

# FROM STORIES TO ACTION: STORYTELLING IN YOUTH WORK

International Training for Youth Workers

Petrohan, Bulgaria 22 – 29 March, 2026



Funded by  
the European Union



# MAIN OBJECTIVE

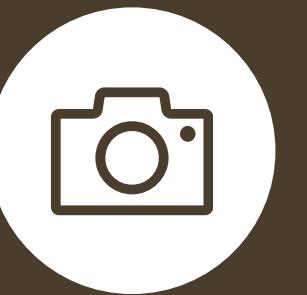
## Main Objective

To bring together youth workers from diverse cultural backgrounds and strengthen their capacity to act as effective educators by using storytelling and public narrative as non-formal education tools to foster active citizenship, sustainability, human rights, intercultural dialogue, diversity, social cohesion, and meaningful youth participation within their communities.



# SPECIFIC OBJECTIVES

- To develop participants' skills in crafting and delivering impactful stories using storytelling as non-formal education tools to promote human rights, inclusion, sustainability, and active youth participation.
- To strengthen participants' capacity as youth workers and educators by equipping them with narrative-based methods that foster empathy, civic engagement, social cohesion, and youth empowerment within their communities.
- To create safe and inclusive spaces for sharing lived experiences, enabling participants from diverse cultural backgrounds to build mutual understanding, respect, and a sense of belonging through storytelling.



# WHO WE ARE



The Association "Professional Forum for Education" (PFE) is a non-profit, non-governmental organization established in 2002, with extensive experience in youth work, education, and culture. The association collaborates with a strong network of partners, including over 100 schools in Bulgaria and more than 50 non-governmental organizations in Bulgaria and abroad. PFE works with young people aged 14–30, as well as with professionals in the field of education, including teachers, trainers, and youth workers. The organization's core mission is to strengthen their capacities through non-formal education methods and innovative learning approaches.

The main thematic areas of PFE's work include sustainable development, mindful and responsible use of digital media, entrepreneurship, active citizenship, social inclusion, and intercultural dialogue. The association actively promotes life skills education, innovation in education, youth mobility, and volunteering opportunities.

PFE regularly organizes interactive workshops, seminars, training courses, conferences, and seasonal (summer and winter) trainings for teachers and youth workers, alongside local and national-level activities for young people.

# ELIGIBILITY AND PARTICIPANTS' PROFILE

Target Group: 16 Youth workers all ages from Erasmus+ programme countries

Expenses: Travels, and full board accommodation are covered by the Erasmus+ Programme of the European Union. Please note that health insurance and visa costs are not covered by the project.

Travel expenses are reimbursed on an individual basis based on the submitted invoices. Each participant will receive and sign for reimbursement corresponding to the exact amount spent, up to the specified limit below the table. Please note that any costs exceeding this limit will be the participant's responsibility to cover.



# KEY DATES & ACCOMMODATION

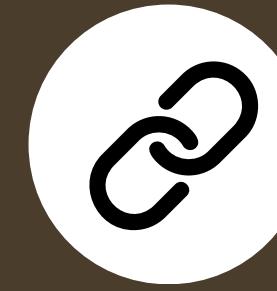
Arrival: 22 March 2026

Departure: 29 March 2026

Venue: Creative House Petrohan



# HOW TO APPLY



## Application link

Please note that it is mandatory to fill in the application form, in order to take part in the training.



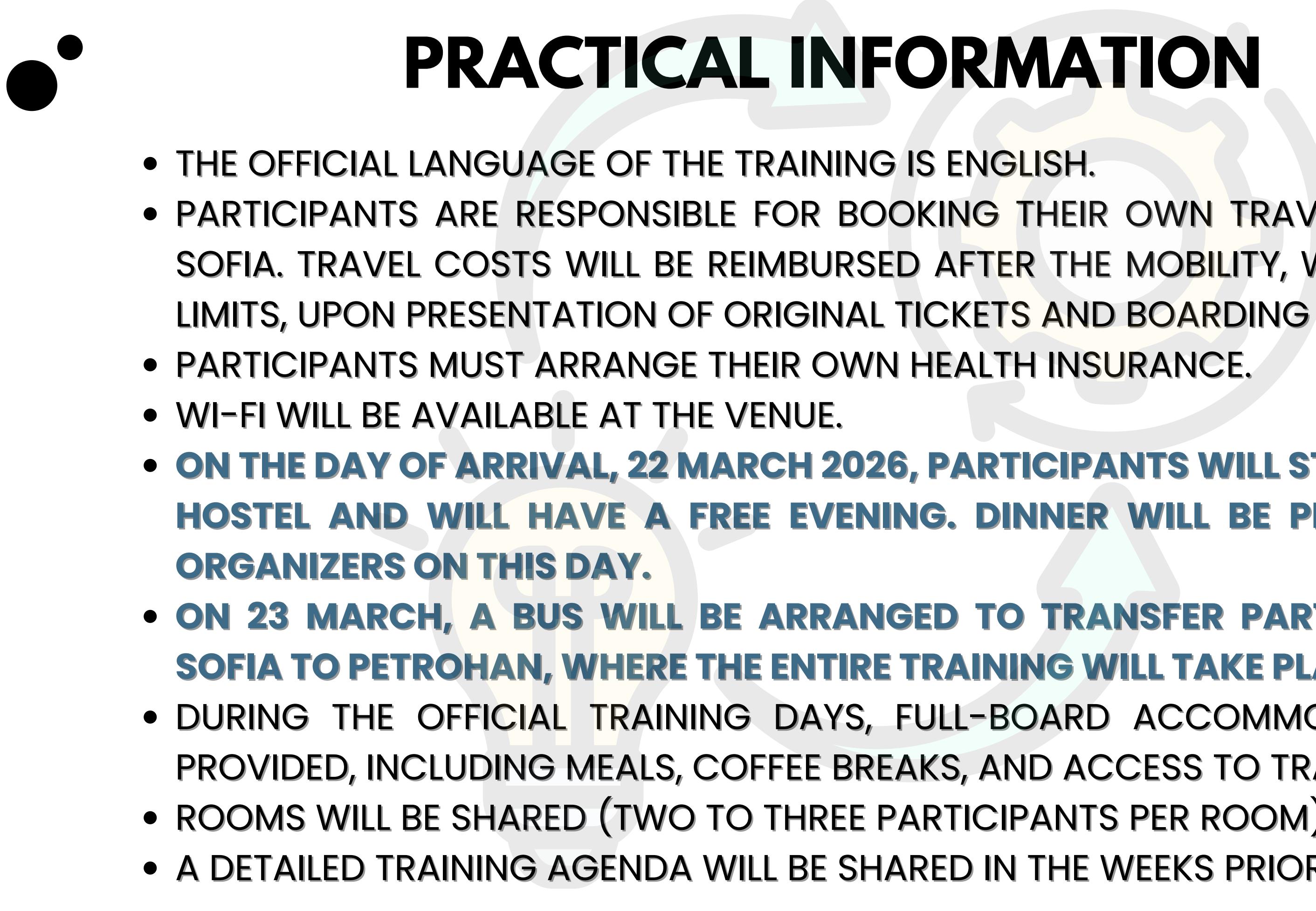
## Invitations

All the applicants will be notified by email that their application has been accepted or not on  
**15 February, 2026**



## Deadline

Deadline to apply 12 February 2026 at midnight  
Sofia time!



# PRACTICAL INFORMATION

- THE OFFICIAL LANGUAGE OF THE TRAINING IS ENGLISH.
- PARTICIPANTS ARE RESPONSIBLE FOR BOOKING THEIR OWN TRAVEL TO AND FROM SOFIA. TRAVEL COSTS WILL BE REIMBURSED AFTER THE MOBILITY, WITHIN ERASMUS+ LIMITS, UPON PRESENTATION OF ORIGINAL TICKETS AND BOARDING PASSES.
- PARTICIPANTS MUST ARRANGE THEIR OWN HEALTH INSURANCE.
- WI-FI WILL BE AVAILABLE AT THE VENUE.
- **ON THE DAY OF ARRIVAL, 22 MARCH 2026, PARTICIPANTS WILL STAY IN SOFIA IN A HOSTEL AND WILL HAVE A FREE EVENING. DINNER WILL BE PROVIDED BY THE ORGANIZERS ON THIS DAY.**
- **ON 23 MARCH, A BUS WILL BE ARRANGED TO TRANSFER PARTICIPANTS FROM SOFIA TO PETROHAN, WHERE THE ENTIRE TRAINING WILL TAKE PLACE.**
- DURING THE OFFICIAL TRAINING DAYS, FULL-BOARD ACCOMMODATION WILL BE PROVIDED, INCLUDING MEALS, COFFEE BREAKS, AND ACCESS TO TRAINING FACILITIES.
- ROOMS WILL BE SHARED (TWO TO THREE PARTICIPANTS PER ROOM).
- A DETAILED TRAINING AGENDA WILL BE SHARED IN THE WEEKS PRIOR TO THE EVENT.

# TRAVEL COSTS REIMBURSEMENT

- You can calculate the maximum amount of travel costs that we can reimburse based on the distance from your home to Sofia based on the Erasmus+ distance calculator. The distance ranges and the respective amounts are listed below:

<b>Travel distance</b>	<b>Budget in EUR</b>
Between 100 and 499 km	211
Between 500 and 1999 km	309
Between 200 and 2999 km	395 EUR

All participants will be provided with transportation from Sofia to Petrohan and back, as public transportation options for this venue are very limited. The price for this local transportation will be reduced from your total travel cost, which is 40 EUR.

# REIMBURSEMENT RULES



## Eligible Travel

Reimbursement applies only to economic public transport (flights, trains, buses). Travel by car, taxi, or any other private transport is not eligible.



## Luggage

Select a 10 kg carry on luggage solution or Travel Backpack.



## Arrival and Departure Guidelines

You may arrive up to two days before and depart up to two days after the mobility. Arrival during the training activities is not allowed. Any extra days in Sofia must be covered by the participants themselves.

# KEY MOMENTS



## Souvenir Swap

Please bring a small souvenir from your country to swap with others—a fun way to share culture and create lasting memories.



## Intercultural Evening

During the training, you'll have the opportunity to showcase your country and culture. We warmly invite you to bring traditional items, food, or drinks to share with others. Creative presentations — such as quizzes, songs, dances, or short performances — are highly encouraged!

Please keep in mind that we'd love to experience something unique, something we can't just find on the internet. Make it fun, personal, and full of your own cultural spirit!



# YOUTHPASS CERTIFICATE

In the end of the mobility, you will be awarded with a YOUTHPASS certificate which is used in European youth projects and is an official recognition of the skills and knowledge you acquired. You can find more information about it [here](#).

# Youthpass



# ABOUT SOFIA

Sofia is the capital of Bulgaria and one of the oldest continuously inhabited cities in Europe. Founded around four thousands years ago, it witnessed the presence of Thracian, Roman, and Ottoman civilizations. The city features a unique mix of ancient churches, mineral baths, and classical buildings from the socialist era. It is surrounded by Mount Vitosha, offering beautiful nature and a mild climate. Today, Sofia is an important cultural and economic center that blends modern life with a rich past, hosting various artistic and youth-focused events. It is a safe, vibrant city that attracts young people from across Europe and the world.

## Essential Bulgarian Words

Hello / Hi – Здравейте (Zdraveyte)

Thank you – Благодаря (Blagodarya)

Please – Моля (Molya)

Yes / No – Да (Da) / Не (Ne)

Goodbye – Довиждане (Dovizhdane)

Excuse me / Sorry – Извинете  
(Izvinete)

Good morning – Добро утро (Dobro utro)



# About Petrohan

Petrohan is located in a mountain area at around 1400 m altitude.

In March, weather conditions can vary, with expected temperatures ranging approximately between  $-5^{\circ}\text{C}$  and  $+7^{\circ}\text{C}$ . Depending on the weather conditions, we are planning to organize light hiking and outdoor activities during the training.

## **Please bring:**

Warm clothes and layers

Comfortable shoes suitable for outdoor activities

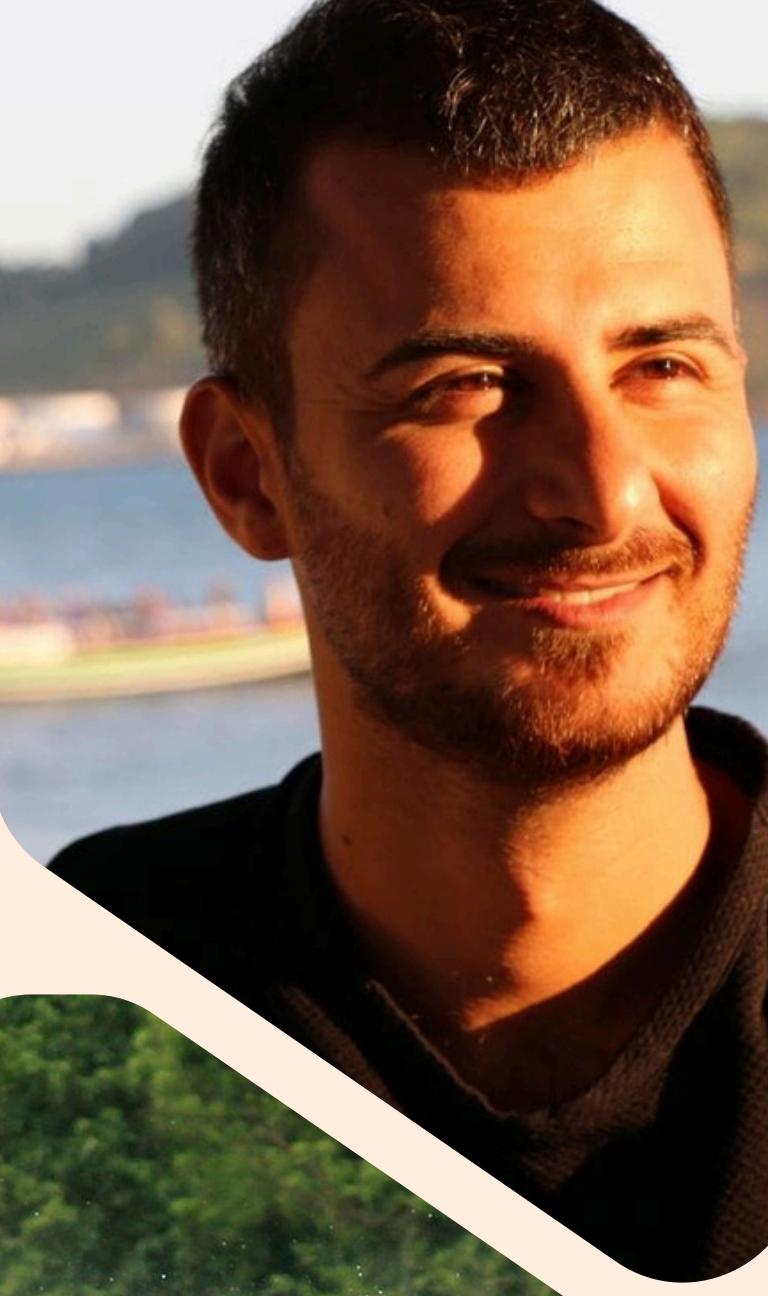
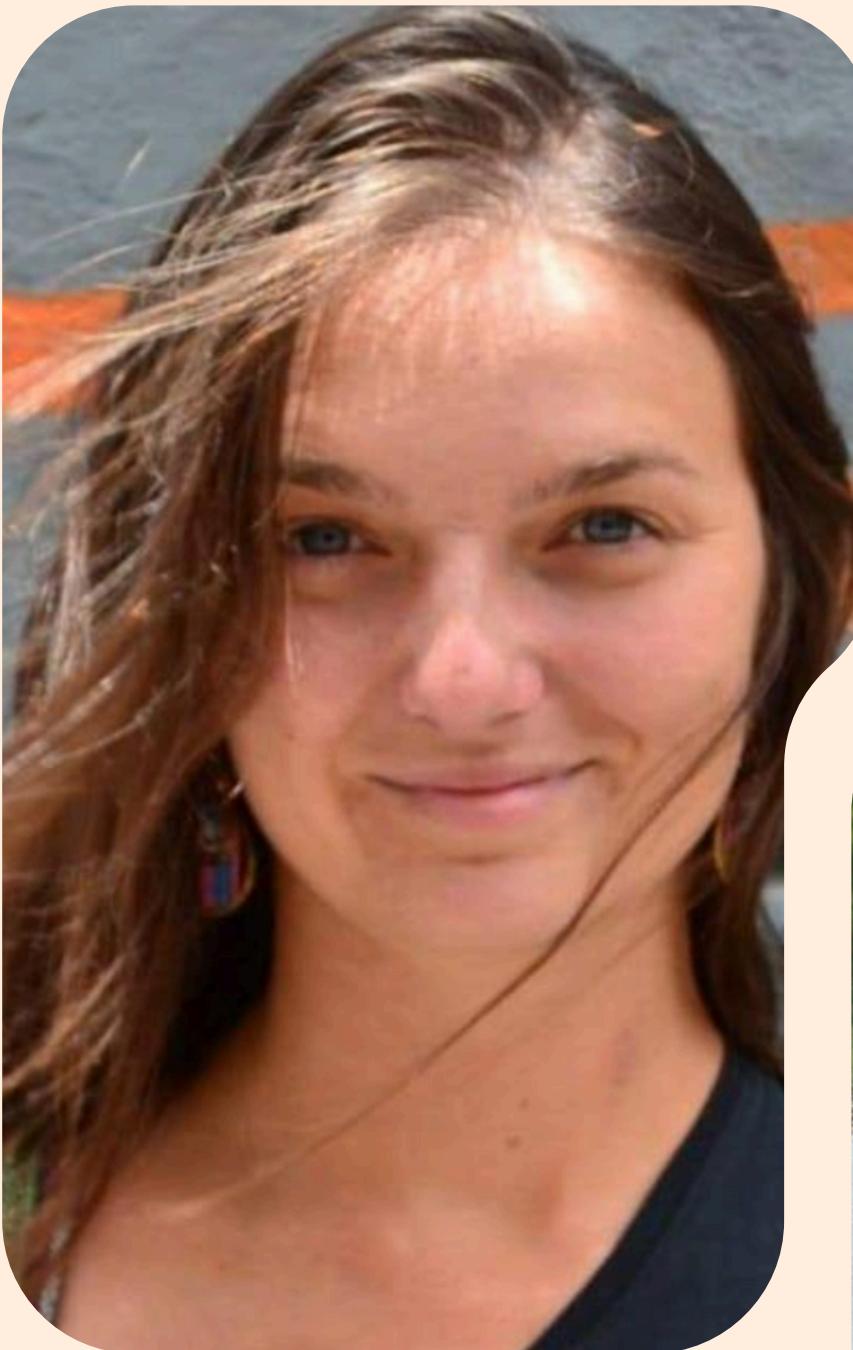
A warm jacket (for cold orrainy weather)

Indoor shoes or flip-flops (for use inside the accommodation)

# Meet Our Management and Training Team

- **Yuliya Andzhekarska**
- **ANMAR KHALID AL-RIKABI**
- **Aleksandar Nikolov (Dr.Sashko)**.

The people driving the International  
Training “Stories to Action: Storytelling in  
Youth Work in Petrohan, Bulgaria – 22 to 29  
March, 2026

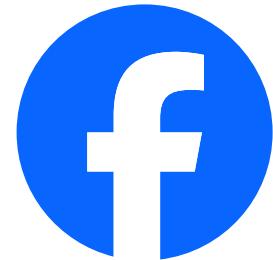


# THANK YOU!

**We Look forward to  
meeting you in Bulgaria!**

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For queries, please contact us at the following **emails**  
**[exchangespfe@gmail.com](mailto:exchangespfe@gmail.com) &**  
**[alrikabianmar1@gmail.com](mailto:alrikabianmar1@gmail.com)**



**@4foredu**



**@associationpfe**



Creative House Petrohan, Bulgaria