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## Bulgaria and Plovdiv

Bulgaria is one of the oldest countries in Europe. Because of its important geo-political location, Bulgaria is the connection between Asia and Europe. Many historical nations such as the Romans have been habituating the territory of Bulgaria. From the high and beautiful mountains to the blue and unique seaside, the nature of Bulgaria is truly breathtaking. With many opportunities during the winter for skiers, even more tourists from around the world are attracted to the seaside during the summer. Bulgaria is one of the most visited countries in Eastern Europe during those two seasons. The population of the country is around 7 million, most of which are located in the bigger cities. Most of the young people speak English, especially in the bigger cities where you will spend your placement in. Sofia, a city that stretches over seven millennia, ruin-rich is one of Europe's oldest cities and the capital of Bulgaria which makes it truly a must-visit destination for our volunteers.

Plovdiv, the city where you will spend your placement in is 100 kilometres away from Sofia. The Telegraph named it the 8th oldest city in the World, with first settlement by the Thracians and Romans around 4,000BC. In 2015 Plovdiv was also awarded with the prestigious name of "European Capital of Culture for 2019". With its long and rich history, the city is the most visited place in Bulgaria and Eastern Europe, so be ready to spend a whole month in one of the oldest and culturally rich cities in the world.

## Country entry requirements, vaccinations and health care

Since 2007 Bulgaria is part of the European Union, which means that as long as you are a citizen of a country which is also in the European Union, you do not need any visas in order to visit Bulgaria. Simply present your passport or national identity card at the airport and you will be able to go through. Although if you are not a citizen of a European Union country, please let us know and we will take you through the process of applying for a visa.

As for vaccinations - the life in Bulgaria is not any different from any other European country. We are not licensed to require from you or give you advices on what jabs to get but bear in mind that you will be working with people with learning disabilities. We advise you to speak to your GP before your departure.

Your health is really important for us and we want to make sure that your stay in Bulgaria will be a positively memorable experience. Since your placement will take time during the summer, bear in mind that the weather is really warm. From June to late August the temperatures are around 30 to 35 degree Celsius, hence we strongly advise you to bring a sun-protective lotion and apply it regularly in order to avoid sunburns. We also advise you to drink a lot of liquids in order to avoid dehydration. Mosquitos are not really common in Plovdiv but you could bring a mosquito repellent spray just in case, especially if you want to spend your weekends on the seaside. Even though the summer is hot, almost all of the public transport buses have air conditioners as well as almost every restaurant and cafe.

## Your Trip from Sofia Airport

Since the biggest airport in Bulgaria is in Sofia, which is also the capital of the country, we would expect you to fly to there. The distance between Plovdiv and Sofia is around 100 kilometres, which usually takes an hour and a half to reach your final destination. You do not have to worry about that because we have it all organised for you. A member of our team will be waiting for you at the airport and will accompany you throughout your journey to the accommodation.

## Your Accommodation

The accommodation where you are going to stay during your four weeks of placement is a private student accommodation situated around 20 minutes away from the city centre (by bus). Since safety is one of our main priority, the building offers a 24 hour video surveillance and a security guard. There is a big supermarket which is 10 minutes away walking from the accommodation, and a restaurant which is just across the street from the supermarket. However, your breakfast and dinner during the weekdays is provided by us, so anything else depends on your personal preference of food.

The accommodation also offers free Wi-fi that you will be able to use it at any time.

You will have your breakfast and dinner at the dining area of the accommodation. It is situated outside of the building and you can also spend some of your free time sitting and relaxing even outside the breakfast and

dinner time. There is also an opportunity to buy essentials such as hot or cold beverages, and snacks, but a small bottle of water is provided to everyone during dinner and breakfast time. It is important to note that most of the cooked meals during the times that food is provided is prepared in a traditional Bulgarian style. We are quite flexible when it comes to dietary requirements and personal preferences, so if you have any of those, then please feel free to share this information with us, so we can prepare in advance.

The particular timing for breakfast and dinner are usually arranged once you arrive at the place. However, the latest the breakfast could be arranged for is 8:00 am, while the dinner usually depends on the volunteers' preference, because of the obvious time difference and personal habits.

You will be living in two to three bedroom apartments. Each one of the apartments are suited for four to six people. You will be sharing a bedroom with one or two other volunteers. Depending on its capacity, each one of the apartments in the building has up to two toilets and bathrooms. There is suitable furniture for you to unpack your luggage and store it. There is also air conditioning in each bedroom to help out with those hot summer days and nights.

Some of the largest suites have a shared table where you can gather and further discuss your projects at the evening. Those bedrooms usually have three beds and a small kitchen plot with a sink, but that could not be considered as a kitchen space.

Smoking inside the rooms is not permitted so if you are a smoker you will need to go out on the terrace.

The apartments are being cleaned every weekend while you are away, sheets are being changed, toilets are cleaned and the floor is being mopped.

However, this does not mean that you should not take care of your rooms yourself.

Washing is being done in a communal area where you don't have access to. The host of the building would usually ask you to collect your personal clothes that need to be washed in separate bags with name tags on and once you are back from your weekend away, they will be brought back to you. If in some cases you need your washing done earlier, this could be easily arranged. This service is free of charge.

## **FAQ - Accommodation**

1. What meals are included during my stay?

- As our volunteers you will have breakfast and dinner provided in the dining area of the accommodation during the weekdays (Mon-Fri included).

2. Can I order food online if I want to?

- Yes, there are plenty of western cuisine restaurants which have take away deliveries. You can always ask members of our staff for recommendations and help with ordering. Previous volunteers usually ordered food on the Sunday evenings because of their late arrival at the accommodation.

3. What is traditional Bulgarian food?

- We are very proud of our cuisine, the most popular examples are given below:

Shopska salad - you can find more information about this salad [here](#). You will see it almost everywhere you go to eat (especially during the summer time). It is usually prepared as a side dish for your dinners. Bulgarians eat all kinds of salads, so bear that in mind.

White cheese - It is included in most of the Bulgarian salad dishes and is a traditional Bulgarian type of cheese, which is very close to the Greek Feta Cheese.

Grill meats ( [Kebapche](#) and Kyufte ) - In Bulgaria, meatballs are called *kyufte* and are typically made from ground beef or pork, or a mix of the two. They can be shallow fried or grilled and often contain diced onions and soaked bread. They are a very popular dish.

[Stuffed](#) peppers - Usually our stuffed peppers are filled up with either eggs or rice with pork/beef mince, and are accompanied by a particular type of sauce.

Soups - Our soups are quite different from the British once in that they are not cream soups, it is worth trying them!

[Tarator](#) - Largely different and something you can't try anywhere else in the world. You can read more about it in the provided hyperlink.

Our fruits and vegetables are usually homegrown and they might be the best ones you have ever tried. You will have them at breakfast time and for dessert at dinner.

4. What if I would like to have something I am more used to having?

This is not the end, but you will try most of those foods and many other in your included meals or anywhere else you would like to go and dine. If you prefer

to eat more Western cuisine, such as Italian pizza or pasta, or Chinese, please let us know. As already mentioned, we are quite happy to adjust the menu according to your preferences. However, it should be taken into consideration that Bulgaria has not yet been influenced by the Western world cuisine as much as you might expect. It is very rare to find an Indian restaurant. What is meant by that is even Western food is prepared in a different way, and obviously not the same as in the UK or anywhere else.

#### 5. Can I cook in my room?

- Unfortunately that would not be possible since there is no suitable equipment for that purpose. However, simple things as sandwiches or takeaway food can be stored in your fridges.

#### 6. Is there going to be a key to the flats provided to everyone?

- Usually there is a set of keys for each one of the bedrooms, including a separate one for their users that unlocks the main door. However, there is only one set of keys per bedroom, so it is important that you communicate between each other and arrange who should keep them. Our previous volunteers have never had problems with this matter and was usually easy for them to arrange this between each other. If someone gets locked out, you can always speak to the host of the accommodation for assistance. Bear in mind that there is a penalty fee if you lose your keys.

#### 7. Is the internet connection stable?

- Our previous volunteers thought that the internet connection is proper enough. However, it is important to note that you will be able to connect only one device at a time. For example, you would need to disconnect your phone from the internet connection in order to connect your computer to it.



8. I want to go to the city centre in my free time for a walk, how do I do that?

- You have two options - you can always take the bus to the city centre (N7) which stops very close to your accommodation. The bus fares only cost 1 lev per journey and is a reliable and quick method of transportation. A trip to the city centre should take you about 20-25 minutes. Your alternative option would be to share a taxi with other volunteers. This would be as cheap as the bus fare and is way quicker than the bus. A taxi trip should cost between 4-5 Lev which split between 4 people is about 1 lev each. There is an app which you can use and order taxies through your phone which is very helpful if your Bulgarian is not fluent :). More information about transport and how to get around will be given during your introduction session.

9. Are there mosquitoes or other bugs?

- Usually during the summer there are quite a lot of mosquitoes. However, Plovdiv is usually sprayed at the beginning of the season and there are not many left. You can always buy a spray repellent against bites, because you might need it if you go out in your free time.

## Extra expenses

As already mentioned, we cover your accommodation, breakfast and dinner, as well as your transition from Sofia Airport to your accommodation on your first day in Bulgaria. Furthermore, we also provide transport for our volunteers to the services they are visiting for the day. Every morning you will be picked up after breakfast and dropped off at your scheduled social service. This means that you will not have to worry about spending money and time on transportation to your scheduled activities.

Your first weekend is also organised by us including the transport and the stay in the hotel. The first weekend meals in Pamporovo are included as following:

<b>Day of the week:</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast:</b>	<b>Breakfast @ accommodation</b>	<b>Included at the hotel</b>	<b>Included at the hotel</b>
<b>Lunch:</b>	<b>Before you leave for Pamporovo - on your own expenses</b>	<b>Included at the hotel</b>	<b>Before you leave for Plovdiv - on your own expenses</b>
<b>Dinner:</b>	<b>Included at the hotel</b>	<b>Included at the hotel</b>	<b>On your own expenses</b>

Some expenses that we expect you to cover for yourself are the transport back from your projects and your lunch break. Since a member of our team will be with you until 3pm on weekdays, you do not have to worry about which bus to get on or how to find a certain location. If you are in a rush to get to the accommodation or somewhere else you could always get a taxi as well, which would not be more than £3 throughout the whole city. As for your lunch breaks between your projects you are also free to go and eat somewhere. Most of

your projects will be based around the city centre where you could find traditional Bulgarian restaurants as well as a lot of western franchises. We cannot advise you on how much money you should take, this is dependent upon your personal spending habits.

## The Projects

Currently the Bulgarian government and the European Union are funding the so called process of “deinstitutionalization” which involves the movement of children from institutions in boarding homes. The main idea is to entirely stop the institutionalisation of orphan children, children with mental and physical disabilities and move them to a place where they will be offered help and be raised by specialists. The new environment will give the children a better opportunity to develop, grow up and integrate into society.

More than 90% of those children are not orphans; they have been driven into care homes because they are poor, disabled or from an ethnic minority. Many children are institutionalised because local schools are not adapted to teach children with physical or learning disabilities and local health services cannot provide specialised care. Social services are insufficient to meet the needs of poor families or protect children from abuse. Taking part in the placement will give you the opportunity to be part of this process. You will have the chance to work with children and elders in both institutional environment and special foster homes for children with behavioural and learning difficulties.

To better understand what is meant by an institute and the conditions of one you should watch the award winning documentary of the BBC reporter Kate Blewett named “Bulgaria’s Abandoned Children” [here](#).

As you can see from the video, there are no words which could describe the conditions of the institute. Another important and crucial factor was the location of the so-called institutes. All of them were situated in small villages and mountain towns, isolating the service users from any contact with outside people. It is even safe to say that up to 2007, the wider population of Bulgaria, did not even know that these children and adults existed. And exactly this is the root of the biggest issue nowadays, when the majority of the children who lived in institutes have already been relocated to specialised foster homes, situated in the bigger cities. The issue with integration into society...

It is important to note that this movie was shot in 2007 and the impact that it has had on the Bulgarian society is enormous. It was exactly in 2007 when the process of “deinstitutionalisation” began and up to the most recent date almost all of the children are living in “Special boarding schools for children with behavioural and learning difficulties”. You can find more information about the impact of Kate Blewett’s movie and the progress of the Bulgarian social care sector from this [article](#).

Even though most of the children with mental health problems and learning disabilities are now living in the so-called “Special boarding schools for children with behavioural and learning difficulties” the process is yet to begin for adults. At the moment adults with mental health disabilities and learning difficulties are still living in institutes. Some of the institutes are in the cities, where the conditions are not as bad, as you will have the opportunity to see for yourself. Others are situated in small villages and mountain towns... The strategic plan of the social care sector of Bulgaria, is to start this process of “deinstitutionalization” for adults this year.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Project 9:00 - 11:00	Project 9:00 - 11:00	Project 9:00 - 11:00	Project 9:00 - 11:00	Feedback sessions 9:00-12:00	Free time to travel	Free time to travel
Project 12:00-14:00	Project 12:00-14:00	Project 12:00-14:00	Project 12:00-14:00	Free time to travel	Free time to travel	Free time to travel
Reflection 14:00-15:00	Reflection 14:00-15:00	Reflection 14:00-15:00	Reflection 14:00-15:00	-	-	-
<i>* 1 Hour is included for a lunch break. It is up you and your group on how you plan to spend your time. You will spend your whole day (9:00 - 14:00) in one service, so you could take a break at any time.</i>						

## The projects:

You can see from the timetable that there are 8 projects throughout the week. Please take into consideration that the training sessions and workshops which you can find more about in the What to Expect file will also take place at some point during the week. They are usually scheduled for an afternoon, which means that you will only have a project in the morning, and go to your timetabled training/workshop in the afternoon.

You will be allocated to groups of 4 to 5 people with who you will spend time to complete your projects. An individual timetable will be given during the introduction session and you would not know with who you are allocated to work with beforehand. If you have friends which you are coming together with, just let us know and we can sort that out for you.

## What is a project and what kind of projects can we do?

First of all it is important to note that you will spend each day of volunteering (9:00-14:00) at one service. The time table is just an illustrative example of how your activities are planned for you during the day. However, you can make certain alterations and plan as a group about how much time to invest in a particular project.

This brings us to the question of what a project is and what is expected from you to do whilst your spent time in a service. The best way to explain this is through the following example:

### **Project for improvement of cognitive abilities, more precisely attention:**

“

In order to promote one's attention skills you should try and focus on the following tasks:

- *Encouraging (but not trying to force) eye contact - Hold objects/pictures up to the side of your face to encourage gaze in the right direction.*
- *Using visual prompts, natural gesture and a range of facial expression and tones of voice to engage the child's interest.*
- *Cue in the child by using his/her name;*
- *Completing puzzles, encouraging the children to take pieces from you.*
- *Matching activities, e.g. matching picture cards /also promotes memory/*
- *Build LEGO towers and knock them down.*
- *Where is the ball game - using a small ball and 3 cups. Put the ball in one of the cups and start shifting them. Than ask the child to guess where the ball is /also promotes memory.* “

Those activities are just examples which you could use to start from. If you have any other games/activities which you think will be beneficial or you see that the child enjoys, please feel free to use them.

These are sample guidelines from the welcome pack that all of you will receive on your first day. In the folder you can find guidelines for different type of projects such as: Improvement of living skills, cognitive abilities, social skills, spatial abilities etc. All of your potential projects, their importance and

outcomes of them are well explained. Of course you could take the initiative and do something different. However, it is crucial to plan ahead on what to do and how approach and involve your clients in an innovative task.

### **What is meant by reflection?**

Certainly, all of you had to write reflection pieces of a certain experience during your academic studies. Our idea is very similar, with the only exception that what you write is not of course graded. At the end of each day you will sit down with your co-ordinators and write a reflective piece of your experience during the day, as a group. You will also use that time to plan your day projects for the following day. The main idea is that by going back to situations which you found challenging, difficult to cope with, emotionally overwhelming and reflect on them, you will be able to identify your weaknesses and improve for the following experience.

The reflection will mainly implement the Gibbs (1988) model:

You will find more instructions of how to take advantage of the model on your introductory session.



**Biofeedback - A unique opportunity to learn how to assess and develop personalised training programs for children and adults with mental health and intellectual disabilities.**

**What is biofeedback?**



Biofeedback is a technique to learn how to control internal functions normally outside of conscious control. You learn this by using sensitive instruments that measure and display physical or mental processes - making you aware of things that you can't easily feel or detect on your own.

Biofeedback is an apparatus which measures one's psychophysiological processes. It is used in therapeutic sessions for the treatment of psychosomatic,

psychological and neurological

abnormalities. The biofeedback apparatus is also successfully used in stress management, coping techniques, improvement of sport performance, business skills etc.

Our volunteers will have the unique opportunity to learn how to use Biofeedback in therapeutic environment. During your first week you will all go through a training from a certified specialised who works in the field of neurotechnology. All of you will receive a certificate which will allow you to implement Biofeedback in therapeutic sessions.

It gets even better. After you finish with your training during the first week, you will also have the opportunity to apply your knowledge and actually use the apparatus during your weekly projects. Every group will have the chance to see how the Biofeedback works in action. This is a great opportunity to see how innovative technological advances are implemented in psychology and psychotherapy.



### **Other trainings, workshops and visits during your placement:**

- During your first week you will also take a part in a training led by a psychologist with years of experience in social services. You will learn more about the situation in the social services in Bulgaria; Types of mental and intellectual disabilities you might come across with and methods for their diagnosis and identification; Methods of developing of certain skills in order to reduce deficits; Discrimination as a social problem and how we could contribute to integration;
- You will also take part in a lecture led by the Head of the Department of Psychology of the "Paisii Hilendarski" University of Plovdiv.
- Visits to a psychiatric facility for adults with drug and alcohol dependencies. You will observe and take part in the psychological assessment of the service users using standardised European tests.
- Visit to the "Stefan Karadja" special needs school for children with mental and intellectual disabilities in the Plovdiv area. This is the second largest special needs school in Bulgaria. You will familiarise yourself with the educational methods and career opportunities of the children studying there.
- Visit to the office of the Plovdiv's Social Care Services, where you will familiarise yourself with the administration work behind the process of deinstitutionalisation.

## Your Weekends

### Your first weekend in Bulgaria

You will spend your first weekend in a four star complex in one of the most beautiful mountains on the Balkans. Situated on the top of the Rhodope Mountains also known as the Mountain of Orpheus, Pamporovo and its breathtaking nature will definitely make it easier for our volunteers to get to know each other. For that purpose we have also planned many fun group activities in which all of you will take part in!



*The Rhodope Mountains*



*Kamelia \*\*\*\**

Apart from your first weekend, during the rest of your free days in Bulgaria, you are free to travel and explore the beauties of the country. Since you are going to be in Bulgaria during the summer, going to the seaside for one of your weekends is something we would recommend.

One of the most famous and visited by tourists destination on the seaside in Bulgaria is Sunny Beach. The tourist city is around 300 km away from Plovdiv which is around 5 hours bus drive from the city you are staying at. Sunny Beach is famous with its nightlife and is one of the most well known party



*Sunny Beach, Bulgaria*

places during the summer in Bulgaria. There are overnight buses as well as day drives, so if you are interested in going and need more information or help in getting the tickets, let someone from the staff know and we they be able to assist you.

If you are not a fan of the strong sunlight and wild nightlife, Bulgaria has some of the most beautiful mountains and peaks in the Balkans. Going to the mountains during summer time might get you out of the loud and stressful everyday life of the city, so you can enjoy a peaceful weekend. Moreover, Rila is the mountain with the highest peak in Bulgaria - Mousala (2925 m). Rila is one of the most beautiful places in Bulgaria with its famous Seven Rila Lakes, which are a unique natural phenomenon. If you are interested in climbing the mountain and seeing the phenomenon, let us know and we could assist you with details about your trip.



*The Seven Rila Lakes*

Pirin is the mountain with the second highest peak in Bulgaria with its name Vihren (2915 m). The beauty of the nature in the Pirin area is truly breathtaking.

If you wish to go and spend some time there, you should definitely stay the night in the town of Bansko. Bansko is usually visited by tourists during the winter, because it is a ski resort. But there are still loads of activities which you could take part in during the summer - the lift to the peaks still works during summer. Bansko is also a town rich on mineral water and all of the hotels and SPA resorts in the city have inside and outside pools filled with hot mineral water. You are interested in a relaxed weekend, away from the heat and the busy life of the city? Let us know and we can always help you with recommendations about traveling.

If you are more culturally and historically orientated and want to find out more about the rich and long history of Bulgaria you should definitely focus on the North side of the country. 300km from Plovdiv and a 6 hours of a bus journey is the first capital of Bulgaria - Pliska. Founded in the 7th century, Pliska was the first capital of Bulgaria from 680 to 893 AC. The old and beautiful capital city ruins are still preserved and opened for tourists, so if you want to gain a better insight of the rich history of Bulgaria, Pliska is a good place to start. Just an hour and a half drive from Pliska, is situated the second Bulgarian capital (893-972AC) Preslav. The ruins of the old capital and the museums are opened for tourists during the summer, so if you want to explore the medieval history of Bulgaria, this is one of the best places to go. You should also take into account that Preslav was a capital during the reign of Simeon the First when Bulgaria was one of the leading powers in Europe. The reign of Simeon is associated with the cultural and educational progress of the country also known to Bulgarians as the “Golden Age”. So if you are interested in pre-medieval and medieval culture, treasures and architectures, Preslav is the place for you!



Veliko Turnovo (1185-1393 AC) is the third old capital of Bulgaria, and the last one before the Ottoman reign, which lasted for 500 year (1393-1878). Before the Ottoman invasion, Turnovo was one of the most culturally and economically developed capitals of Europe. Sadly, things changed during the

500 years of reign, but nowadays the city is still one of the most visited places in Bulgaria. The old capital fortress Tsarevets and its walls are still preserved and they attract tourists every year. If you decide to go and walk on the almost 700 years old steps make sure to stay for the night and see the famous sounds and lights show.

The places mentioned here are just recommendations and just a part of the cultural and natural uniqueness of Bulgaria. If you have done your research and planed to go somewhere already, we could always help you with the organisation! If you want to hear more about the places which you could visit during your stay in Bulgaria, have a look at the Lonely Planet guide to Bulgaria.

## Drugs and alcohol

Volunteers for European Bulgaria will not tolerate any usage of drugs during the placement. Any usage of drugs will result in your suspension from the project and we will instantly terminate your placement. Since all of you are over eighteen years of age and you take legal responsibility of your actions, we would expect you to follow our strict policy. Bulgaria's law on drugs is really strict and being caught with any kinds of illegal substances may result in an arrest and prosecution.

We also strongly advise you not to consume any alcohol during the week. We would expect you to be ready for the morning projects that you are due to attend, for all of which you would need to be getting up early in the morning. Also, bear in mind that you will be working with children and adults who have mental and physical health issues, thus signs of alcohol consumption might have an impact on their behaviour... and your performance. You will be able to decide for yourself on how and where to spend your weekends and since the prices of alcohol in Bulgaria are cheaper in comparison to other European countries, it might look tempting but we strongly recommend you not to consume alcohol during the weekdays.

## Partners, Certificates and future references

### Partners

#### **Faculty of Education of the “Paisii Hilendarski” University of Plovdiv & their Volunteering Centre.**

Throughout the placement our volunteers will have the opportunity to attend lectures led by professors and doctorates working in the university.

#### **Psychiatric facility specialised in the treatment of alcohol and drug addictions**

Our volunteers will have the opportunity to visit the facility and take part in the psychological assessment and therapeutic sessions of drug and alcohol addicts.

#### **The special needs school of the Plovdiv area “Stefan Karadja”**

Volunteers will have the chance to visit and learn more about the education process and career opportunities of children with special needs.

#### **Agency for Social Support - Plovdiv**

The agency for Social support - Plovdiv is a government organisation which aims to provide social support and care for people from low socio-economic status with mental and physical disabilities.

## Certificates

Whilst taking part in our placement you will receive a Certificate For Volunteer Participation that will acknowledge your contribution to the development of the Bulgarian community and social sector.

You will also receive a second Certificate by the University of Plovdiv and the acknowledging the clinical and psychological experience and knowledge you have acquired during the lectures, workshops and volunteering projects.

## Future references

Our placement is designed to fully enhance the Psychological skills and knowledge of the volunteers. Your contribution to our cause is highly valued. Hence, we can ensure you that we would provide the necessary reference for your future job and academic applications.



## Price

### What is included in your price?

Transport from the Airport to your accommodation and back.
Transport from the accommodation to the scheduled services during the week.
Your accommodation for four weeks.
Training and certification for the usage of Biofeedback technology.
Breakfast and dinner for your weekly days in the accommodation (Monday - Friday).
Your first weekend in a **** star complex based in Pamporovo that is situated in one of the Balkan's most beautiful mountains.
Introduction workshops and trainings in Bulgarian culture and working with people with mental disabilities
Your feedback sessions on the Fridays of your second and third week.
Lecture by professors of the "Paisii Hilendarski" University of Plovdiv.
English speaking Psychology student who will accompany you during your projects, providing you background knowledge of the service users, advices of how to approach them and helping you with translations and any kind of support.
A Bulgarian SIM card and a telephone, which will make it easier for us to keep in touch with you.
Total: £990

## What do you need to cover yourself

You airplane tickets to Bulgaria - The cost of a flight from London are usually between £150-200 return.

We would strongly suggest that you should get a travel insurance, just in case, which is usually between £20 and £40.

The first weekend is organised by us, but you are free to plan the rest of your Saturdays and Sundays. Even if you wish to stay in Plovdiv, there is no problem for you to stay at the accommodation during the weekends.

## What happens after you submit your application form?

If you have decided to go through the application form and submit it, you most probably wonder what is next. After you apply we will receive your form straight away. We will try to process it as soon as possible and get back to you within a few days.

## Payments

If you have successfully passed the interview stage of your application you will have two weeks to make your first instalment which would be 20% or £200. Your first instalment will not be refundable, but it will secure your spot at the placement. The rest of the amount will be due three weeks before the your placement starts. All of the payments will be done through bank transfer into a UK Barclays bank account. More information will be provided after the interview stage of application.