



Participant Information Pack

ERASMUS+ TRAINING COURSE

*Where learning
meets nature.*

ORGANISED BY ASSOCIATION

green



Welcome to the Edge Effect



Dear Participant,

Welcome to The Edge Effect—an Erasmus+ Training Course where learning grows through nature, community, and experience.

The name Edge Effect comes from ecology. It describes the place where two ecosystems meet, creating one of the richest environments for diversity, resilience, and growth. We believe the same happens when people from different cultures, experiences, and perspectives come together with openness and curiosity.

Inspired by permaculture ethics and principles, regenerative thinking, and non-formal education, this training invites us to learn with nature rather than simply about nature.

Throughout seven days, we will grow as individuals and as a community, exploring new ways to facilitate learning while caring for ourselves, one another, and the natural world.

Welcome to the edge.



The Edge Effect



“At the edge, diversity becomes possibility.”

The Edge Effect is an Erasmus+ Training Course for youth workers, educators, facilitators and community leaders who want to explore regenerative approaches to learning, facilitation and community building.

Inspired by ecology and permaculture thinking, the project explores what becomes possible when different people, cultures and ideas come together in a shared learning environment.

Rather than focusing on lectures, we learn through experience, reflection, participation and connection with nature.

Our Objectives

- Explore regenerative, nature-inspired approaches to learning and facilitation.
- Strengthen confidence in designing meaningful learning experiences.
- Develop practical tools for community building and group facilitation.
- Experience immersive non-formal education.
- Exchange practices with participants from across Europe.
- Build lasting international collaborations.



Your Journey at the Edge Effect

A seven-day journey of growth, connection and transformation.



Day 1 – The Edge of Self Preparing

"Every journey begins with meeting."

Connect with yourself and the group, and build the foundations for a safe and inspiring learning community.



Day 3 – The Edge of Community Nurturing

"Communities grow through participation."

Experience non-formal education, strengthen facilitation skills and learn through collaboration.



Day 5 – The Edge of Facilitation Growing

"Learning becomes deeper when we share it."

Design your own learning experience together and prepare for the Festival.



Day 7 – The Edge Beyond Harvesting

"Every ending is also a beginning."

Reflect on your journey, celebrate your growth, and close this chapter together.



Saturday 26 September Day 0 – The Edge of Arrival Arrival

"Arriving in order to start a new journey."

Arrive and settle in.



Day 2 – The Edge of Nature Planting

"Nature is our first teacher."

Discover how natural systems and permaculture inspire learning, facilitation and community building.



Day 4 – The Edge of Rest Vitalising

"Sometimes slowing down is part of learning."

Reflect, explore, recharge and reconnect with yourself and the natural world.



Day 6 – The Edge Festival Blooming

"Everyone teaches. Everyone learns."

Facilitate, celebrate creativity and experience participant-led workshops.



Sunday 4 October Day 8 – The Edge of Departure Departure

"The journey continues beyond the edge."

Carry the Edge Effect with you on your travels and back to your community.

*"Like a forest path,
this journey unfolds
one step at a time."*



How We Learn

Guided by the Three Ethics of Permaculture

Rather than following traditional lectures, **The Edge Effect** is a learning journey inspired by the three core ethics of permaculture. Throughout the week, these principles shape not only what we learn, but also how we live, collaborate and grow together.



Care for the Earth

Nature is our greatest teacher. We learn outdoors, observe natural systems and explore how working **with** nature can inspire more regenerative ways of living, learning and leading.



Care for People

Learning happens through relationships. We create a supportive community where everyone feels welcome, valued and encouraged to participate. By caring for ourselves and each other, we create the conditions for meaningful learning.



Fair Share

Everyone has something to offer. We encourage the sharing of knowledge, ideas, skills and responsibilities, recognizing that learning becomes richer when everyone contributes and resources are used with care.



"The richest places in nature exist where different worlds meet. We believe the same is true for people."

What to Expect

Every day at The Edge Effect combines meaningful learning, time in nature, laughter, reflection and genuine human connection. Throughout the week, you'll experience a balanced rhythm of workshops, outdoor exploration, shared meals, campfire conversations and moments that often become lifelong memories.



Outdoor Workshops

Learn through participation, nature and practical experience.



Nature-Based Learning

Explore forests and natural systems as living classrooms.



Reflection

Pause, journal and discover new insights about yourself.



Space to Recharge

Moments of rest are an essential part of the journey.



Campfire Evenings

Share stories, music and meaningful conversations beneath the stars.



International Community

Exchange ideas and experiences with participants from across Europe.



Creative Learning

Expect movement, games, storytelling and hands-on activities.



Laughter & Connection

Some of the most meaningful moments happen between sessions—through shared meals, spontaneous conversations, laughter and the friendships that grow throughout the week.

“Some of the most meaningful learning happens long after the workshop ends.”



The Edge Effect Festival

Everyone teaches. Everyone learns.

One of the highlights of The Edge Effect is our participant-led Edge Effect Festival.

Throughout the week, you'll work in international teams to design and facilitate an interactive workshop inspired by everything you've explored together. It's not about being perfect—it's about sharing, experimenting and celebrating learning.



Create

Transform your ideas into an engaging workshop.



Facilitate

Guide others through an interactive experience.



Celebrate

Celebrate everything you've created together.



Collaborate

Co-create with an international team.



Inspire

Share ideas and discover new perspectives.



The Village – Staro Stefanovo

An architectural reserve in the heart of rural Bulgaria.



A Hidden Gem

Staro Stefanovo is an authentic architectural reserve, nestled in the foothills of the Central Pre-Balkan Mountains of Bulgaria (approximately 625 meters above sea level).

The village is home to beautifully preserved stone houses, many of which were built during the Ottoman period, creating a unique atmosphere where history and nature come together.



Good to Know

With fewer than 30 permanent residents, Staro Stefanovo offers a peaceful escape from everyday life.

There is no grocery shop or pharmacy in the village. The nearest shop is approximately 10 km away, while the closest city, Lovech, is around 20 km from the venue.

"A place where simplicity creates space for connection."



The Venue: the Green Place

Your home for the week



A Place to Learn and Live



<https://greenassn.com/green-place/>

Since **2023**, we've been developing our new home in **Staro Stefanovo**—a **100-year-old house**, an even older barn, and the surrounding land. It's still a work in progress, shaped by the hands of countless volunteers who have joined us through the **Green Summit** and other Green Association projects.

Green Place is a simple, evolving eco-community where you'll spend most of your time outdoors. Together we've created a unique learning environment with natural art, a geodesic dome, solar showers, dry toilets, a summer kitchen, a campfire circle, an open-air stage and many other green structures.

To help preserve the peaceful atmosphere of the space, even though it is mainly outdoor, **smoking and the use of alcohol are highly discouraged**.

Although life here is simple, you'll find everything you need for a comfortable week in nature. Mobile phone reception is limited in some areas, but **Wi-Fi is available**.



Accommodation

Comfort meets tradition in Dedovite Kushti



Nestled just a **5-minute walk** from Green Place, the accommodation complex extends over **6.5 decares** and has been created through the careful restoration and adaptation of traditional Bulgarian houses—official cultural heritage monuments.

The restoration was carried out under the supervision of the **National Institute for Cultural Monuments**, using authentic materials including stone slabs, natural stone and wooden beams that are over **150 years old**. The result is a unique place that preserves the atmosphere of two centuries ago while offering the comfort needed for a relaxing stay.



During your stay you'll enjoy:

- Comfortable shared rooms
- Private bathrooms
- Wi-Fi
- Fresh bed linen and towels
- A peaceful village atmosphere

<https://www.dedovitekashti.com/en>



Food and drinks

Fresh, nourishing and shared together.

During the training, we'll enjoy **mainly plant-based meals**, complemented with vegetarian options such as **cheese, milk and yoghurt**.

Our menu is carefully prepared to provide all the nutrients and energy you'll need for an active week of learning, outdoor activities and community life.

We believe that sharing meals is an important part of the experience. Breakfast, lunch, dinner and coffee breaks are moments to slow down, connect with one another and enjoy good food together.

If you have any **dietary requirements, allergies or intolerances**, please let us know in advance so we can prepare suitable meals for you.

"Good food brings people together."



Travel Reimbursement

Distance	 Green Travel	 Standard Travel
100–499 km	€ 285	€ 211
500–1,999 km	€ 417	€ 309
2,000 km +	€ 535	€ 395

Please note:



Travel costs will be **reimbursed based on actual expenses incurred**, up to the applicable Erasmus+ travel support amount calculated according to the **Erasmus+ Distance Calculator**.



Please take extra care to **keep all your original travel documents**, including boarding passes, tickets and booking confirmations. These are required to process your reimbursement.



To reduce the project's environmental footprint, participants travelling from **less than 1,000 km** from the venue will be asked to **avoid flying** and choose greener travel options whenever possible. Please make sure you are comfortable with this condition before applying.

"Travel consciously. Arrive with purpose."



Green Association

The association was established at the end of 2012 by a group of friends. What connects us is the love of nature in all its aspects. Our main goal is to promote non-standard solutions for environmental protection, and the tools we use strive to preserve our originality, authenticity and freedom.



Staro Stefanovo

Sofia

Momin prohod



Meet our Team



Veselina
Learning Facilitator



Aleko
Journey Coordinator



Teun
Experience Facilitator



Valya
Culinary Rituals



Backpack Checklist

- Personal hygiene items
- Warm clothes (at night it can get cold)
- "Dirty" working clothes
- Comfortable shoes
- Rain jacket
- Swimsuit 
- Sun hat
- Earplugs (depends how deep you sleep)
- Sunscreen and repellent
- Personal medication, if needed
- Plug adaptors, if necessary (our type is F - most European countries can work out their plugs without an adaptor)
- European Health Insurance Card (EHIC)
- ID+copy & Passport





For any questions,
needs or just to say hi,
you can contact Aleko.

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Greenings!