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Regional Centre for the
Safeguarding of Intangible
Cultural Heritage in
South-Eastern Europe under
the auspices of UNESCO

Youth and Intangible Cultural Heritage

YOUTH EXCHANGE

Gabrovo, Bulgaria

19-24 July, 2026



Project N.

2025-1-BG01-KA151-YOU-000299445

HOSTING ORGANIZATION

The Regional Centre for the Safeguarding of Intangible Cultural Heritage in South-Eastern Europe, under the auspices of UNESCO, inaugurated in 2012, is dedicated to the safeguarding and promoting of intangible cultural heritage (ICH), with the following main objectives:

- **to promote the 2003 Convention for the Safeguarding of the Intangible Cultural Heritage and contribute to its implementation;**
- **to strengthen the participation of communities, groups and individuals in the safeguarding of ICH;**
- **to enhance the capacity of the Member States for the safeguarding of ICH;**
- **to foster regional and international cooperation for the safeguarding of ICH.**

OBJECTIVES OF THE PROJECT

1

Introduce the concept of intangible cultural heritage to the widest possible range of young people;

2

Raise awareness among young people about the safeguarding of intangible cultural heritage and its importance for sustainable development;

3

Enhance intercultural dialogue and mutual understanding;

4

Proactive involvement of young people in the decision-making processes regarding heritage, as well as in its safeguarding and its use for the purposes of sustainable development;

5

Promotion of local entrepreneurship based on intangible cultural heritage.



PARTICIPATING COUNTRIES

- **Bulgaria**
- **Lithuania**
- **Greece**
- **Romania**
- **Türkiye**

PARTICIPANTS

Group of **30 participants from 5 countries** – separated in groups of 5 participants and 1 group leader per country;

Participants:

- Age: 18 to 30 years;
- Interested and eager to learn about intangible cultural heritage;
- Committed to participate in all phases of the project (preparation, activities and follow-up)
- Language level: at least basic English
- Priority: youths with fewer opportunities (at least 1 per country)

Group leader:

- Age: 18 +
- Interested and eager to learn about the intangible cultural heritage
- Committed to participate in all phases of the project (preparation, activities and follow-up)
- Language level: good knowledge of English

To apply for participation, please fill in the application form on [this link](#)

PROGRAMME AND WORKING METHOD

We have prepared interesting activities based on non-formal and informal education methods to learn and exchange knowledge about the intangible cultural heritage (ICH) in South-Eastern Europe:

- Icebreakers and team building games to get to know each other;
- Interactive workshops with time for discussions and debates;
- Learning by doing method and fieldwork;
- Presentations of ICH by the participants and intercultural evenings.

The language of this training is **English**.

The detailed programme and schedule will be sent to the selected participants in a later stage.

PREPARATION FOR THE YOUTH EXCHANGE

Research about inspiring traditions, customs, traditional crafts, social practices, rituals, festive events, music, dance, culinary from your country;

Bring some small amounts of traditional food, drink, snack to present your country in Intercultural evenings; (!!!in case you have something small that can be representative of a traditional craft from your home country, definitely bring it!!!)

Find interesting movies to present living heritage of your country;

Select traditional music to teach the participants how to dance traditional dances;

Please bring your photo camera (interchangeable with a smartphone with a camera) and laptop/tablet (if possible, you will also need it for some activities);

Also bring the flag of your country.

GABROVO

THE PROJECT WILL TAKE PLACE IN THE CITY OF GABROVO, BULGARIA.

Gabrovo is a town in central Bulgaria, located at the foot of the Balkan Mountains along the Yantra River. Gabrovo was recognized as a UNESCO Creative City in the field of crafts and folk art in 2017 and still continues to consolidate its place on the world cultural map by participating in the activities of the Network – from joint projects and festivals, to training programs and cultural exchange. Thus, the city becomes a bridge between tradition and modernity, showcasing the richness of Bulgarian crafts and their role in the global cultural dialogue. The forum of the UNESCO Creative Cities Network is an important step towards Gabrovo's candidacy for the European Capital of Culture in 2032.





REGIONAL ETHNOGRAPHIC OPEN-AIR MUSEUM ETAR

Etar (Etura) Ethnographic Village is an open-air museum near Gabrovo, Bulgaria. Opened in 1964, it recreates a 19th-century Bulgarian village with traditional houses, water-powered workshops, and craftsmen demonstrating old trades like pottery and woodcarving. It showcases Bulgarian Revival-period architecture, culture, and daily life.

ACCOMMODATION

Etar hotel -
<https://hotel.etar.bg/en>

Participants will be accommodated
in same-gender 2-3-persons rooms.

3 meals during the day are provided.



TRAVEL PLAN

Arrival day:

- Check in: 19th July, after 14:00 pm.

Departure day:

- Check out: 24th July, 12:30 pm.

PREFERABLY A GREEN TRAVEL project, please try to use green transportation.

Green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

Funding is available for up to two additional days for travel, but only if the additional time is justified. Please consult with our team before planning the trip.

TRAVEL PLAN

- Use the cheapest and greenest ways of transportation;
- Keep all original invoices for your tickets. Missing documents will **NOT** be reimbursed.
- You need an approval of your travel plan. Please contact the team of the hosting organisation by sending via email your travel plan **BEFORE** purchasing the tickets.
- Before buying your ticket, please remember your cost limits, everything that will be more than the limit, will be at your own cost.

TRAVEL BUDGET

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

You could use [distance-calculator](#)

supported by the European Commission for information about your travel distance.

REIMBURSEMENT FOR TRAVEL

1

We will reimburse your travel costs 100% according to the real cost you spent, up to the amount given according to your travel distance; higher costs are considered as your co-funding. Please refer to the table below.

2

Keep ALL YOUR ORIGINAL TICKETS AND INVOICES (either digital in PDF files or on paper) in order to be reimbursed (if you pay online you have to bring us the bank statement).

3

On all documents the price, currency, name of the passenger, date of purchase and travel must be clearly visible, otherwise we will be unable to reimburse the costs.

4

Travel expenses will be covered at the end of the youth exchange on the condition that you submit (bring/send) all original tickets and invoices for your travel.

5

We reimburse the transport money ONLY if the participant will ACTIVELY take part during the whole project.

IMPORTANT INFORMATION



- **Bring with you all your travel documents and passport/ID.**
- **Travel insurance is your responsibility, so make sure you have one.**
- **For participants from EU countries the European Health Insurance Card (EHIC) is also applicable.**
- **Bring your medications, if you need any.**
- **Don't forget to bring camera, laptop etc.**

YOUTH PASS

Each participant will receive a Youthpass

Youthpass



CONTACT INFORMATION



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Find us:

FB page: Regional Centre Sofia - UNESCO

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