

Thirst For Life association

Sliven, Bulgaria



Erasmus+

Europe without **aggression** and **violence**



What is the project?

The name of the project is "Europe without aggression and violence" and aims to help children and young people understand the nature of the aggression, what are the damages and consequences of aggressive behavior, how to protect themselves from different forms of violence and what are the benefits of life without violence. The main method for achieving these goals is non-formal education.



Where will the project be?

The project will be realized in **Sliven, Bulgaria**, where our organization "Thirst for Life" works.

Where is Bulgaria?

Bulgaria is a country in the southeastern part of the European continent. It offers a variety of beautiful mountains, rivers and seaside. The country has a population of about 7.5 million and since 2007 has been a member of the European Union.

Will I like it in Bulgaria?

If you love to travel in nature and love beautiful mountains or want to enjoy the sea breeze, then Bulgaria is undoubtedly a country that you would like. We also have a long and interesting story. Exploring Bulgaria, you will discover many interesting historical sights and culture, built for centuries between different peoples.



Where is Sliven?

Sliven is a medium-sized town in the southeastern part of the country. **The town is situated at the basis of the eastern part of Stara Planina**, the longest and most famous mountain chain in the country. Sliven is surrounded by green hills and open fields, the combination of which offers **not only easy access to nature but also a wonderful view.**



Why would I choose a project in Sliven?

Sliven has many suitable features for EVS volunteers. The town is located in the eastern part of central Bulgaria, offering **easy and quick access to various parts of the country**. For those of you who like to travel, Sliven is one hour away from the seashore. Apart from nature, the city has other advantages as a beautiful architecture, interesting history and many young people interested in meeting foreigners from everywhere in Europe.

What is the organization that will host us?

"Thirst for Life" - Sliven is a non-governmental organization with long experience in working with young people. We have successfully completed dozens of projects with a different thematic focus. Through our work we have helped hundreds of young people, and in informal meetings we have reached thousands. Over the years we have established a strong relationship with a number of institutions in the city with whom we work in partnership. Our team is made up of experts in various fields of informal learning and with a narrow professional orientation.



What are the living conditions?

As part of the project, the organization provides an apartment for the volunteers, the bedrooms are double and have all the facilities necessary for efficient work and pleasant stay.



What are the working conditions?

The work is not overloading, although it is important. From our long-standing experience, we have found that our work is most effective when it is done in pleasant conditions and with pleasure, so we do not insist on a strict working regime. The weekly program is prepared week before with the participation of all volunteers. In our experience it is important for everyone to enjoy their work so that it can be done with pleasure and diligence.

What we will do in the project?

The main part of the work on the project "**Europe without aggression and violence**" will include visits to local schools where, **through methods of informal education**, we give students a chance to gain a different perspective on the world around them, not only related to their lives in Bulgaria but and as citizens of the European Union. We will also work with groups of young people from vulnerable groups to help them better realize themselves as individuals and members of European society.



How we will work in the project?

The job is in an informal setting, usually with 6 hour work days. In our estimation this way, everyone will have the chance to work calmly and at their own pace and enjoy their free time, which means everyone is the most effective in their work.

What is the team with which we will work?

The organization's team you will work with consists of 3 members. Everyone has their specific responsibilities. The main part of the work will be done with your mentor on the program, who will always be with you during the work and you will be able to address in case of need, even outside working hours.



Will we have free time?

As we have said, the working days with us last for about 6 hours. **This way you will always have time for quality work and well-deserved rest.**

Will we have free days?

Of course. By program, the project sets **2 free days a week and a 2-day bonus for relax and travel every month.** We do not want to take away the opportunity of volunteers to travel around Bulgaria and neighboring countries and learn more about our culture and way of life. That is why **we are always willing to give extra days for a travel** as long as we are warned at an appropriate time in advance.



Can I leave if I do not like the project or the work?

Although each of us would like you to spend the full duration of the project with us, each participant is a volunteer and works at will. If something happens or your motivation to work with us changes, **you are free to leave**.

Will I be rewarded for my work with you?

Each of us values personal satisfaction as reward for well done work, but we also know that there is no "free lunch" and that is why in the project we have every month to provide volunteers with **120€ per month for food and 4€ per workday for pocket expenses**.



What benefit will I get from finishing the project?

In our opinion, the pleasant **experiences and new knowledge** you will acquire during the project are a good reward, in itself. And at the end of the project, we will also provide you with a "**Youthpass**", which is an **European official document proving your work**, as well as knowledge and experience developed and acquired during the project. The document is highly valued throughout Europe and is particularly well received when applying for a university or looking for a job.

