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DREAM

DIGITAL RESILIENCE THROUGH
EDUCATION AND ANALYZING MEDIA
VOL. 2

Erasmus+ Training Course
for Youth Workers

Petrohan, Bulgaria
10-17 March 2025





OBJECTIVES

- Equip youth workers with the skills, tools, and strategies necessary to address the needs of young people in the **responsible, efficient, and mindful use of digital media**.
- Enable youth workers to develop and implement activities that promote **critical thinking** and the ability to **analyze online content**, fostering a generation of responsible digital citizens.
- Enhance understanding and skills related to **digital wellbeing, focusing on the healthy use of technology**, recognizing risks, and maintaining **online safety** in a rapidly evolving digital landscape.
- Build youth workers' capacity to educate young people about **media literacy**, enabling them to navigate, evaluate, and create content in an informed and ethical manner.
- Prepare youth workers to **address challenges posed by increased dependence on digital tools for communication, education, and work** by integrating innovative methods and approaches into their practices.

WHO WE ARE

Association “Professional Forum for Education” was established in 2002 as a non-profit organization which has a wide range of activities related to the youth work, education and culture.

Association PFE works both with young people aged 14-30 and with professionals in the field of education – teachers, youth workers, etc., and aims to build their capacity through non-formal educational methods and approaches.

The main topics we work on are connected to sustainable development, mindful use of digital media, entrepreneurship, active citizenship, social inclusion and intercultural dialogue. We promote life skills education and innovations in education, youth mobilities and volunteering opportunities. We regularly organize interactive workshops, seminars, training courses, conferences, summer and winter trainings for teachers and youth workers, as well as youth activities on the local and national level.



PARTICIPANTS' PROFILE

We are looking for youth workers to join the training who:

- Are aged 18+
- Are residents in one of the participating countries (Erasmus+ programme countries) - all EU member states, North Macedonia and Türkiye.
- Have the experience in working/volunteering with organizations on programs/projects for youth
- Are available for the whole period of the training course
- Are open to learning, developing new skills, acquiring knowledge related to non-formal educational methods and working with disadvantaged groups
- Are able to engage a group in an educational process, appreciate an interactive model of learning, create a comfortable environment, convey accurate information, mediate conflicts and understand group dynamics.



HOW TO APPLY

- Please apply through this link:
<https://forms.gle/d5rUKHeqGCXxzwTU9>
- Please note that it is mandatory to fill in the application form, in order to take part in the training. Only the selected participants will be notified by email that their application has been accepted by 5 February 2025.
- After we send you an email invitation, you will be kindly requested to book your flight/train/bus tickets to Sofia and back home (after our approval). Please note, the costs will be reimbursed to you by bank transfer after the project up to the Erasmus+ limits (please check them in the table on the next pages).
- Please note that 10 March 2025 is the arrival day in Sofia and 17 March is the departure day from Sofia. You can stay up to 3 additional days in Bulgaria on your own expenses.
- **The deadline to apply is 4 February 2025 midnight Sofia time!**



PRACTICAL INFORMATION



- The official language of the training course is English.
- Travel expenses from your home country to Sofia and back will be reimbursed within the limit that Erasmus+ programme foresees for participants from your country based on presented original tickets and boarding passes.
- The training course will take place in the Creative House Petrohan, 60 km from Sofia.
- Transfers from Sofia to Petrohan and back will be provided by Association PFE.
- During your stay in Petrohan, you will be provided with full board accommodation (breakfast, lunch, dinner and coffee breaks). Please keep in mind that you will be sharing a room with another person of the same gender (2-3 people per room).
- There will be Wi-Fi Internet available in the venue.
- A detailed agenda of the training course will be sent to you in the following weeks before the event.
- Visa costs will be reimbursed based on providing payment receipts.



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:

Distance	Max travel costs when using a flight	Max travel costs when traveling by land
100 – 500 km	211 EUR	285 EUR
500 – 1999 km	309 EUR	417 EUR
2000 – 2999 km	395 EUR	535 EUR

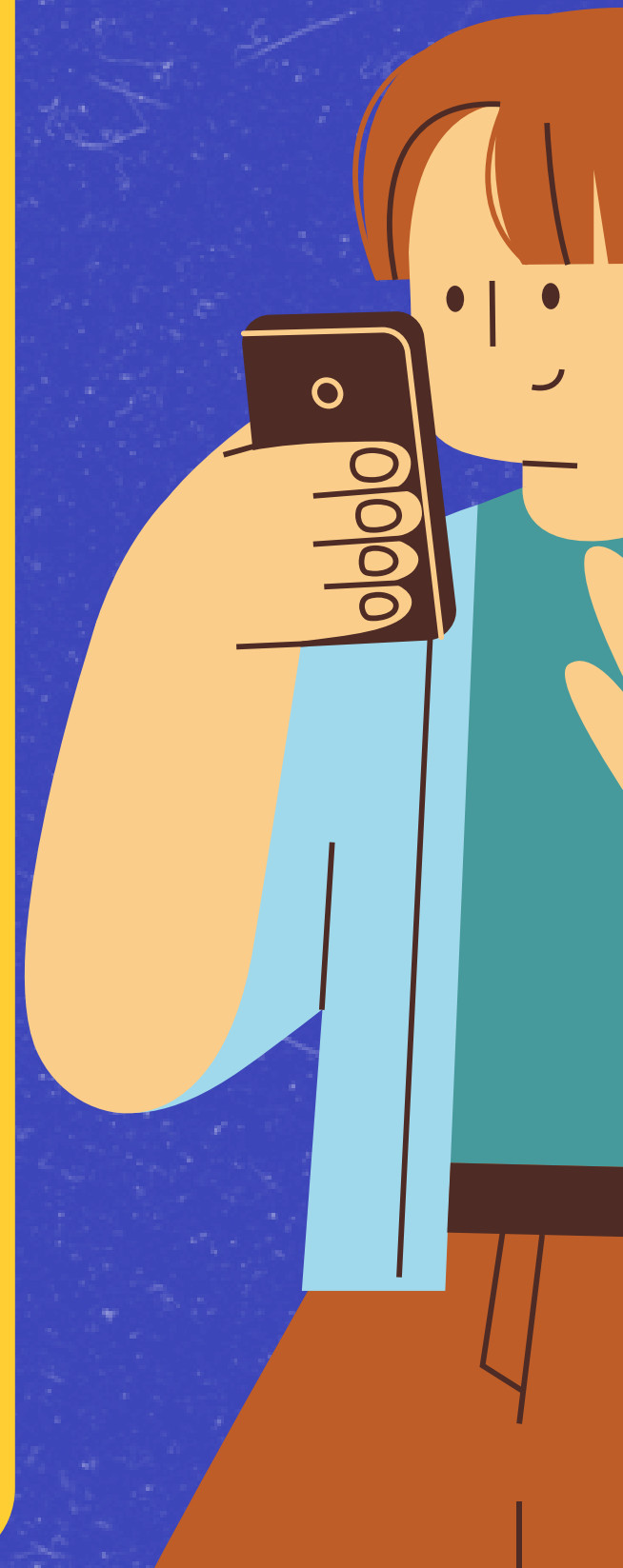




KEY MOMENTS

We are kindly inviting each of you to bring a cup/mug from your country to the training!

On the first day of the project you will exchange the cups with another person from a different country, so that you would have something to remember from each other, as well as not to use plastic cups during the coffee breaks.





KEY MOMENTS

During the training course there will be an intercultural evening. You will get the chance to present your country.

We will set up tables for your country and we would like to invite you to bring any promotional materials, products, videos, clothes, foods and drinks, in order to present your country and share what is special and unique about it with the rest of the participants. Videos, quiz games, songs and dances or any other creative expressions are encouraged!





KEY MOMENTS

In the end of the exchange, 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



KEY MOMENTS

We strongly recommend the selected participants to have their EU Health Card and/or to make an additional health insurance. Please take into account that the project budget does not cover health insurance costs but they are important for the safety and comfort of all participants.



ABOUT YOUR STAY



Creative House Petrohan is located in the mountains and is surrounded by forests. The altitude is around 1500 m above sea level. That is why, prepare for cold winter weather and possibly some snow. Temperatures outside may vary from -5 to +6 degrees.

The venue is not a hotel, it is a cozy house in the mountains, far away from city life and close to nature. Food that will be served at the venue is typical Bulgarian, prepared with local products and following traditional recipes.

Please be prepared to bring with you warm and comfortable clothes and shoes. More information about logistics will be shared with you closer to the dates of the training.

LOOKING FORWARD TO MEETING YOU SOON!



For queries, please
contact
exchangespfe@gmail.com