



Bulgarian Sports Development Association



“Volunteering for knowledge”

09 - 16 August, 2015

Info pack for participants

“Volunteering for knowledge” is an International Training Course (TC) that will deal with the importance of volunteering as a tool for acquiring new skills and knowledge.

Organized by “Bulgarian sports development association”, Bulgaria.

Duration: 09 - 16 August, 2015 - 6 full working days activities, 8 days including the travel dates.

Main topic of the content: The overall aim of the project is to empower young people/youth workers with the innovative way of acquiring skills and knowledge, using volunteering. The main target group will be focused on volunteering in sports, as an innovative approach to involve more young people to have real working skills and provide them with more employability opportunities. The transfer of good practices between western and eastern European countries, living the good examples during the TC will empower the fight with youth unemployment by creating opportunities for self-employment and employment through volunteering.



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Learning objectives:

- To raise knowledge and gain new experiences on volunteering and volunteering in sports as tools of recognition of skills and knowledge;
- Developing the potential for young people to help them access labor market with real skills and knowledge and this way - enlarge the youth employment.
- To clarify the challenges of volunteering in sports regarding to content and methodology, non formal and informal learning process, inter cultural learning and impact on local community;
- To create a network of professionals (youth leaders, social workers and Trainers) who work with unemployed young people and people with fewer opportunities using volunteering as a tool for education and ready to develop new E+ projects raising awareness on personal, social and professional development during the work activity.

This project is focused on teaching youth/social workers/youth leaders/trainers/sport coaches how they can use volunteering as a motivator and way to increase employability in their daily work with young people.

The profile of the ideal candidate:

- Youth /social workers/youth leaders/trainers/sport coaches, active within their organization or society;
- Be motivated to develop their competences in volunteering and sport;
- Already have experience in working with young people, organizing initiatives and projects;
- Be able to act as a multiplier in our local community, ensuring the snowfall effect;
- Be committed to attend for the full duration of the course and participate fully in all activities;
- Be aged 18+ but preferably 25+;
- Competently able to work in English language.

Working methodology: a combination of different creative and interactive methods will be used by the Trainers team and adapted upon the profile of participants. Some examples of working methods: theoretical inputs, round table, Compass/Salto sessions, individual/group activities, group exercises, work on examples in a small group, case studies, real attempts.



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Arrival day:

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Clothes:

Please bring with you sport equipment for indoor and outdoor sports.

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ASOCIACION SCOUT NUEVA AMISTAD - Spain

Funders:

With the support of the “Erasmus+” programme of the European Union.



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Financial Aspects:

The training course will take place from 09 till 16 of August 2015 in Sofia, Bulgaria. Financial support has been provided by the Bulgarian National Agency for the "Erasmus +" Program (Key Action 1).

Therefore, "Bulgarian sports development association" will offer the following conditions:

- The travel costs from your home town to the venue will be covered according to the rules of "Erasmus+" Program. According to the new rules within the Programme "Erasmus+" we will reimburse the travel costs on the basis of the cheapest possibilities, e.g. second class railway tickets, APEX-flights etc., accompanied by the receipt of complete and original tickets, invoices, bills, receipts, boarding cards etc. upon a certain "contribution to the travel costs of participants, from their place of origin to the venue of the activity and return". This contribution is "based on the travel distance per participant. Travel distances must be calculated using the distance calculator supported by the European Commission".
- Board, lodging, local transports and all materials of the training course will be covered by the Organizer;
- The participants should arrange their own insurance for their travel and stay in Bulgaria;
- A participation fee of 60 Euros is required by each participant, payable at the venue.

Travel costs:

The travel costs will be 90% reimbursed. For the reimbursement please keep all the original tickets, invoices and boarding passes. The reimbursement will be done accordingly to the amount of the tickets, the maximum amount that can be reimburse for each country can be found in the table below. If the travel costs are bigger than the specified amount then, the extra amount is supported by the partner organization or by the participant.



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Partner country:	Maximum reimbursement amount:
Portugal	820 euro
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Italy	275 euro
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ALL boarding passes, receipts, boarding passes and proof of purchases (originals and scanned copies)

We need to see the proof of payment for everything, namely that the credit card numbers should be on the ticket or the receipts should be added for cash payments.

Original documents will be sent to Yoanna Dochevska by post: **no later than 30th August 2015**

Bulgarian sports development association – Yoanna Dochevska

5B, Triaditza str, floor 1

Sofia 1000

Bulgaria

And scanned copies will be sent to info@bulsport.bg



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Preliminary program:

Venue: Sofia	Actions/Methodology:
09/08/2015	Arrival day
10/08/2015	Official Opening, Introduction of Aims of TC, Expectation Tree Team Building Presentations of NGOs and "Erasmus+" What is Sport? (Golden Fish) Evaluation: Comfy Group
11/08/2015	Introduction to sport values! Sport and Education (Formal - Non Formal - Informal) Sport and Concepts of Inclusion/Exclusion Sport and Conflict Management; "Play the Game" "Take a Step Forward" Including youngsters with fewer opportunities Evaluation: Comfy Group Intercultural night
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16/08/2015	Departure day



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IMPORTANT INFORMATION:

A. Travel

1. Regular air tickets must be accompanied:

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N.B.

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C. Insurance and VISA

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- ❖ Issue yourself an insurance, ex. European Health Insurance Card.
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- ❖ Participation fee: 60 euro per participant will be collected by participants at the first day of the activity at registration point. This participation fee is non-refundable.
- ❖ Currency – Bulgarian Lev. The Bulgarian Lev is pegged to the Euro. 1 EUR = 1.96 BGN. You may exchange money in banks and in any of the numerous exchange offices.
- ❖ Time zone: GMT (London) + 2 hours
- ❖ Electricity: 220 V, 50 Hz
- ❖ Prepare yourself for interactive workshops, outdoor activities, open discussions.
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E. Bring with yourself

- ❖ Comfortable clothes
- ❖ Information materials of your organisation - flyers, posters, business cards, etc.
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