

TASTE AWAY.

*Bringing Youth Together
Through Culture and Cuisine*

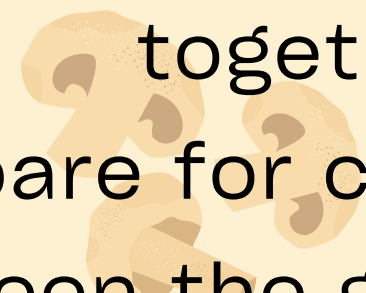
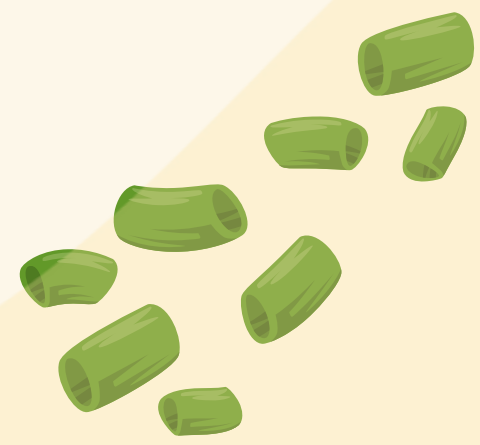
YOUTH EXCHANGE

MRACHENIK, BULGARIA

30 APRIL - 9 MAY 2025



**Co-funded by
the European Union**



This Youth Exchange will gather 30 participants to disconnect from the digital world and reconnect with themselves, others, and the **joy of shared experiences.**

Set in a **rural mountain** area in **Bulgaria**, the project is focused around **food** - preparing, cooking, and sharing meals together with young people from 6 countries.

Prepare for cultural exchange and human connection, between the group and with local Bulgarian residents!

In a minimalistic, close to nature environment, participants will explore creativity, **mindful living**, and self-awareness through **hands-on** activities and arts, embracing a 'back to basics' lifestyle that celebrates inclusion, diversity, and learning.

ARE YOU LOOKING TO...

Embrace slow food and mindful consumption.

ENJOY “BASICS”

living in a simple, environmentally sustainable environment

PRACTICE MINIMALISM

‘tasting’ simplicity and appreciation of the essentials

DISCONNECT

from constant digital screen time

CONNECT WITH OTHERS

naturally through offline experiences

LIVE HEALTHY

aligned with your personal beliefs and values





YOU CAN EXPECT

SOFT SKILLS

You can practice communication, teamwork, and other skills for personal and collective growth.

HANDS-ON SKILLS

Get creative and try out diverse recipes using fresh, local ingredients.

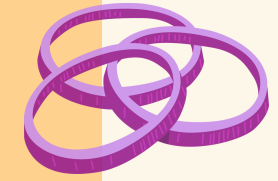
CULTURAL EXCHANGE

Immerse yourself in Bulgarian culture and values while connecting with an international group from across Europe!

TIME FOR YOURSELF

Relax, recharge, and connect with nature in a peaceful, stress-free setting away from the city!

HOW WILL WE ACHIEVE THIS?



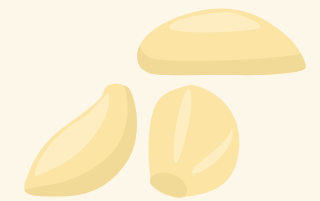
We've designed a simple, humble environment that inspires meaningful interactions and **authentic experiences**, free from unnecessary distractions.

Here, you'll have the chance to unplug, **step away from the digital world**, and dive into authentic face-to-face interactions that truly matter.

You will get **hands-on with activities** like cooking, where you can explore your creativity, work in a team, and learn to appreciate mindful food preparation.

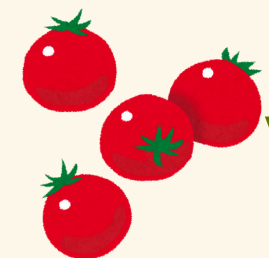
Through a "**learning by doing**" approach, you'll grow personally and build practical skills by actively participating in everyday tasks and activities.


And let's not forget other tools for self-expression - **art, music, movement, collaboration** - sharing your creativity, ideas, and perspective with others.



HOW WILL WE ACHIEVE THIS?

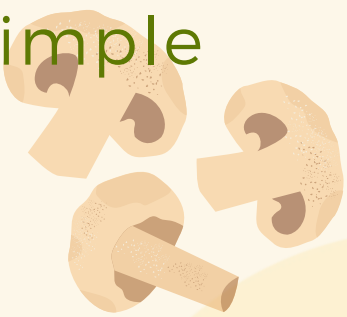


 If you're vegan or follow a special diet, just let us know what works for you, and we'll make sure you're covered with the right food options and **suitable nutrition**.

If you have  any health conditions, physical limitations, or need to take medication, feel free to share it with us so we can support you as best as possible.

To keep the space clean, cozy, and welcoming, everyone will take part in simple daily **chores as a team**.

The training site is a **drug- and alcohol-free zone**. We believe that you can truly thrive and unlock your full potential without relying on substances.



A vertical arrangement of ginger slices and whole pieces, some showing the yellow interior, positioned on the left side of the slide.

Participants profile

- AGED 18-25

- NO PRIOR KNOWLEDGE REQUIRED

- GROUP OF 5 PEOPLE PER COUNTRY

- RESIDENT IN BULGARIA, ESTONIA, GREECE, ITALY, ROMANIA or SPAIN

- ENTHUSIASTIC ABOUT COOKING, TEAMWORK AND CULTURAL EXCHANGE





VENUE

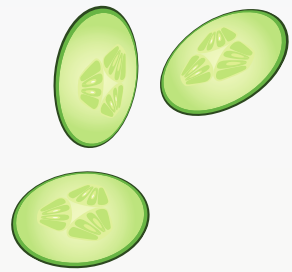
Mrachenik is a small village with around 60 residents, most of whom are elderly.

Despite this and its size, the community is welcoming. The village has only one shop, but it sits in the beautiful region of Sredna Gora, known for its rich natural landscapes, historic sites, and breathtaking mountain views.

The surrounding area is ideal for those who appreciate **quiet, rural life**, with plenty of opportunities to **explore nature** and **connect with the local culture**.



Mrachenik



THERE ARE:

3 showers
6 indoor toilets
campfire spot
equipped kitchen



TENTS COME WITH:

shared tents - up to 3 people
10 cm foam mattress
1 pillow per person
1 mattress cover
1 pillow case



You can bring your own tent,
if you wish to stay alone.

Basic furnishings and shared common areas
are provided for a comfortable stay.





ABOUT SMOKINYA

foundation

Smokinya Foundation is a youth-focused organization based in Bulgaria, dedicated to **personal growth, cultural exchange, and social change.**

Through volunteering projects, designed training programs and community initiatives, Smokinya **empowers** young people to build essential **life skills**, engage with diverse cultures, and drive positive change.

We focus on inclusion, sustainability, and lifelong learning, helping young leaders gain the tools they need to create meaningful change in their communities and beyond.



OUR VISION

Smokinya Foundation contributes in creating a world that works for everyone out of love, care and cooperation.

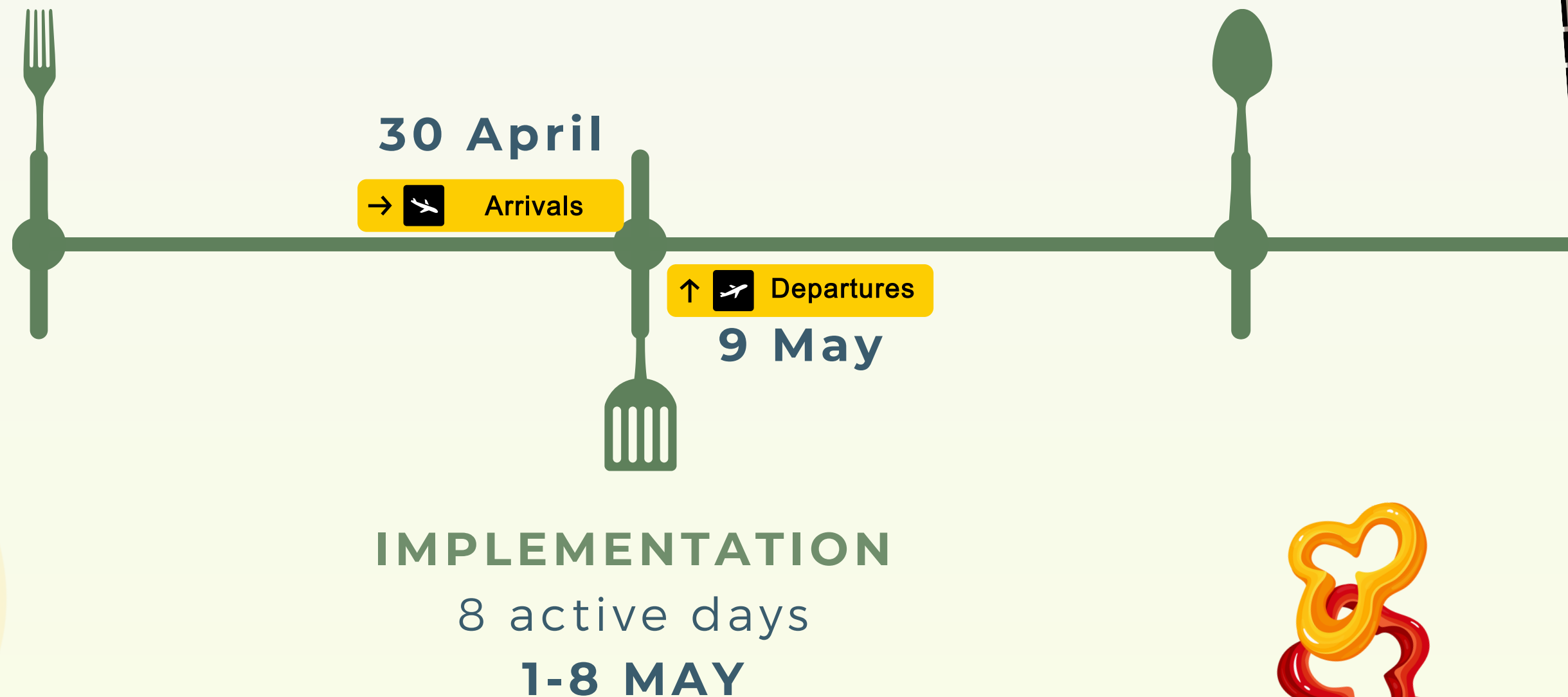


THE PROJECT TIMELINE:

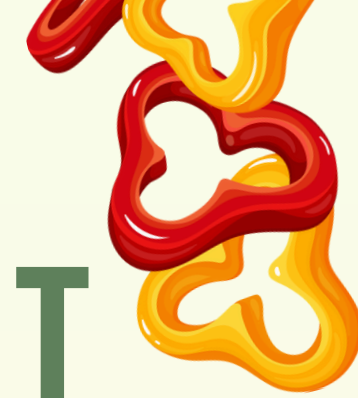
FEBRUARY - APRIL

selection
booking tickets
PREPARATION

MAY-JUNE
sharing the
experience
DISSEMINATION



PARTNERS & REIMBURSEMENT



ORGANISATION'S NAME	CONTACT	MAX REIMBURSEMENT LIMIT
Smokinya Foundation, Bulgaria	info@smokinya.com	28€ Standard 56€ Green Travel
ESTYes, Estonia	estyes@estyes.ee	309€ Standard 417€ Green Travel
New Wellness Education, Italy	projects@newwellnesseducation.com	309€ Standard 417€ Green Travel
Cecropia Hub, Greece	cecropiahub@gmail.com	211€ Standard 285€ Green Travel
Tinerii 3D, Romania	contact@tinerii3d.ro	211€ Standard 285€ Green Travel
La Vibria Intercultural, Spain	info@vibria.org	309€ Standard 417€ Green Travel

We encourage Green Travel!

Sustainable means of transport (green travel) - transport options that use low-emissions for the main part of the travel, such as bus, train, or shared car rides.

We are going to arrange transport for 9th of May - from Mrachenik to Karlovo. We will deduct 5€ from your total reimbursement limit, if you use this option.

Ex. if you are travelling from Bulgaria, the maximum you can get as reimbursement will now be 51€ instead of 56€. Let us know if you need clarification.





IF YOU WANT TO JOIN THIS JOURNEY OF DISCONNECTION AND RECONNECTION
NOW IS YOUR CHANCE

APPLY TODAY

DEADLINE 15 MARCH 2025

FIND US ON SOCIAL MEDIA



WWW.SMOKINYA.COM



INFO@SMOKINYA.COM



ЦЕНТЪР ЗА РАЗВИТИЕ
НА ЧОВЕШКИТЕ РЕСУРСИ



Co-funded by
the European Union