



Co-funded by
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Erasmus+

KA153-YOU
TRAINING COURSE

SCROLL BREAKERS

UNLOCK YOUR DIGITAL SUPERPOWERS

From Endless Scrolling
to Limitless Creating

CREATIVITY
& AI

DIGITAL
LITERACY

WELLBEING



19 - 25.11.2026



BANSKO,
BULGARIA

VIRTUAL
COMPETENCES

YOUTH
PARTICIPATION



INFORMATION PACK





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SCROLL BREAKERS is an international training course that empowers youth workers to turn passive digital consumption into creativity, critical thinking and active participation. Through the fictional world of Scrollverse, participants will complete interactive missions, explore AI and social media algorithms, and develop digital and virtual competences. Using gamification, digital storytelling and creative challenges, they will design innovative educational activities that can be applied in youth work.

Project Objectives:

1. Digital Literacy: Strengthen critical thinking and awareness of algorithms, misinformation and AI-generated content.
2. Digital Creativity: Develop practical skills in AI tools, digital storytelling and creative content creation.
3. Digital Wellbeing: Promote healthy online habits and responsible technology use.
4. Virtual Competences: Improve online communication, digital collaboration and inclusive virtual participation.





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Profile of participants:

Each group will consist of FOUR people in total aged 18 - 30 years old. The selection process will also give preference to people who have not participated in international projects and will pay special attention to participants with reduced opportunities. The partner organisations will select participants with economical, social and health obstacles.

People with fewer opportunities will have priority upon selection.





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The venue for the project will be the most well known touristic place in Bulgaria. It's name is Bansko and it is a lovely and nice place to organize and realize European mobilities.





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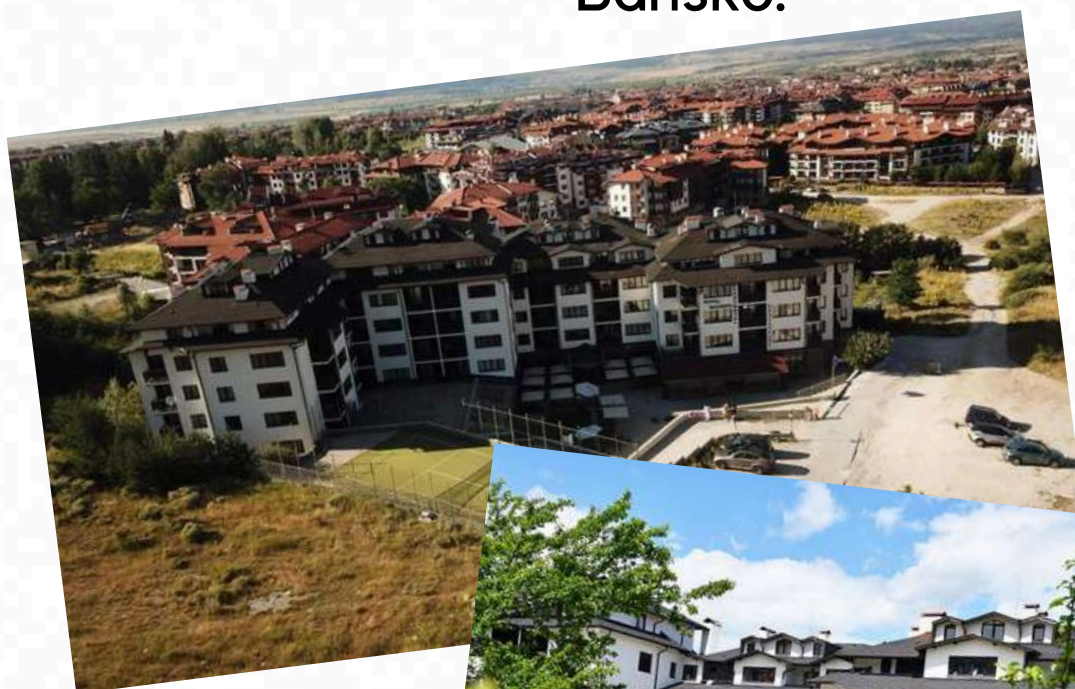
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All participants will be accommodate during
the project mobility in Royal Aparthotel
Bansko.



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Participants will be fed on a full board 3 times per day and two coffee breaks will be provided.



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There will be 2-3 people per room according to the gender ballance.



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During the free time, participants can use the hotel area and visit the city center. The accommodation is located in very nice area and there is a football pitch nearby us and some activities in the hotel - spa, swimming, fitness and games.



Touristic information center - 500 meters

Supermarket - 650 meters

Pharmacy - 1 km

City center- 2 kms



BANSKO
19 - 25.11.2026

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The main airport in the country is based in our capital Sofia. Please check flights with low-cost airlines like Wizzair or Ryanair.

- From Sofia Airport

Take the metro from the airport and travel on line 4, transfer to Serdika on line 1 and travel to Central Station.

WE WILL PROVIDE FREE BUS SERVICE TO THE HOTEL FOR ALL THE PARTICIPANTS FROM SOFIA TO BANSKO, BOTH WAYS!

Please coordinate your travel plan with us before picking up your tickets, as transport is limited at night.

- From Bucharest

Travel can be done by bus to Sofia with Flixbus, Unibus or other company.

Further information, timetables, convenient modes of transport and applications for free navigation will be provided to selected people in detail.

Later arrival and earlier departure from the project are NOT possible, please note this once you apply.



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Travel Budget

Travel Distance	Green Travel	Non-green Travel
10-99 km	56€	28€
100-499 km	285€	211€
500-1999 km	417€	309€
2000 - 2999 km	535€	395€
3000 - 3999 km	785€	580€
4000 - 7999 km	1188€	1188€
8000 km or more	1735€	1735€

The travel limit is written per person. Please note that green transport contains bus, train and carpooling. We highly encourage all participants to whom green transport applies to use it to protect the environment and travel safely. Possible changes to the budget may apply according to your departure city. Please check your exact budget with the EU Commission distance calculator. <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>



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Extra time in Bulgaria



Each participant can arrive 1-2 days before the project and leave 1-2 days after the project. Extra days beyond the mobility dates and costs related to accommodation and meals are covered by the youth.





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Additional Information:

In order to ensure a smooth journey for the participants, we recommend that they have communication with the host NGO when arranging their whole travel plan.

The host organisation will inform the participants and project partners regarding the current travel restrictions and relevant documents required.

The use of alcohol and drugs during the project activities will be absolutely prohibited. Those who violate the established rules of the project, harass others, undermine the prestige of the organization or commit systematic violations of the established norms will be excluded from the project. The sending organisation will be informed of this by email with details of the case and the specific reasons for removal. Attendance at all project sessions is fully compulsory, failure to attend less than 80% of activities will result in cancellation of travel reimbursement.





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Three meals per day and two coffee breaks will be provided during project mobility. Participants who have certain dietary requirements, intolerances, allergies or other eating habits should inform the host organisation no later than one week before arrival so that options can be discussed with the hotel and meals can be re-arranged. Information received after this deadline cannot be taken into account regarding the meals and menu of the participants.

It is essential to note dietary habits as well as allergies, intolerances to certain things and medical conditions on the application form. Participants should self-suggest any necessary medications they use daily or think they will need to use during the project.

All project participants **MUST have insurance covering medical and health expenses during the project in order to ensure their smooth stay in the country.**





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Reimbursement will be made in the quickest possible way. We ask all participants to purchase their plane, bus, train or other transportation tickets as soon as possible.

Before doing so, remember that you should make a note to contact the sending organisation and make a travel plan for the trip. It must be sent to the the host NGO for approval via email. Travel plans that are not approved by us or purchased from a travel agency and online platform such as skyscanner, esky, kiwi or others will not be refunded.

TRAVEL REIMBURSEMENT WILL BE DONE IN THE LAST DAY OF THE PROJECT!

Please take only your travel tickets from the official website of the carrier. Purchase the tickets for the project both ways for transportation. We will not be able to reimburse after the end of the project. All paper documents must be submitted in original to the host NGO, take this into consideration so that you can have all return tickets to provide during the project, otherwise they will need to be posted by delivery company.





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All attendees should note that this is a European project funded by the European Commission and the cheapest and most environmentally friendly travel routes will be considered for the participants' journey. The purchase of additional services such as seat, meals on board, automatic check-in, excess baggage, late arrival at the gate and other services not included in the standard ticket price will not be reimbursed.

All travel plans must be approved by the host NGO via email. Priority boarding + 2 cabin baggage is allowed. All tickets MUST be presented in original. Photos of tickets or scanned copies will not be refunded. Check in luggage is not allowed!





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RULES:

- 1) Do not use a taxi or private car, it is not an eligible cost, in case there are other options.
- 2) NEVER lose your boarding cards, e-tickets, and bus/train tickets, you cannot be reimbursed without boarding documents.
- 3) Please make health and travel insurance from your own budget, It is vital for you.
- 4) Prepare some presentations for the intercultural night. You can put some pictures about your culture, songs, famous people etc
- 5) Bring national drinks, food, national clothes etc for the intercultural night.
- 6) Fully participation in the project is obligatory in order to get the reimbursement.
- 7) To take part in all the stages of the project (preparation, implementation and dissemination).
- 8) To follow the rules and conditions of the hosting organisation and the accommodation.



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If your main motivation for joining the project is to party all night or to focus on alcohol consumption, we kindly inform you that this project may not be the right fit for you. The programme is designed with an educational and value-based focus, aiming to support personal development, intercultural exchange, and meaningful collaboration



The host NGO reserve its rights to cancel any participation if breaking the rules by the participants!

THERE IS NO FREE DAY IN THE PROJECT!





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Don't hesitate to contact us with any questions or for assistance. Our team is here to help and to make your participation even better. Don't wait to apply for this amazing project.

E-mail:

youthsenatebulgaria@gmail.com



HUMAN RESOURCE DEVELOPMENT CENTRE

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