

*Welcome to*  
*"Care To Act"*  
*Infopack*

**INTERNATIONAL TRAINING COURSE**  
**20-29 JUNE 2023 | SUNNY BEACH, BULGARIA**



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



# *Training Dates*

Arrival to Sofia: **20th June 2023**

Departure from Sofia: **29th June 2023**

Arrival to Sunny Beach: **21th June 2023**

Departure from Sunny Beach: **28th June 2023**





# Training Details

- **Hosting organization:** International Foundation for Y-PEER Development
- **Target group:** 27 youth peer educators and youth workers residing in **Ukraine, Albania, Lebanon, Portugal, Italy, Germany, Turkiye, Palestine and Bulgaria** (three participants per country)
- **Venue:** Ivana Palace Hotel, Sunny Beach, Bulgaria (21-28 June 2023) & Kitchen 59, Sofia, Bulgaria (only on 20 and 28 June 2023)
- **Dates:** 20th - 29th June
- **Expenses:** Visa cost, flight tickets, local transportation from Sofia to the Venue, and accommodation are covered by the Erasmus+ Programme of the European Union.
- **Extended Deadline:** 25th April, 2023



# Care To Act

The International Foundation for Y-PEER Development (IFYD) is calling for youth peer educators and youth workers from the participating countries to join an International Training Course "Care to Act" that will take place in Bulgaria between 20-29 June 2023.





# Project Background



The training will bring together a group of 27 youth peer educators and youth workers from different countries and background from "Ukraine, Albania, Lebanon, Portugal, Italy, Germany, Turkiye, and Palestine and Bulgaria" with different social, economic, cultural backgrounds and different living situations, in order to create a space for intercultural exchange and mutual learning.

The main idea of "Care to Act" Training Course is to develop the capacities for the youth peer educators and youth workers from the partner countries towards participation in decision-making processes and create peer-education sessions for their own communities in order to achieve a democratic restructuring of society in the face of a variety of social and oppressive issues, including Gender-based Violence, Stigma & Discrimination, Bullying and Racism.



# *Expected Outcomes*

- Building four Interactive-Community theater pieces tackling oppression themes related to Gender Based Violence, Stigma & Discrimination, Bullying and Racism. Each theatrical piece will present one of the mentioned themes.
- Develop youth knowledge on human rights, active citizenship, conflict resolution, communication and teamwork skills.



- Develop participants' capacities to design and implement awareness sessions with their organizations using Interactive and Community based theater techniques.
- Develop youth potential to create their own theater performances dealing with different social issues, as well as developing their tools with non-formal education strategies.



# Who Are We?

The International Foundation for Y-PEER Development (IFYD) is a non-profit organization created in 2016 in Bulgaria, and is based on the experience of the professionals and volunteers at the International Institute for Youth Development PETRI-Sofia ([www.petri-sofia.org](http://www.petri-sofia.org)), which has more than 13 years of experience working for young people's development and empowerment.

IFYD supports the global Y-PEER youth network, which is active in 50 countries around the world. It aims to empower young people by focusing on their sexual and reproductive health and rights, gender equality, youth participation, civic engagement, advocacy, and peacebuilding.



# Eligibility Criteria



**Participating Countries:** Ukraine, Albania, Lebanon, Portugal, Italy, Germany, Turkiye, Palestine and Bulgaria.

## Eligibility Criteria:

- Aged 18+
- Resident in one of the participating countries of the project
- Available for the whole period (20–29 June 2023)
- Have the experience in working with organizations on programs/projects for youth and advanced knowledge in non-formal education





# Eligibility Criteria



- Have previously engaged in working for the topics of the projects or interested to work on Gender Equality, Gender Based Violence (GBV), Combating Taboos, Stigma and Discrimination affecting vulnerable groups, Peacebuilding and Conflict Resolution through interactive theatre techniques
- Be open to learning, developing new skills, acquiring knowledge related to non-formal educational methods and working with disadvantaged groups
- Able to engage a group in an educational process, appreciate an interactive model of learning, create a comfortable environment, convey accurate information, mediate conflict and understand group dynamics





## How to Participate?

1. Please apply through this link:  
<https://forms.gle/wznPTyes1NC1BVgZ7>

2. Please note that it is mandatory to fill in the application form, in order to take part in the training. Only the selected one will be notified by email that your application is accepted by the middle of April 2023.

3. After we send you email of invitation, you will be kindly requested to apply for the Bulgarian visa if needed at the nearest Bulgarian embassy to your city, and book your flight/train/bus tickets to Bulgaria and back home. Please note, the costs will be reimbursed to you in Bulgaria up to the limit (please check the cost limit on page 15)

**Extended Deadline:** 25 April 2023 at midnight Sofia time!



# *Practical Information & Accommodation*



- Official language of the International training course is English.
- Travel expenses from your home country to Bulgaria, and back will be reimbursed once you are in Bulgaria, within the limit that European Union calculated for participants from your country based on presented original tickets and boarding passes.
- Please be aware that the bus ride from Sofia to Sunny Beach takes around 6 hours, and the round-trip fare is about 40 EUR (this cost is included in your total traveling budget).
- You can also travel directly to Sunny Beach without coming to Sofia. In this case, you search for flights to (Burgas Airport) on 21 June to 28 June 2023.

# Practical Information & Accommodation



- There will be a Wi-Fi Internet available in the Venue.
- On 20 June day of Arrival and 29 June, you will be staying in Sofia at Kitchen 59 hotel.
- The training course will take place in Ivana Palace, Sunny Beach. You can check the hotel through their website; <https://ivanapalace.eu/>
- Your stay in Ivana Palace, Sunny Beach will take place between the 21th and the 28th of June 2023 and you will be given with full board accommodation, breakfast, lunch, dinner, coffee breaks, and training facilities.
- Please keep in mind that you will be sharing a room with another person of the same gender.



# *Reimbursement*

The organizers will reimburse you according to the limit for travel costs for each participant, based on presented original tickets and boarding passes. If your travel costs are lower or the same as this amount, you get the reimbursement 100% of your real travel costs. If your travel costs are higher, then you will have to cover the amount exceeding the limit. Visa cost will also be covered based on the table on page 15.

**Please note that the travel costs will be reimbursed in cash in Bulgarian leva during the Training Course. You will have the opportunity to exchange to EUR or another currency in Sofia.**





# Reimbursement



Countries	Total Travel Grant per Participant in EUR	Visa cost per Participant in EUR
Albania	210	-
Bulgaria	23	-
Germany	275	-
Italy	275	-
Lebanon	275	80
Palestine	405	80
Portugal	360	-
Turkiye	210	80
Ukraine	275	-



# Key Moments

## Souvenir Exchange

We are kindly inviting each of you to bring a Souvenir from your country to the youth exchange!

On the first day of the project you will exchange the Souvenir with another person from a different country, so that you would have something to remember from each other, as well as not to use plastic cups during the coffee breaks.

## Intercultural Evenings

During the training there will be some intercultural evenings – for each of the participating countries. During the evening you will get the chance to present your country. We will set up tables for your country and we would like to invite you to bring any national promotional materials, products, videos, clothes, foods and drinks, in order to present your country and share what is special and unique about it with the rest of the participants.

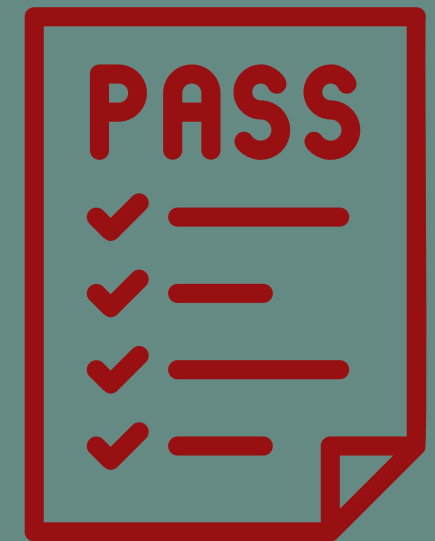
You could also bring any promotional materials of your organization, in order to share with the rest of the participants. Moreover, you can bring some musical instruments to perform during the cultural evening. Videos, short presentations, games, songs and dances or any other creative expressions are encouraged.

# General Information



## Youth Pass

In the end of your project, you will be awarded with a Youth Pass certificate which is used in European youth projects and is an official recognition of the skills and knowledge you acquired. You can find more information about it [here](#).



## Insurance

It is highly recommended to have health insurance for your trip to Bulgaria. You are also required to bring your European Health Card with you (for EU participants)!

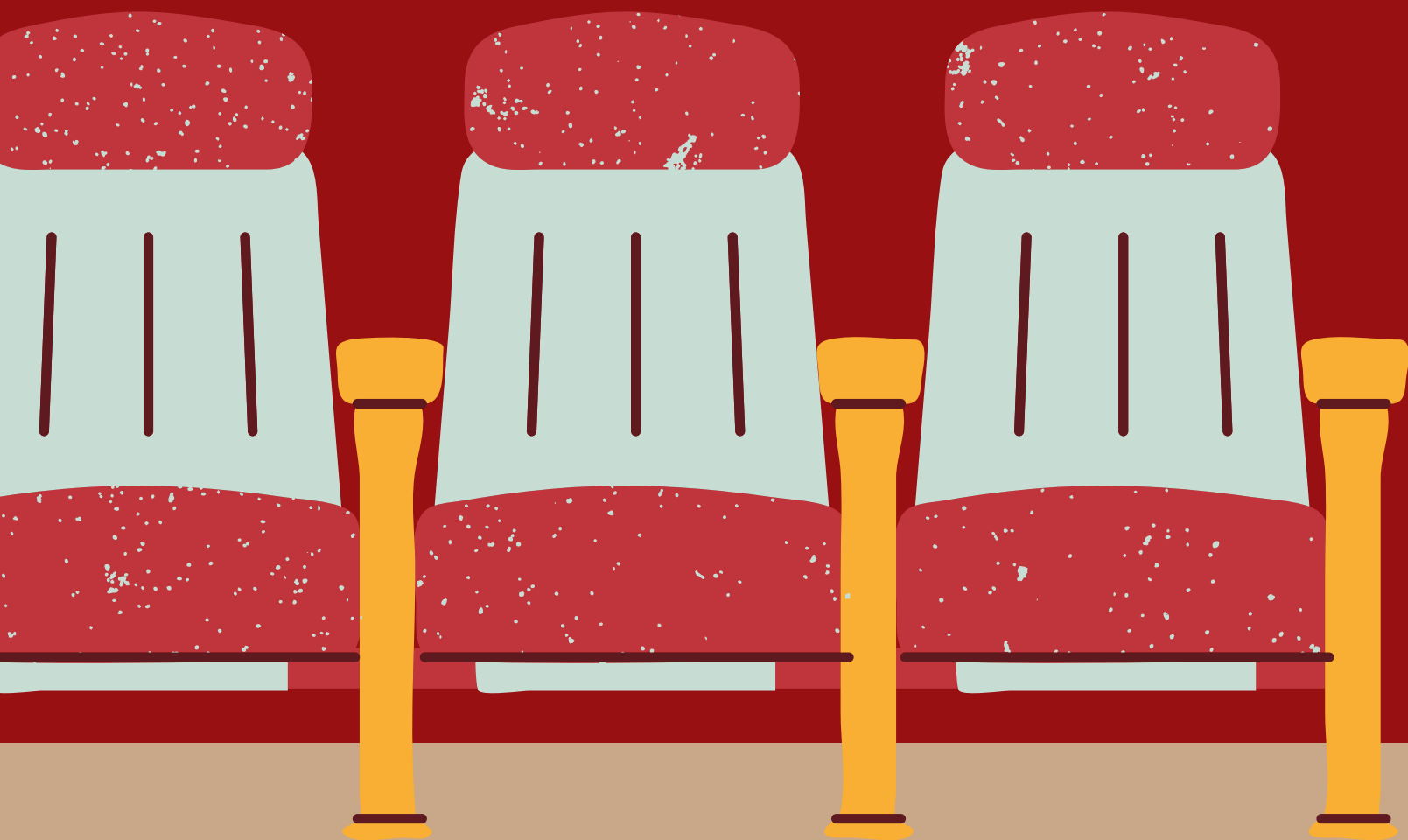




# Climate



During your stay in Sunny Beach, we expect sun and some clouds with average temperature of 27°C during the days and 17°C during the nights.



Considering lower temperatures in the nights, make sure to take a piece of clothes with long sleeves. You are kindly asked to check the weather forecast again during your preparation for the trip.



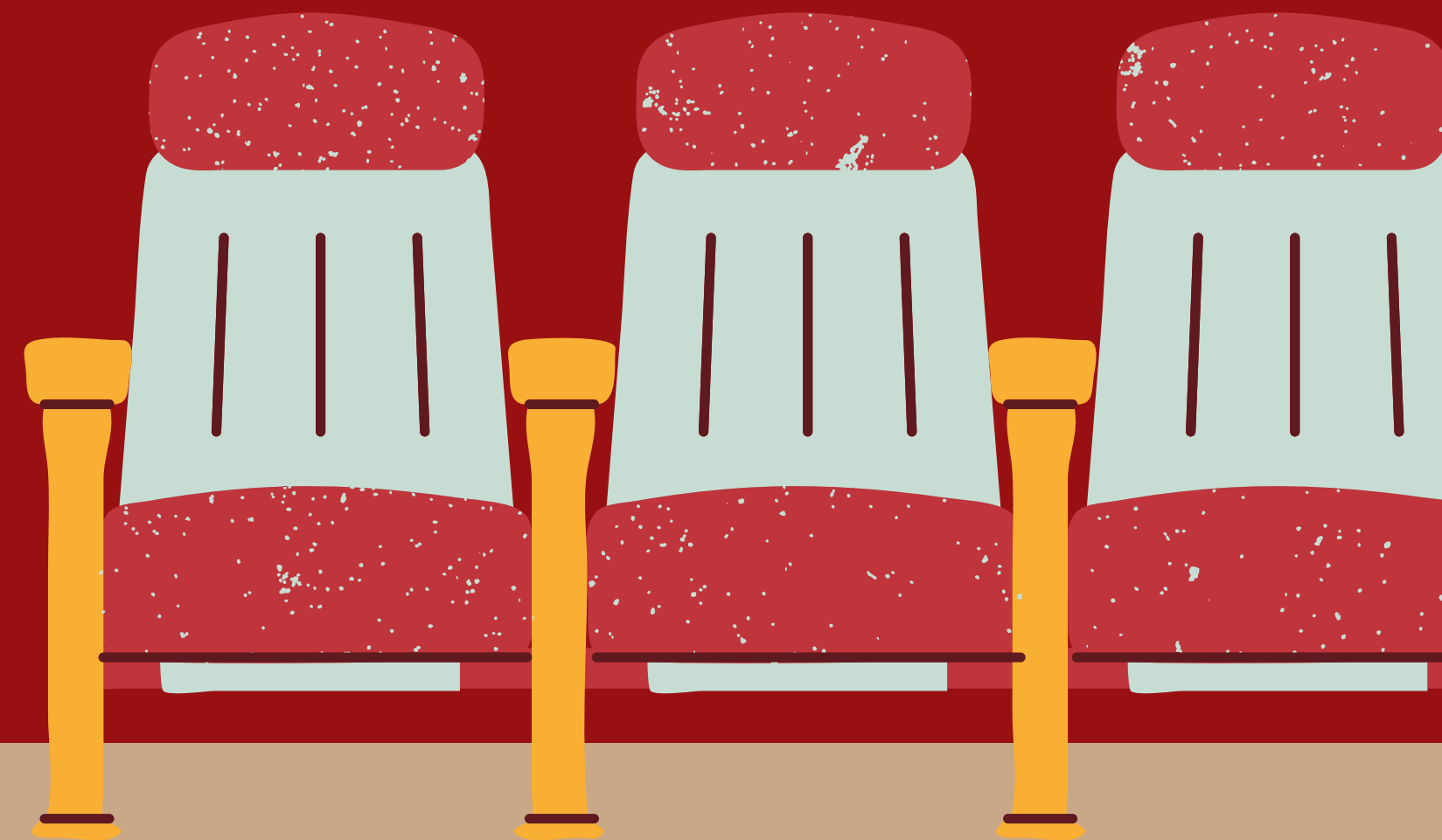


# *Climate*



During your stay in Sofia, we expect a sunny weather and some clouds of average temperature of 23°C during the days and 13°C during the nights.

You are kindly asked to check the weather forecast again during your preparation for the trip.





# The Training Team



**Anmar Al Rikabi**



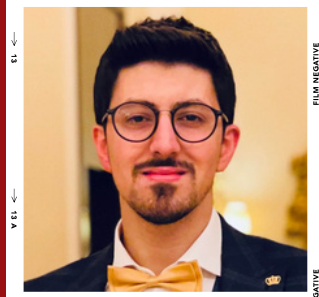
**Yuliya Andzhekarska**



**Sukaina El Outa**



**Anas Badawi**



**Ghaith Sandok**



# *Useful Information*



**For queries, please contact us via [foundation@y-peer.org](mailto:foundation@y-peer.org) or the coordinators of IFYD on the below phone numbers:**

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**Thank You!**  
**We are looking forward to  
having you in Bulgaria soon!**



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