



ASSOCIATION WALKTOGETHER
B U L G A R I A




Funded by
the European Union

Pro Facilitators Training Course

Tools & Technique

11-20 December 2023
Bansko, Bulgaria



The Erasmus International Training Course for Facilitators is an engaging and immersive 10-day program crafted for a diverse group of 40 international participants aspiring to enhance their skills, knowledge, and attitudes crucial for effective facilitation in an interconnected world. Through interactive learning experiences, guided discussions, and practical activities, participants will delve into fostering collaboration, understanding diverse perspectives, and personal development. This facilitator training aims to equip participants with a comprehensive set of skills, knowledge, and attitudes, enhancing their abilities and contributing to the creation of inclusive, collaborative, and culturally sensitive learning environments.

Project learning outcome



LEARNING THEORY:

- Explore various learning theories such as experiential learning, constructivism, and social learning to inform facilitation practices.
- Innovation and Creativity: Develop an appreciation for creativity and innovation, exploring divergent thinking and problem-based learning as facilitation tools.
- Project Management Basics: Acquire foundational knowledge in project management principles for effectively planning and facilitating group projects.

SKILLS

- Intercultural Communication: Develop adept communication skills for facilitating diverse and inclusive group dynamics.
- Active Listening and Reflective Practice: Hone active listening skills and cultivate a habit of reflective practice for continual improvement in facilitation.
- Problem-Solving and Critical Thinking: Enhance problem-solving abilities and critical thinking skills essential for guiding groups through challenges.
- Digital Literacy: Acquire proficiency in utilizing digital tools for facilitating engaging and interactive learning experiences.
- Time Management and Productivity: Master time management techniques to ensure efficient and effective facilitation.

RESILIENCE:

- Build resilience to navigate challenges and setbacks in facilitation with a positive and adaptable mindset.
- Curiosity and Lifelong Learning: Cultivate a curiosity for continuous learning and a commitment to lifelong learning as facilitation professionals.
- Empathy and Cultural Sensitivity: Develop empathy and cultural sensitivity for effective facilitation in multicultural environments.

ATTITUDES:

Open-mindedness and Flexibility: Foster an open-minded and flexible attitude towards diverse perspectives and ideas, creating an inclusive facilitation environment.

KNOWLEDGE

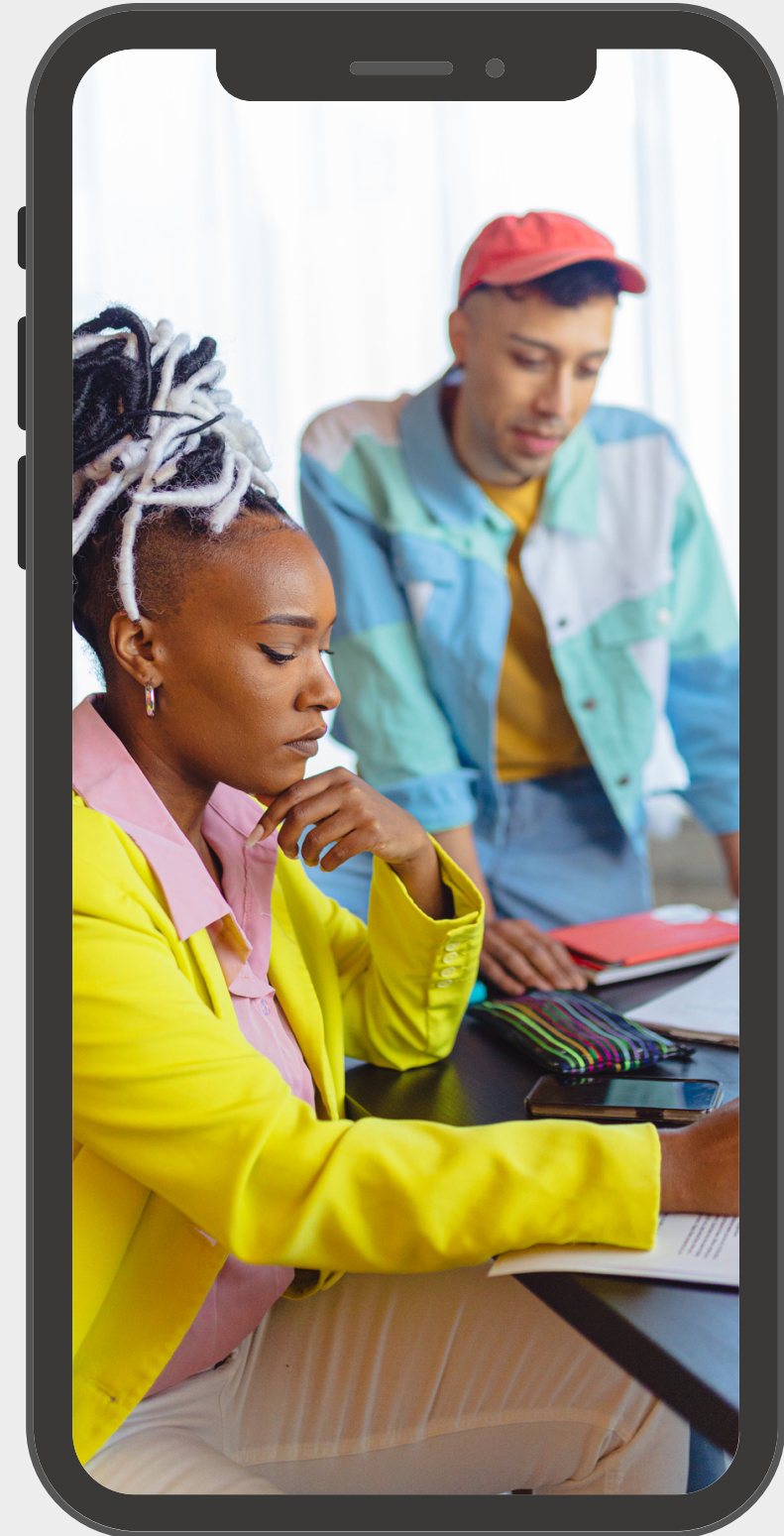
- Cross-Cultural Competence: Gain knowledge and understanding of diverse cultural perspectives to create inclusive facilitation environments.

Participant's profile

Identify Participants: *Select youth workers who are eligible for the Erasmus+ program and have a keen interest in enhancing their facilitation skills.*

The target group of the Erasmus+ mobility for youth workers program comprises individuals who are actively engaged in youth work, which involves working with young people in various capacities to support their personal, social, and educational development. This program specifically aims to benefit youth workers who are seeking opportunities to enhance their professional skills, broaden their horizons, and exchange experiences with peers from different countries. The target participants may include youth workers employed by youth organizations, NGOs, community centers, schools, and other relevant institutions. By facilitating international mobility and collaboration, the Erasmus+ program aims to enrich the skills, knowledge, and networks of youth workers, ultimately leading to more effective and impactful engagement with young people in their local communities.

- The total number of participants 40 participants
- Age 18 +
- Sufficient knowledge of English language



Venue

Hotel Royal Bansko

We will accommodate you in apartments - 3 to 4 people. Food will be served in the hotel's restaurant - 3 meals per day, which will be according to the dietary restrictions for each participant. You will also have at your disposal a swimming pool, sauna, table tennis an outdoor space and fitness.

Website:<https://www.royalbansko.bg/pictures>

Location Map: <https://goo.gl/maps/DBydycdLEAayEwV98>

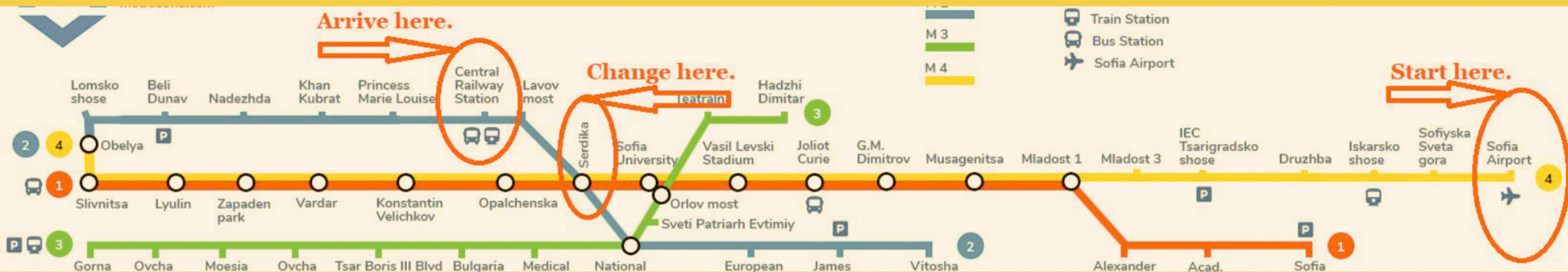


HOW TO GET TO THE VENUE?

The participants will need to use public transport to get from Sofia to the project venue. For that, you will need cash for a subway ticket to the bus station in Sofia (1.60 BGN - approx. 0.80 euro) and for the bus from Sofia to Bansko. (20 BGN - approx. 10 euro one way).

From Sofia Airport (Terminal 1 and Terminal 2) to the Central Bus Station

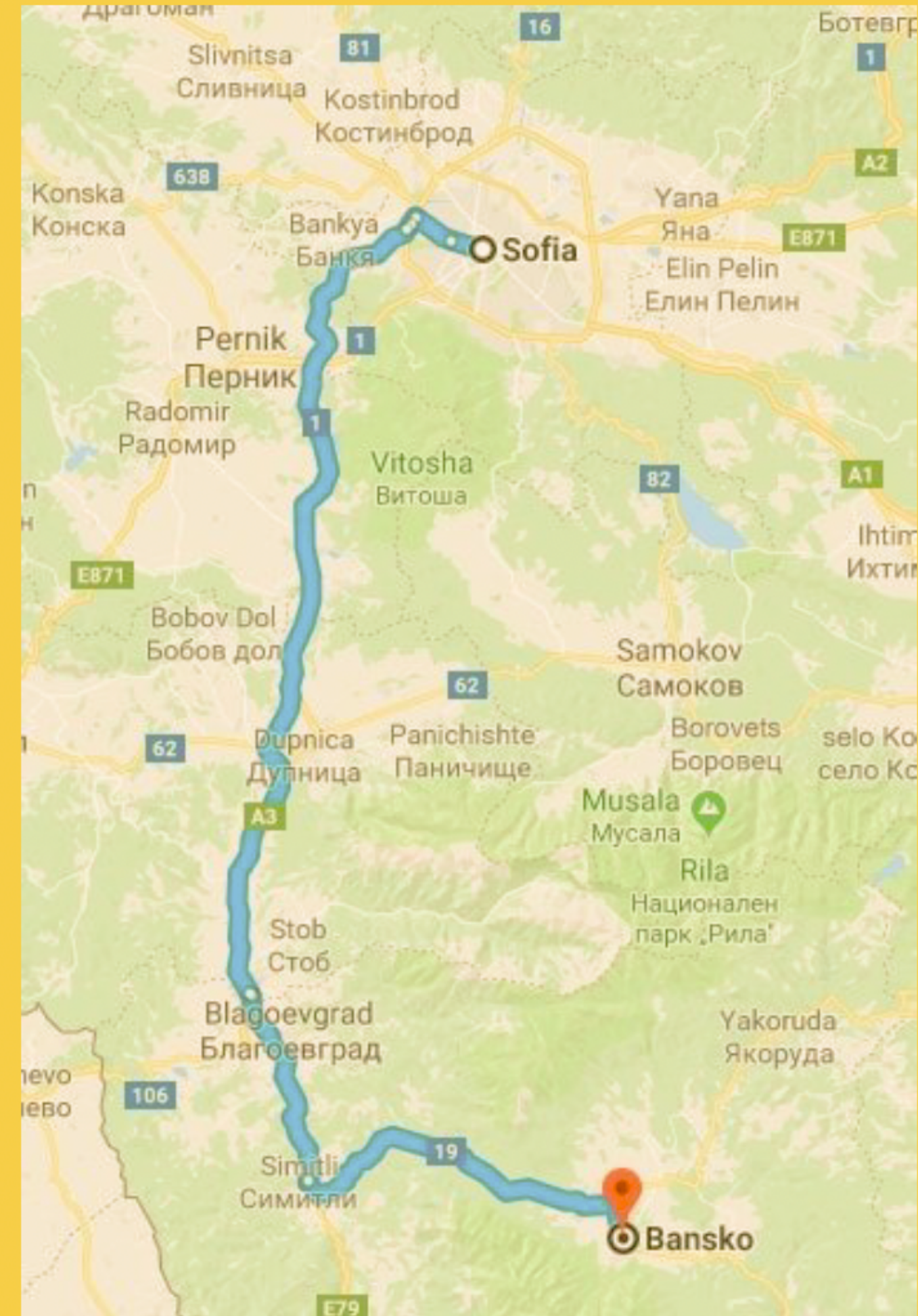
Outside of the terminal you will find a white minibuss with a sign TRANSFER SHUTTLE (or simply ask someone from the staff where is the free shuttle to Terminal 2). Once you get on, you will arrive in approx. 7 mins to TERMINAL 2 of the airport. Once you are at Terminal 2 of the airport, go out of the building, turn left and go all the way down on the road and you will get to the subway station "Sofia airport" (2-3 mins walk). From there you get the subway and take the BLUE LINE from "Sofia Airport Terminal 2" to "SERDIKA" station. Once you reach "SERDIKA" station you will change to the red line towards "OBELYA" or "LOMSKO SHOSE" and get off at the second station, which is called "CENTRAL RAILWAY STATION". Once you get out from the subway on CENTRAL RAILWAY STATION you will see a large blue building with the sign "Central Bus Station".



HOW TO GET TO THE VENUE?

Once you get to the Central Bus Station, you need to buy tickets for the bus to Bansko. Inside the building you will be able to get the bus tickets for the bus which leaves from there and arrives in Bansko. The journey will be about 3 hours and it will cost you 20 BGN. There are a few busses a day from Sofia to Bansko with departing times: 09:45, 11:25, 14:00 and 16:45. The departure times of the busses might change by the time you buy tickets. With this in mind, please check the times on the official site of the Bus Station:

<http://www.centralnaavtogara.bg/index.php#b>
Please schedule your entire trip according to these times, seeing as there is no other way to get to Bansko.





Reimbursement cost

Standart
Budget

Green Travel
Budget

0 – 99 km	23 EUR	
100 – 499 km	180 EUR	210 EUR
500 – 1999 km	275 EUR	320 EUR
2000 – 2999 km	360 EUR	410 EUR
3000 – 3999 km	530 EUR	610 EUR
4000 – 7999 km	820 EUR	

** If you decide to travel by CAR, it is eligible only if you are a minimum of 2 people per car. The cost is not calculated per person, but per car based on the real cost - gasoline receipts, Vinette tax, Bridge Tax, etc.*

**If you mix plane and bus, your costs are calculated based on the standart travel budget criteria.*

LET'S THINK GREEN

ONLY THE MOST ECONOMIC MEAN OF TRAVEL WILL BE APPROVED, THEREFORE PLANE OPTION WILL BE APPROVED MOSTLY IF YOU DO NOT HAVE BUSes OR TRAINs OPTIONS, OR YOU ARE TRAVELLING FROM CITY WHERE THERE IS NO OTHER WAY (ISLAND or VERY FAR AWAY LOCATION).

VERY IMPORTANT:

ARRIVAL: On 11.11 by 16:00h. Program starts at 16:30h on 11.12
DEPARTURE: On 20.11 after 13:00h. Program ends at 13:00h.



Reimbursement of travel documents will be made about 1-2 months **AFTER** the project on the basis of:

Completed **dissemination activities**.

ORIGINAL documents (TICKETS and INVOICES): If you have electronic tickets, we will require them on email and in the designated folders, however if you have physical tickets we have to have the originals sent by post office.

ONLY THE MOST ECONOMICAL WAY OF TRAVEL WILL BE REIMBURSED. You can buy priority boarding, however check-in luggage and everything else extra is YOUR OWN cost.

TICKETS WHICH ARE NOT APPROVED BY THE HOSTING ORGANISATION WILL NOT BE REIMBURSED. PLEASE SEND US YOUR TRAVEL PLAN BEFORE BUYING ANYTHING on walktogetherbulgaria@gmail.com

Participants can arrive **2 days earlier and stay 2 days after** the project. Please keep in mind that you have to pay your expenses for the extra days (accommodation, food etc.) on your own if you choose these options.

Travel cost will be reimbursed based on Standard Travel (plane) or Green Travel (a transport with low emissions, as trains and buses).

Insurance



It is **strongly recommended** that participants in transnational activities are in possession of a European Health Insurance Card. This is a free card that gives access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries, Iceland, Liechtenstein and Norway, under the same conditions and at the same cost (free in some countries) as people insured in that country. More information on the card and on how to obtain it is available at <http://ec.europa.eu/social/main.jsp?catId=559>.

In addition, all pupils involved in a mobility activity under all Key Actions of the Erasmus+ Programme, must be insured against the risks linked to their participation in these activities. The Programme leaves it up to project organisers to seek the most suitable insurance policy according to the type of project carried out and to the insurance formats available at national level.

In either case, the following areas must be covered: wherever relevant, travel insurance (including damage or loss of luggage); third party liability (including, wherever appropriate, professional indemnity or insurance for responsibility); accident and serious illness (including permanent or temporary incapacity); death (including repatriation in case of projects carried out abroad).



Management
Team

Facilitators
Team



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