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# TRAINING COURSE: INVOLVE+ EUTH

26\04-04\05\2026  
Bansko, Bulgaria



Erasmus+

2025-1-BG01-KA151-YOU-000297982

# WHO ARE WE



Bulgarian Youth Forum is a fast developing NGO in Bulgaria and since 2012 we have been organizing many projects related to youth entrepreneurship and initiative, human rights, preservation of cultural and historical heritage, motivation of people in rural areas etc. Our members are highly trained and experienced youth workers with volunteering background predating the NGO itself.



Our main goal as host organization is to stimulate active participation, exchange of ideas and good practices by encouraging creative thinking. For more information about us, our members and the organization's goals please visit: [bulgarianyf.eu](http://bulgarianyf.eu)

Follow us!



# TRAINING COURSE

## aim and objectives

### Aim

The aim is to enhance the ability of youth workers and young professionals to foster democratic awareness and inclusive participation among young people by deepening their understanding of European identity, citizenship, and values, and by equipping them with the competences needed to support active engagement in democratic life. Particular emphasis is placed on addressing geographical remoteness and enabling the meaningful involvement of young people from rural and remote areas, with a view to promoting equal participation, social cohesion, and active citizenship.



### Objectives

- To strengthen competences in democracy, European citizenship, and European values.
- To enhance the skills of the youth workers to engage young people in civic and democratic life.
- To develop methods for promoting inclusion and equal participation.
- To learn strategies to support young people from rural and remote areas.
- To strengthen the ability to build networks and partnerships with youth organizations and communities.



# PARTNERS & PARTICIPANTS

## AGE

### PARTNERS

Bulgaria  
Greece  
Italy  
Türkiye  
Romania  
Lithuania  
North Macedonia

**Participants** – above 18 years  
(highly recommendatory)

## PARTICIPANTS PER COUNTRY: 2 PARTICIPANTS

Please add your coordinators and  
approved participants to the  
**Facebook group**

DEADLINE for sending participants`  
list: **17 March, 2026**

## PARTICIPANTS` PROFILE:

- are youth workers, youth leaders, or young professionals working with young people, particularly in rural or remote areas, and are motivated to promote democratic awareness and inclusive participation;
- are interested in European identity, citizenship, and values, and in developing competences to support young people's active engagement in democratic life;
- are able to communicate in English;
- are committed to active participation in all sessions and to transferring the learning outcomes into their youth work practice.

Participants with fewer opportunities are welcomed.



# VENUE & ACCOMMODATION

## “Royal Bansko”

BANSKO, BLAGOEVGRAD REGION, BULGARIA

We will stay in a hotel in the town of Bansko – “Royal Bansko”. The hotel is fully equipped (rooms are with private bathrooms and WC, air-conditioning, TV and small fridge). Wi-Fi is also available.



### Free time activities

We have incorporated free time into the schedule, so you will have time on your own - you can look around. We recommend you to take some comfortable clothes and walking shoes for short walks as there are eco paths and it is a mountainous region.

### WHAT TO BRING

- Personal documents – ID or Passport.
- All original travel and visa (if applicable) documents
- bus/train tickets, invoices for car pooling, bank payments etc.
- Health insurance / European health card.
- At least one personal computer per group.
- Comfortable clothes/shoes for free time and smart ones for the official visits.
- Flip-flops.
- Cosmetics.
- Any medications that you will need.
- Pocket money in cash and/or credit/debit card. **Only EUR\*** accepted. Please exchange money in advance if needed.
- Traditional food, drink, flag of your country, presentations of your country, traditional music, brochure and other materials about your country.
- Motivation, creativity and excellent mood =)

# TRAVEL INFORMATION

You are expected to arrive in Bansko on **26th April** and depart from the venue on **04th May**. **Any departures from Sofia on 04 May have to be after 13:30.** There is a possibility for you to extend your stay up to 2 day before or after the mobility days in terms of your travel schedule, however we will not cover any additional costs (accommodation, meals, local transportation, etc.). **Expenses for taxi are NOT eligible.**

**For participants arriving in Sofia, the transportation from Sofia to Bansko will be organised by BYF Team. Our meeting point with all participants will be on 26 April at the parking lot of the Billa supermarket, which is located right next to Sofia Central Railway Station (SCRS) at 16:00.** Please consider it when you arrange your travel.

## How to reach Sofia Central Railway Station (SCRS) by bus and train (green travel)?

When you travel by international bus to Sofia, it will stops at Serdika International Bus Station (1). Just behind of it you will see the building of SCRS (2) The meeting point is the parking lot of the Billa supermarket(3), located on the right-hand side of the railway station, immediately after the main entrance. If you arrive by international train to Sofia, the railway stop is Sofia Central Railway Station. When you go out of its building, the supermarket is just on the right-hand side of the railway station, immediately after exiting the main entrance. From Sofia Airport: If at Terminal 1, take the shuttle to Terminal 2. Find the subway entrance. Take the subway to "Serdika" (25-30 min). Change to Line 2 at "Serdika II" (follow the signs). Take the metro toward "Obelya" and get off at "Central Railway Station" (2 stops).



**GREEN TRAVEL BUDGET  
PER PAX**

**STANDARD TRAVEL BUDGET  
PER PAX**

Bulgaria	56 EUR	--
Greece	285 EUR	211 EUR
Italy	417 EUR	309 EUR
Türkiye	417 EUR	309 EUR
Romania	285 EUR	211 EUR
Lithuania	417 EUR	309 EUR
North Macedonia	285 EUR	211 EUR

# Contact Us!



## Project Coordinator in Lithuania

Julija Staniulyte:

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# Join with Tavo Europa!

Educator Pass 2026. You are welcome to join our new educational programme for 2026!

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>



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