



Co-funded by
the European Union

- RYMO -
1st Cycle of Training for Youth
Sofia, Bulgaria
28 - 30 March 2023 (+ 2 travel days)

3 days program by WalkTogether

Day 1 – arrival of participants

Day 2

08:30 - 9:45 - Breakfast

10:00 - 11:30 Get to know each other and building a team of active young people

Description: Non – formal activities for getting to know each other and building a synergy team which will be able to break the barriers (e.g. cultural, language and communication)

11:30 - 11:45 - Break

11:45 - 13:00 - How to get informed about mobility programs

Description: Presentation of different youth programs (e.g. Erasmus + program, European Solidarity Corp, Erasmus exchange program, Erasmus internship program)

13:00 - 14:30 - Lunch

14:30 - 15:30 Why it is important to participate in mobility programs - valuable for personal and professional development

Description: Discussion in small groups about valuable aspects for personal development and professional development. Each group will present their results in front of the other teams.

15:30 - 16:30 Youthpass certificate and its key competencies

Description: What is a youthpass certificate and how it can be used for professional purposes.

16:30 - 17:00 Break

17:00 - 18:00 Daily Evaluation

Description: After each day we will do evaluation of the knowledge and competencies from the activities.

19:00 - 21:00 Dinner





21:00 - 23:00 Social cultural night (depending on access to venue)

Description: Cultural evening during which participants will have the chance to present their cultures, traditions, music, dances, costumes, etc.

Day 3

08:30 - 9:45 - Breakfast

10:00 - 11:30

What are the obstacles to international mobility? What are the solutions and where to find the necessary motivation/ support for beginning a mobility project (peer-to-peer support, psychological support, mentorship, family, friends, etc.)

Description: Group discussion and building together a road map for beginners

11:30 - 12:00 - Break

12:00 - 13:00 *How to prepare myself for going abroad (cultural differences, economic obstacles, prejudice, etc.)*

- Interculturality
- Security
- Economic obstacles

Description: Small groups discussion, presentation

13:00 - 14:30 - Lunch

14:30 - 16:00 *Who are people with fewer opportunities & How to involve them in youth mobility projects (from the perspective of a youth group leader)*

Description: Discussion about who are those people with fewer opportunities (FOY) and brainstorming how to involve each of them in international mobilities, what support they might need in the pre-departure and post project period. How the youth leader of the group is involved in the process and also helps the group to integrate equally people with FOY.

Introduce the concept of “meritocracy”

16:00 - 16:30 Break

16:30 - 17:00 Daily Evaluation

Description: After each day we will do evaluation of the knowledge and competencies from the activities.

19:00 - 21:00 Dinner

21:00 - 23:00 Social cultural night



Description: Cultural evening during which participants will have the chance to present their cultures, traditions, music, dances, costumes, etc.

Day 4

08:30 - 9:45 - Breakfast

10:30 - 13:00 Cultural Visit in Sofia

Description: Cultural visit of Sofia – meeting European Student Network of Erasmus students in Sofia.

13:00 - 14:30 Lunch

14:30 - 16:30

Participants will create in groups short movie clips to present the outcomes of their youth training . The videos could afterwards be used on the partners' social media accounts to promote the project (special remark: good quality videos (professional) can be published; GDPR rights).

16:30 - 17:00 Break

17:00 - 19:00 Final

Evaluation and open space for Q&A

Youthpass certificates award ceremony

19:00 - 21:00 Dinner

Day 5 – departure of participants