Song of the Soul

18-27 APRIL 2026 (EXCLUDING TRAVEL DAYS)

STOLAT, BULGARIA

CREATOSPHERE

Европейска комисия

ЦЕНТЪР ЗА РАЗВИТИЕ НА ЧОВЕШКИТЕ РЕСУРСИ

A Few Words Before the Journey

We are living in times of constant movement, noise, and expectation. Many young people carry **invisible weight**: fatigue, unspoken emotions, longing for connection, moments of silence that feel hard to access.

This space exists as **an invitation to slow down**.

We do not promise answers or transformation. What we offer is time, presence, and a carefully held environment where listening becomes possible again - to ourselves and to one another.

If something in you feels curious, tired, quiet, or ready to sing, you are welcome here.
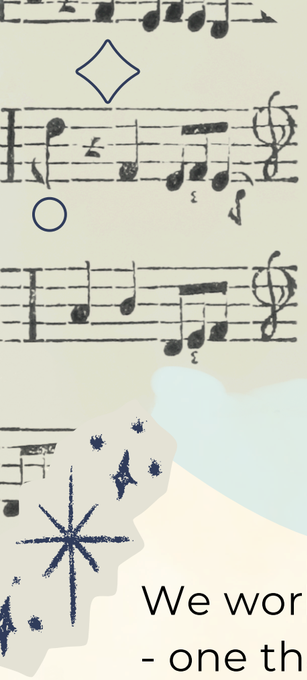


What Is This Space?

Song of the Soul is an international Erasmus+ Youth Exchange focused on **emotional awareness**, **self-expression**, and **connection through music** and **creative practice**.

For **10 days**, young people from different European countries will live and learn together in a natural, rural setting in Bulgaria. Through music, voice, movement, and creative exploration, we will explore our inner worlds and practice new ways of communicating beyond words.

We work with music as a **universal language** - one that comes before speech and travels easily across cultures. By engaging with sound, rhythm, and embodied expression, we create safe and inclusive ways to explore emotions and share experiences.

The exchange combines structured workshops, creative sessions, reflection spaces, and group collaboration, leading to shared musical outcomes and simple recordings that **capture the process rather than perfection**.





Why do we gather?

This project is about **reclaiming voice**, not as performance, but as truth.

When we reconnect with our inner voice, we become more grounded and honest. When authentic voices meet in a safe circle, understanding grows naturally, and **collaboration** becomes possible.

The main aim of Song of the Soul is to support young people in:

- Developing emotional awareness
- Strengthening authentic self-expression
- Improving communication and connection with others
- Experiencing creative collaboration in an international group

Many young people today feel disconnected from themselves and others.

We speak, a lot, **but don't always feel heard**.
We scroll, compare, rush - and **forget to listen inside**.
We create - but often for others, **not from within**.

Song of the Soul invites a pause.

A moment to ask:
- What is alive in me right now?
- What wants to be expressed?
- What happens when I am truly listened to?

How do we work together?

Our work together is based on **presence over performance**.

We follow principles of non-formal and experiential learning - **learning by doing, feeling**, and **reflecting**. This is not a space to impress or prove skills, but to explore, experiment, and express. Some activities focus on inner reflection, while others emphasize shared creation and group learning. Like individual voices forming harmony, both dimensions are **essential**.

1 Expression through music

- Vocal expression (with and without words)
- Songwriting and musical improvisation
- Rhythm, body percussion, and movement
- Dance and embodiment practices
- Poetry and voice work
- Group jams and collaborative creation

2 Principles of activities

- Inclusive and adapted to different levels of musical experience
- Focused on participation, not performance
- Grounded in safety, consent, and mutual respect

3 Daily rhythm

Each day includes time for:

- Creative exploration
- Group reflection in small international teams
- Personal integration and rest
- No one is expected to be a professional musician - only open to explore, listen, and participate.

Practices

We work with a **variety of practices** that support emotional awareness, expression, and connection. All activities are experiential and adapted to the needs and energy of the group.



Artistic expression

voice, movement, simple visual expression, writing, and silence

Reflection and sharing

individual reflection, small-group sharing, and group circles

Body and embodiment

grounding, breathing, movement, and somatic awareness

Nature and environment

using the surrounding landscape as a resource for reflection and inspiration

Ritual moments

clear openings, transitions, and closures that help mark the rhythm of the process

Everyday forms



Each day follows a clear but flexible rhythm.

We balance:

- Structure and freedom
- Activity and rest
- Individual focus and group connection

A **typical day** includes:

- Morning sessions focused on presence, voice, and embodied work
- Afternoon sessions for creative exploration and collaboration
- Time for reflection, sharing, and integration
- Informal moments for rest, connection, and being together

The program follows **natural energy waves**: arrival and grounding, deepening of the work, creative integration, and closure.
This rhythm supports both learning and wellbeing.

Project timeline

1

January - March 2026

Time for preparation! We will select participants, and then you'll have the time to book your **tickets** and plan your trip to Bulgaria.

2

18-27 April 2026

The **youth exchange** itself! We ask you to arrive one day before (April 17th) and depart one day after (April 28th) so you get the full experience. During the 9th day of the exchange, we will host a **festival for the local community** - full of music and connection!

3

May - June

Time for a follow-up! You'll get a chance to share what you've learned in the form of a **workshop** for your community back home,

Who is this space for?

This project is for people who feel curious about:

- Exploring **emotions** and self-expression
- Working with **music**, voice, movement, or creative processes
- Being part of an **international** group

We are looking for participants who bring:

- Openness to art-based and inner work
- Willingness to engage honestly and respectfully
- Comfort with exploration, ambiguity, and learning through experience

The project is not about experience level or technical skill, but about presence, curiosity, and participation.

The opportunity is open to young people aged **18-30.**

Meet the Team



Kris Filipiuk

*Kris is a facilitator, creativity coach, and musician working with community building, personal development, and **art-based learning**. His background includes youth work, NGO development, and business consulting. He designs **experiential learning spaces** that combine structure, reflection, and creative expression, grounded in somatic and trauma-informed art practices.*



Toni P. Lyubenova

*Toni is a facilitator and youth worker, passionate about social art, expression & the power of experiential learning. Facilitator of over 8 international projects and over 100 workshops and trainings, she works with various theater, film, writing and music methods to **transform social prejudice** against marginalized groups. She's also an advanced practitioner of **nonviolent communication**.*







The venue

During the exchange, we will be hosted in Stolat Camp, situated in the picturesque Balkan mountain village of Stolat. It's close to the town of Sevlievo, northern Bulgaria. All participants will be sharing cosy, simple rooms with shared bathroom facilities. We will have access to the whole 5 acres of land and can explore the surrounding area - the village and nearby forest.

We will give in a **glamping zone:**

- Luxury tents with solid furniture (and heating!)
- Beds & cupboards
- Each tent has its own bathroom
- 2-4 people in a tent

Care principles:

Trauma-informed and consent-based facilitation
Clear community agreements around safety, boundaries, and inclusion
Alcohol and substance-free learning environment
Attention to physical, emotional, and social wellbeing

The food during the entire youth exchange will be **vegetarian**, with vegan options and food preferences available.

Practicals

The project is funded by the Erasmus+ Programme of the European Union, which **covers the main costs** related to your participation.

Accommodation & food

Accommodation and three meals per day will be fully covered by the project.

Travel Costs

Travel costs will be reimbursed according to Erasmus+ distance band rules. Each participant has a maximum travel budget defined by Erasmus+; costs exceeding this amount cannot be reimbursed.
Important conditions for reimbursement:

- You must **keep and submit all original travel documents** (tickets, boarding passes, invoices).
- Reimbursement will be done after the activity, once all required documents are submitted.
- Travel should be arranged in coordination with your sending organization and **approved by the organizers**.

Green Travel

We encourage you to use **green travel options** (train, bus, car-sharing) whenever possible. If you're not sure how to do this, contact us and we'll support you!

Country	Approx. Distance Band	Standard Travel Grant (€)	Green Travel Grant (€)
Bulgaria	10–99 km	**23 €**	**23 €**
Czech Republic	500–1999 km	**309 €**	**417 €**
Poland	500–1999 km	**309 €**	**417 €**
Lithuania, Latvia	1500–1999 km	**309 €**	**417 €**
Italy	1000–1999 km	**309 €**	**417 €**
Spain	2000–2999 km	**395 €**	**535 €**
Netherlands	1500–1999 km	**309 €**	**417 €**

Application & selection

The project is implemented by a strong international partnership of 8 organisations from Bulgaria, Spain, the Netherlands, Poland, Czech Republic, Lithuania, Latvia and Italy and open to the residents of those countries.

Each partner is responsible for:

- Participant outreach and selection
- Preparating and follow-up at local level
- Supporting dissemination and local impact

If you want to join the project as a participant, please reach out to the partner organisations.

We select participants **on a rolling basis**, so the sooner you apply, the better!



Bulgaria: Creatosphere - hello@creatosphere.org
Italy: YouNet APS - info@you-net.eu
Spain: Paula Nadal Goday - paula.nadal.goday@gmail.com
Latvia: KALM International Trainings - kalmtrainings@gmail.com
Poland: SuperYouth - esapkova@yahoo.com
Czech Republic: YOUnique - younique.organization@gmail.com
Lithuania: Kartu Projektai - kartuprojektai@gmail.com
Netherlands: Stichting Wake - stichtingwake@gmail.com

What happens now?

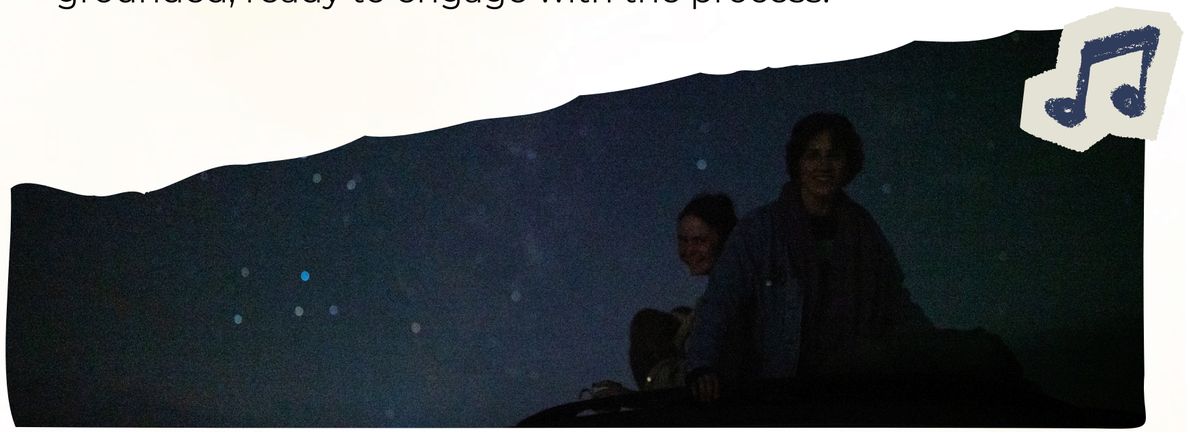


Preparation – once you are selected and before you arrive

Before the exchange, participants will receive:

- A small reflective or creative invitation
- A simple listening or awareness practice
- Guidance on how to prepare mentally and practically

This preparation **helps everyone** to arrive more present and grounded, ready to engage with the process.



After – the Song Continues

After the exchange, participants may carry with them:

- New tools for emotional expression
- Increased confidence and self-awareness
- Creative inspiration and connections

Participants are encouraged to i**ntegrate the learning into daily life** and share it within their local communities by organizing a sharing event in their local communities, so the Song can echo further.
Follow-up activities support this integration and reflection.

About Creatosphere

Creatosphere is a Bulgaria-based NGO working at the **intersection of art, education, and community building**.

Our mission & values:

- Learning through experience and creativity
- Social inclusion and active citizenship
- Emotional intelligence, empathy, and nonviolent communication

Creatosphere organises workshops, trainings, youth exchanges, gatherings, and community events using **multimodal art forms** such as theatre, music, writing, film, and movement.
The organisation actively supports the professional development of youth workers and the creation of inclusive communities across Europe.
Check out what we do - **visit our website.**

Feel free to reach us at anytime at hello@creatosphere.org


Apply here