Dear partners and participants,

We kindly want to invite you to take part in our youth exchange project which has been approved by the Bulgarian National Agency and it will take place in Pazardjik, Bulgaria from 22 to 31 of July 2022. At this stage we need to find the participants for the project quickly and you, as sending partners, should support the participants to buy their tickets AFTER receiving our approval of the potential participants.

Here below you will find more specific information on the contents of the youth exchange. After reviewing ALL the information, please have your potential participants fill in the questionnaire that you will find in the attachment and send back to beactivbg@gmail.com at the latest by June 25, 2022. We will review the questionnaires and will give you approval to buy the tickets.

PROJECT SUMMARY:
The project “BE ACTIVE!” will be implemented by the hosting organization NGO “Focus – ECFD” and aims to promote unemployed young people's mobility and active participation.

During this project the participants will have the chance to experience different games and activities outside that will help them in discovering their skills and putting them into practice. They will have the chance to create a plan with their national groups in order to share their experiences and to create results back home as well.

The idea of the project is to create a playful environment in which you will be encouraged to explore your own capabilities, to put your values into practice and be inspired by yourself and others. The project will gather a group of 40 youngsters, from 8 different countries. Each country will have 4 participants and 1 group leader. Before the project starts, you will have a chance to get in touch with other participants in a Facebook group, where you can introduce yourself and fulfill some missions online that the hosts will create.

Each day the participants will learn about cultural diversities, traditions, different ways of dealing with unemployment in rural areas, through games and non-formal education methods which will help them to show and share their experiences and ideas.

During the Youth Exchange the participants will take part in a variety of intercultural tasks and exercises as well as group activities in mixed intercultural teams

MAIN OBJECTIVE

The main aim is to bring together youngsters who recognize themselves in this situation, in order to create a playful environment for them where they will be encouraged to become aware of their own capabilities, to put their values into practice and to be inspired by themselves and the others

PROJECT ACTIVITIES:

- Play and learn outside in different settings
- Discover practical ways how to include yourself and others
- Create and organise games/activities for each other
- Go on a hiking adventure
- Share your learnings within an intercultural group

WORKING METHODOLOGY

The main activities planned for the YE are:

- Interactive games
- Participation in different workshops
- Debates
- Musical games to express themselves
- Creative activities to acquire new knowledge and skills

Non-formal learning methods and informal activities will be used during the exchange and the workshops will be based on participants’ past voluntary experiences.

PARTICIPANTS PROFILE:

Number of participants per organization: 4 + 1 group leader

A total of 5 participants per organization – 4 aged between 18-30 and 1 leader without age limit.

- Age between 18-30;
- Young unemployed people;
- Youth workers, NGO activists, volunteers;
- Ready to take part and fully engage in the whole Youth Exchange;
- Have organizational support for further activities within ERASMUS+;
- Able to communicate in English language.

NOTE!

Please take care of the gender balance of the groups!
PLEASE DO NOT BUY ANY TICKETS BEFORE RECEIVING OUR APPROVAL.

ACCOMMODATION AND TC VENUE
The hosting place is Hotel Trakia in Pazardjik, Bulgaria
HOTEL TRAKIA - www.hotel-trakia.domino.bg, which is a hotel that hosts tourists and some guests of the city. The rooms will be for 2 people. Breakfast, lunch and dinner will be served in the same structure.

WHAT SHOULD YOU BRING WITH YOU?

Here is a list of important things that you should bring with yourself on the YE module:

- Travel tickets: We can only refund your travelling costs, if you have the tickets, receipts of the trip, invoices.
- Medicines: for preventive reasons we recommend for those who have health problems to bring their own medicine.
- Some traditional snacks, drinks or food: In order to learn as much as possible from each other’s culture, we will organize an intercultural evening, where you are supposed to share some of your local specialties with the other participants.
- Representative materials of your sending organization: (brochures, CD’s, etc.) and also photos from your local community.
BE ACTIVE team

Ivaylo Ivanov
Trainer

Fábio Rúben
Project Coordinator

FINANCIAL ASPECTS

The youth exchange will take place in Pazardjik, Bulgaria from 22 until 31 July (22 July arrival day & 31 July departure day). Financial support will be provided by the Bulgarian National Agency for the “Erasmus +” Program (Key Action 1). Focus NGO will be able to offer the following financial conditions:

- The travel costs from home town of the participants to the venue will be covered according to the new rules of the Erasmus+ program based on distance calculator.
- Accommodation, food, local transports and all materials of the training course will be covered by the hosting NGO.
- No participants fee

Below you can see the official table for the reimbursement:

<table>
<thead>
<tr>
<th>COUNTRY</th>
<th>NUMBER OF PARTICIPANTS</th>
<th>TRAVEL COST IN € PER ONE PARTICIPANT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greece</td>
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<td>180</td>
</tr>
<tr>
<td>Spain</td>
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<td>275</td>
</tr>
<tr>
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<td>Romania</td>
<td>5</td>
<td>180</td>
</tr>
<tr>
<td>France</td>
<td>5</td>
<td>275</td>
</tr>
</tbody>
</table>

CONTACT WITH US

Focus - European Center for Development
Address:
street “Svoboda”№5, fl.6, ap.24, 4400 Pazardjik, Bulgaria
phone: 00359 899 08 19 09
url: www.foccen.org
e-mail: actjobbg@gmail.com
e-mail: info@foccen.org

Join BE ACTIVE at Facebook
ABOUT BULGARIA

Bulgaria, officially the Republic of Bulgaria, is a country located in Southeastern Europe. It is bordered by Romania on the north, Serbia and Macedonia on the west, Greece and Turkey on the south and the Black Sea on the east. With a territory of 110,994 square kilometres, Bulgaria is Europe’s 14th-largest country. Its location has made it a historical crossroad for various civilisations and it is the home of some of the earliest metalworking, religious and other cultural artifacts in the world. The population of 7.36 million people is predominantly urban and mainly concentrated in the administrative centres of its 28 provinces. Most commercial and cultural activities are concentrated in the capital Sofia. The strongest sectors of the economy are heavy industry, power engineering and agriculture, all relying on local natural resources.

- Official languages – Bulgarian
- Official script – Cyrillic
- Bulgaria Weather – summer +40°C; winter –1°C

HISTORY

In 680 Bulgar tribes, under the leadership of Asparukh moved south across the Danube and settled in the area between the lower Danube and the Balkan, establishing their capital at Pliska. A peace treaty with Byzantium in 681 marked the beginning of the First Bulgarian Empire. The Bulgars gradually mixed up with the local population, adopting a common language on the basis of the local Slavic dialect.

Succeeding rulers strengthened the Bulgarian state throughout the 8th and 9th centuries. Krum doubled the country’s territory, killed Byzantine emperor Nicephorus I in the Battle of Pliska, and introduced the first written code of law. Paganism was abolished in favour of Eastern Orthodox Christianity under Boris I in 864. This conversion was followed by a Byzantine recognition of the Bulgarian church and the adoption of the Cyrillic alphabet developed at Preslav which strengthened central authority and helped fuse the Slavs and Bulgars into a unified people. A subsequent cultural golden age began during the 34-year rule of Simeon the Great, who also achieved the largest territorial expansion of the state.

Wars with Magyars and Pechenegs and the spread of the Bogomil heresy weakened Bulgaria after Simeon’s death. Consecutive Rus’ and Byzantine invasions resulted in the seizure of the capital Preslav by the Byzantine army in 971. Under Samuil, Bulgaria briefly recovered from these attacks, but this rise ended when Byzantine emperor Basil II defeated the Bulgarian army at Klyuch in 1014. Samuil died shortly after the battle,[38] and by 1018 the Byzantines had ended the First Bulgarian Empire.
Bulgaria occupies a portion of the eastern Balkan peninsula, bordering five countries—Greece and Turkey to the south, Macedonia and Serbia to the west, and Romania to the north. The land borders have a total length of 1,808 kilometres (1,123 mi), and the coastline has a length of 354 kilometres (220 mi).[93] Its total area of 110,994 square kilometres (42,855 sq mi) ranks it as the world’s 105th-largest country. Bulgaria’s geographic coordinates are 43° N 25° E.

The most notable topographical features are the Danubian Plain, the Balkan Mountains, the Thracian Plain, and the Rhodope Mountains.[93] The southern edge of the Danubian Plain slopes upward into the foothills of the Balkans, while the Danube defines the border with Romania. The Thracian Plain is roughly triangular, beginning southeast of Sofia and broadening as it reaches the Black Sea coast.

The Balkan mountains run laterally through the middle of the country. The mountainous southwest of the country has two alpine ranges—Rila and Pirin, which border the lower but more extensive Rhodope Mountains to the east. Bulgaria is home to the highest point of the Balkan peninsula, Musala, at 2,925 metres (9,596 ft)[97] and its lowest point is sea level. Plains occupy about one-third of the territory, while plateaus and hills occupy 41 per cent. The country has a dense network of about 540 rivers, most of which are relatively small and with low water levels. The longest river located solely in Bulgarian territory, the Iskar, has a length of 368 kilometres (229 mi). Other major rivers include the Struma and the Maritsa in the south.

Bulgaria has a dynamic climate, which results from its being positioned at the meeting point of Mediterranean and continental air masses and the barrier effect of its mountains. Northern Bulgaria averages 1 °C (1.8 °F) cooler and registers 200 millimetres (7.9 in) more precipitation annually than the regions south of the Balkan mountains. Temperature amplitudes vary significantly in different areas. The lowest recorded temperature is −38.3 °C (−36.9 °F), while the highest is 45.2 °C (113.4 °F). Precipitation averages about 630 millimetres (24.8 in) per year, and varies from 500 millimetres (19.7 in) in Dobrudja to more than 2,500 millimetres (98.4 in) in the mountains. Continental air masses bring significant amounts of snowfall during winter.
VIDEOS ABOUT BULGARIA

Balkans (Europe)
CITY OF PAZARDZHIK

Pazardzhik is a city situated along the banks of the Maritsa river, Southern Bulgaria. It is the capital of Pazardzhik Province and centre for the homonymous Pazardzhik Municipality.

For more information on Pazardzhik, visit: www.PzHistory.info

Weather in Pazardjik

The weather in Bulgaria in July is from 30 to 35 and more degrees. You can check more info before coming to Pazardjik at www.sinoptik.bg

Our currency and prices

Bulgarian’s official currency is the LEV (BGN). One Euro is approximately 1,955 Bulgarian leva. For other exchange rates, check the following website: www.xe.com

You can change currency at exchange office in your hotel, or get LEVA right out of the ATM in several places in the town, banks and exchange offices.

NOTE!

You should change or withdraw money when you arrive in Bulgaria, in order to buy a bus tickets only in Bulgarian leva (BGN).

Here are some examples of local prices:

- One coffee at a coffee shop costs 0,50 €.
- One beer in a pub costs 1 €.
- One cake in a patisserie costs 1 €.
- One bread in a bakery costs 0,45 €.
HISTORY

Pazardzhik was founded by Tatars from what is today Bilhorod-Dnistrovskyi in 1485 on the left bank of the river Maritsa, near the market of the region, an important crossroad at the middle of this productive region, and named Tatar Pazardzhik meaning “small Tatar market”. Thanks to this favourable location, the settlement quickly developed. While it was very small at the beginning of the 19th century, it became the administrative centre for the region at the end of the century and remained so until the dissolution of Ottoman Empire.

During the following centuries the town continued to grow and strengthened its position. Trade in iron, leather and rice prospered. The town impressed visitors with its beautiful houses and clean streets. In 1718 Gerard Kornelius Drish visited Pazardzhik and wrote “the buildings here according to construction, size and beauty stand higher than those of Niš, Sofia and all other places”.

The Russians under Count Nikolay Kamensky took the city after a brief siege in 1810. By the mid-19th century Pazardzhik was a big, important centre of crafts and trade, with a population of about 25,000 people. It hosted two big annual fairs, and a big market Tuesdays and Wednesdays. There was a post office with a telegraph.

In 1837 the Church of the Mother of God was built – an important national monument, famous for its architecture and woodcarving. In the mid-19th century Pazardzhik became an important cultural centre: a school was opened in 1847, a girls’ school in 1848, a community centre in 1868, the women’s union “Prosveta” in 1870.

Pazardzhik is exempt from Zapdniya Russian detachment commander with Lt. Gen. Joseph Gurko on 14 January 1878 (new style). Thanks Ovanes Sovadzhian Armenian, Turkish command failed to execute his perfidious and monstrous plan – to light the town and destroy its Bulgarian population – before retiring.

The railway station in 1928

From the early 20th century on people built factories, stores and houses, and thus the industrial quarter of the town. From 1959 to 1987 Pazardzhik was again an administrative centre for the region, and is again since the 1999 administrative division of Bulgaria.
POPOPULATION

In the 1880s the population of Pazardzhik numbered about 15,000 inhabitants and it was one of the largest of Bulgaria. Since then it started growing decade by decade, mostly because of the migrants from the rural areas and the surrounding smaller towns, reaching its peak in the period 1985–1992 exceeding 80,000. After this time, the population has started decreasing in consequence of the poor economic situation in the Bulgarian provinces during the 1990s that led to a new migration in the direction of the country capital Sofia and abroad. As of February 2011, the city has a population of 71,979 inhabitants, while the Pazardzhik Municipality of 114,817 inhabitants.

CULTURE

AND PEDESTRIAN AREAS

The Church of the Theotokos preserves the most impressive icons in Bulgaria by master artists of the Debar School, wood-carvings of New and Old Testament scenes, and icons by Stanislav Dospevski. Among the town’s landmarks are also the clock tower, the ethnographic and history museums.

As with most Bulgarian cities, Pazardzhik has developed a significant pedestrian center, in which several central squares typify the European coffee house society and pedestrian culture. In Bulgaria the café culture is particularly prominent, with many downtown squares easily providing up to a half dozen cafés, with ample outside seating.

Pazardzhik has a level of pedestrian streets (or network of cartfree areas) even above the relatively high Bulgarian standard. There are several longer pedestrian streets, and at one point there is even an intersection where five different pedestrian streets converge. A few of these do not continue for very long, but most do, or are connected to the rest of the pedestrian areas of the city, and thus could be said to form the pedestrian network of the city.

During the warmer seasons, most afternoons of the week and especially weekends find a large number of people strolling about or sitting in cafés. There are few tourist attractions in this area but there are large supermarkets including Bila and a Lidl.

Pazardzhik Point on Snow Island in the South Shetland Islands, Antarctica is named after Pazardzhik.