



#SMS – Strong Mind for Success

09-12 October 2023

International Training Course

Strong Mind for Success or shortly SMS is an Erasmus Plus co-funded initiative aiming to build capacity in sport organizations nowadays in the field of mental care awareness and care towards youth athletes. Strong Mind for Success project will deliver innovative education on how **mental health** can contribute for the successful development of young football players in Bulgaria, Italy and Slovenia. SMS will use the knowledge gathered from the results of the objectives and policies from the European Action Plans on Mental Health and will focus on educating young football players on mental health awareness.

International seminar Strong Mind for Success #SMS will be held in Sofia, Bulgaria and will give to the participants the opportunity to improve their knowledge in the field of mental health for young athletes, while at the same time will provide floor for network creation for further activities on the topic.

Participants: Each partner organization will send 6 people – 1 Project Managers + 5 players:

- 5 football players/country (participants age 13-18 years old, at least 3 female players/delegation) + 1 team leader/country

Draft agenda:

#S.M.S International Seminar - The International Seminar will be dedicated to the education of the youth football players on the topic of mental health and how a holistic approach can be applied to their professional development.

Day 1 – Lectures and workshops on the topic;

Day 2 – Workshop and mixed football practice with the players – male and female

Meeting conditions:

2 working days, 2 travel days in the period 09-12 October 2023.



www.sportsuccess.org



The meeting will take place in Sofia:

Sofia is the capital of Bulgaria. It is located in the west part of the country, below Vitosha Mountain. The city's landmarks reflect more than 2,000 years of history, including Greek, Roman, Ottoman and Soviet occupation. Medieval Boyana Church has 13th-century frescoes. Built by the Romans in the 4th century, St. George Rotunda Church has medieval and Ottoman decoration dating to the 10th century.



Venue details:

Meeting venue will be Olympic school preparation center of the Ministry of Education and Science in Sofia, Bulgaria. The venue is providing facilities for accommodation in rooms with 2 and 3 beds, with private bathroom, digital TV and free WiFi that will host the participants from Bulgaria, Italy and Slovenia during their stay in Sofia. The base is suitable for training camps, for all participants in national and international educational Olympiads. All conditions for complete preparation and relaxation are provided, including huge conference center, restaurant and outdoor football pitches.

Address: 21, "Dragan Tzankov" blvd



How to reach Sofia

Sofia Airport (SOF) is the main international airport of Bulgaria. There are multiple airlines, flying to Sofia both regular and low-cost air suppliers. You can plan your trip by bus/train/car as well.

Local transportation

Sofia Metro - Link to downloadable Sofia metro maps: <https://www.metrosofia.com/en/maps>
Ticket price is 1.60 BGN (0,80 euro) and you should check it on the check-in machines on the entrance of the metro station.



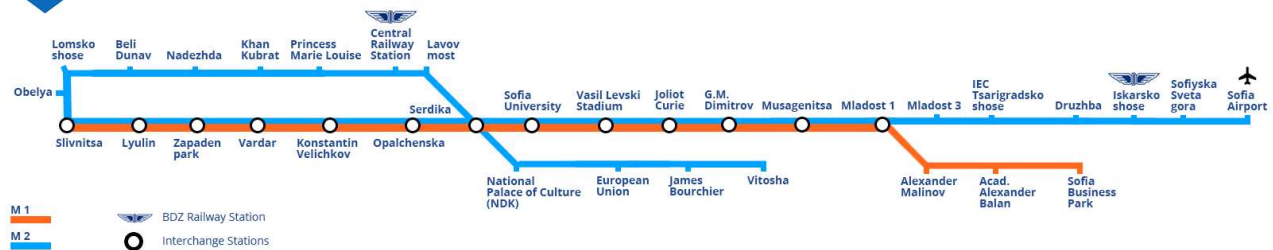
Funded by the
Erasmus+ Programme
of the European Union



BSDA
Bulgarian Sports
Development Association



Metro Sofia
metrosofia.com



To reach the area of the meeting

The area of the meeting is located at an equal distance from the airport, center of the city, central railway and bus station in a quiet city area next to the biggest park of Sofia – Borissova garden. Closest metro line station */Joliot-Curie/* is situated just few meters from the meeting venue.

Another transportation option in Sofia is to use taxi services that are relatively cheap. There are different companies with different prices that vary quite a lot, so we recommend always to ask for the price for the trip you want to take and to jump in the car only if you agree with the price. Another option that is very suitable is to use taxi application, where the prices are regulated and you can pay by credit card (if you do not have BGN in cash). You can download TaxiStars application here:

Apple: <https://bit.ly/2MFair7>

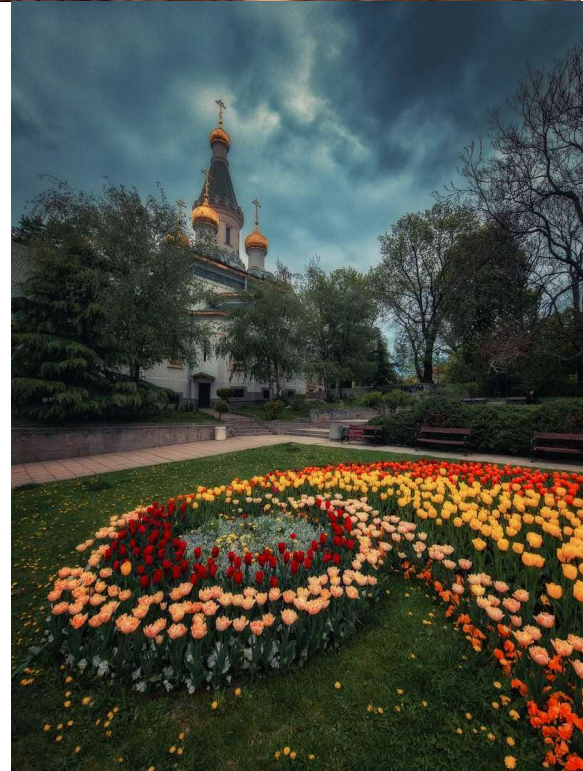
Android: <https://play.google.com/store/apps/details?id=com.omgm.taxistars.omg.omg>

Dietary requirements and disability:

If you have any dietary requirements, disability or special needs that the organisers should be aware of, please notify Yoanna Dochevska (info@bulsport.bg) before 15.09.2023.

Photography:

Partner organisation staff will take video and photograph throughout the duration of the meeting. Pictures will be shared on partner social network sites. Please advise us if you are aware of sharing pictures that you are on.



Funders:

With the support of the “Erasmus+” programme of the European Union, funding rules applied to the meeting: Mobilities and educational activities WP. The amounts are inclusive of all costs related to the meeting – travel, accommodation, subsistence and local transportation.

Financial Aspects & Reporting:

- The travel costs from your home town to the venue will be covered according to the rules of “Erasmus+” Program - travel costs on the basis of the cheapest possibilities, e.g. second



class railway tickets, APEX-flights etc., accompanied by the receipt of complete and original tickets, invoices, bills, receipts, boarding cards etc.

- Board, lodging, local transportation and all materials for the meeting;
- Reporting documents: boarding passes, invoices and receipts for all expenses. Expenses without proper accounting documents won't be accepted as eligible.

IMPORTANT INFORMATION:

A. Travel

1. Regular air tickets must be accompanied:

- By the original invoice (signed and stamped)/receipt/pay order/proof of payment;
- The boarding pass (the small ticket stub you receive before boarding the plane);
- And the prices stated in the invoices, receipts etc. must coincide with the price on the ticket.

2. E-Tickets

- Must be printed out and include your name, the exact fare you paid, details of your flight on the same page;
- Be provided along with the credit card receipt for the payment or a copy of your bank statement (clearly showing the payment has been made)
- The boarding pass (the small ticket stub you receive before boarding the plane).

NOTE:

Some airlines print „passenger receipt“ at the top of the cardboard ticket. It is not accepted as a receipt of proof of payment. Therefore, if you book your tickets online, please, make sure to print out the e-mail you receive from the airline company upon the payment, stating how much and how you paid.

3. Train/Bus tickets

- It is important that arrival and departure times as well as the price are visible
- Invoices (if available).

B. Insurance and VISA

- ❖ Issue yourself an insurance, ex. European Health Insurance Card.



- ❖ If selected for participation and in need to get VISA in order to enter Bulgaria, we will support the process.

C. Must know

- ❖ Currency – Bulgarian Lev. The Bulgarian Lev is pegged to the Euro. 1 EUR = 1.96 BGN. You may exchange money in banks and in any of the numerous exchange offices.
- ❖ **Time zone:** GMT (London) + 2 hours
- ❖ **Electricity:** 220 V, 50 Hz
- ❖ Prepare yourself for interactive workshops, outdoor activities, open discussions.
- ❖ Every participant must attend the full duration of the activity. If a participant refuse to, project coordinator will request to pay the the full organisational costs for their participation – 575 euro/ per mobility per participant.

D. Bring with yourself

- ❖ Comfortable clothes, including sport equipment for indoor/outdoor activities;
- ❖ Information materials of your organisation - flyers, posters, business cards, etc.
- ❖ Good mood! :)

Contact persons:

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