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THE POWER OF TOGETHER.



ROOTS **AWAKENING**



VOLUNTEERING PROJECT INFO PACK


Summer/Autumn 2025
@Bunovo, BULGARIA



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ABOUT HOPE FOR US



The “Hope for Us” Association was founded in 2008 by young people growing up in the Home for Children deprived of parental care (HCDPC "A. Zlatarov" - Vratsa) and their supporters, united by the mission to support the development of children and young people with fewer opportunities. Over the last few years, the NGO has created and developed an eco-hub for living and working in an environmentally friendly way. The eco-hub is called Amorea Garden and it is located at Konyavska Mountain in the village of Bunovo, Bulgaria. At present, all the projects for young people are carried out in the eco-centre. The association is working on the development and implementation of various international projects for non-formal and informal education based on the principle "learning by doing".

MAIN OBJECTIVES OF HOPE FOR US



The NGO aims to promote green and healthy lifestyles among young people, to provide quality informal and non-formal learning that brings solutions to social and environmental problems and benefits the individual and society as a whole.

The main activities we carry out with volunteers in the eco-community of the Bunovo Valley to promote alternative education and sustainable, environmentally friendly lifestyles are

- Regenerative environmental practices;
- Eco-gardening ;
- Eco-building;
- Team and community building;
- Artistic expression
- Help to organise and deliver other short environmental training for young people

Volunteer profile: Young people aged 18-30 who are willing to experience and integrate a green and sustainable lifestyle.

ABOUT THE PROJECT



MAIN ACTIVITIES

- Eco- building activities;
- Maintaining our vegetable gardens - mulching, watering, weeding, etc.
- Creating infrastructure for our future botanical garden - fencing, signs, paths, etc.
- Taking part in the dissemination of our activities and our projects.
- Taking part in community activities such as working parties, helping to host events, cleaning activities, etc.
- Development of green social business idea



DURATION AND TIMETABLE

59 days Short-term individual volunteering from beginning of July to end of October 2025 (start and end dates are flexible)

21 days Team volunteering from 4 to 24 August 2025

Volunteer Timetable

Volunteers will have a **schedule** adapted to the needs of the current projects, **working between 30 and 35 hours per week** on our activities. In addition
Volunteers will have **two days off per week**.

Pocket money

An amount of 7 €/day is given to the volunteer as pocket money.
Food and accommodation are fully covered by the ESC programme.





ACCOMMODATION AND LOCATION

Volunteers will be **accommodated** in the **Amorea Garden Eco-Hub**, in **tents** or in a **renovated, cosy and comfortable shared dormitory**. We are using outdoor **compost toilets** and **solar showers**. We also have a **well-equipped outdoor kitchen** available for volunteers. There is **access to public transport** - from Sofia to Bunovo village and to several towns and villages in the area. The village of **Bunovo is 70 km from Sofia**. The **nearest town is Kiustendil**, 20 km from the village, where there is a hospital, **supermarkets, local market, post office, banks, pharmacies, various shops and hot mineral baths**.

Participants in our ESC projects can enjoy the hot mineral water baths or swimming pool in the town or go for sightseeing at the historical sites around in the area.



ABOUT BUNOVO ECO-COMMUNITY



The eco-community of Bunovo Valley is located in Konyavska Mountain in the south west part of Bulgaria. The international community consists of about 10 houses with permanent residents and 7 more houses where community members live seasonally - mainly in spring, summer and early autumn. We have different projects and events. Mainly we organise and run youth trainings, yoga retreats and festivals.

We are a healthy, clean living, vegetarian community who choose to live simply in nature. We care for our environment, ourselves and each other with love and respect.



CORE VALUES OF THE PROJECT



We aim to offer the volunteers the opportunity to experience a green lifestyle and an alternative way of doing things that aims to have a positive impact on the individual and the environment. We provide **holistic training** and **support** participants **to develop**

- **Personal skills** - self-confidence, respect, love and self-care, independence, perseverance, concentration and focus, clear vision, creativity, the ability to be themselves, to know their strengths and weaknesses, to develop a solution-oriented mind;
- **Social skills** - teamwork, understanding of society and the ability to adapt to the social environment, communication skills such as the ability to communicate clearly, to listen and understand, etc;
- **Responsibility** - awareness of the consequences of our decisions and actions or inaction and indecision;
- **Work skills** - the ability to work, create and co-create, build with natural materials, care for plants and gardens, cook, preserve food in a natural way, use different tools and more;
- **Healthy lifestyle** - good nutrition, physical activity, stress management, mental health, etc;
- **Sustainable development skills** - how to live and develop organically without harming nature and future generations;
- **Multicultural environment** - participants learn to be tolerant, understand and interact successfully with people from different cultural backgrounds.



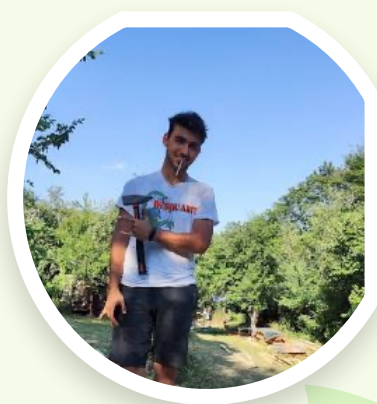
GET LOST IN NATURE AND
YOU WILL FIND YOURSELF

APPLY NOW TO BECOME A VOLUNTEER



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