



ECO ART inclusion

ARTISTIC AND ECOLOGICAL TOOLS FOR SOCIAL INCLUSION

ERASMUS+ TRAINING COURSE IN BULGARIA 20.06.2026-01.07.2026



Funded by
the European Union





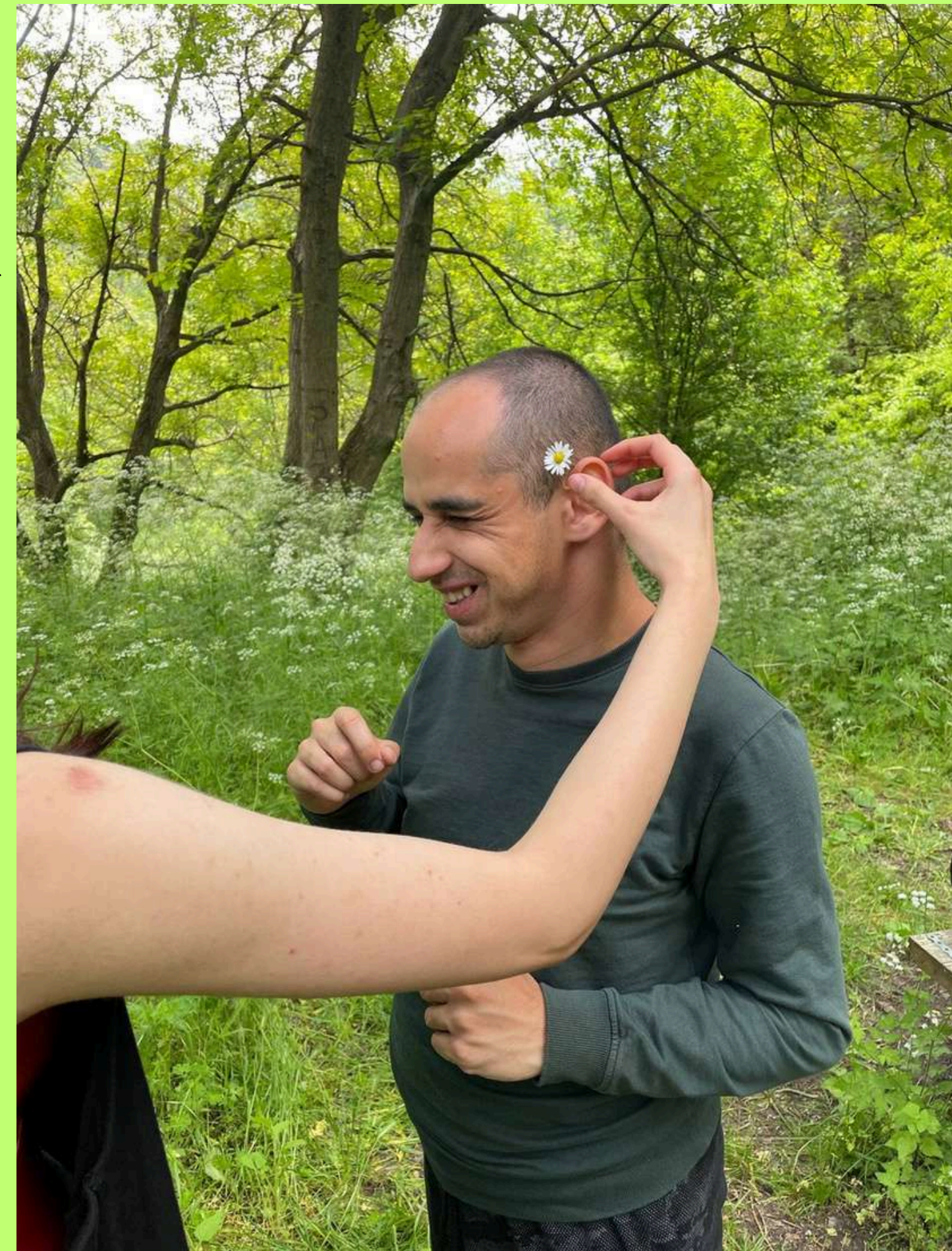
FOUNDATION "FOR TOMORROW" IS A NON-PROFIT ORGANIZATION ESTABLISHED IN 2017 IN BLAGOEVGRAD. ITS MISSION IS TO SUPPORT YOUNG PEOPLE WITH SPECIAL EDUCATIONAL NEEDS (SEN) AND INTELLECTUAL DISABILITIES BY DEVELOPING THEIR ABILITIES AND PROMOTING INCLUSION THROUGH TRAINING, WORKSHOPS, AND SOCIAL INTEGRATION PROGRAMS. THE FOUNDATION AIMS TO IMPROVE THE QUALITY OF LIFE AND SOCIAL PARTICIPATION OF YOUTH WITH SEN OR DEVELOPMENTAL CHALLENGES, ENCOURAGE THE EXCHANGE OF GOOD PRACTICES, AND FOSTER AWARENESS AND EQUALITY.



**Funded by
the European Union**

ECO ART PROJECT

ECO ART IS DESIGNED FOR YOUTH WORKERS WHO HAVE EXPERIENCE OR INTEREST IN ART AND NON-FORMAL EDUCATION, AND IN SUPPORTING THE PERSONAL DEVELOPMENT AND SOCIAL INCLUSION OF YOUNG PEOPLE WITH SPECIAL EDUCATIONAL NEEDS. THROUGH INTERACTIVE AND EXPERIENTIAL ACTIVITIES, PARTICIPANTS WILL PRACTICE DIFFERENT ECOLOGICAL ARTISTIC TECHNIQUES. THE TRAINING WILL FIRST INTRODUCE VARIOUS ARTISTIC METHODS RELATED TO SUSTAINABILITY, NATURE, AND THOUGHTFUL LIVING BUT ALSO TECHNIQUES LIKE MINDFULNESS AND SOUND HEALING. WE WILL COMBINE METHODS LIKE MUSIC, PAINTING, SENSORY THEATHER, HANDCRAFTING, CLAY WORK, ETC. AFTERWARDS, WE WILL PRACTICE HOW TO APPLY THESE TOOLS TO SUPPORT INDIVIDUALS WITH SPECIAL NEEDS, HELPING THEM STRENGTHEN THEIR MOTIVATION, CONFIDENCE, AND SENSE OF WELL-BEING. THROUGHOUT THE PROJECT, YOUTH WORKERS WILL HAVE THE OPPORTUNITY TO PRACTICE THE TECHNIQUES WITH DIRECT INDIVIDUAL AND GROUP WORK WITH YOUTHS WITH SPECIAL NEEDS, WHO WILL BE PARTICIPANTS OF THE PROJECT.



Funded by
the European Union

ECO ART TOOLS IN THE CONTEXT OF SOCIAL WORK

WE BELIEVE THAT PEOPLE WITH INTELLECTUAL DISABILITIES HAVE A LOT OF ABILITIES WHICH ART AND NATURE EVOKE. ART CAN BE ESPECIALLY BENEFICIAL FOR PEOPLE WITH SPECIAL NEEDS BECAUSE IT GIVES THEM A SAFE, NONVERBAL WAY TO EXPRESS EMOTIONS, BUILD CONFIDENCE, AND DEVELOP FINE MOTOR, COGNITIVE, AND SOCIAL SKILLS. MOREOVER, IT ALLOWS FOR TRUE INNER EXPRESSION OF TALENT AND POTENTIAL.

INTERACTION WITH NATURE DEEPENS THIS IMPACT BY SUPPORTING EMOTIONAL REGULATION, REDUCING STRESS AND ANXIETY, IMPROVING ATTENTION, AND ENHANCING OVERALL WELL-BEING THROUGH SENSORY ENGAGEMENT AND CALMING ENVIRONMENTS. DURING THE PROJECT, WE WILL WORK DIRECTLY WITH YOUTH WITH INTELLECTUAL DIFFICULTIES FROM THE LOCAL COMMUNITY, IN ORDER TO SEE THE IMMENSE POSITIVE IMPACT OF ART AND NATURE IN REAL TIME.

THE PROJECT WILL BE CONCLUDED BY ONE DAY PUBLIC EVENT WHERE THE PARTICIPANTS WILL SHOW THE NEW LEARNED TECHNIQUES AND APPROACHES TOWARDS SOCIAL AND WORK INCLUSION OF PEOPLE WITH SPECIAL NEEDS. AS PART OF THE PROJECT, PARTICIPANTS WILL PLAN AND ORGANIZE THE EVENT THEMSELVES.



Funded by
the European Union

YOUTH WORKERS WILL LEARN:

- VARIETY OF ECOLOGICAL ART TECHNIQUES
- THE BENEFITS OF ART AND NATURE FOR PEOPLE WITH SPECIAL NEEDS AND INTELLECTUAL DIFFICULTIES
- HOW TO USE THE NEW TOOLS IN SOCIAL WORK
- HOW TO PROMOTE THE OVERALL WELL-BEING OF YOUTH WITH SPECIAL NEEDS THROUGH CREATIVE, NATURAL, ARTISTIC, AND SENSORY-BASED ACTIVITIES
- HOW TO SUPPORT THE AUTONOMY AND INDEPENDENCE OF PEOPLE WITH INTELLECTUAL DIFFICULTIES AND HOW TO HELP THEM EXPRESS THEMSELVES MORE FREELY
- HOW TO USE ECOLOGICAL AND ARTISTIC TOOLS TO HELP INDIVIDUALS WITH SPECIAL NEEDS BUILD CONFIDENCE, STRENGTHEN MOTIVATION, AND UNFOLD THEIR FULL POTENTIAL AND TALENT
- HOW TO APPLY THE NEW SKILLS IN THEIR PERSONAL WORK AND TO WORK IN A TEAM
- HOW TO CONSTRUCT A SESSION AND ORGANIZE AND PLAN PUBLIC EVENT



Funded by
the European Union

PLANNED ACTIVITIES

- TRAINING SESSIONS AND WORKSHOPS
 - NON-FORMAL EDUCATION ACTIVITIES AND GAMES
 - ECOLOGICAL AND OUTDOOR ACTIVITIES
 - SUSTAINABLE ART TECHNIQUES: MUSIC, PAINTING, HANDCRAFTING, CLAY WORK, RECYCLED ART, SENSORY THEATER LOCAL FESTIVAL WITH THE COMMUNITY MUSIC, DANCE, THEATER MINDFUL ART AND SOUND HEALING IN NATURE ON-SITE
 - VISIT OF ORGANIZATIONS WORKING WITH SPECIAL NEEDS PEOPLE
 - PRACTICAL WORK WITH YOUTHS WITH SPECIAL NEEDS FROM THE LOCAL COMMUNITY
 - CROSS-CULTURAL ACTIVITIES AND CULTURAL EXCHANGE
 - PUBLIC EVENT ORGANIZED BY THE PARTICIPANTS WHERE THEY WILL DEMONSTRATE LEARNED ART METHODS FOR WORK WITH PEOPLE WITH SEN
-
-



Funded by
the European Union



WE WILL INCLUDE IN THE PROGRAM ON-SITE VISITS AND EXCURSIONS FOR SIGHTSEEING TO SOME OF BULGARIA'S MOST BEAUTIFUL LAND MARKS.



**Funded by
the European Union**

**THE PROJECT WILL BE
HOSTED IN DOLNI RAKOVETS
- A VILLAGE WITH MINERAL
SPRINGS, 1 HOUR AWAY
FROM THE CAPITAL SOFIA.**



**PROJECT DURATION: FROM
20.06.2026 TO 01.07.2026 -
10 PROGRAM DAYS AND 2
TRAVEL DAYS**



**Funded by
the European Union**



ACCOMODATION

THE PROJECT WILL TAKE PLACE IN HOUSE "OM" LOCATED IN DOLNI RAKOVETS VILLAGE, 50 KM AWAY FROM THE CAPITAL SOFIA. THE HOUSE HAS A BIG YARD, COZY TRAINING HALL, SPACIOUS LIVING ROOM, BEDROOMS FOR 2-3 PEOPLE AND SHARED BATHROOMS. WE WILL HAVE DINNER AT THE HOUSE AND LUNCH AND DINNER IN THE NEARBY RESTAURANT WHERE FOOD OPTIONS ARE AVAILIABLE



Funded by
the European Union

HOW TO GET THERE

THE CLOSEST AIRPORT TO BLAGOEVGRAD IS SOFIA AIRPORT.
FROM THE AIRPORT TAKE METRO TO THE CENTRAL RAILWAY STATION
AND FROM THERE TAKE DIRECT TRAIN TO DOLNI RAKOVETS.

WEBSITE FOR TRAIN TICKET:

[HTTPS://BILETI.BDZ.BG/](https://bileti.bdz.bg/)



WE WILL PROVIDE TRANSPORT FROM THE TRAIN
STATION IN DOLNI RAKOVETS TO THE HOUSE



Funded by
the European Union

PROJECT TIMELINE

1. FINAL SELECTION OF 13 PARTICIPANTS UNTIL **01.05.2026**
2. PARTICIPANTS **BUY TICKETS** (SAVE ALL RECEIPTS AND BOARDING PASSES FOR REIMBURSEMENT!)- WE ENCOURAGE **GREEN TRAVEL** AND CAN PROVIDE EXTRA MONEY FOR ACCOMMODATION ON THE WAY WITHIN THE ALLOWED BUDGET
3. **PREPARATORY ACTIVITIES** BEFORE THE PROJECT- PRESENTATIONS, WORKSHOPS
4. PROJECT ACTIVITIES FROM **20.06.2026 TO 01.07.2026**
5. **DISSEMINATION ACTIVITIES** ORGANIZED BY PARTICIPANTS IN THEIR COUNTRIES AND REPORTS



PARTICIPANT PROFILE

- OLDER THAN 21 YEARS WITH NO AGE LIMIT
- RELEVANT EXPERIENCE IN YOUTH WORK, PSYCHOLOGY, EDUCATION OR ART
- MOTIVATED TO COOPERATE WITH PEOPLE WITH SPECIAL NEEDS
- MOTIVATED TO ACTIVELY TAKE PART IN ALL ACTIVITIES
- READY TO CONTRIBUTE TO THE PROGRAM WITH OWN INPUT
- READY TO IMPLEMENT THE LEARNED SKILLS IN THEIR WORK
- PEOPLE WITH SPECIAL NEEDS ARE VERY WELCOME TO APPLY



ADDITIONAL INFORMATION

PARTICIPATION IN THIS TRAINING COURSE IS FREE FOR THE PARTICIPANTS AND FULLY COVERED BY THE EU. WE PROVIDE ACCOMMODATION, FOOD, TRAINING MATERIALS AND WORKSHOPS, EXCURSIONS WITHIN THE PROGRAMM AND TRAVEL MONEY WITHIN THE ALLOWED BUDGET (ERASMUS TRAVEL CALCULATOR). ALL PARTICIPANTS WILL RECEIVE A YOUTHPASS.

THIS TRAINING COURSE IS OPEN FOR YOUTH WORKERS FROM EU MEMBER STATES, ASSOCIATED COUNTRIES, AND THIRD COUNTRIES NOT ASSOCIATED.



**Funded by
the European Union**



Contact Us!



Project Coordinator in Lithuania

Austeja Amankaviciute

austeja@tavo-europa.eu



Co-funded by
the European Union



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>



Co-funded by
the European Union

