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# CALL

 NATIONAL ASSOCIATION  
OF RESOURCE TEACHERS

## for Participants in Youth Exchange “Transition to Independent Life”

### Sofia, Bulgaria, 15-19.06.2026

## What's Inside

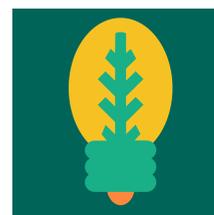
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## Our conditions

The youth exchange "Transition to Independent Life" is structured around the transition period between school and university, and employment in the life of young people. The latest EU statistics show that the EU average for leaving parental home is 30 years of age. The rate of youths in NEETs group, though decreased, still remains above the set goals.

The aim of this youth exchange is to present a special set of tools and methods to stimulate earlier independence of young people. Using participatory and interactive technics, youth workers and youths will become aware and equipped with technics and paths on planning their future.

## Expected learning outcomes

- Better understanding of the needs of NEETs group - by discussions, case studies, storytelling;
- Better understanding and knowledge of the different methods to motivate NEETs group to start working or continue to upgrade their qualifications - through sharing of experiences and concrete practices, learning visit.
- Participants will be able to use new methods and tools to motivate NEETs - through sharing of experiences and concrete practices
- Participants will get to know their colleagues and be able to keep in touch with them - working in small and large groups;
- Learn about the food of different countries during the cultural dinner, and go sightseeing in Bulgaria
- At the end of the training seminar, youths and youth workers will feel confident that they can conduct high quality personal skills training for independent living and for NEETs group.

For partner organizations:

- Increased level of quality in youth work;
- Increased public voice on the issue of youth empowerment;
- Increased level of skills in managing and implementing European/international projects;
- Opportunities for interaction with organizations working in different fields or in other socio-economic sectors

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## Venue

The accommodation will take place in the Sofia suburbs, commuted with the public transport, the training center of the Bulgarian Red Cross in Lozen village ([https://en.redcross.bg/school\\_bases/lozen](https://en.redcross.bg/school_bases/lozen)). More information will be provided to the selected groups.

You will be accommodated 2 people in a room with a bathroom.

Your food and accommodation are covered by the Erasmus+ program.

Make sure you fill out the food preferences and precise you diet in the application form. It will help us make everyone happy and avoid logistics complications!

Each participants will receive a Youthpass certificate.

The logo for Youthpass, featuring the word "Youthpass" in white lowercase letters on a red rounded rectangular background.

Youthpass is a document that recognizes learning outcomes of youth work and solidarity activities. It is available for projects funded by Erasmus+ and is part of the European Commission's strategy to foster the recognition of non-formal learning.

## Who Can Participate

5 young people - 18-30 years of age accompanied by a group leader over 18 years of age constitute one group. 1 representative of the group shall be with fewer opportunities (remote area, socially or economically disadvantaged, etc)

Profile of the participants with fewer opportunities should cover one of the conditions that is mentioned below:

- 1- Young people that have never travelled abroad before
- 2- First time participating in an international project
- 3- Face difficulties in integrating into the labor market
- 4- They must have a disadvantaged social, geographical or cultural environment

Gender balance shall be observed.

We will welcome groups from the EU member states, Serbia, North Macedonia, Turkiye.

We will have 5 groups from 5 different countries, including Bulgaria.



## How to apply

**1.**

Prepare your CV and motivation letter using Europass format here: [Europass](#)

Apply by filling in the form in the website.

**2.**

# 3.

Submit the application form before 20.01.2025!



# Financial conditions

NART covers all costs for the accommodation and food. We reimburse travel costs once the participants are in Bulgaria - either directly in cash to the group leader and youths, or to the sending organizations by bank transfer (recommended).

The group leader shall negotiate travel conditions and costs with NART prior to purchase of the tickets. Green transport is strongly encouraged, especially if the travel distance is less than 500 km.

NART applies the Erasmus + distance calculator and rates.

Erasmus + distance calculator is available here: <https://erasmusplus.ec.europa.eu/bg/resources-and-tools/distance-calculator>.

The rates are as follows:

Travel distance	Green travel in EUR	Non-Green travel in EUR
10-99 km	56	28
100-499 km	285	211
500-1999 km	417	309
2000-2999 km	535	395
3000-3999 km	785	580
4000-7999 km	1188	1188
over 8000	1735	1735

You are also allowed two extra days of travel but this is not going to be covered by the project so you will need to make your own preparations. This means that you will travel on 14.06.2026 and backwards on 20.06.2026, and you will have to cover the costs on these days by yourself.

Please, prepare the European Health Cards and make insurance by yourself!

# What We Envision

## Agenda

### Pathways to Independent Life for NEETs Youths

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Arrival day						Departure day
9.00-10.30		Welcome! Icebreaker – getting to know each other	Building time management skills	Promotion of responsible to the health behavior	Promotion of job seeking and employment Part 1 Peer sharing	Visit of National Museum	
10.30-11.00		break	break	break	break		
11.00 – 12.30		Expectations, group rules, presentation of the agenda  Understanding self-perception	Building a social network. Assertive behaviour	Building budget management skills	Promotion of job seeking and employment Part 2		
Lunch break							
13.30-15.00		Building a group identity  <u>Understanding autonomy</u>	Study visit	Building household management skills	Using Pathways to independent Living Part 1	Time to think about follow-up	

Please, be aware that June offers usually very nice weather, both the Red Cross Training Center is located in the slopes of a mountain so the evenings can be a bit chilly so bring appropriate clothing. We will organize a cultural evening, so prepare yourself for it!

You have to reach the venue on your own. If you need some help with the transport, we can help.

# Contact Us!



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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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