

Training Course

19 - 26 August 2025 Emen \ Bulgaria

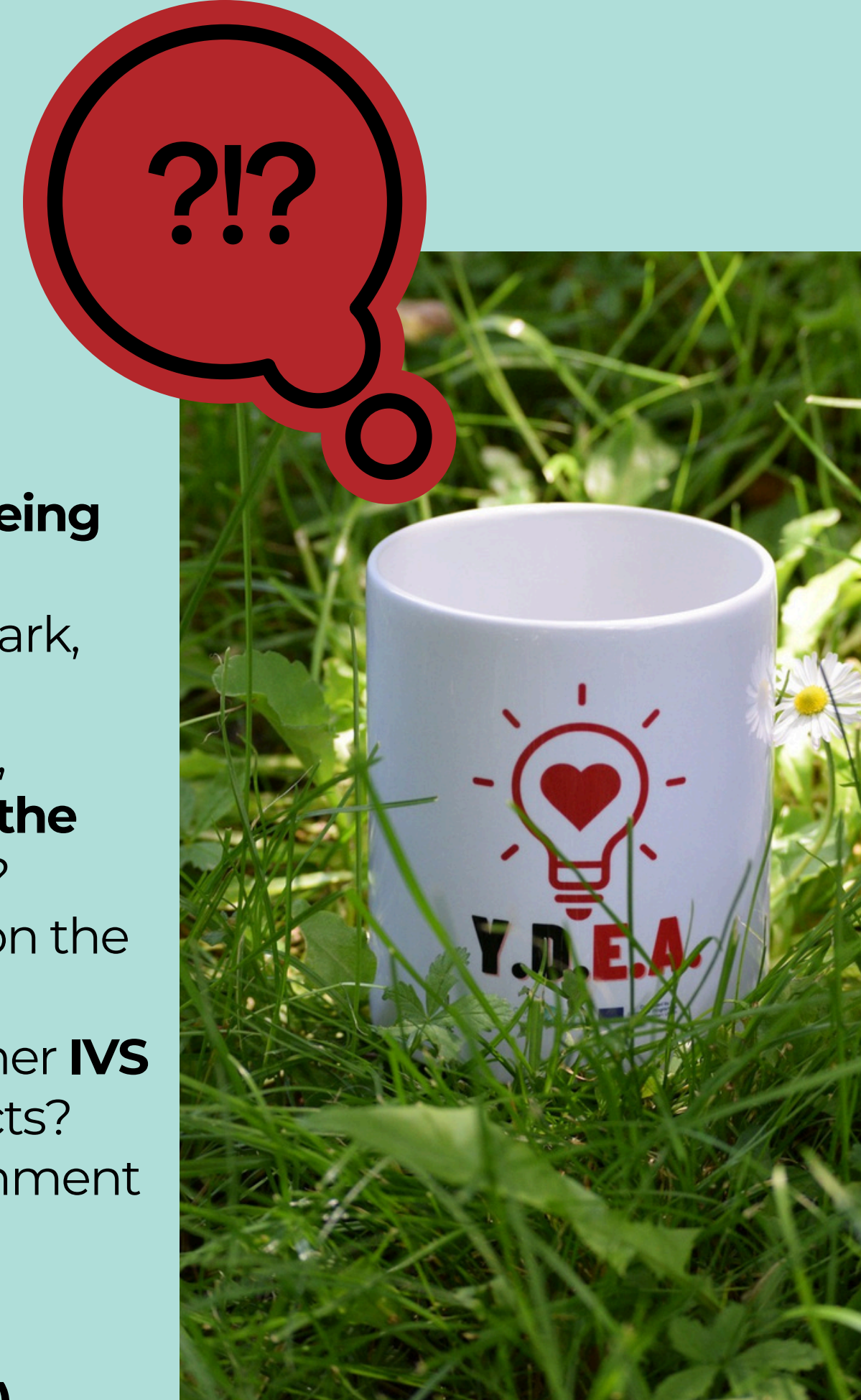


Call for Participants

Is this call for me?

- ✓ Are you interested in **emotional intelligence, social psychology** and **emotional awareness**?
- ✓ Do you want to know more about **Social and Emotional Learning (SEL)**?
- ✓ Are you willing to practice **nonviolent communication** and **conflict transformation techniques**, understanding the relevance of **assertiveness**?
- ✓ Are you motivated to explore more about **mental health, workplace well-being** and **resilience** and to **improve** the working atmosphere in your local office?
- ✓ Are you a resident of a **EU Member State**: Belgium, Bulgaria, Czechia, Denmark, Germany, Estonia, Ireland, Greece, Spain, France, Croatia, Italy, Cyprus, Latvia, Lithuania, Luxembourg, Hungary, Malta, Netherlands, Austria, Poland, Portugal, Romania, Slovenia, Slovakia, Finland, Sweden or a **third country associated to the Programme**: North Macedonia, Serbia, Iceland, Liechtenstein, Norway, Türkiye?
- ✓ Are you committed to developing together a great **practical output** based on the topics of the training course which can be used later in your daily work life?
- ✓ Are you ready to meet **amazing people** from different **SCI branches** and other **IVS organisations**, start new friendships, and get inspired by their ideas and projects?
- ✓ Would you like to **enjoy nature** spending a week in a peaceful green environment and having the possibility to explore the picturesque Veliko Tarnovo town?

If your answers are "Yes, this is me!", then...
... we have an offer for you!! :-)



The idea behind the project



Co-funded by
the European Union



The training “YDEA3 - Collaborating for Organisational Peace” is part of Erasmus+ Accreditation plan of CVS-Bulgaria for 2024 under KA1, Youth workers mobility

Actions for Peace // 2024-1-BG01-KA151-YOU-000237317,
co-funded by the European Union.



ACTIONS
FOR PEACE

The Y.D.E.A. concept (Youth Development through Emotional Awareness) was created by Mauro Carta and Katerina Stoyanova with the aim to provide different opportunities for IVS organisations, their staff, trainers, youth leaders, youth and volunteers to focus their attention on the importance of emotional intelligence and awareness, social psychology and Social and Emotional Learning. The first two editions carried out by CVS-Bulgaria in 2023 and by SCI Italy in 2024 led participants on an exciting exploration journey in the framework of the above mentioned topics and their practical application in projects, daily organisational activities and personal lives. The main outcome intended to increase the quality and level of inclusiveness of volunteering projects and activities.

With Y.D.E.A. 3 we would like to pay special attention to the organisational well-being, conflict transformation and resilience and thus contribute not only to the better quality of the projects we create, lead and carry out together but also on the quality of our work life and the balance we need to reach in order to enjoy more what we do in SCI movement and in IVS organisations in general.

Join us to bring on the organisational peace we all would like to enjoy!

The project has 4 main components:

- 1. 90-minute preparatory online meeting and digital preparatory tasks (end of July/beginning of August 2025)** to start getting to know one another, to share details on the project, the venue and the logistics, and to answer questions. Participants will be invited to perform creative preliminary tasks, using an online platform such as “Padlet”, which will help them understand the topics to be addressed during the training course.
- 2. Y.D.E.A. 3 Training Course (19 - 26 August 2025, Emen, Bulgaria)** which will be focused on emotional Intelligence, Social Emotional Learning, workplace wellbeing, mental health, nonviolent communication and conflict transformation.
- 3. Participative development of the output (during and after the training course)** During the last day of the training course, participants will start developing a practical tool which will help NGO practitioners boost their worklife, wellbeing and team cohesion. The development of the output will continue online through a participative effort of the whole group and under the coordination of CVS-Bulgaria.
- 4. Final online meeting to present and disseminate the project results**
The Final Online Meeting will be a 1-hour online event planned for October 2025, to officially launch the tools and presenting the project results and impact.



The Training Course

The training “YDEA 3 - Collaborating for Organisational Peace” will last 6 days (not counting the arrival and departure day). You need to arrive to Veliko Tarnovo on Tuesday, **19th August 2025 before 4 p.m.** The meeting point for the organised transport to the village will be announced later to the selected participants.

The course finishes on 25th August 2025, in the late evening, therefore, departures are planned for the **morning of Tuesday, 26th August 2025** (breakfast will be included).

An info pack with all the practical and preparatory information will be sent to the accepted participants by end of July.

Learning goals



During the training, participants will:

- Get to know and learn more about the other international participants and their organisations, through team-building and interactive sessions
- Increase their knowledge on Emotional Intelligence and Social Emotional Learning
- Practice nonviolent communication and conflict transformation techniques, understanding the relevance of assertiveness
- Debate on mental health, wellbeing and resilience
- Understand why workplace wellbeing is important and share ideas and inspirations on how to improve the wellbeing in your working environment
- Receive and develop together ideas to create a working environment that supports wellbeing and resilience
- Develop together a project output to be practically implemented in their daily work life.





The Venue



The training course will take place in **Eco-hotel Imenieto**, which is situated in Emen (Bulgarian: Емен) - a small village located near the old Bulgarian capital - Veliko Tarnovo. The place is famous for the canyon and waterfalls nearby. The accommodation will be organized in double or triple rooms (in small family houses) which have a private bathroom, bed-linens and towels, and free Wi-Fi. There are many possibilities to enjoy the free time in the place - table tennis, swimming pool, volleyball, walk in nature or just relax in the green garden.

Veliko Tarnovo
unique in its
architecture
and historical
importance –
is only 20 km
away.





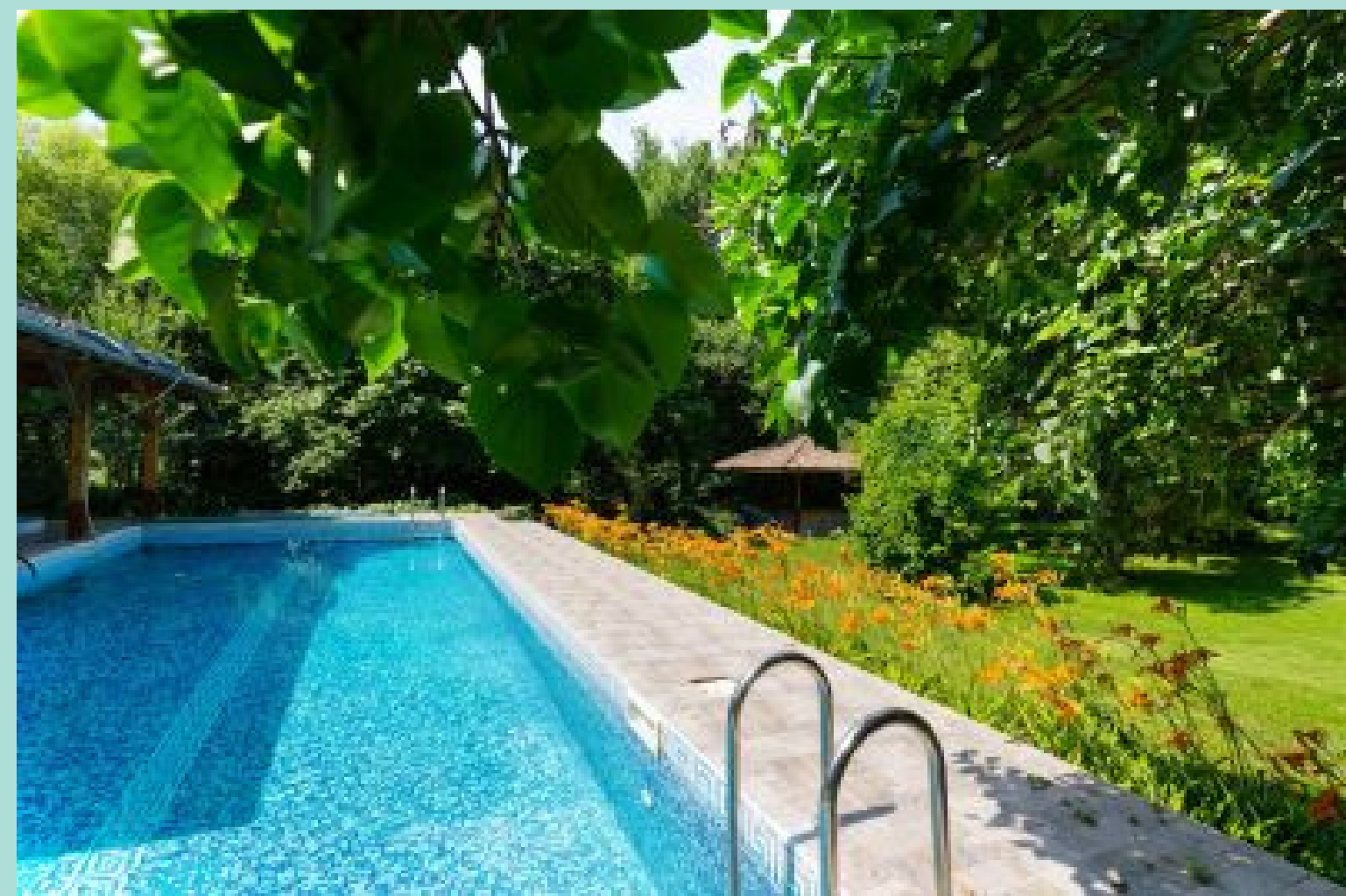
DE-STRESS



WORK-LIFE
HARMONY



UPLIFT
EACH
OTHER



The Participants

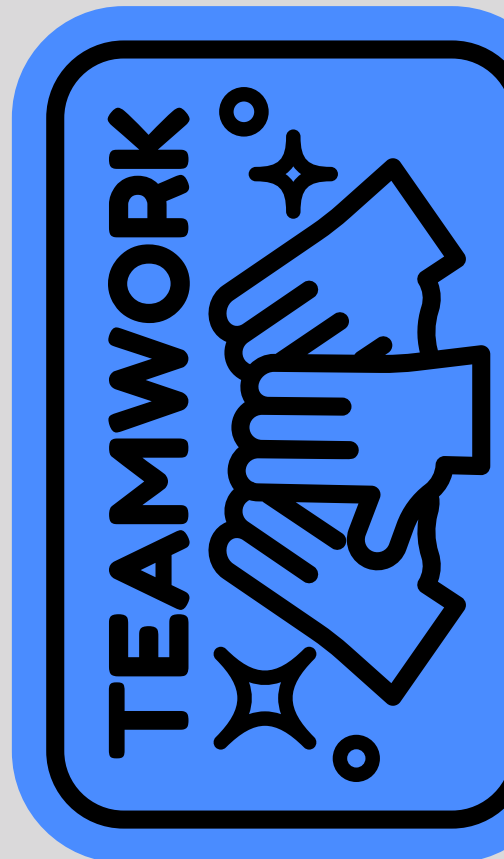
The **ideal participants** are NGO's staff and board members, youth workers, educators and trainers, workcamp coordinators, volunteers with an interest in organisational well-being, conflict transformation and resilience, willing to enhance the work environment and relationships in their teams and offices.

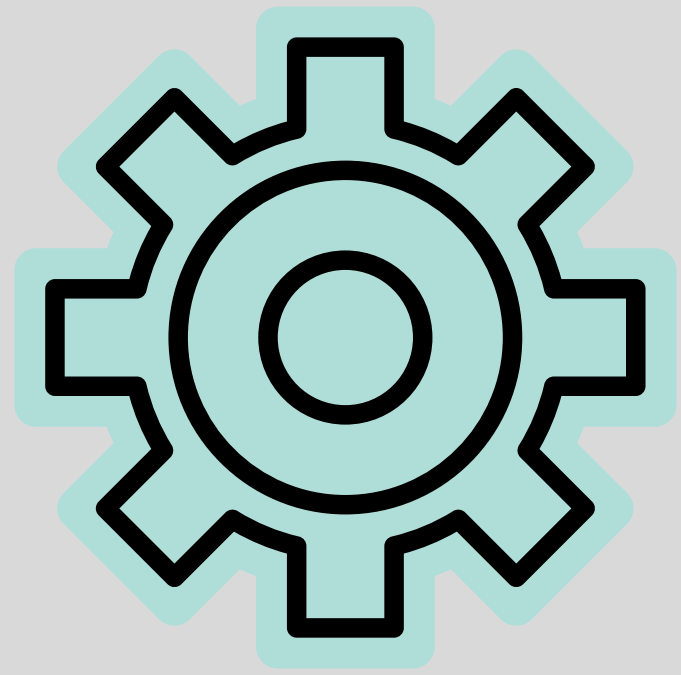
There are a few formal requirements you need to answer to join the training course:

- You need to be a resident of an EU country or a country associated to the Erasmus+ Programme(listed in the first page of this call)
- You must be able to communicate in English (the working language of the course)
- You must be at least 18 years of age
- You need to attend the whole course duration (there is no possibility to make exceptions)
- You commit yourself to take part in the preparatory and in the follow-up phase of the project.

We explicitly encourage participants of all genders, abilities and ethnic backgrounds to apply!

Active members of an SCI branch, or of an organization belonging to the IVS movement will have the priority in the selection process. Participants from non IVS organisations can apply, too.





Travel, Food, and Accommodation



Participants will buy their **travel** tickets following the information provided in the info pack(which will be shared with the selected applicants) and will get travel reimbursement up to the budget limit after providing all necessary travel documents.

The food we are going to provide will be vegetarian with vegan options. This is not just a practical decision, but also our suggestion on how to contribute to a more peaceful planet.

The accommodation will be organised in double or triple rooms (in small family houses) which have a private bathroom, bed-linens and towels, and free Wi-Fi. There are many possibilities to enjoy the free time in the place - table tennis, swimming pool, volleyball, walk in nature or just relax in the green garden.



Financial conditions

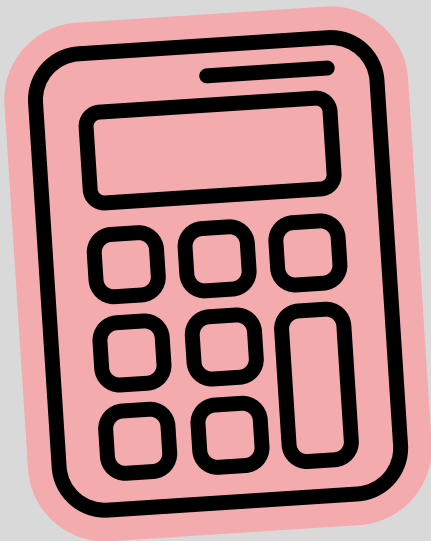
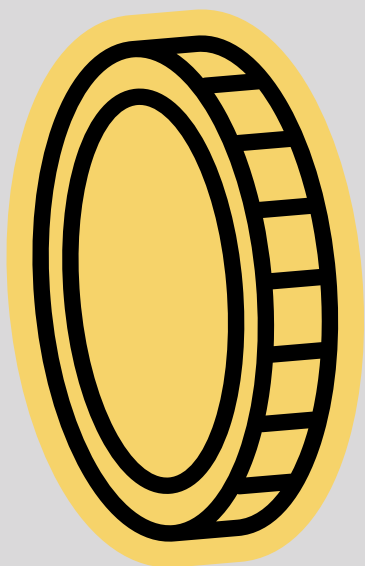
Thanks to the funding of the Erasmus+ programme this training has **no extra participation fee**.

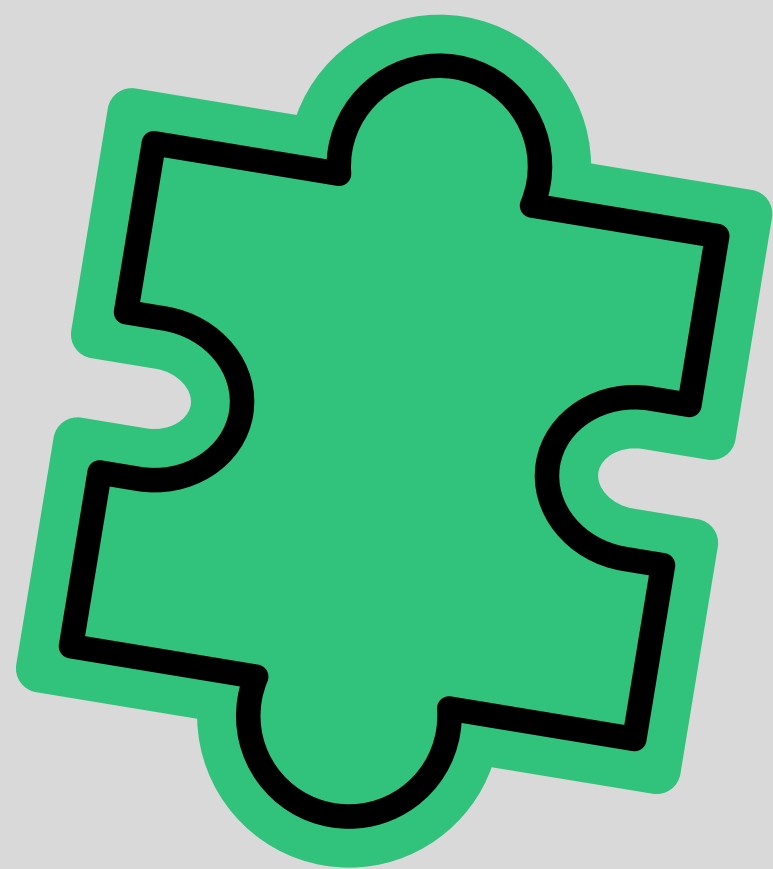
Travel costs will be reimbursed up to the established cost limits upon completion of the training and providing all the necessary travel documents.
Travel compensation: actual bus/train/flight costs with a maximum as indicated in the table (distance calculated from the place of residence to Emen, Bulgaria on **Distance Calculator** | Erasmus+).

Visa costs will be reimbursed if duly justified.

Insurance will be provided for group however we strongly encourage the participants to bring their European Health Insurance Card (EHIC).

Distance Travelled	Non-green travel	Green travel
10-99 km	EUR 28	EUR 56
100-499 km	EUR 211	EUR 285
500-1999 km	EUR 309	EUR 417
2000-2999 km	EUR 395	EUR 535
3000-3999 km	EUR 580	EUR 785

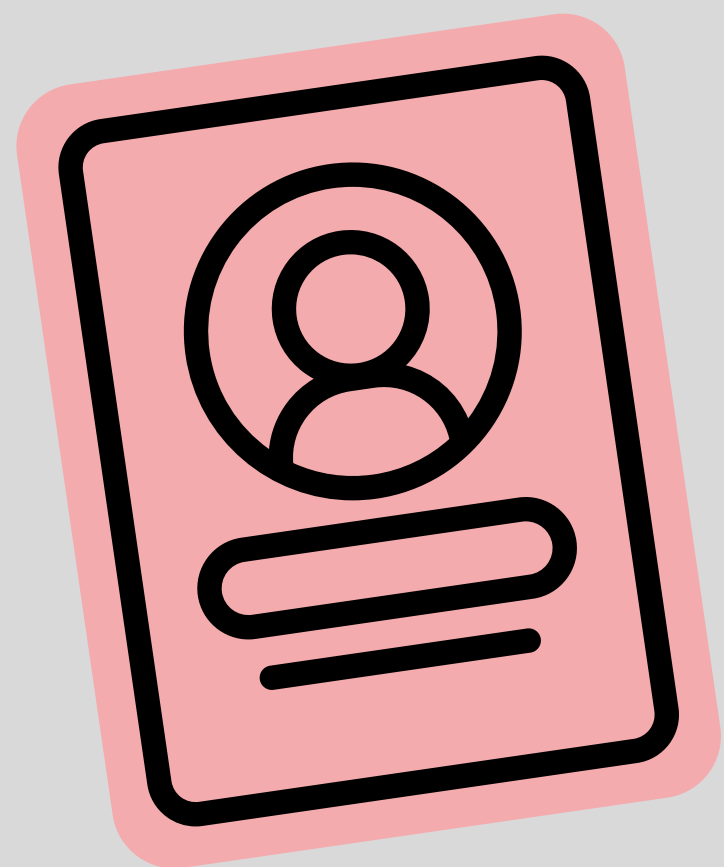




Sustainability

The food we provide will be vegetarian/vegan and mainly locally produced. We organize our breaks trying to use mainly organic products and fair trade coffee and tea. We use recycled paper and avoid plastic in our trainings, as well as we encourage our participants to recycle.

We encourage you to use environmentally friendly transport known as “green travel” (bus, train, car-sharing) when possible. This is especially requested from participants coming from neighbouring countries and all those with good train/bus connections.



Certification

At the end of the training course you will receive a Youthpass certificate.

Meet the team



Mauro Carta, Italy is a free-lance trainer and project manager, with a degree in European Studies and Education Science and a long experience of cooperation with IVS organisations. He designed and implemented several youth projects, including training and seminars on different topics: project management, youth work, non-formal education, impact measurement. Furthermore, Mauro has coordinated workcamps in Europe, Africa and Australia.



Katerina Stoyanova, Bulgaria (Kat) is a trainer, project manager and activist with a strong academic and practical background in human rights (focus: refugee rights/women rights), forced migration, emotional intelligence, peace, social work and non-formal education. She is a Steering board Chairperson of CVS-Bulgaria. She is passionate about trainings, supporting the concept of life-long learning, always ready to take the extra mile and stand behind a just cause.

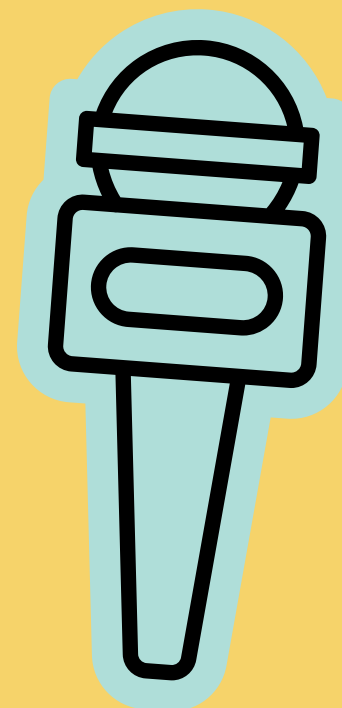
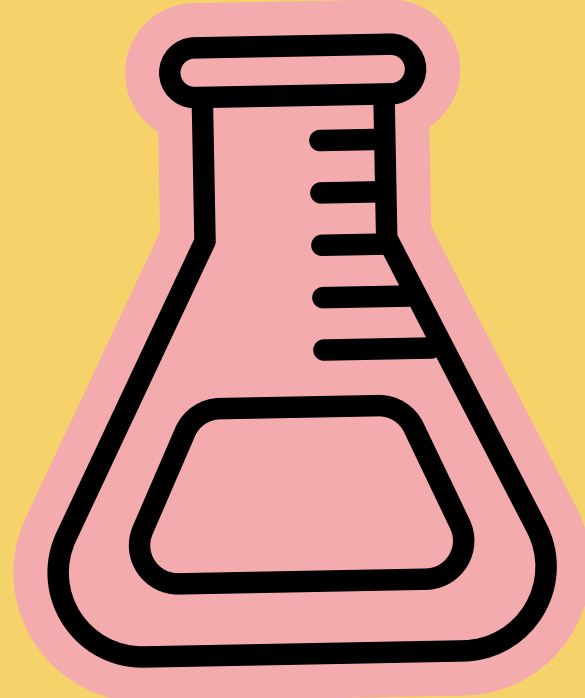


Natalie Jivkova, Bulgaria (Nat) has been inspired by and passionate about non-formal learning since her first experience that happened more than 20 years ago. Since 2002 she has also been in the volunteering field and for many years now actively involved in CVS-Bulgaria and SCI. Natalie loves to meet people, create new learning opportunities and facilitate group processes.

Methods and Content

Our working methods will be based on the principles of non-formal education and experiential learning, creating a stress-free and motivating environment where the human brain has a full capacity to learn. You will often work in smaller groups to achieve the best results. All the methods will encourage active participation, creativity, initiative and responsibility for one's learning process.

The daily program consists of 4 sessions of 90 minutes, 2 in the morning and 2 in the afternoon, with a break in between. Each session has a thematic focus and is divided in different blocks. Breakfast, lunch, and dinner will be provided at the venue, and in some evenings there are optional evening sessions with planned activities.



Provisional program

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
8:00 -9:15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30 -11:00	Welcome and Getting to know each other	How much do we know about emotions?	Features of Human Behaviours	Leadership styles Conflict transformation	Practical exercises and techniques to support wellbeing	Output development
11:00 -11:30	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
11:30 - 13:00	Team building	Emotional intelligence & Social Emotional Learning	Conflicts in the workplace and their effects	Mental health, psychological well being, resilience	Creating a working environment that supports peace, wellbeing and resilience	Output development and presentation
13:00-15:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
15:00- 16:30	Programme and contributions Participatory rules: safer and braver place	Social psychology experiment(s)	Assertiveness and Nonviolent communication	Organisational peace & wellbeing: why do we need them	Laughing yoga	Follow up
16:30 -17:00	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break
17:00 - 18:00	Realities and needs Reflection groups	Setting up the Open space Reflection groups	Peace and peace education in SCI Reflection groups	Free time	Let's create an output together- setting the frame Reflection groups	Final evaluation Certificates and closing
18:00-19:00	Self care time	Open space	Open Space	Self care time	Open Space	Self care time
19:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
20:30	Evening program	Evening program	Evening program	Evening program	Evening program	Party



How to apply

01

Read the
Call for participants
once again and make
sure that you answer the
participants' profile and
you are available for the
whole duration of the
training.

02

Fill in the
ONLINE APPLICATION
FORM
as soon as possible and
the latest by **June 29th**
2025

03

All applicants will be
informed about
the final selection results
by 4th July 2025.



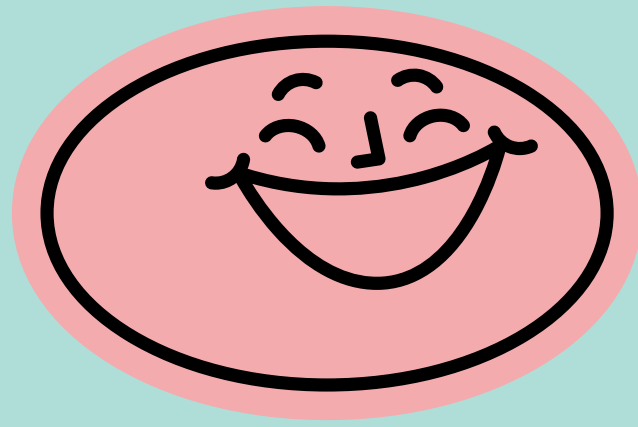


About us

CVS-Bulgaria is a non-profit organisation, a branch of Service Civil International. CVS-Bulgaria promotes the development of societal values and encourages responsible behaviors towards peace, social justice, and nature protection culture. This is achieved by organising volunteer initiatives and educational programmes. We take pride in working with people with fewer opportunities and embodying respect for human rights in everything that we do. Learn more about CVS-Bulgaria [here](#) and don't forget to like us on [Facebook](#) and follow us on [Instagram](#)!



Service Civil International is the oldest voluntary peace movement in the world, with over 100 years of experience. Our mission is to promote a culture of peace by organising international volunteering projects with local and global impact. We are present in 40 countries on 5 continents, and we cooperate with partners in almost all countries of the world. Read more [here](#).



Thank you for taking the time to read this call and apply for our training!

For any questions or clarifications, please contact us at
trainings@cvs-bg.org.



Nat, Kat and Mauro
The prep team

