







# Association of Ruse in help of society and young people

- Association of Ruse in help of society and young people/RAPO is an organization that seeks to help young people with fewer opportunities and Adults in their development by using non-formal educational methods and tools. The organization was established in 2014 and has realized local and international projects in the field of youth, sport and education. Mostly the organization is implementing different training programmes and exchange programs in socially significant topics such as discrimination, human rights, good and healthy lifestyle, entrepreneurship. RAPO has been an active organization in European programmes such as Youth in Action, Erasmus+, as well as other international and European programmes.
- Association of Ruse in help of society and young people/RAPO is an organization that seeks to help Young people with fewer opportunities and Adults in their development by using non-formal educational methods and tools. The organization was established in 2014 and has realized local and international projects in the field of youth, sport and education. Mostly the organization is implementing different training programmes and exchange programs in socially significant topics such as discrimination, human rights, good and healthy lifestyle, entrepreneurship. RAPO has been an active organization in European programmes such as Youth in Action, Erasmus+, as well as other international and European programmes.

### You can find us in:



### About Ruse, Bulgaria

#### https://en.wikipedia.org/wiki/Ruse, Bulgaria

Currency - Bulgarian leva, exchange rate is 1€= 1,9558 BGN.

You can exchange when you arrive.

Official language - Bulgarian. But most Bulgarians speak English. Weather - Summers are very hot in Ruse, in April average temperatures are 20 during the day (may go up to 25°), the air is dry. Winters are very cold, please bring clothes and Electricity - In Bulgaria the standard voltage is 230 V and the frequency is 50 Hz. Make sure you bring the appropriate electricity plugs so you can use your devices

Time zone - GMT+2

Capital - Sofia

International dialing code - 00359



# Why we want to realize DIGITALL

We want to teach 18 youth workers to understand the concept of the Human-Centred Design approach for problem-solving and design a learning experience in order to create solutions for delivering innovative NFL activities.

We want to provide 18 participants with an expert framework for the Global Sustainable Goals, specifically SDG 4 (Quality Education) and new approaches and educational policies created by European Commission in order to fight with the Global disaster called COVID 19 and comply with the current situation. (Research data, numbers, agendas etc.).

We want to provide training to 18 youth workers that will empower and equip them with knowledge about the positive and

We want to boost the creative use of IT platforms such (Slack, Mural, Zoom, handouts, Google platform, Microsoft events platform) and how to introduce them in their work To provide 18 youth workers with guidance on how to use the Human-Centred Design approach in their work with young people with fewer opportunities.

We want to strengthen further partnership in the field of innovative educational approaches between the participating organisations. To design project toolkit consisting of new methodological approaches and workshops by using Human-Centred Design approach for problem-solving by 18 youth workers.



Participants (22+ years)
1. Youth workers with a minimum of one year of youth work
2. Group leaders in youth exchanges
3.Managers of NGOs
4.Teachers
5.Social workers
6.Young entrepreneurs
7. Administrative staff of NGOs
8. PhD students



### **PARTICIPANTS TASKS**



To participate the preparatory meeting(online) To join Slack channel, as well as other online social media channels

To create small project and implement it with their community



To share project results with at least 10 people(online) and send evidence for it



To share all project results and promotional materials like pictures, short hashtags, videos, other promotional materials



### Partner Tasks

To join the partner meeting(online)

To join the Slack channel

To share all project results and promotional materials like pictures, short hashtags, videos, other promotional materials

travel day		DAY 2		DAY 7	
DAY 1		7ам-9ам	breakfast	7ам-9ам	breakfast
7ам-9ам	breakfast	9am-9.30am	Yoga for releasing the stress	.30am-11a	Erasmus+ 2021-2027
9.30am-11am	Welcome in the Project!	9.30am-11am	ets build our online community	am-11.30a	comfort break
11am-11.30am	comfort break	1am-11.30am	comfort break	1.30am-1pi	Build & Teach 2.0 !
11.30am-1pm	Getting to know each other!	11.30am-1pm	Dear Youth worker!	pm-2.30pn	lunch
1pm-2.30pm	lunch	1pm-2.30pm	lunch	2.30pm-4pn	Final details!
2.30pm-4pm	and fears! / Erasmus + 202	2.30pm-4pm	Journey through 8 key	4pm-4.3pm	comfort break
4pm-4.3pm	comfort break	4pm-4.3pm	comfort break	4.3pm-6pm	Final Evaluation and closure
4.3pm-6pm	NGO fair	4.3pm-6pm	Digital Youth Worker	pm-6.30pn	eflection group - logistics ori
6pm-6.30pm	reflection group	6pm-6.30pm	reflection group	3pm-9.30pn	dinner
8pm-9.30pm	dinner	8pm-9.30pm	dinner	9.30pm	See you soon party!
9.30pm	Intercultural night	9.30pm Movie night		DAY 6	
	DAY 5	DAY 6		7ам-9ам	Dieakiast
7ам-9ам	DIEANIASI	7ам-9ам	DIEaklast	am-9.30an	Jogging for inspiration
9am-9.30am	Tabata for releasing the	9am-9.30am	Jogging for inspiration	.30am-11a	esign approach(IMPLEMEN
9.30am-11am					
11am-11.30am	comfort break	1am-11.30am	comfort break	1.30am-1pi	ered Design approach(SHAF
11.30am-1pm	Get ready your online space	11.30am-1pm	ered Design approach(SHAR	pm-2.30pn	lunch
1pm-2.30pm	lunch	1pm-2.30pm	lunch	2.30pm-4pn	Marketing masters!
2.30pm-4pm	red Design approach(IDEAT	2.30pm-4pm	Marketing masters!	4pm-4.3pm	comfort break
4pm-4.3pm	comfort break	4pm-4.3pm	comfort break	4.3pm-6pm	MArketing masters! 2
4.3pm-6pm	Build & Teach!	4.3pm-6pm	MArketing masters! 2	pm-6.30pn	reflection group
6pm-6.30pm	reflection group	6pm-6.30pm	reflection group	3pm-9.30pn	dinner
8pm-9.30pm	dinner	8pm-9.30pm	dinner	9.30pm	ames - Montagues and Capi
9.30pm	Indoor games	9.30pm	ames - Montagues and Capu		DEPARTURE

### Timetable

## **Traveling to Ruse**



Please contact us for further assistance

# Bucharest, Romania - 92 km;

# Sofia, Bulgaria - 300 km;

# Varna, Bulgaria - 200 km.

# WORKING ENVIRONMENT DURING THE PROJECT



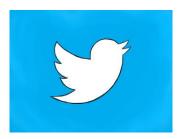


















## SUSTAINABLE GALS



IMPORTANT CONCEPTS DURING THE PROJECT



### WHAT TO BRING AT THE PROJECT





# We will do a lot of Sports during the project

	AVEL JDGET		
BULGARIA- 0 Euro	TURKEY – 180Euro	The Republic of North Macedonia- 180Euro	
Romania – 180 Euro	Greece- 275 Euro	Croatia- 275 Euro	
	Visa costs will be covered up to 120 Euro for Turkish participants		

# Contact us before buying your tickets to assist

you:

association of ruse@gmail.com teodoratodorova@gmail.com mhristov@gmail.com

# Important !!!

• Keep all your boarding passes, bus/train tickets, PCR tests and bring them with you or send them to <u>associationofruse@gmail.com</u>

- Bring your European Health Card with you
- Bring your insurance with you



### Accommodation and Covid Measures

- All participants will be accommodated in shared rooms(2 to 3 people- gender and nationality based)
- Accommodation will be in the dormitories of University of Ruse with own bathroom
- Food and 2 coffee breaks will be provided daily

- Sanitazer and masks will be provided to all participants
- Activities will be implemented according to national and Erasmus+ requirements for safety
- All participants will be encourage to have negative PCR or anti-gen test before arrival(please consult Bulgarian national Requirements for entry the country up to date before traveling.

### **APPLY HERE:**

## https://forms.gle/AYZXdgzVHaD4tmJX9



### **CONTACT DETAILS**

Bulgaria



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