



Big Brothers Big Sisters of Bulgaria Association

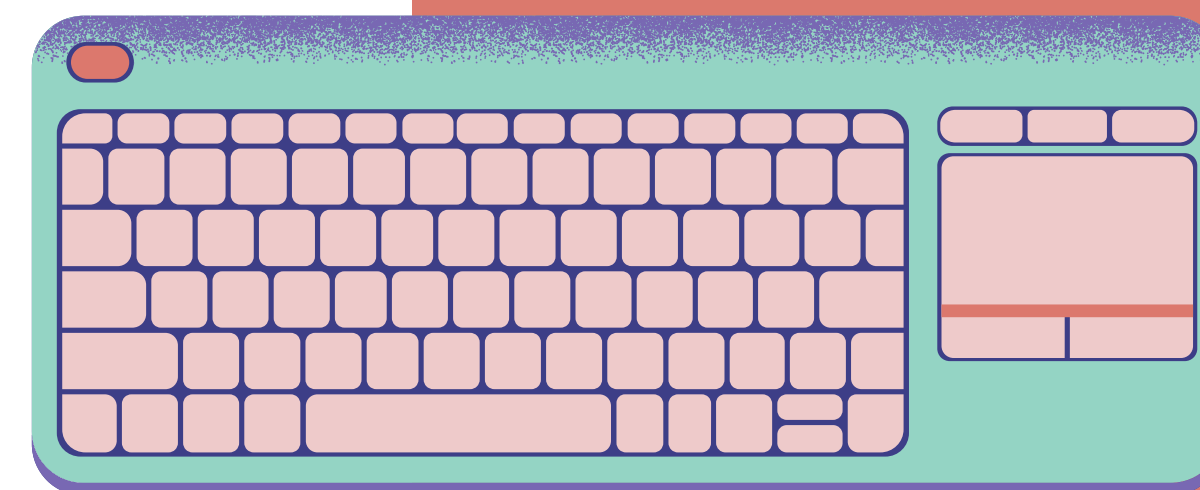
Ctrl + Alt + Truth

YOUTH EXCHANGE

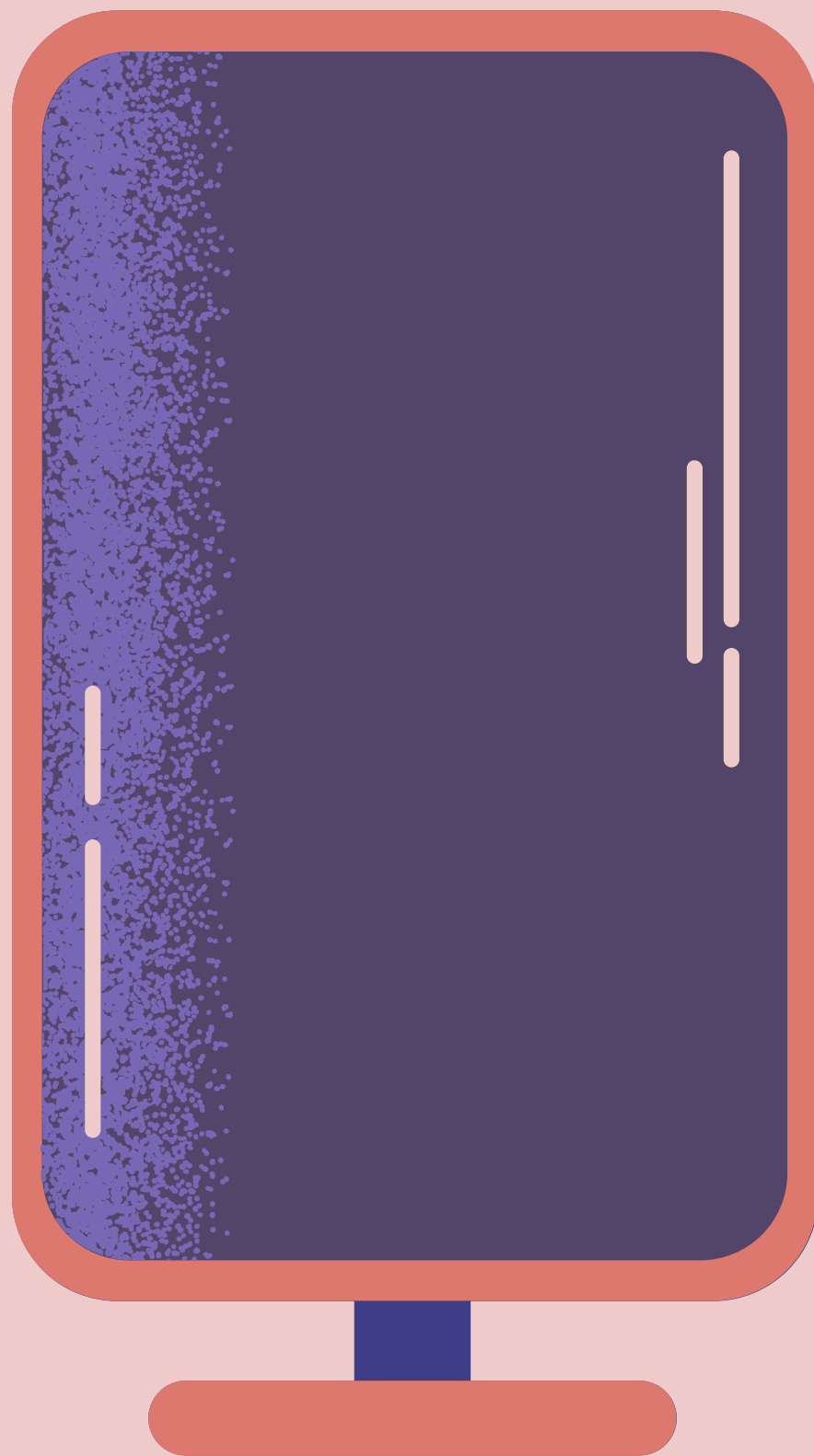
17-24 AUGUST 2025

PAMPOROVO, BULGARIA

INFO PACK



www.bbbsbg.org



Objectives

The main goal of the **"Ctrl + Alt + Truth" Youth Exchange** is to increase the digital media literacy of young people and to make them resistant to misinformation in the digital environment. Like any youth exchange, this one also has the task of promoting intercultural learning between participants.

The **objectives** of the project are the following:

- To develop digital media skills in young people;
- To encourage the young people to think critically about the digital content they create and consume online;
- To equip them with tools on how to work with AI;
- To promote the importance of media literacy as a means of countering disinformation and human rights abuses;
- To help bring together young people from different cultural backgrounds.

Participants

The **"Ctrl + Alt + Truth" Youth Exchange** will be held between **17th and 24th of August 2025** at the **"Prespa" Hotel, Pamprovo Ski Resort, Plovdiv Region, Bulgaria.**

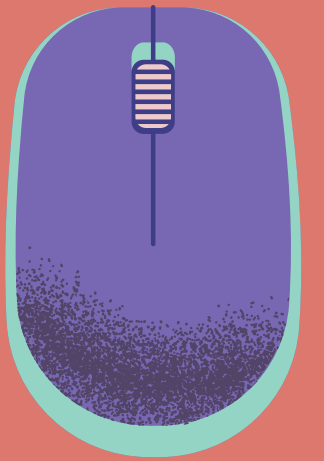
35 young people from **7 countries** (Bulgaria and 6 partner organizations from EU Member States and third countries associated to the Programme*) will take part.

Each country should send **5 young people** with the following profile:

- Age: between **18 and 25 y.o.**;
- Occupation: high school student, university student; volunteer, activist, etc.
- Additional requirements: interest in the field of digital communications and creation of media products;
- Preferences: disadvantaged background;
- Working language: English - spoken;
- Logistic requirements: to be present throughout the exchange.

***Member States of the European Union (EU):** Belgium, Bulgaria, Czechia, Denmark, Germany, Estonia, Ireland, Greece, Spain, France, Croatia, Italy, Cyprus, Latvia, Lithuania, Luxembourg, Hungary, Malta, Netherlands, Austria, Poland, Portugal, Romania, Slovenia, Slovakia, Finland, Sweden

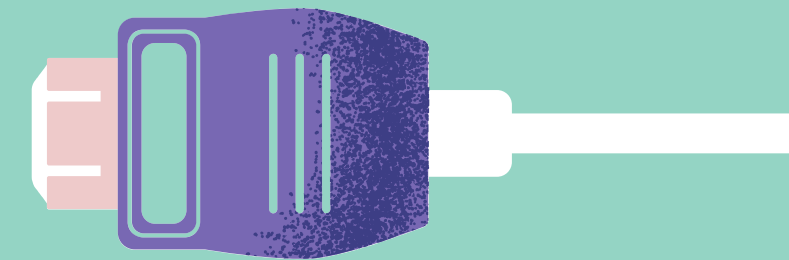
Third countries associated to the Programme: North Macedonia, Serbia, Iceland, Liechtenstein, Norway, Türkiye



Each partner should select **one group leader** as well. The requirements we set for the selection of group leaders are the following:

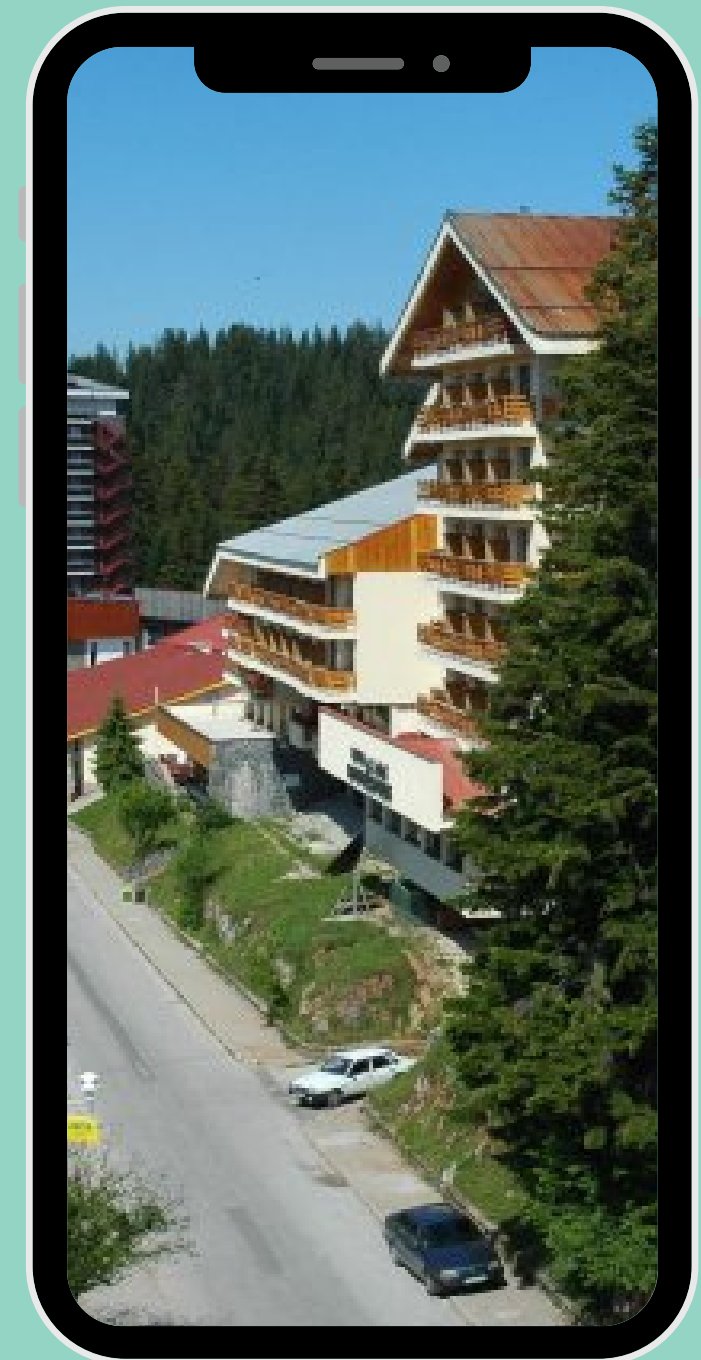
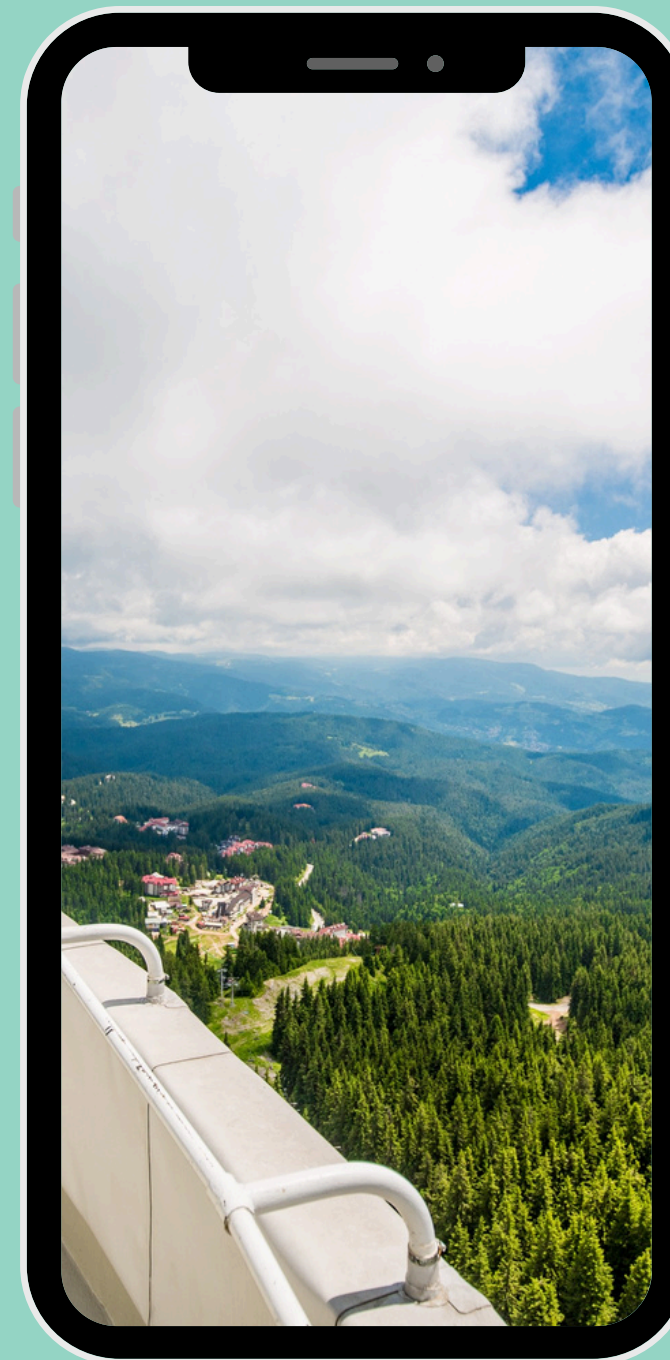
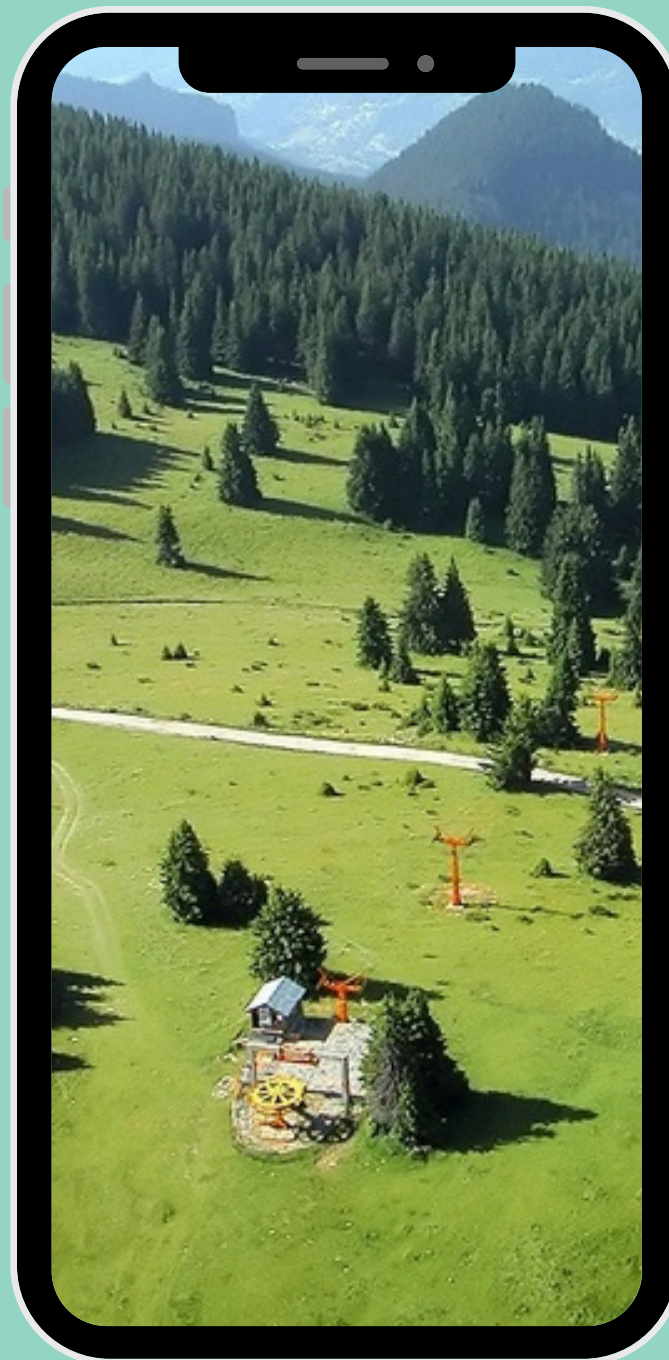
- Age: **over 25 y.o.**;
- English: spoken and written;
- Occupation: youth worker, NGO staff, teacher, educator, activist, etc.;
- Logistic requirements: to participate both in an **ONLINE advanced preparatory visit and the youth exchange**;
- The participation in a similar position in international mobility projects is considered an advantage.

Location



Pamporovo Ski Resort is located at the heart of Rhodopi Mountains - 230 km from city of Sofia and 80 km from city of Plovdiv. It is the most famous and sunniest Bulgarian mountain resort but it is also a popular tourist place in summer due to its mild temperatures, fresh air and beautiful nature.

Find more at <https://pamporovo.me/>





The accommodation

The young exchange will take place at the **Prespa Hotel** which is located at the centre of Pamporovo with an incredible view of the Rhodope Mountains. It is one of the biggest hotels in the area.

The participants will be accommodated in **double or triple rooms**, same gender, same nationality (when possible).

Breakfast, lunch and dinner will be served at a buffet in accordance with the dietary restrictions of the participants, if any.

Two coffee breaks will be provided daily.

Find more about the hotel at <https://hotel-prespa.com/en/>







Financial conditions

8 days accommodation and meals will be covered by the project.

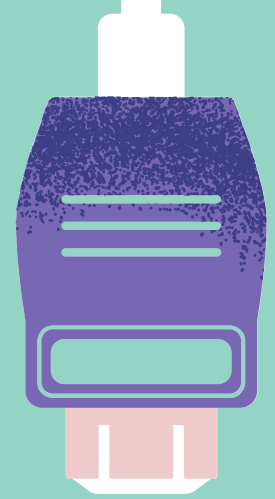
Travel expenses will be reimbursed to the participants directly OR to the sending organization, depending on what is agreed upon between the coordinator and the partners.

The bank transfer will be done at least 45 days after the youth exchange, based on their actual costs and not exceeding the Erasmus+ distance calculator band.

In order for all participants from one national group to be reimbursed, the **following conditions** must be met :

- all travel documents must be submitted;
- the group leader should have submitted their Erasmus+ participant report;
- at least one publication about the youth exchnage should be made on the organization's website, social media platforms, etc.

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
8000 km or more	1735 EUR	1735 EUR



Financial conditions

Participants must keep all travel documents such as tickets, invoices, receipts, boarding passes, etc.

No reimbursement will be done during the training course.

The budget is individual and can't be allocated to other participants.

If the travel expenses are above the budget, the extra costs are covered by the participants themselves and/or their sending organizations.

There is no participation fee.

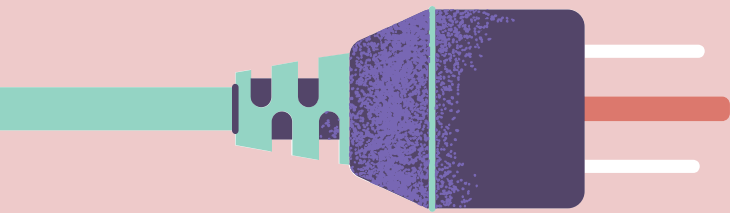
In order to be eligible for reimbursement, the **travel should:**

- Be the cheapest possible;
- 2nd class tickets;
- Arrival at the hotel should be **no later than August 17th**;
- Departure from the hotel should **not be before August 24th**;
- Without any unnecessary stops;
- Carry-on luggage is acceptable only when booked in advance. Carry-on paid at the desk and checked-in luggage are considered an extra and can not be reimbursed.

In case of non-green travel, up to 2 extra days in direction are allowed to be taken in order to find cheaper travel options. In that sense, the earliest a participant can start their journey is August 15th and they should be back to their home countries no later than August 26th.

All other extra costs (meals, accommodation) during the extra travel days are covered by the participant.

Visa costs: up to 60 EUR per participant for issuing a visa to Bulgaria can be reimbursed upon providing a copy of the visa + receipt/invoice from the embassy/consulate.



Draft Agenda

18th of August
MONDAY

08:30- 10:00
Breakfast and energizers
10:00 - 11:30 Opening, getting to know each other, group work rules, sharing expectations
11:30 - 12:00 Break
12:00 - 13:30 Team-building
13:30 - 14:30 Lunch and free time
14:30 - 16:00 Presenting the "Erasmus+" program and the Youthpass certificates
16:00 - 16:30 Coffee break
16:30 - 18:00 My media diest
19:00 - 20:00 Dinner
20:00 - 20:30 Reflection
20:30 - 23:00 Intercultural night

19th of August
TUESDAY

08:30- 10:00
Breakfast and energizers
10:00 - 11:30 Types of media
11:30 - 12:00 Break
12:00 - 13:30 Function and role of media
13:30 - 14:30 Lunch and free time
14:30 - 16:00 Facts and opinion in the media context
16:00 - 16:30 Break
16:30 - 18:00 Media manipulation and propaganda
18:00 - 19:00 Reflection
19:00 - 20:00 Dinner
20:30 - 23:00 Intercultural night

20th of August
WEDNESDAY

08:30 - 10:00
Breakfast and energizers
10:00 - 13:00 Hiking to Snezhanka peak
13:00 - 14:00 - Outdoor lunch
14:00 - 15:00 Visiting the Snezhanka tower
15:00 - 16:00 Promotion of the topics of the exchange. Shooting videos
16:00 - 18:00 Going back to the hotel
19:00 - 20:00 Dinner
20:00 - 20:30 Reflection
20:30 - 23:00 Intercultural night

21st of August
THURSDAY

08:30 - 10:00
Breakfast and energizers
10:00 - 11:30 Disinformation
11:30 - 12:00 Break
12:00 - 13:30 Types of disinformation
13:30 - 14:30 Lunch and free time
14:30 - 16:00 Fact-checking
16:00 - 16:30 Break
16:30 - 18:00 AI tools
18:00 - 18:30 Reflection
19:00 - 20:00 Dinner
20:30 - 23:00 Intercultural night

22nd of August
FRIDAY

08:30 - 10:00
Breakfast and energizers
10:00 - 11:30 Digital security
11:30 - 12:00 Break
12:00 - 13:30 Fake profiles and false identity
13:30 - 14:30 Lunch and free time
14:30 - 16:00 Data protection
16:00 - 16:30 Break
16:30 - 18:00 How to react to online threats and violence
19:00 - 20:00 Dinner
20:00 - 20:30 Reflection
20:30 - 23:00 Intercultural night

23rd of August
SATURDAY

08:30 - 10:00
Breakfast and energizers
10:00 - 11:30 Creating quality media content
11:30 - 12:00 Break
12:00 - 14:00 My media - part 1
14:00 - 14:30 Lunch
14:30 - 15:30 My media - part 2
15:30 - 16:00 Break
16:00 - 18:00 And from now on?
19:00 - 20:00 Dinner
20:30 - 23:00 Goodbye party

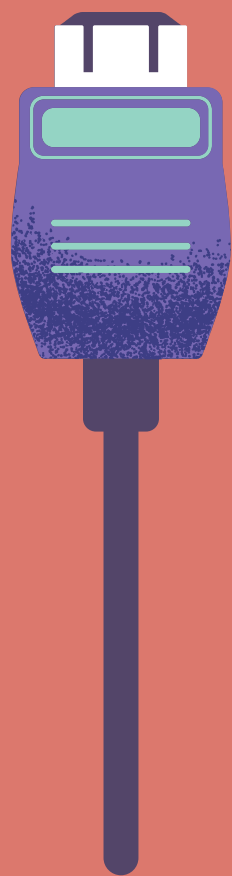
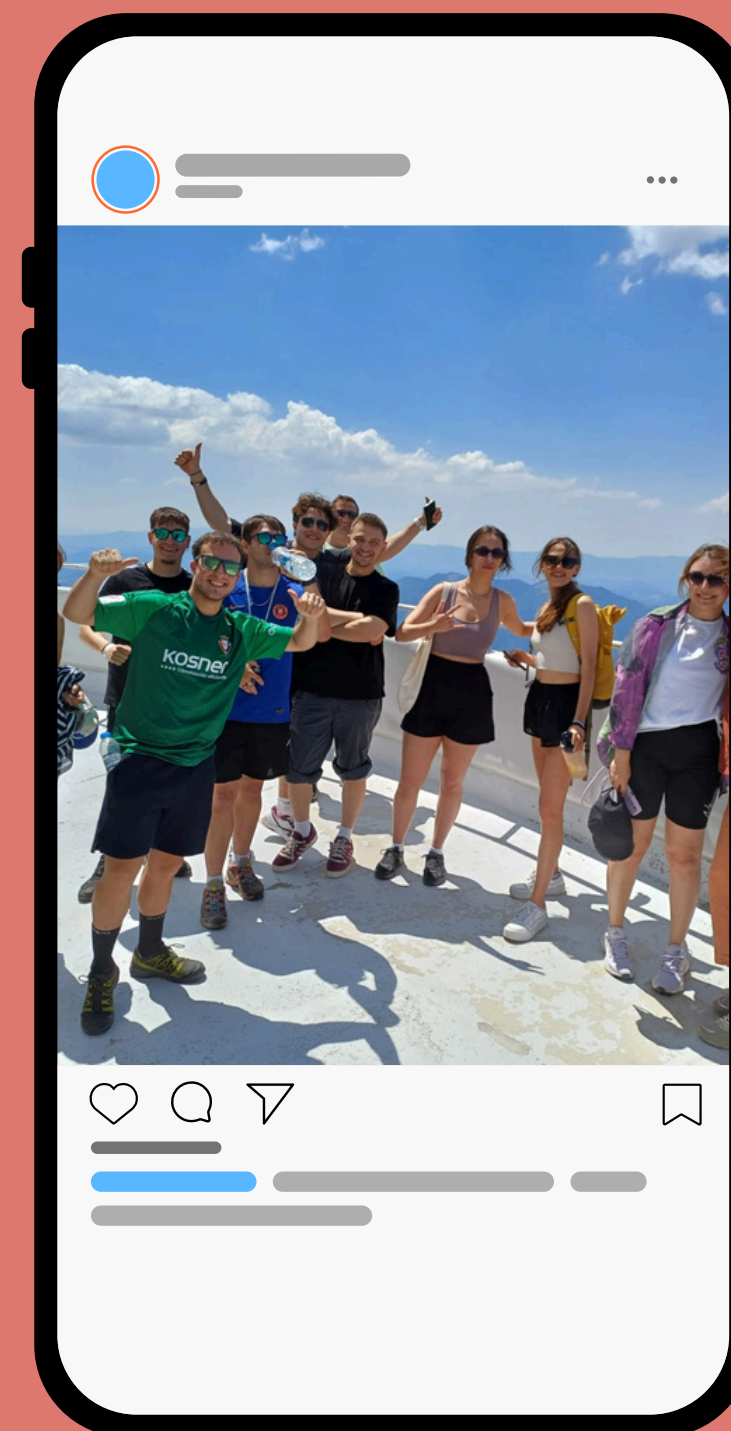
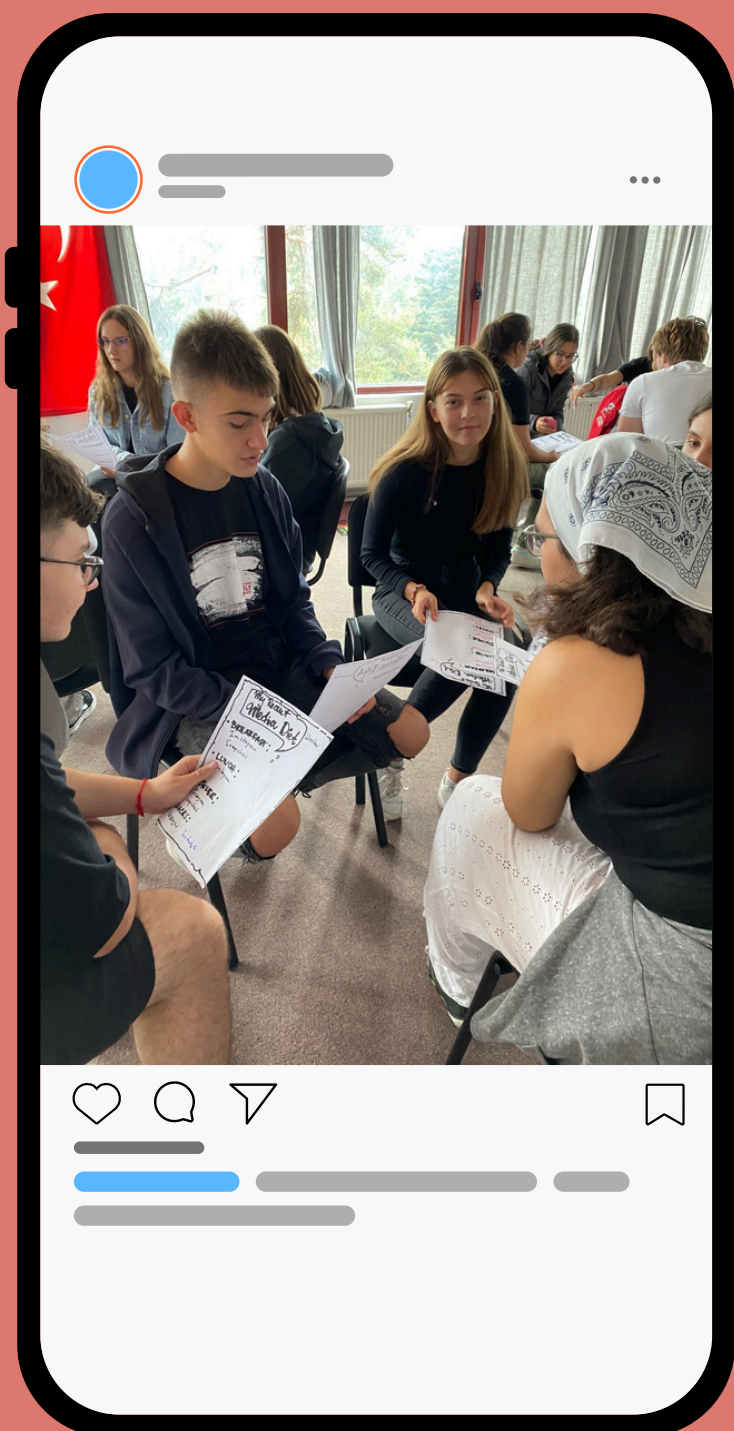
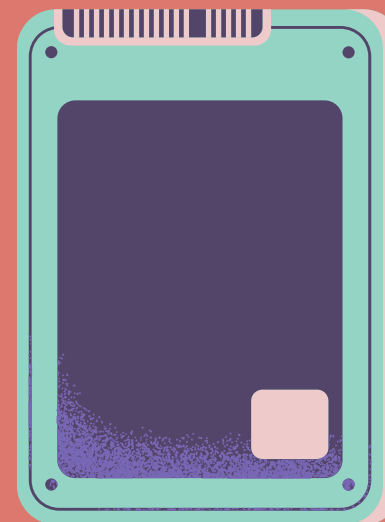
24th of August
SUNDAY

08:30 - 10:00
Breakfast
10:00 - 12:30
Departure of all groups

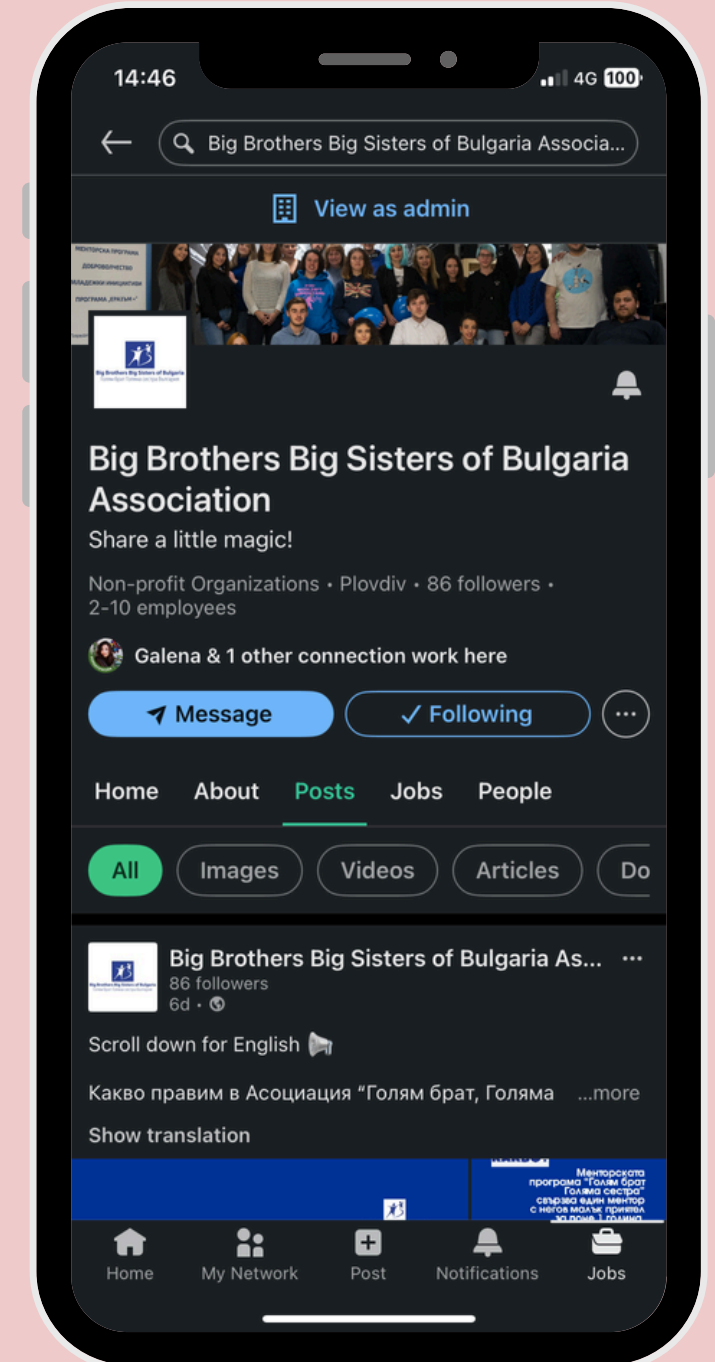
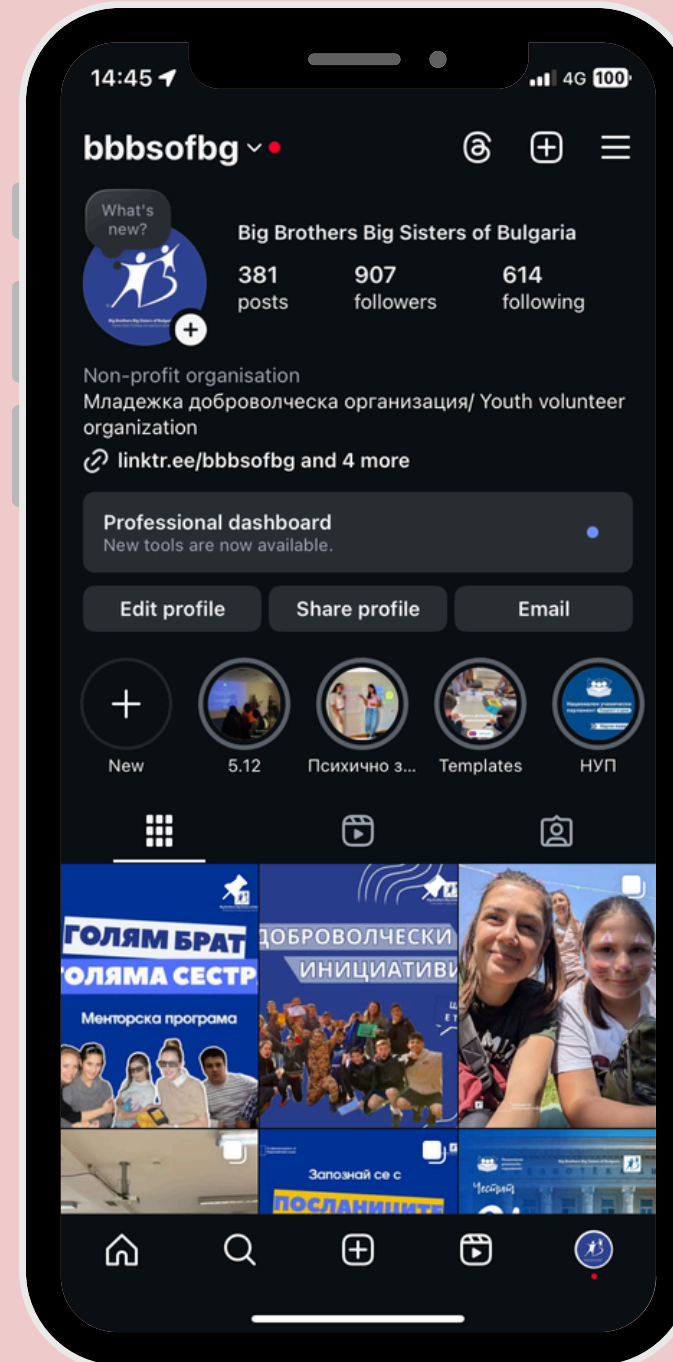
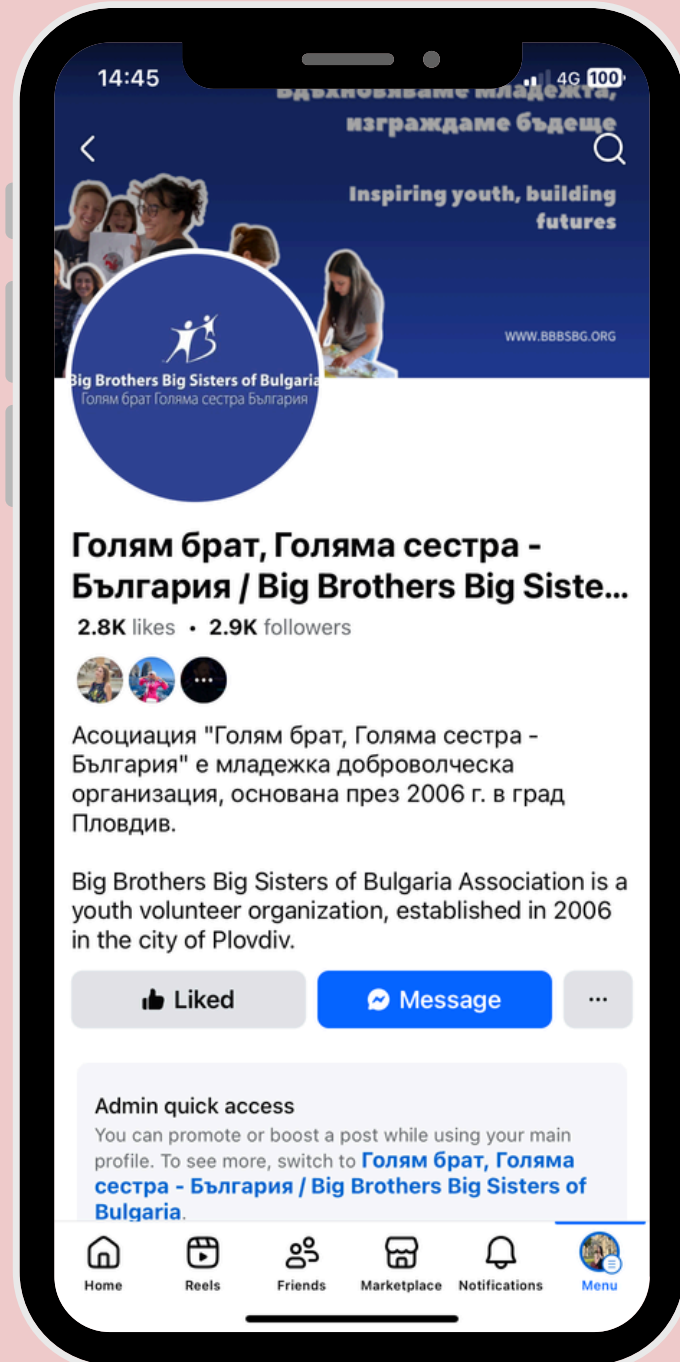
17th of August
SUNDAY

- **18:30** Arrivals
19:00 - 20:00
Dinner
20:00 - 21:00 Short welcoming session

Have a look at our previous youth projects in Pamporovo!

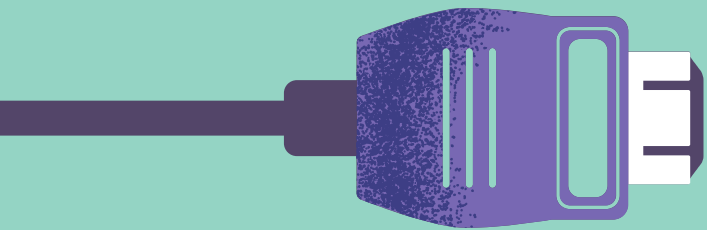
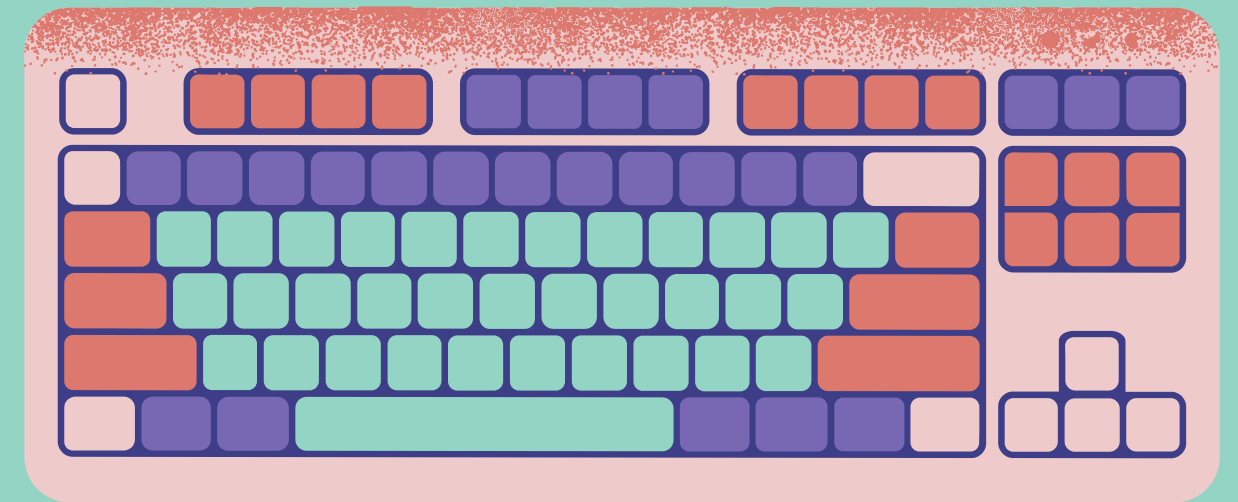


Follow us



CONTACTS

Julia Petkova, Project Coordinator
e-mail: petkova.julia@gmail.com
WhatsApp: +359899702295



Co-funded by
the European Union



Big Brothers Big Sisters of Bulgaria
Голям брат Голяма сестра България