

# FROM HOME TO HOME TRAINING COURSE IN BULGARIA



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[opendoors.center](https://opendoors.center)

KA210-YOU-000159239



## Training Course

### Key points:



**WHERE:** Foundation “Situational Center Open Doors”,  
Bansko, Bulgaria and Sofia, Bulgaria

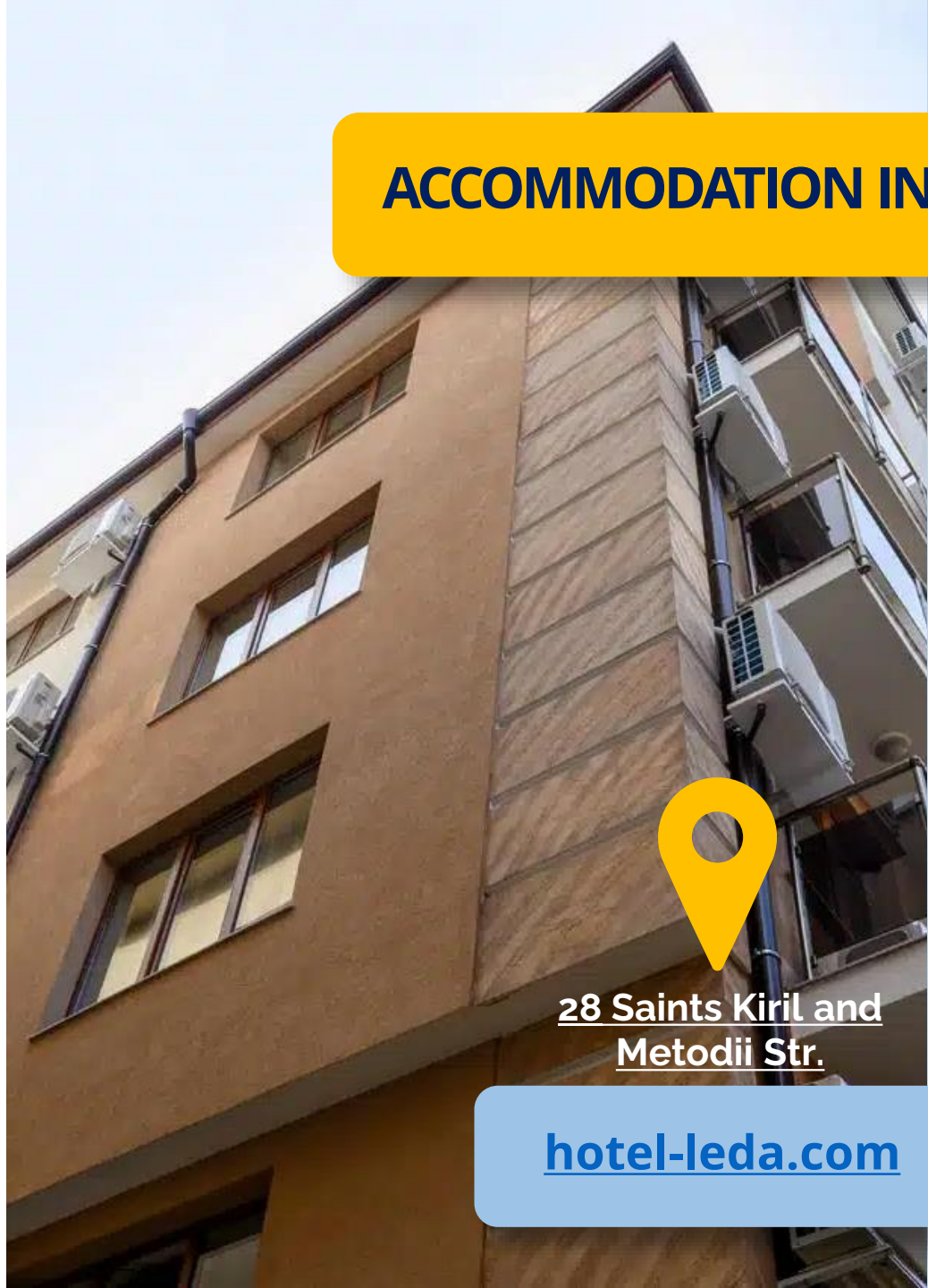


**WHEN:** 26.05.2024 travel day, arrival in Sofia  
26.05.2024 - 29.05.24 training in Bansko  
30.05.2024 - 31.05.2024 work visits in Sofia  
01.06.2024 - travel day, departure from Sofia



**WHO:** 6 participants/partner organization, 18+, youth  
workers and/or youth leaders

## ACCOMMODATION IN SOFIA: HOTEL "LEDA"



28 Saints Kiril and  
Metodii Str.

[hotel-leda.com](http://hotel-leda.com)

- **9 km** from Sofia Airport (**10-11 EUR**)
- **550m/8 min. walk** to Ukrainian Educational Hub in Sofia
- **700 m/10 min. walk** to Lion's Bridge metro station
- **1.5 km/20 min. walk** from Sofia historical center and pedestrian/shopping area





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## ACCOMMODATION IN BANSKO: HOTEL "LINA"



- **Walking distance from historical center**
- **We will travel from Sofia to Bansko and back by car**
- **Training sessions will be in hotel, or in training room 10 min. walk from hotel**

ул. Сливница 13, 2770  
Банско, България

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## Please keep in mind:



Bansko is a mountain resort. Even in the middle of summer, mornings and evenings are chilly, and weather can be unpredictable. Pack accordingly, including comfortable shoes.



Bansko is a small resort, active mostly in winter. While it will have a working pharmacy, specific medication might not be available. Please remember to bring with You any medication You need.



Please remember to let us know about any food restrictions You may have, so that we can plan accordingly.

# TRAINING COURSE, DAY 1

## 26 th of May Agenda:



- ∞ Arriving to Sofia according to schedule
- ∞ Welcome snacks.
- ∞ Transportation to Bansko by cars.
- ∞ Dinner
- ∞ Ice breaking activities



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# TRAINING COURSE, DAY 2

## 27th of May Agenda:



9:00 Breakfast in Hotel

10.15 Welcome and getting know each other. Introduction to the training program.

11:30 Coffee-break

11:45 Triangle of expectations

13.00 Lunch in Hotel

14:30 Peer-to-peer support model presentation.

16:00 Tea-break

16:30 Group discussions. Reflection of the day

19.00 Dinner

20.00 Cultural night



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# TRAINING COURSE, DAY 3

## 28th of May Agenda:



9:00 Breakfast in Hotel

10.15 Principles of Supportive Communication

11:30 Coffee-break

11:45 Game “Transactions”. Reflection of the game.

13.00 Lunch in Hotel

14:30 Comprehensive role-play scenarios to simulate peer support situations.

16:00 Tea-break

16:30 Empathy Building. Playback theatre. Reflection of the day.

19.00 Dinner

20.00 Crazy games night



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# TRAINING COURSE, DAY 4

## 29th of May Agenda:



9:00 Breakfast in Hotel

10.15 Understanding Cultural Backgrounds

11:30 Coffee-break

11:45 Interactive presentations on cultural awareness and sensitivity.

Local activities examples.

13.00 Lunch in Hotel

14:30 Hiking time (go up) and discussion of local activities

16:00 Tea-break in Mountains

16:30 Hiking time (go down) and discussion of local activities

19.00 Dinner

20.00 Quite night



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# TRAINING COURSE, DAY 5

## 30th of May Agenda:



9:00 Breakfast in Hotel

10.15 Planning of local activities

11:30 Transportation to Sofia

14:00 Pizza time

15:00 Creative workshops (using arts and crafts) to explore feelings and shared experiences.

16:00 Tea-break

16:30 Cultural Treasure Hunt in Sofia

19.00 Dinner

20.00 Go out night



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# TRAINING COURSE, DAY 6

## 31st of May Agenda:



9:00 Breakfast in Hotel

10.00 Visit of Ending school Year official ceremony in Open Doors School for displaced kids

14:00 Lunch

15:00 Visit to Youth Organizations

18.00 Discuss the ethical considerations and boundaries of being a peer supporter

19.00 Dinner

20.00 Closing ceremony with reflections and future commitments.



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# TRAINING COURSE, DAY 7

## 1st of June Agenda:



9:00 Breakfast in Hotel

Departure according to the schedule



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SITUATIONAL CENTER  
OPEN DOORS

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