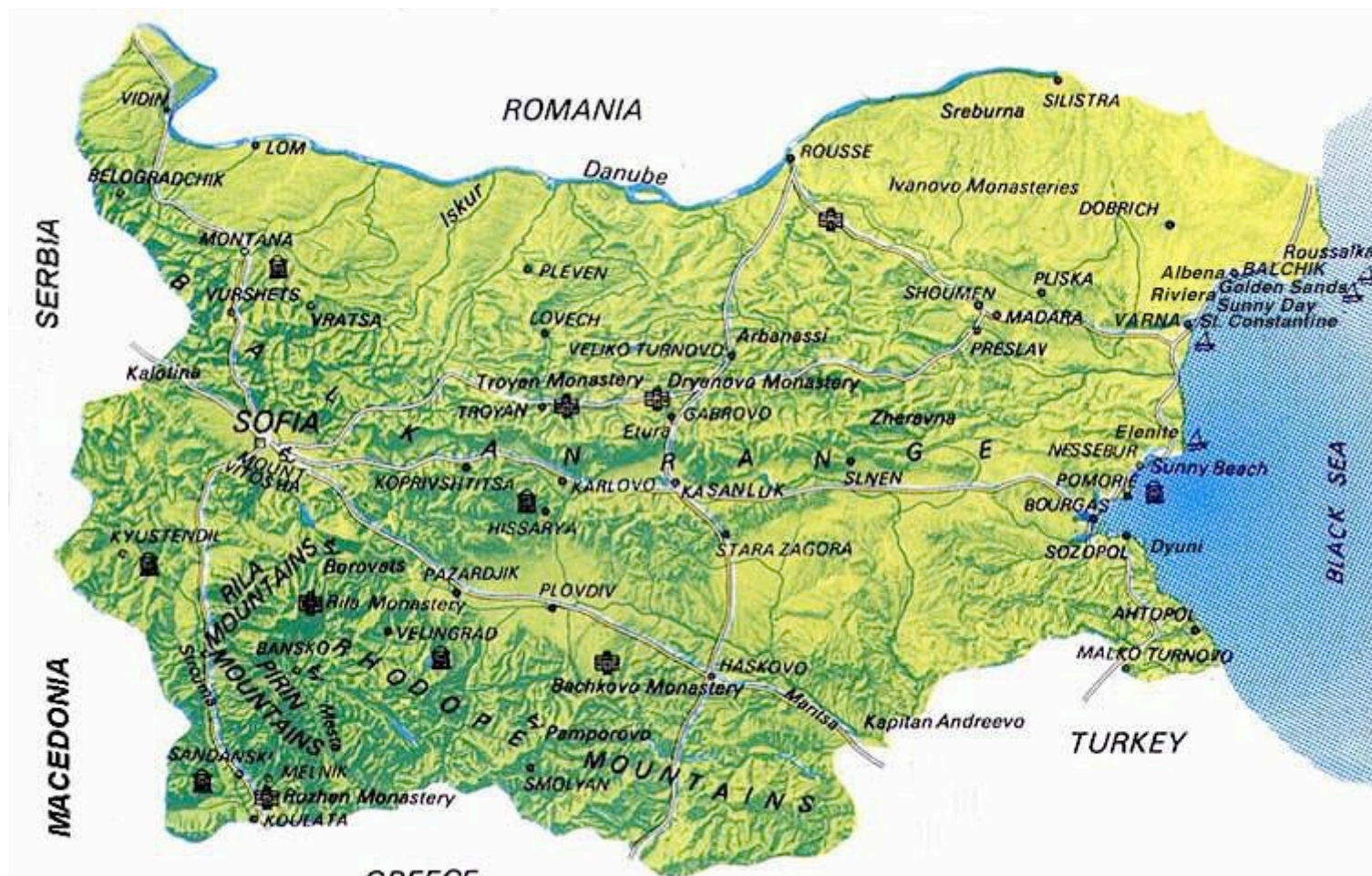


Info pack

Seminar “World without hate – Youth for Human Rights” 11-18 April in Banya, Razlog, Bulgaria





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Of all the Eastern European countries, Bulgaria is the most enigmatic: the last European *terra incognita*. Its geographical situation represents a natural bridge between the Orient and the Occident, also the North and the South. Bulgaria is populated by 7,1 million inhabitants. Many civilizations, languages and cultures crossed themselves on this territory, natural crossroads at the heart of the Balkans. After five centuries of Ottoman occupation having necessarily left an imprint in the landscape. The independence, acquired after a hard fight in 1878 with the support of the Russian army, expressed in the sophisticated constructions of the "National Renaissance". Bulgaria counts among the richest archeological sites in Europe. Practically every city possesses its own museum and treasure, witnesses of Neolithic, Thracian, Hellenistic or Roman periods.

Bulgaria's biggest city, Sofia is one of Europe's most compact and walkable capital cities, populated of 1 378 000 inhabitants. Sofia has a young and dynamic vibe, like a city waking up after decades of slumber, and is becoming a confident and cosmopolitan European capital. Bulgaria is member of NATO and since 2007 the EU.

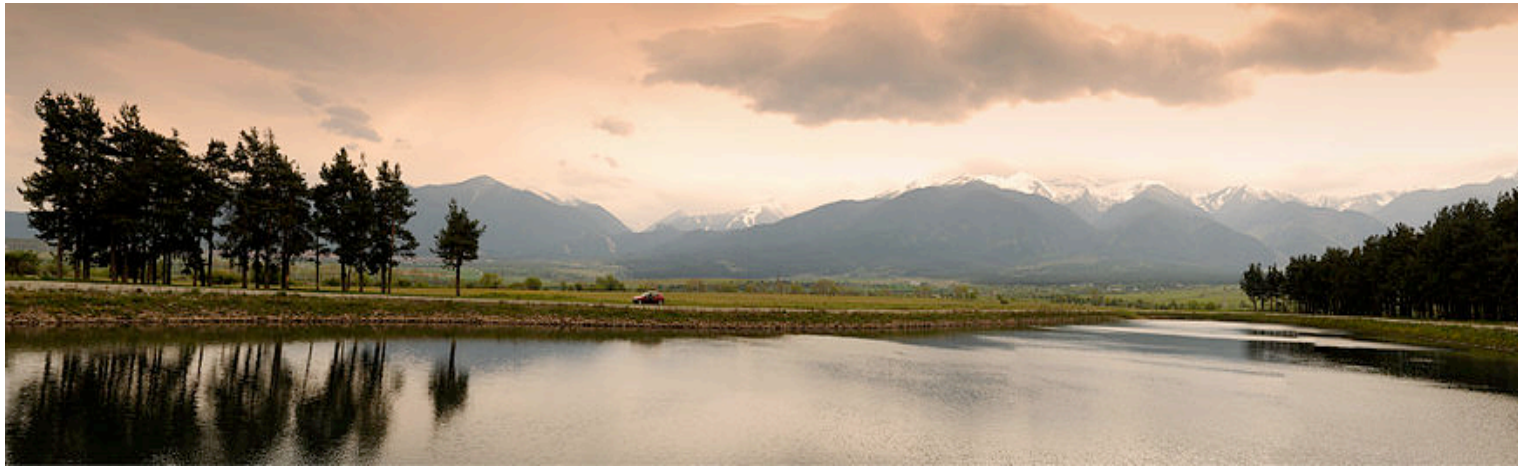
Razlog



Bulgaria's lush mountainous and forested landscapes, especially around the Rila and Pirin Mountains, inhabited by bears, lynx, rare birds and other kinds of wildlife now becoming scarce elsewhere in Europe. It is right in the middle of Pirin National Park, Rila mountains and the Rhodopes that the town of Razlog is situated.

Razlog is a town in Razlog Municipality, Blagoevgrad Province in the Southwest part of Bulgaria. In Bulgarian "Разлог" is a town of around 20 000 people. Razlog has developed as a centre of winter tourism in the 1990s and 2000s owing to its favourable position.

One of the most significant folklore events in Bulgaria is organized and held in Razlog : the International "Starchevata" Carnival held on 1st January. The New Year's Koukeri holidays and the gathering for folk art. Razlog is town with rich cultural traditions and customs kept through the centuries and still having the spirit of the original Bulgarian values.



Short summary

This project brings together young people and youth workers from CoE member states and Ghana and India and focuses on online and offline measures combating hate speech. Therefore this project aims to assist civil society organizations (CSO'S) in addressing human rights issues through education.

Objectives

- increasing the competences of youth leaders, youth workers and educators in the field of anti-hate speech activism and Human Rights Education,
- participants in using the 'Compass' Manual for HRE for anti-hate speech activities
- mainstreaming anti-hate speech and HRE methods in youth work and developing future HRE-related projects in partner countries
- linking European anti-hate speech activities with local campaigning on human rights
- increasing the international dimension of youth work, notably with reference to human rights education
- assuring a long term, sustainable increase in quality of partner organizations' work with combating hate speech and human rights issues.

Methodology

The methodology will include communication based methods (interaction, dialogue, open discussions), activity based methods (sharing experience, practice and experimentation), socially focused methods (partnerships, teamwork, networking) and self directing methods (creativity, discovery, responsibility, action).

The overall character will be participative, pro active and interactive with a learner – centred educational approach, as recommended by Council of Europe for non formal education in youth work.



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Accommodation

The participants in the seminar will be accommodated in this hotel: <http://hotel-aspavila.com/>

Be prepared to be accommodated with 2, 3 OR 4 person(s) in the room of the same sex. Each room is equipped with bathroom, air conditioning, TV. There are also towels and bed linen. **Note!!!** Please note that the organizers will not provide any additional accommodation for your stay in Bulgaria outside the Seminar dates. Those of you willing to arrive **before April 11** or depart after **18 April** should inform the organizers as soon as possible.

Note!!! You are not allowed to stay more than 2 days before or after the project in the country. If you decide to stay more, you will be reimbursed only oneway ticket, according to the Erasmus+ rules. And you should travel to Sofia without long stay in other countries. SO PLEASE LET US KNOW YOUR ROUTE AND PRICE OF THE TICKET BEFORE YOU BUY IT!!! Once we receive that information from you, we will confirm you ASAP if you can or not buy the ticket.

Meals are served in the hotel restaurant.

Our working room is in the hotel.

Travel reimbursement

Reimbursement of travel costs will be done after we received all the original tickets with boarding passes and receipts/invoices via bank transfer to the partner organization.

Please attach e-tickets and/or scanned invoices and paper tickets to your application forms (see application form file). Following the guidelines of the Erasmus+ programme the travel back must be realised by the participants on direct way within a maximum of 2 days. In case of longer stays or indirect travelling (holiday travel etc.) there is no chance of reimbursement of travel costs. **Missing tickets will not be reimbursed.**

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice.

Note!!! Please note if you bought your ticket in local currency which might be different than EUR, we will calculate travel costs according to the exchange rates from the official European Commission web-site for the month of the ticket purchase

http://ec.europa.eu/budget/contracts_grants/info_contracts/inforeuro/index_en.cfm

Note!!! Please see Annex 1 for the travel budget limits at the end of this document. If your travel costs exceed the amount budgeted in the project, we will be able to reimburse you 100% of the travel costs indicated in the travel budget.

After the seminar, the original tickets and boarding passes should be sent to:
Minority Leaders for Society – MLS
(Lideri na Malcinstvata za opstestvoto – LMO)
St. Karl Marks 32a
2000, Stip
North Macedonia

Travel insurance

Health insurance is not provided by the organizers. All the participants are required to purchase health insurance individually.

Before coming it is good to know

Currency The Lev is the Bulgarian currency. You can pay only in Leva. There are many exchange or bank offices in the streets to change money. Never accept offers to change money from people in the street- you will definitely be cheated. Also there are plenty of ATMs.

Exchange rates : 1 EU = 1.95 BNG 1 USD = 1.45 BNG

Alphabet Bulgarian use Cyrillic alphabet. It is based on the Early Cyrillic, which was developed in the First Bulgarian Empire during the 10th century AD at the Preslav Literary School. It is the basis of alphabets used in various languages, past and present, in parts of the Balkans and Northern Eurasia, especially those of Slavic origin, and non-Slavic languages influenced by Russian. As of 2011 around 252 million people in Europe and Asia use it as the official alphabet for their national languages. Cyrillic is one of the most used writing systems in the world. With the accession of Bulgaria to the European Union on 1 January 2007, Cyrillic became the third official script of the European Union, following the Latin and Greek scripts.

Temperature April in Bulgaria is sunny, cloudy and might be rainy and the temperatures are around 20 degrees. But because we will be in the mountains, it also might be a bit cold in the evenings. So bring warm clothes in any case.

Also bring your swimming suit because there are facilities for swimming and SPA.

Mood food good

Bring your best mood and whatever you find appropriate.



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Bulgarian life style!

- Instead of doing like other countries, in Bulgaria people shake their heads Up and Down for “No” and Left and Right for “Yes” !
- The sign “Ж” doesn’t mean “beware of spiders”, it is the sign for ladies room.
- Tap water is safe to drink especially in the region you are going to stay.
- The Bulgarian cities : Plovdiv, Veliko – Tarnovo, Sofia, Varna, Ruse and Burgas will run for a European Capital of Culture in 2019.
- Rakia is a national strong drink. It is made out of fermented fruits. The most popular Rakia is made of plums, grapes or apricots. Its alcohol by volume is 40 degrees and goes up to 50-70 degrees when home-made.
- Bulgarians have their own way to make it through hangovers. It is called Shkembe chorba, it’s a tripe soup cooked with milk and spices. It is served with vinegar and dried chilli peppers. You should definitely try it. For the vegetarians we also have something, a nice juice from pickled cabbage.
- Typical Bulgarian food to try: Givvetch, Moussaka, Kiufte, Kebapche, Karnache, Shishche, Sach, Tarator, Shopski style cheese, banichka, boza, baklava, lokum.
- Boza: It is a thick beverage, made from wheat-ferment. Bulgarians usually have it for breakfast with “Banichka”. When asked, some tourists say it tastes like glue.
- Banichka: It is a traditional Bulgarian pastry prepared by layering a mixture of whisked eggs and pieces of cheese between filo pastry and then baking it in an oven.
- Sunflower seeds (Semki): Eating baked sunflower seeds is a national challenge for Bulgarians. They are usually sold in parks or in the streets, wrapped in an old newspaper or nineties homework draft. There is a technique for eating the seed-you have to spit it out, making a specific “phew” sound. Make sure to bring a pack of seeds if you go to a local football game.
- Chushkopek: Bulgarians are popular for their 20-th century invention device: a cylindrical kitchen device used to bake peppers.
- Crossing the streets in Bulgaria is a challenge. Most drivers won’t stop or even slowdown at a zebra areas marked for crossing.
- The indicative code for call to Bulgaria is 00 359 following by the number.



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Coming to Razlog from Sofia Airport

TRAVELLING AROUND SOFIA

METRO: The best and the cheapest way to travel around Sofia is the Metro. The price for one-way ticket is 1,60 BGN.

To get the Metro from the Terminal 2 of Sofia Airport you have to go out from it and turn left (after 50m you will find it).

To get the Metro from the Terminal 1 of Sofia Airport you have to take the Shuttle bus to Terminal 2 which is in every 15 min.

The time to go from the Airport to the Central Bus Station by Metro is around 1 hour.

TAXI: You can stop a taxi anywhere by waving your hand. Every taxi must have rates sticker at the passenger window with rates for price per km, price for waiting, day and night rate. When travelling by taxi, check the meter regularly.

Average fare for taxi ride **from the airport to the city center** should be around 16 leva and **from the city center to the railway/central bus station** – around 6-7 Leva.

If you want to go directly **from the airport to the central train/bus station** it won't be more than 20 Leva.

It's a good idea to ask the driver how much it would cost before you get on.

One of the most famous and reasonable TAXI companies is **"OK TAXI"**. Usually the number of the company is written on the cars, it is: 02/973 21 21.

Be careful and check the phone number because there are many fake **"OK TAXI"** ! When you get back your luggage at the airport, on the way to go out, OK Taxi has a desk.

Better to ask the person on the desk, who speaks English, for a taxi.



If you stay one night in Sofia we recommend the hotel Hostel Mostel to you. It is close to the city center and to the central bus station. More information in their website:

<http://www.hostelmostel.com/>



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MLS
LEADERS OF OUR FUTURE

TRAVELLING FROM SOFIA TO RAZLOG

To come from Sofia to Razlog the only way is the bus. You will take a bus from **Sofia central bus station** to Razlog as the first one leaves at 8:30 am and the last one at 4:45 pm. Somebody from the IIC team will welcome you at the bus station in Razlog. Below you have the time schedule, when you arrive to the bus station you can go to the right sector and buy your ticket directly to the driver; it is 15 BGN for one way.

Bus schedule Sofia to Razlog, departures at 8.30 am (sector 30), 9.45 am (sector 31), 11.25 am (sector 31), 1.15 pm (sector 27), 2.00 pm (sector 31), and 4.45 pm (sector 30).

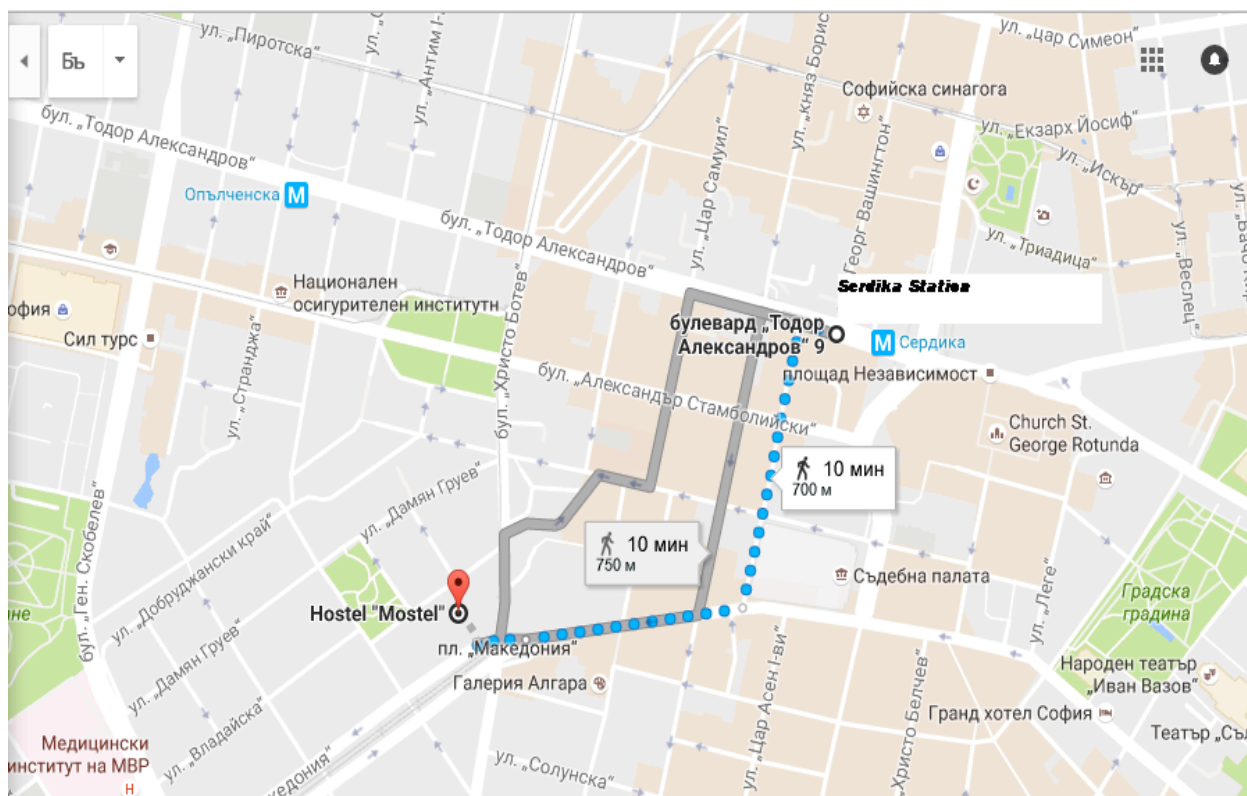
The time to go to Razlog from Sofia is around 3 hours.

Attn. Do not fall asleep because the bus is passing trough Razlog and will continue to another town and you can miss it.

HOW TO GET HOSTEL MOSTEL FROM THE AIRPORT

The best and easiest way to get Hostel Mostel is by Metro. Take the metro from Terminal 2 and go to **Serdika (Сердика) Metro station**. When you go outside you just need 10 min walking to get the Hostel Mostel.

From Hostel Mostel you have to go back to Serdika Station and to take the blue line Metro to the **Station Central Railway Station** (2 stops from Serdika Station). When you are there go out and in front you is the Central Bus station where you can find your bus to Razlog.



First steps in Bulgarsky!



Hello	Zdrasti
Good morning	Dobro outro
Good afternoon	Dobeur den
Good night	Dobeur vetcher
Goodbye	Ciao/Chao
How are you ?	Kak si?
I am...	Az sam...
I come from...	Az sam ot...
Yes	Da
No	Ne
Thanks you	Blagodaria/Mersi
Please	Molya
I am sorry	Izvinete/Opa
Excuse me	Izvinete
What is your name?	Kak se kazvash?
My name is...	Kazvam ce...
Good, Nice, Ok	Dobre
Exit	Izhod
Entrance	Vhod
Open	Zatvoreno
Closed	Zabraneno
Help	Pomosht
Very cool	Mnogo yako
Come on! Let's go!	Ayde Ayde!
To drink	Piya
To eat	Yam
Water	Voda
Wine	Vino
Beer	Bira

Tea

I want

Cheers!

I love you!

Tchai

Iskam

Nazdrave!

Obicham te!

Travel budget

Country	Number of persons	From	To	Means of transport	Total costs per person (100%)
Pro Xpert	3	Ramnicu Valcea	Banya, Razlog	Plane/bus	275
MLS	3	Shtip	Banya, Razlog	Bus	80
SOS Europa	3	Rome	Banya, Razlog	Plane/bus	275
KMM	3	Konya	Banya, Razlog	Plane/bus	275
OSDA	3	Accra	Banya, Razlog	Plane/Bus	820
DISHA	3	Aurangabad	Banya, Razlog	Plane/bus	820

Contacts

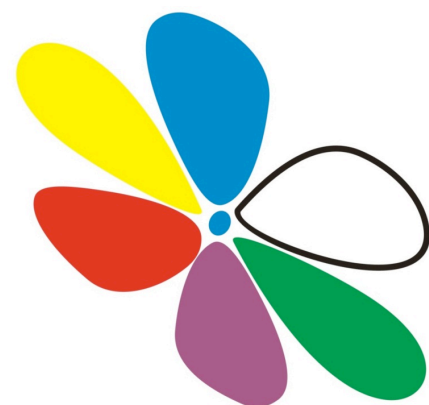
For any issues please do not hesitate to contact the organisers!

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