



ЦЕНТЪР
ЗА РАЗВИТИЕ
НА ЧОВЕШКИТЕ
РЕСУРСИ



YOUTH EXCHANGE
11.09-17.09.2023
KRANEVO, BULGARIA

ABOUT THE PROJECT

This project is an Youth Exchange called “Make Your Move!”. It will take place in Hotel Kristel Park, Kranevo, Bulgaria on 11.09-17.09, as 18.09 is a day for departure.

There will be 35 participants between 15-25 years old (7 from each county) from Bulgaria, Romania, Serbia, Turkey and North Macedonia.



AIMS OF THE PROJECT

The goals of our project are aimed at creating motivation for systematic sports activities, which to build in young people habits for a healthy lifestyle, skills for safe behavior and avoiding health-risk practices, a sense of responsibility and self-discipline.

Building these qualities in the project participants is a prerequisite for their full realization in society.

The goals of the current project are in line with the priorities and specific goals of Erasmus+ programme: Promotion of a healthy lifestyle and education through sports, with special emphasis on building skills for healthy habits, developing skills for addiction prevention, mastering violence and combating racism, discrimination and intolerance and promoting social inclusion.



IMPACT ON PARTICIPANTS



- Acquired skills and competencies for a fulfilling, healthy and socially responsible lifestyle;
- Built skills for safe behavior and avoiding health-risky practices;
- Increasing the skills and habits of sports and motor activity;
- Increasing the active civic position of young people regarding the prevention of aggression, harmful habits and addictions;
- Developed communication skills, teamwork, tolerance, responsibility and understanding;
- Socialization of disadvantaged young people involved in the activities and stimulating their activity in public life;

PARTICIPANT REQUIREMENTS

- ALL PARTICIPANTS MUST BE COMMITTED TO ATTEND AND PARTICIPATE IN THE FULL DURATION OF THE PROJECT;
- ENGLISH LEVEL REQUIRED: BEGINNER TO INTERMEDIATE;
- DESIRE TO EXPERIENCE NEW CULTURES, ACQUIRE NEW SKILLS AND COMPETENCES AND MAKING A POSITIVE IMPACT;
- CANDIDATES, FACING OBSTACLES AND/OR BEING AT THE RISK OF SOCIAL EXCLUSION WILL HAVE PREFERENCE IN THE SELECTION



PARTICIPATION CONDITIONS

- BETWEEN 15-25 YEARS OLD
- RESIDENT OF ONE OF THE FOLLOWING COUNTRIES: BULGARIA, TURKEY, SERBIA, ROMANIA AND NORTH MACEDONIA
- DESIRE TO EXPERIENCE NEW CULTURES, ACQUIRE NEW SKILLS AND COMPETENCES AND MAKING A POSITIVE IMPACT

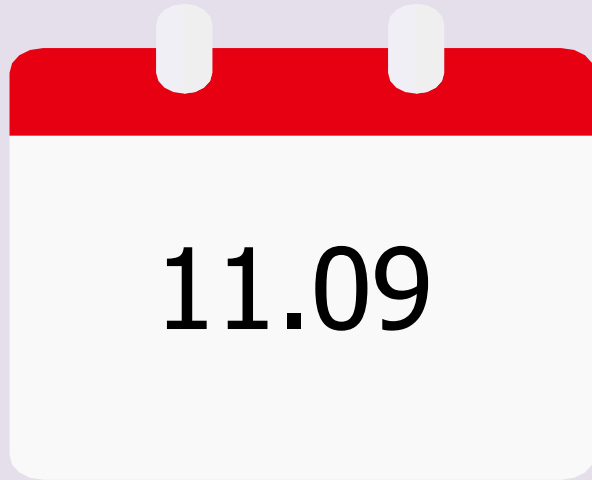


ACCOMODATION

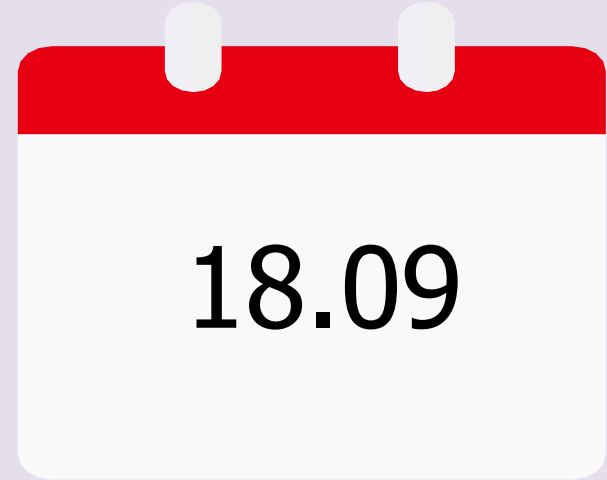
HOTEL KRISTEL PARK, KRANEVO

<https://www.facebook.com/124783SS>





Arrival



Departure

DATES OF THE PROJECT

WHAT MORE TO EXPECT?

Pay attention to safety measures:

- You'll live in an intercultural environment, so accept all cultures and be tolerant!
- **NO DRUGS ALLOWED !!** Alcohol only after activities in the evening and consumed with responsibility and accordingly laws from each country concerning age !!
- You have to attend and be involved in **ALL ACTIVITIES** during the project and also in **DISSEMINATION PHASE !!**
- Other rules and safety measures will be fixed in the first day, so if you have proposal feel free to express them !!

INSURANCE AND HEALTH ASPECTS

All the participants should bring their European Health Card. You can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment. Please be aware that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country.

Participants who cannot have the European Health Insurance Card should have insurance valid for the whole duration of the project!

We highly recommend you to make a health & travel insurance for the full duration of your time in Bulgaria.

If you have to isolate and make quarantine we cannot cover the cost for it.

If you need to take regular medications, please arrange it by yourself as we are unable to provide them for you.

Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the activities, then please let us know what they are and how we could assist you :)

IMPORTANT: THE HOSTING ORGANIZATION DOES NOT COVER EXPENSES MADE FOR PARTICIPANTS' INSURANCE!

INTERCULTURAL NIGHTS

CULTURAL ASPECT IS CRUCIAL FOR INTERNATIONAL PROJECTS. IT OFFERS A CHANCE TO SHOWCASE YOUR COUNTRY, TRADITIONS, AND LIFESTYLE. YOU CAN SHARE YOUR NATIONAL FOOD, DRINKS, CUSTOMS, OR DANCES USING A PROJECTOR.



BRING PREPARED TRADITIONAL FOOD AND DRINKS TO SHARE WITH THE GROUP AT THE INTERCULTURAL NIGHT, AS THERE WON'T BE ANY COOKING FACILITIES AVAILABLE.

facebook group of the project:

<https://www.facebook.com/groups/231355516405747>

Please join!

CONTACT:

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*See you
soon in
Bulgaria!*

