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## *Info pack for “Let`s work for work 2” 15-25. 11. 2019 in Tryavna, Bulgaria*

### **Project summary:**

In the picturesque Renaissance town of Tryavna, situated in central Bulgaria, 32 young people from 6 different organizations and countries will join together for a common cause - the fight against one of the most recent and painful problems in Europe in recent years - youth unemployment.

The aim of this project is to present information which the young people need to start taking actions for their future career and make informed decisions about their future development, both personal and professional. Stimulating them to define the most common problems and challenges their peers and they themselves face in job search eventually will be a key factor in the fight against youth unemployment. All the partners are working on the field and over the years of work we realized one important thing, which is common to almost all young people - lack of specific and precise information on how to apply for a job, how to pass a job interview or what tools to use to collect the funds needed them to realize their ideas.

Due to the lack of these skills that lead to unemployment, they lose their motivation to pursue their dreams. And that most often leads to passive participation in the development of an active civil society. We believe that every young person should take in hand their own future, rather than wait for granted and complain, and we believe that it is young people with their personal example are people who can give impetus to a more active citizenship of young people interested in the events occurring around them.

The main goal of the project is to provide young people with new methods and knowledge to improve their chances of finding a job or creating a job for themselves.

### **Objectives are:**

- Increasing their knowledge in the field of job application;
- Increasing their range of tools that they can use to: solve the problems they face;
- Appreciating more accurately their own and their personal and professional qualities;
- Developing their entrepreneurial ideas correctly;
- Being able to find the means they need to realize their ideas;
- Enhancing their knowledge of the Erasmus + program and how they can benefit from it in their future personal and professional development;



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- Stimulating their active citizenship;
- Awakening their curiosity and desire to develop their own socio-entrepreneurial ideas.

The project will stimulate the sense of initiative, creativity and entrepreneurship of young people through a theoretical insight of experts and participants. The sessions will be conducted mainly through non-formal education methods, active participant participation, teamwork. Role-play, simulations, and debates will help bring theory into practice, albeit only by simulation.

The aim of the project is to present the information that young people need to start realizing and making informed decisions about their future development, both personally and professionally. By stimulating them to identify the most common problems and challenges their peers and themselves are facing in the search for a job, it will ultimately be a key factor in the fight against youth unemployment. Partner organizations and organizers work in this area and over the years we have realized one important thing that is common to almost all young people - the lack of specific and accurate information on how to apply for a job, how to get a job interview or what tools to use to gather the tools they need to realize their ideas.

Due to the lack of these skills that lead to unemployment, they lose their motivation to pursue their dreams. This also leads to passive participation in the development of an active civil society. We believe that every young person has to take his own future, rather than wait and complain, and we believe that it is the young people who, with their personal example, are the people who can give the impetus to one- active civil society of young people interested in the events that take place around them.

The activities planned for the implementation of the project are based on non-formal education methods. Various workshops and games will help participants improve their leadership skills, raise their self-esteem, and become more tolerant. Games to team up and break the ice will help create a strong team spirit. Participants will be given the opportunity to offer initiatives and activities and, in case of approval by the organizers, to lead such activities. In this way, we will stimulate more creativity and initiative and will provide more activity to the participants during the activity, which will include: role games, simulations, communication games, daily assessment of work, group work, study visits, NGO bazaar, etc.

The following sessions, workshops and group activities will be organized:

- Getting to know each other and breaking the ice games.
- Presentation of the main theme and purpose of the project.
- Define common rules.
- Team building.
- Teamwork. Difficulties and Challenges.
- Expectations. Fears. Personal contribution.



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- Feedback groups and YP diary
- International Evenings.
- Youth unemployment in our countries
- How to change reality
- Inventory ways to find a solution.
- Youth activity and youth unemployment
- The Pyramid of Success - How to Determine Your Own Skills and Skills.
- SWOT analysis
- Canvas business model
- How to write a good CV and motivation letter

### ***Additional information:***

**Eligible participants per country:** 4 young motivated people from Italy, Serbia, Poland, Portugal and Spain at the age of 16-22 and 1 group leader with no age limit.

**Duration:** 9 days + 2 more for the travelling

**Working language:** English.

**Daily meals:** Each day we are going to eat in the restaurant. Menu will be adapted to the dietary requirements of each participant. Lunch at 13:00-15:00 and dinner at 19:00-21:00.

**Insurance & Health assistance:** The insurance is a responsibility of each participant. The cost for issuing it will **not** be covered by the hosting organizations. **Before coming to Bulgaria, you must issue and have valid European Health Insurance Card and Health Care insurance for the duration of the whole project!**

### **Travel cost reimbursement:**

100% of the participants' travel costs will be reimbursed within the valid budget sums calculated according to the official rules of the Bulgarian NA in the frame of Erasmus +. If a sum exceeds the limit, the excess will be paid by the participants themselves. The reimbursement limit per participant is based and calculated according to the [official Erasmus+ distance calculator](#) and the rules of the program.

**Important:** In order to obtain reimbursement for the tickets, you need to obey the following rules:

- 1) You need to present ALL THE TICKETS, including RETURN TICKETS, which you will send after realization of the project, otherwise YOU WILL NOT BE REIMBURSED (DO NOT FORGET TO KEEP YOUR BOARDING PASSES FROM AIRPORT CHECK-IN)
- 2) You need to use PUBLIC TRANSPORT e.g. planes, trains, buses, trams or underground.
- 3) You need to depart from the country where your sending organization is.
- 4) It is recommended to make scans of tickets before your arrival in case you lose them. The reimbursement will be done only in Euros.

## About the venue:

Participants will be accommodated in double/triple rooms each one with single beds and separated by gender. Each of the elegantly furnished and functionally equipped rooms has a shower, W.C., a telephone with a direct dialing system, satellite TV, air-conditioning (in some of the rooms), central heating and Internet connection.

The menu will be adapted according to the dietary requirements and the allergies of each participant. Therefore, it is **highly important to fill in fully and correctly the application form, especially regarding that matter!!!**

Food won't be served, but will be provided as a buffet in order to minimize the food waste and decrease our carbon foot print. The mother Earth will really appreciate, if everyone of us pays close attention to the amount of food he/she takes. Food will never be over, so there won't be any need to take a lot at once

Website of the hotel: <http://www.zograf.tryavna.biz/>





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## YouthPass:

Every participant is individually entitled to receive a Youthpass Certificate, which confirms participation and validates the non-formal learning (NFL) experience of Training course project. Validating the learning experiences of participants is important in itself and the document can be of benefit in terms of the educational or employment future of the participant. Through Youthpass the European Commission ensures the Training course activity is recognized as a non-formal learning experience.

(\*For more information on Youthpass you may click on [this page](#) to check it online)

## Participant`s profile required:

The Youth Exchange will be attended by 32 young people from 6 countries (4 persons from each of the country: Bulgaria, Serbia, Italy, Spain, Poland and Portugal) and 6 youth leaders (one from each participating country).

Requirements:

- aged 16-22;
- English level (at least Medium level speaking and writing);
- Committed to contribute to the follow up of the project;
- Gender Balance have to be followed as much as possible (2 Male and 2 Female participant per country + the group leader);
- Be interested in developing competences and implement follow-up initiatives;
- Be aware of the characteristics of the learning environment (non-formal education);

The group of each country will be obligated to conduct dissemination events for other young people in their city/town, within 2 months at the end of the youth exchange.

## What to bring with you:

- Bring your hygiene products (shampoo, toothpaste, etc...).
- Bring comfortable clothes and shoes (we will walk).
- Each group should bring some food and drinks to represent their own country.
- Bring your national flag, magazines, postcards what will help you to introduce your country.
- Bring your sending organization's leaflets and any kind of information what you might have.
- **Please, find a nice mug from your city/town/country and bring it to the project. On the first day we will make a lottery and you will get a cup that you can use the whole week and later bring home with you as a memory. Less plastic, more beauty!**
- If you bring your laptop will be easier for working.
- And your good mood and positive attitude. This is the most important 😊



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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	
08:00 10:00	<b>ARRIVAL</b>	Breakfast										
10:00 11:30		Introduction of the project. Getting to know each other.	Difficulties in team work	Creativity methods for finding solutions	CV and motivation letter	Study visit in Tryavna	<u>IndieGoGo</u>			From words to actions - preparation	<b>DEPARTING</b>	
11:30 12:00		Coffee break										
12:00 13:00		Establishing group rules and teambuilding	Youth unemployment in our countries - presentation	Creativity methods for finding solutions	CV and motivation letter	Study visit in Tryavna	<u>IndieGoGo</u>			From words to actions - preparation		
13:00 15:00		Lunch and free time										
15:00 16:30		Presentation of YouthPass and teambuilding	Youth unemployment in our countries - discussion	Canvas business model	How to pass a job interview	Study visit in Veliko Tarnovo	<u>IndieGoGo</u>			From words to actions – presentation		
16:30 17:00		Coffee break										
17:00 18:30		Erasmus+ FAQ and more	How youth can change the reality	Canvas business model	How to pass a job interview	Study visit in Veliko Tarnovo	<u>IndieGoGo</u>			Closing up activities and final evaluation		
18:30 19:00		Reflection groups + YouthPass diary										
19:00 21:00		Dinner and free time										
21:00 23:00		Free night	ICE	ICE	ICE	Free night	ICE	ICE	BG night	Free night		Farewell party

## ***Additional information about the surrounding***

### ***General info about Bulgaria:***



Bulgaria, officially the Republic of Bulgaria (Bulgarian: Република България, tr. Republika Bǎlgarija), 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: Cyrillic.



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 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.



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/>



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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 and 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,



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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 organization of the following institutions and organizations: 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 sports 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.
- 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.



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- 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.

### **Project coordinator**



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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:

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:***

## WHEN MEETING SOMEONE

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

## ON THE STREET

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

## IN THE STORE

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

## INSTITUTIONS

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

## ACCOMMODATION

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

## HEALTHCARE

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

## FOODS

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

## ENTERTAINMENT AND

### CATERING ESTABLISHMENTS

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

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

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