

# Infopack: ECOcentric vs. EGOcentric

Uzana area, Town of Gabrovo

01 – 08.04.2022 (8<sup>th</sup> departure day)

Partnering countries: Bulgaria, Italy, Romania, Serbia, Croatia, North Macedonia



Enriching lives, opening minds.

If you received this info pack that means you are one of the young people who will participate in the youth mobility project "ECOcentric vs. EGOcentric". The following pages contain important information about the project and the hosting organization. Please read them carefully.

Should you have any questions, suggestions, problems or proposals, please do not hesitate to contact us at any time:

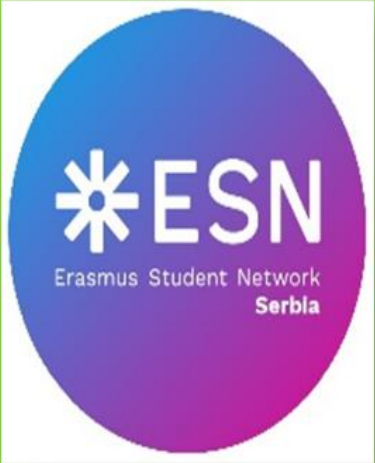
email: [eupeonthemove@gmail.com](mailto:eupeonthemove@gmail.com)

FB: "Europe on the move"





Culture Clash Croatia



## About Us



The association "Europe on the move" is a Bulgarian non-government organization situated in Sofia. Its creation is inspired by the integration of Bulgaria in the European Union, which brings the necessity of many further activities aiming the promotion of European values and cooperation. The seat and address of registered office is in Sofia, Bulgaria. The association is trying to create a

productive environment of collaboration within organizations at a local, national and European level. It seeks more accessible and understandable information about different European donor programs and funds and supports local and regional authorities in the improvement of their absorption capacities. One of our main objectives is to overcome the difficulties when developing social-aware project ideas. The organization is based on the idea of active citizenship, promotion of the European values and the benefits of integration, non-formal education (for youths and adults) and sustainable development.

### ***In general "Europe on the move" aims to:***

- Provide information on various funding opportunities for projects: grant programs and funds of the European Union, Bulgarian state funds, programs of foreign governments and of other financial institutions;
- Promote and work for the creation and implementation of initiatives in economic, social, cultural, environmental and civic aspects, related to the regional development in Bulgaria;
- Promote and support cooperation of Bulgarian regions with European ones;
- Promote the integration of Bulgaria to the European Union and its donor programs;
- Support and assist local and regional authorities to build administrative capacity for the effective absorption of donor programs and funds of the European Union;
- Support and assist national, local and regional authorities, NGOs and the business community to define socially oriented project ideas;
- Encourage, support and promote the local and regional authorities, NGOs and businesses to develop quality projects and proposals for European funding and other grant programs and funds, on one hand, and the legal execution and effective management of the projects, on the other.

# About the YE "ECOcentric vs. EGOcentric"

The project "ECOcentric vs. EGOcentric" promotes collaboration, exchange of know-how, skills and good practices between people working with youth and youth organizations in the context of the environment. The Youth Exchange aims at introducing young people to environmental issues, promoting a more environmentally friendly way of life, and improving young people's environmental and entrepreneurial competences and leadership skills in the field of ecology. Implementing the exchange will help build new and innovative ideas for combating climate change, build European environmental awareness through the implementation of various eco-initiatives, mental, physical and recreational activities, thus encouraging young people to apply sustainable practices in their everyday life and helping to protect the environment and nature.

## ***Specific objectives of YE "ECOcentric vs. EGOcentric"***

- to acquire knowledge and skills to deal with environmental issues and combat climate change;
- developing young people's leadership skills such as innovative thinking, entrepreneurial skills, intercultural competences, environmental awareness and social interactions;
- creating preconditions for active debate in the field of ecology and environmental protection and promoting solidarity and cooperation between young people from different countries;
- exchange of good eco-practices and enhanced cooperation between partner organizations;
- development of innovative ideas and initiatives for active youth participation in combating climate change and environmental protection;
- promoting environmental and social entrepreneurship and smart solutions to tackle climate change;
- establishing long-term partnerships between organizations by promoting cooperation on future joint activities and projects under EU programmes

**Hosting organisation:** "Europe on the move"

**Venue:** Prima S hotel, Uzana area

**YE dates:** 01 – 08.04.2022

**Participants:** 32 young people from 6 European countries

**Youth Exchange participant No:** 4 participants (age: 18-30) + 1 group leader (no age limit)

**Language:** The project will be run in English.

**Accommodation and meals:**



**Venue:** The YE "ECOcentric vs. EGOcentric" will take place in "Prima S \*\*\*\*" hotel in Uzana area, Gabrovo city. The hotel is located in the geographic centre of Bulgaria and surrounded by tranquil natural landscapes. All rooms (single and double) are air-conditioned and offer a private bathroom.

"Europe on the move" undertakes the accommodation and meal expenses. This includes breakfast, lunch and dinner, as well as coffee breaks. The participants will receive a questionnaire where everyone will be able to share nutritional needs.

**Address:** ul. "Uzana", 5304 Gabrovo

## Arrival and departure

Arrival day: 01.04.2022

Start of the program: 02.04.2022

End of the program: 07.04.2022

Departure day: 07-08.04.2022

It is possible to extend your stay for a maximum of 2 days in total (1 before, 1 after, or 2 before/after). In case your stay exceeds the 2 day limit we cannot reimburse your travel expenses. Any additional expenses which occur over the course of these "extra-days" have to be covered by yourself.

**Important Note:** ALL participants of youth exchange must travel from their home country to Bulgaria. This is the new rule we have from National Agency and Erasmus+ Programme. We cannot host people who come from different country. Of course, your flight can include stays in other countries, but your trip must start from and end to your home country.

## Once you arrive in Sofia:

### Meeting point: Sofia University "St. Kliment Ohridski"

How to get to Sofia University?

1. From Sofia Airport (Terminal 2) take the metro - red line to metro station "Sofia University "St. Kliment Ohridski".

2. From Sofia Airport (Terminal 1 and 2) take buses 184 or 84 towards the center and get down at bus station "Orlov Most" in English "Eagle's Bridge". Sofia University is at a walking distance of 6-10 min.

Public transport in Sofia is 1,6 lev per ride



## **Reimbursement**

Unit costs of your travel expenses will be covered by the organisers with the support of Erasmus+ Programme.

Below is a list with the budget including travel costs (per person) for each country:

Traveling from Serbia – 180 euro per person

North Macedonia – 180 eur per person

Croatia – 275 euro per person

Romania – 180 euro per person

Italy – 275 euro

\*\*\*Travel costs from home to the venue of the project and return.

In order to receive the reimbursement for transportation, please keep ALL original invoices, tickets, boarding passes or any other transport document. The money will be given at the end of the project via bank transfer, upon completion of the Mobility Tool+ (considered mandatory under the Erasmus+ Programme).

**NOTE: YOU MUST KEEP ALL YOUR TRAVEL TICKETS AND BOARDING PASSES**, please!

If you lose your tickets or boarding passes we will not be able to recognise the costs incurred. We will accept costs only for the travel documents you send to us (tickets, boarding passes (both directions) receipts for fuel and bus tickets).



### ***Practicalities***

- **European Health Insurance Card:** The card is accepted in every country of the European Union. If you do not possess the card, you can get it easily. You should go to the office recharged with health affairs, and ask for your European Health Card. It's a little blue plastic card, and you can get it for free. It is valid in every EU country for 1 year. Or any other insurance is welcome (organizers are not covering insurance costs);
- **Insurance:** Personal and medical insurance are the responsibility of the individual participant. We will not be responsible for any loss of luggage, currency or personal effects, or any medical costs. We recommend participants to have the European Health Card;
- **Currency:** Bulgaria is still largely cash economy. Visitors should exchange cash at banks or Change Bureaus. Some Change Bureaus charge commissions on both cash and travellers' check transactions that are not clearly posted. Old, dirty or very worn denomination bank notes are often not accepted at banks or Change Bureaus. The Bulgarian national monetary unit is the Lev (BGN), divided into 100 stotinki. At the present rate of exchange 1 USD is approximately equal to 1,71 BGN, and 1,00 EUR is approximately equal to 1,95 BGN.

**Note:** We strongly advise you to exchange currency ONLY IN BANKS; - Upon your arrival you will have the opportunity to visit in an organised manner Bulgarian Bank and to exchange your currency. - The work hours of any bank in Bulgaria are every weekday from 8:00 to 17:00.

### ***Other Info***

**Please make sure to inform us about any special needs you have such as food allergies/intolerances, vegetarian/vegan food, health problems, special diet. A questionnaire will be sent to all participants.**

#### **Contacts:**

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8, Charles Darwin Str.

Sofia 1113, Bulgaria

e-mail: europeonthemove@gmail.com

web: [www.europeonthemove.org](http://www.europeonthemove.org)

Telephone: +359 88 729 0538

Emergency numbers: SOS number Bulgaria: 112

**Intercultural nights:** Please be prepared to present your own country and culture in the most creative and interactive way. You can make PowerPoint presentations, show videos and use multimedia. Please bring with you traditional clothes, food and drinks, there will be a chance to share it all together.

The program for the YE "ECOcentric vs. EGOcentric" will be shared with all participants few weeks prior to the starting of the exchange.

No certification or special skills are required, just bring your enthusiasm and live the event in its proper and cheerful mood! We encourage participants to be an active part of this project, embracing responsibility and enjoy the cultural side of this experience!

If you have any other questions, please feel free to contact us:

E-mail: [eupeonthemove@gmail.com](mailto:eupeonthemove@gmail.com)

**We are looking forward to meeting you in Bulgaria for a wonderful youth exchange!**

