

YOUTH EXCHANGE – PLASTIC

23 – 31 May (travel days included)

Village of Banya, Razlog Municipality

*Are you interested in the **environment**?*

Do you want to help the world with as much as you can?

*Fear not for **this is your opportunity** to do so.*

***Apply now** and be welcome to our project*

The objective of the project is to raise the awareness of the plastic issue, not only to the participants, but to as many people as possible. In order to reach this the participants will discover briefly the history, origin and chemical structure of plastic, before digging in the reasons of the incredible usage of plastic. Within the project the participants will discuss the sustainability of plastic, which comprises the social, economic, political and environmental impact and possible alternatives. After their participation in the project the youngster will become an Eco barometer in their local communities and they will educate the other people how to reduce using of plastic in daily life. Participants can use all products developed during the project in order to raise awareness among their peers, their parents, teachers and other representative of their communities of damage which uses of plastic made.



Profile of the participants

From each partner organization we need 5 participants – 2 girls + 2 boys (16+) and 1 group leader (no age limit).

Motivation for active participation in the project will be the main criteria in the selection of the participants. The youngsters should speak English language at a level that will allow their effective participation and active involvement in the activities because English will be the official language for the exchange.

Participants must be clearly aware that by joining the project PLASTIC they undertake to actively participate in all planned activities, as well as to have a commitment to disseminate information about the project to their communities by using different social medias.

Participants must be clearly aware that the use of hate speech in any form will not be tolerated during the project.

Please fill in the application form:

https://docs.google.com/forms/d/1MG6q_cXwq42_PJ1SoU3UyVd-ij0_OxEvGK-7z4G4gCg/edit

Travel costs: travel costs are according distance calculator of European Commission, here are some examples:

Greece	180/210 (green travel) Euro per participant, round trip
North Macedonia	180/210 (green travel) Euro per participant, round trip
Serbia	180/210 (green travel) Euro per participant, round trip
Croatia	180/210 (green travel) Euro per participant, round trip
Spain	360 Euro per participant, round trip
Bulgaria	20 Euro per participant, round trip

Reimbursement of the travel costs:

The amount spent on travel expenses will be reimbursed after each participant provides the necessary documents to the leading organization of the project - plane/bus ticket invoice, boarding card, etc.

Arrival day in Bulgaria: 23 May 2025

Departure day from Bulgaria: 31 May 2025

We need the time schedule of the arrival and departure of the participants one week before the project dates in order to organize the picking up from bus station in Razlog.

Insurance

Please each group of participants to have health insurance for the days of their stay in Bulgaria. You can take out insurance covering luggage loss. It is also very important to have a European health card. You can ask your sending organization to help you with this step.

EUROPEAN HEALTH INSURANCE CARD. The European Health Card is accepted in every country of the European Union. If you don't have it, you can get it easily. You should go to the office recharged with health affairs, and ask for your European Health Card. It's a little blue plastic card, and you can get it for free.

Accommodation

The participants will accommodate in a cozy hotel in the heart of the village of Banya, Razlog Municipality.

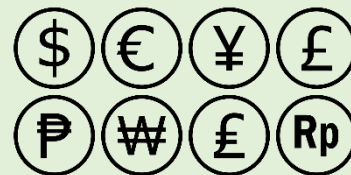
The participants will accommodate in: <https://prispaskahotel.com/>

In the village is full with swimming pools with mineral water, so take your swimming suits.

Before coming is good to know...

Currency

The Lev is the Bulgarian currency. You can pay only in Leva. There are many exchanges or bank offices in the streets to change money. Never accept offers to change money from people in the street- you will definitely be cheated. Also, there are plenty of ATMs.



Exchange rates: 1 EU = 1.95 BNG 1 USD = 1.71 BNG

Temperature:

During May, the weather is changeable, it can be very warm, but it can also be very rainy. Be prepared and bring short-sleeved shirts, a jacket and shoes suitable for the season as well as for nature walks. Take a bathing suit because the hotel has a pool. And you can check the exact forecast on this site: <https://www.sinoptik.bg/bansko-bulgaria-100733462?search>

What to bring with you?

First of all, motivation for learning and active participation in the project.

For the intercultural evenings bring your national flag, traditional music, food and prepare some funny games.

Coming to Razlog from Sofia Airport

Travelling Around Sofia

METRO: The best and the cheapest way to travel around Sofia is the Metro. The price for one-way ticket is 1,60 BGN.

To get the Metro from the Terminal 2 of Sofia Airport you have to go out from it and turn left (after 50m you will find it).

To get the Metro from the Terminal 1 of Sofia Airport you have to take the Shuttle bus to Terminal 2 which is in every 15 min.

The time to go from the Airport to the Central Bus Station by Metro is around 1 hour.

TAXI: You can stop a taxi anywhere by waving your hand. Every taxi must have rates sticker at the passenger window with rates for price per km, price for waiting, day and night rate. When travelling by taxi, check the meter regularly. (NB! The receipts or invoice from taxi it is not refundable cost in Erasmus + project)

Average fare for taxi ride from the airport to the city center should be around 16 leva and from the city center to the railway/central bus station – around 6-7 Leva.

If you want to go directly from the airport to the central train/bus station it won't be more than 20 Leva. It's a good idea to ask the driver how much it would cost before you get on.

One of the most famous and reasonable TAXI companies

"OK TAXI". Usually, the number of the company is written on the cars, it is: 02/973 21 21.

"YELLOW TAXI". We recommend you to download the mobile app called also YELLOW TAXI or Taxi Stars. You can use also OK Taxi but, in this case, follow the instructions below.

Be careful and check the phone number because there are many fake "OK TAXI"! When you get back your luggage at the airport, on the way to go out, OK Taxi has a desk.

Better to ask the person on the desk, who speaks English, for a taxi.

If you stay one night in Sofia, we recommend the hotel Hostel Mostel to you. It is close to the city center and to the central bus station. More information in their website: <http://www.hostelmostel.com/>.

Travelling from Sofia to Razlog

To come from Sofia to Razlog the only way is the bus. You will take a bus from Sofia central bus station to Razlog (the bus is from Sofia to Cotze Delchev but passes through Blagoevgrad-Razlog-Bansko) as the first one leaves at 8:30 am and the last one at 16:45 pm. The bus company which travels to Razlog are „Union Ivkoni “and „COHЯ type “. Somebody from IIC team will welcome you at the bus station in Razlog. Below you have the time schedule, when you arrive to the bus station you can go to the right sector and buy your ticket directly to the driver; it is 16 BGN/18 BGN for one way.

Bus schedule Sofia to Razlog, departures at 8.30 am (sector 30), 9.45 am (sector 31), 11.25 am (sector 31), 1.15 pm (sector 27), 2.00 pm (sector 31), and 4.45 pm (sector 30).

The time to go to Razlog from Sofia is around 3 hours.

Attn. Do not fall asleep because the bus is passing through Razlog and will continue to another town and you can miss it.

Contacts

For any issues please do not hesitate to contact the organizers!

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