

# INFO PACK



for project „ Sustainable Development by young people”

**6 August – 14 August 2022**

**Bansko, Bulgaria**





## SUMMARY OF THE PROJECT

The globalization has brought many innovations, technology has developed rapidly in the last years, but yet are not finding proper solutions for environmental issues-it seems the more we progress in technology and innovations, the less we care daily about environment. Globally, approximately a third of all food produced for human consumption is lost or wasted (FAO, 2011). FAO's Food Loss Index (FLI) estimates that globally, around 14 percent of all food produced is lost from the postharvest stage up to, but excluding, the retail stage (FAO, 2019). According to the UNEP Food Waste Index 2021, around 931 million tons of food waste were generated in 2019 – 61% of which came from households, 26% from food service and 13% from retail. Similarly, in the EU, households generate more than half of the total food waste in the EU (47 million tonnes) with 70% of food waste arising at household, food service and retail. Contrary to that, most people do not realize how important is everybody's daily engagement with food waste and environmental protection. Young people need more awareness raising to realize the need of everyone's engagement and care for environment on daily basis. Thus through such projects youth can be informed and aware of those issues, but also encouraged to change their daily habits and adopt environmentally friendly and zero waste practices. Zero waste movement is still quite new in a lot of European countries/for example in Bulgaria there is only 1 zero shop in the whole country! Existing from only 2 years./ Those topics seems to be put on the European union agenda and politics, but it is still hard to be transferred to the young people thus we decided to create this exchange as a learning platform for youth, using NFE, learning by doing, youth friendly approach, peer to peer education and experimental learning. Our main focus is to raise awareness on sustainability issues and zero waste philosophy and stimulate sustainable behavior among youth. We the project creators as young people realized we young people need to become aware that our actions matter and it is not job of institutions or government or companies to take care of the environment but each and everyone of us needs to be aware and have responsible behavior. Along with the partners we have conducted an online survey to measure the level of knowledge, awareness and skills of youth related to sustainability and zero waste concept and thus determined the learning goals and project aims of the project.

The main project objectives are related to :

- raising awareness among youth about environmental challenges in relation to food waste, pollution, climate change but also the role of each individual through one's daily choices
- promote understanding and awareness of zero waste concept while encouraging individual responsible behavior towards sustainability and environmental protection
- provide understanding of role of civil society and youth in particular in environmental sustainability and encourage social activism

## ACOMMODATION

Accommodation and food (breakfast, lunch and dinner) for the duration of the activities will be covered by the receiving organization PROVISION International.

All participants will be accommodated in Royal Bansko aparthotel , located in Bansko Bulgaria at the following address: ul. "Kosherinata" 2770, Bansko, Bulgaria



## VENUE

**Bansko** is a town in southwestern Bulgaria, located at the foot of the Pirin Mountains. It is a popular ski resort. The mountain peaks near the town, the numerous lakes and the old pine woods make it a popular site for recreation.



### **FOOD AND SPECIAL NEEDS**

ProVision International will provide participants with three meals per day and two coffee breaks.

- **Special needs:** Any special food diet must be previously informed to the organizers. Please, make sure that we know about your special diet.
- **Extra nights:** For those who come earlier (before 6 August 2022 or/and leave later (after 14 August 2022 unfortunately the project cannot cover the extra nights and food. If your flights are earlier or later than the project dates, you will have to find accommodation for yourself. Of course, you can always contact the organizers to help you in finding a place to stay. The first provided meal will be the dinner on 6 August 2022 On 14 August 2022 the breakfast will be provided.

**NB!!! PLEASE KNOW THAT THE TOTAL DURATION OF THE EXTRA STAY SHOULD NOT EXTEND 2 DAYS –MEANING ( 1 DAY BEFORE AND 1 AFTER, OR 2 DAYS BEFORE OR 2 DAYS AFTER) Tickets with longer extra stay will NOT be reimbursed, unless they are approved by the coordinator.**

## **ARRIVAL IN VENUE**

### **How to get to BANSKO?**

Although there are some different airports, the best option for everybody is to arrive to Sofia. There are several buses leaving everyday from Sofia to Bansko ( the first one is at 07:00am and the last one is at 16:45).



You will have to use public transportation to get from Sofia to project venue. For that you will need small change – 1.60BGN ( approx. 0.80 euro) for subway ticket and 16 BGN ( 8.11 euro) for bus from Sofia to Bansko.

#### **If you are arriving at Sofia airport – Terminal 1**

Outside of the terminal you will find white mini bus with sign TRANSFER SHUTTLE /or simply ask any of the staff where is the free shuttle to Terminal 2/. Once you get in –it will drive you / about 7 min/ to TERMINAL 2 of SOFIA AIRPORT. From there you can get metro / subway /taking the blue line/ - From Sofia airport terminal 2 to station called SERDIKA, there you have to change with the orange line towards OBELYA OR LOMSKO SHOSE and you have to get out at the 2<sup>nd</sup> station which is called CENTRAL RAILWAY STATION. Once you get out from CENTRAL RAILWAY STATION you will see large blue building with the sign Central Bus Station. Inside the station you will be able to get the tickets for the bus. Please check the image below:



#### **If you are arriving at Sofia airport – Terminal 2**

Once at Terminal 2 of Sofia airport –please go out of the building turn left and go all the way down on the road and you will get to the / subway station of Sofia airport/ 2-3 min walk/ . From there take the blue line/ - From Sofia airport terminal 2 to station called SERDIKA, there you have to change with the orange line towards OBELYA OR LOMSKO SHOSE and you have to get out at the 2<sup>nd</sup> station which is called CENTRAL RAILWAY STATION. Once you get out from CENTRAL RAILWAY STATION you will see large blue building with the sign Central Bus Station. Inside the station you will be able to get the tickets for the bus. Please check the image below:



### How to get from **Central Bus station to Bansko**

Once you arrive at CENTRAL RAILWAY STATION go out of the station and you will see large blue building with sign Central Bus Station. Please see the image below:



From there you can buy ticket to Bansko. The journey will be about 3h and it will cost you 16 Bulgarian leva.

There are few buses a day running from Sofia to Basnko with schedule:

Route	Departing hour	Price
Sofia- Basnko	09:45	20 BGN
	11:25	20 BGN
	14:00	20 BGN
	16:45	20 BGN

**If you are arriving after 16:45 and you are not able to get the public bus there is option for renting a private shuttle that needs to be paid by each of the passenger and it's upon request.**

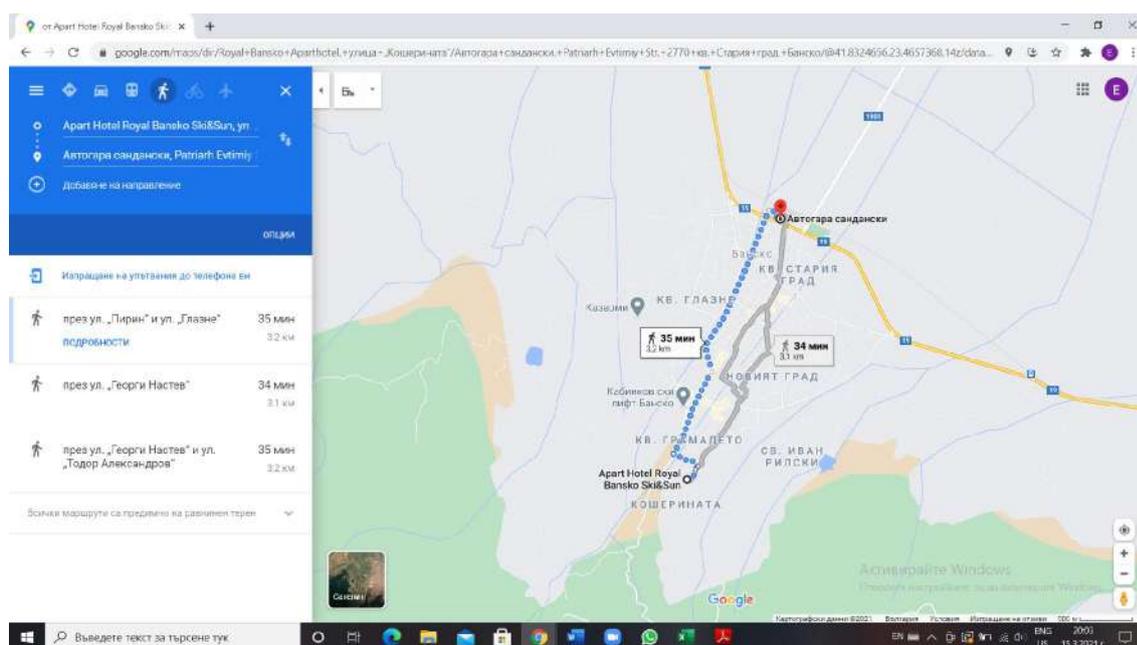
## For the way back from Bansko to Sofia

Route	Departing hour	Arrival hour	Price
Bansko - Sofia	05:05	08:05	20 BGN
	06:50	10:20	20 BGN
	12:50	15:50	20 BGN

## From Bansko bus station to hotel Royal apart hotel Bansko:

You have two options to get to the hotel.

- 1) Is to take a taxi which you can find just in front of the main entrance of the Bus station and will costs you about 10-15 BGN /5-7 euros/ per car. So if you are more people you can share the costs
- 2) You can walk to the hotel following the map below and will be approx. 25-30 min



## TRAVEL COSTS AND REIMBURSEMENT

**Travel costs:** Please note that travel costs will be reimbursed on the basis of original tickets, boarding passes and invoices/receipts for travel. Do not forget to collect and bring all of them. Only cheapest/economy class travel will be reimbursed and a public transport.

**!!! Once the group is selected the leader should contact the organizers for confirmation to buy tickets. PLEASE DO NOT buy your tickets without having confirmation from the organizers.**

***!!!Please know that tickets that are not confirmed may not be reimbursed***

As soon as you filled the registration form and your participation is confirmed, you are kindly requested to submit your travel proposal for **validation** including detailed information about the name(s) of the participant(s) envisaged, itinerary (departure, arrival, dates, hours, transport company), type of transport (flight, bus, train etc.) and the website where you got the offer from:

- subject: [Travel validation] - Your country;

- address: youthmove.office@gmail.com
- deadline: 14 July 2022

**ProVision International and is not responsible of reimbursing tickets without our prior validation.**

## **REIMBURSEMENT**

How to provide the needed justifying documents? (Remember! If anything is missing from the list below, unfortunately we are not able to reimburse the costs). We will try to do cash reimbursement to all participants only if they can provide electronic version of all tickets before they depart from Bulgaria.

**1. Flight tickets** (economic class/low cost if possible) – all the following are needed:

**e-ticket** (you receive it by e-mail after you buy the flight);

**fiscal invoice** (ask your travel agency or check on the website where you buy the ticket how can you get a fiscal invoice). The invoice can be issued on the name of traveler, or on the name of the organisation you represent;

**proof of payment** (signed and stamped): can be a receipt from where you buy the tickets, can be a payment order (if you pay by bank transfer) or can be a bank or an account statement (if you pay by internet banking);

**boarding pass** (you get it online and print it at home 24h-30h before the flight or directly in the airport);

In the exceptional case when the amount on your invoice is different that the amount charged, a personal declaration will be needed and only the amount charged is subject of reimbursement.

**2. Train tickets** (make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice is even better);

**3. Bus tickets** (make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice it is better);

**4. Private car transport and Taxi ( including Bla Bla car, uber and such) – will not be reimbursed**

**5. Please note that additional services on your bookings won't be reimbursed (seat selection , extra leg room in the place, checked in luggage and etc)**

Important! Try to provide the documents above in English, or Bulgarian. If the documents are written in other languages we **will** need a declaration from you to explain the information provided in each document (in English).

Country	Number of participants	Travel cost limits	Approved Means of transport
Bulgaria	7 participants	0	N/A
Netherlands	7 participants	275 euro	Plane
Italy	7 participants	275 euro	Plane
Romania	7 participants	180 euro	Bus/car/train
Portugal	7 participants	275 euro	Plane

**CONTRIBUTION FEE:** There is no participation fee for this project!

**TESTING- Antigen/PCR:** As the project was developed and aimed to be implemented before COVID-19 happened, we did not include any exceptional costs for tests, however we will cover tests related to entering/going out from Bulgaria if such are applicable. If such required please confirm with the organizers in advance.

### **PRACTICAL INFORMATION (currency)**

Currency: in Bulgaria, we use ЛВ – Bulgarian Leva. 1 EUR is 1.95 lv. You will need them to travel inside Bulgaria (bus, taxi or whatever you will use to move around it), so make sure you change a little bit when you arrive at the airport or before coming here. In case you will need to change again, we will help you out on spot.

### **PLANNED ACTIVITIES**

**\*The daily schedule will be provided within the next email very shortly**

**Intercultural nights:** For the intercultural evenings, we kindly ask you to prepare interactive presentation of your country. You can present it along with your food and drinks, music, traditional dances, etc. You can do it in the way you think is more suitable for the group, so be as creative as you want.

You are more than welcome to bring traditional food and drinks for this evening. It will be possible to cook there in case you want to prepare something for that night, but you should buy the ingredients or bring them from your countries. You can also bring your flag, posters, postcards, leaflets or any kind of gift you want to give to the participants in order them to have a picture of where you come from. Videos or games are also a good idea to be implemented during that night!



## INSURANCE:



Medical insurance: procuring a medical insurance valid during your stay in Bulgaria is your own responsibility. European Union citizens are entitled to have an European Health Insurance Card (EHIC) which you can get for free from your health authorities and you can use in Bulgaria and in any other EU country as well. Anyway, you can also choose a private insurance for the duration of your stay (it should not cost more than 10 EUR depending on the provider and issuing country). Although it might be not mandatory to enter Bulgaria, if you choose to not have a health insurance **you need to be ready to cover any medical related cost. We strongly encourage you to get a medical insurance for your stay!**

## PARTICIPANT PROFILE:

- ✓ -Young people between 18-30 years old with no age limit for the leader
- ✓ -Motivated to participate in the project
- ✓ -They are NOT on service under European Solidarity Corps at the moment of the activity

## WHAT TO BRING WITH YOU – CHECK LIST

- ✓ All travel documents;
- ✓ All material and things that you need for the program (as homework);
- ✓ Anything you need for the intercultural night( food, drinks, brochures and etc)
- ✓ Energizers that could be done in the mornings / after lunch break;
- ✓ Swimsuit and flip-flops/there is pool in the hotel.
- ✓ Comfortable clothes for the activities outside and inside conference room;
- ✓ Anything you think you will need during your stay in Bulgaria and of course, GOOD MOOD!



**IN ORDER TO PARTICIPATE IN THE EXCHANGE PLEASE FILL THE APPLICATION FORM BELOW NOT LATER THAN 12 August 2022**

<https://forms.gle/DLANjTrZ3AvuSxR3A>

## C O N T A C T S

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