Participants

- Age: 18 to 30 years;
- Interested and eager to learn about intangible cultural heritage;
- Committed to participate in all phases of the project (preparation, activities and follow-up)
- Language level: at least basic English
- Priority: youths with fewer opportunities (at least 1 per country)

Group leader:

- Age: 18 +
- Interested and eager to learn about the intangible cultural heritage
- Committed to participate in all phases of the project (preparation, activities and follow-up)
- Language level: good knowledge of English

To apply for participation, please fill in the application form on this [link https://forms.gle/1qCJufzPDVkrESvM8](https://forms.gle/1qCJufzPDVkrESvM8) by 30 March 2025

Programme and working method

We have prepared interesting activities based on non-formal and informal education methods to learn and exchange knowledge about the intangible cultural heritage (ICH) in South-Eastern Europe:

- Icebreakers and team building games to get to know each other;
- Interactive workshops with time for discussions and debates;
- Learning by doing method and fieldwork;
- Presentations of ICH by the participants and intercultural evenings.

The language of this training is English.

The detailed programme and schedule will be sent to the selected participants in a later stage.

Preparation for the youth exchange

- Research about inspiring traditions, customs, social practices, rituals, festive events, music, dance, culinary from your country;
- Bring some small amounts of traditional food, drink, snack to present your country in Intercultural evenings;
- Find interesting movies to present living heritage of your country;
- Select traditional music to teach the participants how to dance traditional dances;
- We encourage you to bring your photo camera and laptop/tablet (if possible, you will need it also for some activities);
- Also bring the flag of your country.

Plovdiv

The project will take place in city of Plovdiv, Bulgaria. Plovdiv is the second-largest city in Bulgaria and it is situated in the Upper Thracian Plain, on both banks of the Maritsa river. The town in its present appearance was built around seven hills – the hills of Plovdiv (‘Plovdiv Tepes’) which are an inseparable part of the city’s history.

Plovdiv is one of the oldest cities in Europe – the beginning of its history dates back to 4,000 years BC and has rich cultural heritage. The accumulated over the Three Hills layers contain some valuable proofs about the millenary development – marks from the prehistory, Thracian, Hellenic and Roman cultures, from the Middle Ages, the Ottoman period, the National revival and from the XX century.

In 2019 the city was European Capital of Culture and became a cultural hub in Bulgaria.



Accommodation and meals

The accommodation is arranged in Hotel 'Puldin COOP'

<https://puldincoop.bg/en/home/>

- Participants will be accommodated in same-gender 2-3-persons rooms.
- 3 meals during the day are provided.



Travel Plan

Arrival day: 6 April 2025

- On the arrival day, check-in between 3 and 7 p.m.

Departure day: 11 April 2025

- On the departure day, check-out by 12 a.m.

NB: This is GREEN TRAVEL project, please use green transportation.

Green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

Funding is available for up to two additional days for travel, but only if the additional time is justified. Please consult with our team before planning the trip.

Travel Plan

- Use the cheapest and greenest ways of transportation;
- Keep all original invoices for your tickets. Missing documents will **NOT** be reimbursed.
- You need an approval of your travel plan. Please contact the team of the hosting organisation by sending via email your travel plan **BEFORE** purchasing the tickets.
- Before buying your ticket, please remember your cost limits, everything that will be more than the limit, will be at your own cost.

Reimbursement for travel

We will reimburse your travel costs 100% according to the real cost you spent, up to the amount g

- according to your travel distance; higher costs are considered as your co-funding. Please refer to t below.

NB: Rental car is not allowed!

- Keep ALL YOUR ORIGINAL TICKETS AND INVOICES (either digital in PDF files or on paper) in orde reimbursed (if you pay online you have to bring us the bank statement).
- On all documents the price, currency, name of the passenger, date of purchase and travel must be visible, otherwise we will be unable to reimburse the costs.
- Travel expenses will be covered at the end of the youth exchange on the condition that you submit (send) all original tickets and invoices for your travel.
- We reimburse the transport money ONLY if the participant will ACTIVELY take part during the who

Travel Budget

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

You could use [distance-calculator](#) supported by the European Commission for information about your travel distance.

Important information

- Bring with you all your travel documents and passport/ID.
- Travel insurance is your responsibility, so make sure you have one.
- For participants from EU countries the European Health Insurance Card (EHIC) is also applicable.
- Bring your medications, if you need any.
- Don't forget to bring camera, laptop etc.

YOUTHPASS

Each participant will receive Youthpass

Youthpass

Join now with Tavo Europa

<https://www.tavo.europa.eu/youth-exchanges/Youth-and-Intangible-Cultural-Heritage/>



Explorer 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 youth exchanges, study visits, events in Lithuania and abroad until the end of the year! This membership fee helps to support us and assures more resources on looking for exclusive opportunities for 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 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>

