

Training course

# My Hero's Riddle!

From the roots of conflict to  
the peak of resolution

10 - 18 September 2023

**Dobrinishte, Bulgaria**

Info Pack



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





# About the project

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The intense training program offers the participants the opportunity to reframe their personal story and reconnect with themselves and with nature. The focus of the project is on conflict resolution and outdoor experience.

Our intention for this training course is to facilitate a transformative journey. We aim to provide multiple paths for self-exploration and reflection, enabling you to forge a deeper connection with your authentic self and your role as a youth worker. Think of the program as a cake, where each slice is infused with the essence of powerful non-formal education methodology such as experiential pedagogy, nonviolent communication, art of hosting, storytelling, sociometry, forum theater, action methods, conflict resolution, outdoor learning, and more. However, the key ingredient that truly makes it unique is the group, as it fosters an experience that taps into the collective intelligence and wisdom.



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## Aim:

The project aims to improve the personal development of youth workers, their motivation for youth work, and to develop a toolkit for mediation in complex conflict situations.

## 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, nonviolent communication and successful conflict management.
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/-
<b>Greece</b>	EKO	3	180/210
Italy	L'Orma	3	275/320
<b>Spain</b>	Jarron Club	3	360/410
Portugal	SOPRO	3	360/410
<b>Poland</b>	Reflections on Europe	3	275/320
Slovakia	Youthfully Yours	3	275/320
<b>Netherlands</b>	Stichting Sunny Days	2	275/320
Albania	International Voluntary Project	2	180/210
<b>Romania</b>	3D Youngsters	3	180/210



# Selection criteria



1. Active in youth work
2. Motivated interest in the topic of conflict management
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 (18+)
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:

NGO team members, educators - trainers, teachers, facilitators, youth workers, youth leaders, communicators.

Volunteers or active members in their local communities, who want to better the conflict management skills and are highly motivated in personal development and youth work

**Till 30 July 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.

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

There is WiFi 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.



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## Every participant has to bring his own:

- **sleeping bag!!!** - warm one, light (up to 1.5 kg) – **comfort temperature: +10 degrees**
- **comfortable sturdy mountain shoes** (above ankles), waterproof
- **socks** - for mountain/trekking (artificial fabrics, wool is even better)
- **jacket** - for wind and rain. + raincoat
- **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 (20-40 litres)
- **sleeping mat** (NOT a yoga mat) – we can also provide a basic one for you, only if you request it in advance - write to us asap!



## Mountain journey:

We will hike in the Mountains up to about 2000 m above sea level! In the mountains any weather can be expected. Temperatures can vary from 0 to +30 C, and rapid changes are possible. It is not possible to plan for good/ bad weather – we need to be prepared for both.

An important principle is having layers of clothes instead of one very thick cloth (shirt, thermo, wind-rain stopper).

Another **important part is that we will be spending a night outdoors!** You will learn more about it during the training, but what you need now is to find a good and warm sleeping bag!



## Recommended for the mountain:

- **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);
- 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.**



## 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 into the story world of your culture (no videos, YouTube, or commercial ads, please! We want your personal authentic story and voice!).





# Important

## Travelling

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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.**

Extra days are allowed (max. 2 days besides the project dates) but they are covered by the participants themselves!

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

- Choose a comfortable but economic travel option
- Add travel insurance (flexible travel in case of change, if you don't exceed the travel budget)
- **Send us the travel option before purchasing**

**The arrival day is September 10, 2023** 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 September 18, 2023** and we recommend the participants to **choose a travel option NOT EARLY IN THE MORNING** (after 12 lunchtime is ok).





# Meeting point in Sofia

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The HOTSPOT with the organised BUS is the bus parking lot in front of the main entrance of the “Vasil Levski” National Stadium.

It is in the city center. 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 September 10, 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 travel 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 a single passenger, extra nights without our confirmation



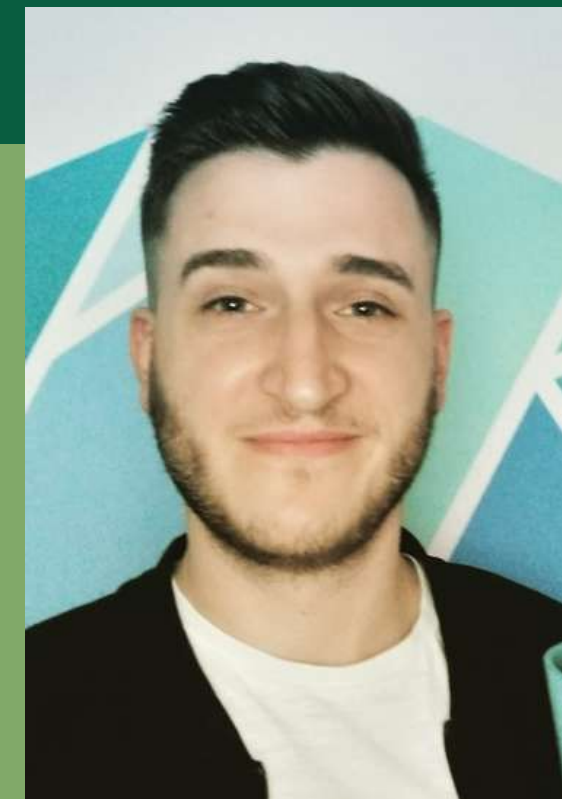


## Trainers



**Atanas Genkov,  
Bulgaria**

I am pleased to be your 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!



**Nikola Dimov,  
Bulgaria**

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!





## 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!



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The team of VIA CIVIC ASSOCIATION, coordinator of the “My Hero's Riddle! From the roots of conflict to the peak of resolution” created this info pack and bears full responsibility for the provided content and information.