

**HAVE A
VOICE,
MAKE A
CHOICE!**





EMPOWERING YOU TO ADVOCATE FOR DEMOCRACY, RECOGNIZE DANGERS TO IT AND STAND UP FOR PARTICIPATION AND INCLUSION.

Training course what?

“Have a choice, Make a Choice” is an exciting, hands-on training course where young people come together for seven days to explore what it means to be an active citizen. Forget boring lectures, this program is all about learning by doing! Through games, debates, interactive exercises, and creative challenges, you’ll dive into topics like democracy, participation, power, and decision-making. You’ll discover how citizens can shape their communities, what stops people from speaking up, and how to turn ideas into real action. By the end of the week, you’ll leave inspired, equipped, and ready to make your voice count.

OUR AIM

To help young people explore what it means to be an active citizen. Participants reflect on power, decision-making, and democratic participation at all levels. They will gain tools to take action and strengthen democracy in their communities.

OBJECTIVES



- Understand why democracy matters and what participation looks like.
- Explore active citizenship through practical examples.
- Reflect on power, representation, and decision-making.
- Learn tools for dialogue and democratic action.
- Share experiences to see participation across contexts.
- Create local actions to boost democratic engagement.



WHAT TO BRING:

Bring an open mind, curiosity, and a readiness to explore, question, and take part in shaping your community.

GOT SOMETHING INTERESTING TO SHARE?

Bring along books, leaflets, stickers, or any materials related to diversity and inclusion to help build our common library! There will also be an opportunity to exchange resources with others. And don't forget to bring some snacks and drinks from your country for our intercultural evenings – a great chance to share flavors, stories, and traditions.

overview of the week

	Day 0 17.10	Day 1 18.10	Day 2 19.10	Day 3 20.10	Day 4 21.10	Day 5 22.10	Day 6 23.10
9.30	ARRIVAL	Official Opening!	Citizenship in Practice	How decisions are made	Democracy In danger I	Tomorrow starts from now! II	DEPARTURE
11.00		Coffee Break					
11.30		Further Teambuilding	Rights on Paper, Reality on the Ground	We're all in the same boat	Democracy In danger II	Your own project!	
13.00		Lunch					
15:00		Setting our rules and sharing expectations.	Why People Speak Up... or Stay Silent	Who holds the power?	Democracy in Practice	Evaluation	
16.30		Coffee Break					
17.00		Mapping my reality	So What Is Democracy, Really?	Democracy Under pressure	Becoming active!	Official Closing!	
18.30		Reflection					
19.00			Dinner				
20.30	Welcome Evening	Evening activity		Intercultural night	Evening activity		





LOCATION OF THE EXCHANGE



SOS Children's Village, Dren,
Bulgaria

Dren where?

The SOS Children's Village in Dren is a welcoming venue designed for international learning and exchange. Located around 1 hour south-west of Sofia and surrounded by nature, it offers a calm setting that helps participants focus, connect, and step away from everyday routines. The center is regularly used for international youth projects and is well adapted to multicultural groups.

Comfortable and warm clothes – we will have many dynamic activities. At the same time (depending on the weather) we will try to work as much as possible outside. Therefore, bring your warm shoes, scarf, hat and jacket but also your comfortable clothes for the inside activities.

(Inter)Cultural Night – We invite you to bring some snacks and/or drinks that are typical for your country to share during our intercultural night

WHAT TO PACK

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Reimbursement and travel arrangements



Reimbursement of your travel expenses will be made AFTER the project on the basis of ORIGINAL documents (CONFIRMATIONS, TICKETS, BOARDING PASSES, BANK STATEMENTS and INVOICES). Tickets which are not approved by the hosting organization will not be reimbursed.

If you have electronic tickets, we will require them over email as per the instructions you will receive. If you have physical tickets we have to receive all original tickets by post. This means that you will bring and leave your originals with us and you will post the ones for your way back to our address with a RECOMMENDED LETTER after sending us photos of all tickets/boarding passes.

In exceptional cases where participants from non-EU countries provide ALL original travel documents by Day 3 of the youth exchange, the reimbursement can be made in cash before departure.

Participants can arrive up to 2 days earlier and stay up to 2 days after the project if there are better (more convenient and cost-effective) travel options. Please keep in mind that in such cases, you will be responsible for paying all your expenses for the extra days (accommodation, food, etc.) on your own.

Only the most economical way of travel will be reimbursed! As per the Erasmus+ guide, we can only reimburse you up to the travel budget limit below. All travel costs will be reimbursed based on the distance calculator.

ABOUT YOUR HOST ORGANISATION

IOA is an NGO established at the beginning of 2010, committed to youth work, active citizenship, promotion of non-formal education and encouraging young people to develop their social and creative potential for a better future for everyone



INFINITE
OPPORTUNITIES
ASSOCIATION

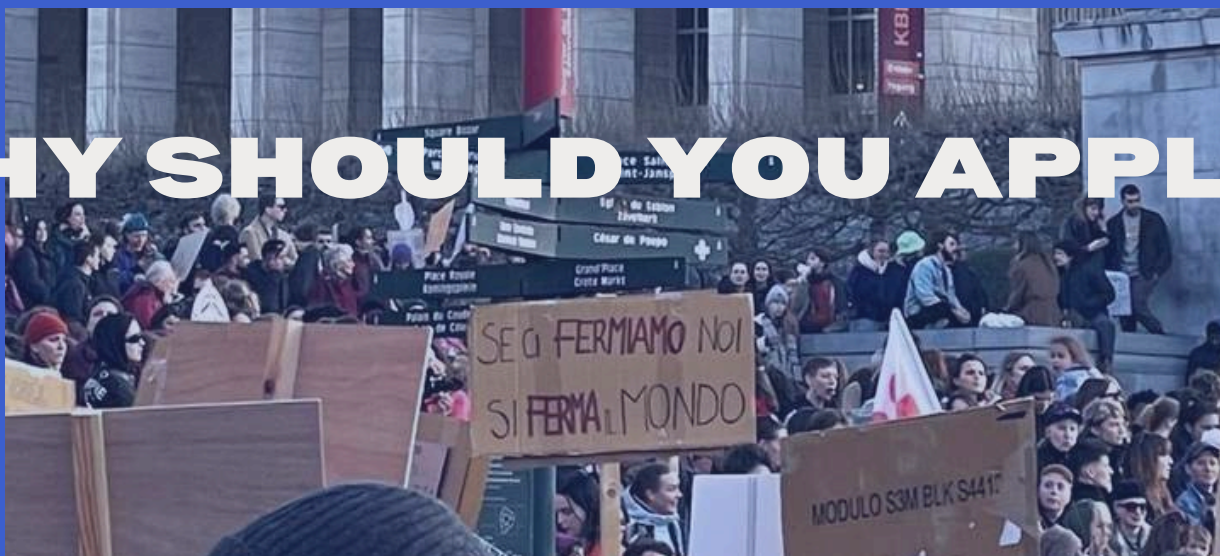


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WHY SHOULD YOU APPLY?



Democracy is under pressure, but young people have a powerful role to play. This training course is a space to question, discuss, and understand what's happening around us, while discovering how our voices can still make a difference. You'll meet young people from across Europe, share experiences, take part in interactive activities and debates, and explore how citizens can shape change together. If you care about the world around you, want to understand it better, and believe that participation matters, this exchange is for you.

APPLICATION DEADLINE: 01/10

Apply Now



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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 with an Educator pass 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>





Contact Us!

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