



## ECONA

### Bulgarian-German Youth Exchanges

Summer 2022

(Sofia, Bulgaria and Lüneburg, Germany)

Call for participants



[JANUN](#) and [CVS-Bulgaria](#) are happy to announce the bilateral youth exchange program "Econa" which will take place this summer:

- in Lozen, Sofia, Bulgaria from **16 to 24 July 2022** (16th July arrival and 24th July-departure)
- in Melbeck, Lüneburg, Germany and its surroundings from **3 to 11 September 2022** (3rd September arrival and 11th September - departure)

Each youth exchange will gather 30 participants (from 16 to 30 years old), who will learn together about sustainable food, empowering projects and exchange ideas. In both countries, together with different local partners, we learn and work around the topic and have developed innovative educational material around the topic - e.g. interactive city tours, permaculture gardening, food waste or education for sustainable development, illustrations

and a hidden pictures. In the first exchange in Bulgaria we will get deeper into the topic of slow food and zero waste consumption, we will visit numerous local projects and contribute to a urban gardening initiatives. During the second exchange in Lüneburg, Germany, we will catch up on the joint time in Bulgaria and deepen our knowledge on sustainable food systems. We visit local projects and farms, learn together and exchange about food, our experiences, visions and ideas about sustainable food systems. Being part of the exchanges, the participants will learn and gain practical experience about permaculture gardening, food waste and education for sustainable development. Both groups will be led by experienced youth leaders and facilitators.

**Number of participants:**

-Bulgarian: 15 participants

-German: 15 participants

**Profile of the participants:**

We are looking for you if you are:

- In the age range of 16 -30 years old
- Interested in urban gardening and sustainable food systems
- Intrigued by the concept of education for sustainable development
- Nature lover interested in the concept of education for sustainable development
- Motivated to spend some offline time learning by doing
- Motivated to share your experience with other German/Bulgarian participants
- Able to communicate in English

**Conditions:** Activities costs, insurance, food, and accommodation will be covered from the project budget, as well as travel costs in lines with rules and conditions of the Erasmus+ program (275 EUR per participant upon presenting all travel documents).

All participants are strongly encouraged to travel green and not use flights. Due to internal decision of the organisation and following the sustainable standards of living, JANUN will not refund flight costs for the German participants.

There will be a participation fee for German participants for travelling to Bulgaria (50-150 EUR), no fee is applicable for Bulgarian participants. However, if you are interested but have difficulties contributing the fee, please do not hesitate to apply nevertheless.

Accommodation in both exchanges will be in shared rooms.

Food will be served according to the food preferences stated in the application form by the participants and according to the principles of food consumption discussed during the exchanges. Food self preparation might be involved during the exchanges.

Public transport will be used in both exchanges, while in Germany there will be options for bike transportation as well.

For the both exchanges the current Covid regulations will be strictly followed.

**Draft Programs:** Below are the draft programs for both exchanges, please note that there will be some changes in times and activities. The final programs will be sent to selected participants for each exchange.



## 16-24 July 2022, Bulgaria

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
<b>Morning</b>		Getting to know each other, Start of the exchange	Workshop: zero waste and food independence practice	Visiting projects- Food no Bombs	Urban Gardening Workshop : theory. Design of urban gardens:	Visiting projects- Maria's world foundation garden	Urban Gardening Workshop : theory. Design of urban gardens:	Visit to the Farmer's Market and meeting local farmers.	Departure
<b>Afternoon</b>		Education for Sustainable Development and Responsible Consumption	Forestry of Slow Food Bulgaria: the connection between traditions, sustainability and biodiversity.	Business-as-usual in Bulgaria: getting to know a zero-waste restaurant and sustainable business practices. Input and group discussion.	group exercise practical work	Free Sofia Tour – getting to know Sofia	group exercise practical work	Feedback and reflection on the exchange. Next steps - planning the exchange in Germany	
<b>Evening</b>	Arrival and Welcome Evening	Talents night	Game night	Food Evening	Movie evening	Free evening	Participants choice evening	Closing evening with fire	

Venue: [Red Cross training centre](#)

The programme of the exchange in Bulgaria includes:

- Workshops, e.g. on slow food, zero waste and food independence, fair trade and local farmers markets, urban gardening
- Exchange between the participants
- Visiting different alternative projects and free time in Sofia
- Contributing to a bottom-up educational gardening projects
- Sharing food recipes
- Fun evening activities

## 3-11 September 2022, Germany

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
<b>Morning</b>		Getting to know each other, Start of the exchange	Workshop: food sovereignty	Visiting projects	Working in Gardening project	Visiting a farm	Day trip to Lüneburger Heide	Sustainable Food systems - how to get there. Exchange about possibilities and educational methods	Departure
<b>Afternoon</b>		Visiting a street festival	Rallies on sustainable food in Lüneburg	Theatre workshop		Workshop: Visions for the food system		Reflection	
<b>Evening</b>	Arrival		Exchange on food & agriculture	Food Evening	Eating at Solidarity Kitchen		Silent Disco	Closing evening with fire	

Venue: [DieOutdoorSchmiede](#)

The programme of the exchange in Germany includes:

- Workshops, e.g. on food sovereignty, Visions for the food system or creative/theatre methods
- Exchange between the participants
- Excursion to the Lüneburger Heide, an organic farm and different alternative projects
- Contributing to a bottom-up educational gardening project
- Cooking and sharing food
- Fun activities like visiting a street festival, campfire and silent disco

### Application form:

This application is for those who are interested and able to participate in both exchanges, however we welcome those who are available for one of them to apply as well!

<https://docs.google.com/forms/d/e/1FAIpQLSftctqwrIRU1jTAfEB8vjHNuHWu4bcWdl6wk8CG-iARluo-xQ/viewform>

We will be happy to reply to all your questions, so if you have any, do not hesitate to write us at:

[econa@janun.de](mailto:econa@janun.de) - for German applicants

[trainings@cvs-bg.org](mailto:trainings@cvs-bg.org) - for Bulgarian applicants

Deadline to apply: **31.05.2022**

Please note that the applications will be considered as they come upon filling in the available places, so do not hesitate to apply soon.

**The idea of the bilateral exchanges was born during the EcoNa project.** EcoNa was a German-Bulgarian project on education for sustainable food from 2019 to 2021. In both countries we learned and worked around the topic and have developed innovative educational material around the topic - e.g. interactive city tours, illustrations and a hidden picture. Digitally, activists from Bulgaria and Germany exchanged on topics like permaculture gardening, food waste or education for sustainable development. More information on the project you can find [here in German](#) and [here in Bulgarian](#).

Good luck to everyone and hope to see you soon,

Econa Youth exchanges team