



TRAINING COURSE
SOFIA, BULGARIA – 7-11/09/2023

AGENDA
DAY 1 – 7 September

Morning	Travel and Arrivals at the Venue
Afternoon	Group formation (ice-breaking and teambuilding activities) and general introduction to the project and its objectives - ALL PARTNER

DAY 2 - 8 September

Morning	Toolkit Social Entrepreneurship - L'ORMA
Afternoon	Toolkit Intercultural Communication - ADEL

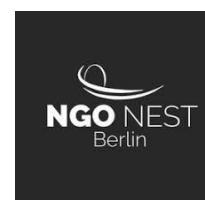
DAY 3 - 9 September

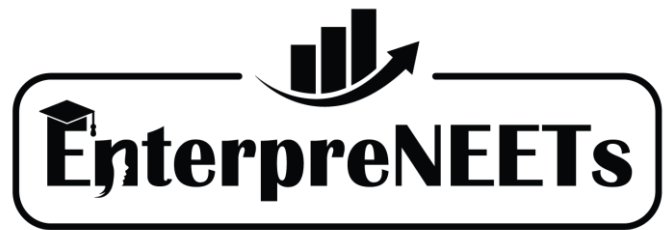
Morning	Toolkit digital literacy - NGO NEST BERLIN
Afternoon	Toolkit Project Management - BULSPORT

DAY 4 - 10 September

Morning	Work on personal projects, writing an article for entrepreneurial blog, evaluation of the mobility and the tools - ALL PARTNERS
Afternoon	Closing - ALL PARTNER

DAY 5 - 11 September: Departure





THE PROJECT: Small Scale Partnership in the field of youth

Coordinator: L'ORMA (Italy)

Partners: Bulsport (Bulgaria) - ADEL (Slovakia) – Nest Berlin (Germany)

- Empowering young female NEETs by providing them with entrepreneurial skills in the fields of social entrepreneurship, intercultural communication, project management, and digital and ICT skills.
- Combatting the overrepresentation of women in the NEET category, and their underrepresentation as entrepreneurs.
- The main strategy: non-formal education (NFE).
- Exchange of good practices, aimed at producing a toolkit that can be used across the EU in fostering entrepreneurship.

THE TRAINING

The training format coming the toolkits developed in the previous activities will be tested on young female NEETs from all partner countries in a blended mobility of young people. This will allow to prepare the tools for the local tests. The mobility will last 4 days:

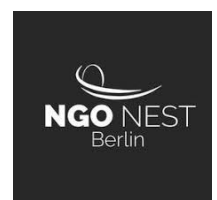
- Day 1: Group formation (ice-breaking and teambuilding activities) and general introduction to the project and its objectives.
- Day 2: Thematic toolkit of social entrepreneurship, thematic toolkit of intercultural communication.
- Day 3: Thematic toolkit of digital and ICT skills, thematic toolkit of project management.
- Day 4: Work on personal projects, writing an article for entrepreneurial blog, evaluation of the mobility and the tools.

The participants will be asked, prior to the mobility, to think of a business concept that they would like to develop. This initial draft should be concrete enough to be developed during the mobility. The participants will be asked to keep updating the idea after each day by incorporating the knowledge they will be learning during the training. At the end of the mobility, each participant will have a mini-business. In order to keep track of its development, the participants will run a blog to present the evolution of their idea.

PARTICIPANTS:

Every partner organisation will send 5 young female NEETs who will be selected through an open call. The call will be published on the social media accounts of the partner organisations, on their websites and through their offline networks (NGOs or associations they work with, the participants of other activities organised by the partner institutions). The participants will have to meet the following criteria:

1. Being a female NEETs in the age range between 18 and 29 years old;
2. Resident in one of the participating partner countries;
3. Having a real interest in developing their entrepreneurial competences;





4. Being motivated to put in the work necessary before, during, and after the mobility (brainstorming on possible project ideas, development of their idea, updating the project blog);

5. Communicative level of English will be an advantage but will not be required from all participants, since only one with a better proficiency of the language will be able to help the other participants

The participants will be asked to reflect and think about their entrepreneurial ideas before the mobility, to be able to directly employ the skills and competences they will be learning.

Each group of travelling participants will be accompanied by a youth worker tutor.

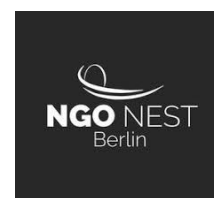
The activity will directly be associated with the main objective of the project, i.e. development of entrepreneurial skills of female NEETs. Indirectly, the experience should have positive impact on the professional life of the participants by encouraging them to start their own businesses or more generally to activate their careers.

The participants of the mobility will not only have an opportunity to develop their entrepreneurial skills, but also to brainstorm their business idea with their peers from other countries, which should give them a new perspective and allow to enhance their initial plan. It is expected that at least some of the participants will take this chance and will establish their own businesses after coming back to their home countries. While doing so, they will leave the NEET group. Moreover, the employability of participants that will not decide to execute their ideas is also expected to increase due to skills that they will acquire.

Venue

The project meeting will take place in Sofia:

Sofia is the capital of the Balkan nation of Bulgaria. It's in the west of the country, below Vitosha Mountain. The city's landmarks reflect more than 2,000 years of history, including Greek, Roman, Ottoman and Soviet occupation. Medieval Boyana Church has 13th-century frescoes. Built by the Romans in the 4th century, St. George Rotunda Church has medieval and Ottoman decoration dating to the 10th century.

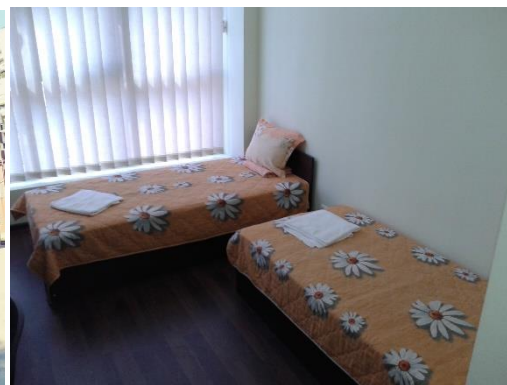
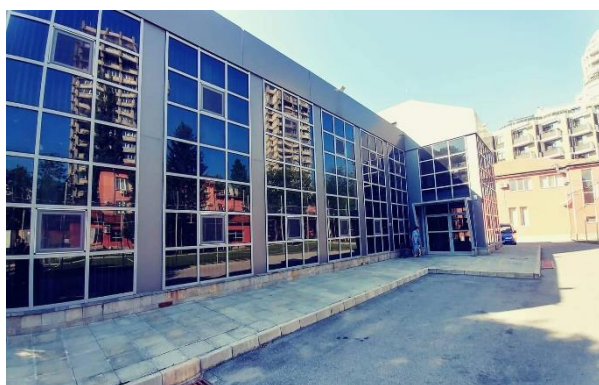




Venue details:

Meeting venue will be Olympic school preparation center of the Ministry of Education and Science in Sofia, Bulgaria. The venue is providing facilities for accommodation in rooms with 2 and 3 beds, with private bathroom, digital TV and free WiFi that will host the participants from Bosnia and Herzegovina, Croatia and Italy during their stay in Sofia. The base is suitable for training camps, for all participants in national and international educational Olympiads. All conditions for complete preparation and relaxation are provided, including huge conference center, restaurant and outdoor football pitches.

Address: 21, "Dragan Tzankov" blvd





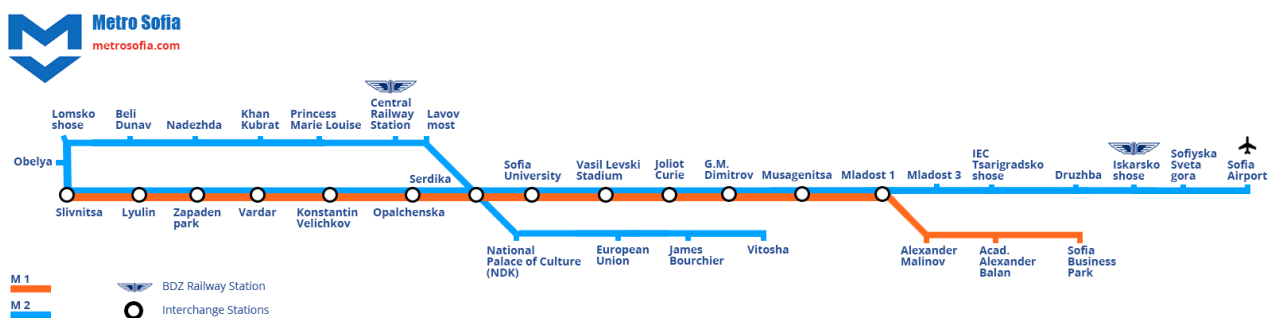
How to reach Sofia

Sofia Airport (SOF) is the main international airport of Bulgaria located 10 km east from the centre of the capital city Sofia. There are multiple airlines, flying to Sofia both regular and low-cost air suppliers.

Local transportation:

Sofia Metro - Link to downloadable Sofia metro maps: <https://www.metrosofia.com/en/maps>

Ticket price is 1.60 BGN (0,80 euro) and you should check it on the check-in machines on the entrance of the metro station.



To reach the area of the meeting

The area of the meeting is located at an equal distance from the airport, center of the city, central railway and bus station in a quiet city area next to the biggest park of Sofia – Borissova garden. Closest metro line station /Joliot-Curie/ is situated just few meters from the meeting venue.

Another transportation option in Sofia is to use taxi services that are relatively cheap. There are different companies with different prices that vary quite a lot, so we recommend always to ask for the price for the trip you want to take and to jump in the car only if you agree with the price. Another option that is very suitable is to use taxi application, where the prices are regulated and you can pay by credit card (if you do not have BGN in cash). You can download TaxiStars application here:

Apple: <https://bit.ly/2MFair7>

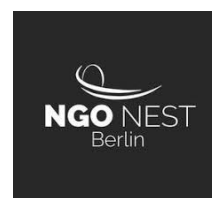
Android: <https://play.google.com/store/apps/details?id=com.omgm.taxistars.omg.omg>

Dietary requirements and disability:

If you have any dietary requirements, disability or special needs that the organisers should be aware of, please notify Yoanna Dochevska (info@bulsport.bg).

Photography:

Partner organisation staff will take video and photograph throughout the duration of the mobility. Pictures will be shared on partner social network sites. Please advise us if you are aware of sharing pictures that you are on.





Arrival/Departure information:

Arrival day will be 07th of September 2023, Sofia airport. Departure day will be 11th of September 2023. Participants are asked to vacate their rooms before 12:00.

COVID-19 regulations

During the event will be implemented all actual at the time of delivery safety measures. Please note that if PCR tests are needed, such can be covered by TPM project budget, please consult your sending organization. All selected participants will be informed for the actual measures before the event itself.

Weather:

The weather in Sofia is pretty warm in September, so be sure to pack comfortable clothes suitable for summer indoor and outdoor activities.

Clothes:

Please bring with you sport equipment for indoor and outdoor sports.

Money exchange: The Bulgarian Lev is pegged to the Euro. 1 EUR = 1.96 BGN. You may exchange money in banks and in any of the numerous exchange offices.

Must know

❖ Currency – Bulgarian Lev. The Bulgarian Lev is pegged to the Euro. 1 EUR = 1.96 BGN. You may exchange money in banks and in any of the numerous exchange offices.

❖ **Time zone:** GMT (London) + 2 hours

❖ **Electricity:** 220 V, 50 Hz

❖ Prepare yourself for interactive workshops, outdoor activities, open discussions.

❖ Every participant must attend the full duration of the activity. If a participant refuse to, project coordinator will request to pay the the full organisational costs for their participation – 575 euro/ 760 euro per mobility per participant.

Bring with yourself

❖ Comfortable clothes;

❖ Information materials of your organisation - flyers, posters, business cards, etc.

❖ Good mood! :)

Contact persons: Yoanna Dochevska: +359889137478

