

# VOYAGER

‘A Greener Tomorrow Starts Today’



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PROJECT  
INHERITED CULTURE  
SEASON 2024

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OPENS PACE FOUNDATION'S  
PARTICIPATION IN THE FOLKLORE  
FESTIVAL IN VELIKI PRES LAV

MOVE YOUR FINGER:  
JOIN THE FUN AND SAVE  
THE PLANET!

INVITATION FOR MOVE YOUR FINGER  
LAB (MAKE IT LOOK AS AN  
INVITATION)



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HUMAN  
RESOURCE  
DEVELOPMENT  
CENTRE



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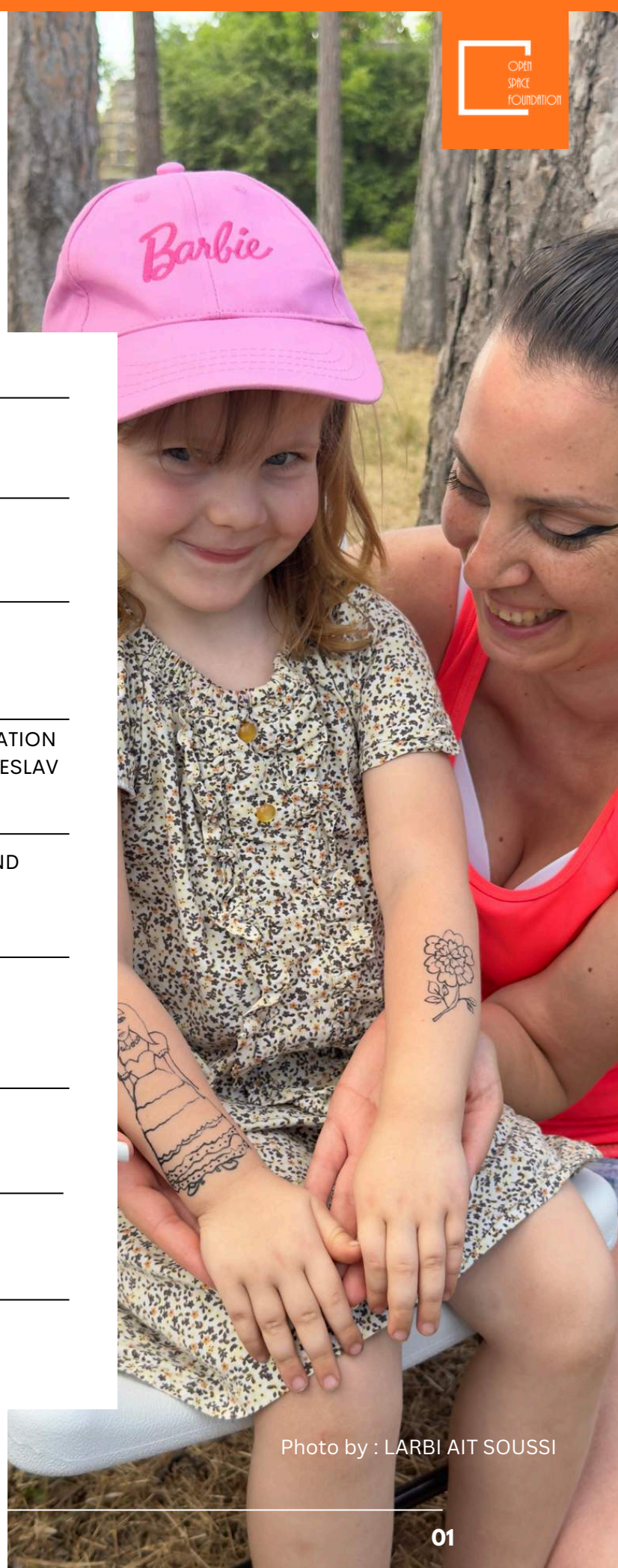


Photo by : LARBI AIT SOUSSI





# Welcome to our New Issue

Dear Readers,

We are thrilled to present to you the latest issue of our magazine, packed with diverse and engaging topics that we believe will captivate your interest and inspire your actions. This edition covers a wide range of subjects designed to inform, educate, and entertain. From in-depth articles on eco-consumption to insightful discussions on navigating the challenges of your 20s, there's something for everyone in this issue.

We delve into the concept of artificial intelligence and the importance of reducing unnecessary consumption, including the thought-provoking idea of minimizing the production of everyday items like chairs to promote sustainability. We are excited to highlight the "Move Your Finger" project, an educational campaign that aims to empower individuals through interactive learning experiences. This project encourages everyone to engage with technology and creativity, fostering a hands-on approach to education.

We are also launching a fundraising campaign to build a parkour park in Turgovishte town. This initiative aims to provide a dedicated space for enthusiasts to practice and enjoy parkour in a safe and supportive environment. Your support in this campaign can help turn this dream into reality, promoting physical activity and community spirit.

We are pleased to extend an open invitation to the "Move Your Finger" lab, which will take place at 97 High school "Bratia Miladinovi" on the 4th of October. This event is an excellent opportunity for students and community members to get hands-on experience with the latest in educational technology and interactive learning tools. Mark your calendars and join us for a day of innovation and fun!

Our health section this month focuses on addictions and provides practical advice on how to overcome them. Whether you're dealing with digital addiction, substance abuse, or any other form of dependency, our articles offer valuable insights and strategies to help you regain control and improve your well-being.

We hope you enjoy reading this issue as much as we enjoyed putting it together.

Happy reading!

Sincerely,

Ghita Malhi  
Editor of issue 6/2024





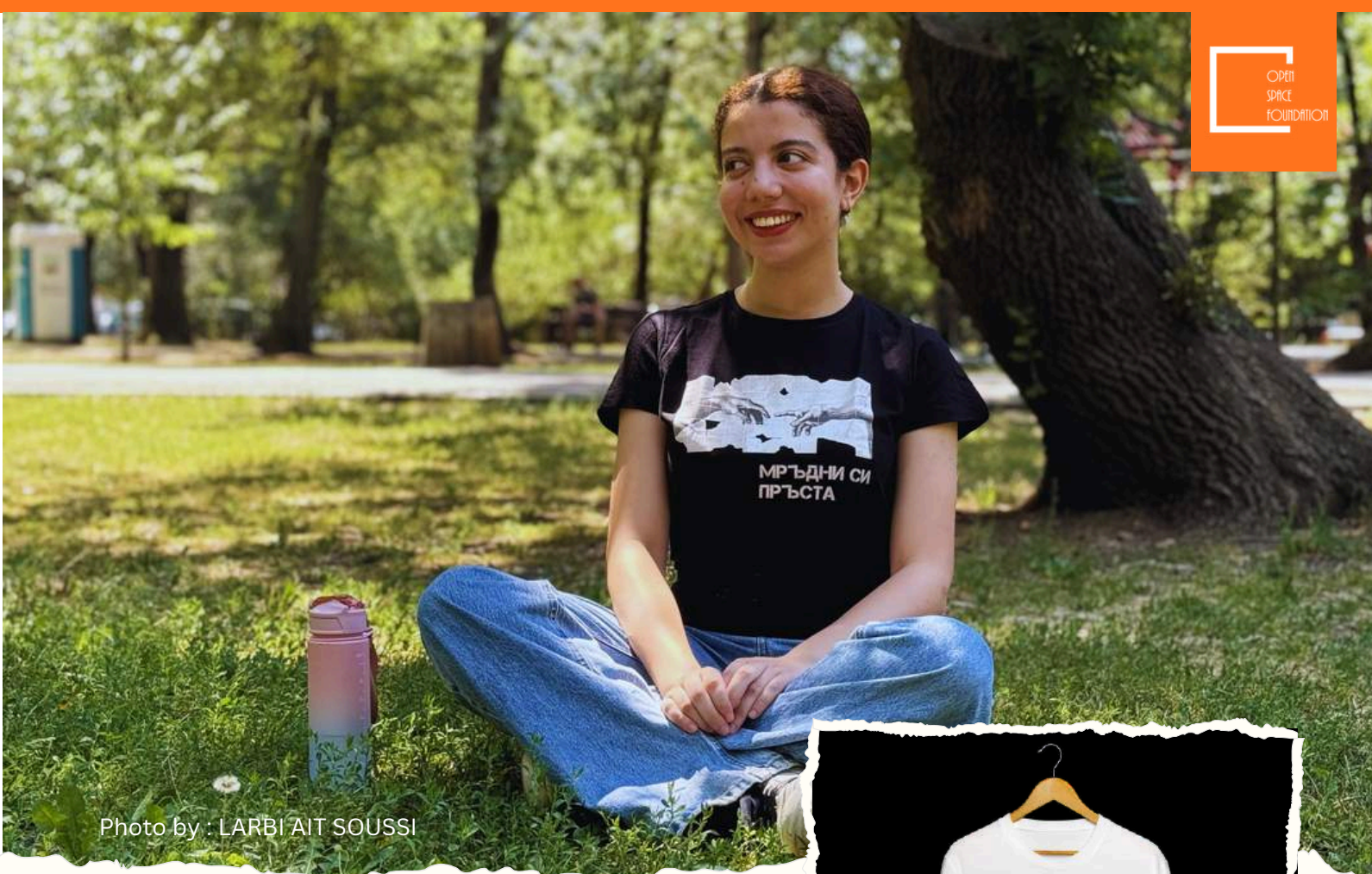


Photo by : LARBI AIT SOUSSI

# Move Your Finger: Join the Fun and Save the Planet!



BY GHITA MALHI



Have you ever wondered how you can make a huge difference in your community and the environment just by moving a finger? Well, guess what? You can! Welcome to the "Move Your Finger" project, where we're all about having fun, spreading good vibes, and making our world a greener place.

## What's Move Your Finger All About?

"Move Your Finger" is more than just a campaign; it's a movement! We're here to raise awareness among young people about the importance of the environment. Our online campaign is packed with exciting content, cool tips, and awesome challenges that will not only make you eco-savvy but also super motivated to take action.





## Why Should You Care About the Environment?

Simple! Our planet is the only home we've got, and it's up to us to take care of it. Here are some fun and easy tips to get started:

Recycle Right: Separate your trash and make sure recyclables end up in the right bin.

Save Water: Turn off the tap while brushing your teeth or washing your hands.

Plant Trees: Even a small plant can make a huge difference. Plus, they're great for decorating your room!

Bike More, Drive Less: It's healthy, fun, and great for the environment.

## Our fundraising campaign: Building a Bike Parkour in Turgovishte

Now, here's the exciting part! We've already created an amazing bike parkour in Veliki Preslav, and it's a blast! Kids there are having so much fun, and we want to bring the same joy to Turgovishte. But we need your help to make it happen.

## How You Can Help

We will start running a fundraising campaign, and we've got some fantastic goodies for our donors!

T-Shirts with the Move Your Finger Logo: Show off your support in style! These tees are not just fashionable but also a statement that you care about our planet.

Pencils with Seeds: Once you've used them up, plant them, and watch them grow into beautiful plants. How cool is that?

By donating to our campaign, you're not only helping us build a bike parkour but also contributing to a greener future.

## Join Us and Make a Difference!

So, what are you waiting for? Jump on the "Move Your Finger" train and let's create some awesome memories while making our world a better place. Together, we can have fun, spread awareness, and bring smiles to our communities.

Follow us on social media, participate in our challenges, and don't forget to donate. Every little bit helps, and remember – it only takes a finger to start a movement!

Stay cool, stay green, and let's Move Our Fingers for a brighter future! 🌱👉🌞




Image From Google







# Join Us for **Lab "Move Your Finger" 2.0** at 97 High school "Bratia Miladinovi" Sofia!

Get ready to dive into a world of green innovation and hands-on activities at our Lab "Move Your Finger" 2.0. event! This is your chance to:

 **Learn from Inspiring Speakers:** Hear from experts who are leading the charge in promoting sustainable living and green behavior.

 **Engage in Hands-On Activities:** Participate in interactive workshops that will teach you practical ways to make a positive impact on the environment.

See you there! 

 **Location:** 97 High school "Bratia Miladinovi",  
District Lyulin 5, Sofia

 **Date:** October 4th





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# Artificial Intelligence: A Useful Tool or a Threat to Creativity?

**AI Ontology: Artificial and Intelligence**

## Artificially

When we talk about something artificial, it means that it is not original in itself. For example, imitations of logos or perfumes, which we call replicas, duplicate the original product at a lower cost. However, artificial products are often of lower quality than the originals. Even in the creation of things like artificial rain, which can lead to natural disasters, the question of quality and consequences remains open.

## Intellect

Intelligence is the ability to discover and create new logical connections, leading to new discoveries and beginnings. It is a living and dynamic process, evolving over time. However, questions about the origin and nature of intelligence remain more than answered.

## What is Artificial Intelligence?

Artificial intelligence should be concerned with discovering new logical connections and making new discoveries, solving complex cases and everyday problems. However, in reality, AI basically summarizes and analyzes already published information without creating anything original. AI systems use human-provided information, and although they can be useful in routine and uniform tasks, they do not make new logical connections.



**BY TSVETELINA DIMCHOVSKA**  
**CHAT GPT**





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## Application of AI in Everyday Life

AI can be useful in administrative work or in writing codes that produce specific results. The greatest benefit of AI could be in everyday household tasks, such as robot vacuum cleaners, which free up time for relaxation and creativity.

## Main AI Mission

Why should AI "create" and humans do household chores? The current name "artificial intelligence" is not entirely accurate, as AI is far from reaching the level of human intelligence. It does not solve our daily problems, but instead robs us of creativity, while artificially created texts and works sometimes lack logic or are poorly polished. And while the idea of creating a funny replica of the Mona Lisa holding a cat or a mug of beer used to be a labor-intensive creation of the image with Photoshop or another platform, today it can be done by AI, but the number of fingers will have to be specified in advance. Thus, our creativity is now reduced only to a description of the desired text or image, but not to the process of creating the material, which deprives us of mistakes to learn from.

And so in the previous paragraph we described that it is convenient for household matters, but in fact, apart from robot vacuum cleaners, automatic blinds or air conditioning, other household duties - it hardly fulfills and assists people.

## Dangers of Artificial Intelligence

AI can blunt human creativity and even be used for malicious purposes, such as fake photos, recordings and conversations that undermine our trust in the information around us. This brings us to the question of whether we can believe what we see and hear. Thus it becomes a dangerous weapon.

## Conclusion

Even if the AI manages to cope with these difficulties, it still doesn't change the fact that it's completely unnecessary. Why do we need a machine to kill human creativity, if not to dull it? Do we need to learn to draw if we are just going to explain our idea in detail to the AI, which after a few tries will achieve a not perfect but acceptable result? Why bother reading books when we can just have him write a 2 page summary to understand the story of The Brothers Karamazov for example?

All I'm saying is that AI doesn't solve our everyday problems, it doesn't make our lives easier, because it doesn't strip it of paperwork and tedious household chores. On the contrary, AI instead of letting us create, create, think, it leads us to a situation where we don't have to be creative, but we have to be careful that our voice is not recorded, because already it can be used by phone scammers for example, as well as by people who would like to destroy our reputation with artificially created photos, footage, call recordings, etc. Well, what if we can no longer quite trust anything we see because we don't know if it wasn't created by AI?

Well, soon I hope we won't have that fate... Oh no, actually She hopes you won't have that fate where AI creates art but also compromises like I'm already doing. This text was created based on Tsvetelina's ideas, but otherwise I created it - Chat GPT 4. \*

\*the last paragraph was processed three times by the AI to arrive at the expressions being searched for





Photos by : Larbi ait soussi

## Open Space Foundation's Participation in the Folklore Festival in Veliki Preslav



**GHITA MALHI**

This year, the folklore festival in Veliki Preslav, held from June 28 to 30, was not just about traditional dances and music; it was a whirlwind of creativity, fun, and learning, all thanks to the fantastic team from the OpenSpace Foundation. Let's take a closer look at the vibrant activities that made this event unforgettable!



### Artsy adventures with Ivana 🎨

Ivi, our talented mentor who brought a splash of color to the festival. Kids flocked to her booth where she was busy drawing beautiful designs on their hands. Imagine walking around with a mini masterpiece in your hand – pretty cool, right? Ivi's artistic skills not only left the kids beaming with joy but also sparked their creativity. From flowers to fantastical creatures, each hand became a canvas of imagination!



## Crafty creations with Yasemin 🛍️

All the way from Turkey, our volunteer Yasemin brought a touch of crafty magic to the festival. She showed the kids how to make stamped bags and key holders. Picture this: a bag with your own unique design or a key holder that's one-of-a-kind! Yasemin's workshop was buzzing with excitement as kids stamped their hearts out, creating personalized goodies to take home. These little crafts were more than just souvenirs; they were memories made with love and creativity.



## Capturing moments with Larbi 📷

From Morocco, we had Larbi, who took on the role of the event's official filmmaker. With his camera in hand, Larbi captured the essence of the festival – the laughter, the dances, and all the fun activities. He made sure that every moment was recorded, turning fleeting experiences into lasting memories. Who knows, you might even spot yourself in one of his awesome videos!



## Football game with Rachid

Another volunteer from Morocco, Rachid, brought the fun on the field. He organized football games for the kids, and let me tell you, it was a blast! Imagine running around, kicking goals, and just having a great time with friends, new and old. Rachid's energy was infectious, and the kids couldn't get enough of the football fun. It was a perfect blend of sportsmanship and pure joy.







## Natural beauty hacks with Me 🌿

And then there was me, sharing the secret to natural beauty with simple ingredients from your kitchen. I showed visitors how to make natural body scrubs. Think of mixing sugar, honey, hibiscus powder and a bit of coconut oil – voilà, you've got yourself a natural scrub that's good for your skin and the environment! Encouraging everyone to adopt responsible consumption, we learned how to pamper ourselves without harming the planet. It was both educational and super fun!

## A Festival to Remember 🎉

The Veliki Preslav Folklore Festival was a melting pot of cultures, creativity, and joy. Thanks to the Open Space Foundation team, kids and adults alike experienced the magic of art, craft, sports, and sustainability. We laughed, we played, we created, and most importantly, we made memories that will last a lifetime.

So, if you ever get a chance to join us at the next festival, don't miss out! Who knows what new adventures await? Until then, keep creating, playing, and taking care of our beautiful planet. 🌍









# Lost in Your 20s? Here's How to Find Your Path



RACHID BOUKRIM

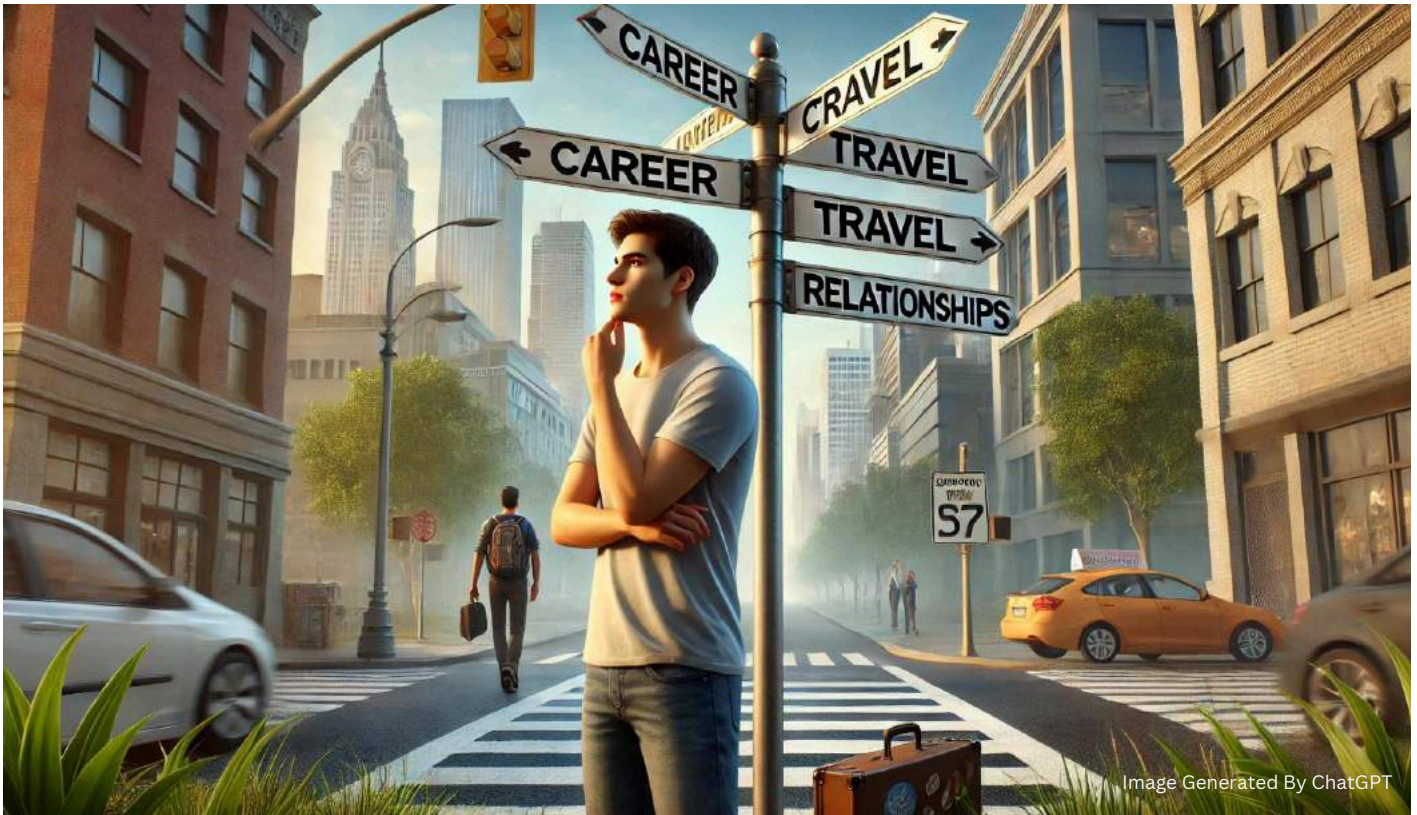


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Hey there! If you're in your 20s and feeling a bit lost, you're not alone. This decade can be a whirlwind of changes and uncertainties. Let's explore why this happens and how you can navigate this confusing but exciting time.

## Why Do We Feel Lost in Our 20s?

1. Major Life Transitions: From finishing school to starting your first job, the 20s are full of big changes.
2. High Expectations: Society, family, and even personal expectations can feel overwhelming.
3. Identity Exploration: Figuring out who you are and what you want can be challenging and confusing.
4. Financial Pressures: Managing finances, student loans, and the cost of living can add to the stress.
5. Social Comparisons: Seeing peers' achievements on social media can make you feel like you're falling behind.

## How to Navigate the Feeling of Being Lost

1. Embrace the Uncertainty: It's okay not to have everything figured out. Life is a journey, not a race.
  2. Set Small Goals: Focus on short-term, achievable goals to build confidence and momentum.
  3. Seek Support: Talk to friends, family, or a counselor. Sharing your feelings can provide relief and new perspectives.
  4. Explore Interests: Try new hobbies, volunteer, or take up a part-time job to discover what you enjoy.
- Practice Self-Care: Take care of your mental and physical health. Exercise, meditate, and make time for activities you love.





## Finding Your Path

1. Reflect on Your Values: What matters most to you? Align your actions with your core values.
2. Be Open to Change: Your 20s are a time to experiment and pivot if needed. Be flexible with your plans.
3. Learn Continuously: Invest in personal and professional development. Take courses, read books, and seek mentorship.
4. Build a Support Network: Surround yourself with positive and encouraging people who inspire and support you.
5. Celebrate Small Wins: Acknowledge and celebrate your progress, no matter how small.

## Real-Life Stories

1. Alex's Journey: From Corporate Job to Creative Career
2. Taylor's Experience: Overcoming Financial Struggles and Finding Stability
3. Jordan's Path: Discovering Passion Through Volunteering

Feeling lost in your 20s is a common experience, but it's also a time of great potential and growth. Embrace the uncertainty, explore your interests, and be kind to yourself. Remember, everyone's journey is unique, and it's okay to take your time finding your path.



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# Why do we need the 1001th chair? Can design save the world?



YASEMIN BALTACI

Since the first people who make and use tools, we (as human beings) continue developing new tools and products every day. First a wheel and now an autonomous car who rides us home while we sleep... Aircrafts, cars, machines, furnitures, accessories, toys, electronic devices, glassware, chairs... Even in our individual lives we use and throw away thousands of products... I am an industrial designer like the ones who design all the products you use every day. And I want to ask you the first and the main question I've been asked by my professors during my bachelor's degree in the department of industrial design...

So here is my question for you: **Why do we need the 1001th chair?**

I mean, even since the beginning of modern design started Bauhaus\* thousands of chairs had been designed already. So why do we need another chair? Why we should design another one? While human anatomy doesn't change in 30-40 years, why have thousands of new chairs been designed? These are the main questions every designer asks himself every time they design a product.

The main answer to this question is yes, we need and will need another chair probably. Because even if our bodies don't change much in thousands of generations; our emotional needs, social and physical environments, aesthetic approaches, likes & tastes and expectations overall change very fast.

Bauhaus is an arts and craftments school operated between 1919-1933 located in Weimar, Germany. The school became famous with its philosophy aimed to unit individual creativity with mass production principles and a strong emphasis on functuality. This exactly means industrial design today.



Let's think about our houses, dining rooms, classes, offices, coffee houses, hospitals, airports, waiting rooms... In all these places, we sit on a chair but they are never the same... Yes they look definitely different from each other, but design is not just about looks. Also their functions, comforts, and feelings are different.

Let's imagine a dentist lounge with a school chair. It would definitely not be comfortable, right? Or an airport full of gaming chairs.. It would be too comfortable and maybe people would fall asleep and miss their flights. Also it wouldn't be the most efficient way to use the space there...

What about a CEO sitting on a dining chair, would they take their decision in the same mindset? We can think about hundreds of examples like these... Emotions, minds, even the muscles we use are diverse on different chairs.

So the question "Why do we need another chair/design while there are too many in diversity?" answers itself. Because 'We are too many different people, too!' We live in very various geographies of the earth and the climatic, cultural and social environments are diverse with it too. So this is why design will be a part of nature as long as people live...

But what about the nature we live in and its sources? What if we design a new chair for every need we face? What about every product we wanted to 'upgrade': phones, computers, shoes, doors, tiles, cars, glasses, chandeliers, coffee cups, bikes? Is it possible to continue producing all this for the planet? Is it 'sustainable' for nature?



Image From Google





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And here is my second question for you: **Can design save the planet?**

Till now, we've talked about how designers create thousands of products but also waste the planet. But I should speak up for my colleagues because our survival may also rely on the design...

Here is how: While designers create all these products (and also trashes) for the planet, they can also solve problems that will make us no need for lots of other products at all... They can find 'to design less' while making people's life much less needy and definitely easier. Designer in all the fields such; industrial design, fashion design, architecture, interior, urban, graphic design mainly aims to design better and less. Within this, they make themselves less needed but create higher efficiency, happiness and sustainability for all.

Design helps us not just use 'green materials', but also understand people, nature and systems better and create better suggestions for them. We can choose better materials for our needs, create happier cities and environments, and produce less trash for the next generations after us. So we consume less and get better results for our lives, systems and planet with all the living beings on it...



# From Curiosity to Addiction: A Teen's Journey



RACHID BOUKRIM

Hey there! Today, we're going to talk about something super important but often not discussed enough: porn addiction. You might have heard about it or even know someone dealing with it. Either way, it's crucial to understand what it is and how it can affect you.



Image Generated By ChatGPT

## What Is Porn Addiction?

Porn addiction is when someone feels like they can't stop watching porn, even if they want to. It's similar to other types of addiction, like being addicted to video games or junk food. It becomes a problem when it starts interfering with daily life, like school, hobbies, and relationships.

## Why Do People Watch Porn?

People, including teens, might watch porn out of curiosity, to learn about sex, or because they think it's exciting. With the internet, it's pretty easy to find. But just like anything, too much can be harmful.

## How Does Porn Addiction Affect Teens?

1. **Mental Health:** Watching a lot of porn can make you feel anxious, depressed, or stressed. It might make you feel guilty or ashamed, which isn't good for your mental health.
2. **Relationships:** Porn can give unrealistic ideas about sex and relationships. It can affect how you view others and how you interact with them.
3. **School and Activities:** If you spend too much time watching porn, it can take away time from studying, sports, and hanging out with friends.







Image From Unsplash.com

## Signs of Porn Addiction

How do you know if watching porn has become a problem? Here are some signs:

- You can't stop thinking about watching porn.
- You need to watch more and more to feel satisfied.
- You try to stop but can't.
- You feel bad or guilty after watching.
- It's affecting your schoolwork, friendships, or family relationships.

## What Can You Do?

1. Talk to Someone: It might feel embarrassing, but talking to a trusted adult, like a parent, teacher, or counselor, can really help. They can offer support and guidance.
2. Set Limits: Try to limit your screen time and find other activities to enjoy, like sports, reading, or hanging out with friends.
3. Seek Professional Help: Sometimes, talking to a therapist or counselor who specializes in addiction can be very beneficial. They can help you understand why you might be struggling and give you strategies to overcome it.

## Healthy Alternatives

- Get Involved in Hobbies: Find activities that make you feel good and keep you busy.
- Exercise: Physical activity can boost your mood and reduce stress.
- Connect with Friends: Spend time with friends and family. Building strong relationships in real life is important.

Understanding porn addiction is the first step in dealing with it. If you think you might be struggling, remember that it's okay to ask for help. There are people who care about you and want to support you. Taking steps to address it now can lead to a healthier and happier future.

Remember, you're not alone. Many teens face similar challenges, and there are ways to overcome them. Stay informed, stay connected, and take care of yourself!





Photo by : OSF

# Inherited Culture season 2024



BY PEPA PENEVA VELEVA

At the end of June, we welcomed 16 volunteers and one assistant from Spain, Italy, Greece, Turkey, Morocco, Colombia and Bulgaria to the town of Petrich, who in the next 45 days will be able to carry out archaeological excavations of the Ancient City - Heraclea Sintica. The project provides a chance for young people to find a safe space for discussions and reflections on history and its lessons. "Inherited Culture" is a project about understanding our common cultural roots and wealth to be together and help each other. It is financed by the European program "European Solidarity Corps - High Priority Projects".

The project begins with a training for getting to know each other and building team relationships. In the following days, the team of archaeologists, led by Prof. Ludmil Vagalinski, with whom the young people are already working in the field, conducts them specialized training in archaeological activities: excavation, dating, drawing maps, working with equipment, cleaning artifacts and their restoration.

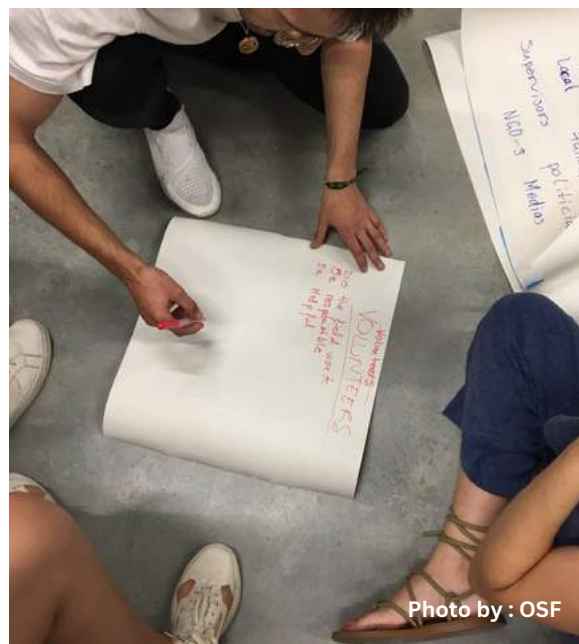


Photo by : OSF



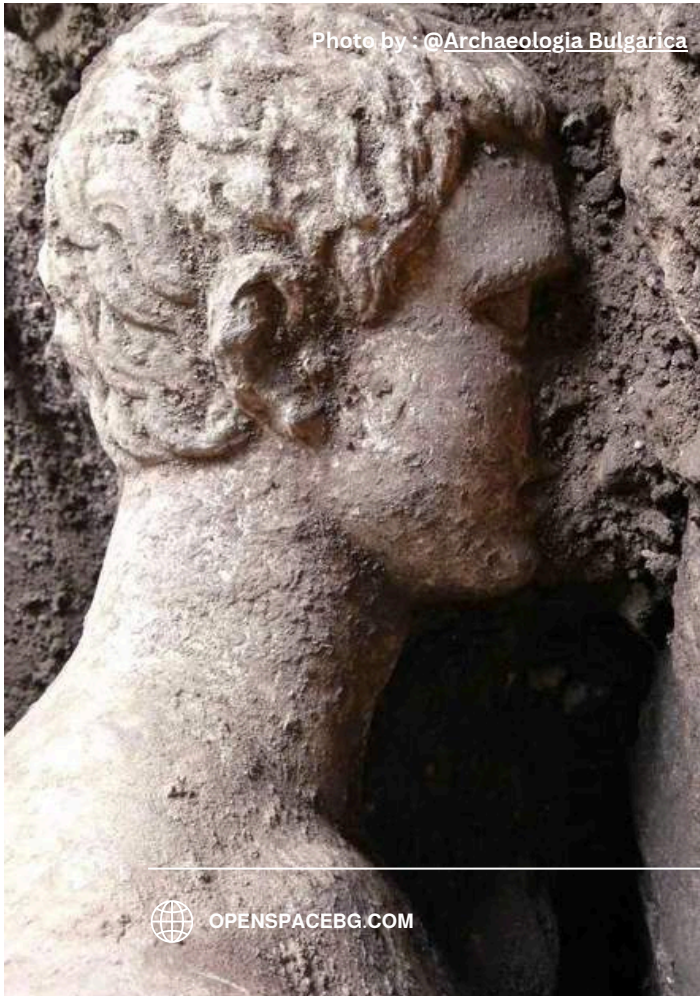


# What should we know about Heraclea Syntica?

The city, named after the mythical hero Herakles (Hercules), who is considered the progenitor of the dynasty of the ancient Macedonian kings, was founded in the 4th century BC. in the tribal territory of the Thracians-Sinti, which gives the second part of the name: Sintika.

For more than 100 years, scholars have debated where the city was located. A marble slab with an inscription in Latin, found in 2002 near Petrich, gives scientists reason to assume that the city has finally been discovered.

Already in the first days of the archaeological excavations, Prof. Vagalinski's team found a wonderful statue made of a whole block of marble. The figure is male, and the impressive thing is that for the first time in Bulgaria archaeologists have found a statue with a head. It is yet to be established whether this is a statue of Hermes or of some deified ruler, but the truth is that the find caused enormous interest in Bulgaria and especially in the Ancient City of Heraclea Sintika.





Now we meet you with our volunteers in the field who talk about their impressions and experiences participating in the project.



### **Angeliki Dimitra Bazouka (Greece)**

23 years old. Her love to Archaeology and cultural heritage lead her to the University of Thessaloniki and to our project as well.

### **Marta Maria Mangiavini (Italy)**

24 years old. Studying Italian literature at the university of Verona. In the future she would like to become a teacher of Italian and history in high school!



### **Eylul (Turkey)**

18 years old. Studying architecture at Dokuz Eylül University in İzmir. After finishing university she wants to work as a restorer.

### **Carlota Viñambres (Spain)**

22 years old, from Madrid. She dream for traveling and new adventures.







**Jorge Montero Arrazola (Spain)**

21 years old, from Madrid. Studying Archaeology. Brave and very dedicated to the science.

**Alba Aroca Campos (Spain)**

24 years old, from Murcia. Her dream is to be a research biologist



**Lucía García Rodríguez (Spain)**

22 years old, from Valladolid. A newly graduated archaeologist, he's in his element when he's out digging.

**Olya Georgieva (Bulgaria)**

21 years old. Studying accounting in UNWE (University of National and World Economy). Her dream is one day to be a business owner.







**Why a project for archaeological in excavations?  
What is your personal motivation for getting involved?**



...the contribution that excavation research can make to the acquisition of new knowledge and the reconstruction of our history is something that motivates me and makes me want to contribute in my own way. There is a unique satisfaction in discovering the secrets of the past and bringing them to light to share with others.



I am interested in archeology and in discovering the past trough art and the remains of ancient civilizations. I always wanted to do an experience like this to go beyond my limits and experience something new.



As an historian, I'm always interested in archeology and works related to it.



The experience, personal and professional experience. Referred to the direct contact with archeology and the people who participate on this project.



To know more about Archaeology, because it is an unknown subject for me.



Since I was little I have always liked archeology and I had the opportunity to work on it a few year ago and this gave me a great opportunity.





**What are your expectations for this experience and how do you think you will change after the end of the project?**



After the end of the project, I believe I will have a greater appreciation for the meticulous work that goes into archaeological research. I anticipate that I will have a more informed perspective on the complexities of reconstructing past societies from the material remains they left behind. Overall, I think this experience will enhance my research and analytical skills, as well as cultivate a greater respect for our shared human heritage.



I expected to learn new things and meet new people from all around the world, but also to work a lot. Actually, the work is well distributed and I can rest when I need to. I am learning new information; I am improving my English and discovering new cultures. After this project, I will be enriched in a human and professional way.



I was excited for this experience before it but nothing compares to the real thing, what I'm living with my friends here is something I won't forget in my life.



My expectations are mostly based on having direct contact with archeological objects and having a good professional experience. If I could change something after the project, it would be some previous information about all the issues related with the travel.



Discovering new ambitions, and to improve myself in a different way professionally, once the project ends I hope to know more about archaeology and world history.



My expectations are to learn more about archeology since it is what I want to dedicate myself to in the future. In this way I trust that when I finish the program I will have obtained a lot of knowledge that will be useful to me in my work life





I expect to discover more archaeological finds. To find friends that I would keep in touch with after the end of the project. And learn more about their culture and share mine with them

#### QUESTION



What did you know about archeology before you got involved and what new things have you learned so far?



Before getting involved in archaeology, I had a basic understanding of the field from school and popular media. I knew that archaeologists study ancient civilizations through the analysis of artifacts and environmental evidence, and that their work involves excavating sites, interpreting findings, and reconstructing past cultures. However, since starting this project, I have learned a lot of specific details about archaeological methodologies, techniques, and ethics.



I knew theoretically a lot of things because of my career, but working on the field is teaching me about the method, the pieces, the mind work, the tools and the importance of all of this much more than any book could have taught me before.



I did not know so much about archaeology before. I am learning many things, like identifying different pottery.



I knew a lot since I have participated in several excavations, but in this one I have learned to make decisions about what I am excavating, which I think is very important for the profession.

#### QUESTION



What is the most exciting or interesting thing you have discovered so far?







Sling bullet with a snake head drawn in it.



A lot of interesting pottery related to antiquity.



The most interesting archaeological find is the full-size statue that was discovered at the beginning of the project. This caused a sensation not only in Bulgaria but also all over the world.



A Hellenistic arrow.

#### QUESTION



What skills do you think you will gain or improve during your volunteer work?



I believe I will gain valuable skills such as teamwork, communication, leadership, time management, problem-solving, and organization through my volunteer work. I also expect to improve my ability to adapt to different situations, work under pressure, and collaborate with diverse groups of people.



Teamwork, which is the most important.



The capacity of working in groups, and being part of a team. Also facing difficult situations.  
antiquity.





To deal with some archaeology tools I didn't work before



I want to speak in English at a better level and this project will definitely help me achieve that. I also want to become more of a team worker and be more comfortable with new people.

#### QUESTION



How does working in a team affect your motivation and how do you deal with conflicts if they arise?



Working in a team can greatly impact my motivation as it allows me to share responsibilities, ideas, and successes with others. In the event of conflicts, I believe communication is key. I strive to address any issues openly, actively listen to others' perspectives, and work towards finding a mutually beneficial solution. I also believe in the importance of compromise, patience, and respect when dealing with conflicts within a team setting.



We love working together generally, although sometimes little conflicts arise. The nicest part of that is that we get closer every time we overcome the difficulties, and make us work and understand each other better. That motivates me a lot.



I like to work in a team, it makes my motivation rise and also it is good to trust in my teammates for doing different activities. I think we deal well with these conflicts because as a team we communicate very well.



I prefer being part of a team because they appreciate my value; conflicts are not a problem because there is a lot of communication.





QUESTION



What non-excavation initiatives or activities would you like to organize or participate in to promote archeology to young people?



Trips and free tours to an archaeological site or to a museum.



Doing courses on experimental archeology or designing an exposition.



Guided tours with 3D replicas to make people touch the archaeological objects.

QUESTION



What role do archaeological excavations play in understanding the cultural identity and history of Bulgaria for you?



Archeological excavations and the archaeologists that work in the field helped me a lot to discover Bulgarian history. Especially ancient times and Macedonian and Roman history.



It's the first thing to do in the way to enlight what defines the birth of a culture, without the material it's difficult to understand the old ways of life.



It is very important for knowing the history of this country, because it is the main way to understand the different periods they have.







It is very important to understand new cultures and discover different points of view.



A very important way to know more about this country. It's the most direct way for doing this.

#### QUESTION



What message would you like to give to other young people who are considering getting involved in similar volunteering activities?



I would say that a volunteering program is a perfect way to go out of your comfort zone and to meet new people that have interests and values in common with you. You can meet new friends and learn to communicate and resolve conflicts. Through a project like this, you can find yourself in a country, a town, or a small village that you would never visit otherwise! Therefore, it is an occasion to discover a new culture and way of living.



This is a unique chance in a life, impossible to miss. The richness of entering completely in a different culture, plus the hospitality of the people, the colleagues you meet and what you learn from them. Recommended for everyone.



To go and participate in this kind of project, because it's very fun and important to get involved in another country and different projects. It's a very good way to improve yourself and also get a good experience with all the people involved in the project.



Everybody should be part of a volunteer program because it makes you confident with yourself and comfortable in being part of a team.



I would tell them to go and live this experience. Archaeology is very important for knowing our history, and this project gives you the opportunity for doing this.







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