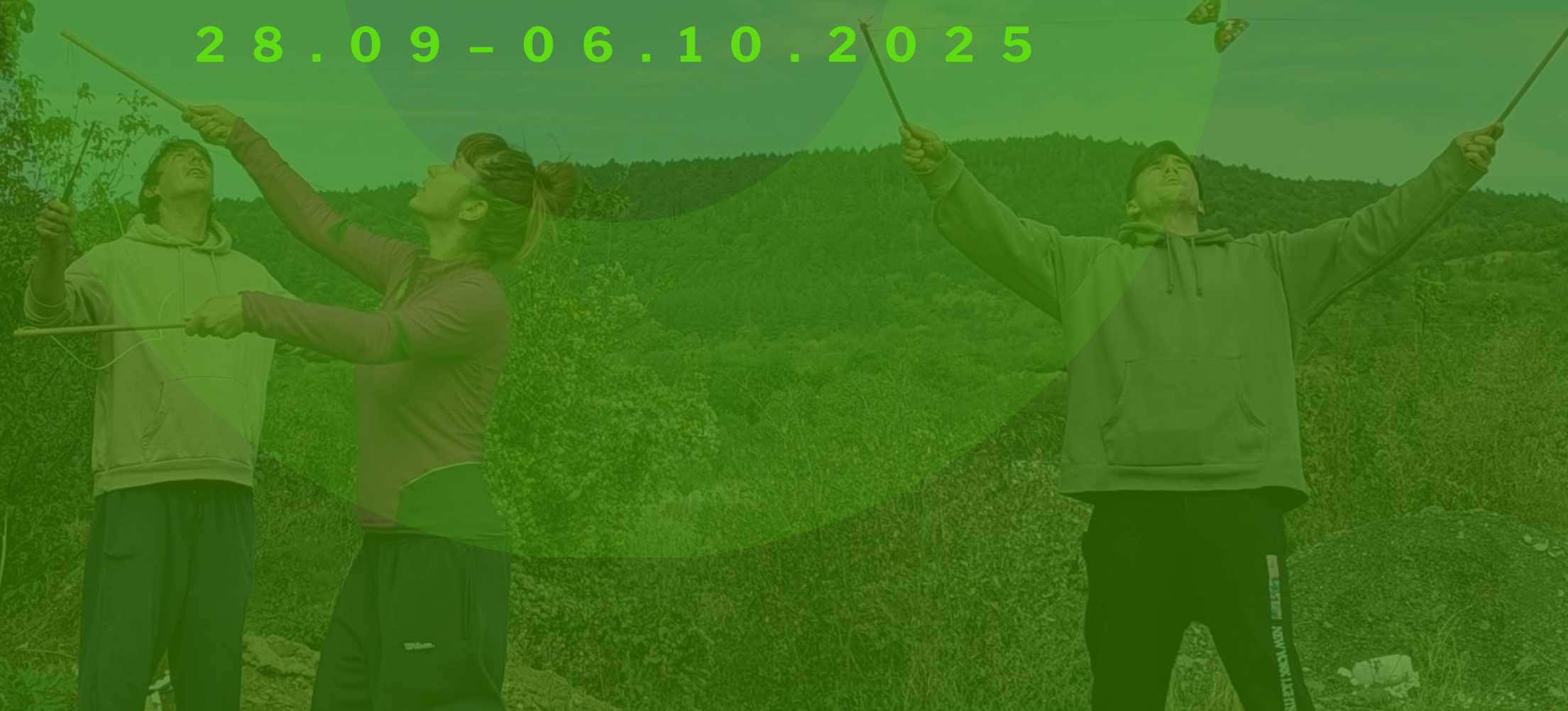


Training Course for Youth Workers

FOUNDATION FOR PARTICIPATION

28.09 – 06.10.2025



THE INVITATION

BUILDING FERTILE SOIL

We invite you to embark on an exciting and transformative journey, where we come together to cultivate a nourishing soil for personal and professional growth.

This journey blends the principles of nature therapy, community tools, mindfulness, ecology, and psychology, equipping youth workers with a solid framework for their own development and their work with individuals facing psychological challenges.

From exploring effective communication and group dynamics to engaging in practices like yoga, meditation, sound therapy, power places, simulation exercises, bushcraft and outdoor adventures we delve into a diverse range of experiences. By integrating our collective wisdom, we aim to build a solid foundation for growth and fruition.

TRAINING ACTIVITIES

A training for youth workers who want to co-create a healthier foundation for growth in themselves and for others.

At the core of our work and educational philosophy lies a participatory approach. We firmly believe in harnessing the power of community-based strategies and project management tools. Our training program revolves around community-based practices and adopts a holistic approach to wellbeing. Our ultimate goal is to cultivate an environment where every participant can actively contribute their unique skills and collaborate as a cohesive team.

Transparency, open communication, and the spirit of sharing are essential elements that underpin our success. We value and prioritise these principles throughout our training program. With a diverse array of topics and experiences covered, we place great emphasis on integrating all the learnings and empowering participants to comprehend their personal learning journey and apply their newfound knowledge in practical ways.



TRAINING

PROGRAM

Day 1 Co-Creating
Fertile Soil

Day 2 Planting
the Seed

Day 3 Nurturing
the Seeds and
Soil

During this immersive program, you will engage in 3 days of intensive training, followed by a day dedicated to rest and personal reflection and a day for hike in the heart of nature, honing your community-building and wilderness survival skills, connecting with the natural environment and finally a day focused on your sharings and organizational skills closed with the last day for debriefing, action planning and celebration.

Day 7 Fruition

Day 6 Blooming

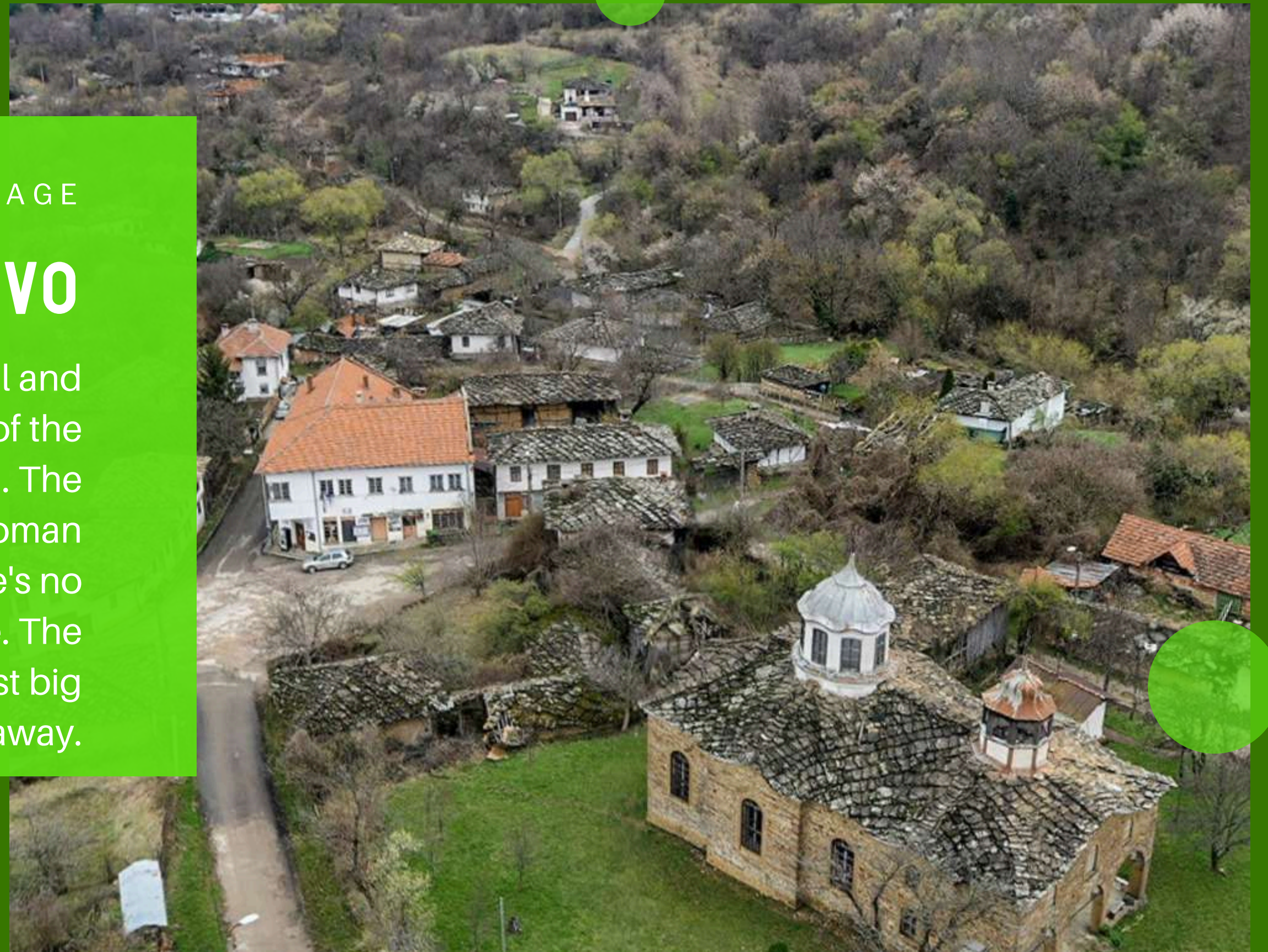
Day 5 Growing

Day 4 Vitalizing

THE VILLAGE

STARO STEFANOVO

Staro Stefanovo is an authentic architectural and nature reserve, located in the foothills of the central Pre-Balkan of Bulgaria (~625m a.s.l). The local houses are mostly built during the Ottoman times. With less than 30 inhabitants, there's no grocery shop or pharmacy in the village. The closest store is 10km away and the closest big city is 20km away.



ACTIVITIES PLACE

THE GREEN PLACE

Since 2023 we're working on our new property in Staro Stefanovo - a 100 years old house with an even older barn and big land around it. It's still really wild, but we have the basic necessities and most of the things you'll see have been done with the almighty volunteers of the Green Summit.



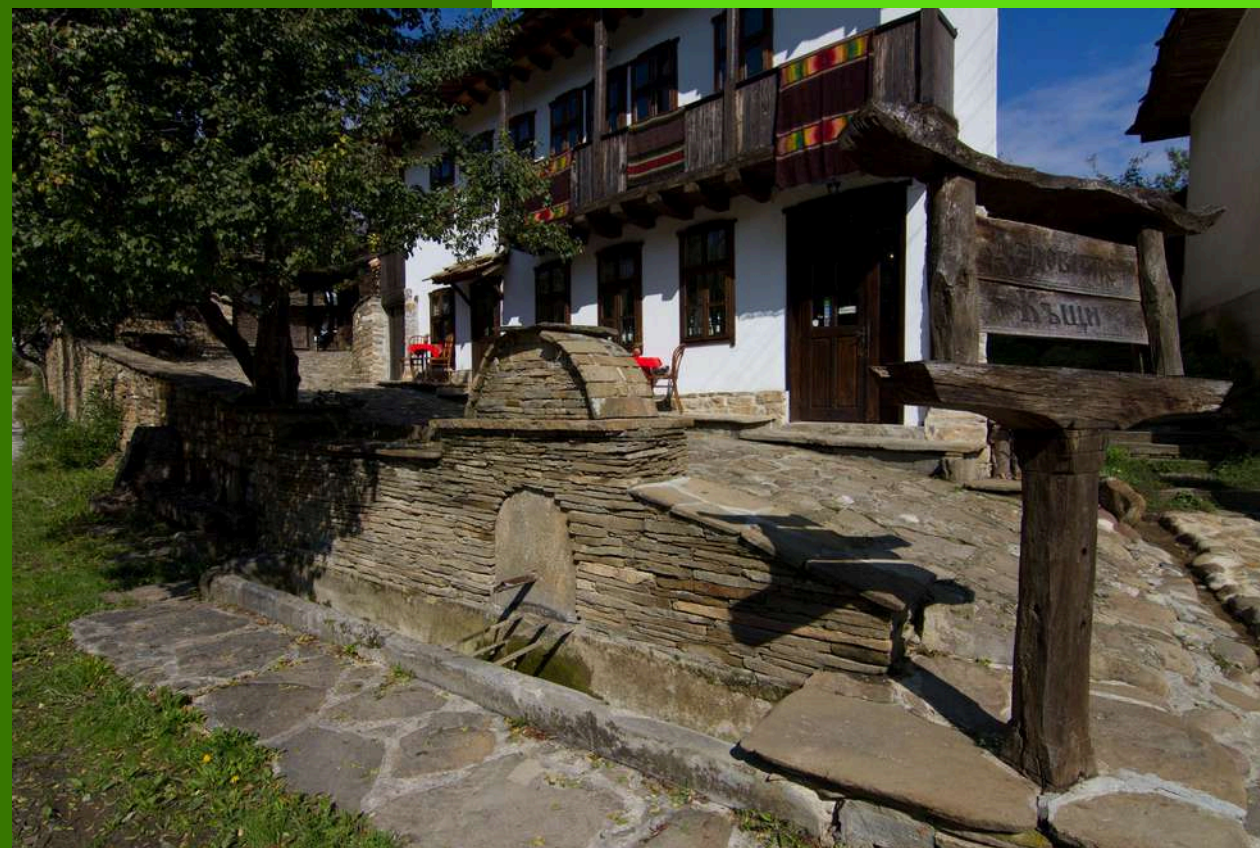
Here we're usually sleeping in tents, creating our own eco-community heaven with natural arts, geo-dome, solar showers, dry toilets, stage for our events, summer kitchen, fireplace and other green structures. Even though it's outdoor smoking and use of alcohol is highly undesirable. The phone connection is low to none at some parts, but there's wi-fi and the washing machine is on pedals.

ACCOMMODATION

DEDOVITE KUSHTI

The complex is situated on 6.5 decares, just 5 mins away by foot from the Green Place, and through the restoration and adaptation of old houses—cultural heritage monuments—a unique base for year-round tourism has been created. The restoration of the houses was carried out under the supervision of the National Institute for Cultural Monuments. Authentic materials were used—slabs, stones, and beams over 150 years old. A truly distinctive result that preserves the atmosphere of two centuries ago while still providing modern comforts.

The houses include rooms, apartments, and studios, each with a private bathroom, television, and Wi-Fi.



TRAINING

FOOD

We're focusing on mainly vegan meals with all the vegetarian add-ons (like cheese, milk, yogurt, etc.), but we still make sure our menu contain all the needed nutrients, essential for the participants to have all the energy, required to have an amazing experience during our time together.



TRAVEL BUDGET

Distance (km)	Green travel (EUR)	Non-green travel (EUR)
100 - 499	285	211
500 - 1999	417	309
> 2000	535	395

*Maximum travel costs reimbursement is estimated by [Erasmus + distance calculator](#). Take extra care and save all of your travel documents to receive the refund (including boarding passes)!

To reduce the project's environmental footprint, participants coming from less than 1000km from the venue will be asked to avoid flying. Please make sure that you are comfortable with this condition if you apply.

ABOUT US

GREEN ASSOCIATION

The association was established at the end of 2012 by a group of friends. What connects us is the love of nature in all its aspects. Our main goal is to promote non-standard solutions for environmental protection, and the tools we use strive to preserve our originality, authenticity and freedom.

Staro Stefanovo

Sofia

Momin prohod



MEET OUR TEAM

/RESPONSIBLE FOR YOUR WELLBEING DURING THE PROJECT/



Teun
Facilitator



Veselina
Facilitator



Jeroen
Facilitator



Aleko
Logistics



Stanislava
Coordinator



Martin
Mentor

WHAT TO BRING?

BACKPACK CHECKLIST

- Personal hygiene items
- Warm clothes (at night it can get cold)
- "Dirty" working clothes
- Comfortable shoes
- Rain jacket
- Swimsuit
- Sun hat
- Earplugs (depends how deep you sleep)
- Sunscreen and repellent
- Personal medication, if needed
- Plug adaptors, if necessary (our type is F
- most European countries can work out
their plugs without an adaptor)
- European Health Insurance Card (EHIC)
- ID+copy & Passport



A photograph of a dark-colored door. At the top, there is a rectangular sign with a gold border and black background, featuring the text 'NO JUNK MAIL' in gold, bold, sans-serif capital letters. Below the sign, the number '213' is displayed in large, black, sans-serif digits on a white background. The door is set against a light-colored wall. The entire image is framed by a green background with large, semi-transparent circular shapes.

NO JUNK MAIL

213

**FOR ANY QUESTIONS, NEEDS OR JUST TO SAY HI,
YOU CAN CONTACT STANISLAVA**

hello@greenassn.com

[+359 877 300 067](tel:+359877300067)

www.greenassn.com

GREENINGS!

ASSOCIATION
green