

Training course

# Storify Yourself!

Outside the shell

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31 October - 8 November 2022

**Dobrinishte, Bulgaria**

Info Pack #1



Co-funded by the  
Erasmus+ Programme  
of the European Union



# About the project

The intensive training program focuses on a holistic process of personal reflection and rediscovery that is essential to understanding ourselves, connecting successfully with others, and fulfilling our mission in life. The training is an experience and encounter with our own barriers and limiting beliefs, overcoming our inner critic, discovering our gift but also the fears that hold us back. It is about dealing with emotions, stressful situations, the unknown. Our trademark is storytelling as a leading tool in the process of self-discovery and connection with others, as a key element of effective communication. Because good stories have the power to change us and the world.

And the mountain - it will bring us back to nature, because it is the natural place of man and brings answers to many questions.

The training also provides a TED forum for participants to present their storytelling skills based on their personal experiences.

We look forward to seeing you on this journey!



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[PREVIOUS TRAININGS](#)



**Aim:**

To increase the quality of youth work by developing the personal skills of youth workers and improving their tools to motivate active youth participation

**Objectives:**

- 1. Going through an in-depth personal development process improving social, emotional and communication skills to build and engage community
- 2. Increasing knowledge and skills for effective, non-violent communication and developing mastery in storytelling as a tool for self-discovery and connecting with others
- 3. Developing practical skills to apply the complex methodology for personal development used in the training to youth work
- 4. Promoting the sharing of good experience and practice, developing intercultural cooperation and networking



Country	Partner	Participants	Travel budget Standard/Green
Bulgaria	Via Civic	3	23/-
Belgium	JOETZ vzw	3	275/320
Greece	EKO	3	180/210
Italy	L'Orma	3	275/320
Lithuania	AKTYVISTAI	3	275/320
Poland	YoWo	2	275/320
Portugal	ETPM	3	360/410
Romania	Tinerii 3D	2	180/210
Slovakia	Youthfully Yours SK	2	275/320
Spain	Jarron Club	3	360/410



# Selection criteria

1. Active in youth work
2. Motivated interest in personal development and storytelling
3. Free usage of English (at least B2 level)
4. Good form for activities in the mountain (basic mountain equipment will be needed)
5. No age limit
6. Priority will be given to people with fewer opportunities
7. No administrative fee

Every participant should participate in every phase of the project and in the whole duration of the TC, incl. dissemination follow up activities online and offline.



## Participants profile

### The training course is open for:

educators - trainers, teachers, facilitators, youth workers, youth leaders, communicators. Volunteers or active members in their local communities, who want to better the storytelling skills and are highly motivated in personal development and youth work

**Till 15 September all the participants have to fill the:**

**PARTICIPATION**  
**FORM**



Dobrinishte is located around 160 km south of the capital Sofia, near the famous tourist town of Bansko. It is surrounded by three mountains.

We have chosen a family hotel complex, away from the centre of the town. “Valentino-2” will be reserved entirely for the project. No outside people will be allowed.

The hotel has courtyards, which will be used for most of our activities - training, as well as eating, informal communication, etc.

There is Wi Fi and the hotel will provide towels.

The accommodation set up is 2-3 people per room.

100% of accommodation and food costs are covered by the Erasmus+ grant.

Things to keep in mind:

**We will have fun, however we are not meeting to party all night. Please, respect this.**

To ensure that your mind stays sharp and you get the full benefits of this personal development training, we ask that you **refrain from drinking alcohol or taking other intoxicating substances.**

We also take this opportunity to remind you that **smoking is not allowed in closed public spaces** in Bulgaria, so you cannot smoke inside the facility in Dobrinishte.

## Preparation for participation

The life and health of all participants is our priority, but also everyone's responsibility, both to themselves and to the group. In order for the training to run smoothly and for the experience to be fulfilling for you, you need to:

- **Provide us with complete health and diet related information** on the participation form, so we are aware;
- **Keep us informed of your health status** if any exceptional circumstances or changes arise;
- **Comply with current measures relating to Covid-19**, but also declare that you are participating healthy and non-contagious
- **Take care** of your travel and health
- **Respect the deadlines** and be proactive in the communication
- **Participate actively** in the sessions because we are only guiding you, but the success of the training is entirely up to you
- **Contribute to the exchange of knowledge** and experience by sharing which will add value to the TC
- **Be prepared for the mountain** that will be our stage for the training.

## International Storytelling Evening

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Bring a story from your country/region to share with the rest of the group. It can be a real story, one from your family, it can also be a myth, fairy tale or anything else that will take us for a moment into the story world of your culture (no videos, youtube, or commercial ads, please! We want your personal authentic story and voice!).



Hello adventurer!

We will hike in the Mountains in November! In the mountains any weather can be expected. Temperatures can vary from -5 to +25 C, and rapid changes are possible. Thus it is not possible to plan for good/ bad weather – we need to be prepared for both.

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## Mountain adventure packing list:

- **comfortable sturdy mountain shoes** (above ankles), waterproof (with membrane, Gore-tex type),
- **socks** - for mountain/trekking (artificial fabrics, wool is even better), it is important to cling to the foot to reduce friction and the possibility of ruffles.
- **jacket** - for wind and rain. + raincoat (if the jacket is not enough to protect you from rain)
- **clothes** - warm, for cold weather – insulation layer (polar type, thin and thick) + **trousers** - long, also suitable for rain and wind
- **bottle of water** (minimum 1l.)
- light and comfortable backpack for the mountain (20-30 litres)



## Recommended:

- Sunny weather clothes - T-shirts (artificial fabrics do not absorb moisture), short trousers (optional), sun hat, sunglasses;
- hat and gloves for cold weather;
- raincoat for the backpack to keep the luggage dry (some backpacks have a built-in raincoat for the backpack itself);
- a notebook and a pen, or something else to record notes;
- personal medicines (if needed).

**For all clothing we recommend artificial fabrics because they do not retain water/ sweat and wither quickly, unlike cotton ones for example. Of course, merino wool is even better.**



## Important

What is "green travel"?

- Bus, train, ship, shared car only
- Plane is standard travel
- Mixed transport is reimbursed as standard travel, if there is a plane used
- Green travel allows up to 4 additional days for travelling

**The coordinator will consider each travel plan and its category.**

Tickets are purchased after confirmation by the coordinator.

Extra days are allowed (max. 2 days besides the project dates) but they are covered by the participants themselves! Exceptions are possible, after the confirmation by the coordinator.

Travel costs are covered up to a certain limit, according to Erasmus+ [Distance calculator](#)

# Travelling

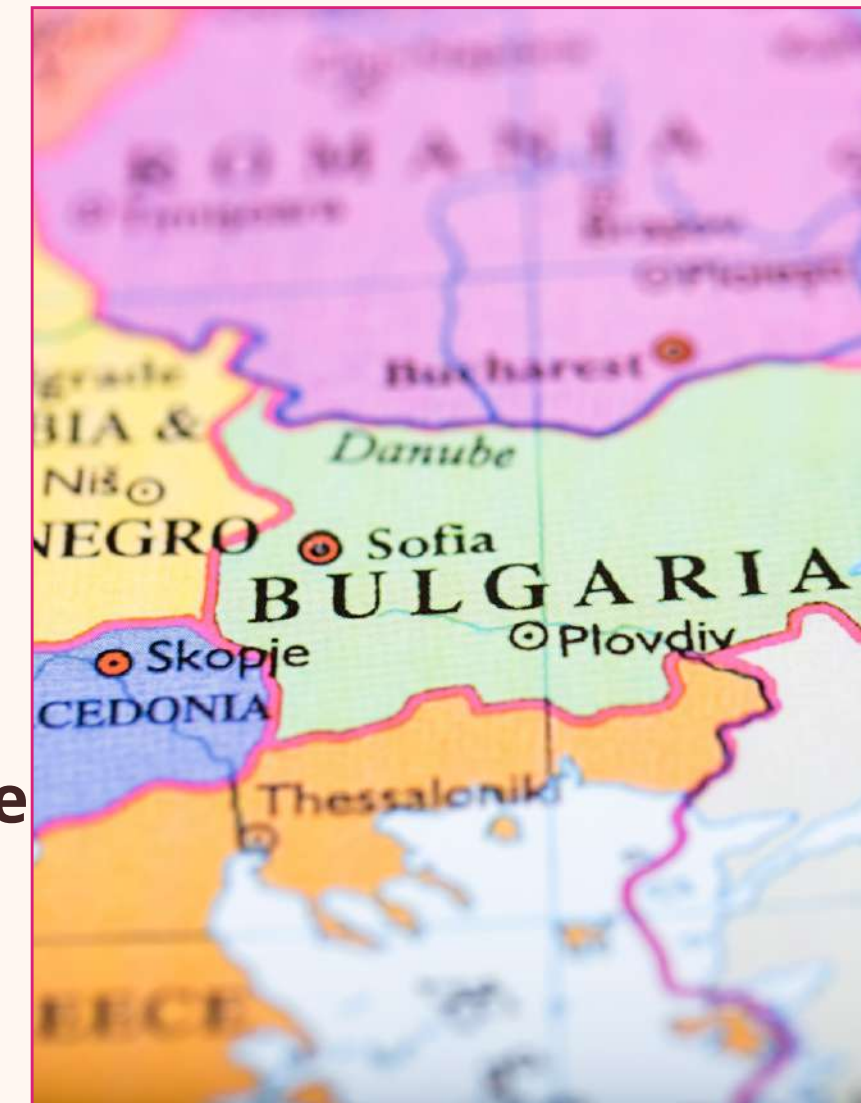
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- Choose a comfortable but economic travel option
- Add travel insurance (flexible travel in case of change, cancellation, COVID, lost luggage and etc.)
- Send us the travel option before purchasing

**The arrival day is October 31, 2022** and all the participants have to be in Sofia, the capital city, **till 16:00 (4 PM) local time**

- We will organise a **bus from Sofia to the venue and back, for which we will deduct 40 EUR from the travel budget**

**The departure is on November 8, 2022** and we recommend the participants to **choose a travel option NOT EARLY IN THE MORNING** (after 12 lunchtime is ok).



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## Meeting point in Sofia

The HOTSPOT from where the organised BUS will leave is the bus parking lot in front of the main entrance of the “Vasil Levski” National Stadium. It is in the city center and is very easy to find. Check it out in [GOOGLE maps](#)



There is a subway from the airport, from Terminal 2 directly to Sofia University Station, entrance Eagle's Bridge which is 300 m away from the point. From Terminal 1 you have to take the shuttle to Terminal 2 and then the metro.

You can also use BUS LINE 84 or 384.

There is a subway from the central bus and train stations to Sofia University Station, entrance Eagle's Bridge.

[More information about the metro in Sofia](#)

**The bus will leave from Sofia on 31 October, at around 16:30, so we kindly ask you to be on time.**

In case you are late because of the transport, let us know! We will travel to the venue about three hours.

# Reimbursement

The reimbursement will be made after the TC via bank transfer, when the participants:

- take part in all planned activities
- complete the dissemination and follow up activities
- fill up the standard questionnaire from the Beneficiary Module of Erasmus+ after the TC
- give us all the necessary travel documents
- AFTER the TC, complete the:

**REIMBURSEMENT**

**FORM**

## Necessary documents

1. E-Ticket/receipt/invoice of your booking or every means of transport
2. **Boarding passes**/travel tickets in original format - **we recommend online check-in and electronic** ones that you may send by email. If you use a **mobile app** for the boarding passes also take an e-mail copy or make a screen shot of all of them (all the connections). If you make **an airport check-in** with paper boarding passes, you have to send them **first scanned as an email and after by POST** to the address:

VIA CIVIC Association

1330 Sofia, BULGARIA

Razsadnika compl., bl.10, ent.4, app.115

Deiana Dragoeva

3. We reimburse only two way tickets
4. We can not reimburse costs for taxi, car for single passenger, extra nights without our confirmation



## Trainers



**Atanas Genkov,  
Bulgaria**



**Nikola Dimov,  
Bulgaria**



**Zlatin Tsvetkov,  
Improv, Bulgaria**

I am pleased to be your main trainer! I have 10+ years of international experience in training, facilitation, coaching and sustainability.

My passion is nature and especially the mountains, thus I also became a mountain guide. You will have the unique chance to experience a bit of what I do.

I look forward to sharing our stories during these exciting 7 days with you at the foot of the Pirin Mountains!

Some fields that I am currently involved in are youth work, innovative student-centered schools and methods, psychodrama, and nonviolent communication. It's really exciting that we will meet in a couple of weeks in Dobrinishte to experience new processes, to reflect, share and connect. See you soon!

A professional actor, among the creators of improvisational theatre in Bulgaria. He is running a training center with over 120 students, a club stage and a theatre stage.

„I believe that improvisational theatre is a generator of ideas, processes, and positive changes“.



## The team



**Deiana Dragoeva,**  
VIA CIVIC Association,  
founder and President

A few words about me – I'm a writer and I love the magic of storytelling. I've been writing scripts for series, TV shows, documentaries, commercials and videos for over 20 years. I have a PhD in the field of Public communication and information sciences. I'm a university professor in creative writing.

I'm curious about your stories and I'm looking forward to meeting all of you in this training experience!



**Plamena Petrova,**  
VIA CIVIC Association,  
coordinator

I am a journalist and writer. I have a PhD in the field of Public communication and information sciences, specializing in Media music. I hosted a radio show about rock and metal on a local student radio station for around 7 years. Currently, I write for a rock and metal website and coordinate Erasmus + trainings.

I am excited to meet you all and hear your stories!



# COVID-19

## CORONAVIRUS

- We will follow the development of the pandemic in dynamic and will inform the participants on time.
- The participants must inform us about their health condition a week before the TC in case of any symptoms.
- All participants have the responsibility to obtain the EHIC (European Health Insurance Card) which is for free. Keep in mind, even if you have an EU Insurance card, this would not cover any travel incident. It is your own responsibility to arrange your own travel and health insurance.
- **The personal health insurance of each participant is mandatory.** A group insurance will also be made by us.
- We **can not cover any costs regarding COVID** - tests, hospital, etc.
- We recommend the participants to have **valid EU Covid Certificate (green certificate)** for vaccination or recovery.

[Check here about:  
Covid travel and Bulgarian health  
rules](#)

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[Check here about:  
Covid measures in Bulgaria](#)



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[www.viacivic.org](http://www.viacivic.org)

FB page: <https://www.facebook.com/ViaCivicBG/>

FB group: <https://www.facebook.com/groups/viacivic/>

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**FB group of the project to be updated!**



The team of VIA CIVIC ASSOCIATION, coordinator of the "Storify Yourself! Outside the shell", contract 2022-1-BG01-KA151-YOU-000052307, created this info pack and bears full responsibility for the provided content and information.