

Info pack for long term EVS project: “Let`s build the future together” 2015-3-BG01-KA105-022833

General info about Bulgaria:



Bulgaria, officially the Republic of Bulgaria (Bulgarian: Република България, tr. Republika Bălgarija), is a country in southeastern Europe. It is bordered by Romania to the north, Serbia and Macedonia to the west, Greece and Turkey to the south, and the Black Sea to the east. With a territory of 110,994 square kilometers (42,855 sq mi), Bulgaria is Europe's 16th-largest country.

Organized prehistoric cultures began developing on Bulgarian lands during the Neolithic period. Its ancient history saw the presence of the Thracians and later the Persians, Greeks and Romans. The emergence of a unified Bulgarian state dates back to the establishment of the First Bulgarian Empire in 681 AD, which dominated most of the Balkans and functioned as a cultural hub for Slavs during the Middle Ages and it makes it the oldest country in Europe.



With the downfall of the Second Bulgarian Empire in 1396, its territories came under Ottoman rule for nearly five centuries. The Russo-Turkish War (1877–78) led to the formation of the Third Bulgarian State. The following years saw several conflicts with its neighbors, which prompted Bulgaria to align with Germany in both world wars. In 1946 it became a single-party socialist state as part of the Soviet-led Eastern Bloc.

In December 1989 the ruling Communist Party allowed multi-party elections, which subsequently led to Bulgaria's transition into a democracy and a market-based economy. Bulgaria's population of 7.4 million people is predominantly urbanized and mainly concentrated in the administrative centers of its 28 provinces. Most commercial and cultural activities are centered on the capital and largest city, Sofia.



The strongest sectors of the economy are heavy industry, power engineering, and agriculture, all of which rely on local natural resources. The country's current political structure dates to the adoption of a democratic constitution in 1991. Bulgaria is a unitary parliamentary republic with a high degree of political, administrative, and economic centralization.

It is a member of the European Union, NATO, and the Council of Europe; a founding state of the Organization for Security and Co-operation in Europe (OSCE); and has taken a seat at the UN Security Council three times.

Currency: Bulgarian Lev (BGN). 1 Euro = 1.9558 BGN ([EC currency calculator](#)).

Alphabet: Cyrilic.



Look also:

<https://www.youtube.com/watch?v=AovyocYjK8I> – interesting facts about Bulgaria.

<https://www.youtube.com/watch?v=vSodz71rS7Q> – Bulgaria from above (drone footage).

<https://www.youtube.com/watch?v=5hIBp0DJfyI> - Bulgaria from above (drone footage).

<https://www.youtube.com/watch?v=PBVQsEMx1Ng> – Hollywood stars talking about Bulgaria.

General info about Tryavna:



Tryavna (Bulgarian: Трявна) is a town in central Bulgaria, situated in the north slopes of the Balkan range, on the Tryavna river valley, near Gabrovo. It is famous for its textile industry and typical National Revival architecture, featuring 140 cultural monuments, museums and expositions. Tryavna is the birthplace of Bulgarian writer Pencho Slaveykov and revolutionary Angel Kanchev.

The town is the administrative centre of the eponymous Tryavna Municipality. As of December 2009, it has a population of 9,831 inhabitants. The village was founded as early as the Thracian Era. However, the first documents of its existence date back to the 12th century. During Ottoman Bulgaria period locals defended the pass and enjoyed privileges for this reason.

Only Bulgarians lived in the town. During the period of Bulgarian National Revival, the town was heavily involved in the development of crafts. Houses from this period feature their own architectural design. The ground floors had irregular forms and housed craftsmen and traders. The upper floors featured wooden bow-windows, the roofs were covered with well arranged rocks.



The town square, named Capitan Diado Nikola, with the clock tower, dating from 1814, is among the landmarks. Another tourist attraction is the "kivgireniyat" bridge, built above the river behind the clock tower. One of the first secular schools in Bulgaria was built on Capitan Diado Nikola Square. Another symbol of Tryavna is the St. Archangel Mihael Church, situated in the town center and built in the late 12th century after Bulgarian tzar Asen defeated Byzantine emperor Isaac II.



The wood-carved iconostasis and the bishop's throne in the church are real masterpieces of the woodcarving in Tryavna. Next to the school, is the Raykov house with its ethnographic collection, which is the birthplace of the first Bulgarian chemist, Pencho Nikolov Raikov. Not far away from it is the museum-house of Angel Kanchev who was Vassil Levski's compatriot.

PIC: 936 155 246

Phone: +359 898 55 2342

Website: CYA.Tryavna.eu

Email: CYA.Tryavna@gmail.com

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One of the most visited museums in Tryavna is the Daskalov house built in 1808. The museum features the famous wood carved suns. The house is a museum of woodcarving and icon painting art. The remarkable ceilings were made after a bet between two of the best masters of wood carving — Dimitar Oshanetsa and Ivan Bochukovetsa. The two masters worked hard for six months in the two largest rooms in the house without having a possibility to see each other's work.

The Petko and Pencho Slaveykov museum-house, situated in the old part of the town, features an exposition of the poetical works of the two authors. The son, Pencho, was nominated for the Nobel Prize but died before having a chance to win it. The Kalinchev house, also in the old part, has been transformed into an art gallery, offering the collection, donated by Totio Gybenski. The Museum of icon painting and woodcarving with its collection of over 160 original icons, painted by well-known masters, is housed in the Tsar's chapel at a distance of the town center. The unique Museum of Asian and African Art is housed in the old public bath, on the riverside. Tryavna is proud with its great samples of the woodcarving, icon painting and original architecture. Today the town is a preferable tourist spot, featuring modern hotels, private lodgings and villas, restaurants and mehanas (taverns).



There is also an Art school where successors of the old icon painters and woodcarvers master these crafts. The Voneshta voda village resort, famous for its healing mineral springs, is located 20 km. away from Tryavna. The Bulgarka Nature Park is located in the Starina Planina, south on the city. The town is well connected with the whole country thanks to its excellent road network and railway station. Besides Bulgarian National Revival figures, another native is former Bulgarian NBA player Georgi Glouchkov.

Look also:

Around the town from the sky: <https://www.youtube.com/watch?v=GUH6igKc6iE>

Internet portal: <http://www.tryavna.bg/en/>



Project Activities:

The main activities of the project can be divided into two groups - working on the Youth House and Eco playground and participation in the activities of the association. Both of the groups are equally important, but depending on the weather conditions, priority from time to time will be given to the first group of activities.

First group of activities planned, due to the late joining in the project, the volunteers will take part in the following activities:

- Maintaining the Eco playground.
- Creating additional installation where kids can play.
- Creating green classroom in the school yard of "Vasil Levski" elementary school.
- Creating a fundraising/crowd funding campaign for the materials needed for the Youth House
- Working on the renewing of the Youth House.
- Organize meetings and trainings with youth from the city on various topics. Representatives from different countries will also have the chance to present their country, culture, history and traditions.
- Preparation of plans of trainings and lessons to be conducted with young people from the city.
- Dissemination of information among schools in Bulgaria about the center and what it offers.
- Welcome and assist nomads and groups of students that have come to visit and use the Youth House.

Second group of activities planned:

1. Information meetings: will be organized in schools, participation in them will be open to all students from first to twelfth grade.
2. Detour eco and cycling paths: detour routes with volunteers from the association and members of "Velo Club" Association - Tryavna. These patrols will also include young people from schools for educational purposes. The tours would be open, so any volunteer, tourist or guest of the town would be able to join. The volunteers will undergo first aid training by the Red Cross in order to ensure the safety of all.
3. Workshops organized jointly with Tryavna Centre for Social Rehabilitation and Integration: participants will be aged 6 -16, the activities will be carried out in a multi-sensory room in the center.
4. Workshop, organized jointly with "Kalina" Kindergarten and "Svetlina" Kindergarten - the participants will be children aged 4-7. Activities will be carried out in the appropriate places in the kindergarten or outdoor.
5. Joined activities with SOS Kindergarten – Tryavna.
6. Extracurricular activities organized by the association for school children - age of the participants will be 7-18. Depending on the activities, the places will be different. In case we are out of school, the group will include teachers and/or parents to help with the younger students. Some of the planned activities are:
 - Sports day for families. Its purpose is to show parents how important and funny it is to spend more time with their children and get closer to their life.



- "Treasure hunt" in the city to get to know the history and secrets of the city. The initiative is linked to institutions such as museums, galleries, Municipality.
 - Green School.
 - Hiking tours with youngsters.
 - Summer camp with outdoor activities and workshops art related with kids age 10-14.
 - Summer camp with different outdoor activities mainly focused on representing how does participation in International Youth Exchange project looks alike.
 - "Language games" – outdoor activity.
 - Cleaning and maintaining the eco-paths from Tryavna to Bozentsi.
- The volunteers will have the full freedom to conduct any kind of activities they would like to lead – workshops, trips, lessons, games, etc.

IMPORTANT – ALL THE ACTIVITIES WILL BE ORGANIZED DEPENDING ON THE WEATHER. IF ACTIVITIES FROM GROUP ONE CANNOT BE DONE BECAUSE OF THE WEATHER, ACTIVITIES FROM GROUP 2 WILL FULLFILL THE DAY OR THE VOLUNTEER WILL HAVE A FREE DAY!

Additional information:

- Eligible participants:** 2 young motivated people from any **Program country** at the age of 18-30/31.
- Duration:** 7 months, starting ASAP.
- Working hours:** ~30 h/week with 2 days off/week and 2 working days for holidays/month.
- Working language:** English.
- Accommodation:** Fully equipped and covered by the organization (electricity, water & Internet).
- Travel costs:** Reimbursement for a return ticket depending on the rules of Erasmus+. To check the distance, click at the [link](#).
- Monthly allowance:** 180 Euro (110 Euro monthly allowances and 70 Euro pocket money)
- Linguistic support:** 100 study hours with a professional teacher.
- Insurance & Health assistance:** Full insurance with Cigna will be provided to each volunteer. The cost for issuing it will be fully covered by the hosting and sending organizations. Before you come to Bulgaria, we highly recommend that you ask for a European Health Insurance Card.
- Others:** Before arrival, we advise you to get an **ISIC** (International Student Identity Card) and/or **EYC** (European Youth Card).

PIC: 936 155 246

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About the Hosting organization:

"The Change is in You" Association has been established to support the youngsters who are willing to broaden their horizons and make an actual change in their own societies by using and implementing what they have learnt from all around the world.

Our main goal is to create the bridge between formal, informal and non-formal education as well as the bridge between governmental institutions, business and society.

Our idea is via using non-formal methods and approaches to promote volunteering services and informal education as a tool for motivating youngsters to study harder and be more open-minded towards different cultures, religions, genders, nationalities, etc.

Main objectives of the organization:

- * Help the development of the civil society and incorporation of young people into its democratic values and principles.
- * Stimulate the unrestricted exchange of ideas and information, intellectual values and models of cooperation.
- * Prevent and react against the negative phenomena amongst young people (youth crime, drug addiction, prostitution, racism, xenophobia, etc.).
- * Promote quality education, social help and qualification of young people.
- * Help integration and socialization of people with disabilities, ethnic minority groups, young people in the lowest income bracket.
- * Offer social favor to society.
- * Stand up for the values of the civil society.
- * Introduce new programs and models of human communication and relationships.
- * Partner and cooperate with local authorities, organizations and institutions connected with young people.
- * Give access of young people to modern achievements and information technologies.
- * Encourage wider participation of local community in education development and youth work.
- * Popularize European and local volunteering.
- * Work together on common projects with Tryavna Social Rehabilitation and Integration Centre, "Kalina" kindergarten, "Svetlina" kindergarten, High School of Fine Arts – Tryavna, "Prof. P. N. Raykov" Elementary school, "P. R. Slaveykov" Secondary school, thanks to the Erasmus + programme of the European commission and European Volunteering Service.



Our activities:

“The Change is in You” Association has been established to support the youngsters who are willing to broaden their horizons and make an actual change in their own societies by using and implementing what they have learnt from all around the world.

Since the registration of the association (06.10.2014), we have been officially partners in a number of international training courses, youth exchanges, PBAs and seminars. Since then, our hard and consistent work on the field of the formal and non-formal education led us to a new success of our work – to be part of a group from the Bulgarian Ministry of Culture and Education, developing a strategy for supporting the personal development of young people in the frame of the formal educational system. Also, we have a main role in the development of the youth strategy in our municipality as well as leading position in the Youth affairs commission in Tryavna.

We are an umbrella organisation of the following institutions and organisations: Tryavna Rehabilitation and Social Integration Centre, “Kalina” kindergarten, “Svetlina” kindergarten, High School of Fine Arts – Tryavna, “Prof. P. N. Raykov” Elementary school, “P. R. Slaveykov” Secondary school, Vello club – Tryavna, „Future World” Association, „Waldorf education - Veliko Tarnovo” Association, Basketball club “Zograf”, Athletics Sports Club “Hammer”, Karate sports club „Hikari”.

Also, we are the founding NGO of the Network of Organizations “The Change is in You” – International. At the present moment we are opening 2 branches in Bulgaria (Sofia and Razlog), in Torino (Italy), Avignon (France), Riga (Latvia), Bucharest (Romania), Viljandi (Estonia) and in the nearest future in Croatia, Cyprus, Serbia, Germany and Hungary.

Our main goal is to create the bridge between formal, informal and non-formal education as well as the bridge between governmental institutions, business and society.

Our idea is via using non-formal methods and approaches to promote volunteering services and informal education as a tool for motivating youngsters to study harder and be more open-minded towards different cultures, religions, genders, nationalities, etc.

Education and leisure time:

- We often organize informational meetings with teachers and/or youngster to promote the mobility of young people around Europe, using the opportunities which the Erasmus+ program offers.
- We organize seminars with young people and through the methods of non-formal education we give information and discuss topics of interest for contemporary youth. Thus, we also manage to promote family values, social values and European values.
- A local initiative of ours is a theater where people with disabilities and people without disabilities play together and support each other.
- Another one is a sport`s festival in which kids will play in teams together with their parents. We want to get parents more involved into their children`s everyday activities. In cooperation with Gabrovo info centre we are organizing another sports event in late spring 2016.
- “Fairy tales outside” aims at taking children away of the computer and the new technologies and bringing them somewhere in nature, where they listen to or tell fairy tales. Both love to nature and love to reading are taught.

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- Having in mind the importance of literacy about developing a good professional career and the sad statistics about the level of illiteracy in Bulgaria, on 8 September, the International Literacy Day, we realized an initiative under the motto: "Show that you are literate! Write in Cyrillic! Be Bulgarian". Our volunteers, together with the kindergartens and the Social Rehabilitation and Integration Centre in Tryavna prepared 500 Bulgarian flags with the motto and gave them out as a present and a reminder to random citizens. They interviewed people in the streets and people in institutions about the level of education in Bulgaria, what the problems of education and illiteracy are, what should be done, etc. We had big success in this campaign, because many people showed interest and great concern on this topic.
- In cooperation with the National High school of Fine Arts we are organizing a graffiti competition.
- In the field of graffiti, modern music and dancing we are working on a common project together with "Baby People", UK.

Ecology:

- "Green School"- an initiative of ours, where all the lectures are outside the classroom and aimed to be more practical rather than theoretical.
- We often have some eco initiatives, such as cleaning eco paths, lakes and rivers, art from garbage, etc.
- We work together with some of the biggest environmental NGOs in Bulgaria in order to promote healthy lifestyle, to raise awareness and educate youngsters about environmental issues and how to reduce the usage of energy and decrease the level of pollution in our daily lives.

We collaborate with Tryavna Centre for Social Rehabilitation and Integration also in the social sphere and volunteering. We often take youngsters from the Centre, who are either disabled or in bad social condition, to participate in international projects. Our goal is to integrate them into society and prove that they are not different. We are proud that those kids have some amazing abilities which help them show their skills among others (One of our participants has impressive memory. He can remember the names and dates of births of more than 30 people within few minutes and even give details of famous people who born on the same date, what they were famous for and how and when they died).

The projects we have been working on are directed mainly to volunteers and include training courses with experienced Bulgarian and foreign educators, trainers and professionals. We are partners with a lot of European associations with great experience, but we are ready to welcome any other organizations with the same or similar activities and goals.



About the staff involved in this project:

Director

The director of the association has completed "Book Publishing" and "Journalism" at St Cyril and St. Methodius University of Veliko Tarnovo, with a specialization in the Jagiellonian University in Krakow, Poland and practice in "Tele U" - regional TV channel of Craiova, Romania. He has taken part in more than 30 national and international training courses, several exchange projects, conferences, workshops and preparatory meetings. As a volunteer, he also has experience in work with children from institutions and children with disabilities, both in and out of Bulgaria - in Poland as a student and in Portugal as an EVS volunteer. He is certified to work with children. The training courses/ seminars/ debates/ exchanges/ initiatives/ conferences he has been participant/leader/facilitator and co-trainer in so far are from the following areas:

- Personal/professional development:


- ✓ International Capacity building project "Use sound to watch around", March 2017, Kulturni Centar Mladih Vojvodine, Novi Sad, Serbia;
- ✓ International training Course „Mindful Coaching in Youth Work“, February 2017, MMS, Nowy Sacz, Poland
- ✓ Transnational training and cooperation activities „Erasmus+ funding opportunities for youth“, October-December 2016, Bureau International Jeunesse, Bussels, Belgium;
- ✓ International training Course „I, Leader“, December 2016, Asociación Las Niñas del Tul, Alhama de Granada, Spain;
- ✓ International training Course „Story-down walls!", November 2016, Norsensus Mediaforum, Cluj-Napoka , Romania;
- ✓ Training Course „Application of information and digital technologies in education, training and youth", November 2016, Human Resource Development Center, Sofia, Bulgaria;
- ✓ International training Course „Peers to Peers (P2P)“, October 2016, Europejskie Forum Młodzieży, Bystrzyca Klodzka , Poland;
- ✓ International Youth Exchange Project “Let`s cooperate”, July 2016, Fraternitas, Poronin, Poland;
- ✓ International training Course “Social Entrepreneurship as a Tool for Change”, April 2016, CFG, Kolin, Czech Republic;
- ✓ IX National Youth Meeting, March 2016, Gorna Oryahovtza`s Youth Parliament, Gorna Oryahovitza, Bulgaria;
- ✓ PBA “In Rural”, January 2016, Asociación Las Niñas del Tul, El Padul, Spain;
- ✓ Rover Scout Programme Training, December 2015, Bulgarian Scout`s organization, Sofia, Bulgaria;
- ✓ International training Course "Advanced Training On Quality for Youth Exchanges", November 2015, National Agencies of France, UK, Hungary, Portugal and Macedonia, Skopje, Macedonia;
- ✓ International training Course “Branding for Youth Work and Youth Organizations”, November 2015, “Oamenii Delti” Association, Tulcea, Romania;

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- ✓ International training Course “Fundraisers in Action”, November 2015, “Pro Civica” Association, Craiova, Romania;
- ✓ International training Course “Graphical Facilitation”, October 2015, Obciansky Spolok, October 2015, Radzovce, Slovakia;
- ✓ International training Course “Entrepreneur Ship”, October 2015, Inter College UK, October 2015, Chisinau, Moldova;
- ✓ VIII National Youth Meeting, March 2015, Gorna Oryahovtza`s Youth Parliament, Gorna Oryahovitza, Bulgaria;
- ✓ Annual EVS meeting, December 2014, Bulgarian National Agency, Sofia, Bulgaria;
- ✓ Training for fundraising methods for NGOs, Swiss-Bulgarian Cooperation Programme, The Centre of European Law, American Foundation for Bulgaria, and Czech Fundraising Centre, in December 2014, Sofia;
- ✓ International training course for Mediators "Civil Rights, Socially economic development, Interethnic relations and Minorities", in August 2014, IDA Network, Sofia, Bulgaria;
- ✓ International training course for Mediators "Environment, Health, Sport and Free time", in August 2014, IDA Network, Sofia, Bulgaria;
- ✓ International training course "Academy for young leaders", in September 2013, IDA Network, Bansko, Bulgaria;
- ✓ International Youth Exchange “Be Active! Be Youth! Be Citizen”, August 2013, YES association, Yambol, Bulgaria;
- ✓ International training course "Creativity in organization", June 2013, "POLITES" Association, Szczecin, Poland;
- ✓ International training course "Working on work", in May 2013, Armenian Progressive Youth, Dilizhan, Armenia;
- ✓ Business relationships, in January 2012, Carnival Cruise Lines;
- ✓ National Training Course “How to write a good project”, November 2010, Bulgarian National Agency, Sofia, Bulgaria;
- ✓ SEEP (South Eastern European Platform), November 2010, ESN International, Veliko Tarnovo, Bulgaria;
- ✓ Mentoring young people living in institutions, October 2010, Veliko Tarnovo, OXAB;
- ✓ International Training Course “The Pyramid of professional success”, September 2010, YDL, Lyaskovetz, Bulgaria;
- ✓ International training course “Different form of education in the context of youth participation and global challenges ”, in August 2010, Euroatlantski klub Hrvatske, Pakoshtane, Croatia;
- ✓ Methods and approaches to consultation to clients, May and December 2010, Euro life Bulgaria, Lovech, Bulgaria;
- ✓ Methods and approaches in the sale of products, January and June 2009, February and July 2010, January and June 2011, January and June 2013 Euro life Bulgaria, Plovdiv, Bulgaria;
- ✓ Parallel and cross-selling, 2008, Praktiker, Veliko Tarnovo, Bulgaria.

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- Sport and healthy lifestyle:

- ✓ International training Course „Outdoor Gives More“, October 2016, Akadémia proaktivity o.z., Liptovski Mikulas, Slovakia;
- ✓ International training Course “From experts to sexperts!”, September 2016, EstMSA, Viljandi, Estonia;
- ✓ International training Course “Healthier Future Europe”, February 2016, Fitnes Akadémia, Bratislava, Slovakia;

- Inclusion:

- ✓ International training Course “SIYS – Social Inclusion Through Youth and Sport”, September 2016, APOGESD Guimaraes, Portugal;
- ✓ International training Course “Play together, learn together”, July 2016, Club Balonmano Elche (CBME), Elche, Spain;
- ✓ International training Course “Stop Hate! Be Mate!”, October 2015, Opus Humanum, October 2015, Budy Lucienskie, Poland;
- ✓ International training course "3 in 1 - art, drama, music therapy", in October 2014, Rodinni centrum Kamarad - Nenuda, Zlin, Czech Republic;
- ✓ EVS “Challenge Yourself”, 10 months project 2013-2014, ProAtlantico, Estoril, Portugal;
- ✓ International training course "For a better tomorrow", July 2011, Euro-Mediterranean Network for youth trafficking prevention, Thessaloniki, Greece;
- ✓ International seminar: the role of youth work in promoting intergenerational dialogue and solidarity between people with disabilities in Europe, May 2011, Rhodopes center for community development, Bansko, Bulgaria;
- ✓ International Youth Exchange Project “Open Coffee 4 Human Rights”, in May 2010, Antes, Craiova, Romania;

- Environment, recycling, upcycling:

- ✓ International Youth Exchange Project “Use your creativity”, August 2016, KUMS, Sisak, Croatia;
- ✓ International training Course “Bushcraft DNA”, June 2016, Consilium Development and Training "Unlocking potential through learning", Birmingham, UK;
- ✓ APV and YE “You can see great nature under the dark sky”, May 2016, STEP Association, Snina, Slovakia;
- ✓ Training Course "For more effective civilian Nature Protection: Green advocacy", April 2015, Bulgarian National Parks` Association, Gabrovo, Bulgaria;
- ✓ International Youth Exchange “Save the nature with culture”, July 2013, Naujosios Vilnius kultūros centras, Trakai, Lithuania;

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Project coordinator

The project coordinator has completed a master degree in “English Philology and Pedagogy” at Sofia University St. Kliment Ohridski, with an internship of three months at Wolverhampton University, UK. She also has a master degree in “Project Management” from St Cyril and St. Methodius University of Veliko Tarnovo and a qualification in "Management" from Sofia University St. Kliment Ohridski. She has five years of experience as an English teacher at Britanica Ltd., Sofia (English language schools). During her professional experience, she has worked mainly with children and teenagers, but also adults. The main methodology applied in her lessons is non-formal learning. Apart from some Erasmus+ projects, she has attended many seminars and trainings related to non-formal education. Certified as a teacher from Oxford University. Interested in alternative education. Certified Montessori educator. Connected to the topic, here are some projects she has attended:

- Personal/professional development:

- ✓ International training Course “ Leaders need skills ”, August 2016, Opus Humanum, Budy Lucieńskie, Poland;
- ✓ Waldorf education – training course for teachers, August 2016, Friends of Waldorf Education, Sofia, Bulgaria;
- ✓ Rover Scout Programme Training, December 2015, Bulgarian Scout`s organization, Sofia, Bulgaria;
- ✓ International training course “Appetiser”, November 2015, Croatian Red Cross, Zagreb, Croatia;
- ✓ National conference “Partnership in strategies and action: the non-governmental organizations and the country”, November 2015, BCNL, Sofia, Bulgaria;
- ✓ International training course “Fundraisers in Action”, November 2015, ProCivica Oltenia, Craiova, Romania;
- ✓ Contact making event “The Entrepreneur SHIP”, October 2015, Inter College UK, Kishinau, Moldova;
- ✓ International training course "A Network for your Net-worth", September 2015, Citizens in Power, Cyprus;
- ✓ International youth exchange "Shoot for the moon", August 2015, Impreuna Desenam Viitorul, Romania;
- ✓ VIII National Youth Meeting, March 2015, Gorna Oryahovitza Youth Parliament, Gorna Oryahovitza, Bulgaria;
- ✓ International training course "3 in 1 - art, drama, music therapy", October 2014, Rodinni centrum Kamarad - Nenuda, Zlin, Czech Republic;
- ✓ Bakery course Level B, summer 2013, 300 st.h., 5 Star Academy, Grand Hotel Sofia, Bulgaria;
- ✓ Creative writing for teenagers, April 2013, Britanica Ltd., Sofia, Bulgaria;
- ✓ Outdoor activities for ESL Students, September 2012, Britanica Ltd., Sofia, Bulgaria;
- ✓ Creativity in the Classroom, June 2012, Britanica Ltd., Sofia, Bulgaria;
- ✓ Teach English to Teenagers, May 2011, Educational Centre Bulgaria, Sofia, Bulgaria;
- ✓ Teach English to Kids, April 2011, Educational Centre Bulgaria, Sofia, Bulgaria.



- Inclusion:

- ✓ International Youth Exchange “New Paths of MInteGRATION”, November 2016, Cell of Alternative Youth Activities, Athens, Greece;
- ✓ International Youth Exchange „Fight for your rights!“, October 2016, Association „Unique Projects“, Kaunas, Lithuania;

- Environment, recycling, upcycling:

- ✓ International training Course “Bushcraft DNA”, June 2016, Consilium Development and Training "Unlocking potential through learning", Birmingham, UK;

We have a volunteer accountant with extensive experience in corporate accounting and control. In the association there are also several volunteers with different skills - lawyer, designer, artist and historian. We also have volunteers from the city - students. Some of them already have experience with international projects in partnership with the association or organized by the schools where they study. One of our most trustful volunteers is an EVS mentor, too.

Tips about traveling in Bulgaria and some useful phrases:

- Busses in Bulgaria are faster and better than the trains. For example:
 - Bus ticket from Sofia to Tryavna is 19 lv. (10 Euro) and it takes ~3.5 hours. By train is going to cost a bit cheaper, but will take ~6 hours.
 - There is no straight bus from Tryavna to Varna, so with the changes will cost ~20 lv. And 4-5 hours, but by train – 15 lv. and more or less the same time.
- Traveling around Bulgaria is cheap anyway and more the point – Tryavna is in the middle of the country, so to any border the distance is not more than 300 km.
- Hitch-hiking in Bulgaria is not a popular way of traveling, BUT it is extremely easy to get a ride. Waiting usually.


The easiest way to get a ride and/or help from a Bulgarian is to know some of those phrases and words, because in that way you are showing great respect to him/her, by even saying 3 words in his mother tongue:

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WHEN MEETING SOMEONE

Hello	Здравейте	[zdra-vej'-te]
Good morning	Добро утро	[do-bro' u't-ro]
Good afternoon	Добър ден	[do'-ber de'n]
Good evening	Добър вечер	[do'-ber ve'-cher]
Good bye	Довиждане	[do-vi'zh-da-ne]
Good night	Лека нощ	[le'-ka nosht]
Thank you	Благодаря	[bla-go-da-rya']
You are welcome	Моля	[mo'-lya]
Here you are	Заповядайте	[za-po-vya'-daj-te]
Pleased to meet you	Приятно ми е	[pri-ya't-no mi e]
Excuse me	Извинете	[iz-vi-ne'-te]
I am sorry	Съжалявам	[se-zha-lya'-vam]
How are you	Как сте	[kak ste]
What is your name	Как се казвате	[kak se ka'z-va-te]
My name is...	Казвам се ...	[ka'z-vam se] ...

ON THE STREET

How can I go to...?	Как да стигна до...?	[kak da sti'g-na do] ...?
Where is... situated?	Къде се намира ...?	[kə-de' se na-mi'-ra] ...?
Where can I catch a bus from?	Откъде да хвана автобус?	[ot-kə-de' da hva'-na av-to-bu's]?
Where can I find a taxi?	Къде да намеря такси?	[kə-de' da na-me'-rya tak-si']?
East	Изток	[i'z-tok]
West	Запад	[za'-pad]
North	Север	[se'-ver]
South	Юг	[yug]
Left	Наляво	[na-lya'-vo]
Right	Надясно	[na-dya's-no]
Ahead	Направо	[na-pra'-vo]
Backwards	Назад	[na-za'd]



IN THE STORE

How much does... cost?	Колко струва...?	<i>[ko'l-ko stru'-va]...?</i>
Can I try...?	Може ли да пробвам...?	<i>[mo'-zhe li da pro'b-vam]...?</i>
Where is the change room?	Къде е пробната?	<i>[kə-de' e pro'b-na-ta]?</i>
Can I pay:	Може ли да платя:	<i>[mo'-zhe li da pla-tya']:</i>
In cash?	В брой?	<i>[v broj]?</i>
With I credit card?	С кредитна карта?	<i>[s kre'-dit-na ka'r-ta]?</i>
Write a check?	С чек?	<i>[s chek]?</i>

INSTITUTIONS


Hospital	Болница	<i>[bo'l-ni-tsa]</i>
Embassy	Посолство	<i>[po-so'l-stvo]</i>
Consulate	Консулство	<i>[ko'n-sul-stvo]</i>
Ministry	Министерство	<i>[mi-nis-te'r-stvo]</i>
Tourist Information Center	Туристически информационен център	<i>[tu-ris-ti'-ches-ki in-for-ma-tsi-o'-nen tse'n-tər]</i>
Accommodation Office	Квартирно бюро	<i>[kvar-ti'r-no byu'-ro]</i>
Customs	Митница	<i>[mi't-ni-tsa]</i>
Police Department	Полицейско управление	<i>[po-li-tsej'-sko up-rav-le'-nie]</i>
Museum	Музей	<i>[mu-ze'j]</i>
Library	Библиотека	<i>[bib-li-o-te'-ka]</i>
Post Office	Поща	<i>[po'sh-ta]</i>
Public Toilet	Обществена тоалетна	<i>[ob-shte'st-ve-na to-a-le't-na]</i>
Supermarket	Супермаркет	<i>[su'-per-ma'r-ke't]</i>
Market Place	Пазар	<i>[pa-za'r]</i>
Bank	Банка	<i>[ba'n-ka]</i>
ATM	Банкомат	<i>[ban-ko-ma't]</i>

PIC: 936 155 246

Phone: +359 898 55 2342

Website: CYA.Tryavna.eu

Email: CYA.Tryavna@gmail.com

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ACCOMMODATION

Hotel	Хотел	<i>[ho-te'l]</i>
Apartment Hotel	Апартхотел	<i>[a-pa'rt-ho-te'l]</i>
Hostel	Хостел	<i>[ho's-tel]</i>
Motel	Мотел	<i>[mo-te'l]</i>
Lodging	Квартира	<i>[kvar-ti'-ra]</i>
Apartment	Апартамент	<i>[a-part-a-me'nt]</i>
Camping	Къмпинг	<i>[kə'm-ping]</i>

HEALTHCARE

Emergency	Бърза помощ	<i>[bə'r-za po'-mosht]</i>
Physician	Лекар	<i>[le-kə'r]</i>
Dentist	Зъболекар	<i>[zə-bo-le'-kər]</i>
Drugstore	Аптека	<i>[ap-te'-ka]</i>
... hurts	Боли ме...	<i>[bo-li' me]...</i>
I am allergic to...	Алергичен съм към...	<i>[a-lər-gi'-chen səm kəm]...</i>
Medicine	Лекарство	<i>[le-ka'r-stvo]</i>
High temperature	Висока температура	<i>[vi-so'-ka tem-pe-ra-tu'-ra]</i>
Stomach disorder	Стомашно разстройство	<i>[sto-ma'sh-no raz-stro'j-stvo]</i>
Headache	Главоболие	<i>[gla-vo-bo'-lie]</i>
Toothache	Зъбобол	<i>[zə-bo-bo'l]</i>
Sun protection cream	Слънцезащитен крем	<i>[slən-tse-za-shti'-ten krem]</i>
Analgesic	Обезболяващо	<i>[o-bez-bo-lya'-va-shto]</i>

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FOODS

Bread	Хляб	[hlyab]
Milk	Прясно мляко	[prya's-no mlya'-ko]
Yogurt	Кисело мляко	[ki'-se-lo mlya'-ko]
Tomatoes	Домати	[do-ma'-ti]
Cucumbers	Краставици	[kra's-ta-vi-tsi]
Peppers	Чушки	[chu'sh-ki]
White cheese	Сирене	[si'-re-ne]
Cheese	Кашкавал	[kash-ka-va'l]
Juice	Сок	[sok]
Soft drinks	Газирани напитки	[ga-zi'-ra-ni na-pi't-ki]
Chocolate	Шоколад	[sho-ko-la'd]
Sugar	Захар	[za'-har]
Coffee	Кафе	[ka-fe']
Salt	Сол	[sol]
Tea	Чай	[chaj]

ENTERTAINMENT AND

CATERING ESTABLISHMENTS

Restaurants	Ресторант	[res-to-ra'nt]
Cafeteria	Кафене	[ka-fe-ne']
Confectionary	Сладкарница	[slad-ka'r-ni-tsa]
Club	Клуб	[klub]
Disco	Дискотека	[dis-ko-te'-ka]
Snack bar	Бистро	[bis-tro']
Would you bring me the menu?	Бихте ли ми донесли менюто?	[bi'h-te li mi do-ne's-li me-nyu'-to]?

If you want to learn more Bulgarian before coming, check this out:

<http://www.surfacelanguages.com/language/Bulgarian.html>