**INFOPACK HOSTING ORGANISATION (HO)**

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| **Name HO** | **Dvizhenie za harmonichno razvitie na choveka (Body, Mind, and Soul Training)** |
| **Name SO** | Future in Our Hands |
| **Number of volunteers and gender** | We will host 2 volunteers from every partner organisation (1 male & 1 female), or in other words - 8 volunteers in total (from 4 sending organisations). There’s no need for participants to have past experience in any kind of sport, but they have to be in a good state of health. Young people with disabilities, educational difficulties or serious illnesses are not advised take part in the project because the participants in the project will be involved in everyday learning and physical exercise. The volunteers should also undergo the language assessment for English language provided by Erasmus+ OLS. In order to fully participate in our project, the volunteers should have at least level B of speaking and understanding the language. We welcome volunteers with geographical and financial difficulties and also those who suffer from discrimination based on cultural differences. |
| **Theme(s)** | 1. Health & well-being; 2. Labour market problems, including career orientation & youth unemployment; 3. Access for disadvantaged; |
| **Dates** | 1 September 2015 – 30 April 2016 |
| **Code** | **2015-2-BG01-KA105-014557** |
| **Title** | *Train the Brain through Game* |
| **Contest and environment** | Our project is prepared in the context of an increasing number of unemployed and inactive young people – inactive not only in the sense of professional or educational training, but also in the sense of physical exercise. What is more, young people need to acquire more knowledge about healthy practices and also to incorporate them into their everyday life. That’s why we offer them the opportunity to practice yoga, martial arts, mind games, carnival and performing arts with trained and experienced instructors. In that way, the participants will not only acquire knowledge and skills important for their health and well-being, but they will also acquire a professional qualification and a certificate to teach as first-level instructors. The initial training will last 3 months and after that the volunteers will teach what they have learned to students from Bulgarian schools. In that way, they will gain experience as assistant instructors. Our team will provide to the participants technical and organizational support at all times – during their training, during the formation of the groups to which they would teach and during the teaching itself.  In order to get a fuller picture of the cultural context and the social life of Bulgaria, the volunteers will have their 3-month training in Plovdiv and after that we’ll split them into 3 groups and each group will spend 1,5 months in every one of the three cities (Sofia, Plovdiv, Veliko Tarnovo). In that way, they’ll get to know Bulgarian people from different backgrounds and share their experience with more people. Meanwhile, they’ll also participate in a language course in Bulgarian, in a cooking course – in order to learn how to prepare healthy & delicious food for themselves, and in different lectures and workshops conducted by experts in topics related to their training. What’s more, in the beginning of the project the participants will take part in Nationalities nights and also in organized city walks and dance or karaoke nights once a week. |
| **Accommodation description** | For the 3-month training, we will rent 2 big apartments in the center of the city of Plovdiv. Every 2 volunteers of the same gender will share a well-furnished room with 2 beds. The apartments will be close to the training-hall. After that, the volunteers will be split into 3 groups and every group will stay for a month and a half in a different city – Plovdiv, Sofia and Veliko Tarnovo. In every one of the three cities we will rent an apartment in which a group of 2 or 3 volunteers will be accommodated. |
| **Food allowance** | €75 per person per month |
| **Local Transport** | Mainly by car and by public transport, if needed |
| **Pocket money** | €70 per person per month |
| **Sending cost** | €50 per person per month |
| **Travel cost** | 100% up to €275 per person (according to the Distance Calculator) |
| **Closest airport/travel direction** | The project will begin in the city of Plovdiv, where there is an airport. Our team will welcome you at the airport. |
| **Emergency number** | +359 877 215 595; +359 886 968 879 |
| **Visa information** | Visas are required. We will reimburse you the visa fees when the participants arrive in Bulgaria. We will also assist you, if you need any help acquiring visas. |
| **Country Currency** | Bulgarian Lev (BGN) |

**Activities/Agenda**: You will find the Programme attached as a separate document

Monday

Tuesday

Wednesday

Thursday

Friday