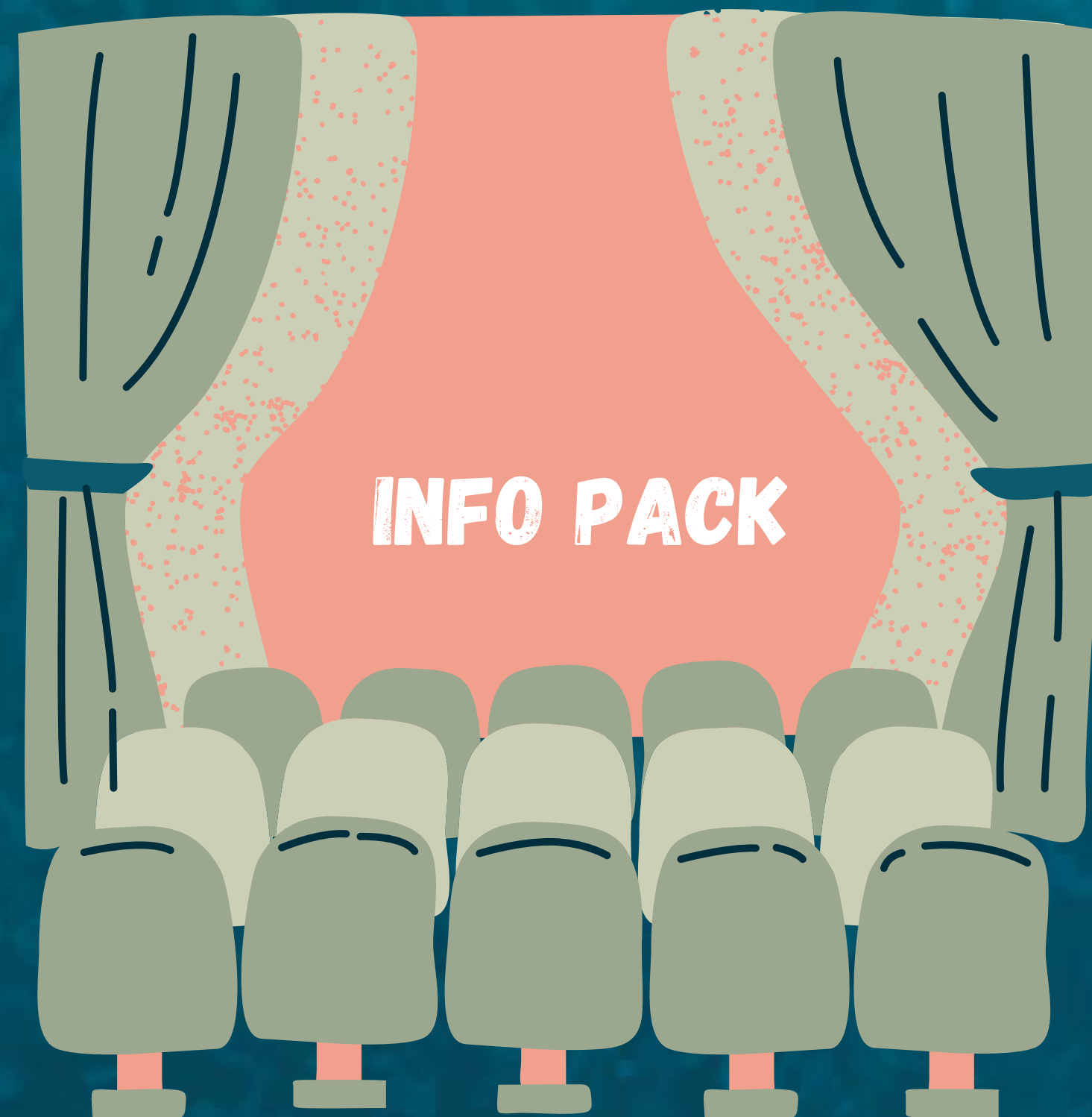


YOUTH EXCHANGE

**FORUM THEATRE – ACT
FOR POSITIVE CHANGE**

1 – 9 JULY 2024

DOBRINISHTE – BULGARIA



Co-funded by
the European Union

FEW WORDS



Deiana Dragoeva,
project manager

Dear friends,
we are all actors in our own theater, or at least we wish we were in the lead role. But do we always manage to overcome difficult situations and move on? Do we see the whole play or do we focus on our performance? Can we change the action or are we subject to circumstances? All this we will explore together in the open stage for our forum theater.

Forum theatre is a part of the methodology of nonviolent communication. It can be a key to solving problems from dramatic life situations to help in overcoming of addictions, changing negative qualities, stereotypes of behaviour, influencing positive change.

We look forward to you exploring the depths of our stories together and changing them.

OUR AIM

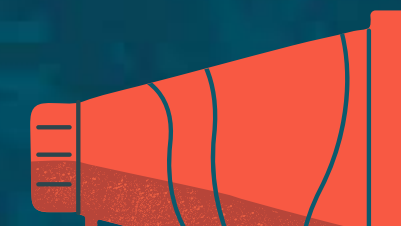
Developing skills for active participation, self-expression and assertion of rights, and transformation of a conflict situation into a positive solution.

WE WILL ACHIEVE THIS THROUGH

- ✓ Going through an in-depth process of personal development and mastering skills for applying the tools of non-violent communication
- ✓ Promotion of conscious and non-aggressive behaviour and communication through practical participation in the "forum theatre" method
- ✓ Transfer of the practice of transforming conflicts in the context of their countries and organizations
- ✓ Intercultural exchange, networking and creating a community of like-minded people



ADMIT ONE
334-4697



AGENDA OF THE JOURNEY

DAY 1:
Once upon a time...

Let the journey begin...
Script for living together

Discover the world
around us

Unlocking the mind
with street wisdom

The big question:
Why are we here?

**DAY 2: Me and
my emotions**

Our inner world
of emotions

Let's find out
what drives us?

OPEN SPACE: sessions and activities proposed
by the participants

**DAY 3:
Me and others**

Beliefs –
our enemies or friends

How we are
Interconnected

The conflict in me or
in my life! – SOLO process

**DAY 4:
My power**

Can the giraffe befriend
the jackal? (NVC)

Let's listen through
the giraffe's ears...

The shadows in the stories:
Playback Theater

Let's play:
Forum Theatre

**DAY 5:
Action**

Roles, stage, action! –
preparation of the teams

Behind the curtain:
Warming up for the stories

Building the story! –
group preparation

First ACT
Forum Theatre – group 1

**DAY 6:
Action**

Building the story! –
group preparation

Second ACT
Forum Theatre – group 2

Third ACT
Forum Theatre – group 3

Harvesting – positive
change resolution

**DAY 7: Storify
yourself**

Mountain insights
Reflection of the journey

Catch the moments –
pass the message

Opening the next page...

Evaluation And Closing

Who can participate?



Casting criteria

Young people aged 18 to 30, active in their youth community, some experience of participating in projects or youth activities, with a motivated interest in personal development.

2 young people + 1 leader (no age limit) per partner

1. Active youths
2. Motivated interest in the topic
3. Free usage of English (at least B2 level)
4. Good physical shape for activities in the mountain
5. Readiness to procure the necessary mountain equipment
6. Priority will be given to people with fewer opportunities
7. Age limit 18-30, leaders (no age limit but they have to take active part of the YE and to propose some activities according to the topic)

Every participant should participate in every phase of the project, incl. dissemination and follow up activities online and offline.

Till 30 April 2024 all the participants that are selected by their organisation, have to fill the:

PARTICIPATION FORM

After filling the form they will receive the final confirmation from VIA CIVIC team.

	Country	Partner	Group 2+1 leader	Travel budget Standard/Green
1	Bulgaria	Via Civic	3	23/-
2	Greece	EKO	3	180/210
3	Belgium	JOETZ vzw	3	275/320
4	Spain	CREAMOS EUROPA	3	360/410
5	Poland	Reflections on Europe	3	275/320
6	Portugal	ETPM	3	360/410
7	Slovenia	Adastra Ljubljana	3	275/320

Important

What is "green travel"?

- Bus, train, ship, shared car only
- Plane is standard travel
- Mixed transport is reimbursed as standard travel, if there is a plane used
- Green travel allows up to 4 additional days for travelling

The coordinator will consider each travel plan and its category.

Extra days are allowed (max. 2 days besides the project dates) but they are covered by the participants themselves!

We highly recommend the participants from the neighbor countries to use green travel!

Travel costs are covered up to a certain limit, according to Erasmus+ [Distance calculator](#)

Travelling

- Choose your travel as early as possible!!!
- Use an economic travel option
- Send us the travel option before purchasing for confirmation
- Send us the travel documents after purchasing

The arrival day is July 1, 2024 and all the participants have to be in Sofia, the capital city, till 16:00 (4 PM) local time!!!

We will organise a bus from Sofia to the venue and back, for which we will

deduct 40 EUR from the travel budget

The departure is on July 9, 2024 and we recommend the participants to choose a travel option **NOT EARLY IN THE MORNING** (after 12 lunchtime is ok).

We have 3 hours to Sofia by bus!



Meeting point in Sofia

The HOTSPOT with the organised BUS is the bus parking lot in front of the main entrance of the “Vasil Levski” National Stadium.

It is in the city center. Check it out in [GOOGLE maps](#)



- There is a subway from the airport, from Terminal 2 directly to Sofia University Station, entrance Eagle's Bridge which is 300 m away from the point.
- From Terminal 1 you have to take the shuttle to Terminal 2 and then the metro.
- You can also use BUS LINE 84 or 384.
- Do not forget to buy a ticket in the bus!!! You can do it inside the bus by card!
- There is a subway from the central bus and train stations to Sofia University Station, entrance Eagle's Bridge.

[More information about the metro in Sofia](#)

The bus will leave from Sofia on July 1, at around 16:30, so we kindly ask you to be on time.

In case you are late because of the transport, let us know! We will travel to the venue about 3 hours.

Reimbursement

The reimbursement will be made after the YE via Transfer Wise, when the participants:

- take part in all planned activities
- complete the dissemination and follow-up activities
- leaders fill up the standard questionnaire from the Beneficiary Module of Erasmus+
- The group leaders will be responsible to give us all the necessary travel documents!!!

TILL July 20, 2024, all the participants have to collect the documents and fill the

REIMBURSEMENT FORM

To get your reimbursement we compulsory require:

1. E-Ticket/receipt/invoice of your booking of the flights and generally every means of transport that you will use from your home until reaching the venue and for your return.

2. **Boarding passes**/travel tickets in original format – we recommend **online check-in and electronic** ones that you may send by email.

- **Mobile app** – the mobile boarding passes disappear after flight!!! Take an e-mail copy or make a screen shot of all of them (all the connections).
- If you make **an airport check-in** with paper boarding passes or you have only PAPER COPIES of your travel documents, you have to send the ORIGINALS **first scanned as an email and after by POST** to the address:

VIA CIVIC Association

1330 Sofia, BULGARIA, Razsadnika compl., bl.10, ent.4, post box.115

3. We reimburse only two way tickets

4. We can not reimburse costs for taxi, car for a single passenger and any other costs.

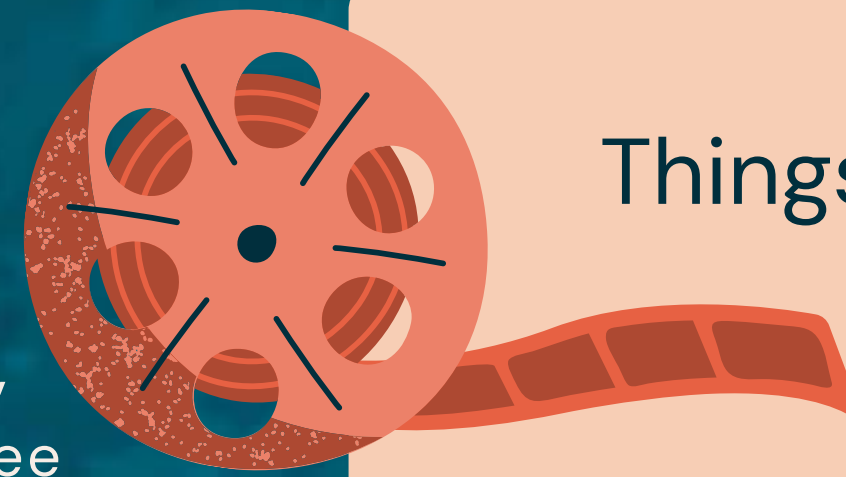
Venue

Dobrinishte is located around 160 km south of the capital Sofia, near the famous tourist town of Bansko. It is surrounded by three mountains. We have chosen a family hotel complex, away from the centre of the town. "Valentino-2" will be reserved entirely for us. The hotel has courtyards, which will be used for most of our activities.

There is WiFi and the hotel will provide towels.

The accommodation set up is 2-3 people per room randomly combined but from the same gender.

100% of accommodation and food costs are covered by the Erasmus+



Things to keep in mind:

We will have fun, however we are not meeting to party all night. Please, respect this.

To ensure that your mind stays sharp and you get the full benefits of this youth exchange and personal development process, we ask that you **refrain from drinking alcohol or taking other intoxicating substances.**

We also take this opportunity to remind you that **smoking is not allowed in closed public spaces** in Bulgaria, so you cannot smoke inside the facility in Dobrinishte.

PREPARATION FOR THE YE

Youth exchange is an activity where everyone's contribution enriches the experience. We invite group leaders to suggest:

- activities/sessions in the context of the program for us to include.
- ideas for the free time
- reflection sessions
- intercultural evenings formats, etc.

Send us your ideas by describing the activity, the time and materials needed, and its place in the program.

We expect your suggestions by June 15th by email: info@viacivic.org

Once we've collected the ideas, we'll discuss them together in an online meeting.



Be prepared for the mountain

The mountain is a key player in our adventure, but it is not to be underestimated. We will hike in the Mountains up to about 2000 m above sea level! Any weather can be expected. Temperatures can vary from 0 to +30 C, and rapid changes are possible. It is not possible to plan for good/ bad weather – we need to be prepared for both.

An important principle is having layers of clothes instead of one very thick cloth (shirt, thermo, wind-rain stopper).

To be ready for your mountain adventures, take a close look at the list of recommended equipment!



Every participant has to bring his own:

- **comfortable sturdy mountain shoes** (above ankles)
- **socks** – for mountain/trekking (artificial fabrics, wool)
- **jacket** – for wind and rain.
- **clothes** – warm, for cold weather – insulation layer (polar type, thin and thick), hat and gloves
- **trousers** – long, also suitable for rain and wind
- **bottle of water** (minimum 1 l)
- **light and comfortable backpack** for the mountain (20–40 l)
- **sleeping mat** (NOT a yoga mat) – you will need it for the SOLO activity! You can also buy it from Bulgaria (it is about 10 E) if you come early.

We can also provide one for you, but only if you can not bring or buy your own and if you request it in advance – write to us asap!

- **sleeping bag!!!** – NOT mandatory, only if you wish! Light one.




International Evenings

Storytelling will be the basis of the intercultural evenings. Bring a story from your country/region to share with the rest of the group. It can be a real story, one from your family, it can also be a myth, fairy tale or anything else that will take us into the story world of your culture (no videos, YouTube, or commercial ads, please! We want your personal authentic story and voice!).

Be creative in presenting your culture and remember that this is a time to get to know each other and have fun together. Be original, don't choose the clichés and reveal to us everything interesting that is not visible to the naked eye.

Sharing ideas

All participants are welcome to offer activities to get to know each other, build team and trust, encourage creativity, free time and outdoor activities.



Story Telling



THE JOKERS



Atanas Genkov,
trainer - Bulgaria

Hello dear participants,
my name is Nasko (Atanas) and I am one of the trainers in this project. We are co-creating the programme with a lot of love and care and we look forward to welcoming you in it! We have a beautiful location amidst some of the most beautiful mountains in Bulgaria and we hope it will turn into a safe playground where we will all get to know each other deeper and explore our challenges and inspire each other to continue on a brighter path! Can't wait to meet you all soon!



Nikola Dimov,
trainer - Bulgaria

Hello,
I am Nikola and will support you to create together a forum for your stories. I'm sure we'll all be surprised by the paths of the story and look for opportunities to reach a positive resolution. I look forward to you trying the methods of psychodrama and nonviolent communication because I am sure they will change your life perspective.

See you soon!

"In peace with the storm – from conflict to resolution"

Contact us:

Person in charge: **Deiana Dragoeva**
deiana@viacivic.org / Mob. phone +359 888 198 017

Coordinator: **Dara Hristova** / dara@viacivic.org

All travel documents send to: info@viacivic.org

Subject: **Travel – YE Forum Theatre**

More about VIA CIVIC on www.viacivic.org

YouTube: [@viacivic4499](https://www.youtube.com/@viacivic4499)

FaceBook: [ViaCivicBG](https://www.facebook.com/ViaCivicBG)

Instagram: [via_civic_association](https://www.instagram.com/via_civic_association)



The team of VIA CIVIC ASSOCIATION, coordinator of the "In peace with the storm – from conflict to resolution" created this info pack and bears full responsibility for the provided content and information.