

CyberSafe

**ERASMUS+ TRAINING
COURSE**



Dates: 21.02.2026 - 01.03.2026

Venue: Plovdiv, Bulgaria



Co-funded by
the European Union



Project idea:

The CyberSafe project aims to strengthen the digital literacy, critical thinking, and online safety skills of youth workers across Europe. Through a 7-day training with partners from nine European countries, participants learn how to recognize online threats, protect personal information, and support young people who face digital risks. The CyberSafe project aims to help youth workers become more confident and skilled in staying safe online.

After the mobility, participating youth workers will deliver local workshops, ensuring widespread impact and sustainable knowledge transfer within their organisations and communities.

Project objectives:

- Build skills to recognize online threats and AI-generated fake content.
- Increase awareness of cyberbullying and cyberviolence.
- Train youth workers in practical steps for online protection.
- Strengthen critical thinking and digital skills for safe internet and social media use.
- Deliver nine follow-up workshops in partner countries to spread the gained knowledge in local communities.



ESSENTIAL INFORMATION

Hosting organisation:

Can You Association

Facebook: CanYouAssociation

Instagram: canyoubulgaria

Dates of the training course:

21.02 - 01.03.2025

including travel days

Venue:

Plovdiv, Bulgaria

Working language:

English

Participating countries:

Bulgaria, Greece, Türkiye, Italy,
Poland, Portugal, Spain, Lithuania,
The Netherlands

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Team CanYou

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Currency:

From the beginning of 2026 the euro is
the official currency in Bulgaria



ESSENTIAL INFORMATION

Participating organizations:

- **Bulgaria** - Can You Association
- **Greece** - Tinos Youth
- **Türkiye** - Capella Youth Group
- **Italy** - Associazione Solidarietà Paesi Emergenti
- **Poland** - Adult and Youth Education Foundation
- **Portugal** - O MUNDO SOMOS NÓS, ASSOCIAÇÃO
- **Spain** - ASSOCIACIO EDUCATIVA I CULTURAL SAHRAZAD
- **Lithuania** - Vsl "uMunthu"
- **The Netherlands** - Stichting WOW Go

Travel grants:

Greece - **309 €**
Türkiye - **417 €** with green travel
Italy - **309 €**
Poland - **309 €**
Portugal - **395 €**
Spain - **309 €**
Lithuania - **309 €**
The Netherlands - **309 €**

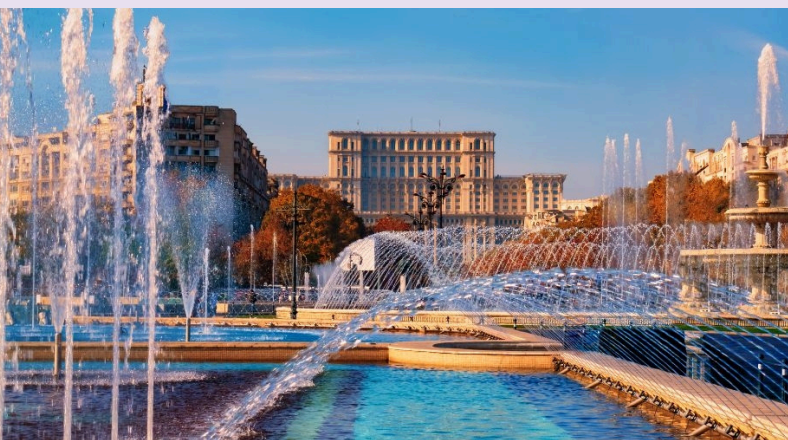
*Green Travel refers to the use of low-emission transport options, such as buses, trains, bikes, or carpooling, for the majority of a journey.

Participants' profile

Age: 18+, no upper limit

Background: Youth workers, trainers, youth leaders, volunteers, project managers, NGO staff, mentors, coaches, administrators;

Selection criteria - Participants should have experience in youth work, interest in digital literacy and safety, and motivation to improve their digital skills. Each country should include at least 2 participants from fewer opportunity groups, ensure gender balance, and require conversational English.



INFORMATION ABOUT PARTICIPANTS

How many participants do we need?

4 participants from each country.

All participants should be able to communicate in **English** and are keen to improve their digital skills, safety and critical thinking. Individuals with fewer opportunities are especially encouraged to take part in this project. Gender balance is encouraged.

About accomodaton:

During the project duration (21.02-01.03.2026 - including travel days), the participants will be offered accommodation in the hotel in shared rooms of 2 or 3 people. They will be provided with 3 meals and 2 coffee breaks per day, workshop materials etc. There is no participation fee.



TO DO

What participants need to do BEFORE arrival

- Fill in the **Participants' Registration FORM** (part of the Info Pack)
- JOIN the **Facebook** group of the project
- Follow us on Instagram: **@canyoubulgaria** (optional, ofc ;)
- Participants are responsible themselves to ensure they have **a health insurance** for the whole project duration.
- Participants are **required to have a travel insurance for the whole project duration. Travel insurance will be reimbursed up until 10 euro.**

VENUE

City: Plovdiv, Bulgaria

Accommodation:

Hotel Intelcoop, Plovdiv

Address: "Konstantin Nunkov" 13A,
4004 Hristo Botev, Plovdiv

Plovdiv stands as a testament to the country's rich history and captivating culture. Situated at the heart of Bulgaria, around 150 kilometers from the capital city Sofia, Plovdiv is a city that seamlessly blends ancient relics with a dynamic modern ambiance.

Plovdiv is recognized as one of the oldest continuously inhabited cities in the world and the oldest in Europe. With a history spanning over 6,000 years, Plovdiv is a unique historical and cultural centre that has witnessed various civilizations and historical epochs.

Plovdiv's European Capital of Culture status in 2019 highlights its vibrant arts scene, while its proximity to the Rhodope Mountains offers outdoor adventures. This city captures Bulgaria's essence, bridging history, culture, and natural beauty in one captivating destination.



What to BRING with you

- Something typical from your country (**drinks, food, souvenirs**) to share with other participants during cultural night. You can also prepare some games or quiz for us all to play. No presentations, please.
- Keep in mind that it would not be possible to use the kitchen, so bring something that can be **prepared easily and on spot**.
- Bring your **laptop or tablet** or have at least **one laptop per country group**, as the topic of the TC requires it.
- At this time in Bulgaria it's mid **winter**, so you need **warm clothes**: temperatures in February are around 0 degrees.

IMPORTANT NOTE!

- All participants must **KEEP** and present **ORIGINALS of ALL** travel documents (tickets, boarding passes, invoices etc.) to the hosting organisation as condition for **reimbursement** of the travel costs.

After the end of the project:

- After the training, each **national group** will organize a **local workshop or presentation** to share the acquired knowledge and results of the project.





TRAVEL DOCUMENTS AND FINANCIAL CONDITIONS

- Please, once you chose your tickets, send the information about travel days, time and routes for **CONFIRMATION** from us, **BEFORE** purchasing the tickets. Send them to team.canyou@gmail.com.
- **All travel documents** – tickets, boarding passes, invoices, booking confirmations, etc. need to be uploaded in this Shared google Drive Folder- [ITravel documents - Participants - CyberSafe](#)
- Each **country** has its **own folder** and inside, **each participant** has to make one folder for themselves and **upload their travel documents there**. If you have any paper tickets, we will collect them during the exchange.

IMPORTANT!

100% of the travel costs, **within the limit for each country**, will be reimbursed **up to 3 months after the end** of the youth exchange upon:

- presenting all travel documents (invoices, booking confirmations, boarding passes, etc.)
- the successful completion of the Participants' Survey, which team leaders in Erasmus+ projects receive days after the mobility has ended.

HOW TO GET TO PLOVDIV

There are airports in Sofia, Plovdiv, Burgas and Varna. The most numerous and convenient flights are to the capital Sofia. From all cities you can reach Plovdiv by bus or train.

[Contact us](#) if you need any assistance.

Option 1: By Bus:

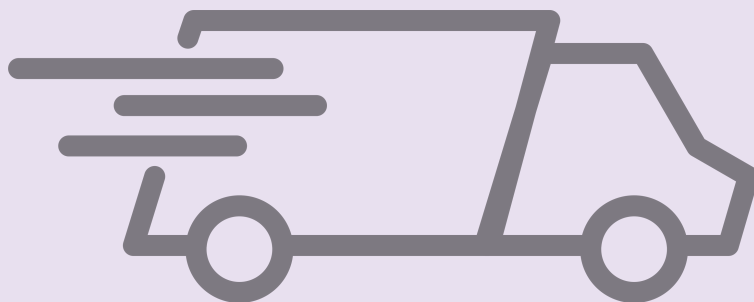
[LINK HERE](#) - Sofia Central Bus Station

- You can find buses **departing for Plovdiv** from the Central Bus Station or various other bus terminals in the city.
- Check the **bus schedules and ticket availability in advance**. You can do this through the official websites of bus companies or by visiting the bus stations.
- Purchase your bus ticket. You can buy tickets **online and at the bus station ticket counters**.
- Arrive at the bus station at least **30 minutes before the departure time**. Make sure you have your ticket and any necessary identification.

Option 2: By BDZ Train:

[LINK HERE](#)

- Begin your journey at **Central Railway Station**.
- Check the **train schedules and ticket availability**. You can do this online through the **official website** of BDZ or at the train station.
- Purchase your train ticket. You can buy **tickets online, at the train station's ticket counters**.
- Arrive at the train station **at least 30 minutes before the departure time**. Ensure you have your ticket and any necessary identification.



IF YOU ARRIVE IN SOFIA...

Sofia Airport Vasil Levski is the main international airport in Bulgaria, and it is located approximately 10 km from the city centre.

PUBLIC TRANSPORT

Sofia Metro Line 1 connects Sofia Airport to the city centre.

The metro station at Sofia Airport is located in the eastern part of Terminal 2. You can reach it by following the floor markings in blue at the public area of Terminal 2.

Sofia Airport provides free-of-charge transportation between the two terminal buildings.

The shuttle bus stops located in front of the terminal buildings are designated by signage and pavement markings.



TICKETS AND BAGGAGE

One ticket for any type of transportation costs **0.80€ and all tickets** can be bought at street kiosks, vending machines or by card at the designated machines.

At Sofia Airport you can buy tickets for the public transport at the kiosks of Urban Mobility Center or at Razprostranenie na Pechata (RP) in the public areas of Terminal 2, as well as from a ticket vending machine, installed at Terminal 1 Arrivals public area.

You can buy tickets with a card on buses directly from the machines next to the doors. In the metro, you can buy a card ticket from the blue machines that are used to scan tickets.

The ticket machines accept credit cards as well.

IF YOU ARRIVE IN SOFIA...

AIRPORT TAXI

We recommend the services of the taxi operator Yellow! as the contractual partner of Sofia Airport.

Look for the Yellow! cars at the main taxi ranks or request the service at the offices of Yellow! in the Arrivals of Terminal 1 and Terminal 2.

Phone: +359 2 9 11 1



IMPORTANT!

We recommend that you DO NOT use taxi services offered outside the office of the taxi operator or in front of the terminal to avoid the risk of abuse.

How to call/book a taxi in the city center

There are many taxi companies in Sofia. You can book a taxi via phone or by visiting the websites of the taxi companies. Some of the companies have also a mobile booking application on their websites which you could see in the list of taxi companies below.

Please find below a list of some of the companies that provide taxi services in Sofia. For more information, please visit their websites.

OK Supertrans:

Phone: +359 2 973 21 21

Website: <https://www.oktaxi.net/en> - app

Yellow 333 AD:

Phone: +359 2 91119; +359 2 491 1108

Website: <https://www.yellow333.com/en/> - app

Taxi Me:

Phone: +359 877 721 977

Website: www.taxime.to – app



LOOKING FORWARD
TO WELCOMING YOU
IN PLOVDIV!

Personalization

One of the key benefits of AI in marketing is its capability to tailor content for each individual customer.

Leveraging AI-driven algorithms, companies can craft personalized experiences that truly connect with their audience.

