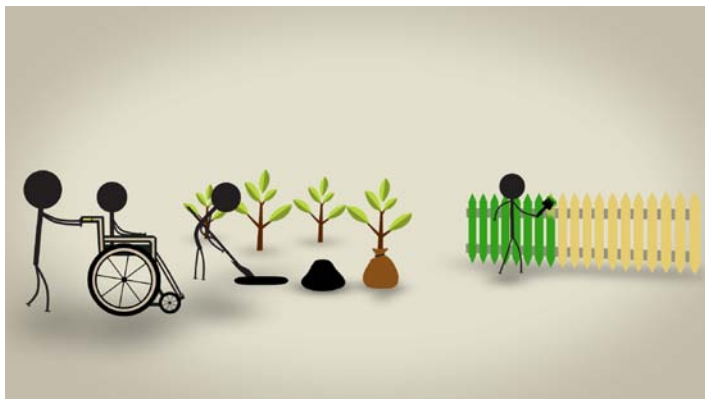


SCI branch co-ordinating your workcamp:

**Cooperation for voluntary service-
Bulgaria (CVS-Bulgaria)**

Address: **30 Gurgulyat, Sofia 1463**
 Tel.: **+359 (0) 2 989 98 46**
 Fax: **+359 (0) 2 989 98 46**
 E-Mail: placement@cvb-bg.net
 Web: www.cvs-bg.org



**You have been accepted for the
workcamp:**

**BG-CVS 11.1
Traveling Camp "Volunteer Messengers!"**

Starting and ending date of your workcamp:

30 June – 14 July 2012

Dear volunteer,

We are very happy that you have decided to join our workcamp!

Confirmation

We kindly ask you to confirm your participation to us. Just write an e-mail to placement@cvb-bg.org: "Herewith I confirm my participation". Also mention 1.) your name, 2.) name, camp-code and dates of your camp and 3.) your country. In case you have already done that: **Welcome onboard!**

In case you have to cancel or arrive later, please inform us immediately.

With this info sheet we want to give you more detailed information about what to expect from the camp, when and how to arrive, what to contribute and what to bring along with you. It includes general and specific information on your workcamp.

We kindly ask you, to read the whole info sheet carefully, as all the information given here will be relevant for your workcamp!

Your contribution

We believe that not only the project but also each volunteer will benefit from the workcamp. Working together for a good cause, living in an international group, meeting new people, exchanging ideas and learning from each other is a special and unique experience. We expect you to come with your skills and ideas and share them with the team, in order to create together a wonderful work camp environment and atmosphere. We also expect you to respect the nature and work and behave in an eco-responsible way during the workcamp!

In every work camp it is possible that things can be organized slightly different from planned, please be open-minded and prepared for changes!

We wish you a great workcamp!

CVS – Bulgaria Team

Project address

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Contact person in the project

Katerina Stoyanova

Project Director and Camp coordinator
E-mail: cvb.katerina@gmail.com
+359886737989
+359884766459

Sofia Shamanovska

Placement officer
E-mail: placement@cvb-bg.org
+3592 989 98 46

Camp address

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Other remarks

This is a traveling work camp and each group will travel to three Bulgarian cities/villages.

The additional information on routes will be received on spot, during the initial training.

Number of volunteers

There will be 9 volunteers involved

Camp language

English

1. SPECIFIC INFORMATION ON YOUR WORKCAMP

1.1. What kind of project will you be supporting?

This traveling workcamp is a part of the promotional **Volunteer messengers'** campaign for volunteering around the country. The aim of the project is to "make noise" and attract the attention of the local communities. The project starts with a 5 day training course where you will discuss the different aspects of volunteering and learn to set up workshops/street actions/flashmobs and other actions in order to promote volunteering among different target groups. There will be two trainers involved: one from our partner organization CID Macedonia and one from CVS – Bulgaria. Following this, you will be divided in 3 groups (two foreign and one local volunteer) based on interest and ability to work together and each group will travel to three different partner organizations in different places in Bulgaria. The routes will be announced only during the training part. The last day the group will gather again in Sofia to evaluate the experience. The whole project will be guided by a campleader from CVS - Bulgaria, who will also travel together with one of the groups.

1.2. What type of work will you be doing?

During the traveling part you will have usually 2-3 days to prepare and carry out the action along with the local NGO activists. The aim of the project is to make volunteering visible so a lot of energy is needed. The traveling part adds the need for fast adaptation to new situations and places and fast opportunities catching in order to promote volunteering. The volunteers will have to think fast and on a bigger scale and work in their small teams in order to fulfill the goal of the project. The experience that you will gather will be rewarding and unforgettable and most of all a product of your own participation and the efforts and energy put into every action. Each partner organization will know that you are coming and will wait for your fresh ideas!

Please be prepared for meeting different people, situations and attitudes but keeping your good spirit, will and team!

1.3. What topics are planned for the "study part"?

The "study part" will follow the principles of non-formal education and will present in attractive and witty way the idea of the project and the tools to achieve its aim. The trainers are experienced and motivated; one comes from a partner organization in Macedonia (CID Macedonia), an organization that has a vast experience in interactive and innovative ways of drawing public attention and promotion of volunteer projects; the other trainer comes from the trainers' pool of CVS – Bulgaria and knows the local community and has experience as peace messenger. The camp leader will be responsible for the dynamics of the group. There might be other guest lecturers and all together we will focus on the following topics:

- History of SCI International
- Peace education
- Intercultural understanding and working in small international teams
- Creative methods and techniques of promotion: art activities, workshops, exhibition, presentations, discussions, street actions, flashmobs etc.

1.4. Which group activities are planned for your free time?

During the training the volunteers will have the opportunity to visit the nearby Samokov (<http://en.wikipedia.org/wiki/Samokov>) or Borovetz (<http://en.wikipedia.org/wiki/Borovets>) and have a stroll along the picturesque Iskar River. There will be no option for using our own transport so the group will have to use the public transport available.

During the traveling part the free time will be spent in small groups and with the local volunteers. According to the selected route, the volunteers will get a list of tips for spending their free time in the region. However the travelling part is expected to be very intensive and there might be cases where the free time will be limited.

1.5. Where will the group stay and who will prepare the meals?

During the training the group will stay in a family style villa in the Mechkata District near Samokov, 50 kilometers to Sofia. There are 5 rooms with 2 beds each. There is an open space and a common room for the training. The kitchen is well equipped and the volunteers will prepare their own food together (each day there will be different Breakfast, Lunch and Dinner team). During the traveling part the volunteers will have daily allocations to spend on traveling and food.

1.6. What should you bring along?



Please note that this is a traveling work camp and it is not recommended to carry a large suitcase. Please use a backpack if possible.

1.7. When should you arrive to the workcamp and how do you get to the workcamp?

We expect the participants to arrive on the first day of the camp 30th June and leave on 15th July (The last day of the camp is 14th – evaluation day). **Please be aware that the camp dates are fixed!**

Arrival time is on the first day of the camp no later than 3 pm.

In case you cannot come on time or you have to cancel your participation, PLEASE INFORM US immediately.

VOLUNTEERS WHO NEED A VISA:

You will, or already have received, an official invitation from CVS - Bulgaria. The dates on your official invitation are slightly different from the camp dates in order to give you more flexibility while arranging your trip.

The meeting point will be **CVS – Bulgaria's office in Sofia**, where you will be greeted by our placement officer Sofia Shamanovska. Please check page 1 and the map below for the exact address. Sofia will then help you find your way to the bus station and leave to the venue of the training.

How to get to our office?

FROM THE AIRPORT:

- Take **bus 84** in front of the Terminal. By a ticket from the driver (1lv.) and validate it or buy a ticket directly from the machine, if available (validation not needed). If you have a big luggage, please buy another ticket.
- Get off at **General Gurko** Stop
- Get **trolley 8 or 2** from the stop on the opposite side of the street and buy another ticket. Get off at **NDK** and walk on Vitosha Str., facing the mountains. Gurgulyat Str. is the first small street on your right.

Please do not take a taxi as there have been cases when fake taxes charge 5 times the real price!

FROM THE CENTRAL BUS STATION:

- Get on **tram 7 or 1** to the city center. By a ticket from the driver (1lv.) and validate it or buy a ticket directly from the machine, if available (validation not needed). If you have a big luggage, please buy another ticket.
- Get off at the 5th stop **Bul. Praga**.
- Walk 3 min to the office

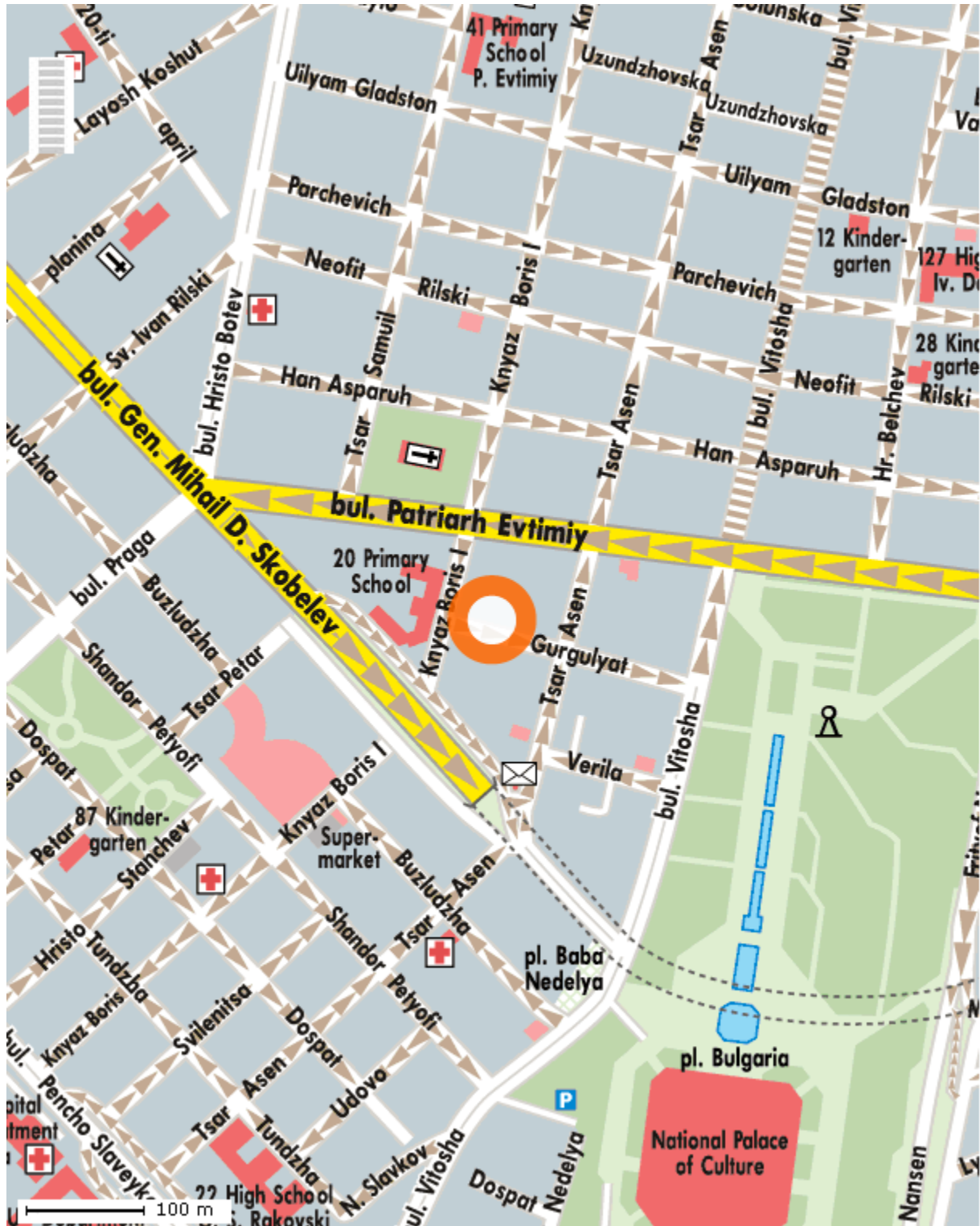
FROM THE CENTRAL TRAIN STATION:

- Get on **tram 7 or 1** to the city center. By a ticket from the driver (1lv.) and validate it or buy a ticket directly from the machine, if available (validation not needed). If you have a big luggage, please buy another ticket.
- Get off at the 5th stop **Bul. Praga**.
- Walk 3 min to the office



COOPERATION
FOR VOLUNTARY SERVICE
BULGARIA

Info sheet for BG-CVS 11.1
Traveling Camp "Volunteer Messengers!"
30th June – 14th July 2012
CVS - Bulgaria



If you are planning to arrive in Sofia earlier than 30 June and spend some time here we recommend you to stay at the **Lavele Hostel**: <http://www.lavelehostel.com/> for 9 euro per night during the weekday and 10 euro per weekend day.

Other hostels in Sofia we can recommend:

Hostel Mostel, 2A Makedonia Blvd

Phone: From outside the country: +359 889 22 32 96

From inside the country: 0889 22 32 96

E-mail: info@hostelmotel.com, booking@hostelmotel.com

Website: www.hostelmotel.com

Price: 10 Euro per night

ART Hostel

21-A Angel Kanchev Str.

Tel. (+359 2) 987 05 45

Email: art-hostel@art-hostel.com

Price: 10 Euro per night

Kervan Hostel

Rositza Str. No.3

Phone: +359 888 374 369 or +359 2 983 94 28

Website: www.kervanhostel.com

E-mail: kervanhostel@abv.bg, info@kervanhostel.com

Price: from 10 Euro per night

1.8. What do you need to know about insurance?

For all workcamps (short term voluntary projects) in Europe, USA, Japan and Korea you are automatically insured upon registration for the project (with an SCI branch). This insurance covers illness and injury. For workcamps in Africa, Asia or Latin America this is not automatic and you need to ask for this SCI insurance separately.

Insurance Infosheet contains information for volunteers and summarizes everything you need to know including what needs to be done in an insurance emergency (or other kinds of emergencies) on two pages.

EU citizens should bring their health card or other relative document.

All volunteers should be aware, that

- **dental treatments are NOT covered** by the SCI insurance scheme unless the necessity of dental treatment is caused by an accident during the workcamp. If you don't want to risk high costs that you have to cover yourself, please make sure that you arrange your own insurance for dental treatments.
- **SCI-Insurance does NOT cover costs for illness or accidents arising from special physical or mental conditions** (e.g. epilepsy, physical handicap, chronic illness) existing before to the period of insurance. People who fall in this category should seek advice on alternative insurance arrangements.

If you have any doubts or questions on SCI-Insurance, please contact your sending organization. **It is important to clarify uncertainties before departure.**

2. GENERAL INFORMATION

2.1. What is SCI? Some general information on its aims and history

Service Civil International (SCI) is a voluntary peace organization with 45 national branches and ever bigger and growing number of partner organizations in all continents. It was founded by Pierre Cérésole, a Swiss engineer after the World War I. The first international voluntary project -workcamp- took place on the former battle field of Verdun in France in 1920. The aim of the project that was initiated by Pierre Cérésole was to reconstruct the war damaged village Esnes-en-Argonne and to be a symbol of reconciliation between France and Germany. Among the small group of international volunteers there were three Germans. The team built temporary homes for the people in the village and cleared the farm land.

Nowadays short and long term voluntary projects take place worldwide and application processes have been modernized. The organizations still believe in promoting peace through concrete acts of solidarity and international cooperation. But there is also a belief that peace and peaceful attitudes can and need to be learned. This is done through various forms of peace education: learning about and from peace. Seminars, trainings and workshops in the field of non-formal education have become an important additional method of SCI today. This method supports the organization in achieving its mission of **promoting a culture of peace**.

You can find more information here:

<http://www.sciint.org/>

(Website of SCI International)

www.service-civil-international.org

(Website of SCI International Archives in La Chaux-de-Fonds, Switzerland)



2.2. Some information on CVS – Bulgaria



CVS-Bulgaria was founded by Bulgarian volunteers who participated in short term voluntary projects abroad – workcamps in Switzerland, Holland and Germany. We were greatly impressed with the exchanges, so we decided to organize similar camps in Bulgaria. During the summer of 1998 two workcamps were organized– one in the Central Balkan Mountains and one at Chairite lakes, in which young volunteers from different countries participated. In December 1998 a study visit was organized to Belgium and Holland, where the participants had the opportunity to become acquainted with the working system for voluntary service internationally, and to visit and build partnerships with organizations working in the area of international voluntary exchange. As a result of the study visit, EcoClub2000, Balkani Wildlife Society and Pro International Bulgaria established Cooperation for Voluntary Service-Bulgaria. Since 2004 we are the SCI International branch in Bulgaria, being actively involved in SAVA WG, YUWG and different ongoing joint projects. We are also a member of SEEYN network. Our workcamps are focused on:

- Work with refugees
- Work with socially disadvantage people
- Environment
- Alternative way of living
- Rural communities
- Promotion of volunteering
- National heritage and archeology

Please do not hesitate to read more about us and what we do on: www.cvs-bg.org

or follow us on facebook: www.facebook.com/CSV.Bulgaria



2.3. What can you expect from a workcamp?

Unless stated differently in the camp description:

- **Volunteers shall work 5-6 hours per day,**
- **the weekends are free for trips/group activities**
- **Camps are coordinated by either one or two camp leaders**

SCI International workcamps are run according to the principles of:

- Communal living
- Group decision making
- Equal participation
- Collective problem solving

The quality of the workcamp depends very much on YOUR INPUT, YOUR IDEAS, YOUR SPIRIT and YOUR INITIATIVE.

Camp leaders will not organize your free time/excursions.

2.4. What do we expect from you as a workcamp participant?

- To show a willingness to work and to learn more about the specific topic of your workcamp.
- To participate in the workcamp from its very first till the very last day.
- To participate in daily tasks (cooking, cleaning, setting the table, etc.).
- To respect every member of the group and the hosting teams.
- To participate in the group experience and help making decisions and solving problems.
- To make an effort to travel and live in an eco-friendly way.

2.5. Where can you find more information about travelling in Bulgaria?

More information about Bulgaria you can find on:
http://bulgariatravel.org/en/official_tourism_portal/



Bus Information: <http://www.centralnaavtogara.bg/index.php>

Train information: razpisanie.bdz.bg/



2.6. Basic Bulgarian Vocabulary for International Participants

English	Bulgarian	Bulgarian - Cyrillic
Yes , No	Da, ne	Да, не
Perhaps Maybe	Moje bi	Може би
Please	Molja	Моля
Thanks	Blagodarja	Благодаря
Thank you very much	Blagodarja mnogo	Благодаря много!
Not at all, You are welcome	Njama zashto	Няма защо
Pardon?	Molja?	Моля?
I don't understand	Ne razbrah	Не разбрах
Good, Bad	Dobre, zle	Добре, зле
I'd like to	Bich iskal	Бих искал
I don't like	Ne mi haresva	Не ми харесва
How much is it?	Kolko struva?	Колко струва?
What's the time?	Kolko e tchasat?	Колко е часът?
Where is the ladies/ men room?	Kade sa toaletnite?	Къде са тоалетните?
Good morning	Dobro utro!	Добро утро!
Good afternoon	Dobar den!	Добър ден!
Good evening	Dobar vetcher!	Добър вечер!
Good night	Leka nosht!	Лека нощ!
Hello	Zdravei!	Здравей!
My name is	Kazvam se.../ Imeto mi e...	Казвам се ... / Името ми е ...
What's your name?	Kak se kazvash / kazvate?	Как се казваш / казвате?
How are you?	Kak si/ste?	Как си/сте?
Good bye	Dovijthane!	Довиждане!
Bye	Ciao!	Чао!
See you	Do skoro!	До скоро!
Nice to see you	Priatno mi e!	Приятно ми е!
Left, right	Ljavo, djasno	Ляво, дясно
Straight on	Napravo	Направо
Cheers	Nazdrave!	Наздраве!
Could I have the bill, please?	Molja za smetkata!	Моля за сметката!
Where can I find...?	Kade da namerja...?	Къде да намеря ...?
I've got pains	Boli me.	Боли ме.
Doctor	Lekar, doktor	Лекар/ доктор
Pharmacy	Apтека	Аптека
Post office	Poshta	Поща
Train station	Gara	Гара
Bus and tram station	Avtobusna i tramvaina spirka	Автобусна и трамвайна спирка
Airport	Letishte	Летище
What time is it now?	Kolko e chasa?	Колко е часа?
Excuse me, could you help me please?	Izvinete, bihte li mi pomohnali?	Извинете, бихте ли ми помогнали
I am hungry / thirsty.	Gladen/gladna sum/ jaden, jada sum	Гладен/а съм, жаден/а съм
I would like (to have)...	Iskam	Искам
Coffee / tea / water / milk / bread / butter ...	Kafe/chai/voda/mliako/ hliab/maslo	Кафе/чай/вода/мляко/ Хляб/масло
Enjoy your meal!	Dobar apetit!	Добър апетит!
I love you	Obicham te!	Обичам те!