

VOYAGER



**TOGETHER AGAINST
ONLINE HARASSMENT
OF GIRLS AND WOMEN**

Find the full story on pages 3 - 4



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BIKE TOURNAMENT
VELIKI PRESLAV 2025

APP LEGACY HUNT:
PILOTING STAGE

INHERITED CULTURE: YOUTHFUL ENERGY
REVIVES BULGARIAN HERITAGE

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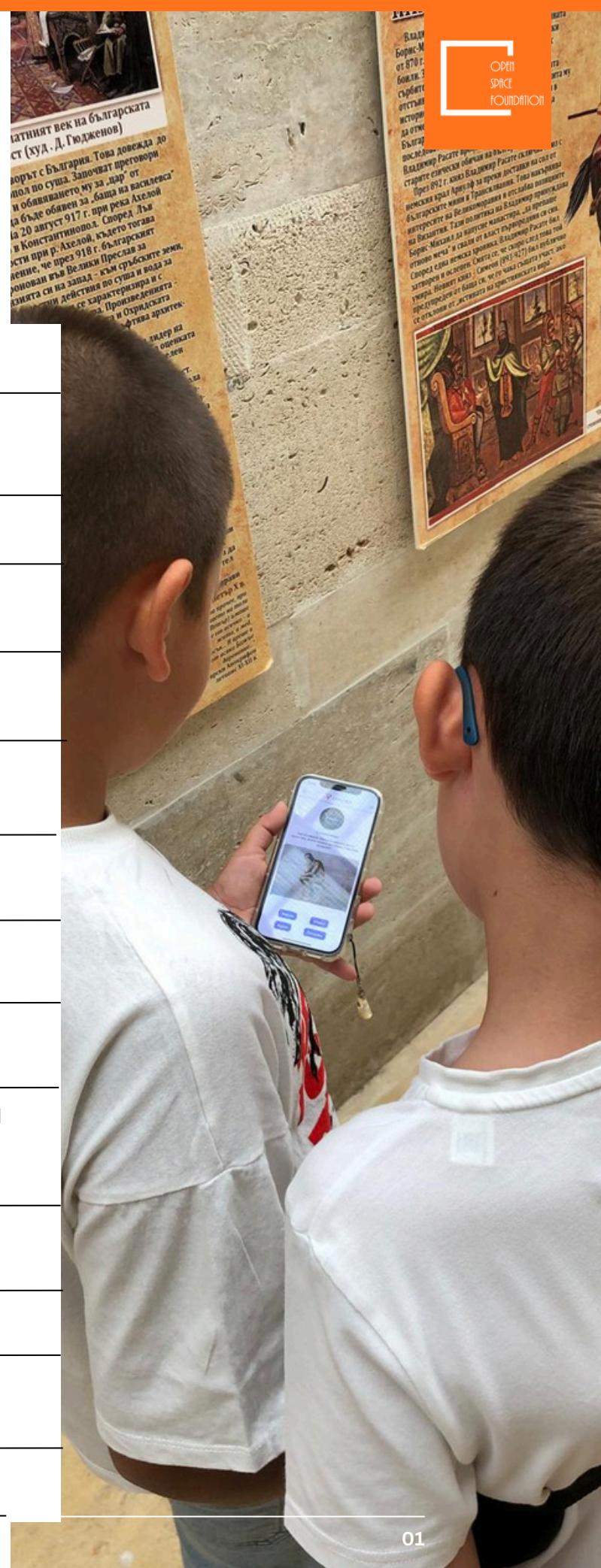
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ЦЕНТЪР ЗА РАЗВИТИЕ
НА ЧОВЕШКИТЕ РЕСУРСИ

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The Path from Dream to Reality

Dear Voyager readers,

Here is the 13th issue of our magazine – a publication in which the pages pulsate with the energy of young people, ready to learn, dare and create. This time our compass guides us through important social causes, historical discoveries and personal journeys that leave a mark.

In this issue you will experience:

- **The Power of Solidarity** - we meet the young people who, through art and theater, are confronting online harassment of women and girls in the G-LENS project.
- **The Magic of Heritage** - we head to the old capital Veliki Preslav, where volunteers from all over Europe are breathing new life into Bulgarian cultural heritage in the "Inherited Culture" project.
- **Sporting Spirit and Community** - Viktor Agov and Pepa Peneva take us to the first cycling tournament in Veliki Preslav, proof of the power of friendship.
- **Personal Lessons** with Soufiane Ochta that shares his experience as a coach in Sofia's neighborhoods and the challenges of losing your passport in a foreign country, while Nadya Molova delves into the symbolism of dreams and memories of food during socialism.

From digital treasure hunt apps "Legacy Hunt" to the wild beaches of the Northern Black Sea Coast – each story in this issue tells of the courage to follow your dreams, regardless of the difficulties.

We thank our authors Ani, Ioana, Ogi, Nadya, Viktor, Sufian and Pepa, who shared their experiences and assurances.

Immerse yourself in their stories. Be inspired. Be friendly!
Enjoy reading!

Bulut Erbaş
Editor-in-Chief

Together Against Online Harassment Of Girls And Women

by Stela Petrova

A new generation of people, eager to make a difference, worked on the problem of online violence against women and girls. A recent two-day workshop brought together 13 young people from seven cities in Bulgaria, including Pernik, Vratsa, Sofia, Targovishte, Dobrich and Burgas, to explore their role as key actors in creating a safer digital world. The participants, aged 15 to 25, were a diverse group of aspiring future writers, directors, actors and content creators, united by their desire to use their storytelling skills for good.

The workshop, led by Monika and Alex, was an intense and dynamic experience.

Let's say a few words about the presenters though: Monika Ugrenova is a professional theater actor and director, and Alex Ilieva is a video maker and promising event organizer. Both are civic activists who use their creativity and artistry to inspire and create change around them.

The group's work was first focused on personal reflection and fundamental understanding of their experiences in the online environment. Participants analyzed their own experiences and knowledge about misogyny and online harassment in a safe environment. This led to a powerful, practical exercise: to co-create and perform a small performance about online violence. The performance was filmed and edited by Alex and Maria Ibrishimova.

The workshop focused on creating content together. Young people, with the help of Monika and Alex, discussed different forms of media that promote gender sensitivity and work with harmful stereotypes. The activities were designed to create compelling and inclusive narratives, with special attention to mitigating the risk of negative reactions.



The workshop was a huge success, not only because of the knowledge gained, but also because of the tangible results and commitment shown by the participants. As a key next step, the young people plan to take their work to their own communities.

Over the next three months, they will develop and perform more role-plays with their school theatre clubs, culminating in a public event where they will present their work and lead a discussion with a wider audience. The content developed will also be used to create articles and social media campaigns, ensuring that the message reaches a wider online audience and encourages real change. This initiative is a testament to the power of young people to take responsibility for solving problems that directly affect their lives.

Here is what Eilem from Dobrich town says:

The experience at the camp was beyond wonderful, it cannot be described in a few words. To be honest, I was nervous before arriving at the hut, but once I met the others and got to know them a little better, I felt like I had known them forever. Everyone was so friendly.

The games and discussions we had helped me understand a lot about them and about myself. It was extremely interesting to hear everyone's opinions on the topic of online violence against women and girls and I am glad that with the help of art we were able to create something beautiful with a message.

The things I learned through the games made me think about how I perceive negative comments in real life and certainly changed my way of thinking. I admit that I was moved when each of us told a personal story about online harassment. I hope to maintain my friendly relations with them and

I am glad that I had the opportunity to meet such ambitious and talented young people. There we remembered all the stories related to harassment of women and I realized how serious this problem really is and I was inspired to make a video in which we tell anonymous stories. I hope to realize this idea soon! I can't wait to attend the next camp!

The workshop is part of our G-LENS project (Gender-Inclusive, Long-lasting and Empowered Networks and Societies). It is funded by the EU's CERV program (Citizens, Equality, Rights and Values),





Teaching Obelya

A NEW EXPERIENCE

By Soufiane Ouchta

From the very first training, I felt their love and respect. That gave me a lot of energy and made me very happy. It was not just a training session it was a nice day, a good memory.

Of course, challenges also came with the experience. After training, the school doors closed earlier than I expected. I had to jump over the nets while carrying heavy equipment, and the distance from the school to the metro station was long. It was not easy at all.

But still, the training itself made me forget those difficulties. When I compare both groups Lyulin and Obelya I see two different kinds of energy. In Lyulin, the kids were harder to guide at first, but over time we built trust and won a tournament together.

In Obelya, the kids showed love and discipline from the beginning, making me feel at home right away.



Both groups teach me different lessons: in Lyulin, I learned patience and perseverance; in Obelya, I felt encouragement and joy from the very start.

Now, I'm excited for the future. I dream of organizing a tournament between the two groups Lyulin and Obelya. Not only would it be fun, but it would also show how each team has its own spirit, strengths, and unique story.

Because in the end, being a teacher is not just about training kids. It's about sharing love, facing challenges, and learning from every group you meet.



Bike tournament Veliki Preslav 2025

By Viktor Agov and Pepa Peneva

The perfect end to summer 2025 in Veliki Preslav came with an exciting event that brought together more than 30 children and young people. At the end of August, the first cycling tournament was held on the local track, created with a lot of work and enthusiasm by young people and volunteers under the ESC program in 2024.

Although the competition was a debut, the atmosphere was heated by a real competitive spirit. Exceptional support came from a group of cyclists from Targovishte town, who have serious experience in mountain biking. Their presence and encouraging cheers at the finish instilled confidence in each of the participants, including the timid ones who dared to show their skills. The tournament turned into a real celebration of friendship, where competitors exchanged bicycles, shared advice and even helped each other with equipment and socks.



Here is what one of our participants, **Viktor Agov** from Targovishte, shares:

"When we arrived at the tournament in Preslav with my group – me, Alex, Gabcho, Damian and Stelko – from the first laps we felt how energizing it was to ride in front of such enthusiastic children. The little cyclists looked at our bikes and helmets with wide eyes and it seemed like each of them was already imagining how one day they would ride like the "big ones". It is precisely this passion in their eyes that is the reason we love such events – because sport is contagious when shared."

We ourselves have been riding together since 2021, when we decided that we wanted not just to pedal, but to feel the freedom off the asphalt. We train mainly around the Shumen Plateau and the forest trails near the villages, where the terrain offers both fast descents and technical turns. These conditions helped us build confidence and skills, but also taught us one most important rule – safety always comes first.

We would say to the little ones: you don't need to have the most expensive equipment, it's important to have a helmet, an upright bike and bright clothes to be visible. Gloves and knee pads are also not superfluous – falls are part of the game, but it's nice that they leave only a memory, not scars.



As for the track in Preslav – it's great that the local children already have it. Our advice is to maintain it themselves: to remove branches, repair sections after rain, to "look after" the track as they look after their yard.

This way they will not only enjoy better conditions, but will also learn responsibility and respect for the work of others.

I believe that if every child finds joy in cycling, in time we will have a whole generation for whom cycling is not just a sport, but a way of life."



We invite you for the next year tournament!
Stay tuned and don't stop trainings.
Veliki Preslav track is open for practices.



Heritage in the Hands of the Future:

Volunteer Team 8 and the Secrets of Veliki Preslav

The compass is still in Veliki Preslav, but now takes us to the layers of time. The theme is the project **"Inherited Culture"** – an initiative that unites youthful enthusiasm with the responsibility for preserving European cultural heritage.

In the heart of the old capital city of Veliki Preslav this summer, we welcomed 24 volunteers from 8 countries – a group of motivated volunteers who exchanged urban comfort for the dusty but exciting terrain of the archaeological reserve in the second capital of Bulgaria (from 893 to 969).

What does this Team do?

Their mission is far from simple observation. The volunteers of Team 8 are “on the front line” of the excavations, where under the watchful eye of specialists they help to:

- Carefully uncover structures and artifacts from the Golden Age of Bulgaria.
- Cleaning and sorting ceramic fragments and finds that tell stories about the lives of old Sofia residents.
- Supporting the process of photographing and describing the sites so that the history remains accessible to future generations.

Their work requires patience, precision and true passion. They don't just dig in the ground – they rebuild bridges between the past and the present, developing new skills in archaeology and teamwork.

But what is a project without personal experiences? We present the stories of two of the volunteers in the group. They will share with us what it feels like to touch a stone laid more than a millennium ago, and how their stay in Veliki Preslav has changed their view of “inherited culture.”.



First Experience In ESC

Yaman's Experience

To be honest, this project was one of the most valuable experiences I've ever had. Since it was my first time going abroad, I felt a mix of excitement and nervousness before the trip. I kept wondering what the environment would be like and whether I could adapt. But as soon as we arrived, I realized that everything was much friendlier than I expected.



We quickly connected with people from different countries, and in a short time they became more than just teammates—they became real friends. We spent not only time working on the excavation but also hanging out together, exploring the city, and sharing our cultures. That was one of the most beautiful parts: learning about different traditions, food, and lifestyles while also sharing our own.

The excavation itself was challenging at times, but in a good way. It taught me patience, teamwork, and the importance of paying attention to details. I felt like I was part of something meaningful, contributing to uncovering history.

Another big benefit was the language improvement. I had to use English all the time—not just during the project, but also in daily conversations, shopping, and making friends. At first, I was shy, but with time I became much more confident. I can definitely say my English improved a lot, and now I feel more comfortable speaking it.

Overall, the whole experience gave me new perspectives about life, culture, and communication. I'm really grateful I had the chance to join this project.



Taha's Experience

For me, the ESC's project was a completely unforgettable journey. Since it was my very first time leaving the country, the beginning felt a little overwhelming. I didn't know how I would handle being in a different environment, far from home. But surprisingly, those feelings didn't last long. The people we met were so welcoming that I immediately felt at ease.

What I loved most was the friendships we built. We weren't just colleagues working on an excavation—we became like a family. We shared meals, laughed a lot, and had long conversations about life. I think those friendships will stay with me for a very long time.

The excavation project itself was eye-opening. It wasn't only about digging and discovering historical remains, but also about understanding teamwork and responsibility. Every day brought new challenges, but working together made the process enjoyable. It gave me a sense of accomplishment to see the progress we made as a group.

In addition, I can't ignore how much this experience helped me improve my language skills. Speaking English every day, in different contexts, was like real-life practice you could never get in a classroom. At first, I hesitated to speak, but after a while I started to express myself freely. That gave me a lot of confidence and motivation to continue learning.

Looking back, I feel that this project changed me in a positive way. It gave me courage, new friends, stronger language skills, and unforgettable memories. I'm very happy I had the chance to be part of it.

This project happened with a support of EU program "European Solidarity Corps - High Priority Ares", in partnership of:





APP Legacy Hunt piloting stage

by Anelia Gospodinova

If you have read our previous magazines, then you know that until recently we were working on the **Legacy hunt application for mobile phones**. Well, about a month ago we launched 2 new games and held a city treasure hunt in Shumen and Veliki Preslav with a competitive nature. The event was a great success and many players took part in it.

And now let us tell you a little about the kitchen. The games were worked on by volunteers from the Open Space Foundation, it is important to note that people living in the city and knowing its most interesting corners worked on each game.

On 12.09, a city team competition was held in both cities. The application was launched at 10 am, and the final was at 8 pm. The players aimed to complete all the tasks for their city, and the two teams that completed them in the shortest time received great prizes.

In the game for Veliki Preslav, the players had the task of traveling around both the new and the old city. With each step towards the final, they were introduced to interesting and unexpected places in the old capital. Of course, if you want to know more, just download the Legacy Hunt app and take a walk to the second Bulgarian capital.

35 teams participated in the game for Shumen, with the first place being a team of boy scouts, who finished in 1 hour and 30 minutes, and their "colleagues" in second place with a time of 2 hours and 50 minutes. The players started their tour from the most emblematic place in the city and continued their adventure, passing through historical places for the city and answering difficult and inquisitive questions. And if you want to find out more about the city of Shumen and the game, the Legacy hunt app is available to everyone and is waiting for your name in the ranking.

The App Legacy Hunt is one of the products of our project **Inherited culture**, supported under EU program **European Solidarity Corps - High Priority Areas**.



The magic of a project

by Anelia Gospodinova

Many people say: "Why are you doing this nonsense?", "You don't get anything from volunteering!", "You'd better stay home or work to earn a few leva", but in my case these people were passed over, and their words were completely forgotten. I will tell you my story and how from a girl who was afraid of projects I turned into a woman who found her professional path because of a project.

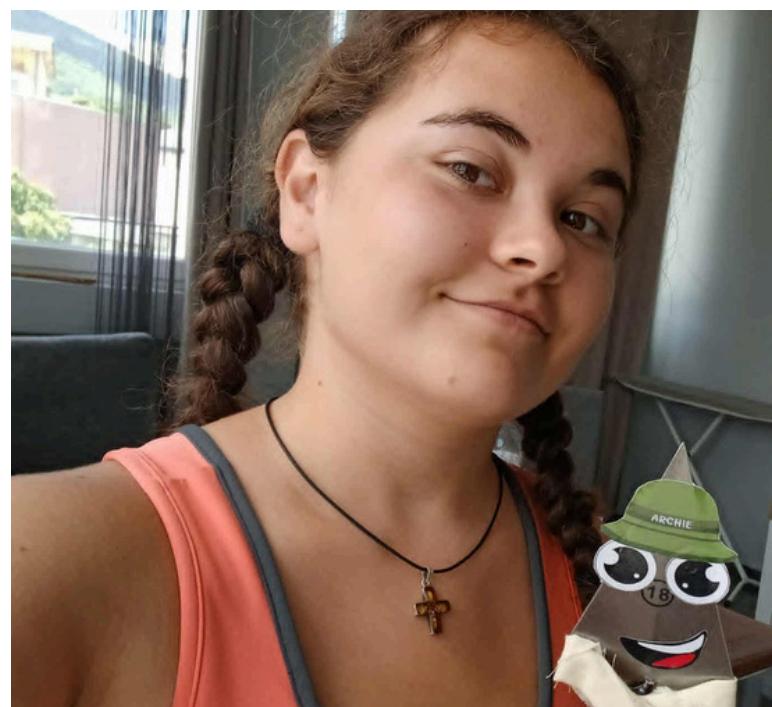
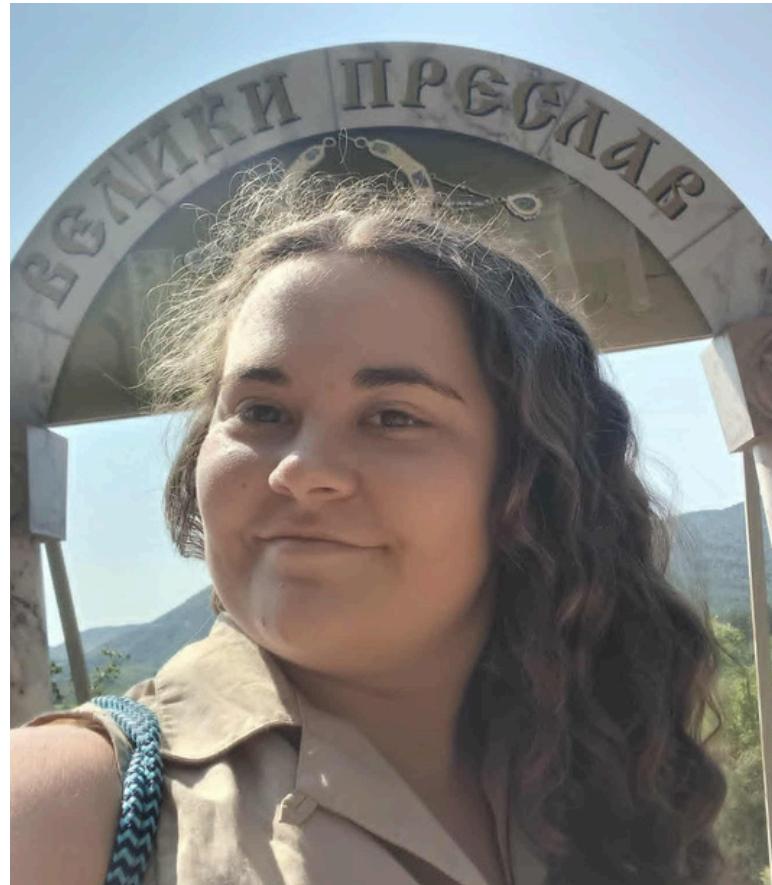
It all started quite by chance when I was 16 and I went to my first volunteer academy. It was organized by the Municipal Youth Council of my hometown of Shumen.

There I got to know what it is to be a volunteer and how such an initiative can change the status quo. It was something new and infinitely interesting for me to meet people who have similar interests and views as me. Shortly after that I went to my first Erasmus. It was in Romania and there I met so many people from other countries for the first time, I saw their way of life and I realized that these projects are invaluable.

For 2 years I was an active part of the Municipal Youth Council, participating in small projects and initiatives, and then in 2023 I came across the Open Space Foundation.

At that time, I wanted to study history, and when I found out about the Inherited Culture project, I told myself that this was my place.

I went to the project quite worried, I did not separate myself from my already familiar friends during the first days, but then something inside me changed.



I gave freedom to myself and my courage. I met great people from all over the world, made friendships that I maintain to this day and I know that these people will always help me as I will help them. During this project, I not only improved my English, not only made friends, I discovered my love for archaeology. After this project, I had a new direction, I was determined to continue in this field and study archaeology at the university. Who would have thought that such a one-month project could change things for me so drastically. And no, my story does not end here. The following year, I joined this project again and gained even more courage and practice during the archaeological excavations. I met students from other universities and made great friendships. It was the summer of 2024 and I had just graduated from high school. I spent a whole year studying and preparing for the big exam with which I applied to the university. And guess what, I was accepted to study archaeology at Sofia University - the best place for the specialty. You have no idea how much these projects helped me, so I discovered my calling, found my place in the world and today, at the time of writing this article, I have successfully completed my first year of archaeology and am on my first university internship.

The fact that I have been on excavations before is a great advantage for me, I know how to work with tools. I have skills in distinguishing finds, ceramics. I am the most experienced of all and the teachers rely on me in more difficult situations. I have a lot of skills that I apply daily and only thanks to the projects. Now I am a long-term volunteer at the Oren Space Foundation and I have the opportunity to be part of many interesting projects from different backgrounds, as well as to share my story with you, dear Voyager reader.

So the conclusion from my humble story is that if you ever hesitate whether to get involved in a project - without hesitation, the answer is YES! Accept the opportunity, unleash your potential and believe me, you will get so much if you just take the first step. There are people like me who find a profession because of a project, there are those who are inspired and create projects themselves, and there are those who travel the world and take the best for themselves and invest it in their future. The possibilities are endless, you just have to go forward boldly and believe that the best is yet to come.



Lost In The Space

Lessons and Advice for Future Volunteers

By Soufiane Ouchta

The first time I lost my passport was in Bulgaria. It was one of the most stressful experiences of my life, not only because I was in a foreign country, but also because I didn't speak the local language. I didn't know what to do or where to start.

After searching everywhere and not finding it, I went to several police stations to ask if someone had found my passport. The answer was always no. I also checked with the metro help center, since they are responsible for lost items in the metro, but again, nothing.

My next step was to call the Moroccan Embassy. They explained to me the documents I needed to apply for a new passport:

- A police report,
- A copy of my old passport,
- A copy of my Moroccan ID,
- One picture,

And a filled application form from their website.

The hardest part was getting the police report. With the help of a Bulgarian volunteer, I went to the nearest police station. First, they listened to me carefully and asked where I had lost my passport. They wrote down everything I told them, and only after that did they tell me to pay some money, get a receipt, and call a number after three days to receive the report. We did everything, but the number never worked. I went back to the station with another volunteer, but the only answer they kept giving us was: "Keep calling." Days passed, and nothing changed.

Finally, I hired a lawyer. To my surprise, he managed to get the police report the very next day. With that in hand, I went straight to the Moroccan Embassy and applied for a new passport. After ten days of waiting, I finally received it.



But the problem didn't end there. Since my visa was linked to the old passport, I had to apply for a new visa. I called the MFA of Bulgaria, and they told me clearly: my old visa would be canceled, and I had to return to Morocco to apply for a new one.

So, I packed my things and booked a flight home. Unfortunately, I made the mistake of choosing a flight with a transit in Spain. At the airport, the border police stopped me. They explained that because I didn't have a valid visa, I couldn't pass through Spain. They told me I had to go through Turkey instead.

So, I booked another route this time a bus from Sofia to Istanbul, and then a direct flight from Turkey to Morocco.

When I finally got back to Morocco, I started the visa process from the beginning.

I brought the police report, a picture of my old visa, my old passport, and all the volunteering documents. I applied for the new visa but I made another mistake: I bought a return flight before the visa was ready. I ended up losing another flight and waiting 20 days.

Finally, I received my new visa, and I was able to return to Sofia.

Advice & Recommendations for Future Volunteers

1/. Keep **copies of everything**. Always have photocopies of your passport, visa, and ID. Keep a digital copy in your e-mail or phone as well.

2/. **Contact your embassy immediately:** They will tell you exactly which documents you need.

3/. Be careful with **police procedures**: Sometimes the system is slow or complicated. If necessary, don't hesitate to ask for legal help to save time.

4/. **Don't book flights too early:** Wait until your new passport and visa are 100% ready before spending money on tickets.

5/. **Check transit rules** carefully: Some countries won't let you pass without a valid visa, even if it's just a stopover. Always choose the safest route.

6/. **Stay patient and ask for help:** Volunteers, friends, or even lawyers can make the process much easier.

Losing my passport was a hard experience, but it also taught me important lessons about patience, responsibility, and preparation.

Hopefully, these recommendations can help other volunteers avoid the same mistakes and stay safe while abroad



The illustration is generated with Gemini AI



Food and Socialism

by Nadia Molova

Food and nutrition during the socialist period in Bulgaria.

We can say a lot about socialism as a period, but it is also particularly interesting as a period in terms of nutrition. In this case, we will talk about Bulgaria, but for the foreign reader, especially if he is from Eastern Europe or the Balkans, any similarity is not accidental, but is part of the existence in the memories of a person from the former Eastern Bloc.

Food, nutrition, as well as the consumption of food products has been, is and always will be a current topic, especially living in a consumer society, such as the modern one. The topic of socialist nutrition and consumption of food products has been written by a number of authors, the most striking example being Albena Shkodrova with the book, „Sots gourmet. The curious history of cuisine in the People's Republic of Bulgaria.

An interesting and important aspect is social nostalgia, which hyperbolizes the past and puts it on a pedestal: Unlike the sad ruins that in the era of Romanticism were haunted by nostalgia for the ideal past, these are the remains of our real homes, of our own lives. For us, they are full of meaning: historical, political, personal. (Bremzen, 2016: 10) Thus, our past becomes our personal history, and most importantly, the recent past evokes our emotional memory, which is unlocked through our senses: taste, smell, touch, etc.

It is important to emphasize, however, that behind these "familiar" memories we also have an attempt at compensation, which fills the gaps through alternative substitutes and imitations – marzipan bars instead of chocolate, Cop-Cola instead of Coca-Cola, etc. These inventions are also the result of espionage in overseas factories.

Despite the entire totalitarian ideological context, for which capitalist consumer life is a "sin", people still strive for consumption - they need consumption that the state cannot satisfy. The period is characterized by large deficits of food products such as some of the more exotic fruits, coffee, cocoa, etc., because the state is unable to cover its external debt, buy foreign currency, and from there satisfy demand and consumption.

Especially in the late 80s and early 90s we have huge inflation, hunger and unemployment, the valuelessness of labor. Nutrition in this period is already a matter of survival according to the individual's capabilities. It is uniform, lean and affordable - mostly legumes, which provide some alternative to satiety, and the supply of products occurs through coupons. At the same time, the nutrition and consumption of food products among the elite is on a completely different level - it offers quantity, quality and variety - especially evident during state visits and diplomatic meetings.

It is the consumption of fruits and vegetables that comes as a lifeline in the stormy sea during the hungry years.

Preparing winter food – a strategy for dealing with poverty, deficits, a connection with home and family, autumn labor-domestic mobility, and closing anything in a jar is a guarantee of family survival in our modern history.

However, there is no indicator of our economy, which is both visible and invisible to the socialist Bulgarian, who tries to outwit it and satisfy his shortcomings, and to characterize it, I would like to offer the following quote:

If it were a woman, communist trade would be a courtesan at the front – devoid of charm and style, unkind, without much to offer, and yet with a queue at the door. Although it serves an economy declared successful, its hallmarks are empty shelves, arrogant and unfriendly service, poor equipment, questionable hygiene, waiting, petty fraud – all on one side of the scale, while on the other, artificially low prices are remembered. (Shkodrova, 2014: 91) We have a reciprocity that has maintained the social-

list system for nearly 40 years - the state as the breadwinner and the people who work for their state.

The government needs the masses to serve its interests, and food, which is compared to fuel, is the main motivation for the person who must survive. Satisfying his basic needs, he begins to function loyally to his master: Food became the fuel that allowed you to live and work for the good of socialism. Food became a weapon of class struggle (Bremzen, 2016: 27)

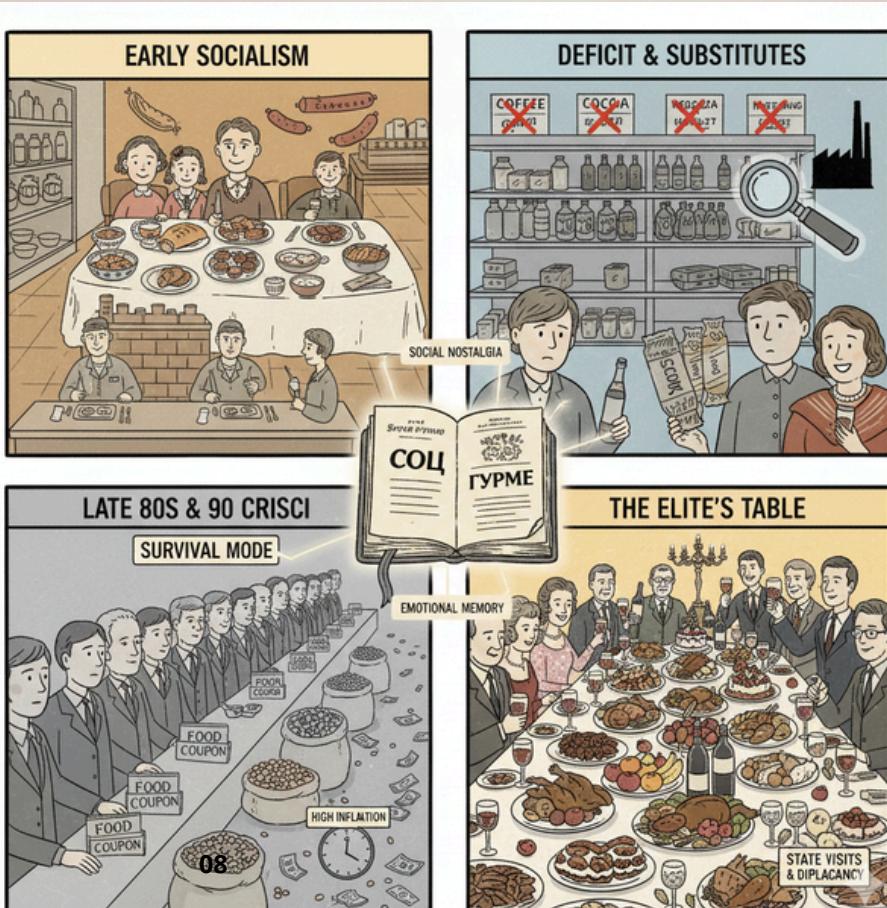
The canteens for public catering appear. The goal is to use the available resources to feed the large masses of hungry workers, for whom a portion is determined according to their gender and age category - for men, women and children we have different portions in volume, and the largest are those of men, of course, as those who perform the "greatest" physical labor. This is a factor that makes a difference between the strengths of individuals. Affected by the new changes is the woman. She is emancipated in the new environment through a series of campaigns to ease her work in the home environment, because she is needed in the ranks of the workers, and housework is defined as a prison:

The woman herself, despite all these innovations, continues to be in the kitchen and feed her family, because home-cooked food is highly valued and far from every woman becomes emancipated, because reality continues to favor men.

However, socialism is making a huge revolution in this direction, and its goal is to bear this burden - of motherhood, of nutrition, of beauty and aesthetics through a series of institutions and services, such as: kindergartens (full-day and weekly), public catering canteens offering food to take home, workers' complexes that include the enterprise, near which is the residential complex, kindergarten, park, department store, etc.

Everything that saves time and effort that is needed for the construction of Communism. This is how we can characterize the period - limited circulation of food products and brands, queues, deficits, coupon system, ingenuity, sharing, mutual aid (so-called second networks/barter). However, scarcity teaches people to be calculating and sober, to help each other in need in order to survive - each period has its bad and good sides, but it builds new qualities and values, and nutrition becomes a unifying symbol of each generation - it unites.

Domestic slavery, "exhausting and degrading", is not for her, in the words of Lenin. It is not for her, the children's routine, the work on "amazingly unproductive, petty, nerve-wracking, dulling" (Lenin again). No, under socialism, society takes this burden upon itself, and the old family will be destroyed over time. "The true liberation of women, true communism will begin," Lenin predicted in 1919, "only there and when the mass struggle begins ... against ... the small household. (Bremzen, 2016: 52)



The illustration is generated with Gemini AI

The world of dreams and the symbols in them

by Nadia Molova

I haven't had the inspiration to write for a long time, but recently I started dreaming again and today I can let loose again. All my dreams had very interesting messages and symbols in them, and the most interesting thing I did with them, in order to fit into the latest fashion, was to share them with Chat GPT and interpret them - psychologically and according to folk beliefs.

Well, if you are not a fan of new technologies, but you still have a pure dose of curiosity, you should look for the hidden meaning of your dreams yourself through the so-called dream book. In it, ethnographers and ancient intellectuals, fortune tellers and magicians - people from different times - have collected in writing the meaning of these symbols and messages, so that people can understand what and why fate is telling them. Before that, in unwritten times, ordinary people learned and passed on by word of mouth this hidden knowledge about nature, man and the world.

Dreams are in their own way connected to the afterlife - our body dies for a certain period of time, and our soul - according to folk beliefs - travels and moves in the world of the dead (it is in a transitional, liminal state). During this time, our ancestors can make contact with us and enter our dream, because, as I have already mentioned in my previous articles, they already have a higher status, because they are part of the world of the ancestors and become protectors of the home, hearth, clan and family - they protect and advise. They give us signs, warn us of danger, and what we see is like a scene from a movie or our own everyday life, but it contains many fantastic elements, even hidden in the form of ordinary phenomena -



here are some of them, which I quote directly from the dream book of the Bulgarian Renaissance activist and ethnographer of the 19th century Petko Racho Slaveykov:

„Hands If you dream that your hands are more beautiful and healthy than usual - it means that you will take on great deeds that will have a favorable ending. You will enjoy respect and loyalty from your subordinates. If in a dream your hand is cut off or it is burned, withered or injured - you will lose a faithful friend, assistant and you will have material difficulties.

If a woman dreams that she has no hand or is badly injured - great troubles and poverty. If you dream that the fingers on your hand have been cut off - it portends that you will soon part with a friend or close assistant.

If you dream that your hands and fingers have shrunk - it means that a loved one is deceiving and betraying you. If you do something with your right hand in a dream - it means imminent well-being for the family. If you do something with your left hand - misfortune."

„If you see in a dream that you have more than five fingers - you will enjoy a new friendship, prosperity, inheritance or profit. If you see your hand hairy - troubles and legislative punishment. If you are young and your hands hurt as if with rheumatism - it means unpleasant events, deprivation. If you dream that you have more than two hands - a surge of strength, fertility and wealth. For swindlers and thieves - a harbinger of failure and punishment."

„If you see how you hold and extinguish a fire with your hands and do not feel pain - it portends that you will be unharmed and you will have the gain you expected. If you hit someone with your hand in a dream - understanding and love with the person you love. If you don't have a boyfriend/girlfriend - you will fall in love and love deeply and you will overcome your enemies. If a woman beats her husband in a dream - she is afraid of him, despite his love. If she beats her lover - her love relationships will be in crisis. If you hold a sword and strike with it - you will triumph over your enemies, success in your affairs, health. If you hold a staff in your hand - you will rule and gain material wealth."

I chose the hand as a symbol because it is the main doer of actions and a person relies on it to perform work - it has 5 fingers like the 5 working days in a week and is connected to the cosmic order, because it can also personify the tree of life and the order that a person is obliged to establish. It is also associated with the original sin - the plucking of the forbidden fruit, which means that it can be both beneficial and detrimental to man, therefore in dreams its different forms carry different messages, on which we should reflect as human beings, and in reality to create only good things with our hands, as well as with all parts of our body and our every action.



Joseph interprets dreams before Pharaoh



Rene Antoine Huas - "Morpheus is awakened by Iris"

On the other hand, if water is present in our dream, this is a good sign, because in the beliefs of absolutely every people water is associated with the purifying power - it cleanses our sins that we have committed with soul and body and is also a very strong symbol that is present in many rites and rituals. Of course, the ancients discovered these messages 1st as the characters of the dream - death, night, the moon and ghosts are described in ancient Greek mythology in the form of personalities, so that people could explain the phenomena and be less afraid of them and honor them, understand the signs and warnings. Such characters are - Nyx (goddess of the night), mother of Hypnos (god of sleep with a thousand faces), who has sons oneri (creating dreams and phenomena in various forms) - Morpheus (appears in the form of a person), Phantasm (inanimate objects) and Ikel (in the form of beasts/horrors), and the one who drives the process of sleep and psychic phenomena is the moon goddess - Selena.

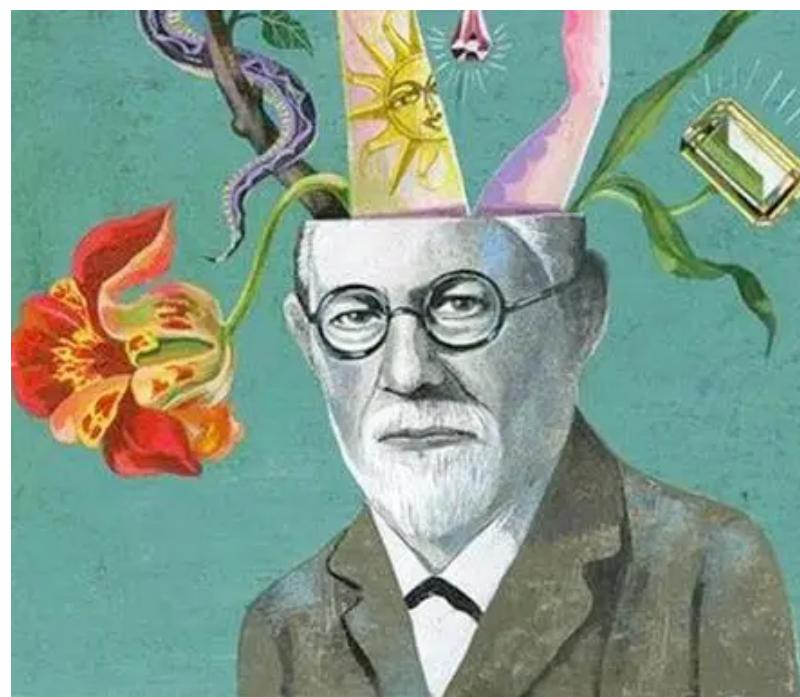
Another character related to dreams and described in Hans Christian Andersen's fairy tale is Ole Lukoje from the fairy tale Ole - Close Your Eyes - an alternative to Morpheus in Scandinavian mythology, who puts children to sleep with sweetened milk and guides them through fantastic dreams.



If you have ever experienced the feeling of paralysis on the border between sleep and waking, or the so-called sleep paralysis, then from a scientific point of view you should know that this is related to your brain, which has given you a signal to wake up and you are trying with all your might to open your eyes and move, but your body has not yet woken up, although you are conscious. From another reading - according to old beliefs - a demon, a spirit, a creature is sitting on your chest or on you, which prevents you from moving, you can call it by different names, and in some regions of the Bulgarian lands (the Rhodope Mountains) it is also called Ant or Mora (something that can bring death, suffocation - the name of the Slavic goddess of death). We can also connect this character with nightmares, but it is specific in that it appears in the liminal state between sleep and life - another phenomenon that is worth thinking about and which may arouse curiosity in you. We cannot fail to note the biblical character of the prophet Joseph, who interpreted the pharaoh's nightmarish dreams and thus saved Egypt from famine, because he understood the meaning of the messages - seven years of abundance and seven years of famine. The number 7 itself is associated with the ideal cosmic order, and the alternation of order with chaos shows the transience of life and the need for balance - just as there are good days, there are also bad ones, but life is a cycle and everything revolves and is restored, and chaos is needed for the resurrection and renewal of life and for us to appreciate what we have - these are the messages that dreams and the sequence of good and evil in our lives give us. The important thing is to read these signs and take advantage of our skills to overcome difficulties in order to enjoy life.



Dreams also have their modern interpretation in science through the research of the 19th century Austrian neurologist and psychologist - Sigmund Freud and his method of hypnosis, in which way he managed to discover the cause of the mental disorder or problem of his patients, because dreams are the mirror of reality, albeit more distorted, but carrying certain messages - a strong desire for something that has not been satisfied or a hidden fear of a childhood memory - this is how dreams come to the benefit of modern science and therapeutic treatment. And what did you dream today and how would you interpret it? What message does your dream carry? Do you think it carries your hidden desires and fears and would you share it with an older woman who can interpret it?



Sigmund Freud - the father of psychoanalysis, using hypnosis and dream reading as an important element of analysis

John Henry Fuseli - The Nightmare (or Mora/Mrava - the Slavic deity of death)

On trip: By the sea

by Anelia Gospodinova

In my new series, it's time to introduce you to the northeastern **Black Sea coast**. It's wild, beautiful, and very exciting. I live 100 km from the sea, and I know some wonderful places, so if you want to find out which are the best places for a beach, continue with the article. Of course, when we talk about the sea, we can't help but mention Varna, the sea capital of Bulgaria. Varna is colorful, full of history, fun and sea. There's something for everyone there. Did you know that the old name of Varna was Odessos, which comes from the ancient fortress on the site of the city? So, when we are talking about history, you can't go to Varna and not see the Roman Baths, which are the largest public ancient building discovered in Bulgaria.

"The Roman baths of the ancient city of Odessos, today's Varna, are the largest public building in the Balkans. The Pontic colony of Odessos was founded around 570 BC by settlers from the Ionian city-state of Miletus. In addition to the Greeks, Thracians, Asia Minor, Romans and settlers from many other ethnic groups lived here. Everywhere the Romans settled, they built baths."

-quote from RIM Varna



But let's go back a little further in time, somewhere around the 5th millennium BC. During the Chalcolithic era, a civilization flourished in the Varna region, to which we owe **the oldest processed gold in the world**. All the finds from the Varna Chalcolithic necropolis can be found in the city's **Archaeological Museum**.

You can't go to Varna and not take a walk to the Sea Garden. Also, if you love the sea, we highly recommend you to swim in it, and the best beach is St. Constantine and Elena, and if you want a quiet corner on the edge of the city, Asparuhovo Beach is for you.



Your next destination must be **Balchik**. This is a place that I adore and every time I come back there is something new to visit. With its botanical garden, Balchik is a paradise for flower lovers. And you can't go there and not visit the Palace of the Romanian Queen Maria. The sea promenade is great, there are small beach corners, as well as restaurants with a great menu. The city has historical and ethnographic museums, where you can see great places. In addition, if you decided to go to the beach, I would recommend The White Lagoon – the beach is tiny and calm, another great option – **Tuzlata**.



Balchik - Botanic garden



Traveling north, you can't help but pass through **Kaliakra**. This place is filled with faith and beauty. If you haven't heard the story of Kaliakra, then it's time to go and learn it. We won't tell you about it, so as not to spoil the experience when you are there and hear it.



Your trip along the northern Black Sea coast should end with the easternmost point of Bulgaria, namely **n. Shabla**. Shabla is a small town where you can relax for a few days, enjoy history, nature and the sea. Once you are there, you should visit the Shabla lighthouse. It is a symbol of the city, and also a piece of advice from us. Take a walk and ask the locals about the healing water. 4 km from Shabla is the Shabla Tuzla, where salt and fresh water meet. An interesting thing about this place is that the mud is healing because of the spring waters that feed the lake. **The large island of Durankulak** is also very close, there you can visit the Durankulak settlement mound, this is one of the most famous prehistoric sites in Bulgaria. There are also many small beaches around Shabla where you can relax and enjoy the beautiful nature. My advice for a beach is the "Small Sea".

So, I hope I have intrigued you with our beautiful Black sea coast. We will also publish an article about the southern part very soon, so do not miss Voyager magazines. Travel, get to know both your country and others and get the best out of your travels!



Museums, you are invited!

Invitation to museums and galleries from Europe

We invite you to become part of our community at www.inheritedculture.com, where history comes alive and speaks in a language understandable to all. We have created our portal specifically to help museums and galleries in Europe expand their audience and create new partnerships.

- **Why register?**

Registering at www.inheritedculture.com allows you to:

- Publish upcoming events – easily inform visitors about exhibitions, lectures, workshops and other initiatives you organize.
- Attract more visitors – share news and information to invite tourists and guests from all over the world.
- Expand your team – our portal will also serve as a registry for young specialists – archaeologists, restorers, paleontologists and other experts who are looking for their place for professional development. This way, you can easily find suitable personnel for specific tasks and projects.

Our vision and ambition is to create a **network** that mainly supports museums outside the major capitals. Our platform will be a place for **exchanging experiences, ideas and inspiration**. We believe that working together and sharing information is the key to preserving and promoting Europe's cultural heritage.

Register today and become part of the future of cultural heritage!

<https://inheritedculture.org/database.php>

[HOME](#) | [WORKING SITES](#) | [VOLUNTEERING](#) | [NEWS](#) | [DATABASE](#) | [ABOUT US](#) | [CONTACT US](#)



DISCOVER CULTURE IN A NEW WAY
Find what is hidden behind everything that was left behind.



Inherited Culture

F.I.R.E

For those seeking training

by Bulut Erbas

Internet offers us great opportunities for intercultural learning and collaboration. F.I.R.E. extends this experience into the digital sphere. While some programs as Erasmus+ allows participants study, train, or take part in projects abroad, the app supports people that don't have opportunities or time to travel for studying by helping them learn not only languages, but many other subjects and topics.

Just as Erasmus+ opens doors to the world, App F.I.R.E. helps people sustain what they learn in their everyday lives. In this sense, the app acts as an extension of the Erasmus+ spirit: more learning, more connection, and more cultural sharing.

With the addition of Turkish to the F.I.R.E. app, my goal is to increase the visibility of my language and culture while also giving to Turkish people the chance to explore it and develop skills and knowledge to prepare their project-proposals under Erasmus+, ESC and many other programs that could support your ideas to receive money and to be realized.



 Action

F.I.R.E. app

Easy to study
(Whatever you are)

You can find it on:



Get It Now
From App Store
www.studyathome.eu



F.I.R.E. App: Why I Do It in Turkish language?

The F.I.R.E. app is a digital tool created to support learning processes, and most recently, the app added a Turkish language option, making it more inclusive and accessible for diverse communities.

For me, F.I.R.E. is not just an application; it is a space for learning, growth, and help your dreams to become real. Empowering people with the chance to access knowledge, to show them how they can act and make changes, all of this will makes societies more interesting, colorful and stronger. That is why F.I.R.E. is much more than a tool: it is a learning bridge open to everyone.



 Action

F.I.R.E. app

Public opinion leader
or Influencers that
can inspired us



Get It Now
From App Store
www.studyathome.eu

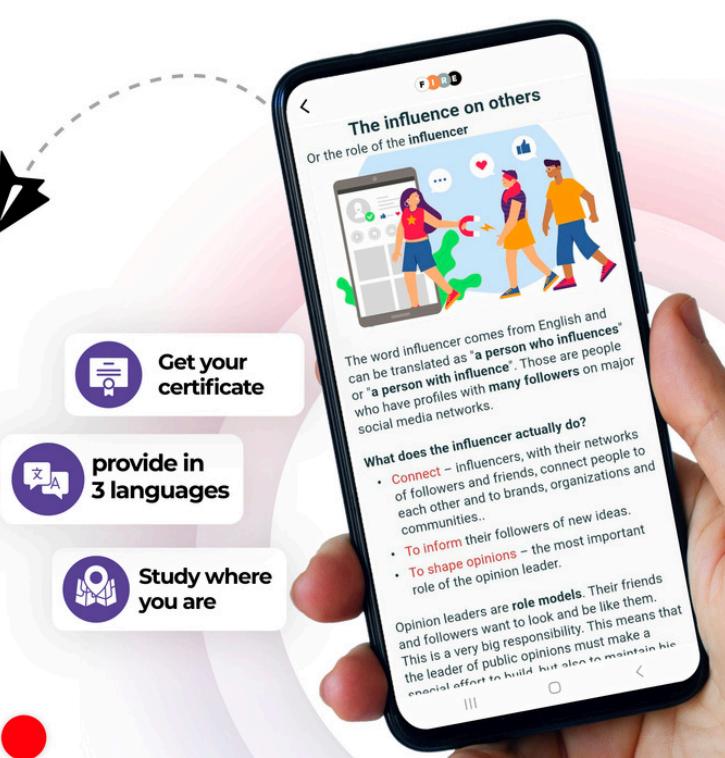
You can find it on:



Get your
certificate

provide in
3 languages

Study where
you are



Upcoming:

Democratic mosaic III edition festival for NGO-s



Join Us at the "Democratic Mosaic" Festival!

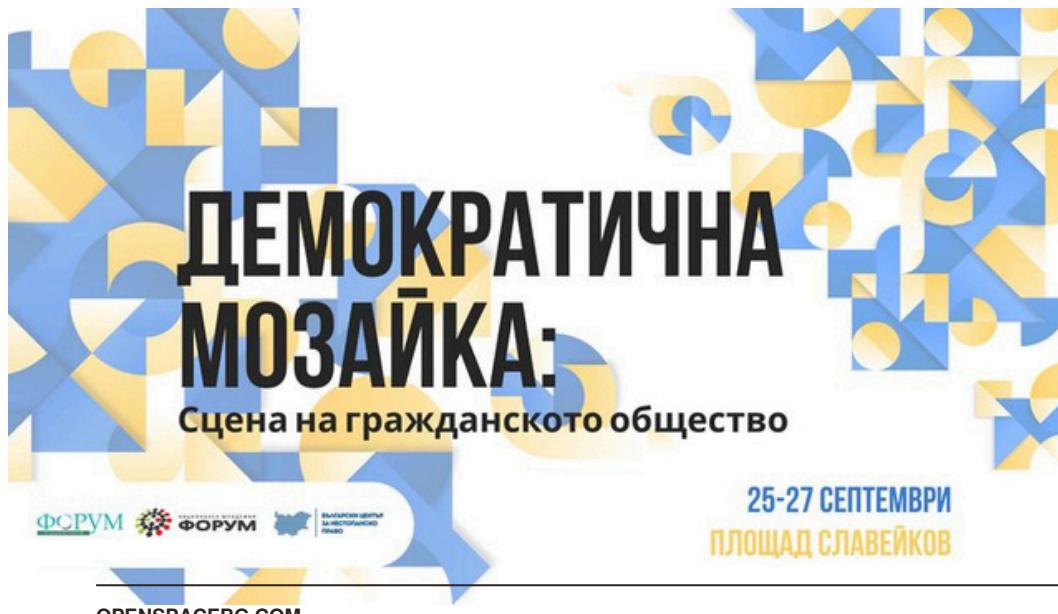
The third edition of the "Democratic Mosaic" festival, organized by the National Youth Forum and the Civic Participation Forum, will take place in Sofia from **September 25-27**.

This year, our team will be part of the event to present our **educational materials on the topic of anti-corruption education**. These materials were developed in partnership with organizations that are members of the [International CHANCE Network](#).

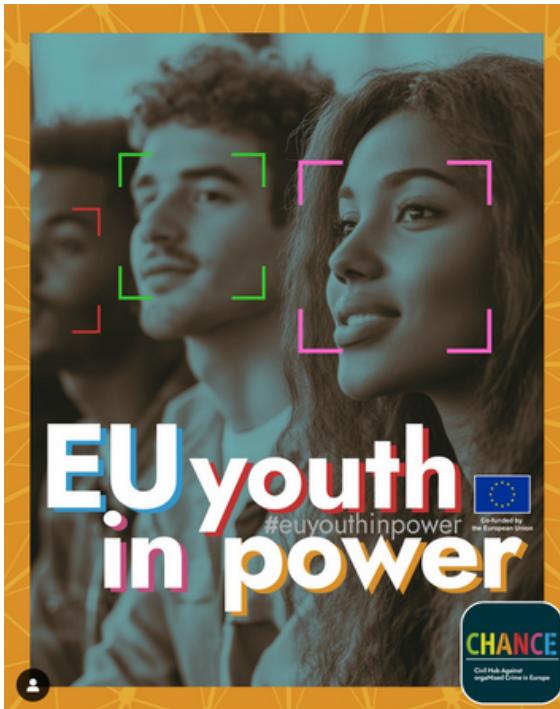


We invite you to come and get a closer look at our educational games and meet our team in person. Don't miss the opportunity to learn more about how we can work together to foster civic engagement and integrity.

We look forward to seeing you at our booth!



Upcoming:



CHANCE network brings us for Training 2 in Albania

As part of the EU YOUTH IN POWER project, the CHANCE Network will implement a structured training plan to strengthen the capacity of its members and key local stakeholders in civic engagement, anti-corruption, and the prevention of organised crime. The training programme is closely aligned with the strategic priorities of the CHANCE Manifesto and aims to empower young people as proactive actors of democratic change across Europe.

Second training for 2025 will be in Tirana (Albania)

Main focus:

- the social reuse of confiscated, abandoned or underused assets, and
- the role of the social economy in preventing criminal infiltration, with a combination of expert inputs, peer-to-peer exchanges.

When? September 25-26, 2025

Who is it for? CHANCE member organisations and local stakeholders (youth organisations, CSOs, educators, public officials)

The CHANCE Training Plan 2025 serves as a catalyst for empowering youth leadership, promoting anti-corruption and antimafia culture, and nurturing a shared European civic space grounded in justice, integrity, and solidarity.



Upcoming:

International conference and Pop-up events




against online violence against girls and women

Register Now

DIGITAL CITIZENS
international conference

Sofia, BULGARIA 9-11 OCTOBER 2025

You are invited to the "Digital Citizens" Conference in Sofia!

The team at the Open Space Foundation is pleased to invite you to the **"Digital Citizens: Rights, Responsibilities, and Critical Thinking in the Digital Age"** International Conference and Pop-up events, which will take place in Sofia from October 9-11, 2025.

This event is part of the G-LENS (Gender-Inclusive, Long-lasting and Empowered Networks and Societies) project and will bring together academics, researchers, journalists, and citizens.

You will have the opportunity to participate in discussions, workshops, and get to know innovative educational tools and games that help combat gender-based disinformation. The conference is an excellent opportunity to exchange ideas, create new contacts, and build partnerships.

We look forward to seeing you there to build a better digital future together!

Program, key-note speakers, seminars and all events could be seen here: [link to the web page](#)

Upcoming:

Open Windows: Meet Ailin

How does one go from 97 High School Sofia to a student bench in the USA, going through two years of study in Thailand and volunteering in South Africa?

Meet Aileen Hadjiyska! She is an example of how ambition and hard work can take you all over the world.

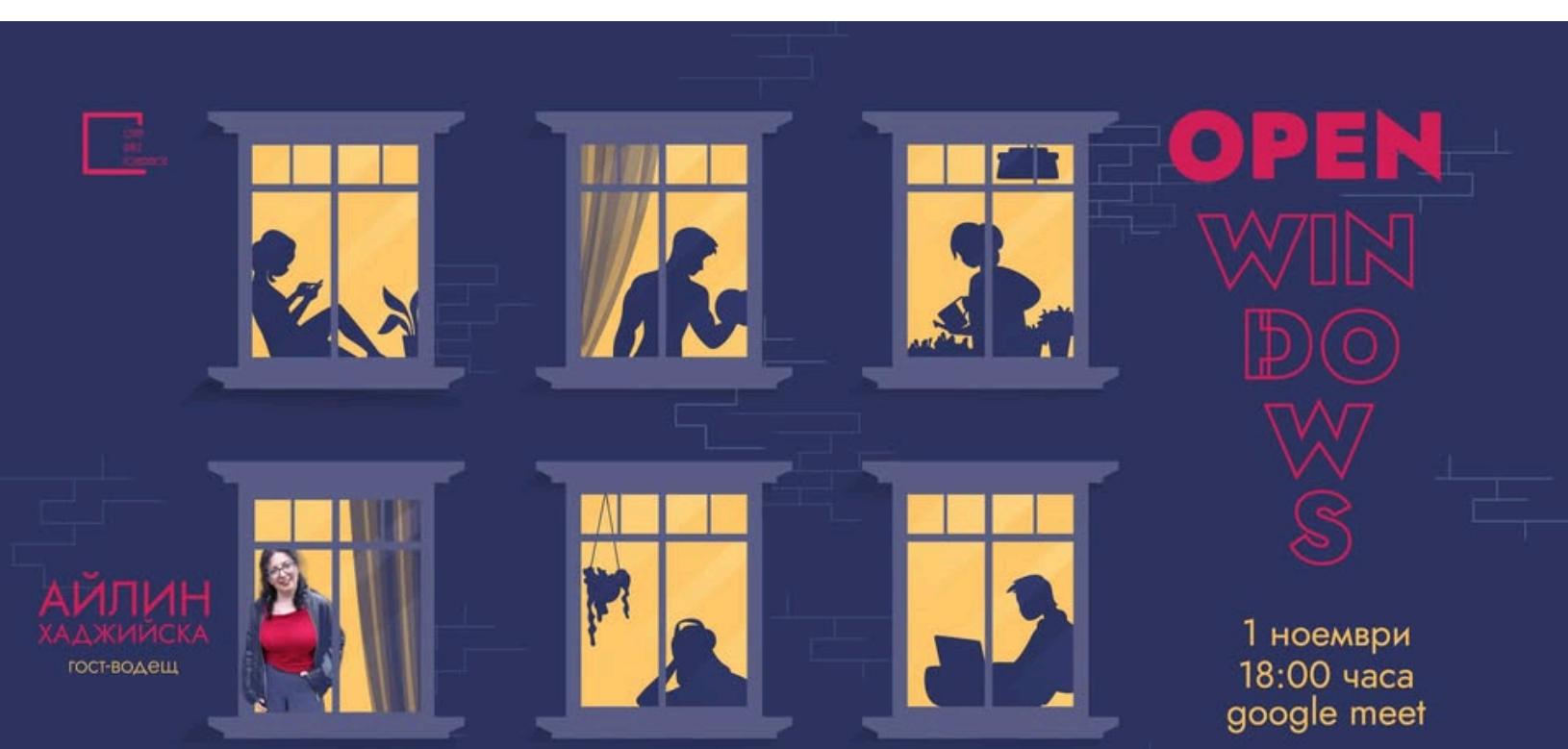
Join our first event in the **"Open Windows"** series - meetings in which young people like Aileen open new windows to the world, sharing their personal experiences.



On November 1 (Saturday), Aileen will tell:

- Where and how she applied.
- How she won the scholarships that made this journey possible.
- What are the biggest cultural challenges for a Bulgarian girl in so many different parts of the world.

"Open Windows" is for you if you want to find out firsthand how others have succeeded. Come ask your questions live!

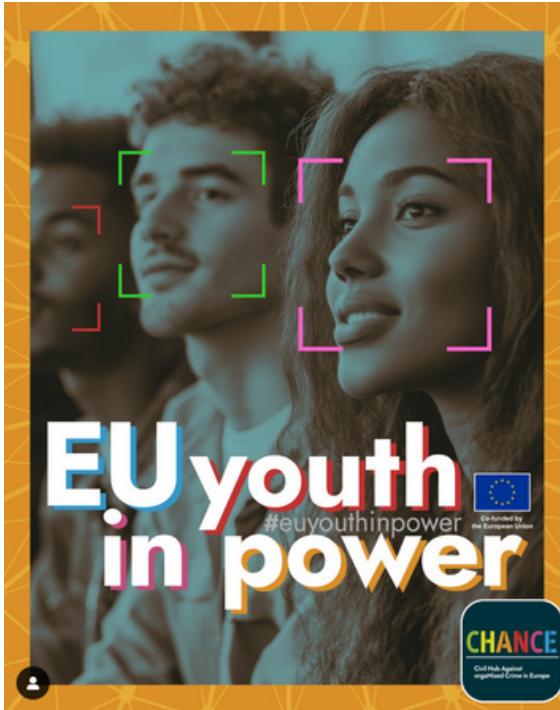


АЙЛИН
ХАДЖИЙСКА
гост-водещ

OPEN
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1 ноември
18:00 часа
google meet

Upcoming:



**Antimafia Seminar
14–16 November
Berlin (Germany)**

The programme:

- **Opening remarks & keynote**
 - Ludovica Böltling, mafianeindanke e.V.
 - Dr. Andrea Del Ferraro, Italian Embassy in Berlin
 - Keynote: Leoluca Orlando, anti-mafia icon and Member of the European Parliament (live connection from Palermo)
- **Panel 1 – GREED: The Mafia. How can we make the Mafia visible in Germany?**

With contributions from: Prof. Annamaria Astrologo (O-TiCo), Judge Dr. Alessandro Bellardita (AG Karlsruhe), author Sandro Mattioli (mafianeindanke), and Dr. Christian Klos (German Federal Ministry of the Interior – BMI).

- **Panel 2 – MONEY: The grey area. How does mafia infiltration work and how can we prevent it?**

With inputs from: Michael Findeisen (financial crime expert, mafianeindanke), and journalists Ludwig Kendzia (MDR), Mandy Sarti (NDR Investigation), and Prof. Dr. Kilian Wegner (Europa-Universität Viadrina).

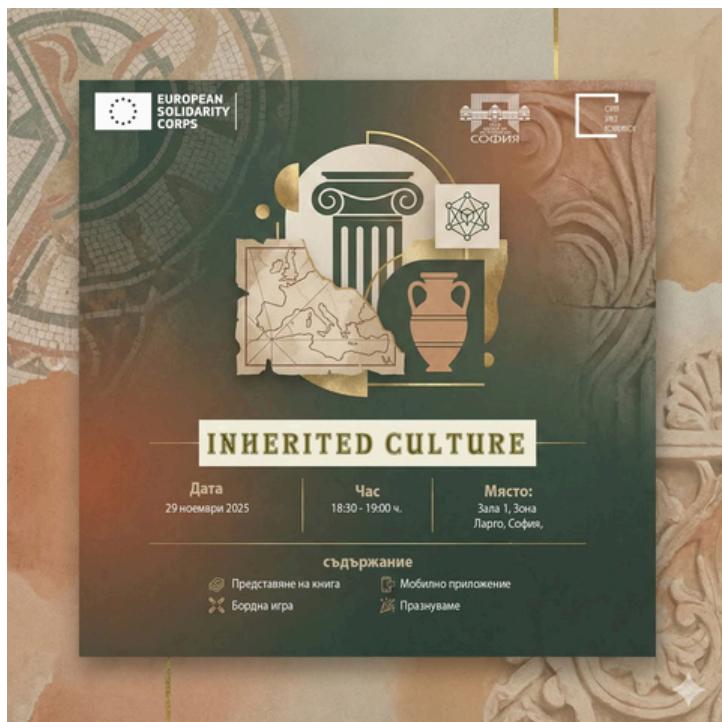
- **World Café – JUSTICE: Civil society. Why do we need anti-mafia movements in civil society?**

With the participation of: Daniel Brombacher (GI-TOC), Manuel Delia (Repubblika, Malta), Gabriele Fantoni (CHANCE – Civil Hub Against orgaNised Crime in Europe), Manoë Mévellec (Crim'HALT, France), Helena Raspe (mafianeindanke), Jan Strozyk (DARC) and Dr. Sarah Vantorre (BASTA! Belgium).

More details and registration:

<https://mafianeindanke.de/event/antimafia-seminar-2025-berlin/#english>

Upcoming:



Past meets future: The finale of "Inherited Culture"



After three years of intensive work and over 130 volunteers from all over Europe, a large-scale project to preserve Bulgarian heritage is reaching its culmination. We invite you to be part of **the official closing of "Inherited Culture"** – an event that proves that history can be modern, fun and inspiring.

What happened behind the scenes? Enthusiasts from all over the continent put their hard work into the field at some of our most significant archaeological sites: **Veliki Preslav**, **Heraclea Sintica**, **Misionis** and **the History Museum in Targovishte**. The result? History is no longer just in textbooks, it is an experience.

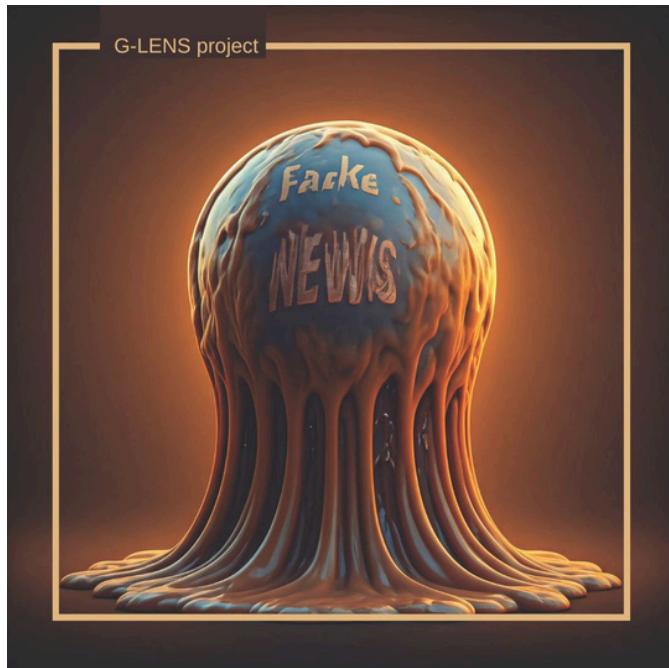
Event details:

- **When:** November 29, 2025 (Saturday)
- **Where:** Conference Hall 1 under the domes of the Largo (Nezavisimost Square), Sofia.
- **Start:** 6:00 PM

Important: Admission is free, but places are limited. Please confirm your attendance via the registration form here: [\[Link to registration form\]](#).



Upcoming:



**Your voice
has power!**

**Open Call for
content creators**



Upcoming:



How to make HISTORY INTERESTING TOPIC IN SCHOOL

DIG IT - BOARD GAME
See how History steps out of the textbook pages and becomes a dynamic, competitive, and memorable experience that encourages critical thinking and a passion for the past.

APP LEGACY HUNT
leads you through a historical adventure with the accumulation of knowledge and the pleasure of the game.

GUIDE BOOK
offers concrete tools, ready-made activities and reflections that you can adapt to make history feel present, playful and meaningful.

www.openspacebg.com

17 December 2025
18:30 CET
in Google Meet

Gamification the past



Are you a teacher, museum professional, or history enthusiast looking to spark curiosity in the digital generation? Join us for an exclusive online showcase of the "Inherited Culture" project, where we bridge the gap between ancient heritage and modern education.

What's in the Toolkit?

Discover three innovative tools designed by young professionals from across Europe to transform how we teach and experience history:

- **"Digit" Board Game:** An interactive journey that turns archaeology into a high-stakes, fun-filled adventure.
- **"Legacy Hunt" App:** A mobile application that transforms historical sites into digital quests.
- **The Inspiration Handbook:** A collection of best practices and personal stories from young history "hackers" across Europe, sharing what made them fall in love with the past.

Join the Conversation

This event is the perfect hub for anyone in the humanities looking for fresh, practical ideas and networking opportunities with like-minded innovators.

- **When:** 17 December 2025 (Wednesday)
- **Time:** 18:30 (CET)
- **Language:** English
- **Where:** [Join via Google Meet](#)

Ready to innovate? Participation is free, but please register here to secure your spot: [Registration Link](#)

partners:





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ЦЕНТЪР ЗА РАЗВИТИЕ
НА ЧОВЕШКИТЕ РЕСУРСИ