

CHANGE YOUR GLASSES

A personal journey into stereotypes,
prejudices and discrimination

TRAINING COURSE

22 - 30 July 2023

(travel days included)

Ploudiv, Bulgaria



Co-funded by the
European Union



ЦЕНТЪР
ЗА РАЗВИТИЕ
НА ЧОВЕШКИТЕ
РЕСУРСИ

ABOUT THE PROJECT

The focus of this project is the mechanism who stands behind the discrimination.

This is your chance to reflect on your personal stereotypes, which are an automatic and unavoidable process, and how they influence your perspective.



OUTPUT



Raise awareness about the process of social categorisation: a set of mental operations that help us to simplify the reality and allow us to perceive the world around us

Encourage the self-reflection of stereotypes and prejudices: think about how we use prejudices in our daily lives and how the activation of stereotypes can change the reality by producing specific behaviour and attitudes.

PROJECT TIMELINE

Preparation: May-June
Selection of participants

Arrival: 22 July
Program days: 23 - 29 July
Departure: 30 July
7 days Mobility
Ploudiv, Bulgaria

Follow-up: August-October
Follow-up activities at local level,
organised by participants

Evaluation and Closing
Evaluation of the impact

Unfortunately, no late arrivals, or early departures are allowed. Dates are fixed as above!

➔ If you decide to apply, have in mind that you are committing yourself to all phases of this project. ➔

PARTICIPANTS PROFILE



This project is for you if you are...

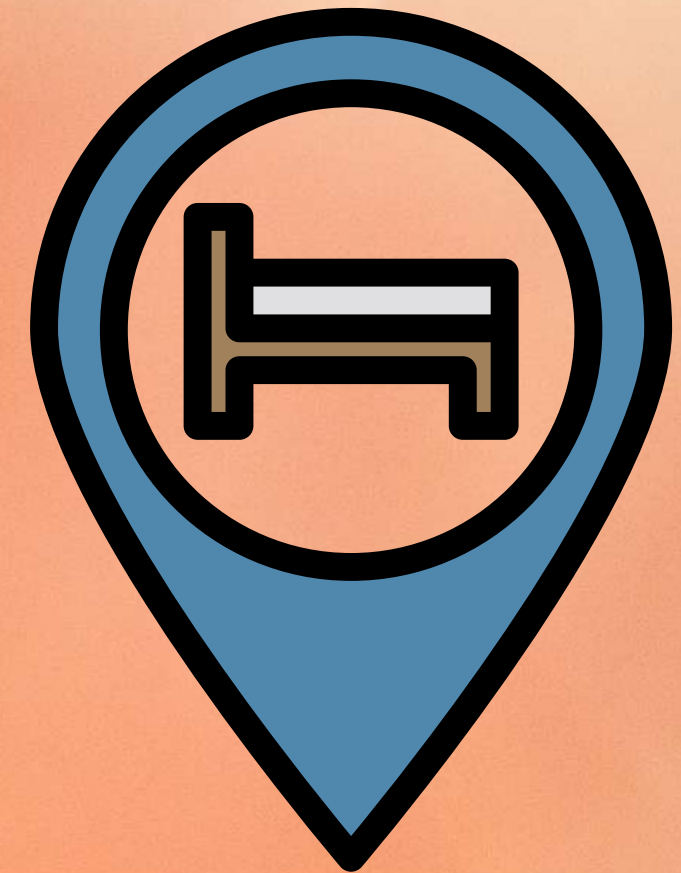
- ▶▶▶ 18+ years old
- ▶▶▶ Able to communicate in English
- ▶▶▶ Working with people e.g. as a youth worker, social worker, trainer, facilitator, volunteer, educator
- ▶▶▶ Enthusiastic, tolerant and willing to accept the differences of other participants, to experiment, to have an open mind and to be motivated to learn and grow

THE VENUE

The project will take place in the Intelcoop Hotel, Ploudiv (Bulgaria)

Accommodation is dignified and dorm room style.
Be prepared to share a room.

Three meals per day will be provided, and coffee break will be available throughout the day.



COSTS AND FEES

The project is co-funded by Erasmus+ program.

Accommodation, food, materials and the travel costs up to the maximum allowed amount are fully covered.















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We encourage personal accountability and ownership of the program and ask for sliding-scale donation of 35-75 EUR, based on personal situation.

In any case, apply and do let us know, if you face any obstacle.

TRAVEL REIMBURSEMENT

Country	Standard Travel	Green Travel	Country	Standard Travel	Green Travel
Albania 	180 EUR	210 EUR	Latvia 	275 EUR	320 EUR
Bulgaria 	20 EUR	--	Lithuania 	275 EUR	320 EUR
Czech Republic 	275 EUR	320 EUR	North Macedonia 	180 EUR	210 EUR
France 	360 EUR	--	Portugal 	360 EUR	--
Greece 	180 EUR	210 EUR	Serbia 	180 EUR	210 EUR
Italy 	275 EUR	320 EUR	Spain 	360 EUR	--

* Green travel use low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

ABOUT US



Kibela is a non-profit association, established as a natural further step from a non-formal group of volunteers that's been active for almost ten years.

The members are people from different generations, professions, culture and that brings diversity in ideas, views and skills.

We strongly believe that the methods of non-formal education give best possibilities to attract young people's attention and through them to give them a model of learning practice led by the learner's needs.



<https://www.facebook.com/Kibela.ngo/>

PARTNER ORGANISATIONS



Albania



Bulgaria



Czech
Republic



France



Greece



Italy



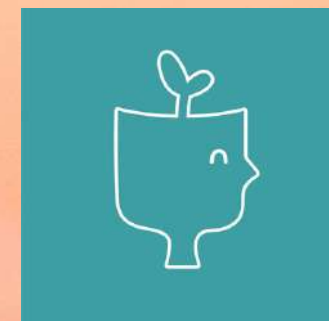
Latvia



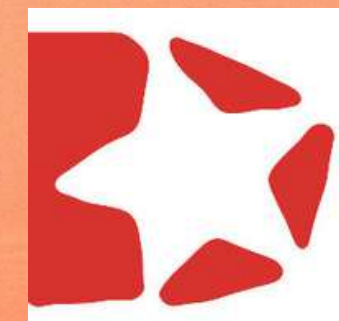
Lithuania



North
Macedonia



Portugal



Serbia



Spain

APPLY NOW!

If you want to participate, fill in the **APPLICATION FORM**

Deadline: 18 June 2023



CONTACTS



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**This project is co-funded by the Erasmus+
program of the European Union**

*«To appreciate what is around us,
we have to change the glasses
through which we look at the
world»*



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