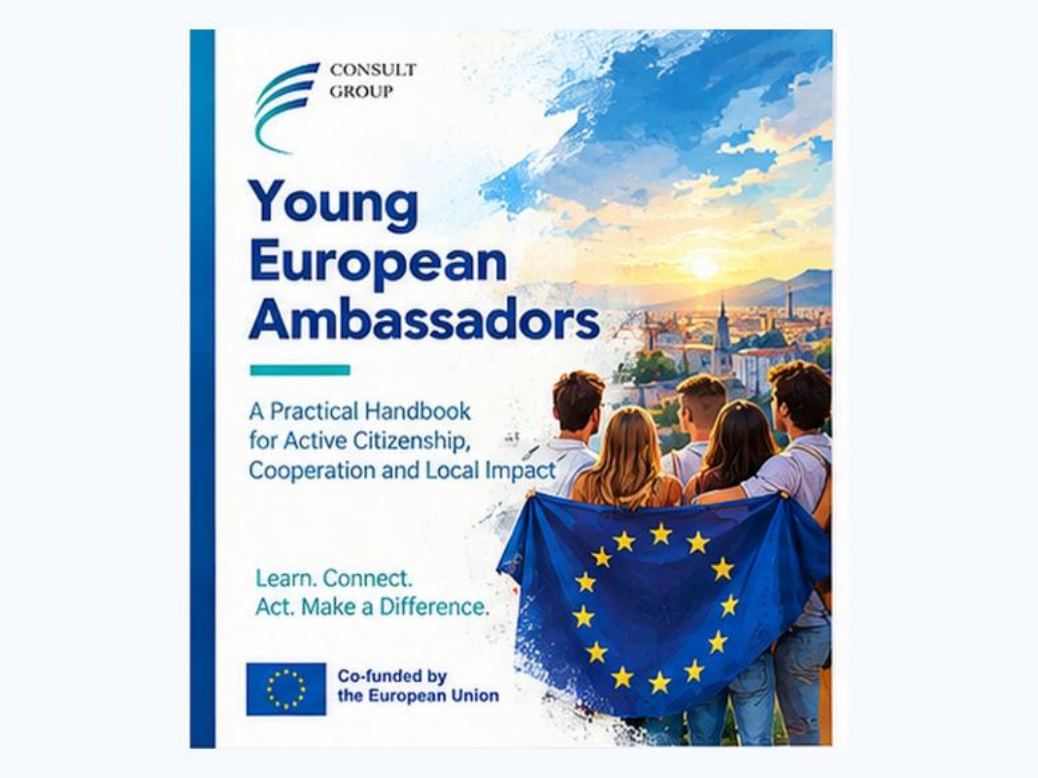
THE YOUNG EUROPEAN AMBASSADOR'S HANDBOOK

CONSULT GROUP

Co-funded by the European Union

Bridges across the Danube: Young People for a Common European Future Project 2025-1-BG01-KA151-YOU-000298124

Youth exchange • Vidin, Bulgaria • 11–24 July 2026



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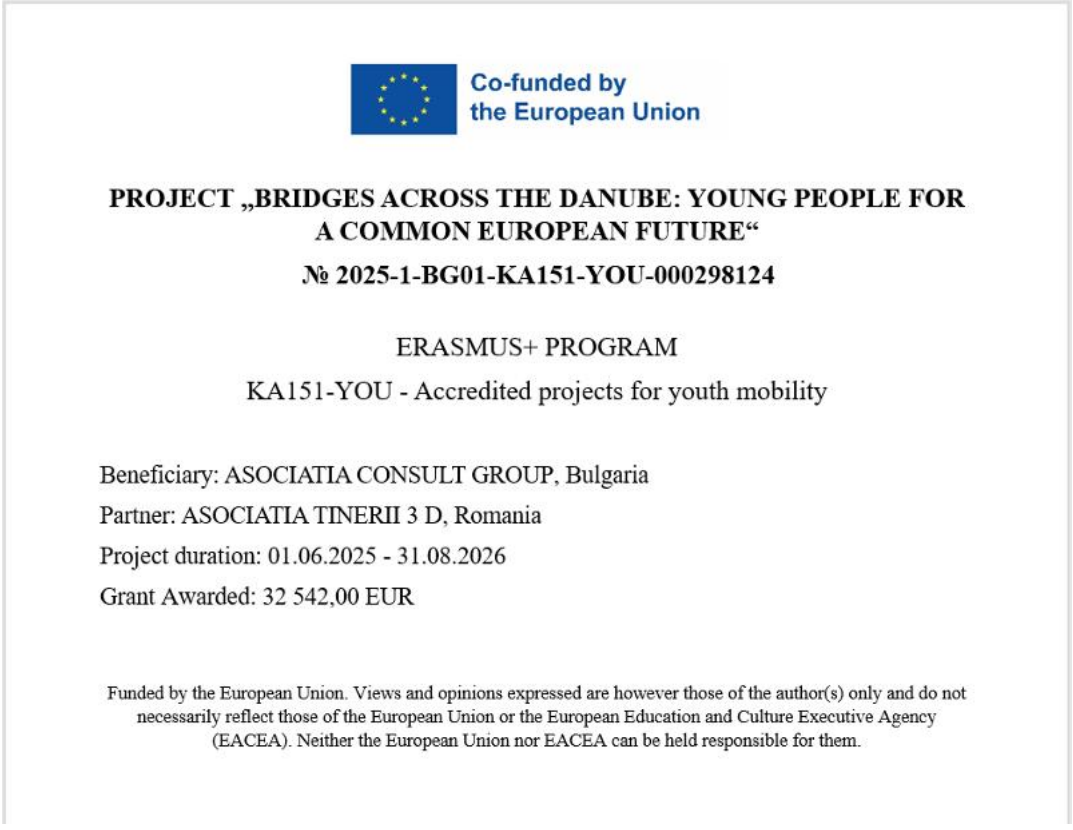
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BRIDGES ACROSS THE DANUBE

The project brought together 28 people from Bulgaria and Romania in a cross-border youth exchange hosted in Vidin. The Bulgarian group travelled from Ruse and the Romanian group from Bucharest. Their different local perspectives helped connect a border city, a Danube city and a capital.

The exchange explored European values, intercultural dialogue, solidarity, civic participation and practical cooperation. Participants learned through shared activities rather than passive lectures.

The seven learning modules moved from team building and the Danube region to the European Union, international cooperation, intercultural communication, volunteering and future initiatives.



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PROJECT „BRIDGES ACROSS THE DANUBE: YOUNG PEOPLE FOR A COMMON EUROPEAN FUTURE“

№ 2025-1-BG01-KA151-YOU-000298124

ERASMUS+ PROGRAM

KA151-YOU - Accredited projects for youth mobility

Beneficiary: ASOCIATIA CONSULT GROUP, Bulgaria

Partner: ASOCIATIA TINERII 3 D, Romania

Project duration: 01.06.2025 - 31.08.2026

Grant Awarded: 32 542,00 EUR

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INTERNATIONAL COOPERATION

International cooperation means people, groups or institutions working across borders towards shared objectives. It requires listening, mutual benefit and a clear understanding of each partner’s contribution.

For young people, cooperation may begin with a simple exchange of experiences, an online meeting or a joint community event. A small, achievable action is often the best starting point.

Try it: identify one local challenge, ask a partner in another country whether they face a similar issue, and compare possible responses.



EUROPEAN CITIZENSHIP AND VALUES

European citizenship complements national citizenship for citizens of EU Member States. It includes rights such as moving and residing within the Union, voting in European Parliament and municipal elections under applicable rules, and petitioning the European Parliament.

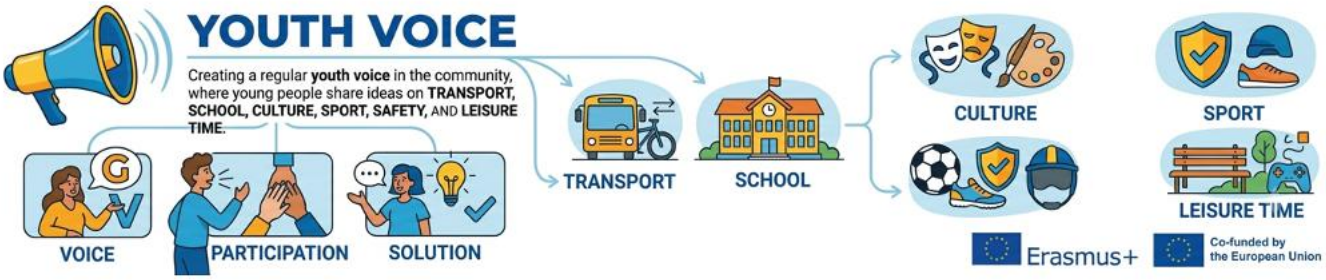
Respect for human dignity, freedom, democracy, equality, the rule of law and human rights provides a common foundation for cooperation.

Discuss: what does solidarity look like in your town? How can young people take part in decisions that affect them?

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HUMAN RESOURCE DEVELOPMENT CENTRE

Bridges across the Danube: Young People for a Common European Future



Erasmus+ | KA151-YOU | 2025-1-BG01-KA151-YOU-000298124

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GOOD PRACTICES: BULGARIA

Peer learning: invite young volunteers to share practical experiences with another group. Short presentations followed by small-group tasks help participants turn ideas into action.

Community mapping: young people identify local assets, needs and potential partners, then propose achievable actions such as a clean-up, accessible cultural event or information campaign.

GOOD PRACTICE: VIDIN THROUGH OUR EYES

Developed by a mixed Bulgarian–Romanian youth team
During the learning walk in Vidin, participants observed public spaces, cultural landmarks and places where young people meet. The mixed team compared these observations with experiences from Ruse and Bucharest.

The participants created a visual map showing:
- *places that bring young people together;*
- *cultural and historical sites with educational potential;*
- *spaces that could become more youth-friendly;*
- *opportunities for volunteering and community activities.*

Why it works
Community mapping connects local observation with international exchange. Young people contribute their own knowledge, listen to different perspectives and turn what they see into practical proposals.

Possible follow-up
The map can be expanded into a shared digital resource presenting youth-friendly places and opportunities in Vidin, Ruse and Bucharest.

GOOD PRACTICES: ROMANIA

Intercultural exchange: pair participants from different places to compare daily life, civic opportunities and challenges. Record similarities as well as differences.

Youth-led communication: ask small teams to design a bilingual message about a shared issue and test it with their peers.

A cross- border partnership works best when each side contributes equally to planning, delivery and reflection.

GOOD PRACTICE: A CHARTER FOR RESPECTFUL DIALOGUE

Developed by a mixed Bulgarian–Romanian youth team

Through role play, negotiation exercises and discussions about stereotypes, participants explored how cultural differences can affect communication. They then agreed on shared principles for respectful dialogue.

Our shared principles

- Listen before responding.
- Ask questions instead of making assumptions.
- Disagree with an idea without attacking the person.
- Give everyone space to speak.
- Use clear and inclusive language.
- Recognise stereotypes and challenge them respectfully.
- Look for common ground without ignoring differences.

Why it works

The charter was created through discussion rather than imposed by facilitators. It can be reused during future exchanges, youth meetings and community initiatives.

Youth reflection

“Respectful dialogue does not mean that we always agree. It means that everyone can participate without fear of being judged.”

IDEA LAB: A DANUBE YOUTH MAP

Create a shared digital map of youth-friendly places, volunteering opportunities and accessible public spaces in two cities.

Steps: choose a theme; agree on categories; collect verified local information; translate concise descriptions; publish with consent and a clear update owner.

Output: one bilingual map and a short public presentation. Measure the number of verified entries and young contributors.

YOUTH INITIATIVE: DANUBE YOUTH OPPORTUNITY MAP

Proposed by a mixed Bulgarian–Romanian youth team
The idea: Create a digital map of youth opportunities in Vidin, Ruse and Bucharest. The map would help young people find volunteering activities, cultural spaces, youth organisations, accessible public places and opportunities for international participation.

Main activities
Agree on common categories and selection criteria.
Collect and verify information in each city.
Prepare short descriptions in English and the relevant local language.
Add locations to a shared digital map.
Present the resource through schools, youth organisations and social media.
Assign a small team to check and update the information.

Expected results
• one shared digital map;
• verified locations or opportunities;
• contributions from young people in all three cities;
• stronger visibility of local and European opportunities.

How young people lead
Participants collect information, contact local organisations, prepare descriptions, test the map and decide how it will be promoted.

First step
Each national group identifies five verified youth opportunities and presents them during an online follow-up meeting.

IDEA LAB: SOLIDARITY IN ACTION

Organise parallel local volunteering days in Bulgaria and Romania with one common message. Each group selects a locally relevant task and shares results online.

Steps: consult local stakeholders; set realistic targets; obtain permissions; ensure safe participation; document outputs; reflect together.

Output: two locally delivered actions, one shared story and a list of lessons for future cooperation.

YOUTH INITIATIVE: TWO COUNTRIES, ONE ACT OF SOLIDARITY

Proposed by a mixed Bulgarian–Romanian youth team
The idea: Young people in Bulgaria and Romania organise two small local volunteering actions during the same week and connect them through one shared message: "Different places, shared responsibility."

Each group chooses an activity that responds to a real local need. Examples include improving a public space, supporting a community centre, organising an intercultural event or running an information campaign.

Main activities
Consult young people and local organisations about community needs.
Select one achievable action in each country.
Agree on a common message and visual identity.
Define roles, safety measures, permissions and necessary resources.
Carry out the local actions.
Share photographs, results and lessons through a joint online meeting.
Publish one bilingual story presenting both actions.

Expected results
• two locally relevant volunteering actions;
• at least one local partner involved in each country;
• one shared public story;
• practical experience in planning and international cooperation;
• ideas for repeating or expanding the initiative.

TOOLKIT: WORLD CAFÉ AND OPEN SPACE

World Café: prepare three questions, divide participants into small groups and rotate them between discussion tables. A host records key insights and presents the main patterns.

Open Space: invite participants to propose discussion topics, choose the sessions they want to join and take responsibility for documenting conclusions.

Both methods encourage ownership. Finish with one concrete decision, responsible person and deadline for each agreed action.



TOOLKIT: ROLE PLAY AND REFLECTION

Role play: assign different viewpoints on a community issue. Participants practise respectful disagreement, negotiation and problem solving. Debrief the experience rather than judging the performance.

Daily reflection: ask “What did I learn?”, “What challenged me?” and “What will I do differently?”. Invite short written answers or a group circle.

Youthpass supports recognition and description of learning gained through non-formal activities.



WORKING ACROSS BORDERS

Start with a shared purpose, not merely a shared event. Partners should agree on target groups, roles, languages, decision-making and communication channels.

Use plain language and check understanding. Rotate facilitation and give quieter participants space to contribute. Budget time for translation and different working styles.

A simple cooperation agreement can record outputs, deadlines, safeguarding responsibilities and how disagreements will be handled.



THE DANUBE AS A CONNECTION

The Danube connects communities with different histories, sizes and opportunities. Vidin, Ruse and Bucharest offered participants distinct perspectives on regional cooperation.

A useful cross-border activity begins by identifying a common challenge and the local differences that shape it. Solutions can be shared while implementation remains adapted to each community.

Mini-task: write one common need, two local differences and one action that could be carried out jointly.



RECOMMENDATIONS: INCLUSION

Invite young people with fewer opportunities from the beginning, not only after a plan is finalised. Ask what support would make participation possible.

Use accessible venues, clear information, flexible participation formats and respectful group rules. Avoid assuming that all participants have the same financial, language or digital resources.

The project involved ten participants with fewer opportunities, five from each country, and planned support measures for meaningful participation.



RECOMMENDATIONS: SUSTAINABILITY

Keep cooperation active through a small shared communication group, periodic check-ins and a simple list of possible follow-up actions.

Choose environmentally responsible travel where feasible; reduce unnecessary printing and waste; reuse digital resources.

Track what happens after the exchange: new contacts maintained, ideas developed, local activities held and new young people reached.



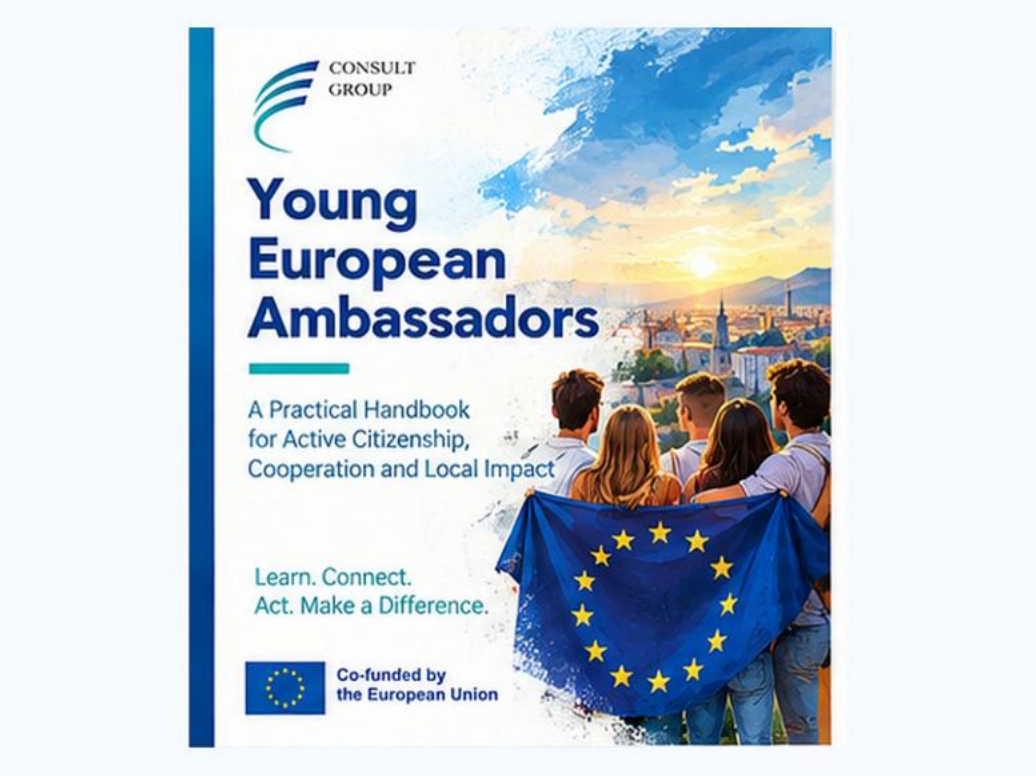
MESSAGES TO FUTURE YOUTH AMBASSADORS

"Listen before you propose."

"Find what your communities have in common."

"Small actions can become long-term partnerships."

"Share opportunities with someone who has not yet participated."

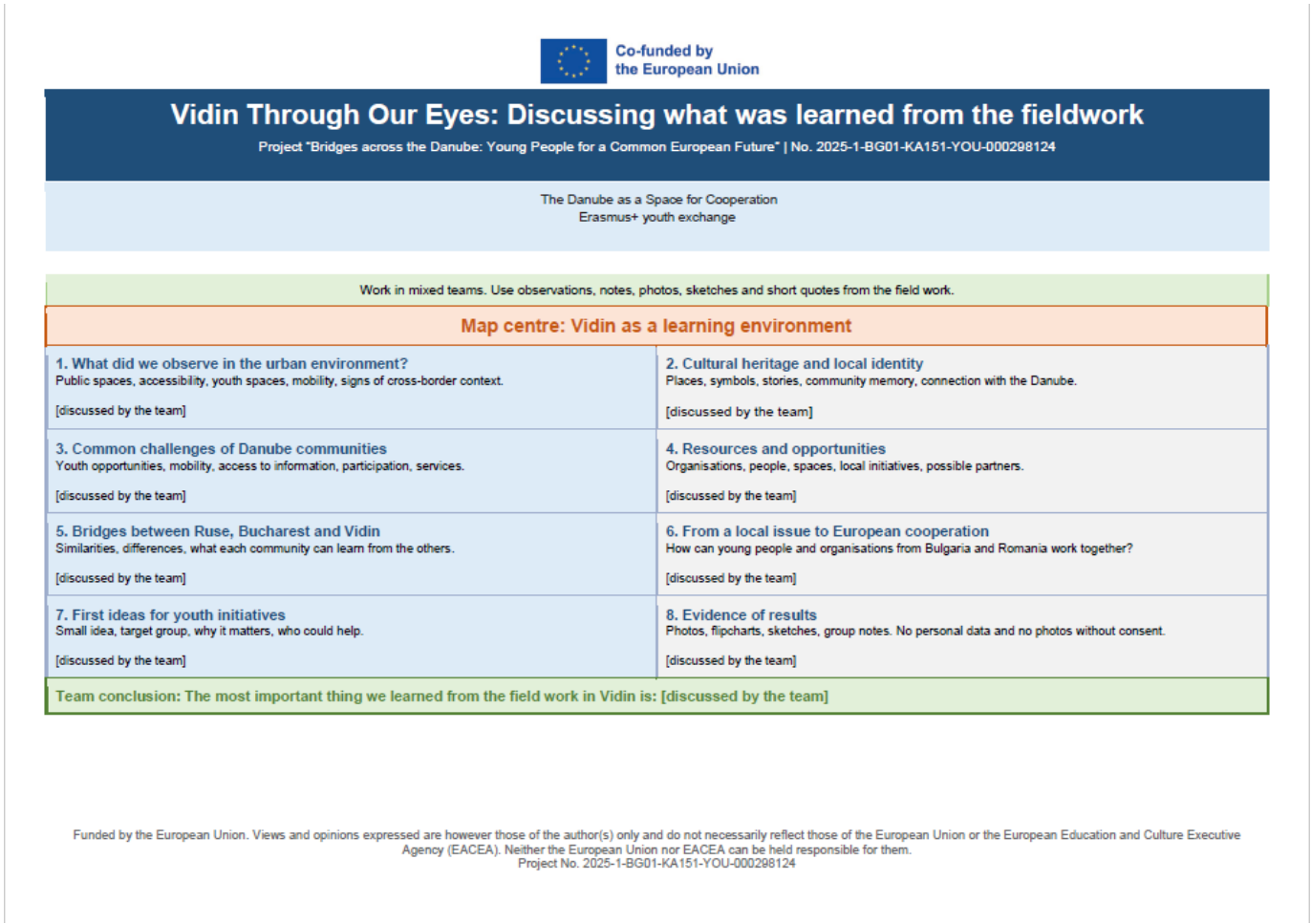


YOUR INITIATIVE — STEP 1: DISCOVER

Define the challenge in one sentence. Who is affected, and how do you know? Ask young people and local stakeholders before deciding on a solution.

Write a SMART objective: specific, measurable, achievable, relevant and time-bound.

Worksheet: Challenge _____ Target group _____ Evidence _____ Goal _____ Expected benefit _____.



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Vidin Through Our Eyes: Discussing what was learned from the fieldwork

Project "Bridges across the Danube: Young People for a Common European Future" | No. 2025-1-BG01-KA151-YOU-000298124

The Danube as a Space for Cooperation
Erasmus+ youth exchange

Work in mixed teams. Use observations, notes, photos, sketches and short quotes from the field work.

Map centre: Vidin as a learning environment

1. What did we observe in the urban environment? Public spaces, accessibility, youth spaces, mobility, signs of cross-border context. [discussed by the team]	**2. Cultural heritage and local identity** Places, symbols, stories, community memory, connection with the Danube. [discussed by the team]
3. Common challenges of Danube communities Youth opportunities, mobility, access to information, participation, services. [discussed by the team]	**4. Resources and opportunities** Organisations, people, spaces, local initiatives, possible partners. [discussed by the team]
5. Bridges between Ruse, Bucharest and Vidin Similarities, differences, what each community can learn from the others. [discussed by the team]	**6. From a local issue to European cooperation** How can young people and organisations from Bulgaria and Romania work together? [discussed by the team]
7. First ideas for youth initiatives Small idea, target group, why it matters, who could help. [discussed by the team]	**8. Evidence of results** Photos, flipcharts, sketches, group notes. No personal data and no photos without consent. [discussed by the team]

Team conclusion: The most important thing we learned from the field work in Vidin is: [discussed by the team]

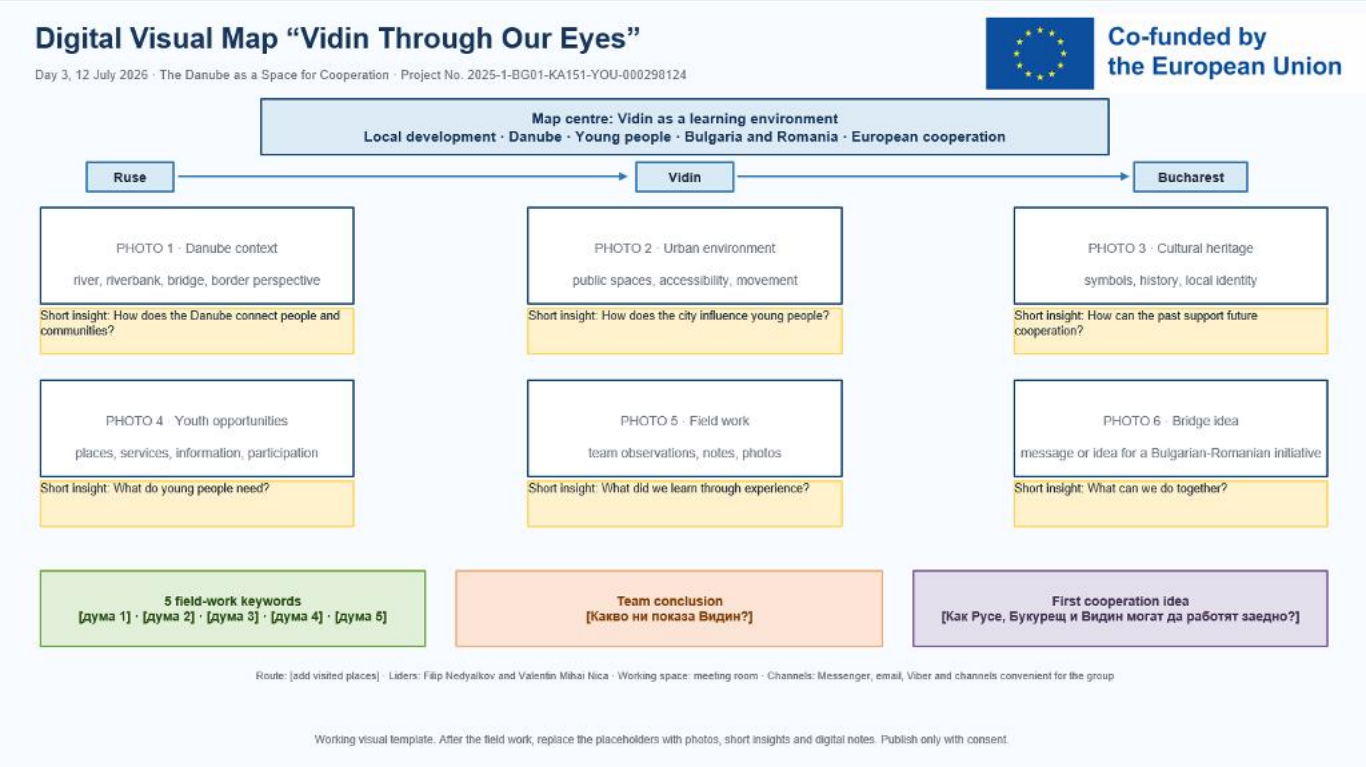
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Project No. 2025-1-BG01-KA151-YOU-000298124

YOUR INITIATIVE — STEP 2: PLAN

Create a small action plan with activities, dates, responsible people, partners, resources and evidence of completion.

Agree on roles: coordinator, communications lead, inclusion and safety contact, and documentation lead. One person may hold more than one role in a small team.

Worksheet: Action _____ Owner _____ Deadline _____ Resources _____ Evidence _____ Risk and response _____.

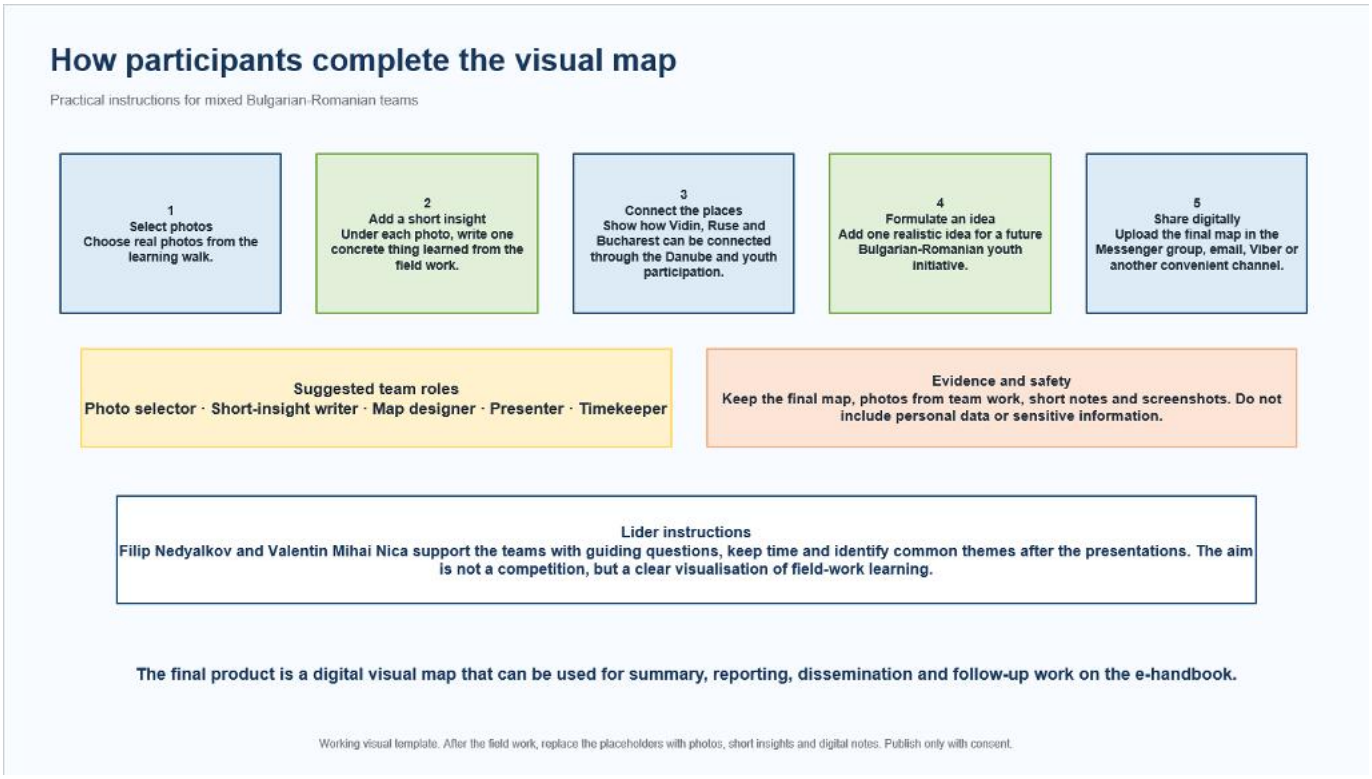


YOUR INITIATIVE — STEP 3: ACT AND LEARN

Deliver the action, keep a simple attendance record where appropriate, and collect feedback without gathering unnecessary personal data.

Compare results with the objective. What changed? What did not work? What should be repeated or improved?

Share a concise public update: challenge, action, measurable output, learning and next step. Obtain appropriate consent before publishing identifiable photos.



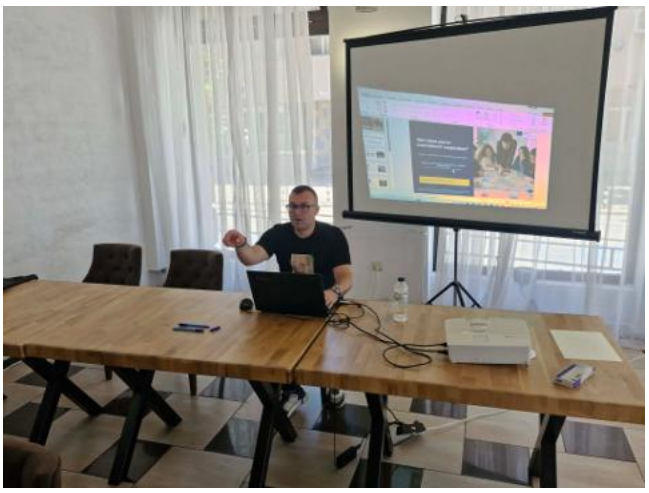
LEARNING IN ACTION: TEAM ACTIVITIES

The selected photographs document interactive exercises, movement-based group work and peer-to-peer interaction during the youth exchange.

Such activities help participants practise cooperation, communication and trust in a shared setting.

Photo selection prioritises standing participants actively engaged in the learning process.





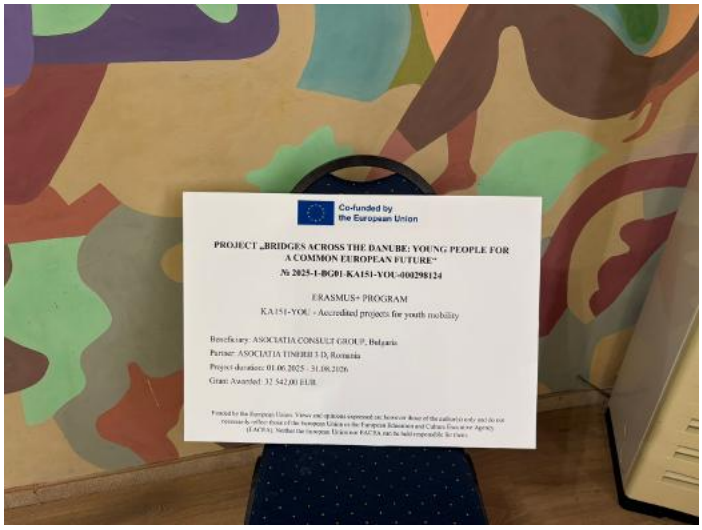


LEARNING IN ACTION: EXCHANGE MOMENTS

Non-formal education combines practical activity, discussion, feedback and reflection. Participants contribute their own experiences and jointly build knowledge.

The project used mixed-team work, simulations, role play, case studies, debate, practical workshops and presentations.

The images on this page illustrate the social and participatory character of the programme.









SOURCES AND FURTHER READING

Project information and implementation notes supplied by Consult group;

- 14-day learning programme; youth exchange photographs.
- European Union: europa.eu - institutions, values and citizensâ rights.
- Erasmus+: erasmus-plus.ec.europa.eu- youth exchange information. Youthpass: youthpass.eu- recognition of non-formal learning.
- European Youth Portal: youth.europa.eu - participation and opportunities.
- Editorial note: illustrative practice examples are distinguished from documented project results.



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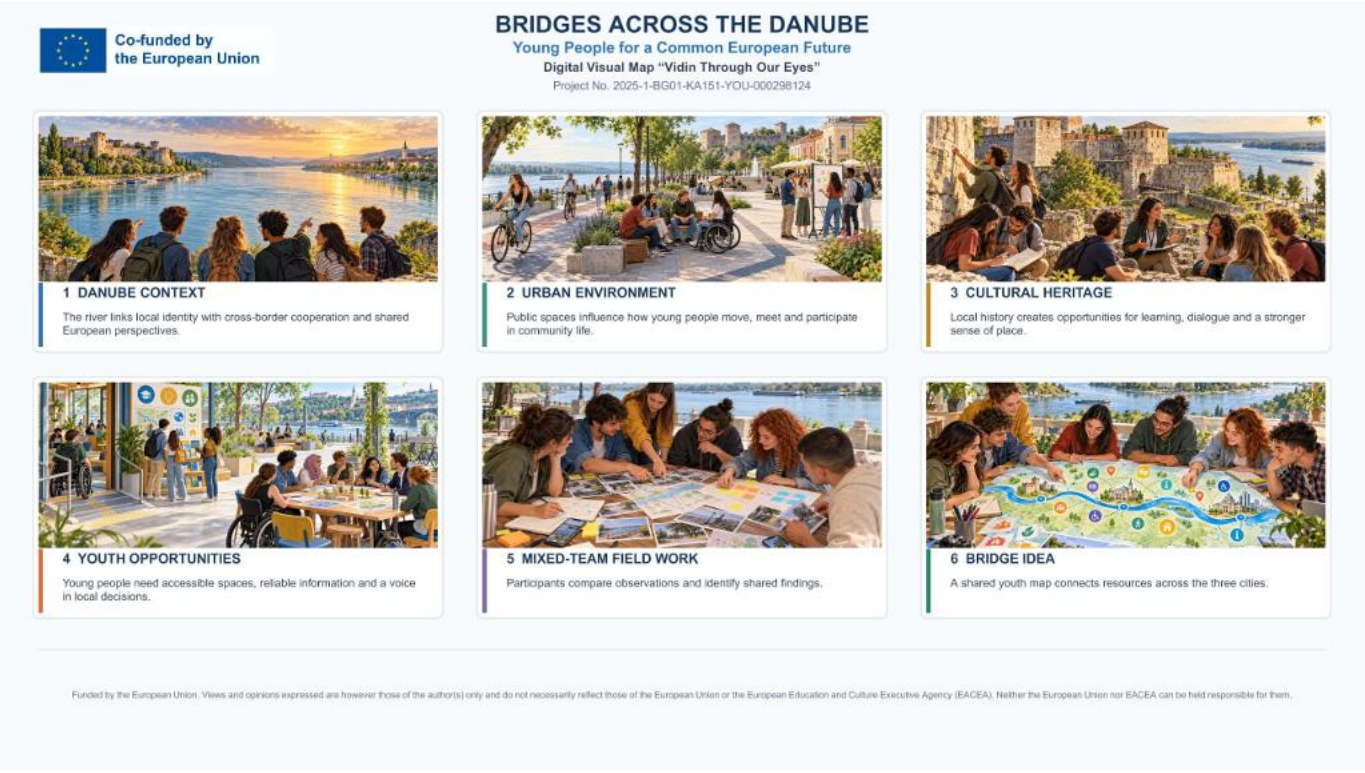
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РЕЗЮМЕ НА БЪЛГАРСКИ

Проект „Мостове през Дунав: младежи за общо европейско бъдеще“, № 2025-1-BG01-KA151-YOU-000298124) събра във Видин 28 участници от България и Румъния. Организация бенефициент е Consult group, а партньор — ASOCIATIA TINERII 3 D.

Чрез неформално обучение, дискусии, ролеви игри, работа в екип и практически задачи младите хора развиха знания и умения за европейско гражданство, междукултурен диалог, доброволчество и международно сътрудничество.

Наръчникът представя основни понятия, идеи за инициативи, методи за младежка работа и конкретни стъпки за планиране, изпълнение и оценяване на малък проект. Той подкрепя продължаването на създадените контакти и бъдещи общи действия.



REZUMAT ÎN LIMBA ROMÂNĂ

Proiectul „Bridges across the Danube: Young People for a Common European Future”, nr. 2025-1-BG01-KA151-YOU-000298124) a reunit la Vidin 28 de participanți din Bulgaria și România. Organizația beneficiară este Consult group, iar partenerul este ASOCIATIA TINERII 3 D.

Prin educație nonformală, discuții, jocuri de rol, activități de echipă și exerciții practice, tinerii și-au dezvoltat competențe legate de cetățenia europeană, dialogul intercultural, voluntariat și cooperarea internațională.

Ghidul prezintă concepte de bază, idei de inițiative, instrumente pentru lucrul cu tinerii și pași concreți pentru planificarea, implementarea și evaluarea unei mici inițiative. Scopul său este să sprijine colaborarea viitoare între tinerii din cele două țări.

