



Funded by the European Union



unesco

Centre  
Under the auspices  
of UNESCO



Regional Centre for the  
Safeguarding of Intangible  
Cultural Heritage in  
South-Eastern Europe under  
the auspices of UNESCO

# YOUTH AND INTANGIBLE CULTURAL HERITAGE

## YOUTH EXCHANGE

### Bansko, Bulgaria

13 May 2024 – 20 May 2024

[#youthlivingheritage](#)

Project 2023-1-BG01-KA151-YOU-000146237



# Regional Centre Sofia - UNESCO

## Hosting organisation

**The Regional Centre for the Safeguarding of Intangible Cultural Heritage in South-Eastern Europe under the auspices of UNESCO, inaugurated in 2012, is dedicated to the safeguarding and promoting of intangible cultural heritage (ICH), with the following main objectives:**

- **to promote the 2003 Convention for the Safeguarding of the Intangible Cultural Heritage and contribute to its implementation;**
- **to strengthen the participation of communities, groups and individuals in the safeguarding of ICH;**
- **to enhance the capacity of the Member States for the safeguarding of ICH;**
- **to foster regional and international cooperation for the safeguarding of ICH.**

# Project's objectives

- Introduce the concept of intangible cultural heritage to the widest possible range of young people;
- Raise awareness among young people about the safeguarding of intangible cultural heritage and its importance for sustainable development;
- Enhance intercultural dialogue and mutual understanding;
- Proactive involvement of young people in the decision-making processes regarding heritage, as well as in its safeguarding and its use for the purposes of sustainable development;
- Promotion of local entrepreneurship based on intangible cultural heritage.

# Participating countries

- **Bulgaria**
- **North Macedonia**
- **Greece**
- **Romania**
- **Serbia**

# Participants

Group of **25 participants from 5 countries** – separated in groups of 4 participants and 1 group leader per country;

## **Participants**

- Age: 18 to 30 years;
- Interested and eager to learn about intangible cultural heritage;
- Committed to participate in all phases of the project (preparation, activities and follow-up)
- Language level: at least basic English
- Priority: youths with fewer opportunities (at least 1 per country)

## **Group leader:**

Age: 18 +

- Interested and eager to learn about the intangible cultural heritage
- Committed to participate in all phases of the project (preparation, activities and follow-up)
- Language level: good knowledge of English

To apply for participation, please fill in the application form (<https://forms.gle/L7BkwbmSaMRDZx7a8>) by 15 April 2024

# Programme and working method

Programme filled with interesting activities based on non-formal and informal educational methods aimed at learning and exchanging knowledge about intangible cultural heritage in the region of South-East Europe:

- Ice-breakers and team building games to get to know each other;
- Interactive workshops with time for discussions and debates;
- Learning by doing method and fieldwork;
- Presentations of ICH by the participants and intercultural evenings.

The language of this training is **English**.

The detailed programme and schedule will be sent to the selected participants in a later stage.

# Preparation for the youth exchange

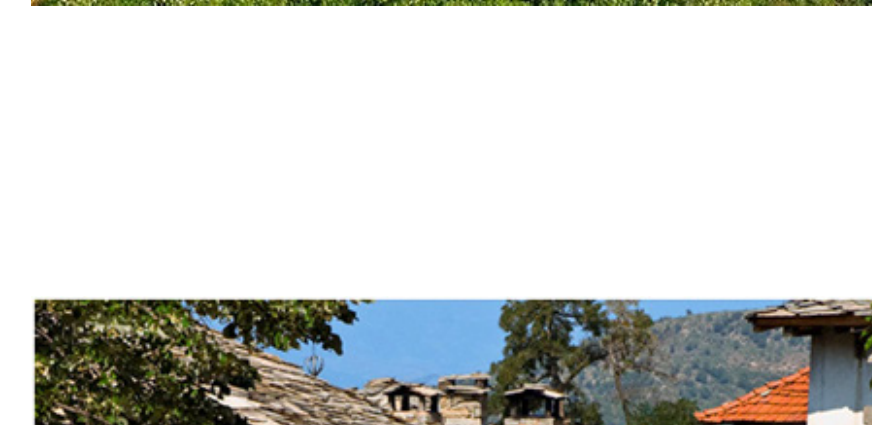
- Research about inspiring traditions and customs from your country and present them in a Powerpoint presentation;
- Find interesting movies to present living heritage of your country;
- Select traditional music to teach the participants how to dance traditional dances;
- Bring some small amounts of traditional food, drink, snack to present your country in Intercultural evenings;
- Bring your photo camera and laptop/tablet (if possible, you will need it also for some activities);
- Bring the flag of your country.

# Bansko

The project will take place in city of Bansko, Bulgaria. Bansko is a small town at the foot of the Pirin Mountains, which are part of Pirin National Park, in Southwest Bulgaria, declared as UNESCO World Heritage Site in 1983.

Bansko is famous with its rich heritage and historical sights, as well as the beautiful nature. Today the city is a famous tourist destination with favorable conditions for winter sports and also for cultural tours and events.

<https://www.visit-bansko.bg/bg/>





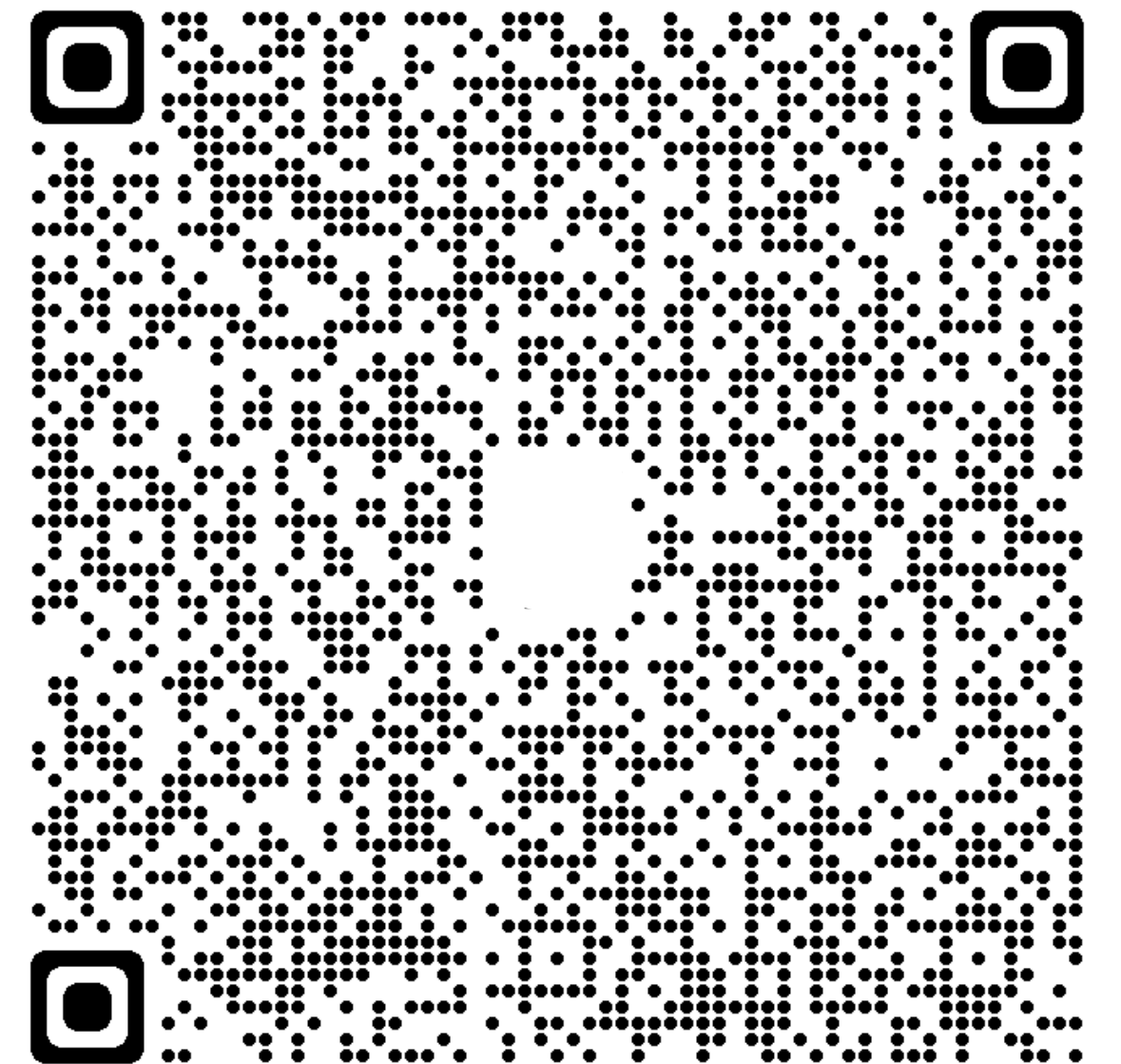
# Accommodation and meals

The accommodation is arranged in the Hotel Holiday Group

<https://www.facebook.com/holidaygruop/>

Participants will be accommodated  
in same-gender 2-3-persons rooms.

3 meals during the day are provided.



# Travel plan

Arrival day: 13 May 2024

- On the arrival day, check-in between 3 and 7 p.m.

Departure day: 20 May 2024

- On the departure day, check-out by 12 a.m.

NB: This is **GREEN TRAVEL** project, please use only green transportation.

**Green travel** is defined as the travel that uses low-emissions means of transport **for the main part of the travel**, such as bus, train or car-pooling.

Funding is available for up to two additional days for travel, but only if the additional time is justified. Please contact the team of the hosting organisation before planning the trip

# Travel Budget

- Use the cheapest and greenest ways of transportation;
- Keep all original invoices for your tickets. Missing documents will **NOT** be reimbursed.
- You need an approval of your travel plan. Please contact the team of the hosting organisation by sending via email your travel plan **BEFORE** purchasing the tickets.
- Before buying your ticket, please remember your cost limits, everything that will be more than the limit, will be at your own cost.

# Travel Budget

Country	Green travel budget	Number of participants
Bulgaria	23 EUR	4 participants and 1 group leader
Greece	210 EUR	4 participants and 1 group leader
North Macedonia	210 EUR	4 participants and 1 group leader
Serbia	210 EUR	4 participants and 1 group leader
Romania	320 EUR	4 participants and 1 group leader

# Reimbursement for travel

- 100% reimbursement for your travel costs according to the real spent cost, up to the approved travel budget for your country; higher costs are considered as your co-funding.
- Keep ALL YOUR ORIGINAL TICKETS AND INVOICES (either digital in PDF files or on paper) in order to be reimbursed (if you pay online you have to bring us the bank statement).
- On all documents the price, currency, name of the passenger, date of purchase and travel must be clearly visible, otherwise we will be unable to reimburse the costs.
- Travel expenses will be covered at the end of the youth exchange on the condition that you submit (bring/send) all original tickets and invoices for your travel.
- We reimburse the transport money ONLY if the participant will ACTIVELY take part during the whole project

# Important information

- Bring with you all your travel documents and passport/ID.
- Travel insurance is your responsibility, so make sure you have one.
- For participants from EU countries the European Health Insurance Card (EHIC) is also applicable.
- Bring your medications, if you need any.
- Don't forget to bring camera, laptop etc.

# YOUTHPASS

Each participant will receive Youthpass

# Contact information

**Contact person: Mirena Staneva**

**Phone: +359 885 658 277**

**Email: regionalcentresofiac2c@gmail.com**

**Contact person: Chayana Istatkova**

**Phone: +359 885 649 009**

**Email: ch.bozhkova@unesco-centerbg.org**

**Find us:**

**FB page: Regional Centre Sofia - UNESCO**

**Instagram: [https://www.instagram.com/livingheritage\\_unesco/](https://www.instagram.com/livingheritage_unesco/)**

**Website: [www.unesco-centerbg.org](http://www.unesco-centerbg.org)**

