

YOUTH EXCHANGE

# WILD YOUTH

18 – 29 July 2025  
Gudevica, Bulgaria





# OBJECTIVES

The YouthExchange is built on a flow that combines elements of practice/experience, reflection, theory, and application. Thus, we are aiming at:

- Develop through ETS Competence Model – Facilitation, Design of non-formal learning environments, Teamwork, Communication, Interculture awareness and etc.
- Providing knowledge and skills linking nature-based methods and art in an integrated approach;
- Creating a safe space for sharing and freely expressing how global situations (war, conflict, social injustice, ecological crisis, etc.) influence youth workers and their target groups;
- Using nature and the outdoors for developmental youth work and facilitating group processes with youth;
- Using healing practices for personal and young people's development;
- Development of non-formal learning practical tools for working with young people.





# TOPICS OF THE YOUTH EXCHANGE

- Nature and adventure-based developmental youthwork;
- ETS Competence model for youth workers and trainers;
- Addressing basic human needs from the perspective of Non-violent Communication;
- Self-exploration – how to transfer understanding about ourselves into the process of conscious actions;
- Meditation and mindfulness – tools for focus and balance of attention, emotions, and consciousness;
- Indigenous practices in developmental youth work;
- “Temazkal” practice and use in Youth Work;
- Deep Nature Connection – connecting with yourself, nature, other people, and the more-than-human world;
- Creativity, art, and music – as tools for self-expression and communication;





# PROGRAMME ELEMENTS

- Naturewildadventures and experience
- ETS Competence model for trainers and youth workers
- Temazkal practice
- Working with values
- Nature-based methods
- Experiential learning
- Journaling
- Drawing
- Workshops development and delivery
- Solo time in nature
- Nature art
- Living as a community (cleaning, cooking, etc.)





# PARTICIPANTS

Profiles of participants:

Young people, students,  
climate change activists,  
youth leaders, green  
activists, green  
entrepreneurs, youthworkers,  
members of NGOs,  
volunteers actively work in  
youth field.

Number of  
participants:  
5 (4+1 leader) per  
country

Age: 18–29 (1  
leader without  
age limit)

Countries:  
Bulgaria, Italy,  
Romania, N.  
Macedonia



# REIMBURSEMENT

Travel Distance	Green Travel/Amount per participant	Non-Green Travel/Amount per participant
Between 10 and 99 km	56 EUR	28 EUR
Between 100 and 499 km	285 EUR	211 EUR
Between 500 and 1,999 km	417 EUR	309 EUR
Between 2,000 and 2,999 km	535 EUR	395 EUR
Between 3,000 and 3,999 km	785 EUR	580 EUR



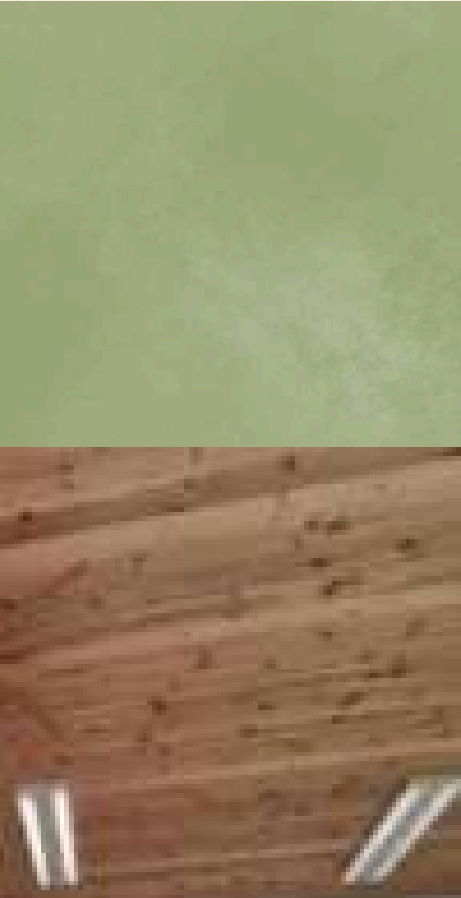
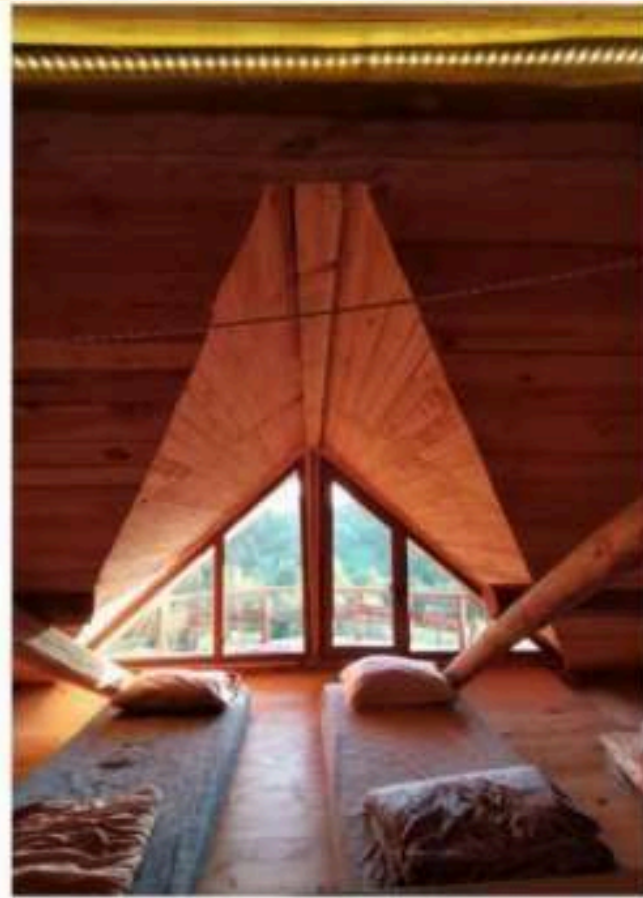
# VENUE

The youth exchange will takeplace in “**School in Nature**” in Gudevica village. It is an education and training center in the Rhodopi mountain in Bulgaria just 2 km away from the Greek boarder. In June it will be warm during the day and chilly in the night, so bring on your warm clothes.

Participants will be accommodated in common rooms as the center is designed to work as a community center following all the safety rules. Meals are vegetarian and a qualified cook prepares 3 main meals a day along with two coffee breaks using mainly local organic food. You can see more pictures from the place [here](#).









# HOW TO REACH THE PLACE

## SOFIA AIRPORT

We recommend to arrive not later than 16:00.

Because we will organize a bus from Sofia to our place in the mountain. Its 5 hours driving that's why we prefer to arrive NOT later than 16:00.

On the way back we will organize a bus to Sofia. So your flight should be later than 15:00.



# WHAT YOU NEED TO BRING?

- Clothes and shoes suitable for sports and walking/hiking.
- Flashlight or headlight;
- Jacket, hat – it is the mountain!
- Needed medicine;
- Own toiletries (organic based!!! and nature friendly);
- Your original tickets for the entire trip, the invoice of the travel agency (the price clearly indicated on the ticket), the boarding passes.
- Travel insurance contract and a legible copy of it.
- ID/passport.
- Own medication.
- Something typical about your country such as food, drinks, music, traditional objects, promotional materials and whatever else you want to present.
- Materials about your organization.
- Willingness to reflect on your own skills, knowledge and attitudes.
- Motivation, inspiration and energy for an intense and hard working week.
- (; Their spirit to share your experience, questions and doubts.



# USEFUL INFORMATION

Located in South Eastern Europe, Bulgaria is bordered by Greece and Turkey to the South, Romania to the North and RNMacedonia and Serbia to the West. Its Eastern Border is formed by the beautiful Black Sea Coast. A country of outstanding natural beauty the environment remains wild and is incredibly varied. A relatively small country, a few hours drive will take you from the snow covered central Pirin mountain Ranges to the long sandy beaches of the Black Sea coast. Forming the heart of several of ancient histories greatest civilizations Bulgaria's rich culture is reflected in a vast number of architectural treasures. Throughout the country you will find ancient Greek sites, Roman amphitheaters and Byzantine churches. The country is home to 160 monasteries, 36 cultural centres and 40,000 listed archaeological monuments. Nine sites have achieved a coveted place on the UNESCO world Heritage list.





# Registrations with Tavo Europa

**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>

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**Join now!**

