



# LOCAL LEADERS FOR GREEN CHANGE

YOUTH EXCHANGE  
*07-16 September, Bulgaria*



Co-funded by the  
Erasmus+ Programme  
of the European Union

# THE PROJECT

The challenges we are facing today due to climate change - droughts, floods, biodiversity loss, famine, extreme weather, etc., are affecting communities all over the world and future seems more hopeless every day.. We need to act fast and smart, desperately needing more **inspired green leaders** - to inform and educate people about the urgency of this situation, and about the solutions there are! With the YE "Local Leaders for Green Change", we aim to inspire, support, and empower young people to become peer-to-peer Eco-activists, who will bring and incorporate an attitude of awareness and care for the people and the planet. **The time is NOW and the heros are YOU!**

## Objectives

- **EDUCATE:** deepen and broaden participants' knowledge about the current ecological situation, scientific findings, actions and tools to achieve Sustainability (EU Green Deal, Circular Economy etc.)
- **INSPIRE:** Ignite the drive for change, encourage a nature and human-friendly mindset, and showcase successful local initiatives and inspirational leaders.
- **EMPOWER:** Provide participants with practical tools and skills to create impact at various levels. We will explore how to create a functioning, sustainable team, learn media literacy, public behavior, campaigning, collecting and working with feedback, targeting and responding to needs, working with institutions etc.
- **UNITE:** Create a support system - building an eco hub within the society, a group of youths, who care deeply for the future of their communities. One team, a collective of like-minded people, working towards the same vision and goals - that brings a lot of power and motivation.

# METHODS USED

With "Lead the GreenAge!" we aim to empower more young people, who will become a strong building block for a better future for nature and us, humans, being an inseparable part of it. The project means to **create, inspire and support young eco activists, who will bring positive change** on a personal, regional and international level. Through fascinating workshops and activities, based on the method "Experiential Learning", we will get acquainted with the current ecological situation in the world, collecting tools to better it. The participants will meet in person bright activists in the "green" sphere and will learn essential skills: media literacy, soft skills like targeting groups, leadership, institutional competencies, etc..



## Personal Development

- various activities, games, simulations, reflection, directed to get to know and accept our true, authentic selves.
- unlock our full potential as **glorious leaders** and **change makers!**



## Communication

- develop **leadership** skills
- **Non-violent communication and Empathy**
- targeting, campaigning, fundraising
- implementing **changes** in institutions, **on a local, national and international levels**



## Media Literacy (ICT)

- create attractive virtual materials: photo, video, written
- use the social media to their full extend, as essential tools
- virtual **campaigning** and **promoting**

# WHO, WHERE, WHAT?

35 young people (4 + 1 group leader),  
age 16+, from 7 different countries:  
Spain, Serbia, Finland, Romania,  
Republic of North Macedonia, Greece,  
Bulgaria;



Living in a campsite the skirts of the lush Rhodope mountains in the beautiful Varvara village. Below us begins the fertile Thracian valley, full of various fruit ad greenery, also eating fresh, local food.

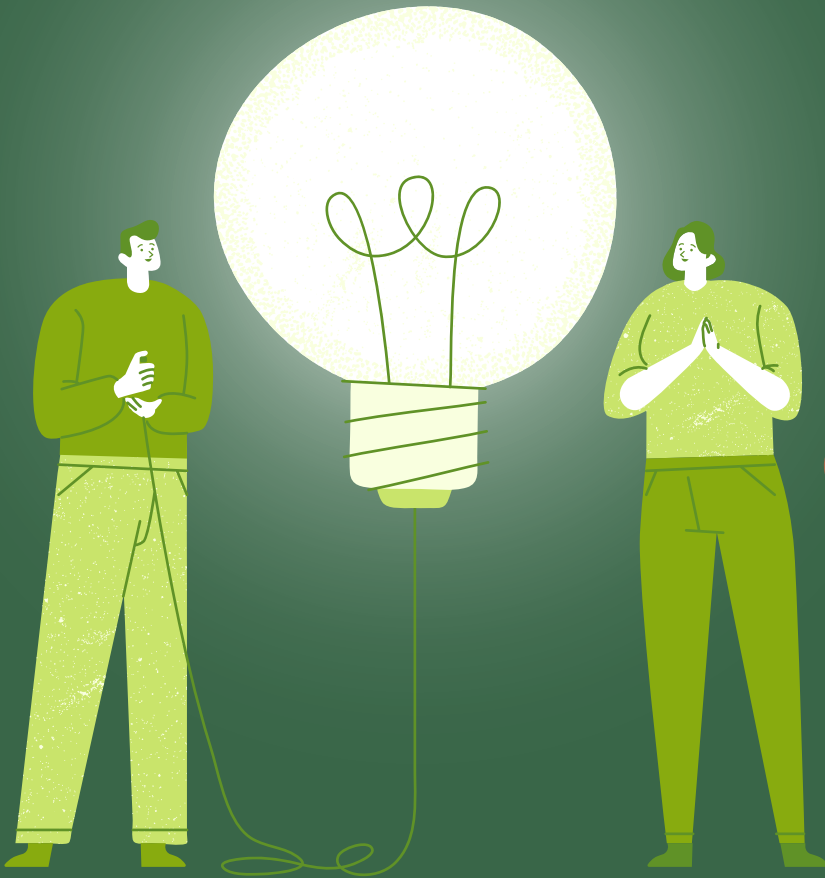


A 10-day exciting program, giving us the inspiration and tools to become impactful, strong and bright leaders, bringing the positive change, that the Planet and society desperately need today!





# PARTICIPANT PROFILE



→ 4 young people, age 16+  
+ 1 group leader per country - no age limit

→ People, ready to participate in the full duration of the program (preparation, implementation and dissemination).  
**The program is intense and requires commitment!**

→ Willing to be part of a learning, developing community and team

→ Interested in becoming **the New Leaders, the Change-makers**, who will take our society to the next level of Sustainability, Eco-friendly and **Conscious and Connected living!**

# Venue

We will be sleeping in tents in a campsite especially prepared for the Youth exchange. We will create our own Sustainable, Green Paradise, our community of young leaders. We will experience what is it like living in harmony with nature: hammock gardens for chilling, sunny water for showers, unforgettable nights by the fire..

All this is located in the beautiful Bulgarian village Varvara, in the heart of the mountain, having wonderful views, fresh air and beautiful rivers.

Food will be provided 3 times a day with two snack breaks. It will also support the topic: Sustainability, being entirely VEGETARIAN, local production and fresh.

You will need to bring your own sleeping bags and mats (layer between the sleeping bag and the ground). If you don't have those items, please contact us and we will support you with the equipment.



# USEFUL INFORMATION

## INSURANCE



Make sure you have a valid European Health Card or other health Insurance which is **MANDATORY**.

It has to cover for the **entire duration of the project (12 days)**. Participants without insurance won't be hosted!



## CURRENCY & EXCHANGE RATES

The official currency in Bulgaria is Bulgarian lev which has a fixed conversion rate with the Euro (€). We suggest you to change your money for a personal expenses in the nearest bank office once you arrive at a big city or at a exchange office which has no commission. The exchange rate could slightly vary but the usual rate would be:

**1 EUR = 1,95 BGN (Bulgarian lev)**

## WHAT TO BRING

- **COMPULSORY** valid in the EU health insurance;
- Food/ beverages for Inter-Cultural Evening;
- Summer clothes, sun glasses, sunscreen, swimsuit... temperature will be averaging around 20-30°C and there are mineral baths in the village!
- Towels and flip-flops;
- Personal hygiene products;
- Warmer clothes for the evenings;
- Comfortable walking shoes;
- Medicines (if any);
- Don't forget... Shining SMILES :)

