

# A-B-C-De-mo-cra-cy!

**A TRAINING COURSE ABOUT  
DEMOCRACY, EQUALITY, PEACE  
AND DIGNITY**



**Democracy  
beyond the  
procedures.**

A-B-C-De-mo-cra-cy  
International training course  
Bulgaria

20 -26 April 2023

# About A-B-C-De-mo-cra-cy training course

**A-B-C-De-mo-cra-cy** is an educational pathway for motivated and passionate youth workers and volunteers that gives the possibility to go deeper into the values, concepts and effective mechanisms in order to ensure youth participation through active dialogue and cooperation, but also through effectively taking part in decision-making processes in their local, regional, national and European context.

With the support of the Bulgarian national agency for the Erasmus+ and ESC Programme, we decided to create this training course and invite you together with other like-minded people to take action in the process strengthening Democracy!

## Our context(s)

For the past years, we have experienced that our societies are in crisis, and one of these crises is the crisis of representative democracy. Often, this crisis results in the rise of extreme movements and anti-humane ideologies where migrants, refugees, ethnic and religious minorities, people with different cultural and sexual identities are scapegoated.



## URGENTLY NEEDED

justice	NOW
liberty	NOW
equality	NOW
solidarity	NOW
equity	NOW

## Our intention

Understanding and being able to communicate the existing dangers and all negative consequences of inequality, hate speech, radicalization and political manipulation is a must-to-know that all the youth workers and educators need to acquire. Therefore, it is essential to put efforts into reflecting upon Democracy as a complex socio-political construct, composed not only by procedures and legitimate rules but also by value-based principles.

## Our aim

The main aim of the training course is to support participants in comprehending contemporary democracy by creating a safe space for learning and critical thinking



By doing so, participants will better understand how to act in order to strengthen democracy, promote peace and inclusion on a local and organisational levels, hence how they could take an active role against radicalisation, hate speech and manipulation in their societies.

**NO  
HATE**

**DEMOCRACY  
FOR CHANGE!**

## Our objectives

- To explore democracy as a mixture of values (peace, equity, solidarity, equality, coexistence) and complimenting set of rules and procedures that modify and reproduce nowadays dynamic societies;
- To understand that peace is not only an absence of war, but it is a constant strive for conflict prevention and transformation, a prerequisite for a strong democracy and social progress;
- To explore what is the interdependence and the relation between the concepts of democracy, citizenship and participation;
- To understand how the lack of value-based democracy creates space for extreme ideologies and movements and to see democratic practices as a way to prevent radicalisation and marginalisation;
- To explore how concepts of human rights education and global education could strengthen democracy;
- To empower participants to take a proactive role in their communities and organisations and through youth work to combat address hate speech, radicalisation and exclusion;

**EXPLORE**  
**REFLECT**  
**LEARN**  
**EMPOWER**

## Our methodology and approach

**A-B-C-De-mo-cra-cy** is designed as five full days of experiential learning adventure in coherence with the main principles of non-formal education.

Equality, inclusion, and participation are not only values of Democracy but also key guidelines for the training course. This means that **YOU** will play an active role from the very first until the very last session.

You, being part of this learning experience, will have the opportunity to explore different concepts and dimensions of what we used to call “Democracy” and link it to your reality on local, national and European levels.



LEARNING

NON-FORMAL

EDUCATION

EXPERIENCE

ACTION

PARTICIPATION

TRANSFORMATION



## GENERAL INFORMATION ABOUT BULGARIA

The Republic of Bulgaria is a country in South-Eastern Europe. It is located in the eastern part of the Balkan Peninsula and occupies 23% of its territory. It is bordered on the north by Romania; west with Serbia and North Macedonia; south with Greece and south-east with Turkey. To the east, along the coast, the country is washed by the waters of the Black Sea. With almost 111,000 km<sup>2</sup> of land area and close to 7 million people, Bulgaria ranks 16th and 11th respectively in terms of area and population in the European Union. Sofia is the capital and largest city of Bulgaria.

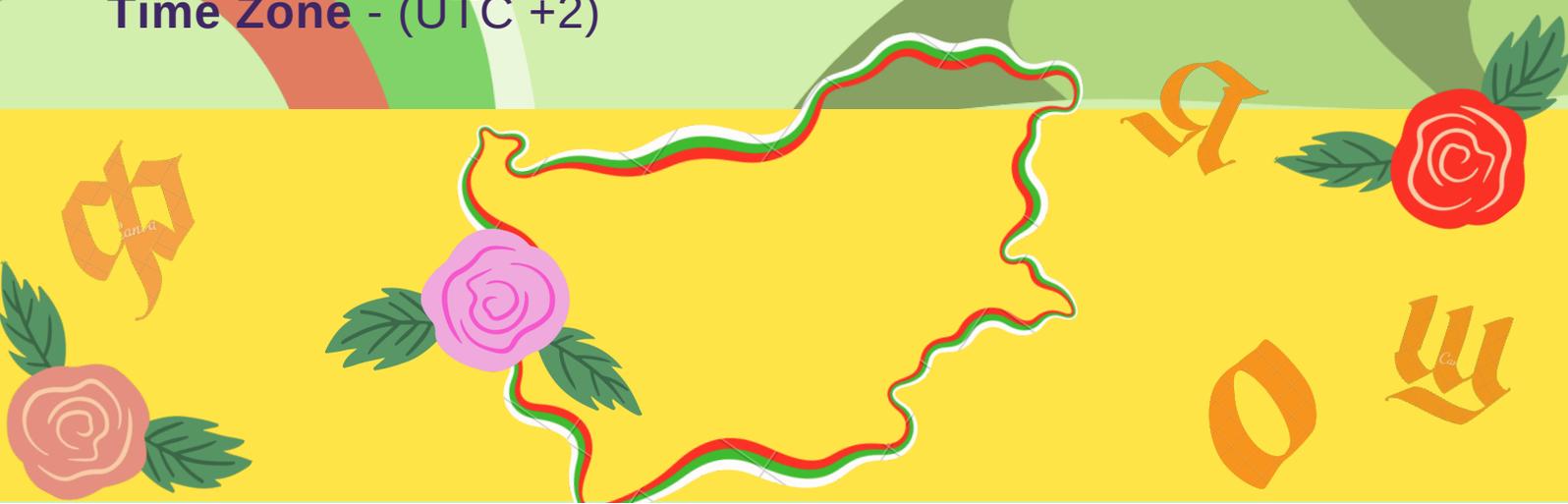
**Official language** - Bulgarian

**Climate** - Moderately continental climate with rich natural diversity.

**Official Currency** - BGN (BGN)

**Currency exchange rate** Euro to BGN: 1 EUR = 1.95580 BGN

**Time Zone** - (UTC +2)



## Team of trainers



**Stefan Georgiev**

Stefan is a passionate trainer but also a passionate learner. Freelance trainer in the field of youth. More than ten years of experience. Advocating for LLL-activities on all levels. Democracy and Participation promoter. Member of the Bulgarian NA Pool of trainers.



**Dzhafer Saatcha**

In the last ten years, Dzhafer has been involved actively in youth work, non-formal education and human rights education. Currently, Human Rights Education expert at Amnesty International Bulgaria, a member of several national and international pools of trainers and facilitators.

\* In case you have further questions regarding the training course, please contact the Bulgarian national agency using the email provided on SALTO Webpage.

**Democracy**  
beyond the  
procedures.

**SEE YOU SOON!**