

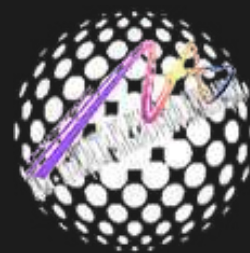
**ACTIVITY TYPE: YOUTH EXCHANGES - THIRD COUNTRIES
NOT ASSOCIATED**

**POLICY PRIORITIES: VIRTUAL COMPONENTS AND/OR
DIGITAL TECHNOLOGY, PROJECT GREEN PRACTICES,
EU YOUTH GOALS 2024 -2027**

Your Voice Matters **INFORMATION PACK 2026**

Project Code

2026-1-BG01-KA151-YOU-000389217



Accreditation Code

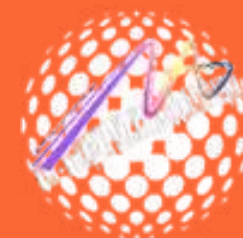
2023-1-BG01-KA150-YOU-000186002



YVM

**Beneficiary of the
accreditation project with a
plan to implement 2024-2027**

Your Voice Matters



**ASSOCIATION
"MIA – MANAGEMENT. ART.
ANIMATIONS"**

ORGANIZER

Gotse Delchev Str. No 91, 3 fl.

7000 Ruse BULGARIA

<https://www.eventeam-bg.com>

<https://www.facebook.com/MIA.eventeam>

<https://www.instagram.com/miamanagementart>

<https://www.x.com/MiaAssociation>

+359899875101

+359888339232



PROJECT BACKGROUND

**THE PROJECT WILL FOCUS YOUNG
PEOPLE'S ATTENTION ON 3 OBJECTIVES**

01

OBJECTIVE 1

**CONSCIOUS AND RESPONSIBLE
SOCIAL INCLUSION OF YOUNG
PEOPLE**

This goal accumulates actions for awareness and conviction of young people in the power and social importance of their generation, in making efforts in education, training skills, and creating models of behavior, to accumulate inner strength and confidence to form and advance their citizen position. Because only this reinforces the confidence that it makes sense for young people to be active, to act with persistence and steadfastness, defending a public cause, working on a significant problem of the community

02

OBJECTIVE 2

**GREEN POLICIES - THE ONLY ONE
RUNWAYS ON WHICH THE PLANET
WILL NOT EVACUATE ITSELF.
VISION. SOLUTIONS. ACTIONS.**

Through this goal, we seek common points of intersection and territory for Youth Independence on global issues shaping the future of humanity within the context of youth policies. The focus is on the Green Deal and the prospect of carbon neutrality. The youth will work on environmental themes for the sustainable development of the Planet, reversing the course of climate change and adapting to climate change by transforming negative trends into new opportunities

03

OBJECTIVE 3

**MODERN EDUCATION AND
INNOVATIVE APPROACHES TO
BUILDING THE SKILLS OF THE 21ST
CENTURY. FOR SUSTAINABLE
DEVELOPMENT, LIFE AND
IMPROVEMENT OF THE EARTH.**

This goal follows the main concept through the Design Thinking and 21st Century Skills approaches. The latest approaches in non-formal education give a specific vision and connection with real life to provide knowledge and cultivate new behavioral patterns through modern, future-oriented educational methods, precisely in the interest of the youth audience, to speak their language and show a forward-looking view of the time in today's agenda with the pulse of tomorrow.

YOUTH EXCHANGE OVERVIEW

PROGRAM: KA150-YOU - ERASMUS
ACCREDITATION IN YOUTH

**DATES OF MAIN
ACTIVITY:**

06/09/2026 – 14/09/2026.
(Travel days 06/09/2026.
and 14/09/2026.)

**PARTICIPATING
COUNTRIES**

Bulgaria - Host. Partners:
Portugal, Germany,
Lithuania, Romania,
Hungary, Austria, Turkey,
Tunisia, Jordan

**PLACE OF THE
ACTIVITIES:**

National Nature Park
Golden Sands, Sea
Resort Golden Sands,
Varna, Bulgaria

**NUMBER OF
PARTICIPANTS:**

10 groups, 5 people per
country (4 participants +
1 leader)

AGE:

Participants:
15-29(30) age old
Leader: 18+ age old



Young Voice Mentions



TECHNICAL INFORMATION & ACCOMMODATION

ACCOMMODATION

Hotel "AMBASSADOR" has a large garden area, swimming pool, and spaces where outdoor activities will be held. Some of these seminars and trainings will be held on the beach areas by the sea. <https://ambassador.bg>
Hotel "AMBASSADOR" is located in the center of the National Nature Park and Resort Golden Sands, at a distance of only 250 meters from the beach. The hotel is a starting point for various sights and historical sites, water attractions, and challenges, some of which are included in the youth exchange program.

Like all hotel guests, our group enjoys free of charge: parking, fitness, and a freely accessible Wi-Fi network throughout the hotel. In the immediate vicinity are shops (shops, supermarkets, pharmacy) and entertainment such as swimming pools, attractions, bowling, and watersports. https://visit.varna.bg/bg/golden_sands.html



MOBILE PHONE APPLICATIONS



ACCOMMODATION

Accommodation and food costs are covered by 100% of the project budget. Participants will be accommodated on a full board with breakfast, lunch, and dinner, and two coffee breaks per day

ACCOMMODATION

Participants will be accommodated in the hotel base (3 stars) in rooms for two persons. The location is also known for its beautiful nature, protected by the status of a nature reserve. Golden Sands Resort is located on the Black Sea coast and near the city of Varna, called the sea capital of Bulgaria.

TRAVEL



GROUP'S TRIP

You organize the group's trip in a way that is most suitable for both the participants and the conditions of the project. You can use any type of transport, especially those that the program tolerates and accepts as ecological transport - train or electric not

transport, but this is only option and mandatory

Based on the distance traveled by the participant (distance between the place of departure and the place of the project). The distance must be calculated using the European Distance Calculator. In relation to the location of the Youth Exchange, the participants' travel should be carried out via the most appropriate routes and destinations. In this case, the closest airports to the project location are Varna Airport and we recommend that participants explore the possibilities and plan flights to Bucharest (Otopeni) Airport - Romania or to Varna Airport, Bulgaria..

REIMBURSEMENT

The reimbursement of participants' travel expenses will be made via bank transfer (to the account of the sending organization/group leader) after the end of the main activity, after collecting the reports and all relevant documentation, according to the actual cost, but not more than the maximum allowed by regulation.

DISTANCE CALCULATOR

Participants' travel expenses are covered in accordance with the rules of the Erasmus + program and the European distance calculator.

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

Please keep the originals of the travel tickets and boarding passes, as without such documents we will not be able to refund the amount.



TRAVEL

IMPORTANCE OF KNOWING YOUR AUDIENCE

Country	Number of people	Max travel Grant /prsn,€	Max travel Grant / NGO, €	TRAVEL DISTANCE km
Portugal	55	395	1975	2000 - 2999
Lithuania	5	309	1545	500 - 1999
Turkey	5	309	1545	500 - 1999
Germany	5	309	1545	500 - 1999
Romania	5	211	1055	100 - 499
Hungary	5	309	1545	500 - 1999
Austria	5	309	1545	500 - 1999
Tunisia	5	309	1545	500 - 1999
Jordan	5	309	1545	500 - 1999

IDENTIFYING YOUR TARGET AUDIENCE



The trip from Bucharest Airport to the accommodation will be by bus, specially hired for the project, with which we will travel for all other activities. The distance from Otopeni Airport to the border with Bulgaria is 70 km. The border town is Ruse. The distance from Ruse to Varna is 200 km. With normal traffic in Bucharest, to the border, and on the road Ruse-Varna, we are expected to travel to Golden Sands for a total of 5 hours. We plan for the whole group to arrive at the hotel "AMBASSADOR" at 18:00.



IMPORTANT

We ask the Jordanian group to keep in mind that if it chooses the option to travel via Bucharest Airport, a transit visa for Romania and a visa for entering and staying in Bulgaria will be required.

FOR GOOD ORGANIZATION AND COMBINED TRANSFERS

We highly recommend looking for flights to Varna Airport. It becomes an active international airport during the summer season. For those arriving at Varna Airport, the **deadline** is **17:00 (5 p.m.)** For those who will travel to Bucharest - **deadline** for arrival **13:00 (1 p.m.)** Meeting in Costa cafe (pictured).

The transfer to Golden Sands (as well as the return transfer) will be by bus. It will be more convenient for the groups that travel to Bulgaria in terms of visas. The meeting place for waiting at Varna Airport is the Costa cafe in the arrivals area. (on the picture)

PRAGMATIC CHOICE

We recommend the participants to choose Varna if they have both options, because the transfer is easier, the transfer's time is many times shorter (the place of accommodation and the main activities are at a distance of 18 km from Varna).





BANK OFFICES AND ATMS



Eurobank Bulgaria Jsc
Phone: +359 2 8116422
<https://www.postbank.bg>



UBB Jsc.
Phone: +359 2 948 5510
<https://www.ubb.bg>



UniCredit BULBANKJsc
Phone: +359 2 988 6636
<http://www.bulbank.bg>



DSK Bank Jsc
Phone: +359 2 937 3423
<https://www.dskbank.bg>

YOU CAN GET CASH...

You can get cash from ATMs located in the public areas of the Arrivals hall of the airport terminals or in cities, bank branches, or exchange offices. Since January 1, 2026, Bulgaria is a member of the Eurozone, and the unit of payment is the official currency of the European Union - **EURO, €**

YOU CAN PAY AS WELL



VIA SMARTPHONE



VIA SMARTWATCH

PRACTICAL INFORMATION

DON'T FORGET TO BRING!

- Personal medication;
- Identification documents(ID, passport);
- Health /travel insurance;
- Travel tickets andboarding passes (originals);
- Comfortable clothes and shoes
- We kindly recommend:
Participants to acquire health/travel insurance at their own expense for the travel days.

WE ALL WOULD BE RELIEVED IF YOU COMPLIED WITHTHIS

1. Comfortable sports and summer clothing (September's weather is warm during the day) which includes short-sleeved clothes (cotton T-shirts), short pants, swim set, but for the evening have to bring a jacket, long pants (leggings, tracksuits) and soft fabric sweatshirt, fleece.
2. Comfortable shoes, sneakers and beach slippers. Comfortable leather sneakers or impregnated fabric would also do a good job.:
For your backpack:

- A bottle of water
- Handkerchiefs (dry);
- Wet wipes (preferably antibacterial);
- Disinfectant (pocket fit)
- Second T-shirt (recommendatory)
- Sunglasses;
- Cap for the sun;
- Sunscreen products with a good UV factor
- Phone (with always charged battery);.

AND MORE . . .

Also, please get a valid EU healthcare insurance card (if applicable):

- If you're an EU citizen, you have the right to free health insurance that gives you access to medically necessary, state-provided healthcare;
- European Health Insurance Card
<https://ec.europa.eu/social>



1

IN CASE OF EMERGENCY

All important contact numbers and information on safety procedures will be placed in visible places at the project site and will be presented to the participants at the beginning of the main project activity

2



FOR EMERGENCY SITUATIONS WATER RESCUE

Single EU emergency number 112
1470 (for all mobile operators)
+35902 963 2000 Central
twenty-four-hour post for
emergency situations WATER
RESCUE for inquiries or advice
1471 (for all mobile operators)

3

PERSONAL RESPONSIBILITY

When everyone started participating in The Project each participant agrees to unreservedly comply with safety rules, related measures, regulations, and preventive actions.



**SOME OF THE MOST
IMPORTANT PHONE
NUMBERS IN BULGARIA
ARE LISTED HERE.**

**SAFETY
IS NOT JUST
A WORD,
IT'S A WAY
OF LIFE.**

SAFETY & RISK-PREVENTION

INTERCULTURAL AND LINGUISTIC PREPARATION

MORE INFORMATION ABOUT THE HOST COUNTRY

GEOGRAPHY

Bulgaria is a country in Southeast Europe. It is located in the eastern part of the Balkan Peninsula and occupies 23% of its territory.

Bulgarian borders: Romania to the north, Serbia and northern Macedonia to the west, Greece to the south, and Turkey to the southeast. To the east, along the coast, is the Black Sea.

With almost 111 thousand km² and a population of 7 million people, Bulgaria is in 11th and 16th places by area and by population in the EU.

CULTURE

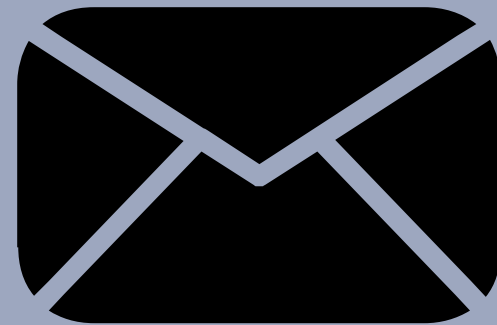
Bulgaria has no official religion, but Orthodox Christianity is considered the "traditional religion" of the country. 59% of Bulgarian citizens identify themselves as Orthodox Christians, followed by the other large group of citizens – Muslims – 18%, followed by the representatives of the Protestant religious community - 0.9% and Roman Catholicism – 0.8%. 31% of Bulgarian citizens state that they do not profess any religion.

HISTORY

Bulgaria has an ancient history. Here are some of the earliest artifacts of civilization in the world. Bulgarian lands have inherited some of the most Ancient cultural treasures in Europe. Bulgaria gave the world the Cyrillic and the Glagolitic alphabet, preserving its spiritual wealth, and today is developing as a high-technology state



CONTACT US!



Project Coordinator in Lithuania

Austeja Amankaviciute
austejai@tavo-europa.eu

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>

