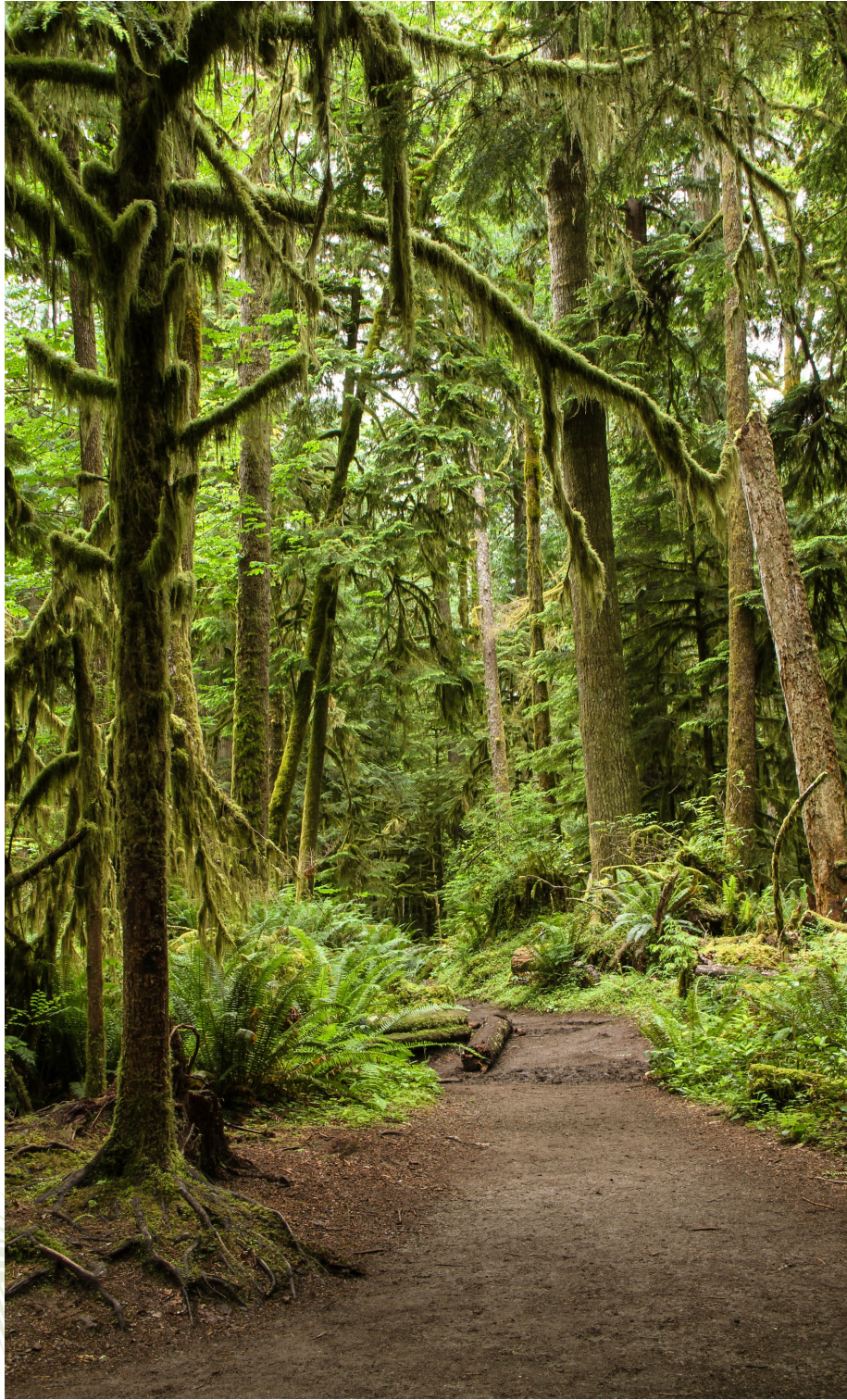
SYNERGY bulgaria

HUMAN RESOURCE DEVELOPMENT CENTRE

Step Forward

17 April 2019 - 25 April 2019
Bulgaria

Funded by the Erasmus+ Programme of the European Union



The main GOAL of the project

To create more sustainable future by increasing the youth participation, active citizenship and engagement of young people in making the society more aware and more responsible, and ultimately in creating more sustainable solutions to our everyday problems.

The frame of the project

Step Forward is a personal development program that brings together 30 Young people from 6 countries for a dynamic individual Learning experience in a group context. The project focuses on sustainability.

Everybody is the creator of his/her/their own experience.



The project is divided in three phases:

-Phase 1: PREPARATION
You will plan with your sending organization the practical aspects, like the travel, and you will discuss about your motivation, your expectations and your personal goal you have and you want to achieve.

-Phase 2: INTERNATIONAL PROGRAM
You will experience the project through collaboration, team work, expression and communication of feelings, opinions and facts, and through processes that will empower you to stand up for yourself and the society around.

-Phase 3: POST PROGRAM

You will implement your individual action plan shortly after the project and you will take care of the dissemination activities with the support of your sending organization.

What can you get?

-You can discover your place in society and how to fit in it without compromising its values and needs;

-You can learn to take action and work to solve environmental challenges in everyday life and work;

-You can develop competencies in youth work and to learn how to engage young people in working towards sustainability;

-You can learn to connect with nature and with people and to work with them in a safe Learning space to explore the topic of sustainability;

-You can understand better the world and the challenges that mankind faces;

-You can learn new creative perspectives for addressing problems in your community.



Step Forward

Where?

The project is going to be in the mountains two hours from Sofia.
You will stay in a shared accomadation.



When?

16th April 2019: Arrival of the participants;

17th April 2019: Program starts;

25th April 2019: Closing of the program;

26th April 2019: Departures.

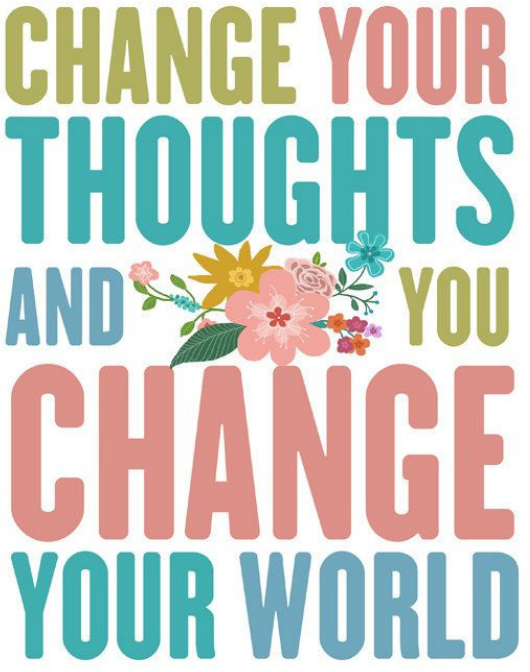
We are looking for you if:

- you are between 18 and 30 years of age;
- you have experince or a strong interest in the youth work, in nature, in the sustainability and in the global education;
- you are motivated to create a change in your local community;

Step Forward

- you are motivated to learn and develop yourself in a personal and professional perspective;
- you are willing to explore possible solutions to overcome the challenges you will face;
- you are willing to share your experiences after the project and you are willing to undertake successive and new initiatives.

Step Forward



Important to know

This specific project includes personal development processes and approaches that make it intense in terms of mental and physical energy required. In Step Forward you'll have the opportunity to travel to another country, meet different people and create international relationships without spending a lot of money. In case you're interested in all these aspects but not in the topics of the program we ask you then not to apply for this program, it may become a not pleasent experience for you.

In order to support the learning process of the participants drinking alcohol is forbidden in the accomodation of the project and highly discouraged outside.

Step Forward

The trainers



Atanas Genkov is devoted to enhancing personal development and participatory leadership by taking people out in the wild nature. He has more than 10 years of international experience in coaching, designing and delivering learning experiences, sustainability consulting and outdoor education. His approach involves working with the bigger system, interaction with the environment (organization, society, nature) and he is pursuing meaningful change and transformation at both personal and professional level. Atanas has been an Art of Hosting practitioner since 2014 and he holds a Master's degree in Strategic Leadership towards Sustainability (BTH, Karlskrona, Sweden).



Yassar Markos has been delivering trainings and workshops on different topics (personal development, coaching, NLP, communication, presentation skills, training for trainers, negotiation, productivity) in the last 8 years and in five European countries. His major skills are in the field of learning through experience, methodologies and theories for group dynamics, NLP, strategic influence and psychology based on human needs. He was formed as a medical doctor and is presently doing his masters in psychology.

Provided support and personal contribution

It is available a reimbursement for the travel costs for the participants who take part in all phases of the project.
The reimbursement is done after the project, when follow-up activities are completed, up to the amounts stated below:

-Italy: 275 EUR
-Romania: 275 EUR
-Slovenia: 275 EUR
-Lithuania: 275 EUR
-Bulgaria: 180 EUR

We ask each participant to contribute and support the program with the amount of 50 EUR. It's a sign of real interest, as investment you do in yourself through the project and a concrete economic support.

And what now?

If you are interested in joining, complete the application *here* and



Be the change agent in your everyday life and in your community!

Step Forward

Who are we?

This project is organised by Synergy Bulgaria. It's a youth worker organisation founded in 2014. Our focus is on creating lasting change and transformation in society and the environment around. We work with Young people and through our work we empower them to bring positive change in our society. Our main field of work are trainings, group and personal coaching, non-formal education and mentoring.

What do we do?

We organise public events, regional and international conferences, trainings, seminars and workshops. We use diverse range of methods in our activities in order to develop competences like: entrepreneurship and creativity, emotional intelligence, social inclusion, accountability, tolerance, empowerment, active participation and solidarity.

Partner Organisations

Zig Zag prin Romania

Contact person: Ciocan Cosmina Carmen
cosmina@zigzagprinromania.com
+40736702106
Facebook page

Solidarity Mission - Greece

Contact person: Anna Cheimona
training@solidaritymission.org
+302103009888
Facebook page

Vagamondo-Italy

Contact person: Giovanni Marino
info@vagamondo.info
+393201650980
Facebook page

Zavod Skatlica Slovenia



Contact person: Sirnik Sara Marija
zavod.skatlica@gmail.com
+38640711211
Facebook page

Tavo Europa Lithuania

Contact person: Verseckas Donatas
verseckas89@gmail.com
+37066223369
Facebook page