ACCREDITATION
2023-1-BG01-KA150-YOU-000187607

info pack

Accreditation: Erasmus+ Youth Sector Accreditation
Reference: 2023-1-BG01-KA150-YOU-000187607
Validity: Up to 2027
Project Number (2025-2026): 2025-1-BG01-KA151-YOU-000302016

BULGARIAN ASSOCIATION OF TAEKWON-DO
www.taekwondo.bg

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Who are we?

BULGARIAN ASSOCIATION OF TAEKWON-DO
www.taekwondo.bg

Bulgarian Association of Taekwon-Do (BAT) was established during 2006 as a non-profit association of clubs that carry out activities for the development of the sport of Taekwon- Do in Bulgaria.



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https://www.facebook.com/TaekwonDo.Bulgaria

Instagram: https://www.instagram.com/bat_tkd



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What is Erasmus+ Accreditation?

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Accreditation under the Erasmus+ program in the field of youth has the following objectives:

- Strengthening the personal and professional development of young people through activities for educational mobility related to non-formal and informal learning;
- Promoting the empowerment of young people and their role as active citizens and participants in democratic life;
- Promoting inclusion and diversity, intercultural dialogue and the values of solidarity, equal opportunities and human rights among young people in Europe.

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ABOUT ACCREDITATION#2023-1-BG01-KA150-YOU-000187607

- The approved "Erasmus+" accreditation in the "Youth" sector with number 2023-1-BG01-KA150-YOU-000187607 of the Bulgarian Association of Taekwon-Do aims to build a sustainable network of partner organisations across Europe (sport clubs, youth groups, schools, municipalities), and develop educational assets (guides, videos, presentations)
- Use Taekwon-Do as a tool to reinforce health, discipline, and social involvement



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As a result of the implementation of accreditation activities, we aim to create motivation for professional and personal development among young people, to increase their self-esteem and motivation for learning and acceptance of differences.



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The Accreditation is for a period of **5** years and each year a different number of mobilities will be carried out.

In **2026,** a second youth exchanges will be carried out for **20** young people and leaders (14-25 years old) in the period:

06 - 10 April **2026.**



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ABOUT THE country

Bulgaria is a country in Southeast Europe. It is situated on the eastern flank of the Balkans, and is bordered by Romania to the north, Serbia and North Macedonia to the west, Greece and Turkey to the south, and the Black Sea to the east.



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ABOUT THE LOCATION



Borovets is the oldest and largest mountain resort in Bulgaria. It is located at an altitude of **1,300** meters on the northern slopes of the Rila Mountains. The climate in the resort is moderate, with mild winters and abundant snowfall.

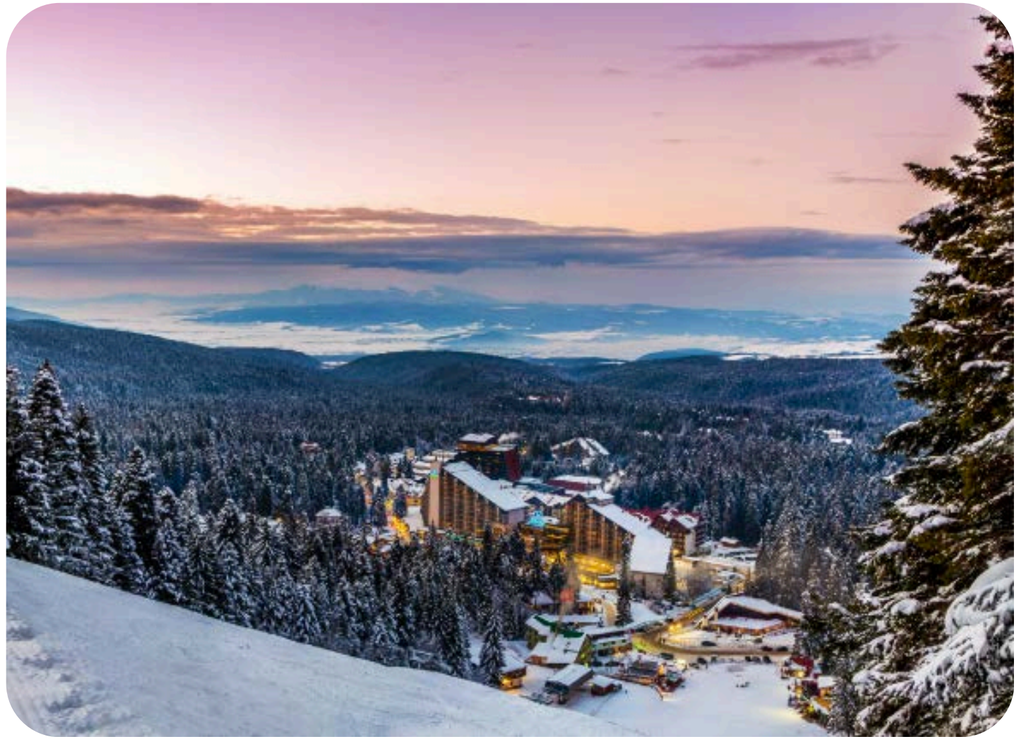
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ABOUT THE LOCATION

In summer, Borovets attracts tourists with the beauty of the mountains, the peace and tranquility of the ancient pine forest, the coolness, and the fresh air. From Borovets, hikers can embark on marked trails leading to various sites in the Rila Mountains.



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ABOUT THE HOTEL

The hotel is located in the center of the Borovets resort (1,300 meters above sea level) and is just an hour's drive from the capital, Sofia. Surrounded by an ancient pine forest, it offers a pleasant atmosphere and first-class service throughout the year.



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The hotel offers:

- restaurant
- indoor pool
- sauna,
- solarium
- steam bath
- fitness gym
- free Wi-Fi.



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DRIVING RULES IN BULGARIA



Drive on the right, overtake from the left

Wear a seatbelt at all times

A vignette sticker is required outside the cities

Headlights – always on



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In cities/villages- 50km/h

Out of of the cities/villages- 90km/h

Automobile road- 120 km/h

Highways- 140km/h (unless otherwise specified)



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VIGNETTES AND TOLL TAXES



Electronic Vignette can be paid online at:

https://web.bgtoll.bg/

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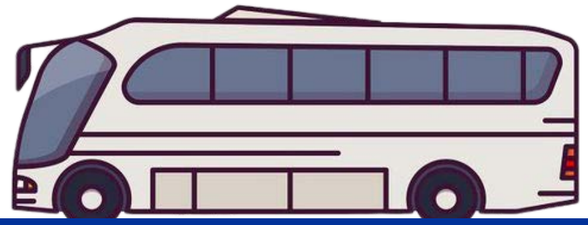
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NEAREST AIRPORTS



Sofia airport – the distance from the Borovec complex to Sofia airport is **66** km





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EXCHANGE RATE

Official currency
in Bulgaria is
EURO



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WHAT WILL WE DO?

The activity will integrate the use of digital tools and learning methods to complement the physical mobility activities or to improve quality. The activity will be designed in an environmentally friendly way and promote environmentally sustainable and responsible behaviour among its participants.



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WHAT WILL WE DO?

The activity will promote youth participation in democratic life, support social and civic engagement and will aim to ensure that all young people have the necessary resources to take part in society. The activity will tackle one or more of the EU Youth Goals. We will learn more about Erasmus+ and the Youthpass certificate



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the participants will:

- Regular taekwondo training for fitness, discipline, and self-control.
- Workshops on stress management, communication, and teamwork.
- Group activities promoting inclusion, tolerance, and conflict prevention.
- Exercises developing leadership, responsibility, and employability skills.



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our experience

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In 2025, in the first part of the project, we held an exchange with 30 young people from Bulgaria, Greece and Romania.



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our experience

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- We can say that the young people learned a lot while having fun. They:
- Took part in workshops on healthy lifestyle, nutrition, stress management, and work-life balance.
- Engaged in outdoor environmental activities such as beach cleaning and tree planting.
- Participated in team-based activities developing teamwork, leadership, and social skills.
- Joined cultural and social events (e.g. talent show) promoting creativity and intercultural exchange.

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our experience

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We participated in workshops and role-plays on tolerance, inclusion, democracy, and overcoming stereotypes, developing social awareness, communication, and teamwork skills.



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WE ARE WAITING FOR YOU

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