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# ACTIVE U

Training course



**26 June – 06 July**



**Bansko, Bulgaria**



# THE PROJECT

## INTRODUCTION

The ActiveU project deals with problems caused by internet abuse, digitization and technological addictions. It focuses on promoting healthy lifestyles, active aging and efficient use of technology.

### Objectives:

- Teach youth workers how to use digital tools to encourage young people to be more active and live healthier lives.
- Share the latest research and trends in healthy living, and help youth workers learn how to use social media to reach and inspire young people.
- Create and carry out local strategies and activities that boost physical activity and support healthy lifestyles among youth.
- Improve training for youth workers by sharing experiences and best practices with other organizations across Europe and beyond.
- Promote Erasmus+ as a program that supports healthy living and helps young people build strong European values.



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# THE PARTICIPANS



## 4 youth workers per country

### Participants:

- Age: 18 years or older
- Experience: At least 1 year of working with young people
- Language: Able to speak and understand English well
- Erasmus+ Experience: Each group should have:
  - One youth worker who is new to Erasmus+
  - Two youth workers who have taken part in Erasmus+ before
- Topic Knowledge: At least one person in the group should have experience or training in sports or healthy living
- Motivation: Participants should show strong interest and explain how they plan to share what they learn with youth in their community or organization
- Gender Balance: Each team must include at least one male and one female
- Priority: Youth workers with fewer opportunities (due to money, location, social or cultural challenges) will be given priority



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# THE FOLLOW-UP

**All participants are expected to take part in the dissemination of the project results as follows:**

1. Social Media Feedback: Within 14 days after the mobility, participants will create short testimonials to be published on Instagram and shared via their own and their organisation's social media channels.
2. Workshops: Participants will organise workshops in their organisations to share the methods and tools learned during the project.
3. Local Event: Within 2 months after the mobility, participants will organise a local event in their country to promote active and healthy lifestyles among young people. Photos or videos from the event will be published on the project's social media.



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# VENUE & ACCOMMODATION



The project will take place in Bansko – a famous mountain resort in Bulgaria, surrounded by beautiful nature. The hotel complex will serve both as accommodation and working space during the training course.

## Accommodation & Facilities



- Participants will be accommodated in comfortable rooms, grouped by gender, with a private bathroom.
- The venue offers an indoor swimming pool and a SPA area.

## Meals

- Three meals per day (breakfast, lunch, dinner) and two coffee breaks will be provided at the restaurant in the hotel complex.



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# IMPORTANT TRAVEL INFO

## PLEASE READ CAREFULLY

To ensure a smooth and reimbursable trip to the ActiveU Erasmus+ Training course, please follow these steps:

### 1. Get Approval Before Booking

- You must send your travel plan by email and get our approval BEFORE purchasing your tickets. This ensures compliance with project rules and reimbursement guidelines.

### 2. Use Cost-Efficient & Green Travel

- Choose the most cost-efficient and environmentally friendly travel options whenever possible.

### 3. Ticket Collection & Reimbursement

- Keep ALL original tickets and boarding passes (either paper or PDF) for reimbursement.
- Travel expenses will be reimbursed after the project, once you submit all original tickets and invoices. Reimbursement will be made via bank transfer.

### 4. Ryanair Travelers

- If flying with Ryanair, make sure to download your boarding passes in PDF format before your flight, as Ryanair does not allow access to them after the flight.

### 5. Arrival Day – 26th June

- If arriving in Sofia, plan to arrive early on the 26th of June, as the last bus to Bansko leaves at 16:30.
- From Terminal 2, take the subway (metro) to the city center, then change lines at “Serdica” station to reach the bus station.

### 6. Departure & Return Info

- You can choose from several options for departure, either early in the morning or in the afternoon.
- Hotel check-out is by 11:00 AM (after breakfast) on your departure day.



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# THE REIMBURSEMENT

## TRAVEL BUDGET GREEN TRAVEL BUDGET

<b>BULGARIA</b>	---	56 €
<b>TÜRKIYE</b>	---	309 €
<b>GREECE</b>	---	285 €
<b>SERBIA</b>	---	285 €
<b>LITHUANIA</b>	285 €	---
<b>ROMANIA</b>	---	285 €
<b>ITALY</b>	285 €	---
<b>GERMANY</b>	285 €	---

Visa costs for Turkish participants are covered by the Erasmus+ Programme up to 60 €.

### Green Travel

Green travel refers to using low-emission transport options for the majority of the journey, such as buses, trains, or car-pooling.

If you have any questions, don't hesitate to contact us—we're here to assist you!

**Email: [beyondexperiencebulgaria@gmail.com](mailto:beyondexperiencebulgaria@gmail.com)**



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# CHECK LIST

- **Bring all your travel documents.** Make sure you have all required travel documents for entry into Bulgaria.
- **Travel insurance is your responsibility:** Ensure you have adequate travel insurance. EU participants can also use the European Health Insurance Card (EHIC), but private insurance is recommended.
- **Complete your preparation tasks:** Make sure you have finished all tasks from the preparation phase before arriving in Bulgaria.
- **Bring national food and drinks for the intercultural night:** Share your culture in a creative way! You can teach a dance, play a traditional game, create a quiz, or organize a role play. Don't forget to bring your flag!
- **Pack for varying weather:** The weather in Bansko during June and July is usually around 25°C, but evenings can be cooler. Since we'll be in the mountains, be sure to bring warm clothes and appropriate shoes.
- **Detailed recommendations will follow:** A week before your arrival, we will send you an updated weather forecast and specific recommendations on what to pack.



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# THE COUNTRY

## Bulgaria

- Capital city: Sofia
- Official language: Bulgarian
- Currency: Bulgarian Lev (BGN)
- The exchange rate is fixed: 1 € = 1.956 BGN.

## Visa Information

- EU/EEA citizens: No visa required, can stay up to 90 days.
- Non-EU citizens: Visa requirements vary depending on nationality. Please check with the Bulgarian Embassy or Ministry of Foreign Affairs.
- ID or Passport: Mandatory for entry.

## Emergency Contact

- Emergency Number: 112 (Police, Ambulance, Fire).

## Healthcare

- EU citizens: Can use an EHIC card, but private insurance is recommended for additional coverage.

## Medical Centers in Bansko

### 1. Private Medical Centre "Blagoveshtenie"

- Address: 1 Louis Pasteur Street
- Phone: +359 7498 8388

### 2. Emergency Ward

- Address: 74 Tsar Simeon Street
- Phone: 112



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# CONTACTS



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