

THE STORY OF US

Erasmus+ Training Storytelling in Youth Work

Petrohan, Bulgaria 18– 25 October, 2026



Funded by
the European Union



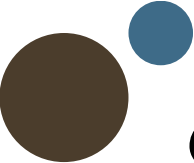
INTRO:

The Story of Us is an invitation to step Into autumn together, is about sharing our stories, building communities, and discovering the wisdom that lives within our experiences.

It invites us to listen deeply—to the voice, the body, the environment, the spaces in between, and the truth behind each story.

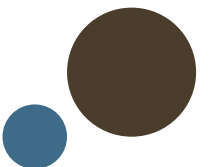
It is about giving others our full attention, meeting people as they are, staying present and empathetic, and creating space without judgment, agendas, or the need to fix.





SPECIFIC OBJECTIVES

- Develop storytelling skills to inspire reflection and action on human rights, inclusion, and youth participation.
- Explore storytelling and public narrative as tools for empathy, understanding, and civic engagement.
- Create space for diverse young people to share experiences and build connection, belonging, and community.
- Strengthen participants' skills as peer educators, community builders, and youth leaders.
- Explore how stories can bring people together, strengthen relationships, and create more connected and resilient communities.
- Exchange creative storytelling methods for addressing shared social challenges and inspiring collective action.



ELIGIBILITY AND PARTICIPANTS' PROFILE

Target Group: 30 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.



WHO WE ARE



This training is organized under the Erasmus+ Youth Accreditation of two Bulgarian organizations: the International Foundation for Y-PEER Development (IFYD) and the Professional Forum for Education (PFE).

IFYD Accreditation : 2026-1-BG01-KA151-YOU-000395348
PFE Accreditation : 2026-1-BG01-KA151-YOU-000389820

IFYD, established in 2016, builds on over 17 years of experience in youth work through PETRI-Sofia. It promotes meaningful youth participation, leadership, civic engagement, and sustainable youth policies at local, European, and global levels.

PFE, established in 2002, is a non-profit organization working in youth, education, and culture. It supports young people and education professionals through non-formal education and innovative learning, focusing on active citizenship, social inclusion, intercultural dialogue, sustainability, life skills, and youth mobility.

KEY DATES & ACCOMMODATION

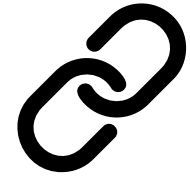
Arrival: 18 October 2026

Departure: 25 October 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 **05 October , 2026**



Deadline

Deadline to apply is 2 October 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, 18 OCTOBER 2026, PARTICIPANTS WILL STAY IN SOFIA IN A HOSTEL AND WILL HAVE A FREE EVENING. DINNER WILL NOT BE PROVIDED BY THE ORGANIZERS ON THIS DAY.
- ON 19 OCTOBER 2026, 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, THREE, FOUR 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:

Travel distance	Budget in EUR
Between 100 and 499 km	211
Between 500 and 1999 km	309
Between 2000 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, and buses). Travel by car, taxi, or any other private transport is not eligible.

Please note: Travel insurance, seat selection, extra luggage beyond the approved allowance, and extra meals or food expenses during travel are not covered and must be paid by the participants themselves.



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 share stories from your country, culture, and personal experience. We warmly invite you to bring something that helps tell a story — a traditional object, food, drink, photo, song, memory, or personal experience.

We encourage you to go beyond what we can simply find on the internet. Tell us something personal, unexpected, or meaningful to you. Share a story connected to your culture, your community, your family, or a tradition that matters to you.

Be creative, have fun, and let your story bring a little piece of your world to the group!



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.

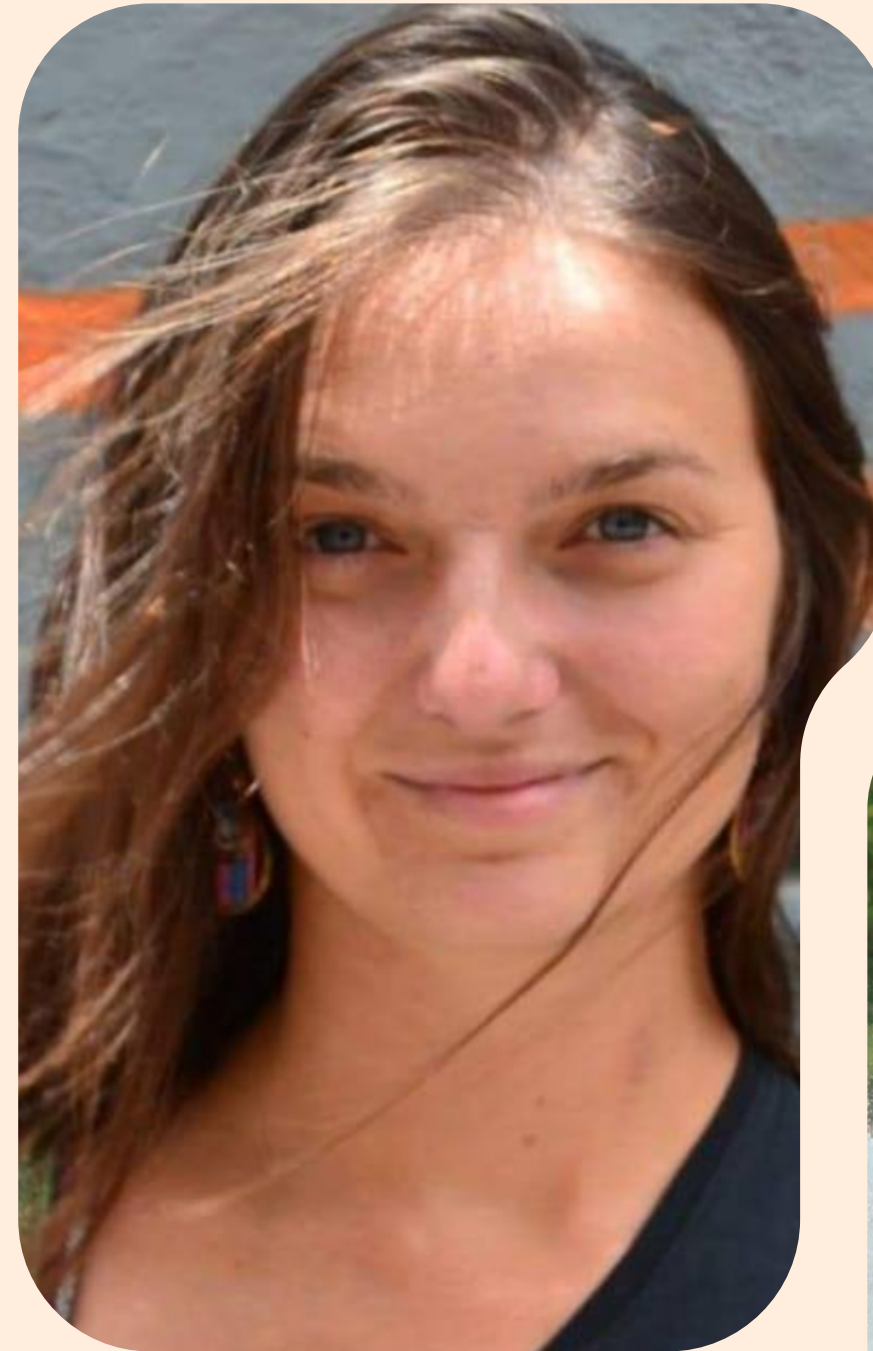
In October, weather conditions can vary, with temperatures generally cooler than in Sofia and possible rain, wind, or early snow at higher altitudes. Please bring warm and comfortable clothes, a waterproof jacket, and suitable shoes.

Depending on the weather conditions, we are planning to organize light hiking and outdoor activities during the training, so please come prepared to spend some time outdoors.

Meet Our Management and Training Team

- **Yuliya Andzhekarska**
- **ANMAR AL-RIKABI**
- **Aleksandar Nikolov**

The people driving the International
Training “The Story of Us: Storytelling in
Youth Work in Petrohan, Bulgaria – 18 to 25
October, 2026



THANK YOU!

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

For queries, please contact us at the following **emails**
exchangespfe@gmail.com &
alrikabianmar1@gmail.com

PFE:



IFYD:



Creative House Petrohan, Bulgaria