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ERASMUS + TRAINING COURSE

2026-1-BG01-KA153-YOU-000390077



**01-09 October 2026,
Stara Zagora, Bulgaria**

21 STEPS



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Erasmus + Training Course

“Green changemakers lab: Eco-innovation in youth work”

Stara Zagora, Bulgaria 01-09.10.2026



Dear friends, this is the official INFOPACK of the Erasmus + project “Green changemakers lab: Eco-innovation in youth work”, hosted by NGO “21 Steps”, Bulgaria. It is Erasmus +, Key Action 1, Mobility of youth workers training course. It will take place in the region of Stara Zagora, Bulgaria.

The date of arrival for the mobility is 01.10.2026 the departure is on 09.10.2026.

It will gather 30 youth workers coming from 9 different countries – Bulgaria, Poland, Italy, Romania, Serbia, Greece, Türkiye, Slovakia and Croatia.

In this INFOPACK you will find:

- **Summary of the project**
- **Participants profile**
- **Venue, weather, how to get there**
- **Hotel accommodation**



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- **Financial rules, insurance, travel budget, fee etc.**
- **Schedule**
- **Preparation and what to bring**
- **Additional info**
- **Important contacts**
- **Application procedure**

“Green changemakers lab: Eco-innovation in youth work”

2026

➤ **Summary of the project**

The project will involve 30 participants who are active youth workers, trainers, or representatives of youth organizations. They will be selected from different countries to ensure an international perspective and cultural diversity. Participants will include both experienced professionals and newcomers to the field of youth work, ensuring a balance between sharing experience and acquiring new knowledge.

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The main training activities will take the form of intensive sessions and practical workshops. They will combine non-formal education methods such as experiential learning, design thinking, simulations, field visits, and reflective circles.

From a youth work perspective, the project has the following objectives:

- Building the capacity of youth workers to integrate sustainable and environmentally responsible practices into their daily work.
- Raising awareness and engagement on climate change and sustainable development issues.
- Creating an international community of "green youth leaders" through the exchange of good practices, experiences, and methods between participants from different countries.
- Integrating innovation into youth work by using creative methods, digital tools, and approaches inspired by environmental and social innovation.
- Securing long-term resources for youth work. The project will develop training materials, methodological guidelines, and practical tools that will remain available to youth workers after the end of the project.
- Promoting social responsibility and active citizenship. With the knowledge and skills, they acquire, youth workers will be able to empower young people to be active "green ambassadors" in their communities by launching local initiatives, campaigns, and innovative solutions.

The program of the course will be based on non-formal education and will be conducted using a highly interactive and participative approach. The activities will be managed by a team of experienced trainers and facilitators.

➤ Participants profile

A total of 30 people will participate in the project. The profile of the participants includes youth workers, trainers, and youth leaders who are motivated to integrate sustainability, circular economy principles, and ecoinnovative practices into their work with young people.

Special attention will be paid to the inclusion of participants with fewer opportunities, as well as to a balanced representation in terms of gender, social and cultural background. Through this set of activities and the careful selection of participants, the project will create a community of "green innovators" ready to transform practices in youth work and be multipliers in their local contexts.

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The participants must be citizens or residents of the sending country!!!

➤ Venue, weather, how to get there

The training course will take place in Youtopia Riverside Center
(<https://youtopiariverside.com/>), just 10 km. away from Stara Zagora.



Stara Zagora (Bulgarian: Стара Загора) is a city in Bulgaria, a nationally important economic center. Located in Southern Bulgaria, it is the administrative capital of the homonymous Stara Zagora Province. The city has a population of appr. 150 000 inhabitants and is the fifth largest metropolitan area in Bulgaria. It is 230 km. away from the capital Sofia and 170 km. away from the Black Sea.

Weather:

The city is in an area of a transitional continental climate with a considerable subtropical influence. Weather in October is mild but since the venue is in the nearby mountain, nights can become colder so keep in mind bringing warmer clothes as well.

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Climate data for Stara Zagora (2002-2014)													[hide]
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Mean daily maximum °C (°F)	6.5 (43.7)	8.7 (47.7)	14.1 (57.4)	18.6 (65.5)	24.5 (76.1)	28.0 (82.4)	31.5 (88.7)	31.2 (88.2)	26.7 (80.1)	20.5 (68.9)	13.8 (56.8)	7.8 (46.0)	19.3 (66.7)
Daily mean °C (°F)	2.0 (35.6)	3.5 (38.3)	8.0 (46.4)	13.4 (56.1)	18.7 (65.7)	23.0 (73.4)	25.2 (77.4)	25.0 (77.0)	21.0 (69.8)	15.3 (59.5)	9.5 (49.1)	3.9 (39.0)	13.0 (55.4)
Mean daily minimum °C (°F)	-1.5 (29.3)	-0.8 (30.6)	3.1 (37.6)	8.2 (46.8)	13.0 (55.4)	17.1 (62.8)	18.9 (66.0)	18.8 (65.8)	14.5 (58.1)	10.2 (50.4)	5.8 (42.4)	1.0 (33.8)	9.0 (48.2)
Average precipitation mm (inches)	47 (1.9)	35 (1.4)	37 (1.5)	51 (2.0)	71 (2.8)	66 (2.6)	57 (2.2)	48 (1.9)	32 (1.3)	45 (1.8)	57 (2.2)	52 (2.0)	598 (23.6)
Source: [Stringmeteo.com]													

How to get there:

From Sofia to Stara Zagora you have to take a Bus from Central Bus Station in Sofia. It is the fastest travel option, there are also trains between the two cities but most of them are much slower.

The most comfortable mean of transportation from the airport to Central Bus Station is the metro.

Central Bus Station is very close to Central Railway Station, where the metro station is located.

In order to get to the station you have to change the lines in Serdika station and take line 2 which leads to Central Railway Station!!!

Some additional information on Sofia Metro website:

<http://www.metropolitan.bg/en/map/>

Once you arrive in Central Bus Station there are frequent buses to Stara Zagora. Each day usually they are around 10 lines from Sofia to Stara Zagora.

! VERY IMPORTANT CONSIDERING SOFIA-STARA ZAGORA-SOFIA BUS !

Please buy your bus/train tickets as soon as you have your plane tickets.

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You can buy tickets online here:

<https://union-ivkoni.com/en>

<https://www.doris-bg.com/>

Potentially you can also travel by train. You can book your tickets here:

<https://www.bdz.bg/en>

Contact us if you need help booking your tickets!

Contact us if you are travelling from different city than Sofia!

The travelling from Sofia to Stara Zagora lasts approximately 3 hours by bus but by train it's couple of hours longer.

When you are in Stara Zagora in order to arrive to Yutopia Riverside place, you have the following options:

1. By bus **Number 21**, for Yutopia Center you need to get off at Lyaskovo 1 Bus Station - <https://tinyurl.com/yc5k4yfw>
2. By taxi which is not reimbursable, the price is approximately 10 eur.
3. If you come late and there are no other options you can call us and we will pick you up.

You can use the following apps to organize your trip:

<https://www.rome2rio.com/>

<https://moovitapp.com/>

We are planning to have dinner with all participants on the first day. We will also have "get to know each other" session in the afternoon, consider this while you are making your travel plans!!!

You can contact us during the trip on the following phone numbers:

Zhivko Zhelev +359886776824

Kristian Stefanov +359877654589

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We will be accommodated in Youtopia Riverside Center. It is located around 10 km. away from the city. The place is located in the mountains near Stara Zagora and is specifically designed for international Erasmus + mobilities. The participants will be accommodated in rooms by 2-3 people from different countries.

Website: <https://youtopiariverside.com/>

Location: <https://maps.app.goo.gl/f7WGeguTPiikVHph6>



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➤ **Financial rules, travel budget, insurance, fee etc.**

In order to get your travel reimbursement, you need to keep all your tickets, boarding passes, invoices etc. We will reimburse your travel expenses once you send us all original documents!!!

The reimbursement will be done by bank transfer to your sending NGO account, which will redistribute it amongst the participants.

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As by the rules of the programme, the participants are encouraged to use the most suitable and cheap means of transportation, which means no first class, non-reimbursable taxi expenses etc.

Please be aware that we can't reimburse your travel expenses if they are done more than 2 days before OR after the activity. During your stay the accommodation and the daily meals will be fully provided.

In the table below you will find the maximum travel budget per participant for each country calculated by the Erasmus + travel calculator. Your travel costs are covered 100 % to the maximum expenses allowed.

The participants from Serbia, Türkiye and Romania can use only Green Travel options – carpool, bus, train etc. No airplane or single travel by car.

TRAVEL COSTS				
<i>Country</i>	<i>Organization</i>	<i>N. of participants</i>	<i>Maximum reimbursable travel expense per participant in EURO</i>	<i>GREEN TRAVEL - Only by Carpool, Bus, Train</i>
Poland	Kolorowe sny	3	309	
Italy	Elios	3	309	
Serbia	Axis Serbia	3	285	YES
Greece	ProNous	3	309	
Türkiye	Youth Season	3	285	YES
Slovakia	MOTHER FLOWER	3	309	
Croatia	Udruga Essentia	3	309	
Romania	Asociatia Go For It	3	285	YES

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INSURANCE!!!

It is very important according to the rules of Erasmus + to have valid travel and health insurance while attending this mobility. All participants are obliged to ensure their own insurance.

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➤ **Schedule** Please note that this schedule is subject to change according to the working flow.

Training Course "Green changemakers lab: Eco-innovation in youth work" /01 - 09 October 2026/ Stara Zagora, Bulgaria										
	Day 1 Arrival 01.10.2026	Day 2 02.10.2026	Day 3 03.10.2026	Day 4 04.10.2026	Day 5 05.10.2026	Day 6 06.10.2026	Day 7 07.10.2026	Day 8 08.10.2026	Departure day 09.10.2026	
8:30-10:00	Arrival day and accommodation of the participants Welcoming and non-formal start of the training course. Get to know each other sessions.	Breakfast								
10:00-11:30		Official opening. Getting to know each other.	Eco-challenges and innovations. Brainstorming.	"Zero waste Challenge" Part 1	Digital Storytelling for a change	„Design Thinking Lab“	Future cooperation plan and "Gallery walk" method	Future Erasmus + project ideas	Departure day	
11:30-12:00		Coffee Break								
12:00-13:30		Introduction of the project topic. Expectations, fears and contributions. Group Rules.	"Open space technology" method. Visual mapping of ideas.	"Zero waste Challenge" Part 2	Eco gamification methodology	„Pitching session“ of ideas	Future cooperation plan and "Gallery walk" method	Future Erasmus + project ideas		
13:30-15:30		Lunch								
15:30-17:00		Teambuilding activities Part 1	Lego Serious Play method for Eco-Solutions. Part 1	Field visit and Experts Q&A 1	Visiting the local Youth Center	Erasmus + transfer of knowledge and ideas into practice	Eco-Walk and reflection	Final evaluation session		
17:00-17:30		Coffee Break								
17:30-18:30		Teambuilding activities Part 2	Lego Serious Play method for Eco-Solutions. Part 2	Field visit and Experts Q&A 2	Visiting the local Youth Center	Erasmus + transfer of knowledge and ideas into practice	Eco-Walk and reflection	Official closing.		
18:30-19:00		Daily feedback.	Daily feedback.	Daily feedback.	Midterm evaluation	Daily feedback.	Daily feedback.			
19:00-20:00		Dinner								
21:00	Informal meeting & Ice breakers	Intercultural Night 1	Intercultural Night 2	Intercultural Night 3	Thematical Night	Movie night	Free evening	Farewell night		

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➤ Preparation and what to bring

During the training course, we will organize couple of international evenings. In these events, each country participating will be presented by the participants coming from this country. This means that you should bring traditional meals, drinks, materials, music etc. from your country. We encourage creative and out of the box presentations.

Don't forget to bring your positive attitude!!!

➤ Additional info

The emergency number in Bulgaria is **112**.

Currency:

The official currency in Bulgaria is EURO. Most services accept cards but some still doesn't so please bring some cash.

Some average prices:

1 beer 0.5 l from a shop - 0.7 Euro

Taxi fare - 0.6 Euro per km.

One coffee in a coffee shop - 1 Euro

Average lunch meal in a restaurant - 10 Euro

There are few exceptions with some countries swapping the meanings between nodding and shaking head. One of the exceptions is Bulgaria where a single nod of the head up (not down) indicates a "no". Be aware of this 😊

➤ Important contacts

Here you can find the partner's contacts for additional info:

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Bulgaria – 21 Steps: 21steps.bg@gmail.com

Poland – Kolorowe sny: ewapichpl@gmail.com

Italy – Elios: m.russo@eliosacireale.com

Serbia – Axis: isidora@axisserbia.com

Greece – ProNous: panagiotis.provatas@gmail.com

Türkiye – Youth Season: genclikmevsimidernegi@gmail.com

Slovakia – Mother Flower: erasmus@motherflower.eu

Croatia – Udruga Essentia: dianagrgat@yahoo.com

Romania - Asociatia Go For It: laurpetrea@gmail.com

Application procedure

The deadline for application is 17th of August 2026. The participants will be selected by their sending organization and notified shortly about their approval. We encourage the participants to buy their tickets as soon as they are approved.

In order to apply, please fill in the application form:

CTRL + Click here --→

APPLICATION FORM

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