



Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



Navigating the Polarities of Democracy

FOR EMPOWERED YOUTH PARTICIPATION

2025-3-BG01-KA154-YOU-000381552

Youth Leaders Training in Samokov, Bulgaria
5-13 September 2026 (incl. travel days)





Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



ABOUT THE PROJECT

Across Europe, young people are facing growing challenges that affect their participation in democratic life. Increasing political polarisation, the spread of disinformation and misinformation, and declining trust in democratic processes can make it difficult for young people to engage actively in their communities. At the same time, many young people feel that their voices are not heard and that they have limited opportunities to influence decisions that affect their lives.

This project empowers young people to:

- Understand democracy better
- Develop critical thinking
- Resist misinformation
- Become active democratic leaders in their communities





Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



PROJECT OBJECTIVES

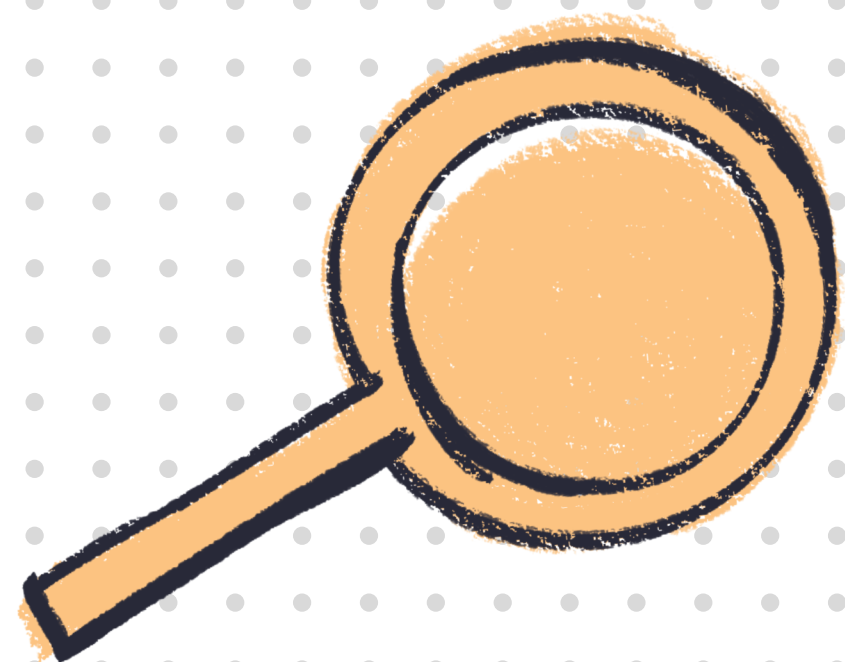
Provide 130+ young people with knowledge of the Polarities of Democracy framework

Equip 40 youth leaders with democratic participation skills

Strengthen critical thinking and digital literacy

Support youth-led local democracy campaigns

Promote European values and active citizenship





Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



WHAT IS THE POLARITIES OF DEMOCRACY APPROACH?

Democracy is not about choosing one side...

The Polarities of Democracy framework helps people:

Understand opposing
democratic values

Balance tensions
constructively

Improve dialogue
and cooperation

Reduce
polarization

Strengthen
democratic
participation



Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



TRAINING COURSE

overview

Location: Samokov, Bulgaria

Duration: 7 days + 2 travel days (*5-13 September*)

Participants: 40 youth leaders, 8 per country (*18-30 y/o*)

Countries:

- Bulgaria
- Türkiye
- North Macedonia
- Croatia
- Hungary



Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE

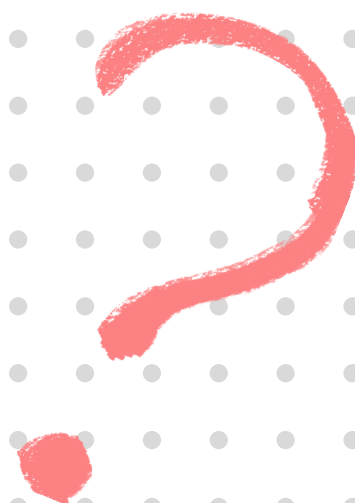


PARTICIPANT

profile

We are looking for **8 participants per partner country** who are:

- Youth leaders
- Youth activists
- Young volunteers
- Members of youth organisations
- Young people interested in democracy & media literacy
- Future community leaders





Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



METHODOLOGY

overview



The training will use non-formal education methods that promote active participation and learning by doing. Through workshops, discussions, simulations, teamwork, and reflection activities, participants will exchange experiences, develop new skills, and explore practical ways to strengthen youth participation in democratic life.



Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



TRAVEL LIMITS

- Bulgaria: 56,00 € (green travel)
- Türkiye: 417,00 € (green travel)
- North Macedonia: 285,00 € (green travel)
- Croatia: 309,00 €
- Hungary: 309,00 €

Exceptional costs: Visa for participants from
Turkey - 100 EUR per participant





Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



REIMBURSEMENT

overview

Food and accommodation are **covered** by the project.

On the previous page you can find the **maximum allocated funds** for travel (flights, train tickets, shuttle buses, etc.) *per person per country*. Travel days are **5 & 13 of September**.

Travel should be with public transportation only or shared cars. Please note that only the cheapest options will be reimbursed.

Please send to your sending organisation a travel plan for approval before booking tickets.

Make sure that you get a receipt from **ALL** transportation. **You MUST keep** all receipts, invoices and boarding passes in order to be reimbursed.



Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



VENUE & ACCOMMODATION

Hotel Grand is located in the center of Samokov next to a city park and a sports hall. It is a five-minute walk from the bus station to the hotel. [Check their website here.](#)





Co-funded by
the European Union

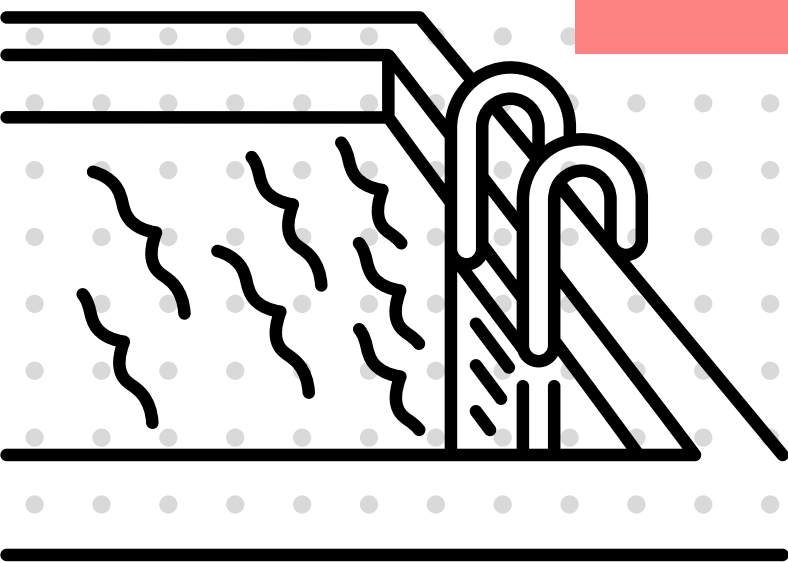


HUMAN RESOURCE
DEVELOPMENT CENTRE



VENUE & ACCOMMODATION

- The hotel has an outdoor swimming pool, restaurant, café, fitness and sauna.
- Participants will be accommodated in two or three-bedded rooms with separate bathrooms divided by gender.
- Meals will be provided three times a day according to the diet requirements of participants.





Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



ARRIVING AT THE

venue

Arriving at Sofia Airport, Terminal 1 (T1)

Step 1: Shuttle bus from 5 a.m. till 11 p.m. driving every 10 min ensures direct transportation to Terminal 2 (T2) . Shuttle bus is free of charge.

Step 2: Metro station on Terminal 2 (in every 20 min.) - Take the metro (blue line) for 10 stops and go down on station Julio Curie. Ticket costs 0.80 Euro

Step 3: From metro station Julio Curie you should reach Bus station South (*Attention! This is not the Sofia Central Bus station*)– 5 min. walking distance.

Step 4: Take the bus to Samokov (60 min. trip). Buses are in every 30 min. from 7 a.m. till 8 p.m. Ticket costs around 5 Euro. The hotel is within walking distance (hotel location)

Arriving at Terminal 2 (T2) – please follow the instructions above as of Step 2.



Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



PRACTICALITIES

Insurance:

It is mandatory to have a valid travel and medical insurance (i.e. European Health Insurance Card.)

The host organization will not cover any personal health costs.

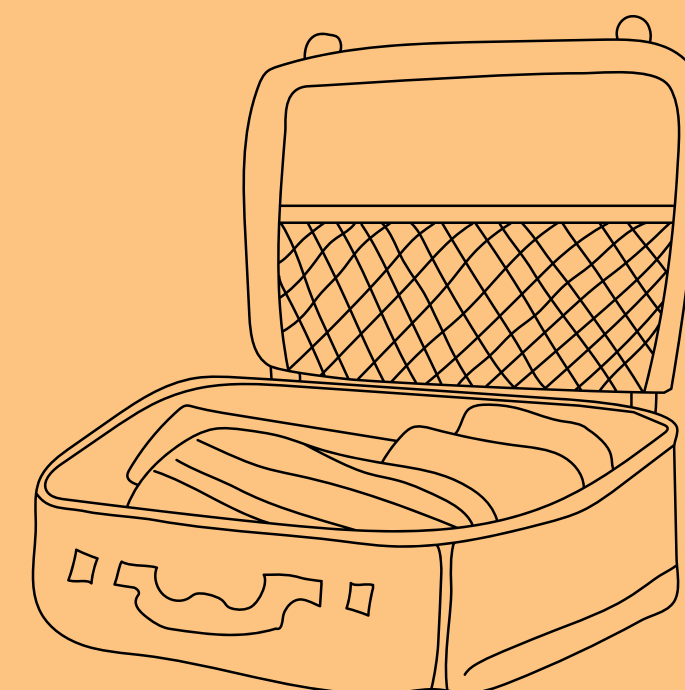


Currency:

As of 1st of January 2026, Bulgaria is in the Euro Zone and the official currency is Euro.

Preparation:

Take a swimming suit and comfortable shoes for a walk in the mountain!





Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



LOCAL DEMOCRACY CAMPAIGNS

From learning to action...

Following the training, participants will design and implement local campaigns in their communities to promote democratic participation, media literacy, and active citizenship.

Working in national teams, they will apply the knowledge and skills gained during the training to engage other young people, raise awareness of democratic values, and encourage meaningful participation in civic life.



Important:

Travel reimbursement will be processed only after participants have successfully completed their local dissemination activity and submitted the required documentation.



Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



APPLICATION FORM

Apply at the online form until June 18th 2026!

APPLY HERE!



Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



CONTACTS

Project coordinator:

“Values, Virtues, Integrity” Foundation: vvi.erasmus@gmail.com

Partners:

- **Türkiye:** Youth’s Empowerment and Action Plan (YEAP) Association, info@yeapassociation.org
- **North Macedonia:** Association for Education and Sustainable Development BRIGHT, info.bright.mk@gmail.com
- **Croatia:** Ocean Znanja u Republici Hrvatskoj, oceanznanja@gmail.com
- **Hungary:** Fiatalok Egységben Egyesület, samadov.aykhan@gmail.com





Co-funded by
the European Union



HUMAN RESOURCE
DEVELOPMENT CENTRE



See you

SOON!



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.)