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Erasmus+ Programme  
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BUILDING INTERCULTURAL COMPETENCES:  
SHARING GOOD PRACTICES  
2019-1-BG01-KA205-062110

## Blended Mobility of Young People

19th - 23rd July 2021

Varna, Bulgaria

### Infopack for Participants

#### Background

Compared to the past, the world has become globally open and young people need to leave their usual comfort zone and explore different lands through studying, working and travelling. This creates new multicultural environments in places, which are traditionally mono-cultural. However, Europe is facing major challenges in promoting social inclusion and cultural diversity as core values that unite the Member States. By exploring and sharing good practices and innovative methods and strategies of dealing with the challenges in multicultural environments for youth organisations and overcoming cultural shock, stereotyping, prejudices, discrimination and stigmatisation through intercultural communication and dialogue among young people, the project “Building Intercultural Competences” will raise awareness among young people about the importance of intercultural communication and mutual understanding.

The general objective of BIC is to help young people understand the importance of social inclusion and cultural diversity and build intercultural competences. The project involves 5 partner organisations from 5 countries:

- Varna University of Management (Bulgaria)
- Inter Alia (Greece)
- SFERA INTERNATIONAL (Republic of North Macedonia)
- Demostene (Italy)
- Check-In Association (Portugal)
- Cross Culture International Foundation (CCIF Malta)

One of the activities planned to take place in the framework of the project is a Blended mobility of young people, which will take place in Varna, Bulgaria from 19th to 23rd July 2021. During the training, the participants will be put in different life situations and they will have to use different strategies, identified during the research activities. The aim of this activity is practically to experiment the application and relevance of the determined good practices of creating an intercultural environment and prepared strategies for overcoming cultural shock and stereotypes. Additionally, the direct participants in the training will gain valuable knowledge, skills and attitudes to cope with different situations and issues, which may arise during their stay abroad among people with different cultural backgrounds.

Each participant will be entitled to receive a YouthPass certificate after the activity.



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## Target Group

Each partner organisation shall involve<sup>1</sup> in the activity 3 young people aged 18-30, who do not have experience in living, studying or working abroad.

## Venue

The activity will be hosted by Varna University of Management and the participants will be accommodated in the cosy [dormitories of the University](#). The building is located in the city centre of Varna, so it is easily accessible from the airport, bus and train station, in addition it is located close to the majority of tourist attractions in the city and it takes only 20 minutes by foot to reach the beach.



The rooms are air-conditioned

## Weather

The weather in Varna in July is relatively warm and sunny (*the temperature fluctuations are between 18°C and 27°C with just a couple of rainy days*). The updated weather forecasts (in English) for the upcoming 10 days is available at this website: <https://www.sinoptik.bg/varna-bulgaria-100726050/10-days>

## Visa

EU citizens do not need a visa to enter Bulgaria. However foreign citizens who travel to Bulgaria, should check the validity of their passports or ID cards - at the moment of entry in Bulgaria, it should be valid at least 6 months ahead.

## COVID-19 rules (as of 8th June 2021)

At the moment the following COVID-19-related rules are in place: travellers who enter the territory of the Republic of Bulgaria, regardless of their nationality and the country from which they arrive, shall be admitted upon presentation of one of the following documents:

- **vaccination-benefits a certificate of completed vaccination against COVID-19.** A complete vaccination is reached after 14 days from the last scheduled dose of a COVID-19 vaccine. The combination of one dose of Vaxzevria/ AZD1222 vaccine with one dose of Comirnaty/ BNT162b2 (Pfizer-BioNTech Covid-19 vaccine) is also considered a complete vaccination. The document must contain the names of the person, date of birth, dates of the relevant doses of vaccine, trade name and batch number of the COVID-19 vaccine, name of the manufacturer/holder of the market authorisation, country where it was administered and name of the issuing competent authority;

<sup>1</sup> Due to the COVID-19 restrictions which are in force at the moment, the Italian participants will attend the mobility online. The rest of the participants will take part in a combination of face-to-face activities in Varna and online ones (VUM, as a hosting organisation will provide devices to all incoming participants)



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- a document showing a positive result of a PCR or rapid antigen test for COVID-19 for persons who have recovered from COVID-19 between 15 and 180 days from the date of the positive result to the test. The document must contain the names of the person, details of the medical establishment that carried out the examination (name, address or other contact details), the date on which the test was carried out, and positive result;
- provision of a document showing a negative result of a COVID-19 test (PCR test carried out within 72 hours before entering the country, or a rapid antigenic test carried out within 48 hours before entering the country).

An updated travel information about the COVID-19 related rules may be found on this website: [https://europa.eu/youreurope/citizens/travel/travel-and-covid/bulgaria/index\\_en.htm#:~:text=Can%20I%20transit%20this%20country%3F,-Partly&text=Transit%20through%20Bulgaria%20to%20the,country%20and%20their%20family%20members%3B&text=2021%20for%20a%20temporary%20ban.of%20Bulgaria%20\(in%20Bulgarian\).](https://europa.eu/youreurope/citizens/travel/travel-and-covid/bulgaria/index_en.htm#:~:text=Can%20I%20transit%20this%20country%3F,-Partly&text=Transit%20through%20Bulgaria%20to%20the,country%20and%20their%20family%20members%3B&text=2021%20for%20a%20temporary%20ban.of%20Bulgaria%20(in%20Bulgarian).)

### Insurance

It is recommended for the participants to have their own travel and health insurance. For participants coming from EU countries it is advisable to have an European Health Insurance Card (EHIC).

### Currency

Bulgarian currency is lev (BGN) and all local prices will be in BGN. Some shops and restaurants accept card payments, too, but it is recommended to have some cash money, too.

In case of need to exchange money in Varna, it is strongly recommended to do this in **bank offices**.

### Emergency

112 is the general emergency number in Bulgaria.

In case of need, the participants of the can contact the hosting organisation, too:

Contact person: Vesselina Dimitrova  
Mob. +359 889 699 508 (available on WhatsApp and Viber)  
e-mail: vesselina.dimitrova@vumk.eu