



Co-funded by the
Erasmus+ Programme
of the European Union



ASSOCIATION WALKTOGETHER
BULGARIA

ERASMUS + TRAINING COURSE

"Harmony"

18-29 May 2025, Bansko, Bulgaria






PROJECT DESCRIPTION



This project aims to enhance mental well-being by equipping participants with practical tools for stress management, emotional regulation, and self-care. Through daily yoga, meditation, and solo time, participants will develop mindfulness, resilience, and self-awareness. The program also integrates eco-friendly habits into daily life and youth work while promoting sustainable living.



By the end of the project, participants will have actionable strategies to incorporate mindfulness, mental health techniques, and green practices into their professional and personal lives. They will create action plans to implement these methods in their communities while forming a supportive network of like-minded professionals.





GOALS OF THE PROJECT



Enhance Mental Well-being

By fostering a deeper connection between mind and body, the project empowers participants to cultivate long-term mental wellness and integrate these techniques into their personal and professional environments.

Develop Mindfulness & Resilience

The project aims to foster self-awareness, focus, and adaptability through yoga, meditation, and solo time, empowering participants to cultivate mindfulness and resilience in their daily lives.

Strengthening Cross-Cultural Collaboration

By working together on outdoor challenges, creative projects, and more, participants will develop teamwork, leadership, and communication skills. This will create a sense of cooperation among youth workers from different cultural backgrounds while promoting shared values of sustainability and personal growth.



STRESS MANAGEMENT TECHNIQUES

Number of participants per country including leader:

15 participants (3 per country)

Youth workers, educators, youth leaders with experience in youth participatory activities and community work with experience in Erasmus + program.

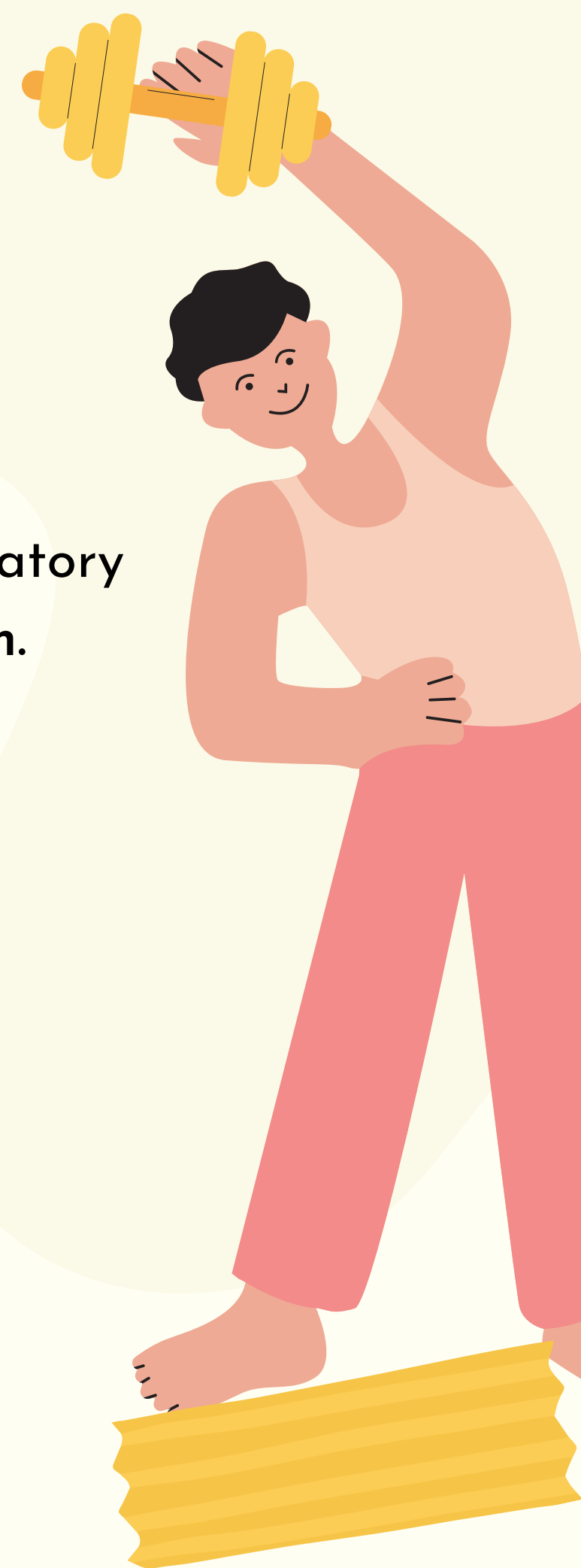
Age: 23 + years old.

APPLICATION FORM

[HTTPS://FORMS.GLE/HVXRTTTBAJVTW6HS7](https://forms.gle/HVXRTTTBAJVTW6HS7)



**The key is to find the techniques
that work best for you.**



VENUE - HOTEL "ROYAL BANSKO"

We will accommodate you in apartments - 3 to 4 people. Food will be served in the hotel's restaurant - 3 meals per day, which will be according to the dietary restrictions for each participant. You will also have at your disposal a swimming pool, sauna, table tennis an outdoor space and fitness.

Website: <https://www.royalbansko.bg/pictures>

Google Maps Location: <https://goo.gl/maps/DBydycdLEAayEwV98>



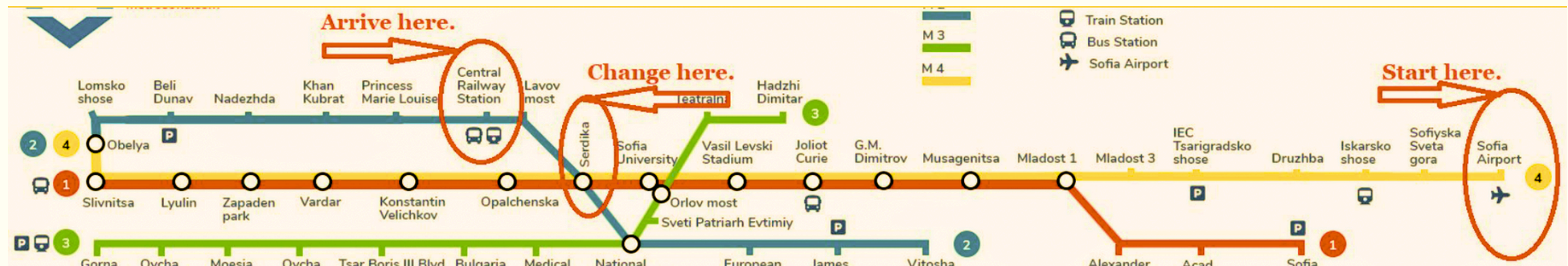
HOW TO GET TO THE VENUE?

You will need to use public transport to get from Sofia to Bansko. 1. You need to get a subway from the airport in Sofia to the Central Bus station. For this you will need changed cash (1.60 bgn which is around 0.80 euro).

2. You need to get a bus from the Central Bus station in Sofia to the bus station in Bansko. For this you will also need changed cash (around 20 bgn one way which is around 10 euro).

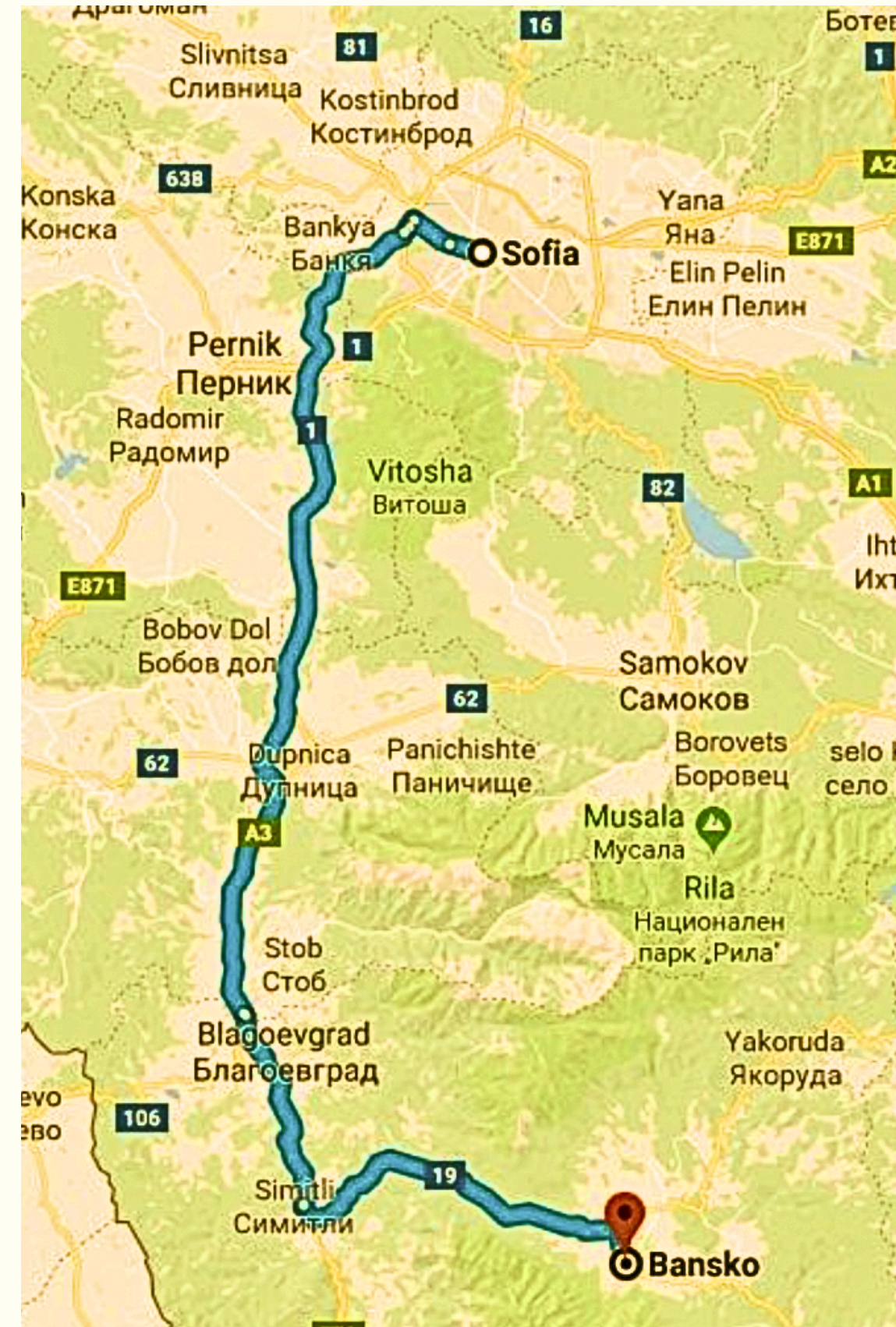
From Sofia Airport to the Central Bus station:

Outside Terminal 1 you will find a white minibus labeled "Transfer Shuttle" (you can also ask a staff member for it), which will take you to Terminal 2 (around 7 mins). Once you're on Terminal 2, you have to get outside of the building and take the road on the left - you will see a sign for the subway entrance (it's right next to the airport building). Once you're inside the subway you have to take the BLUE line to "Serdika" station. Once you're there you have to change to the RED line, towards "Obelya" or "Lomsko Shose". Once you're on the RED line you have to get off at the second stop which is called "Central Railway Station." Once you're outside of the subway you will see the blue building of the station itself



HOW TO GET TO THE VENUE?

Once you reach the Central Bus station in Sofia, you need to get tickets to Bansko. You can do so inside the building itself at one of the registers. The bus leaves from the Central Bus station in Sofia and arrives at the bus station in Bansko in around 3 hours. Remember you will need to pay around 20 bgn (around 10 euros) in cash for this bus. The bus has a specific schedule and leaves from Sofia at **11:25, 14:00 and 16:45**. Keep in mind that these times may change, so check the departure times before you book your tickets for the plane. You can do so at this website: <https://www.centralnaavtogara.bg/index.php?mod=06a943c59f33a34bb5924aaf72cd2995&d=1&t=24#b> Please pay careful attention to these times and schedule your entire trip accordingly, seeing as there is no other way to get to Bansko. Once you're at the bus station in Bansko you can get to the hotel walking, or if needed, we can schedule someone to pick you up.



REIMBURSEMENT AND TRAVEL BUDGET

Travel Guidelines:

- **Green Travel:** Available only for participants from Turkey, Croatia and Romania (no flights allowed). Green Travel means low-emission transport like trains, buses and carpooling.
- **Standard Travel:** Applies to participants from Italy.
- **No Travel Budget:** For participants from Bulgaria.

Travel costs will be reimbursed after the project dissemination is completed and based on submitted original documents (tickets and invoices). Electronic tickets must be emailed and uploaded to designated folders. For physical tickets, bring the originals with you and send the return tickets by post to our address with a recommended letter. Only the most economical travel option will be reimbursed. Priority boarding is allowed, but check-in luggage, taxis, and other extras are at your own expense.

Tickets not approved by the hosting organization will not be reimbursed. Please send your travel plan for approval to walktogetherbulgaria@gmail.com before purchasing anything.

Participants can arrive up to 2 days early or stay up to 2 days after the project, but all extra expenses during these days (accommodation, food, etc.) are your responsibility.


Travel cost reimbursement is based on the [Erasmus+ distance calculator](#).

Travel distance	Standard travel	Green travel
0 – 99 km	23 EUR	
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR

Check in: On 18.06 by 18:00h.

Check out: On 29.05 until 11:00





"By implementing proper stress management techniques, we can maintain emotional and physical balance to live a healthier, happier life."

CONTACTS

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SOCIAL NETWORK

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THANK YOU

