



International training course

With the support from the
Youth Program of European Commission

"Human Rights Education for Youth Trafficking Prevention"

Smolyan, 5th August – 11th August 2006



The Training Course

The training course “Human Rights Education for Youth Trafficking Prevention” will bring together youth workers from South East Europe, as well as at their colleagues from the UK and Netherlands, ready to share best practices and to work on joint projects on youth trafficking prevention.

Our partners are deliberately chosen to come from some of the most vulnerable to trafficking European source countries: Bulgaria, FYROM, Serbia, Romania and Greece. Their partners from the UK and Holland are coming from recipient to trafficking countries and are also experienced in networking for trafficking prevention and human rights education.

We aim at improving the knowledge and skills of the young leaders and activists on the problems of trafficking prevention, as well as introducing a new innovative approach to human rights education for youth trafficking prevention. The training course will offer those involved in youth work to acquire or develop organizational and management skills in order to develop and implement projects on human rights education and antitrafficking.

We are saying something new and doing something important: drawing attention to prevention of trafficking, rather than working with the victims of trafficking as most projects do.

Who can apply?

Youth workers and youth leaders, coming from Europe and interested / with experience in working on youth trafficking and/or with disadvantaged young people.

SELECTION CRITERIA FOR PARTICIPANTS

All participants must comply with the following criteria:

- ❖ Participants must be involved in their youth organization/youth group, specifically in the development of projects on youth trafficking prevention for vulnerable young people;
- ❖ Have a good command of English language;
- ❖ Be willing to share information about his/her own organization and his/her own situation on youth trafficking;
- ❖ Be able to present the work of his /her own organization and to present the information required;
- ❖ Have knowledge about the situation of the vulnerable to trafficking young people in their country; especially those already trafficked;
- ❖ Be willing to work in an intercultural atmosphere;
- ❖ Be committed to take active part in the whole activity.
- ❖ Have project ideas and be willing to develop future co-operation with other participants in the activity;

What to be prepared for?

- ❖ Participants will be requested to bring with them:
 - Specific information about projects and ideas to work on trafficking prevention of vulnerable young people,
 - Information about the trafficking situation in your own country.
 - Information, publication, leaflets, CD and video about the work of your organisation. A presentation about the organisations can last maximum 10 minutes.
 - Music, pictures, drinks and food that you consider representative for your culture for the international party.
- ❖ **Please note that a virtual introduction to the course will start in June. Participants will be asked to prepare information that will enable them to take part in the TC with the necessary knowledge and understanding.**

How to apply?

Organizations involved are required to send **Participant Registration Form** to MoE, SEE before **June 15th, 2006**.

TERMS OF PARTICIPATION

TRAVEL EXPENSES	<p>Travel expenses are 70% reimbursed according to the following rules:</p> <ol style="list-style-type: none"> 1. The flight's departure and return points are the closest international airport to the participant's usual residence, 2. The travel destination is Sofia or Plovdiv (highly recommended). Participants are requested to arrive on August 5th before 12.00 h. 3. The flight and/or bus is based on the cheapest fare available in the issuing country. However <u>TRAVEL total cost for each participant</u> cannot exceed the amount of 300 Euro. 4. Participants from neighbouring countries can use only bus or train transport (only second class will be covered) that can't exceed 100 Euro.
PARTICIPATION FEES	<p>Each participant will pay a participation fee, which will be deducted from the tickets reimbursement.</p> <p>The fees are as follows:</p> <ul style="list-style-type: none"> - UK, NL, GR – 30 EURO - BG, RO, FYROM, Serbia – 15 EURO
OTHER EXPENSES	<p>The project will provide with board, lodging, transportation and program's related events costs. Expenses will be covered only from the date of arrival (Saturday 5th August) till the departure date (Friday 11th August) with no exceptions.</p> <p>However, all participants' personal costs (like telephone calls, gifts and souvenirs, etc.) and/or any other cost not linked to program's events will be responsibility of the participants and will be settled directly by them on spot.</p>
REIMBURSEMENT and DOCUMENTS REQUIRED	<p>Reimbursement of the relevant amount will be made via <u>participants' organisations bank account</u> only after receiving the participants' original flight tickets at the mailing address of MoE SEE Regional office in Plovdiv – Tsentralna Poshta, PK 546.</p> <p>Participants will be required to bring to the activity a complete copy of their tickets and original travel agency receipt with the copy of their passport pages, indicating their identity and entry stamp for BG.</p>

IMPORTANT INFORMATION ABOUT TRAVEL

Participants will have three possibilities for arriving in Bulgaria:

1. Arrive to Sofia National Airport.
2. Arrive to Sofia International Bus Station.
3. Arrive to Plovdiv International Bus Station. (highly recommended)

Appointment will be on August 5th, directly at the Central Bus Station of Smolyan, before dinnertime 20.00.

Information on how to arrive to the place and the exact address of the hostel will be send directly to participants.

Information about Bulgaria

Bulgaria is situated in the South-East Europe, on the Balkan Peninsula, and is one of the oldest European states. The First Bulgarian Kingdom was founded on the very same place as now in Europe back in 681 A.D. The name of the state has never changed.

To the south it borders with the Republic of Turkey and the Republic of Greece, to the west - with Former Yugoslav Republic of Macedonia and the Federal Republic of Yugoslavia. The Danube river is the natural north border with the Republic of Romania, and to the east Bulgaria borders on the Black Sea.

Basic facts:

- Capital: Sofia
- Territory: 111 000 sq.km.
- The population is around 8 million.
- Currency: Bulgarian Lev. (1 BGN = 0.511 EUR)
- Government: Parliamentary republic. The government is elected from the National Assembly, headed by a Prime Minister, with a mandate of 4 years.
- Language: Bulgarian. The Bulgarian language belongs to the group of the Slavic languages and it is very close to Russian, Macedonian and Serbo-Croatian languages. The majority of people speak Russian, basic English, German and French.
- Alphabet: Cyrillic. All the major signs at airports, main roads, and the big resorts, hotels and restaurants are written with Latin letters too.
- Religion: 85% of Bulgarian people are Orthodox Christians. Muslims are 11.5%, Roman Catholic 1%, Uniate Catholic 0.2%, Jewish 0.8%, Protestant, Gregorian-Armenian and other 1 %.
- Voltage: All electrical appliances work on ~ 220V.
- Time zone: GMT+2.00 hours
- Terrain: Extremely varied huge plains and lowlands, high and low mountains, plateaus, caves, basins and gorges. The lowest altitude is 0 meters (at Black Sea), the highest altitude is 2925 meters (the peak of Mussala in the Rila mountain).
- Location: Favorable position in terms of location from national and international perspective, and easy accessibility by air, rail and road.
- Climate: The prevailing climate of Bulgaria is continental, with cold winter and hot summer. On the whole, the climate is more severe than in the other European countries on the same latitude and the average annual temperatures are higher than these of the neighboring countries.
- Nature: Encompassing just 2 % of the territory of Europe, Bulgaria is richly endowed by nature with extremely varied landscape, mild, moderate continental climate, suitable for relaxation all the year round, a wealth of flora and fauna and numerous mineral springs. Bulgaria is a country of tranquil, ecologically clean, distinctive places of interest, where you can enjoy the scenery and be absorbed by the traditional Bulgarian customs and culture at the same time.
- Rose oil: Bulgaria is the world's second largest producer of rose oil. Over a tonne of rose oil is shipped to France, Germany and USA per annum.
- Note: Bulgarians shake their heads from the left to the right to express "YES". However, this stands for "NO" in the rest of the world.



Bulgaria is still a country, open to exploration, where the thrills and adventure of discovery are alive, and where one can explore places unvisited. You can tour villages, where the rhythm of life is characteristic of Europe several centuries ago, and gives an insight in a Europe, which vanishes quickly and would never exist again.

Here the taste of food, the air and the landscape seem to come from another dimension, where the cycling, skiing, or just walking in the snow with snow-shoes and strolling are a mere pretext to the journey to yourself and back in time, which are the essences of it all.

Eating habits



Bulgarian cuisine is one of the world's simplest, healthiest and most naturally elegant styles of cooking. The variety in Bulgarian cuisine is based on the long history of the country, as well as on the long-lasting migrations of the tribes that founded Bulgaria more than 1300 years ago. The close contact with Turkey and Greece have helped form a very attractive and to some extent an exotic national cuisine, including some dishes which cannot be called national but which are typical of Bulgaria only.

Among the many features of the modern Bulgarian table likely to appeal to Western tastes are the appetizers or meze. These include white beans and preserved vegetables in olive oil, peppers, olives, tomatoes, spicy sausage (pasterma), hot pastry and deep-fried savouries in batter, green onions, cucumber, yoghurt, pickled cucumbers and a white, very salty, fresh cheese like the Greek feta. Herbs — thyme, tarragon, basil, savory, mint, dill — are widely used, both fresh and dried, to flavour salads and in curing or preserving cheese and meat. Flat and leavened bread, white and brown, accompany meze.

POPULAR BULGARIAN FOOD SPECIALTIES

- Shopska salad prepared from diced tomatoes, fresh cucumbers, green peppers, topped with feta cheese and seasoned with olive oil and parsley;
- Sirene po Shopski feta cheese, diced tomatoes and onion topped with egg and cooked in pottery;
- Tarator cold served soup from yogurt, fresh cucumbers, seasoned with walnuts, garlic and dill;
- Mlechna salad prepared from strained yogurt seasoned with olives, crushed walnuts, finely diced garlic and parsley.
- Kuyfte minced meat balls seasoned with traditional spices and fine herbs and barbecued.
- Kebapche minced meat rolls seasoned with traditional spices and fine herbs and barbecued.
- Shish Kebab grilled skewered meat, onion and paprika;
- Banitsa flaky dough and cheese pastry, sometimes with spinach, leek or onion, one of the most commonly available.
- Bulgarian Yogurt - one of the most typical Bulgarian foods. In the beginning of this century, West European scientists /physicians and chemists/ made a large study of Bulgarian food, motivated by the long average lifetime of people in Bulgaria. At that time Bulgaria was the country with the largest number of people over 100 years old in the world. Their hypothesis was that this is due to the local yoghurt /Lactus Bulgaricus/ consumed in big quantities. These results drew attention in West Europe to this type of food and yogurt came in vogue. In this sense Bulgaria can be considered as the homeland of yogurt.
- Kozu'nak- bread-like, with sugar spread on top - goes very well with yogurt.



DRINKS

- Boza- tastes like puffed wheat cereal, in brown liquid form. Sometimes looks like chocolate milk to foreigners, so it's better to ask before buying it.
- Rakia- Bulgarian brandy, the national drink; often quite strong; said to cure stomach ailments, cancer and hangovers; grape is most common, there are plum and peach varieties.
- Wine-high quality, low price. Viticulture in the Bulgarian lands is 4 000 years old. The climate, to a great extent influenced from the Black and Mediterranean Seas is exceptionally favorable for vine-growing. The country produces the famous all around the world Cabernet Sauvignon, Merlot, Chardonnay wine sorts, as well as their local rivals Gamza, Mavrud, Melnik, Dimyat and Misket.

Here is a quite fun link to a Bulgarian Food web site that was written as a school project:

<http://www.learnonline.org.au/food/bfoods.htm>

Where?

The Training Course will be hosted in Smolyan, Bulgaria.

The town of Smolyan (population of 33 000 people; name originates from the name of the Slavic tribe Smolyani, who inhabited the region) is picturesquely set in the narrow gorge of Cherna River, in the most beautiful part of the Rodopi Mountain. It is about 260 km south-east of Sofia, 103 km south of Plovdiv and 15 km south of Pamporovo Resort. Situated 1010m above sea level, the



highest town in Bulgaria, Smolyan is the administrative and cultural capital of the central and western Rhodopes. The experts say that the best of the typical folk houses, from the time of Bulgarian national revival in the 19th century, are to be found in the Rhodopes. After the Liberation of Bulgaria (1878) the entire Smolyan region remained under Turkish Rule until 1912.

Transport: Bus and car transport is the only way to get to Smolyan. There are regular bus lines to Sofia, Plovdiv, Pamporovo (every hour) and to other towns and smaller

villages within the region. Four public bus stations and private buses servicing long-distance lines start 7:00 a.m. Six public bus lines are regularly functioning within the boundaries of the town. Radio-cab is also available (tel.: 0301 35059).

Surrounding areas: 15 km to the north, up above the town is one of the biggest Bulgarian winter resorts - Pamporovo . 10 km west of the centre of the town is the region of Smolyan Lakes, known as the "emerald eyes of the Rhodope Mountain". They totaled 20 in number, but presently there are only 7 lakes.

The whole region forms a natural park of forests, meadows, hotels, a chalet, chapels, lanes, chair lift to Mt. Snejanka (Pamporovo), picturesque vertical rocks. 27 km south of Smolyan, in the valley of Arda River is the village of Mogilitsa. It has beautiful Revival Period houses, but the most interesting building is that of the Agoushev's Konak, built in 1843. It has 221 windows,

86 doors and 24 chimneys, artistically decorated inside and outside, with wood-carvings on the ceiling, cupboards, railings and shelters. The Konak tower is flower-painted, and the internal and external architectural design, all in pine, walnut and cherry-wood is splendid piece of art of an unknown Rhodope master. **This is the only preserved medieval feudal castle on the Balkan Peninsula.**



Smolyan serves as a starting point for a number of tourist routes in the neighboring hills and ridges of Western Rhodope Mountains.

Important note!

In 2007 the international road to Kavala, Greece will pass through Smolyan. At the moment Smolyan is only 60 km by air from Aegean Sea and the Greek Sea coast. The area of Smolyan will become an important stop on this international road. Apart from the recent boom of tourist industry in this area, this is another reason for the trafficking of human beings in the area of Smolyan to increase over the next years.

The Hostel:

The TC will take part in a municipal hostel: the recently restored Konak of Ali Bey (Alibeev Konak) - an old residential and agricultural complex, whose oldest part was constructed in 1780.

The word Konak translates to mean a luxurious mansion with servants and staff, and it's pronounced [co naak].

In line with an oriental concept of understanding life and interpersonal relations in feudal Turkey, the sultan's main representative in the newly founded province was a person in need of accommodations in a KONAK – a building whose dimensions, architecture, equipment and furniture would cast a shadow upon all other residential and administrative buildings.

The "Konak" residence was a representative building during the Otoman Empire (till 1912 in these lands), Kingdom of Bulgaria as well as during communism. The most distinguished guests stayed in its rooms.



The Konak of Ali Bey has a big yard with a barbeque and a traditional restaurant (mehana).

The rooms in the hostel are all furnished with the original floors, doors and windows as well as the unique fireplaces. Traditional handmade blankets and carpets entirely made of sheep and goat wool cover the beds and the floors. Each room has three or four beds, fireplace and a bathroom (Additionally build during the Socialism).



Rooms vary between 35 and 60 sq.m.

Please note:

The Konak is not a hotel, but a hostel and cannot offer any luxury and hotel-like facilities. It has been chosen in order to give the chance to the participants to feel the traditional atmosphere of the place (the Rhodops) and also enable the TC to have a building on our own with separated yard for the outdoor activities scheduled in our program.

Our food will be homemade of entirely natural products, produced by local farms and cooked after traditional recipes by local cooks. Food will be served by our volunteers in the hostel. After the end of daily program, participants can also take part in cooking traditional dishes, in case they are interested in such experience.

The Mehana (traditional restaurant) of the Konak will be open in the evenings in case participants would like to visit at their own expense.

Useful links:

- <http://photos.smolyan.info>
- <http://www.pbase.com/ngruev/smolyan>
- <http://www.seebg.net/Smolian/indexA.html>
- http://weather.digsys.bg/c/index.pl%3Fplace=68&action=real&lang=_eng.html