



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

YOUTH EXCHANGE
"1000 WORDS"
DOLNA BANYA
8-19 OCTOBER
BULGARIA



Summary of the project

“1000 Words” is Erasmus + KA 1 project funded by European Union.

A picture is worth a thousand words! We are all witnessing fast growing rise of (ICT) new technologies, which are in the same time very affordable and accessible to everyone. One of this field is industry connected to photography. Every smartphone has good camera, DSLR professional cameras are more used by amateurs, and Instagram has become a part of everyday life of younger generations. There is more than 400 millions Instagram users and more than 80 millions photos uploaded every day. However, this are mostly selfies and similar photos. One of the greatest power photography has is power to move people, power to make social changes in community. One of the noble purpose we can use photography is to help others, especially marginalised groups of society and young people with fewer opportunities. With a project, we want to bring attention to photography as a powerful tool to raise awareness of troubling social issues and needs of European society. Through enhancing digital skills, learning about photography and photojournalism participants will interview and make photo stories of marginalized groups in Bulgaria. Groups we are targeting are Roma people, homeless people, LGBT lesbian, gay, bisexual, and transgender, people with disabilities, minorities, youth with geographic obstacles, youth with learning difficulties like school dropouts, people with economic obstacles, (ex) drug users and (ex) alcohol users and (ex) criminals.

Participants will also make a photo exhibition which will be held at the end of mobility. In this way, they will learn advanced digital skills and in the same time enhance civic and social competence, actively involved in their local communities, practice their citizenship competences and take action to change something in local community.

Objective of the project „Thousand words” are:

- Teaching participants digital skills; advanced usage of photo equipment and photography
- Teaching participant’s photojournalism
- Raising participant’s civic and social competence by involving them in local community and working on social issues
- Promotion of social inclusion, solidarity and empathy for marginalized groups of European community
- Greater involvement of marginalized groups and members into local and international community.

Profile of Participants

The expected background of participants is youth **18 to 30 years old** with interest in photography.

Per country, we expect to have **7 participants and 1 Group Leader**; in total 48 participants from Bulgaria, Lithuania, Croatia, Macedonia, Italy and Romania. Among these participants, group leaders should have experience in youth exchanges.

Youthpass

At the end of a project participants will get Youthpass. More about Youthpass here www.youthpass.eu

Travel



BULGARIA	0 EUR
LITHUANIA	170 EUR
CROATIA (500 km to 1990 km)	170 EUR
MACEDONIA	80 EUR
ITALY	170 EUR
ROMANIA (500 km to 1990 km)	170 EUR

*You can check your budget individually in the distance calculator http://ec.europa.eu/education/tools/distance_en.htm

For travel distances between 100 and 499 KM: 80 EUR per participant

For travel distances between 500 and 1999 KM: 170 EUR per participant

For travel distances between 2000 and 2999 KM: 270 EUR per participant

- Travelling from Italy:

Bulgaria has direct flights by Wizz Air from Bari, Rome, Milano, etc. There are everyday flights from one of those destinations to Sofia.

- From Croatia

Usually flights are expensive from Zagreb to Sofia because we do not have low cost connection between those two capitals. In case you want to come by plane, we recommend you to check the flights provided by Serbian Airlines or other carriers.

Economic would be if you use bus as there is a regular connection from Zagreb to Sofia. Then, you will arrive at the Central Bus Station and from there you should take Metro (line blue) in order to reach our meeting point Sofia Airport, Terminal 2, Arrivals.

Third option is if you chose to come by *private* car/mini Van. Then, you may arrive directly in the venue. The address could be found in the Info – Pack, section Accommodation.

- From Macedonia

The best and most economical way is by bus or by *private* car/mini Van.

- Lithuania

The team from Lithuania may come also by car or by plane.

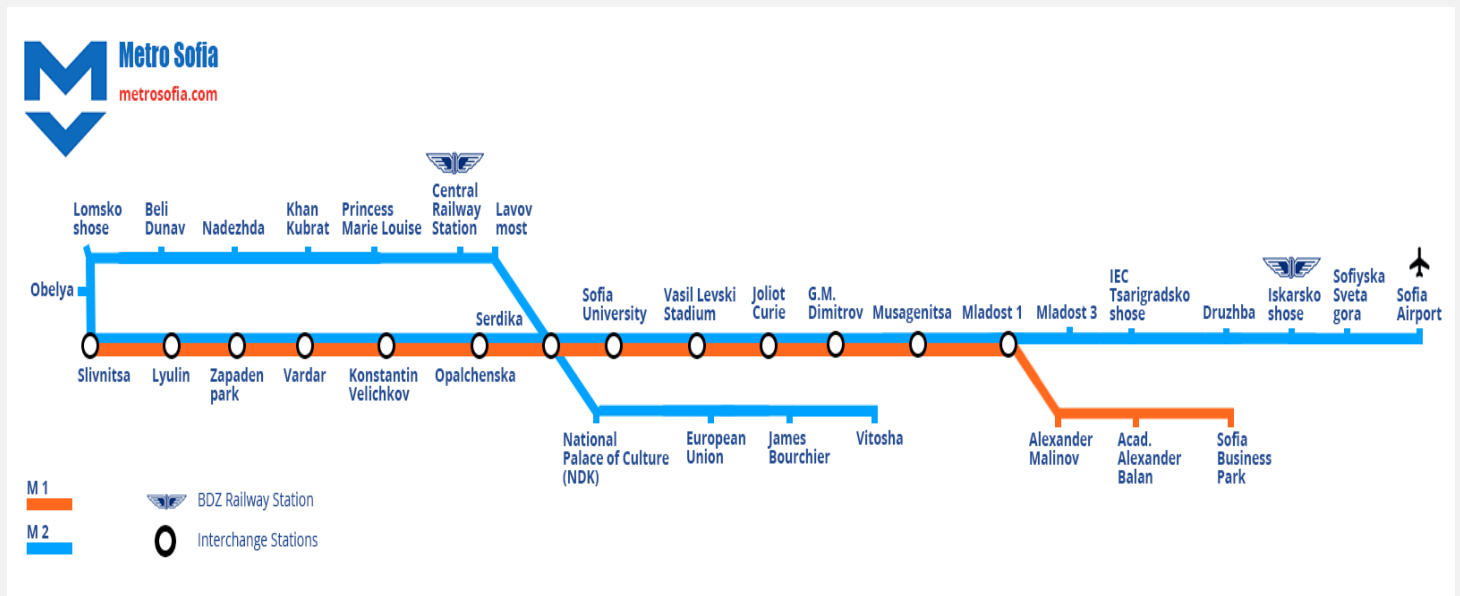
Before booking your travel, each of the groups MUST send us the travel plan for approval. IF YOU DON'T GET APPROVAL FROM ASSOCIATION WALKTOGETHER WE WILL NOT REIMBURSE YOU. Please, sent your travel plan to walktogetherbulgaria@gmail.com

Meeting time 17:00h local time Airport Sofia, T 2. Arrival door on 8th of October. We will wait you with a sign of "1000 Words".

Departure time on 19th of October after breakfast (9:30h local time).

PLAN YOUR ARRIVAL AND DEPARTURE TIME ACCORDINGLY. OTHERWISE, WE CAN NOT PROVIDE YOU WITH LOCAL TRANSPORT TO THE VENUE.

Those who arrives in the bus station/ train station should take the Metro line blue to the Sofia Airport.



Everybody who wants to arrive or to leave the country later may use max. 2 additional days. Accommodation and food will be your own responsibility.

Accommodation and meals three times a day are covered by Erasmus+ funds.

Participation fee of 20 euro will be deducted from each participants travel costs in order to cover some additional expenses.

Reimbursement of travel expenses will be made during the project and based on Original documents (TICKETS + INVOICE). The currency we will reimburse your travel cost will be LEVA. Please, be sure you have all the needed documents for reimbursement because if NOT we will not give your money back. Any bank transfers costs will be taken from the Sending Organization/ Participants.

Venue



Dolna Banya, also Dolna Banja or Dolna Bania is a town located in Sofia Province in southwestern Bulgaria. 75 km from Sofia and Plovdiv, Dolna Banya is located in Rila Mountains, 18 km from the ski resorts of Borovets. Dolna Banya is known as a resort town, famous for its hot mineral waters, with temperatures of 56.3 C. The area surrounding the town is largely agricultural, although hiking trails and skiing in the nearby mountains are easily accessible.

Dolna Banya is a small, but lively town. The square has a vegetable market, bakery, 2 (village – style) bars. From the inside of the town's Bulgarian Orthodox church is covered in beautiful murals, the churchyard located next to a stream.

Accommodation

The venue is new and nice! It has SPA and swimming pool for those who wants to use their FREE time relaxing. The price of the swimming pool is 5 EUR per day. The SPA (contact reception).

In the rooms, you will be divided in genders; 3 and 4 people per room. In the bathroom, there are towels, so you need only your personal cosmetics to bring.

Tel: +359 888 94 97 13

Address: ул.Простор 4, гр.Долна Баня / 4 Prostor str. City: Dolna Banya

info@hotel-nikol.com

<http://hotel-nikol.com/>

Insurance



Participants **MUST** obtain a travel insurance and/or to have European Health Insurance Card.

The European Health Insurance Card

Everybody has right to European Health Insurance Card – get one before coming to Bulgaria.

The European Health Insurance Card (or EHIC) is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EEA countries and Switzerland to receive medical treatment in another member state for free or at a reduced cost, if that treatment becomes necessary during their visit (for example, due to illness or an accident), or if they have a chronic pre-existing condition which requires care such as kidney dialysis. The term of validity of the card varies according to the issuing country. More info on <http://www.nhs.uk/chq/Pages/1073.aspx>



- * Comfortable and warm cloths + stable shoes suitable for mountain
- * **INVOICES AND ORIGINAL TICKETS BASED ON WHICH YOU WILL RECEIVE YOUR REIMBURSEMENT DURING THE PROJECT**
- * Please bring if you have DSLR camera (phone camera is ok as well)
- * Food and drinks for intercultural evening.
- * Swimming costume
- * There is a pharmacy in the village, but we recommend you to bring your own medicines.
- * Any food or drinks you bring for the cultural evening could be stored in the refrigerators in the rooms but have in mind that you will not be able to cook in the venue.

Money



In Bulgaria, we use BGN

1 BGN = 0,51 EUR.

VERY IMPORTANT: Please, exchange money in Sofia or in your homeland. It might be a challenge to exchange money in Dolna Bankya. Organizers will not have EUR to exchange you to Leva, too. ☺ We recommend you to have money in cash, because in local restaurants and shops you cannot pay by card.

Contact



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