

Training course

# In peace with the storm

From conflict to resolution

30 May - 7 June 2024

Dobrinishte, Bulgaria

Info Pack



Co-funded by  
the European Union



# About the project

Conflicts drive change. They throw us off balance and push us to the edge, from where what we see scares and stresses us. Whether we let conflicts break us is up to us. How we perceive conflict, what we call conflict and how we react.

This is what the participants in our intensive training will discover - what is the genesis of conflicts, where are they in them, how do they act - freeze, escape or fight. And above all - how to master them so that they grow through them as individuals, to accept them as gifts of fate, sent not by chance.

Our goal is to guide the participants through a process based on personal development, to provoke their flexibility, adaptability, ability to change the point of view and approach with empathy towards others. As always, our training includes mountain experiences and a night under the stars, storytelling, journey into the unknown, non-violent communication and... the rest is up to you - the participants.

We look forward to seeing you on this journey!

**SEE OUR  
PREVIOUS TRAININGS**



# VIA CIVIC Association

VIA CIVIC Association has been working for more than 10 years under the Erasmus + program. We focus efforts on creating our own innovative training programs.

The program design includes a complex of methods, based on non-formal education, learning through experience, coaching, storytelling, improvisational theatre, art of hosting, etc.

Emphasis in our trainings is personal development because we believe that only self-aware people can succeed in life and their profession.

**More about VIA CIVIC on [www.viacivic.org](http://www.viacivic.org)**

**YouTube: [@viacivic4499](https://www.youtube.com/@viacivic4499)**

**FaceBook: [ViaCivicBG](https://www.facebook.com/ViaCivicBG)**

**Instagram: [via\\_civic\\_association](https://www.instagram.com/via_civic_association)**





# Aim

The project aims to improve youth workers' understanding of the genesis of conflicts and prepare them with practical tools for their role as mediators in conflict situations

01.

Going through an in-depth process of self-examination of one's own perception and behavior in a conflict situation

02.

Increasing understanding of the concept of nonviolent communication and mastering practical methods for its application

03.

Sharing international experience and good practice in conflict mediation as a part of the quality youth work



## Participants profile

**The training will meet 20 participants from 10 partner organisations. It 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.

## Selection criteria

1. Experience in the youth work
2. Motivated interest in the topic
3. Free usage of English (at least B2 level)
4. Good physical shape for activities in the mountain
5. Readiness to procure the necessary mountain equipment
6. No age limit (18+)
7. Priority will be given to people with fewer opportunities
8. No administrative fee

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

**Till 15 April 2024 all the participants that are selected by their organisation, have to fill the:**

### **PARTICIPATION FORM**

**After filling the form they will receive the final confirmation from VIA CIVIC team.**



	Country	Partner	Participants	Travel budget Standard/Green
1	Bulgaria	Via Civic	2	23/-
2	<b>Greece</b>	EKO	2	180/210
3	Italy	L'Orma	2	275/320
4	<b>Spain</b>	CREAMOS EUROPA	2	360/410
5	Armenia	Youth Opportunities Club	2	275/320
6	<b>Poland</b>	Reflections on Europe	2	275/320
7	Belgium	JOETZ vzw	2	275/320
8	<b>Netherlands</b>	Stichting Sunny Days	2	275/320
9	Romania	3D Youngsters	2	180/210
10	<b>Slovenia</b>	Adastra Ljubljana	2	275/320



# 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.**

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

We highly recommend the participants from the neighbor countries to use green travel!

Travel costs are covered up to a certain limit, according to Erasmus+ Distance calculator

# Travelling

- Choose your travel as early as possible
- Use an economic travel option
- Send us the travel option before purchasing for confirmation
- Send us the travel documents after purchasing

The **arrival day is May 30, 2024** 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 June 7, 2024** and we recommend the participants to choose a travel option

NOT EARLY IN THE MORNING  
(after 12 lunchtime is ok).

We have 3 hours to Sofia by bus!





# Meeting point in Sofia

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 May 30, 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 3 hours.



# Venue



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.



## Every participant has to bring his own:

- **sleeping bag!!!** - warm one, light (up to 1.5 kg) – **comfort temperature: at least for +10, even better for +5**
- **comfortable sturdy mountain shoes** (above ankles), waterproof
- **socks** - for mountain/trekking (artificial fabrics, wool is even better)
- **jacket** - for wind and 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 1 l)
- **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, but only if can not bring your own and 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

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!).





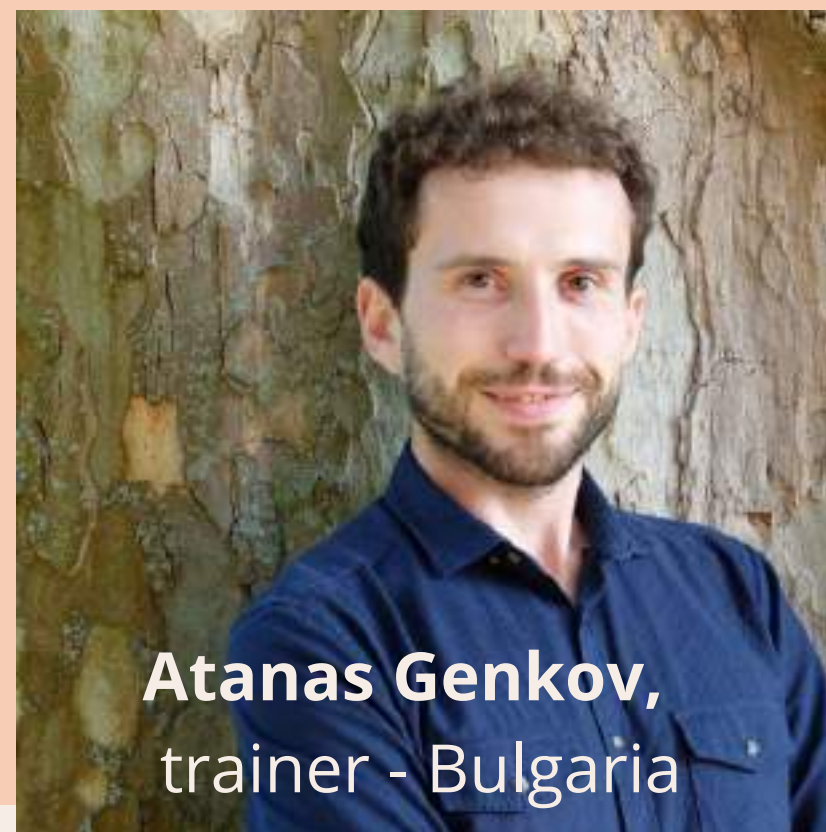
# The team



**Deiana Dragoeva,**  
project manager

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!



**Atanas Genkov,**  
trainer - 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,**  
trainer - 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 Dobrinishte to experience new processes, to reflect, share and connect. See you soon!



# Reimbursement

The reimbursement will be made after the TC via Transfer Wise, 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

Send the filled reimbursement form and all the travel documents till 14 June 2024

# 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 or you have only PAPER COPIES of your travel documents, you have to send the ORIGINALS **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



# "In peace with the storm - from conflict to resolution"



## Contact us:

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**All travel documents send to:**

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**Subject: Travel - In peace with the storm**

**The team of VIA CIVIC ASSOCIATION, coordinator of the "In peace with the storm - from conflict to resolution" created this info pack and bears full responsibility for the provided content and information.**