



**RISE UP:**

**48 HOURS VARUSHA SOUTH**

**Veliko Tarnovo, Bulgaria**

**11- 17 August 2026**

**Call for participants**

# Is this call for me?

- ✓ Are you a young person between between 17 and 20 years old?
- ✓ Are you interested in youth activities, sports, art, community organising, and events co-creation?
- ✓ Are you eager to know more about festival organisation?
- ✓ Do you want to be part of the one of the biggest festivals in Bulgaria called "48 hours Varusha South"?
- ✓ Are you a resident of Bulgaria, Italy, or Turkey?
- ✓ Are you ready to meet amazing people from different countries, make new friendships, and get inspired by their ideas?
- ✓ Would you like to enjoy a week in the old capital of Bulgaria: the picturesque Veliko Tarnovo town?
- ✓ ...And all this without any cost?!

If your answers are "Yes, this is me!", then...

... we have an offer for you!! :-)



Co-funded by  
the European Union

# The Project

The youth exchange is a part of the Erasmus+ accreditation plan of CVS–Bulgaria for 2025 and

co-funded by the European Union

Quality in Action

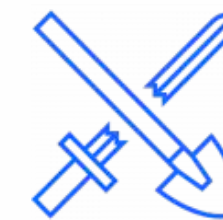
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**QUALITY**  
IN ACTION

## PARTNERS

CVS–Bulgaria, E.S.E.C Turkey, and SCI Italia



**SCI**  
**ITALIA**



**ENDORFIN**  
SPOR KULÜBÜ

CVS  
BULGARIA



COOPERATION  
FOR VOLUNTARY SERVICE  
BULGARIA

**Welcome to **Rise Up: 48 Hours Varusha South** youth exchange!**

**We want to create an opportunity for young people from **Bulgaria, Italy and Turkey** to meet and explore diverse and active ways of changing realities — through sports, dance, movement and well-being activities. We also want to emphasise the importance of local spaces and festivals that bring young people into motion, fostering inclusion and a sense of belonging for youth from all backgrounds.**

**Active spaces and festivals create a glimpse of what communities can look like when young people are given room to move, express themselves, and thrive. They serve as a starting point for coaches, instructors, local initiatives, and even municipal authorities to reimagine neighbourhoods — turning empty corners into courts, stages, and wellness hubs. When young people gather to dance, play, and take care of their bodies and minds together, something powerful happens: barriers break down, friendships form, and new possibilities open up.**

**We believe one of the most inspiring places to experience all of this is the local festival that our partners from VT Events and TAM community space organise every year in the old capital of Bulgaria, Veliko Tarnovo. The festival is **48 Hours Varusha South** and it is happening for the fifth consecutive year — bringing together artists, musicians, and community builders from Bulgaria and beyond!**

# The festival - Manifesto

## Enough is Better than More

5 years (and counting)!

the neighbourhood

the festival

like all of us – in a state of change

what is the measure

it is enough

to create

to know

to cherish

what we have –

the current

and the past



the neighbourhood

the atmosphere

the common

the stories

of all of us

in joint meaning

the festival – a stream of us

a compass

a pendulum

between more and enough

and our invitation

# The youth exchange

## 18 young people

17–20 years old

## 22 participants

- 6 youngsters per country
- 1 or 2 youth leaders (18+ years old)
- 2 organisers/mentors

## 7 days in August

- 11<sup>th</sup> August arrival day by 4 pm in Veliko Tărnovo
- 17<sup>th</sup> August departure day after 2 pm from Veliko Tărnovo

## Topics

- sports, dancing, well-being activities
- youth participation
- festivals

## E-zine

- digital booklet – outcome of the project

## Festival volunteering

- joining the vibrant volunteering community of the festival



# The youth exchange

## Youth space

Participants will be in charge of organising different **sports, dance and well-being activities**, which will be included in the programme of the festival. The group will have a dedicated space by the riverbank, which together with local and international volunteers will be transformed into **a bubbly youth space**.

## E-zine

Participants will also have to observe, record and document the ongoing events of the festival in order to create **an E-zine**. The E-zine will be finalised after the festival with the aim of portraying how such local festival re-creates the neighbourhood and contributes to the well-being of the young people.

## Festival volunteering

During the youth exchange the participant will have small individual and group tasks and will collaborate with local volunteers who will be part of the **48 hours Varusha South Festival**.

# The tasks

- Brainstorming and creating different sports, dance and well-being activities for the festival visitors
- Together the team will create the e-zine structure and content
- Photography/ Videography
- Texts/ Interviews
- Cleaning and preparation of the different locations
- Logistical tasks before and during the festival
- Helping the different locations

# The Program

## • PREPARATION

Prep-meetings of the groups in their home country,  
Completing small prep tasks for the exchange,  
Online prep-meeting of all youngsters

## • IMPLEMENTATION

Active participation in all activities,  
offering activities for the other participants,  
being involved in cooking for the whole group and  
summarizing the experience in a co-created E-zine

## • FOLLOW-UP

Finalising the E-zine and sharing the outcomes  
of the project in each country

## • July

### • 11 August

Arrival, Welcome , Getting to  
know each other and Introduction

### • 12 - 13 August

Festival – preparation

### • August/September



### • 14, 15, 16 August

Festival – youth corner activities  
E-zine – capturing moments

### • 17 August

Relax, Reflection and E-zine next steps planning  
Departure

# Logistics

## Accommodation

The group will be accommodated in shared rooms in Hostel Mostel, which is located in the heart of the old town and the festival neighbourhood.

## Insurance

Insurance will be provided for group however we strongly encourage the participants to bring their European Health Insurance Card (EHIC).

## Food

Food will be local, mainly vegetarian and adjusted to the individual needs of the participants.

## Travel reimbursement

Travel will be reimbursed up to the established cost limits upon completion of the youth exchange and providing all the necessary travel documents.



# Important

## Values

With our projects we **promote** peace and peaceful co-existence, inclusion, equality, non-violent communication, understanding and sustainability.

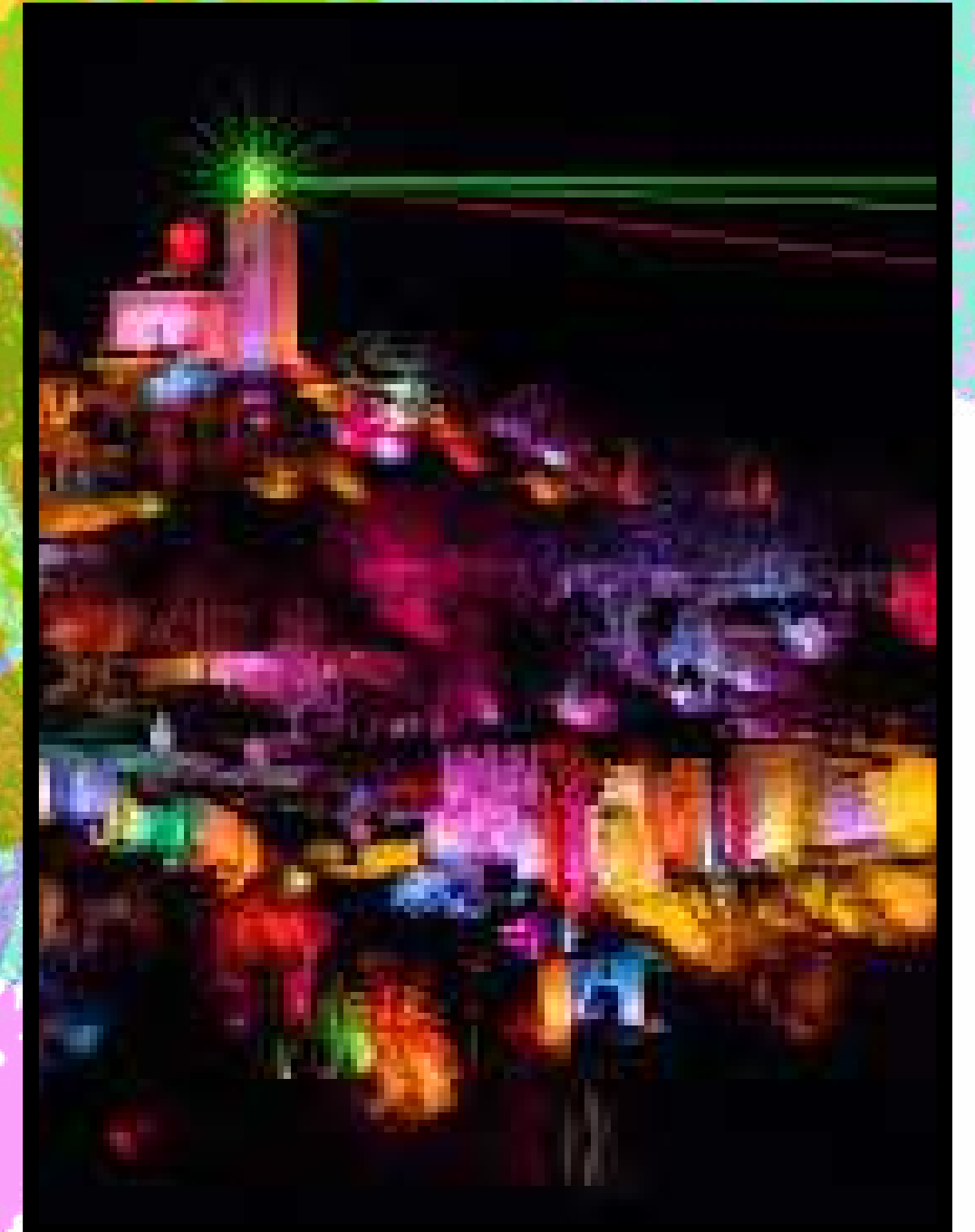
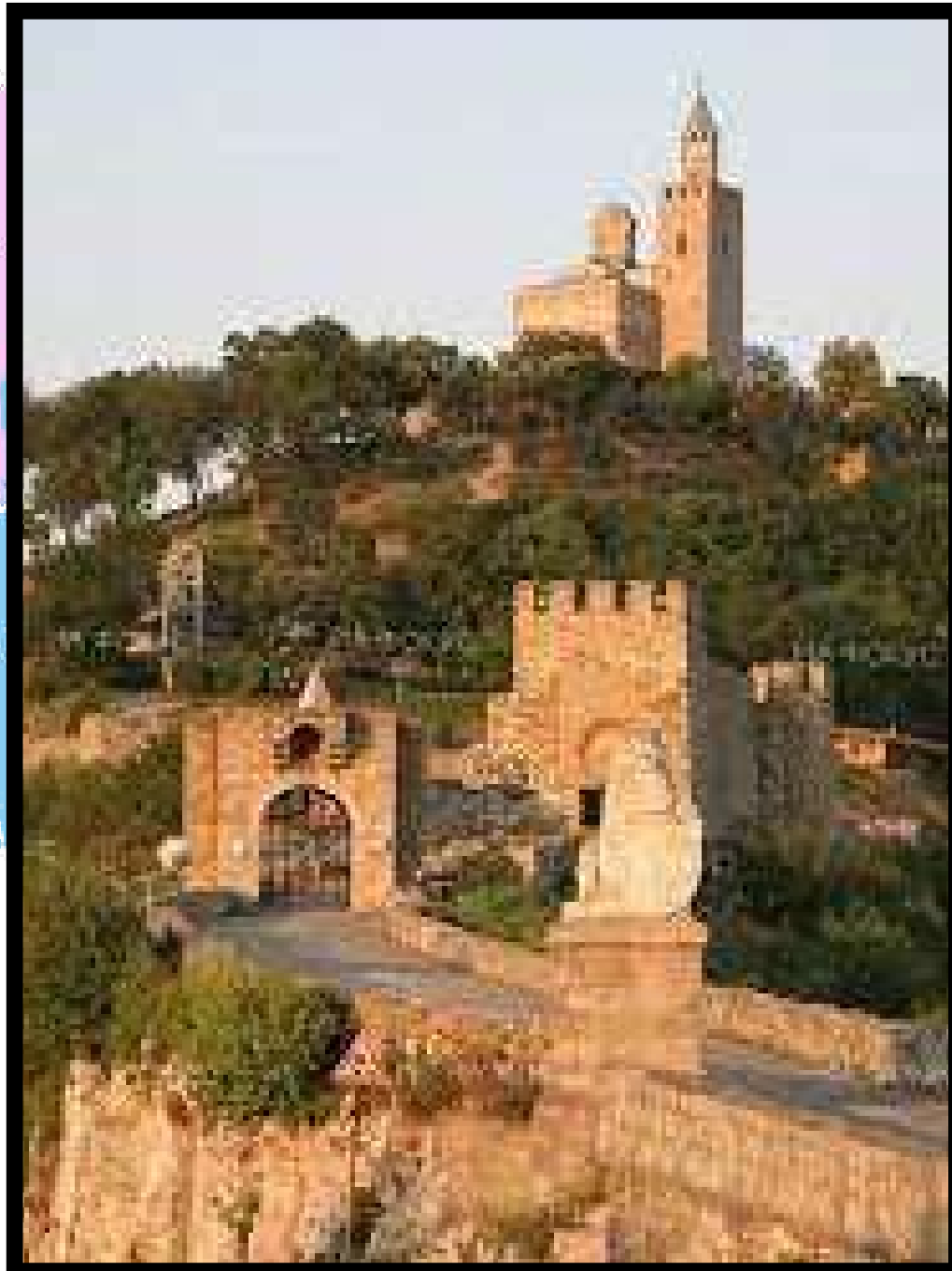
## No extra fee

Thanks to the funding of the Erasmus+ programme this youth exchange has **no extra** participation fee.

## Certification

At the end of the training course participants will receive a **Youthpass certificate**.

# Some visuals



# About us



CVS-Bulgaria is a non-profit organisation, a branch of Service Civil International. CVS-Bulgaria promotes the development of societal values and encourages responsible behaviors towards peace, social justice, and nature protection culture. This is achieved by organising volunteer initiatives and educational programmes. We take pride in working with people with fewer opportunities and embodying respect for human rights in everything that we do. Our approach is not to organise activities solely and exclusively for people with fewer opportunities, but to we realise those in which everyone can participate, regardless of their capabilities, on an equal basis start with everyone, without discrimination and with dignity. For us, each person is an individual being with their specific needs. Some of us have more clearly expressed needs, others remain hidden, but we believe that everyone should have an opportunity and an equal chance to be actively involved in everyday life on all levels – personal, professional, political, cultural, educational, ecological, public.

Learn more about  
CVS-Bulgaria [here](#) and don't forget to  
like us on [Facebook](#) and follow us on  
[Instagram!](#)

# How to apply?

## Check the Call for participants

Check one more time the requirements in the call for participants and see if you are eligible!

Contact your local organisation if you need further clarifications and support!

## Fill in the Application Form

<https://forms.gle/Uoa3B7JgmMWhZJrUA>

Get in touch if you have questions!

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HOPE TO SEE YOU  
SOON IN VELIKO  
TARNOVO!