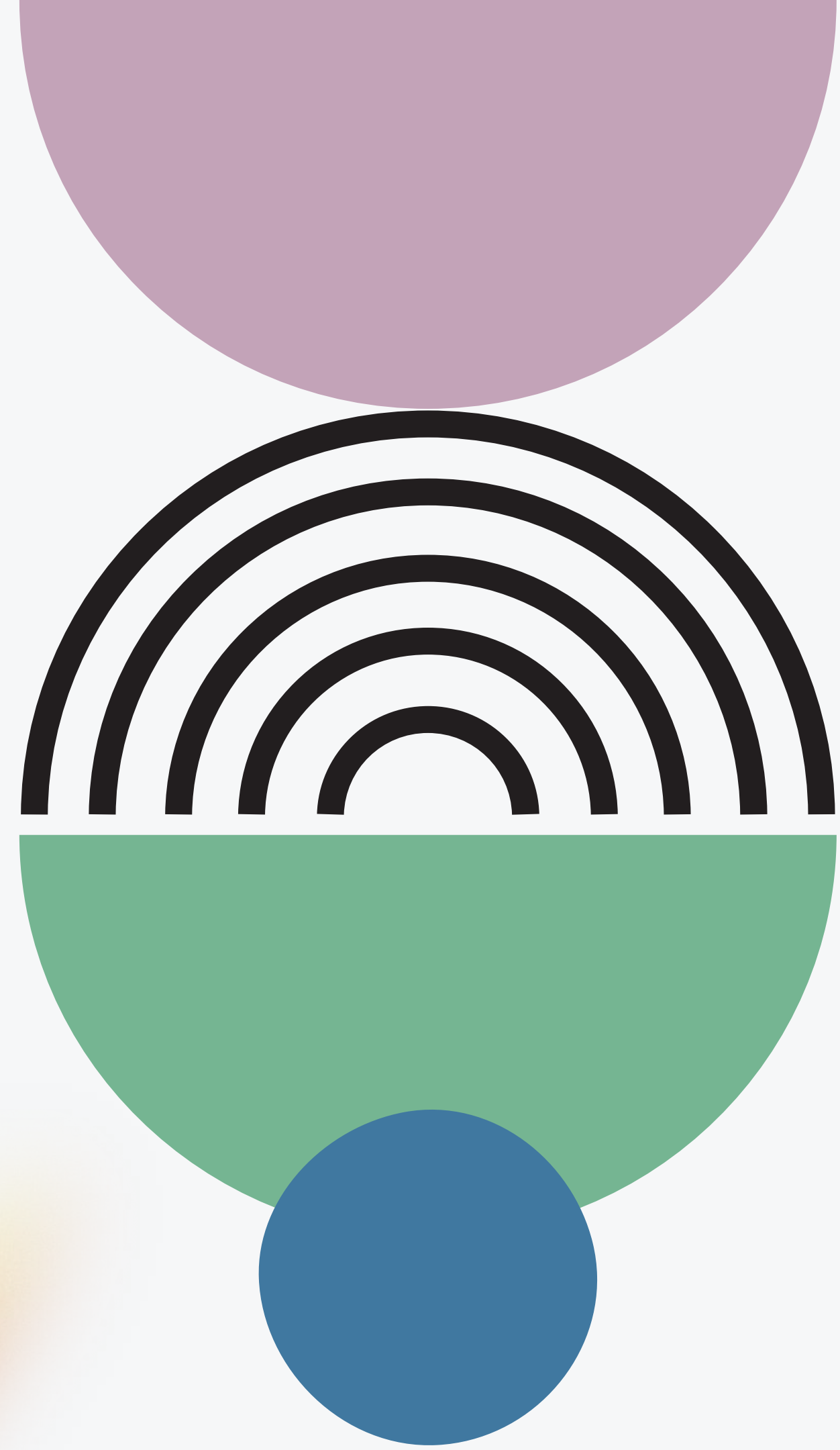


 **Call for Participants**

TRAINING COURSE

 **Resilience for Activists**

7 - 14 JULY 2026
EMEN, BULGARIA



Is this call for me?

- ✓ Are you interested in exploring the topic of **resilience in activism, volunteering and youth work**?
- ✓ Would you like to better understand **how resilience can help us cope with stress, uncertainty, burnout, and everyday challenges** in our personal and professional lives?
- ✓ Are you eager to **learn and practice different techniques** that can strengthen your capacities and resilience as a youth worker, educator, volunteer, or activist?
- ✓ Would you like to discover **practical methods that help people withstand or bounce back** from difficulties, and learn how to choose the approaches that work best for yourself and the people you work with?
- ✓ Are you motivated to **exchange experiences and collectively reflect** on how resilience tools can be adapted to different local realities, organisations, and communities?
- ✓ Are you a resident of any **EU country or a country (non)associated to the Erasmus+ Programme**?
- ✓ Are you ready to meet **amazing people** from different countries, make new partnerships, and get inspired by their ideas and projects?
- ✓ Would you like to enjoy nature spending a week in a **peaceful green environment** and having the possibility to explore the **picturesque Veliko Tarnovo town**?
- ✓ ...And all this without any cost?!

**If your answers are "Yes, this is me!", then...
... we have an offer for you!! :-)**



About the training

The training is a part of the Erasmus+ accreditation plan of CVS-Bulgaria for 2025 and co-funded by the European Union which includes two training courses (March and July) and one youth exchange (August), carried out under the title "Quality in Action".

The training "**Resilience for Activists**" will be focusing on practical tools and techniques for resilience in activism and volunteering. It will take place in Imeniето Hotel, Emen/Bulgaria between 7th July (arrival day) and 14th July (departure day) 2026.

During the 6 working days we will organise our daily program in morning and afternoon blocks, each block having a specific thematic focus. While mornings will be dedicated to theory and learning, the afternoons will be more practical and reflection oriented.

Mornings and afternoons sessions will be complimented by our famous yummy breaks. Breakfast, lunch, and dinner will be provided at the venue, and for some evenings there will be optional evening sessions with planned activities.

Our working methods will be based on the principles of non-formal education and experiential learning, creating a motivating environment for sharing and learning. You will often work in smaller groups to achieve the best results. All the methods will encourage active participation, creativity, initiative and responsibility for one's learning process.



QUALITY
IN ACTION

2025-1-BG01-KA151-YOU-000304492



Co-funded by the
European Union

Learning Goals

During the training course you will have the possibility to:

- get insights on the topic of resilience in activism, volunteering and youth work
- learn and practice different techniques how to raise capacities and resilience as activists, volunteers, youth workers, and educators
- explore a variety of methods for raising ability to withstand or to bounce back from difficulties and learn how to choose the appropriate ones for oneself and for the people we work with
- collectively reflect on how to use different tools in our organisations and communities, adapt them to our local contexts, and incorporate them in our regular activities
- enhance new partnerships and network collaborations



The Venue



The Venue

The training course will take place in **Eco-hotel Imenieto**, which is situated in Emen (Bulgarian: Емен) – a small village located near the old Bulgarian capital – Veliko Tarnovo. The place is famous for the canyon and waterfalls nearby. The group will be accommodated in small villas literally 2 minutes away from the training hall. The resort also features an outdoor pool, spacious relaxing green areas and a sauna. We will use the green spaces around for the activities if the weather is suitable.

Only 300 metres from the venue, the Emen Canyon begins – one of the most striking natural landmarks in the region, known for its dramatic rock formations and beautiful waterfalls. The Emen Waterfall itself is about a 25-minute walk from the property – a perfect short hike to clear your head between sessions.

And just 20 km away, **Veliko Tarnovo** awaits – extraordinary in its medieval architecture and historical significance, with the iconic Tsarevets Fortress rising above the Yantra river gorge.



Participants





Participants

The **ideal participants** are youth workers, educators, activists, and volunteers with experience and an interest in youth activism.

There are a few formal requirements you need to answer to join the training course:

- You need to be a resident of an EU member states or a country (non)associated to the Erasmus+ Programme
- You must be able to communicate in English (the working language of the course)
- You must be at least 18 years of age
- You need to attend the whole course duration (there is no possibility to make exceptions)

We explicitly encourage participants of all genders, abilities, and ethnic backgrounds to apply!



Katerina Stoyanova, Bulgaria (Kat) is a trainer, project manager and activist with a strong academic and practical background in human rights (focus: refugee rights/women rights), forced migration, project management, emotional intelligence, peace, social work and non-formal education. Kat has a vast experience in managing different projects under the programs: Erasmus plus(KA1 and KA2), CERV, AMIF etc. She is a part of the trainers pool of the Bulgarian National Agency. She is passionate about trainings, supporting the concept of life-long learning, always ready to take the extra mile and stand behind a just cause.



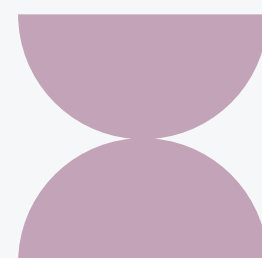
Natalie Jivkova, Bulgaria (Nat) has been inspired by and passionate about non-formal learning since her first experience that happened more than 20 years ago. As a trainer and facilitator, she supports learning processes and personal development of youngsters and adults (alone or in groups) since 2002. Since that time she has also been in the volunteering field and for many years now actively involved in CVS-Bulgaria and SCI. Natalie loves to meet people, create new learning opportunities and facilitate group processes.

Meet the team

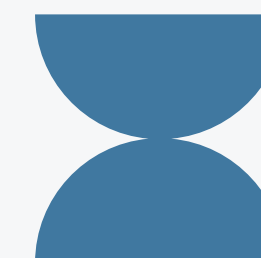
Travel, Food and Accommodation



Participants will buy their travel tickets following the information provided in the Infopack and will get travel reimbursement up to the budget limit after providing all necessary travel documents.



Breakfast, lunch and dinner will be provided according to the dietary needs of participant but mostly vegetarian following our sustainability policy. Breaks will be organised twice a day, providing also fresh fruits and snacks.



The accommodation will be organised in double or triple rooms which have a private bathroom, bed-linens and towels, and free Wi-Fi. There are many possibilities to enjoy the free time in the surroundings of the hotel.



Sustainability

The food we provide will be mainly vegetarian/vegan and locally produced. We organise our breaks trying to use mainly organic products and fair trade coffee and tea. We use recycled paper and avoid plastic in our trainings, as well as we encourage our participants to recycle.

We encourage you to use environmentally friendly transport known as “green travel” (bus, train, car-sharing) when possible. This is especially requested from participants coming from neighbouring countries and all those with good train/bus connections.



Safe Space

We aim to:

- create a safer and inclusive learning environment through group agreements, confidentiality principles, and respectful communication guidelines established together from day one
- ensure a supportive and judgment-free atmosphere where facilitators and participants work together to build trust, celebrate diversity, and create space for authentic sharing and experimentation.



Certification

At the end of the training course you will receive an Youthpass certificate.

Financial conditions

Thanks to the funding of the Erasmus+ programme this training has **no extra participation fee**.

Travel costs will be reimbursed up to the established cost limits upon completion of the training and providing all the necessary travel documents.

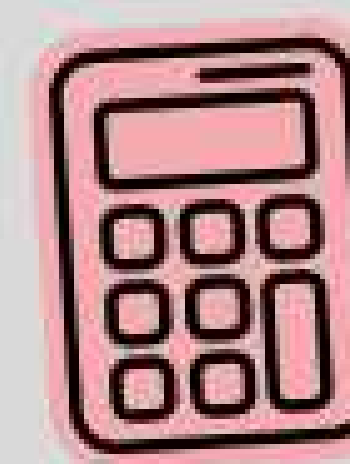
Travel compensation: actual bus/train/flight costs with a maximum as indicated in the table (distance calculated from the place of residence to Bankya, Bulgaria on **Distance Calculator | Erasmus+**).

Visa costs will be reimbursed if duly justified.

Insurance will be provided for group however we strongly encourage the participants to bring their **European Health Insurance Card (EHIC)**.



Distance Travelled	Non-green travel	Green travel
10-99 km	EUR 28	EUR 56
100-499 km	EUR 211	EUR 285
500-1999 km	EUR 309	EUR 417
2000-2999 km	EUR 395	EUR 535
3000-3999 km	EUR 580	EUR 785



Provisional Program

The program flow and contents will reflect the learning goals of the project as well as the learning needs and proposals of the participants.

All sessions will be clustered in blocks, having a specific thematic focus:

Key sessions in the beginning and at the end of the training and are connected to the initial introduction to the group, program, team building, and final evaluation. These sessions are important to set the mood for working together as a team and to close the experience and set the next steps after the training.

Pillar sessions will have a specific thematic focus. These will be the morning blocks and will be dedicated to theory, experiential learning, and sharing concepts and approaches connected to the topics of resilience and youth activism.

Practical sessions will take place in the afternoon and will focus more on practice, reflection, peer exchange, and personal integration of the learning process.

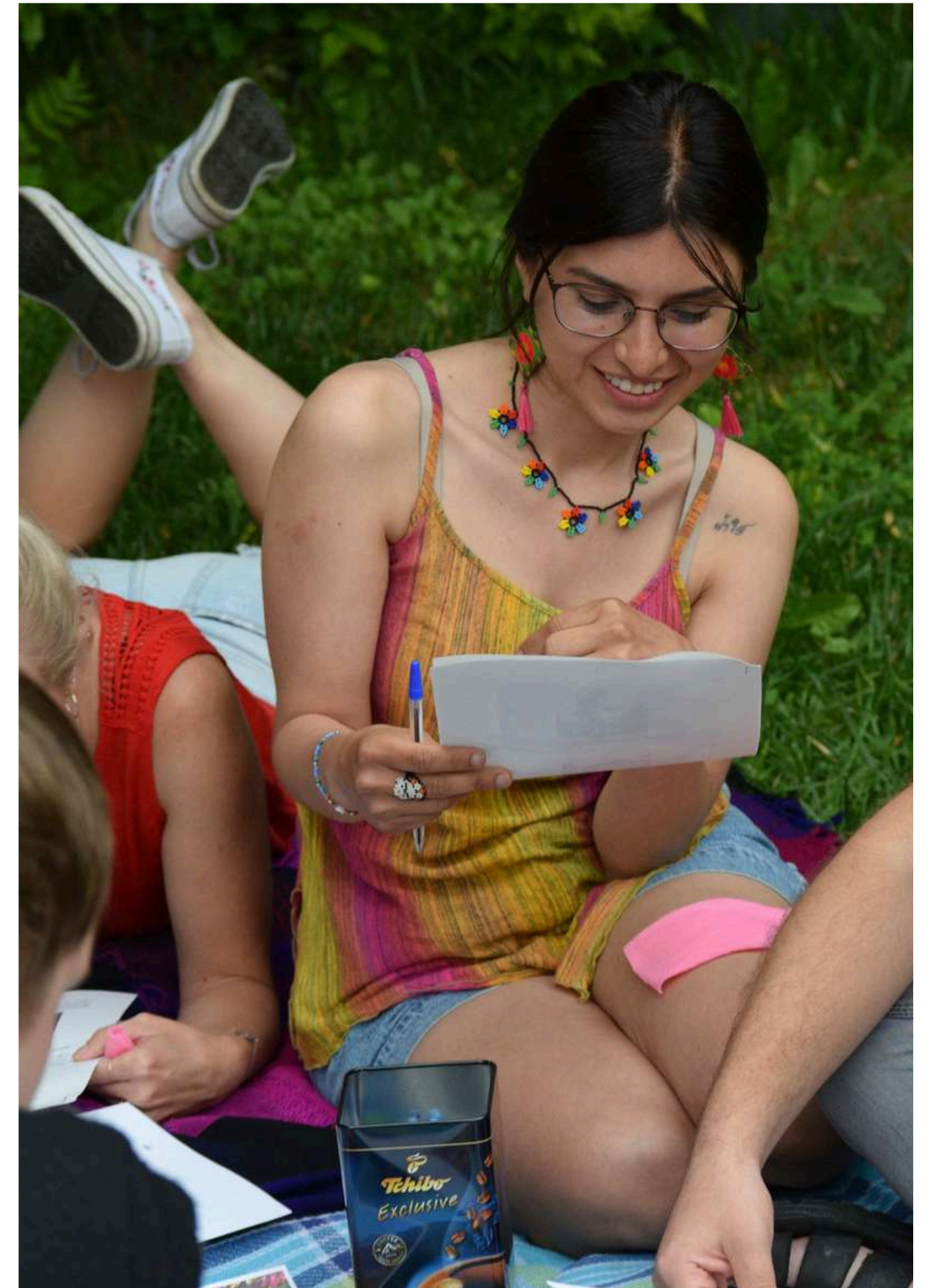
Open space sessions will provide an opportunity to the participants to discuss and share topics that are important for them and thus enhance even more the learning from each other moment.

Each day the participants will have some free time to explore the surrounding area and the local culture.

The detailed program will be included in the Infopack, which will be shared with the selected participants.

How to apply

- 1** Read the **Call for participants** once again and make sure that you answer the participants' profile and you are available for the whole duration of the training.
- 2** Fill in the **ONLINE APPLICATION FORM** as soon as possible and the latest by **14th June 2026**.
- 3** All applicants will be informed about the final selection results by **22nd June 2026**.
- 4** All approved candidates will receive an Infopack with further instructions how to organise their travels.



About us

CVS-Bulgaria is a non-profit organisation, a branch of Service Civil International. CVS-Bulgaria promotes the development of societal values and encourages responsible behaviors towards peace, social justice, and nature protection culture. This is achieved by organising volunteer initiatives and educational programmes.

We take pride in working with people with fewer opportunities and embodying respect for human rights in everything that we do. Learn more about CVS-Bulgaria [here](#) and don't forget to like us on [Facebook](#) and follow us on [Instagram](#)!



THANK YOU

for taking the time to read this call
and apply for our training!

For any questions or clarifications,
please contact us at
trainings@cvs-bg.org

We hope to see you in Bulgaria soon!
Kat & Nat :)

