

Info Pack

# Think globally, act locally

26 May - 05 June 2017

Kresna Gorge (Bulgaria)



THE PROJECT IS FUNDED BY THE ERASMUS+ PROGRAM

# Youth exchange “Think globally, act locally”

## 26 May – 05 June 2017 @ Kresna Gorge (Bulgaria)

Location: Kresna Gorge, Bulgaria.

The youth exchange will take place in the southwestern part of Bulgaria, in particular - Kresna Gorge, a scenic natural reserve.

We would like to draw your attention to the floods. To mention some facts, floods are one of the most catastrophic natural disasters that endanger millions of people around the world every year. Management of risk in floods takes into account parameters such as the threat to the security of the population, economic and environmental damage. The necessary preventive measures to resolve the problem in a timely and effective manner are through public education before, during and after occurrence of floods. Also through practical activities for self-rescue and rescue of a person in fast water. The Struma River is a good place to acquire knowledge and experience on how to react most effectively in swift river water.

In addition, the young participants will have the opportunity to learn about Hydrology of rivers, the science of movement and distribution of river water masses.

### Main objectives and expected results are:

- Improving knowledge and acquisition of new experiences in the use of rafting as a tool for social integration of young people with less economic possibilities;
- To explore the challenges which sport is facing as a tool for social integration in terms of content and methodology, as an informal educational tool;
- To promote the potential of sport as a tool for bringing people together regardless of their age, sex, origin and financial status;
- To encourage the development of skills associated with water sports and flood prevention and to establish a network of river rescue transnational community;
- To facilitate the integration of young people with economic disadvantages and to promote mutual understanding and dialogue between cultures;
- To establish a long-term partnership within Erasmus + program;

## Some of the planned activities:

- Preventive Risk Management;
- Individual and group behavior incidents in fast water. Safety briefing;
- First Aid;
- Rope rescue systems;
- Practical exercises in white water as: Paddling techniques; To guide an inflatable rafting boat; Techniques of swimming in fast water; Self-rescue and rescue;
- In the evenings we can enjoy the thermal hot springs in the Pirin Mountain;

## Participants

<b>“Think globally, act locally”</b>			
<b>Country</b>	<b>Organization</b>	<b>Total Number of Participants /per country</b>	<b>Travel Costs in EUR /per participant</b>
Greece	SINDESMOS SISTIMA KAI GENIA	9	180.00
Turkey	GENCLIK SANAT ARASTIRMA VE EGITIM DERNEGI	9	180.00
Romania	Asociatia Young Europe Society	9	275.00
Poland	Youth of Europe	9	275.00
Bulgaria	Reflip	9	180.00

- Gender balance. Equal number of male and female participants will be invited;
- All participants must be aged 18-30. Group leaders (2 per country out of the total number of participants) are invited with no age limit;
- Priority to be given to participants with geographical and economic difficulties;
- Be committed to attend for the full duration of the youth exchange;
- All participants should fill in the [application form](#) by 24<sup>th</sup> of May 2017;
- Is recommendable all travel arrangements to be done by 19<sup>th</sup> of May 2017 latest;



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### Travel

- According to the rules within “Erasmus+” we will reimburse the travel costs on the basis of the cheapest possibilities, e.g. second class railway tickets, 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.
- Above you can find the maximum contribution to travel costs for one participant per country from the city of registration of the organization to the venue and back. Travel costs will be reimbursed upon presented all original travel documents and invoices.

### Checklist for Travel Reimbursements

#### Flights

- Regular air tickets must be accompanied by the original invoice (signed and stamped)/receipt/pay order/proof of payment;
- The boarding pass (the small ticket stub you receive before boarding the plane);
- The prices stated in the invoices, receipts etc. must coincide with the price on the ticket;
- For flight tickets search is recommended to use <https://www.skyscanner.net/>

#### E-Tickets

- Must be printed out and include your name and surname/s, the exact fare you paid, details of your flight on the same page;
- Must be provided along with the credit card receipt for the payment or a copy of your bank statement (clearly showing the payment has been made) given in with the boarding pass (the small ticket stub you receive before boarding the plane);

#### Train/Bus tickets

- It is important that that arrival and departure time, as well as the price are visible (+invoices if available);

#### Travel details

- Arrival date is 26<sup>th</sup> of May 2017 during the day;
- Departure date is 05<sup>th</sup> of June 2017 during the day;



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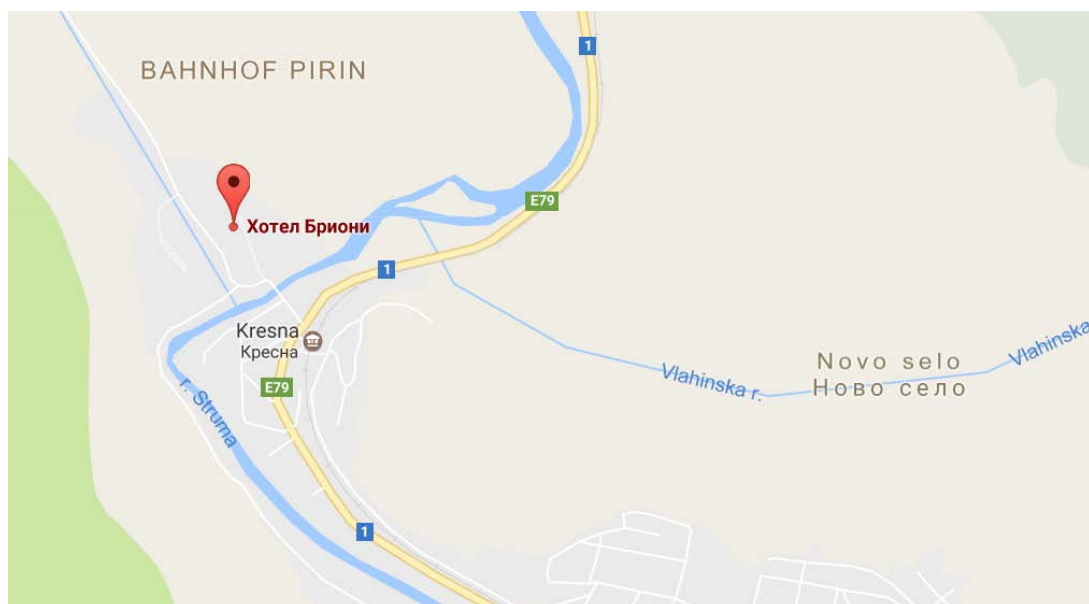
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## Accommodation

- Accommodation and meals are provided by Rafting Club Reflip;
- Share with us if you have certain dietary requirements, e.g. if you are allergic to some food or you are vegetarian.
- Participants will be hosted in comfortable 3 beds and 4 beds rooms In Hotel Brioni, Kresna, Bulgaria.

### Details of Hotel Brioni are listed below:

- Address: 2842 Stara reka
- Location: Bulgaria > Blagoevgrad Province > Kresna
- GPS: 41.730130, 23.149531
- Official website of the hotel: <http://brionibg.com/>



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## Useful information

- Currency in Bulgaria – Bulgarian Lev( 1 euro = 1,95 lev);
- Every participant must attend the full duration of the exchange. If a participant refuses or behaves in inappropriate manner, Rafting Club Reflip will request him/her to pay the full organizational costs per participant/per day and will not reimburse travel costs;
- Every participant will be required to pay 10 euro for medical insurance on arrival which will cover all river activities;
- VISA - send us via e-mail Scan of Passport if you need VISA support letter;
- All needed water equipment will be provided by Rafting Club Reflip: wetsuit, water boots, splash jacket, life vest, helmet, and paddle;
- No previous experience in water sports is required, the activities are suitable for beginners;

## Bring with yourself

- Comfortable clothes for outdoor sports - we will have many outdoor activities; Swimsuit, thermic underwear and socks, etc.
- Information materials of your organization - flyers, posters, business cards, etc.
- Typical food/drinks/dance costumes/presentation/story/interesting facts that you could present your country with during the Intercultural evenings which will take place.
- Photo cameras, at least one per group.



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- Sun protection oil
- The good mood! :)

#### Contact information

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Join the Facebook page of the project at: <https://www.facebook.com/groups/224861634672016/>



Life begins at the end of your comfort zone! 😊



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