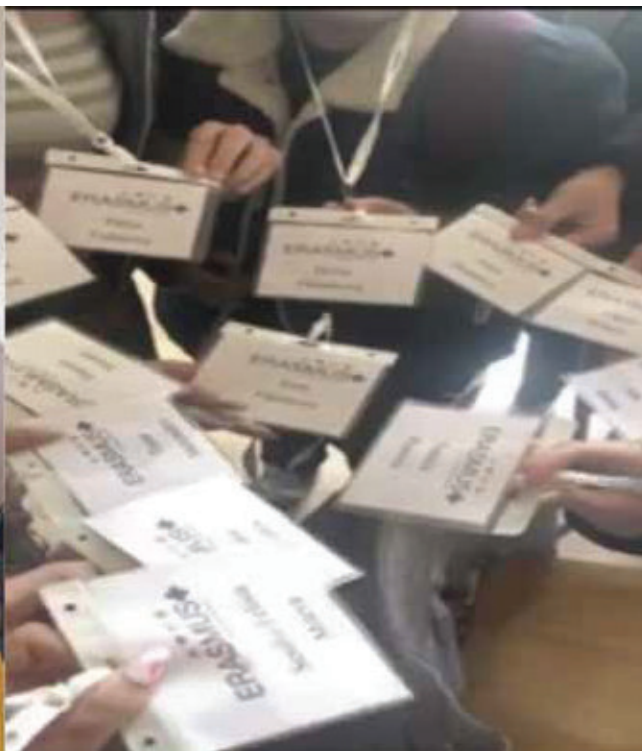


## TOPIC: YOUTH AND SELF DEVELOPMENT



C4-First Day-27.05.2021

Kubrat online meeting was a new experience for all the partner schools in the project. We tried to work in a totally different way. But the results were satisfying. Some of our students and teachers really like this new way. Organizing an online meeting requires many preparations. So Bulgarian team has to start working for the meeting long time ago. First day of our meeting started with the presentation of traditional dances of the participating countries - greetings and surprises for the guests of the meeting. The next activity was a presentation of the school:

**Part 1:** <https://youtu.be/gW0tSJMOHlk>

**Part 2:** [https://youtu.be/\\_fx1EM3TJ4g](https://youtu.be/_fx1EM3TJ4g)

**Part-3:** <https://www.youtube.com/watch?v=-C3694ySzlWU>

Everything was prepared in advance by the partic-



ipants. In the afternoon we presented our educational system and answered questions about this activity. There was also a mingle meeting activity and the day ended with a discussion on self-development - in the context of online training, the meeting, and the epidemiological situation.



**C4-Second Day-28.05.2021:** The second day of the meeting we focused on the host country and the educational opportunities it is offering. We began with a virtual tour of town of Kubrat, and questions related to the history, legends, past and present of the town.

[https://www.youtube.com/watch?v=jyszN\\_L37mA](https://www.youtube.com/watch?v=jyszN_L37mA)

<https://www.youtube.com/watch?v=kjGCmB5fJ24>



An online meeting was then held with representatives of the two universities. They presented short videos and presentations about the universities and talked about the motivation of the young for learning, self-improvement, and development in various fields.



## C4 SHORT-TERM EXCHANGES OF GROUPS OF PUPILS (Kubrat, May and June-2021 (Virtual))

**Sofia University and Medical University:** The Medical University was presented to us by a four-year medical student. We were informed about the variety of specialties that we can choose from in the University. I learnt about the curriculum of the students who have two semesters a year and exams at the end of each of them. The Medical University offers bachelor, master, and doctoral degrees. I understand that Bulgarian as well as international students must take exams in Biology and Chemistry to enter the university. Apart from that we learnt about the AMSB (Association of Medical Students in Bulgaria) and the student council of Medical University-Varna which is the most active in Bulgaria.

The materials about the Sofia University were presented by a two-year law student. We were informed about the history of the First Bulgarian High Academic School (1888) which is the most prestigious in the Balkans. The presentation offered some information about the faculties in the university, the University Library which is the largest academic library in Bulgaria and the Ceremonial Hall –Aula (the symbol of the University).

After a short lunch break, we watched a chemistry lesson-experiments and got acquainted with the basic skills needed to work in a chemistry and biology classroom.

<https://youtu.be/k4oG4PWZIIU>  
<https://youtu.be/wNdRpsYwZ8o>  
<https://youtu.be/WdsGUo37VxE>



**Lesson observation /chemistry practical training/:** The activity started with a video about the experiments in the school lab. Then we were shown the main three parts of science subjects in Bulgarian school: Chemistry and Environmental Protection, Biology and Health Education and Physics and Astronomy and the rules in a lab, which every student needs to follow. After that is the explanation about the projects made by students from 9th grade and some information about the products: Bulgarian yogurt and Glycerol and their construction and meaning in the production of some other products. At the end of the video, we saw another presentation related to silver and the best and simple way to clean it and make it shine again- about the aluminum foil feature because it is a major part of this reaction. The last is to mention the importance of pH in bottles of water. The last two videos presented

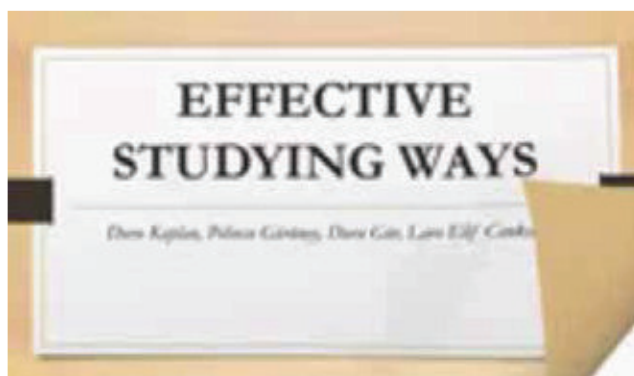
student's projects. The first video is about lactobacillus bulgaricus- bacteria into the Bulgarian yogurt. The experiment is relevant to finding starch in yogurt. As a result of four samples, we understand that only fruit milk drink contains starch. The second one is about finding glycerol in cosmetics products. Students mixed a little bit of the products, some drops from glycerol and Copper hydroxide. We could see the ink blue color which is evidence of the presence of glycerol. Ten minutes before the activity ended we made a little test with six questions related to the experiment. Many participants gave the right answers which means that they were interested and careful watching this activity.

**Bulgarian Mini Course:** The last activity of the day was to get acquainted with the Bulgarian culture, traditions, dishes, and language. We taught our guests some of the most used words and expressions needed when visiting Bulgaria. The day ended with a language test.

### Useful greetings

- ◆ Здравей!- Hello
- ◆ Добро утро!- Good morning
- ◆ Добър вечер!- Good evening
- ◆ Довиждане! - Goodbye
- ◆ Благодаря!- Thank you
- ◆ Моля - Please
- ◆ За нищо- You are welcome
- ◆ Съжалявам- Sorry
- ◆ Да- Yes
- ◆ Не-No
- ◆ Приятно ми е да се запознаем – Nice to meet you
- ◆ Аз се казвам.....- My name is...

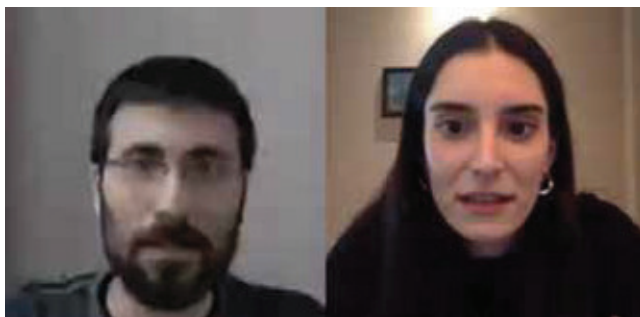
**C4-Third Day: 31.05.2021:** The day started with a presentation prepared by our Turkish students on the topic – “Effective Studying Ways”. They presented ideas on how to be organized, how to prioritize, how to plan our activities for the day and how to find a way to focus more on what we like. The next presentation prepared by our Polish partners was on the topic – “Time Management and Planning”. Some of the ways presented to us today are to plan for the day; to focus on the urgent and important things of the day. We were also introduced to techniques related to time management.





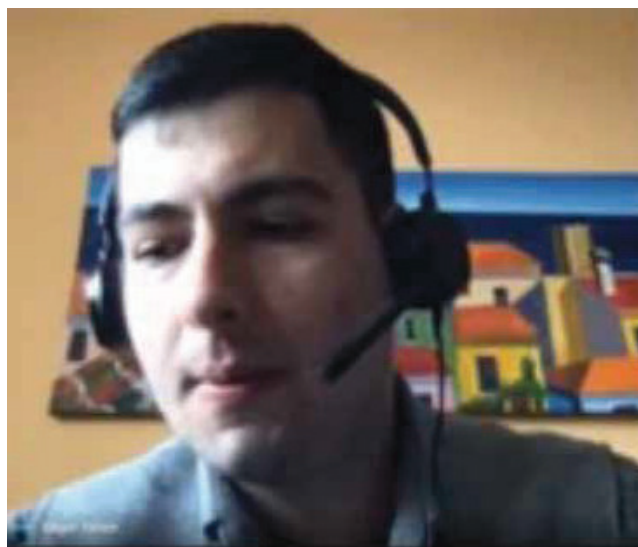


**Emotional Intelligence:** Our second activity was a seminar on emotional intelligence in the workplace. Our lecturer from Turkey was MSc Çağla Fırat. On Monday, the third day of our online meetings, our Turkish partners had invited a psychologist Çağla Fırat and who gave us a presentation on the topic emotional intelligence in the workplace and why it is important. She initially began to explain us what the emotions are. She told us that they make us notice if we are in danger and in this way, we can protect ourselves. She also said that we must control our emotions. She gave an example that if we are in trouble especially in our workplace emotional intelligent people know what they must do and how to regulate themselves, they also know how to express themselves in the regular time. She said that emotional intelligence is more important than our IQ. On the following slides she told us that emotional intelligence has four skills - self-awareness, self-regulation, empathy, and social skills/relationships and then explained each one what it means. After that she gave us an exercise - to close our eyes, take a deep and relaxing breath and to make our chest keep still and, in this way, to relax. Then she explained the third emotional intelligence skill - empathy in more depth for example that empathy has three types. It was interesting that she introduced us to the difference between sympathy and empathy with a video. And at the end she ended her presentation by explaining the advantages of emotional intelligence, importance of emotional intelligence in the workplace and strategies to become more emotionally intelligent.

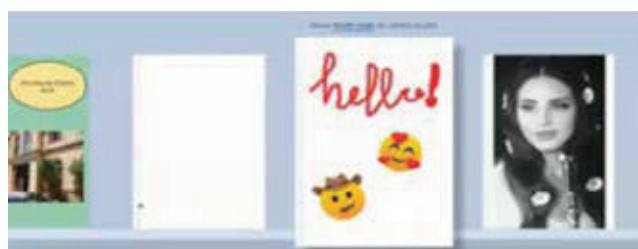


**Bilger Yahov:** The afternoon activities began with a meeting with “a successful person”. Our guest was Bilger Yahov, who works in one of the largest IT companies in Bulgaria. The IT company - “Resolute software” On Monday, the third day of our online meetings the third activity which was from 13:00 to 13:50 was prepared by Bulgarian students and teachers. We had invited a Software engineer Bilger Yahov who talked about his experience in his career orientation and how he reached a high level of success in his career at an early age. He initially told us that he got his basic degree in Kubrat and went to get his high school degree in Rousse. There he had undergone a high intensity training in math and information technology which ex-

cited him to develop in the IT area. After graduating, he went to the Netherlands where he started studying software engineering. While studying and attending his classes, he also began a part time job in a restaurant in order to have money for the university and rent. After a while when he was a second-year software engineer student he had found his first IT job which was the same as what he was studying and worked there for 6 months. And that working while studying taught him to be hardworking and manage his time. And after graduating from university in 2018 he returned to Bulgaria with 2 years of software engineering practice and he got a place in a small (at that time) software engineering company named “Progress” which became a big international software engineering company that now has 5000 employees. And after his story about his experience, we got the opportunity to ask him some questions about if it's a good job to have, was it stressful to be a part of a team and was the overall hardworking worth it to be successful. It was interesting because we learned about the secrets to be successful in his work area that you need to learn from your mistakes, to be hardworking, to never lose your motivation and to be good at teamwork. And, that the key to success is in getting along well with people.



**Use of Online Resources:** The last activity of the day was the use of online resources in class. Maya Radeva, a teacher of chemistry and biology at our school, introduced us to some of the resources and platforms used in the classes. Some of them are book creator and puzzle-educaplay.





## C4 SHORT-TERM EXCHANGES OF GROUPS OF PUPILS (Kubrat, May and June-2021 (Virtual))



<https://bookcreator.com/>

<https://www.educaplay.com/learning-resources/9443089-concepts.html>

<https://www.educaplay.com/learning-resources/9391360-chemistry.html>

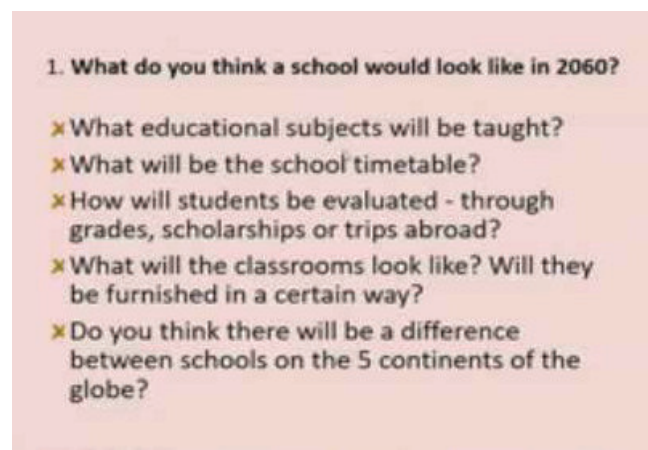


**Lesson observation /Using online resources in class:** The activity started with an explanation connected to the rise of online learning. We were shown some of the major platforms used during digital learning. The first was European Educational Area which was described as the most important. There were listed major points in which the EU supported education and training. Sustainable Development Goals system is considered the most qualified and promoted life-long learning opportunities. After this, we saw some statements from the World Economic Forum for variations, which the Covid-19 caused. In the chart, we saw pandemic-related impacts on learning and economics. One of the factors for successful education is contact time which has to be filled with effective educational methods. It showed a statistic from 2020 in which the number of learners impacted by national school closures worldwide. Then we saw information from different categories as the most disturbing was the increased number of early leaves from education and training and some advice from Programme for International Student Assessment related to the development of the student's skills not so much in memorization, but in creativity. The last slide presents modern education in a pie chart containing the basic concepts. In another presentation, the chemistry teacher presented two programs. The first program called: Book Creator and it attracted the attention of the participants and many students created their own book with different themes. The teacher presented us a book made by her students on the Hypotheses about the Origin of Life

and the Theory of Evolution. The other program is: Word Search Puzzle as each participant had to find eight words in the shortest time and after they finished sending a screenshot of the result. Some of the participants uploaded their results to the platform /chatbox/.

### C4-Fourth Day-01.06.2021:

**21st Century Skills:** The day began with a presentation prepared by our Romanian partners that was focused on "21st Century Skills". We were introduced to some of them, such as critical thinking, problem solving skills, IT literacy, technology, and media literacy. Some of the most discussed skills were responsibility and leadership. We have seen that these skills do not only belong to our century but are some basic skills that are valid for all ages. But it is important that if we manage to use these skills with the technology of our century, it is a fact that this way we can reach where we want. After the presentation, many students and teachers joined the discussion on the subject.



**Social Service Centers:** The next activity was also practical. Students from Bulgaria had prepared a description of professions and the other participants had the task to listen and try to guess the described profession. Afternoon started with videos, prepared in advance by 11th grade students, including information and interview and showing 3 different centers for social services. The centers visited were Nursing home for the elderly in Terter; "Community Support Center; Day Center for Adults with Disabilities.

<https://www.youtube.com/watch?v=zciDzyrp-2Z0&t=169s>

<https://youtu.be/XSRPjtG5y-8>







We presented our videos for our visits to three social service centers we have visited. There, we learnt some new things about the social workers and their responsibilities.

The first social service we visited was called “Community Support Center”. There we talked with one of the social workers and with one of the ergo therapists. They briefly told us about their work. The Community Support Center provides a variety of services to children and families: psychological and social counseling, assistance, and accompaniment to support children in coping with different problems in their development and communication and support to families in providing their children with good parental care. They have had different cases. The education you need to work in this institution lasts for four years. The center also has speech therapists and psychologists. Their job might be mentally and physically exhausting, however, in the end their work is being rewarded well.

The second social service is called “Day Center for Adults with Disabilities”. This center provides daily group activities and individual consultations with specialists, for people over 18 years of age, with multiple disabilities. The aim of the team of specialists is to overcome the social isolation of the patients through various activities leading to the social inclusion of elderly people with disabilities in the community. The team includes social workers, psychologists and occupational therapists. The occupational therapists have three departments: public relations, ceramics (making figures out of clay) and fine motor skills.

The third institution we visited is a Nursing home. It is located near a village called Terter. The nursing home is a specialized institution, providing social housing for elderly people who are retired. There are many green areas where they can sit and enjoy the sun. There are three independent blocks, each with a capacity of 20 people. We talked with one of the social workers there. She showed us the canteen and the administration. The woman, as well as the rest of the staff seemed to be enjoying their job. This was evident

through their positive and optimistic body language and facial expression.

The last activity of the day was related to a presentation giving information about the professions listed in the visited social centers. There was information about many of the professions, and short films were presented about some of them. The day ended with answers to questions related to the visited institutions and the services offered there.

### C4-Fifth Day-02.06.2021:

**Resolute Software:** The last day of the meeting started with a conversation with Bilger Yahov - he introduced the company he works for and answered questions from the participants.



On 2nd of June at Counselling at Schools project, we spoke to a professional from an IT company called, Resolute Software”. Firstly, we listened to Bilger Yahov showing us a presentation and explaining to us his responsibilities and the process of working on products providing client service.

After that, it was our turn to ask questions. We discussed what kind of products are made in their company and how they handle feedback and work on it. Our questions were answered in a very professional manner, and I think the listeners had lots of interest in learning about the work of software engineering. Our questions were about the requirements and tips for working in such environment. In conclusion, we learned that people must be open-minded to new ideas, have emotional control of themselves to be able to work in a team. Adapt to circumstances, learn from mistakes, and look upon them as a step closer to our goals. And always do more than you are required to go beyond your boundaries for achieving the best and most successful results.

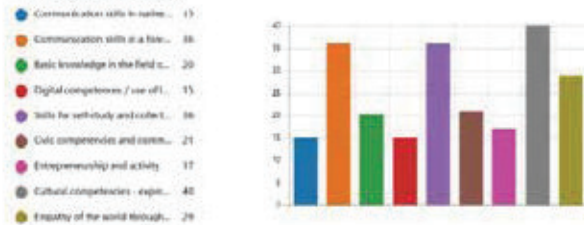
Activities from 13 to 15 were related to career guidance and orientation. Participants completed a test related to their vision for a future career, the level to which they want to rise, the skills they want to improve or acquire, salary and preferences for type of work and field of development. After some time, we



## C4 SHORT-TERM EXCHANGES OF GROUPS OF PUPILS (Kubrat, May and June-2021 (Virtual))

discussed the results and discussed the most frequently mentioned professions, skills and working conditions.

6. As a result of your participation in the project, increased your competence for: / there is no limit for the number of selected /



7. Sort by degree the three most desired professions for you

**WHAT DID PARTICIPANTS THINK?** We could not end the meeting without a questionnaire. At the end of our meeting, we send all participants a questionnaire consisted of 10 questions. From the 71 answers by the teachers and students as it seen this meeting was also satisfied by our participants. Our Bulgarian partners shared the results just before the meeting. Please scan

the QR code on the back cover of this document to see detailed information about student and teacher feedback.

1. I am a



2. I am from



3. Do you think the Erasmus+ project "Counselling at Schools" has a positive effect on your career?



## P15 06-2020 PROJECT EXHIBITION (Activity Type: National)

**TURKEY:** At this stage, where almost all the activities of our project were completed, we shared our experience within the scope of Erasmus+ with an online meeting. During our meeting, our students and teachers who participated in our project mobility talked about their experiences. We explained what we did within the scope of our project. We also explained the examples of activities to the guidance teachers who are interested in doing similar projects. During the meeting, we gave brief information on important issues such as the way of writing the project, the application and partner finding process, and the reporting process. We shared the PDF presentation prepared on this subject with the participants of the meeting.



**ROMANIA:** Between June 3 and June 30, 2021, the students from the target group of the Erasmus + project " Counseling at Schools " at the "Petru Rareș" Technological High School in Bârlad, Romania viewed all the photos taken during the four meetings in Turkey (2018), Romania (2019), Poland (2019) and Bulgaria (2021). The students agreed that all the images are interesting and worth appreciating. In the end, they chose the 10 most representative photos for each meeting within the project. 40 images were selected to create a project panel that is displayed in the school, in the central hall, near the teachers' office.

New students who will come to school, their parents, teachers from other schools, other people from the local community will have the chance to know the learning and cultural experience gained within the Erasmus + project " Counseling at schools. " Students will be more motivated to participate in European projects in the future.







**POLAND:** The project is coming to an end and therefore in June 2021 we prepared an exhibition informing about all the completed events and activities. Our exhibition consists of 4 panels summarizing the project. We wanted to introduce the people watching it to the most interesting moments we had experienced, presentations prepared by students and teachers, workshops in which we participated and let them learn about the people of success we met. In addition to the implementation of project tasks, we had the opportunity to get familiar with the culture, history, and interesting places in the countries of our partners.

Due to the pandemic COVID-19 situation, we were forced to limit the physical number of visitors, but we managed to meet larger groups of students and teachers from primary and secondary schools in our city and surrounding towns. In connection with the English language competition organized in our school on June 16,

2021, the participants of the 2nd stage of this competition turned up on the premises. Before starting the test, our students showed the guests the exhibition. While the students were struggling with the test tasks, we had the chance to meet the teachers and introduce them to our project and the advantages of participating in the Erasmus plus program.

In July, our school is always visited by numerous students applying for admission to the first grade accompanied by their parents. This gives us an opportunity to share our project with another group of people. For them, we have also prepared colorful leaflets presenting our exhibition.

Another part of the dissemination of the result we have achieved is planned for September. We hope that then our school life will return to normal, and the exchange of experiences will become easier.

**BULGARIA:** We had two meetings related to this activity – first one was with students – 29 June, and second one was with teachers- 8 July. Both were to disseminate the activities and share experience. All teachers and students who participated in the project activities spoke at both meetings. We showed the results of the survey conducted for the online meeting in Kubrat, as well as the activities during the meeting. The students shared what they have learned about career guidance and which activities were the most useful for training and orientation to profession and university. We summarized the activities and experience gained in previous international meetings and all received souvenirs, with the name of the project. In general, the opinion of all participants is that they have developed and improved many of their qualities – communication skills, group work, online work, leadership, creativity, cooperation, searching and sharing information, international cooperation, acquaintance with the way of life and culture of the project partner countries, establishing international relations and friendship. We had asked participants from Turkey, Romania, and Poland to record a video with impressions of all the activities in the other project partner countries, and we received and shared the videos with the teachers and students attending these activities.

The conclusion for this project is entirely positive – all participants said that they have become more confident after the meetings and career-oriented activities and have learned a lot about different areas of life and work. In addition, they have become motivated to learn more and to take part in various activities and initiatives. With gained experience they have become more confident in themselves and their abilities.



