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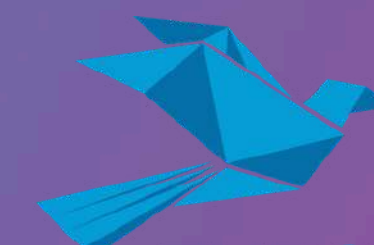
ASSOCIATION WALKTOGETHER
BULGARIA



Training Course “EthyGreen”

18-28.04. 2026

BANSKO, BULGARIA



TAVO EUROPA

Project Description

This training course, taking place in Bansko from 18-28 April and organized by Association WalkTogether brings together newcomer youth workers from different countries to explore sustainability, consumer behaviour and circular economy practices in an interactive and practical way. Through non-formal education methods such as games, debates, group work, simulations, creative workshops and community outreach, participants will develop a deeper understanding of how everyday choices impact the environment and society.

The project focuses on transforming the concept of overconsumption - especially linked to events like Black Friday - into more responsible and sustainable alternatives.

Participants will not only learn about sustainability in theory but will also co-create solutions, design campaigns, and implement a real public event that promotes reuse, sharing and conscious consumption within the local community.

By combining reflection, creativity, teamwork and hands-on action, the project aims to empower young people to become active change-makers who can promote sustainable lifestyles in their own communities.



Goals of the project

Increase awareness of sustainability by helping participants understand environmental, social and economic aspects of sustainable development.

Introduce circular economy principals such as reuse, repair, sharing and responsible consumption.

Encourage active citizenship by involving participants in real community outreach and public engagement activities.

Promote intercultural exchange and mutual understanding among young people from diverse backgrounds.

Develop critical thinking about consumer culture, overconsumption and marketing influences.

Strengthen key concepts including teamwork, communication, creativity, and problem-solving through non-formal learning methods.

Empower participants to take action by equipping them with practical tools and ideas they can apply in their home communities after the project.



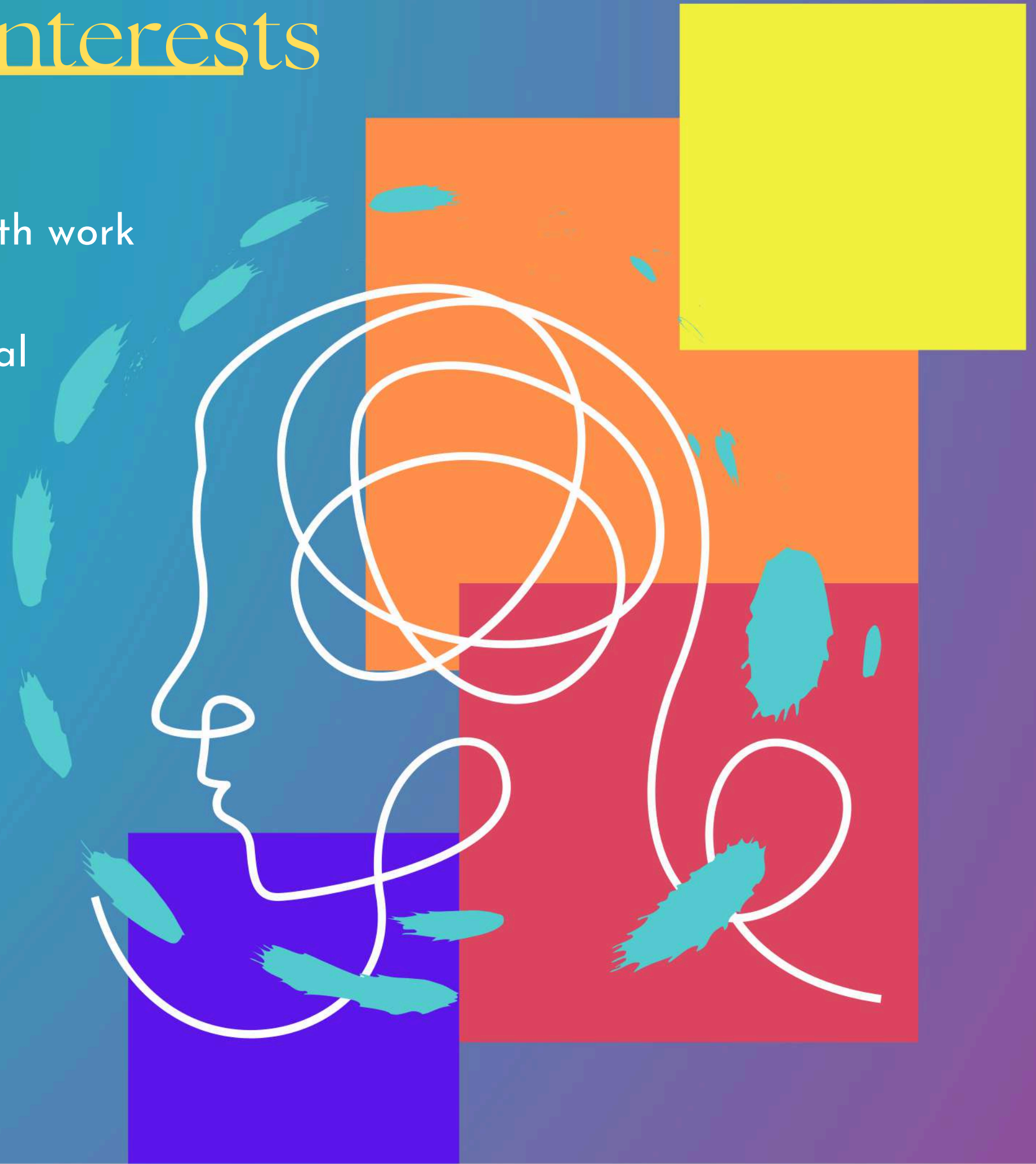
Participant's Profile and interests

Participants profile:

- 18 + years old who has recently started their youth work path.
- Interest in green skills, ecology and environmental awareness
- Interest in fast fashion, circular economy, sustainability
- Interest in self-assessment, reflection, inspiration

Methods we will use:

- Experiential learning workshops
- Sustainability research tasks
- Teamwork
- Debates
- Games
- Reflection sessions



APART Hotel "Royal Bansko"

You will be accommodated in an a part hotel, which consists of two parts: a hotel section and a private owners' section. Because of this mixed setting, it is essential to respect both the hotel rules and the privacy of other residents.

Accommodation

- You will stay in shared apartments with 3 to 4 people per unit.
- All apartments are fully furnished and maintained by the hotel.
- Cooking inside the apartments is not permitted, as all meals are provided in the hotel restaurant.

Meals

- Meals are served daily in the hotel restaurant: breakfast, lunch, and dinner.
- The system is "Swiss table" style, meaning you may choose what suits you best. Options will be available to accommodate dietary restrictions.

Facilities

During your stay, you will have access to:

- Swimming pool
- Sauna
- Fitness area and outdoor spaces
- Table tennis / tennis court

Please note that access is limited to the official working hours of the hotel facilities (09:00 - 19:00).

Code of Behaviour

To ensure a safe, comfortable, and enjoyable stay for everyone, we ask all participants to follow these rules:

1. Quiet Hours

- From 23:00 until 07:00, please avoid loud conversations, music, or other noise in the hotel.
- Participants may go out and enjoy Bansko nightlife after 23:00, but should remain quiet upon returning to the hotel.

2. Prohibited Substances & Behaviour

- The use of drugs (light or heavy) is strictly forbidden.
- Inappropriate behaviour, such as disrespect toward others, excessive alcohol consumption, or disruptive actions, will not be tolerated.

3. Alcohol and Beverages

- Drinks purchased outside the hotel may not be consumed in the common areas.
- The hotel bar offers drinks at prices similar to local shops.
- An exception is made for drinks and beverages brought specifically for the Cultural Evening.

4. Respect for Property

- Any damage caused by a participant will be charged to the person(s) responsible.
- Please use all hotel facilities and furnishings with care.



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). Details on the transport 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 arrive at the Central Bus Station in Sofia, you will need to purchase a ticket to Bansko. Tickets can be bought directly inside the station at the ticket counters. The journey from Sofia to Bansko takes approximately 3 hours by bus. Please note that schedules may change, so it is important to check departure times before booking your flight.

Useful links:

Central Bus Station: website:

<https://www.centralnaavtogara.bg/index.php?mod=06a943c59f33a34bb5924aaf72cd2995&d=1&t=24#b>

You can check some but not all tickets ONLINE:

<https://www.obilet.com/en>

<https://union-ivkoni.com/en>

From Bansko Bus Station to the Hotel

Once you arrive at the Bansko Bus Station, you have two options to reach the hotel: On foot - the hotel is within walking distance:

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

By taxi - you can share a taxi with other participants.

Cost: approx. €5-6 total (about €2 per person if shared).

Payment: taxis usually accept cash only in Bulgarian leva (BGN).

Card payments are rarely available.



BANSKO – SOFIA /CENTRAL BUS STATION/

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:58; 7:00; 12:51; 15:15; 18:00	4:58; 7:00; 12:51; 15:15; 18:00	4:58; 7:00; 12:51; 15:15;; 18:00	4:58; 7:00; 12:51; 15:15; 18:00	4:58; 7:00; 12:51; 15:15; 16:25; 18:00	4:58; 7:00; 12:51; 15:15; 16:25; 18:00	4:58; 7:00; 12:51; 15:15; 16:25; 18:00

****Someofthehoursareavailable online, others only at the Bus station.
Ifyouneedaticketfromthe Bus station in Bansko, we will assit you.

Sofia - Bansko

Buses departing from Sofia Central Bus Station:

08:30; 09:45; 11:25; 14:00; 16:45

****16:45 (only in cash from the tickets desk)

Reimbursement and travel budget

Travel Guidelines:

Green Travel Only for the North Macedonia and Turkey. Green Travel means low-emission transport like trains, buses and carpooling. Car parking is available for free at the Hotel.

Non-Green Travel for the rest of the teams. NB! Use Distance calculator to calculate your budget from your home town to Bansko, Bulgaria on the link:<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>. Travel cost reimbursement is based on the Erasmus+ distance calculator.

No Travel Budget: For participants from Bulgaria.

Travel costs will be reimbursed after the project dissemination is completed, EU survey completed and submitted original documents (tickets and invoices). Electronic tickets must be emailed and uploaded to designated folders, we will share. 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, rent cars/bus 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 their own responsibility.

Check in: On 18.04 - latest 20:00 (PM).

Check - out: On 28.04 by 10:00 (AM)



Distance band	Green travel	Non-green travel
100-499 km	285 €	211 €
500-1999 km	417€	309 €
2000-2999 km	535 €	395 €
3000-3900 km	785 €	580 €

What to Bring with me?

Essential Documents:

- Passport or ID card (valid for the whole stay)
- European Health Insurance Card (EHIC) or travel insurance
- Boarding passes / travel tickets (digital + printed).

DON'T Loose them. Do screen shots, if needed from the wallet app

Health & Safety

- Personal medication (enough for the whole project)
- Prescriptions (if needed for border control)
- Reusable water bottle (personal use)

Clothing & Comfort

- Comfortable clothes for workshops & group activities
- Something warm (hoodie/jacket - evenings can be chilly and snowy)
- Raincoat / umbrella
- Comfortable shoes for walking/outdoor activities
- Swimwear & Towel for the pool area (the hotel provides bath tawal in the rooms and change it every 3rd day)

Special Items for the Project

- WHITE mug, which you do not mind to paint.
- Intercultural evening contributions: snacks, drinks, traditional objects, flag, music, dances, games, costumes - as desired
- Notebook - as desired
- Crafty materials - as desired (we'll draw and craft a lot, so feel free to bring your own)



Contact Us!



Project Coordinator in Lithuania

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Join with Tavo Europa

Explorer 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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