

# Entrepreneur LAB

**A training course on social  
entrepreneurship and  
sustainability**

**14-22 May 2019**

**Dolni Lozen, Bulgaria**



**"Creativity takes courage"**  
**Henri Matisse**

"Entrepreneur Lab" is a 9-days long training course that brings together young entrepreneurs, youth workers, trainers and volunteers from organisations coming from Bulgaria, Hungary, Croatia, Greece, Poland, Czech Republic, Estonia, Italy, Lithuania, Portugal and Spain, creating a diverse group in which we explore the topics of social entrepreneurship and sustainability.



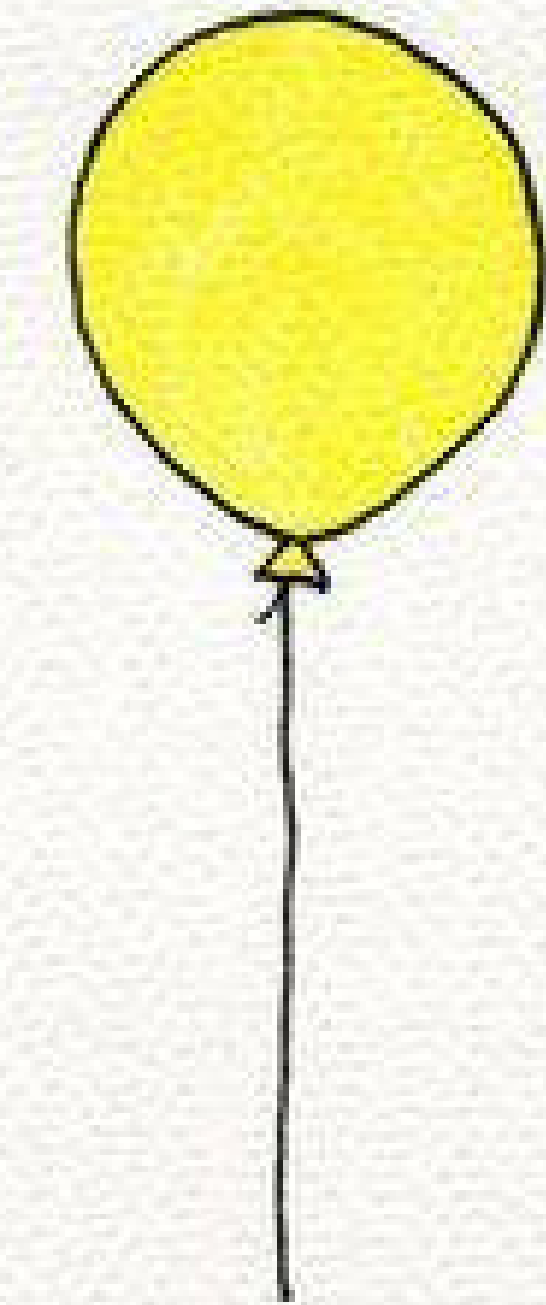
Are you a youth worker / trainer / coach / freelancer / designer starting your career?  
Are you planning to open your own organization, create your own product or service?  
Do you want to learn innovative methods of entrepreneurship?

**If your answer is YES to any of these questions, you are very welcome to join this training course! The training is for motivated and enthusiastic young people who are ready to take an action and ready to create the life they want to live.**






In this project you get an **opportunity to work on your skills, knowledge and attitudes supporting you to take steps towards growing your own ideas and turning them into reality.** We explore qualities such as flexibility, creativity and innovation, and we dive into the spirit of initiative and proactive behavior. **You have the chance to learn how to get over your hesitation,** self-doubts, how to make decisions and commitment, how to work in a team and how to communicate with your target groups.



Dream up

We approach design thinking and business planning, with a special regard to its social and environmental aspects. **You experiment with creative recycling and body movement as a tool for self-discovery and self-realisation, exploring your working style, values and goals.**

On one hand we work on skill development by the methods of creative recycling and body movement, and on the other hand **you have the chance to work on your idea in a very practical way, by coaching and mentoring from the trainers.**



It is an **intense training** designed for those who are willing to work on themselves and are coming with the intention to work on their own ideas. The whole programme is highly experiential and based on “learning by doing” approach.

We start every day around 9 AM and have sessions during the day, also after dinner.

The program only works if you put yourself in it, so we suggest to arrive rested and prepared in a way that in these days you only focus on yourself.





## **This training is for you if:**

- *You want to discover the world of social enterprise with an intention of creating your own project, NGO or sharing this idea among people in your country in proactive way*
- *You want to develop the competences of 'creativity' and 'entrepreneurship' through creative recycling techniques, body movement and other means of self-expression*
- *You want to promote innovation in youth work by implementing new methods in entrepreneurial education*
- *You are willing to experiment and explore, get inspired, learn, play, inquire, reflect and take actions on a spot*



**You will get an opportunity to:**

- 1. develop your own entrepreneurial idea and plan first steps*
- 2. improve your creativity and proactivity*
- 3. identify and use your own potential*
- 4. work on your communication and cooperation skills*
- 5. explore creative recycling and body movement as a tool*
- 6. learn how to create a business model*
- 7. meet local and international social entrepreneurs*





# Training methods

- *experiential learning, learning by doing*
- *body movement*
- *creative recycling*
- *peer education*
- *workshops and discussions*
- *sharings and reflections*
- *small group meetings*



# Participants' profile

*you are more than 18 years old*

*you are a registered citizen of Bulgaria, Hungary, Croatia, Greece, Poland,  
Czech Republic, Estonia, Italy, Lithuania, Portugal and Spain*

*you are physically and mentally ready to take on **8-10 hours per day of programme***

*you are able to work in English*

*you are highly motivated and willing to actively participate during the whole training*

*you are **involved in youth work, social enterprise, trainer, coach, teacher, volunteer.***



## **Day 1-2**

Discovery of yourself, your own resources, creativity. What is your learning/and working styles, setting learning goals, creating a value statement, getting familiar with recycling and body movement. Basics of design thinking.

## **Day 3-4**

More teamwork, sharing best practices, defining target groups, entrepreneurial coaching, product- and service development, business models, feedback.

## **Day 5-6**

Planning individually, zooming out - the whole group works together, sharing resources, sharing inspiration. Sustainability in economy, environment and society.

## **Day 7-8**

The highlight of the training, when you have the chance to put everything in practice, in real life-like situations. This part of the program is a surprise.

## **Day 9**

Planning for home, evaluations, Youthpass, planning follow-up

The program of the training offers a variety of methods and tools in order to support you in making your ideas reality!

By participating you have the chance to develop entrepreneurial skills, and pick from the techniques and methods that fit you.

The final program plan will be based on the learning needs of the selected participants.





## THE TEAM

*Anna Sipos is a youth trainer and Co-Founder of ReCreativity Social Enterprise. She has a master diploma in Education Management, she completed her internship programme in Brussels, in the Flemish Ministry of Education where has gained experience in programme tailoring and curriculum development. She launched ReCreativity Social Enterprise 5 years ago and together with the other co-founders they are making it sustainable by running successfully also an upcycled brand called Cimbi next to the trainings. She has more than 5 years of experience as a trainer, using mainly the method of creative recycling and experiential learning in different fields: in social entrepreneurship, personal development, communication, sustainability education, coaching and mentoring.*

**SALTO  
profile**





## THE TEAM

*Tihomir Georgiev has BA in History and MA in Rhetoric. Founder and Director of Smokinya Foundation. Trainer in the pool of the Bulgarian National Agency HRDC since 2014.*

*His work is focused on experiential learning, coaching and mentoring, mind-body work, self-expression through arts. He is Certified NLP Practitioner and coach, has experience utilizing methods from NFE, NLP, coaching, systemic coaching, physical expression etc.*

*His skills include project management, partnership management, group and individual coaching.*

*His work is devoted to empowerment of people to discover their spirit of youth, no matter their age.*

**SALTO  
profile**



# Venue

During the training you will live together with other participants in a group accommodation at the Red Cross National training centre in Lozen, Bulgaria. It is situated in the outskirts of the capital city of Sofia.

Rooms are shared between 3-4 people with a shower and toilet in each room. The accommodation is a popular place for seminars, workshops, conferences, trainings and events of variety of formats. As part of the program and team-building activity light cleaning tasks are performed daily by all participants. There is wireless wifi available.

# Training Timeline

Participants arrival: 14 May 2019 (by 3 p.m.)

Program starts: 14 May 2019

Program finishes: 22 May 2019

Departure: 23 May 2019 (by 10 a.m.)



**We expect you to participate in the whole program.**

**Coming later or leaving earlier is NOT allowed.**

**Do not book tickets until you receive a confirmation letter with all details.**



## Cost and fees

The training is co-funded by **Erasmus+** programme, thus accommodation, food, materials, the programme and the **travel costs** up to the maximum allowed amount are **fully covered**.

There is participation contribution of **60€ per person** that supports the program.

*(In case this amount is excessive for you, contact us for options)*

## Travel cost limits

275 EUR/ person - Hungary, Croatia, Greece, Poland, Czech Republic, Estonia, Italy, Lithuania

360 EUR/ person - Portugal, Spain

0 EUR/ person - Bulgaria





## Reimbursement INFO



*Erasmus+ programme reimbursement rules **are strict**. Bulgarian bookkeeping law and procedures are also strict and we ask every participant to follow the requirements, otherwise we might be not allowed to reimburse your travel cost. Travel cost reimbursement limits are as posted above. We reimburse the actual amount spent within the limits.*

*We also require choosing the most cost-efficient option (cheapest).*

*The selected for participation candidates will receive confirmation letter. ONLY then they are advised to book their tickets as soon as possible – as a proof of participation and tickets are often much cheaper when bought in advance.*

**IMPORTANT:** *To be eligible for reimbursement, we ask you to **keep all your tickets**, boarding passes and invoices (originals). ONLY if you have the travel tickets, boarding passes and invoices we are able to reimburse your travel cost! We only reimburse your travel cost if you **participate in the whole project** (preparation – training – follow-up/dissemination).*

*The reimbursement is done after the project, once you send us the original tickets and could take **between 45 to 75 days** after the last day of the program.*