

# PHello!

Association "Impuls" invites you to take part in youth exchange in Ruse, Bulgaria

6 people per organization (5 Participants + 1 Leader)

Please keep the gender balance if it's possible





### Summary

Challenge 2 Change is a youth exchange focused on the topic "The Challenges of EU" and the role of the young people is to discuss the topic, analyze the challenges and present them through media products: press, radio and video. 42 young people from Bulgaria, Italy, Greece, Spain, Portugal and Romania will take part in the project with an interest in the project and its activities. Some of them are exploring the EU's challenges, and in particular the events that have taken place in recent years with their positives and negatives for society and the EU as a whole. In the implementation of the main activities are provided workshops, in which the young people get acquainted with the term "media literacy", media types. They will discuss the challenges of the EU, meet with PR and radio host to discuss how to produce a successful media product. An open exhibition with photos of the participants prepared before the main project activities will be prepared and will reflect their personal views on the EU's challenges. The objectives of the planned activities are: intercultural dialogue in a safe environment, exploring new cultures, enhancing media literacy and activating active European citizenship, enhancing personal competencies. By fulfilling the objectives of the planned activities, we believe that we will achieve the objectives of the project, namely: youth to discuss topical issues of European citizenship, to realize that, despite cultural differences, they have the same values, become more tolerant to the different, with the manifestations of racism, discrimination and xenophobia, to be active Europeans involved in building civil society, but in a way more accessible to them, namely through the media. Methods that will be used in the project are energy jets, ice brewing games, role plays, discussions, application of theatrical techniques, etc.





### Activities

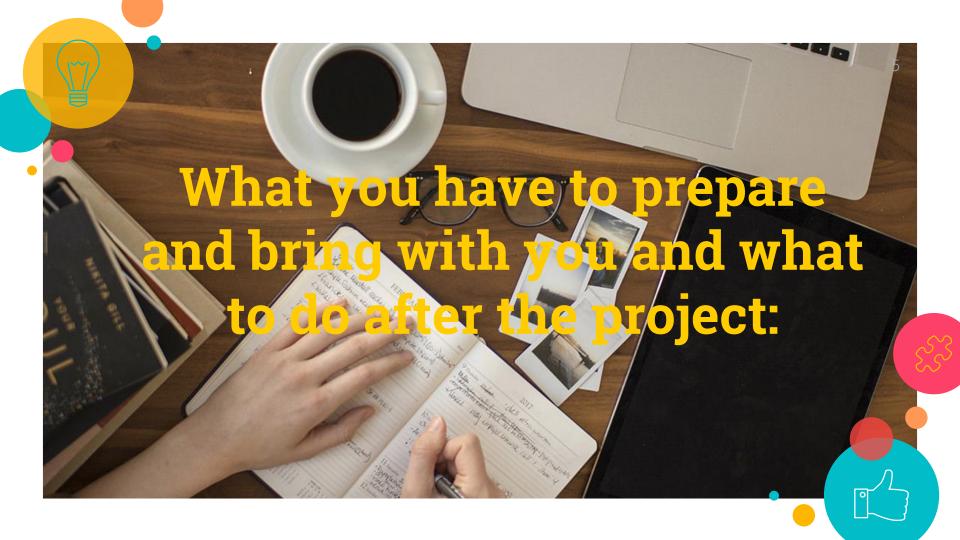
- The participants will explore different workshops and more concretely:
- Video making workshop
- Workshop for exploring how to make a radio show. Also the participants will do a radio show for EU challenges
- Organizing an exhibition
- Workshop for media and making a newspaper
- O Team work, energizers and etc.
- Intercultural evening
- Participation in social events (more information will be announced when you arrive



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### What to prepare before the project?

- Each group should prepare 3 pictures which shows the European "challenges" in their country. **The**pictures should be sent by email 1 week before the project. All pictures will participate in exhibition.
- To make a research about nowadays challenges in EU about youth (not more than 3 topics)
- Energizers 3 per group (inform us by email 1 week before the project about the idea and materials)
- Team games (outdoor and indoor) 3 per group (inform us by email 1 week before the project about the idea and materials)
- Declaration of agreement from parents (for participants under 18)

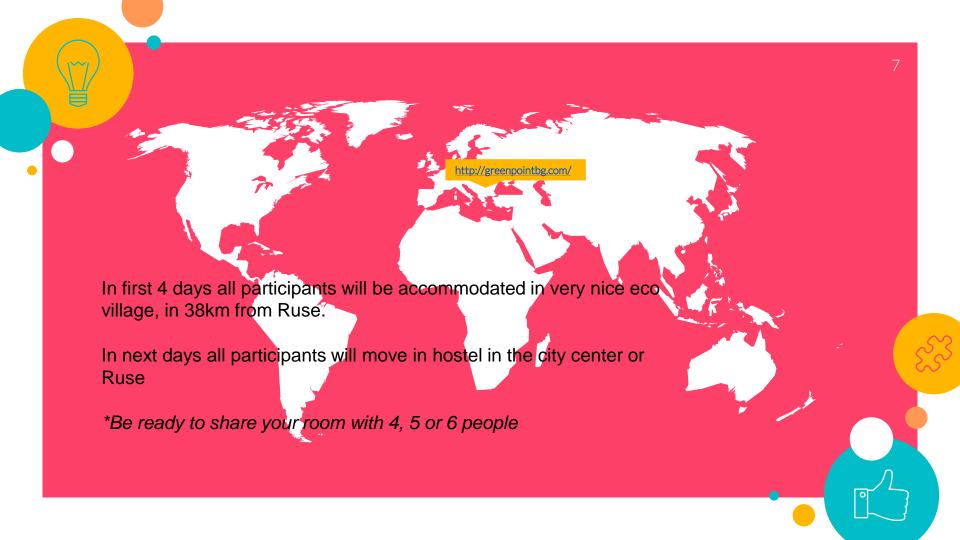
### What to bring in Bulgaria?

- Towel, Flip-flops, Comfortable clothes, Cosmetics and other personal stuffs which you will need to feel comfortable during your stay
- European Health Card
- Some materials which present your country brochures, leaflets, videos, game
- Some snacks and drink we will have an intercultural evening ©
- Some repellents against mosquitoes
- Creativity, good mood and your biggest smile!

### What to do after the project? (deadline 16 of June 2019)

- Share announcement about their participation in newspapers and other media
- Meeting with youngsters and present the project and its results
- Share the materials made during the project with friends and local community

(For each activity you should send us pictures, links, and etc. which proves the event was made)





Italy: up to 275 euro per person
Spain: up to 360 euro per person
Portugal: up to 360 euro per person
Greece: up to 180 euro per person
Romania Iasi: up to 180 euro per person

Romania Giurgiu none





## Some info about Bulgaria

Capital: Sofia (2 mil. Inhabitants)

Official language: Bulgarian, alphabet Cyrillic

Religion: Orthodox (85%), Muslim (8%), others (7%)

Time zone: GMT (London) + 2 hours, East-European time (Germany) + 1 hour

Climate: Continental to Mediterranean in the South parts of the country. Average temperatures during January vary from -2 to 2 degrees centigrade in the valleys to – 10 degrees centigrade in the mountains. Average temperatures for June vary from 19-25 degrees centigrade in the valleys to 10 degrees centigrade in the high mountains. Rainfalls are 450-600 mm in the valleys to 1300 mm in the mountains.

You can see the Ruse's weather forecast in next 10 days in this web - www.foreca.com/Bulgaria/Ruse

Electricity: 220 V, 50 Hz

Entrance in the country: Most of the foreign citizens entering Bulgaria don't need visa but they must carry their valid international passport. The list of the countries which citizens need visa, when entering Bulgaria, can be found at www.mfa.government.bg

#### Custom's formalities and limitations:

Upon crossing the state border of the Republic of Bulgaria passengers may import and export duty free commodities that in type, quantities, and value are not of a commercial nature and personal belongings. Common custom declarations and restrictions are applied for import and export of currency, food, alcohol and goods. There is a special custom regime for antiquarian objects, historic and cultural treasures, medicines, narcotics, weapons, ammunitions.





Money exchange: The Bulgarian Lev is pegged to the Euro. 1 EUR = 1.955 BGN.

You may exchange money in banks and in any of the numerous exchange offices. Some of those offices are opened during the holidays. Euro-checks may be cashed on a lot of banks.

Approximate Exchange Rates for 1 BGN

1 USD 1.56 LEVA

1 EURO 1.96 LEVA

1 CHF 1.39 LEVA

1 GBP 2.28 LEVA

*Credit cards*: Most of the hotels work with VISA, Master Card or American Express.

Taxi-cabs: In towns and resorts there are taxi-cabs situated in the respective taxi ranks. People can take a taxi by calling a taxi company or in the street.

*Urban transport:* In towns there is urban transport: buses and mini-buses. In Sofia there are trams, trolley buses and underground. Tickets are usually bought before getting on the vehicle.

Car rental: You can rent a car from international rent-a-car companies such as AVIS, Hertz, Budget, Eurocar, etc. Many of the hotels in Bulgaria offer this service through a licensed Bulgarian rent a car companies.



Post offices and telecommunication: Working time of post offices is from 8:00 a.m. to 6:00 p.m. Postage stamps and postcards may be bought from the desks in the post office or from pavilions selling newspapers. There are a lot of internet-cafes from which you may talk cheap or send e-mails (most of them work 24 hours).

Local and international telephone services are covered through automatic street telephones operating with tokens and calling cards. Tokens for local calls (0.20 leva) and calling cards are available for purchase from any post office or places where newspapers are sold.

### **Important phones:**

Dialing code for Bulgaria from abroad +359
Emergency call number (Fire-brigade, First aid, Police) - 112
Telephone information 11 800
Some examples of prices in the bars of Bulgaria:

coffee - between 1,00 and 2,00 BGN beer - between 1,60 and 2,50 BGN mineral water - 1,00 BGN soft drink - 2.00 BGN whiskey 0,50 ml - between 4,00 and 5,00 BGN bottle of wine - between 10,00 and 20,00 BGN

Taxi - around 1,20 BGN per kilometer

A Taxi from the Sofia airport to the city center costs around 15 BGN. BE CAREFUL WHEN YOU TAKE THE TAXI AND LOOK FOR THE STICKER ON THE WINDOW WHERE THE PRICE PER KILOMETER IS SHOWN! Take cars of the company which has an agreement with the airport (they have an office inside the terminal).



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#### For those who arrive in Sofia

From the airport you have to go to the Central bus station. A Taxi from the Sofia airport to the city center costs around 13-15 BGN. <u>BE CAREFUL WHEN YOU TAKE THE TAXI AND LOOK FOR THE STICKER ON THE WINDOW WHERE THE PRICE PER KILOMETER IS SHOWN!</u> Take cars of the company which has an agreement with the airport (they have an office inside the terminal).

There are some buses to Ruse –in 08 00: 10 30: 12 30: 14 30: 15 30: 16 00: 18 30: 22 00 00:30

#### **Arrival in Bucharest**

Please send me your arrival time and we will try to help you with the traveling to Ruse. There are 2 buses and 1 train per day.





### For questions and more information:

Association "Impuls"

Ruse, Bulgaria

Email: impulsprojects@gmail.com

Petya Nikolova (Manager)

Lyusi Lyubenova (contact person) - +359 89 353 0715 (WhatsApp)

When you are sure in your participation, please fill the Google form which will be provided from your group leader/sending organization

