



Съфинансиран от програма  
„Еразъм+“  
на Европейския съюз



# LET'S TALK WITHOUT HATRED

2023-1-BG01-KA153-YOU-000147794



## Trough this project we aim:

- to build skills for applying and teaching the methods of non-violent communication in our youth workers;
- to develop and adapt educational tools intended for work with teachers, youth, parents and young politicians and public figures;
- to adapt part of these tools for application in a digital environment, due to the danger of a new lockdown;
- to develop non-violent communication tools to be included in civic education classes;
- to support integration and a tolerant attitude towards asylum seekers, as well as towards people with different identities and understandings;
- by means of a series of trainings on non-violent communication, to direct the attention of our community to limit this growing hatred, in order to return to a normal, tolerant public debate
- the youth and youth workers included in the project and subsequent activities to become ambassadors of tolerance and understanding and role models in this regard for their peers.

Through all this, we will be able to overcome the conflicts that have arisen in our organizations, to more effectively preach the values of democracy, tolerance and pluralism in our society, to effectively support the integration of those seeking refuge from the war, and to raise the prestige of our organizations as key means of solving one of the most serious problems of our time.

We will conduct a training course, with **4 participants** from **Bulgaria, North Macedonia, Spain, Lithuania, Poland, Romania, Czech Republic and Ukraine**. These will be youth and social workers, teachers and young people leaders and public figures, psychologists, business and social mediators.



**The course program includes several modules, each building on the previous one and leading to the achievement of the objectives of the project.**

The first is dedicated to defining the most serious conflicts in our societies, their causes, the needs behind each of the parties, as well as the possible ways to resolve these conflicts.

The second is about getting to know the principles of nonviolent communication, building a vocabulary of needs, practicing empathy and resolving conflicts through nonviolent communication, as well as using this method for the purposes of social mediation.



In the third, we will apply this knowledge by first understanding the perspectives of two sides in a social conflict, and then meeting separately with their representatives and trying to define and understand their needs. Within the framework of the third, we will develop educational tools on the topic of nonviolent communication, as well as create and adapt those to work in a digital environment. We will test all these tools on students from our school of facilitation and project management and teachers from local schools and based on their feedback will improve them. We will also develop a manual in which we will present the knowledge and experience gained from the project.



**It will take place between 22.08 and 01.09 near the beautiful mountain town of Chepelare, Bulgaria (22.08 and 01.09 are travel days and the activity is from 23.08 till 31.08).**



# Preparation

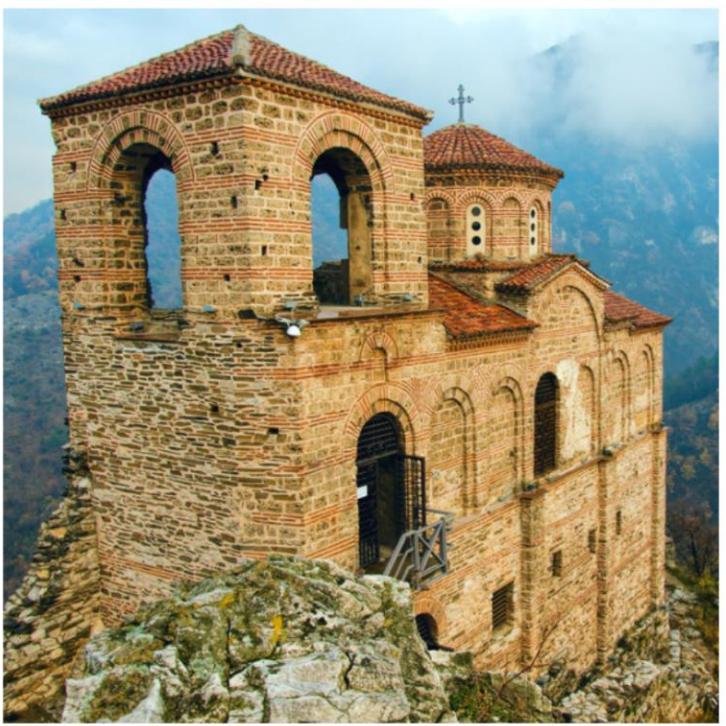
- Each participant will fill in the Google form <https://docs.google.com/> which will help us better assess their needs, expectations and preferences. We will have two video conferences with each national group — the first one will let us learn more about each participant and assist the groups with the preparation of their tasks.
- The second one will be about the non formal and inclusive education, helping participants set their personal goals in order to get the maximum for themselves from this project and the safety, practical and logistic matters.
- Besides that we will have one conference with all the national teams in order to start breaking the ice, getting to know each other and exchange ideas for the project. We will be happy to see all the participants in the Facebook group of the project <https://www.facebook.com/groups/268282575883448> because we will use it as a main tool for communication during the preparation, the activity itself and the dissemination phase.



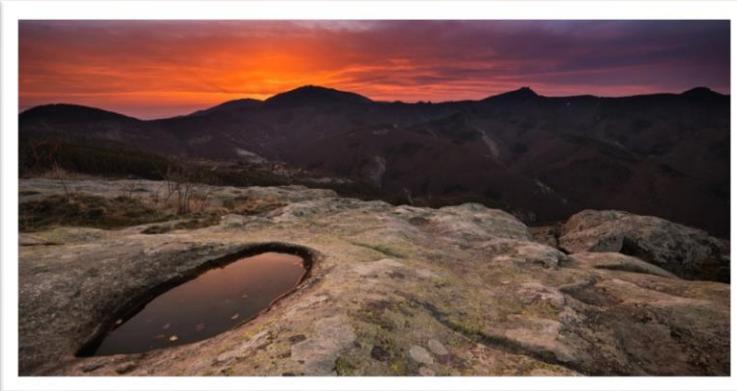
## Guest house Izvorite

The venue is situated in the heart of our mountain. The beautiful resort village - Progled. Which is 5km from the city center of Chepelare, 4km from the center of the ski resort Pamporovo and 20km from the regional center - Smolyan. The weather there in this time of the year is pleasant and cool – 20-25 degrees C at day time and 8-12 at night. The house has 12 3/4-bed rooms with own or shared bathroom, almost all of them have balconies with gorgeous wild mountain view and some of them have separated kitchens. It has a nice conference room and a huge garden for outdoor activities. The food and beverages are from local bioproducers and the water is one of the cleanest in Europe.





- There are many nature landmarks and eco-trails around, some of which will be visited during the project. There is a small shop in the village less than 50 meters from the venue (but they don't sell cigarettes there). There are exchange offices in the town of Chepelare, which can be visited by need. We suggest that if you bring money -those should be in Euro. The currency here is BGN and the exchange course is app 1,94 BGN for 1 Euro. The prices are not very high – a bottle of water 1,5l – 0,8 BGN, a coffee – 1,2 BGN, a sandwich – 1,5 BGN



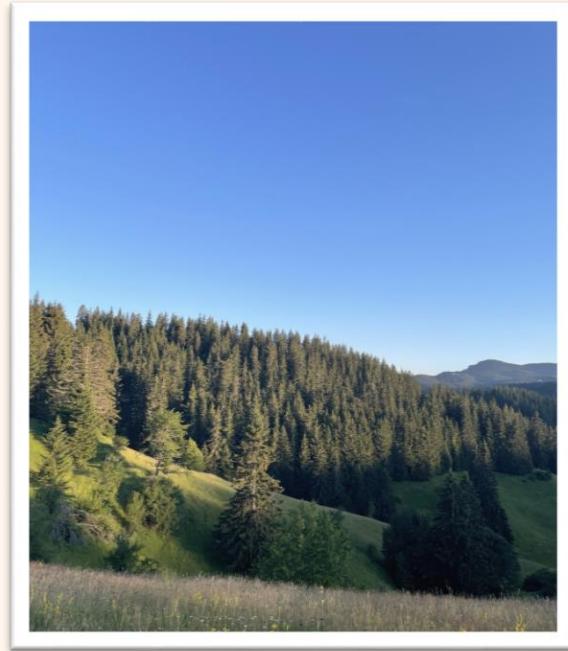
# How to get here

The 2 airports you can use are Sofia and Plovdiv. There is a regular bus transport from those towns to Chepelare, Smolyan and the venue. There are 6-7 buses from Sofia between 7 AM and 6 PM and to Sofia between 6:30 AM and 5 PM and the trip is app 4 hours. From and to Plovdiv there are buses almost each hour between 7AM and 6 PM. All the buses travelling to Smolayn pass through the venue before getting there, (**Please note that you have to ask the driver to stop at the entrance of Progled!**) and then you have 300-400 meters to the guest house. In case your flight is later, we can arrange a shuttle from the airport. From Sofia airport to the central bus station, you can use the subway line – M1. The Participants from N. Macedonia and Romania can travel by bus, train or by car (please notice, that if so, the car should be property of some of the participants). We can reimburse taxi costs only, if we have a proof that there weren't any cheaper means of transport available. **Please note that all the tickets and bookings should be approved by our team before you buy them – if not they cannot be reimbursed!**



# What to take with you

- Please notice that the project is funded by Erasmus + program and the accommodation, food and travel expenses of the participants are fully covered by the program. The hosting organization do not require any participation fees from the participants. Despite of this you can take some pocket money with you. If you take some kind of medications, you should have them with you, because the pharmacies aren't very near to the venue. You have to take some warm and comfortable clothes, sunscreen, some traditional food for the national evenings, comfortable shoes (we have some hiking in the program), an umbrella and of course your good mood.



# Travel budget

Travel budget **North Macedonia and Romania –180 Euro, Spain, Ukraine –360 Euro, Poland, Czech republic and Lithuania - 275 Euro.** Please notice that if you travel from a town, different from the town, where your sending or sending organization is registered, you may belong to other distance category and if so – please let us know before you plan your trip. We suggest that participants try to travel to gather and use the most economic transport. By planning your trip, please contact our project coordinator Zhelyazko Kichukov, our trainers Miroslav Adzhov and Kalina Marinova on our official e-mail: nie.org@abv.bg, our Facebook page <https://www.facebook.com/AssociationNIE/> or their personal profiles, which will be shared in the Facebook group, we will create for the project. Please DO NOT buy or book any tickets before consulting with our team! Notice that 22.08 and 01.09 are the travel days, and you can arrive 2 days earlier or depart 2 days later, but if so, you have to arrange your accommodation and food on your own costs. If you plan so, you can contact us for assistance.



# Dissemination



Together with your national groups you will have the task to make a seminar or other event in your country. There you will present some of the things you learned here through the educational instruments we will develop. This event has to be attended by at least 30 youngsters who are involved in a social conflict and/or affected by it, youth and social workers, teachers, young politicians and active members of the civic society etc and after it they have to rate the event through the questions you will find in the report from. The exact topic lies on your choice and depends on the needs and the interests of your friends who will attend the event. You will fill in the attached partner report form and send it to us after the event, but not later than two months after the project together with at least 20 pictures and/or a video with at least 20 minutes length from the event by email [nie.org@abv.bg](mailto:nie.org@abv.bg). In case the members of your national group live in different towns - you can make several events and fill in a separate report from for each of them. The same is valid if you are not able to organize one big event - you can organize several smaller ones in an informal way. In this case we don't need 30 participants and 20 pictures from each event, but the total number of youngsters attended all the events and the total amount of pictures you send us should not be less than 30.



# Reimbursements

## Reimbursements

Please keep all your original tickets, boarding passes and bills, because otherways we cannot reimburse your travel costs. The reimbursements will be made once you send us all the original papers and dissemination pictures and fill in correctly the reimbursement and dissemination reports!



## Insurances

All the participants should have their European health insurance card with them and our organization will make an additional insurance for all of them for the period of the course.