

RESET: BEYOND THE SYSTEM

A journey to rebuild humanity in a digitally overstimulated world.

20–29 January 2026
Plovdiv, Bulgaria





ABOUT THE PROJECT

We live **surrounded by noise**, constant notifications, endless scrolling, and pressure to keep up. Yet many of us feel **disconnected, burned out, and unsure of our place in the world**.

At the same time, **our societies face complex systemic challenges**, environmental, social, and economic, that **demand awareness, responsibility, and resilience**.

RESET: Beyond the System was born from that paradox.

RESET is **an invitation to pause, to breathe, and to reconnect with what truly matters** — your values, your body, and your environment.

Over nine days, participating in the project, you will explore how to **slow down, notice, and understand your place within larger social and eco systems**. Through reflection, movement, and experiential learning, you will **rediscover clarity, self-leadership, and balance**, rebuilding the bridge between who you are and the world you live in.

This experience is the first chapter of the Smokinya Academy 2026 – The Human System Quadrology, planting the seeds for conscious growth, communication, and creation.

From clarity → to expression → to creation → to collective genius.

METHODS

We learn by doing, by experience, by participating fully in life.

RESET: Beyond the System follows an experiential, non-formal approach where every activity invites you to explore yourself as part of a larger system. **You'll move, listen, question, and create**, practicing awareness in silence and collaboration in action. **No theory overload, just direct experience, and reflection time.**

Our method blends:

- **Heutagogy** (Self-Directed Learning) – participants shape their path, taking responsibility for their growth and engagement.
- **Experiential & Systemic Learning** – insight through action and reflection.
- **Embodiment & Movement** – learning through body, mind, and emotion.
- **Inner Readiness** – responding consciously, not reacting automatically.
- **Nature-based reflection** – clarity through connection with the outdoors.
- **Digital detox** – days offline to reset.
- **Dialogue & Storytelling** – shared meaning through honest conversation



PARTICIPANTS PROFILE

ELIGIBLE COUNTRIES

EU Member States and Erasmus+ Associated Countries
Third Countries Not Associated to the Programme

This is a learning journey for open and curious people, who are ready to challenge themselves, to disconnect, reflect on deep questions, and rebuild with intention.

So if you're ready to sweat, listen, build, and grow, that might be a **transformative experiences for you!**

WE ARE LOOKING FOR:

- Youth workers, educators, facilitators, and NGO leaders aged 18–35, ready to explore **self-leadership and reconnection**.
- Individuals **active in community initiatives, volunteering, or youth projects** who want to develop systemic and personal clarity.
- Those facing **anxiety, confusion, or burnout** who seek meaningful re-engagement with themselves and society.
- People **open to disconnect from digital devices**.
- A **basic working level of English** is required.

You **must be available for the entire program** (20–29 January 2026, Plovdiv, Bulgaria)

! THIS IS NOT A PAID VACATION TO BULGARIA.

We do not organise, entertainment, or sightseeing

If you are **uncomfortable with honest feedback, teamwork, or physical activities**. And **looking for external motivation** instead of taking ownership and self-responsibility, this project is **NOT for you**.



LEARNING OUTCOMES

Before proceeding, watch this video:
[How language generates your world and mine](#)

Are you willing to allow yourself to start with **I DON'T KNOW?**

By the end of this training, **you won't just know more — you'll feel more** grounded, aware, and capable of leading yourself.

You'll be able to:

- **Understand the systems you are part of** — personal, social, and ecological.
- **Recognize your own patterns** and respond consciously instead of reacting automatically.
- **Manage your digital habits** and practice mindful technology use.
- **Communicate your values and purpose with clarity.**
- **Strengthen emotional balance, resilience, and presence.**
- **Apply what you've learned back home** (in your community, work, or daily life).



PROGRAM OVERVIEW

Day 1 – Arrival & Orientation

Arrival day

Days 2–5 – The Offline Journey

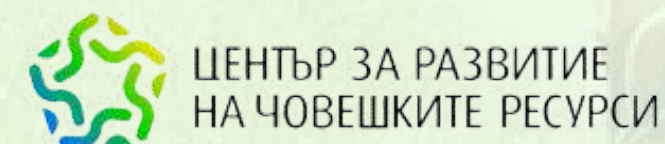
Four days **fully offline** — silence, nature, movement, and reflection. You'll **explore your place** within personal and social systems, **reconnect** with your body, and clarify your values and purpose through **teamwork, movement and reflection**.

Days 6–7 – Reconnection & Systems in Motion

Gradually **returning online** and integrating what you've learned. Emotional intelligence, peer coaching, and designing your personal RESET Action Plan.

Days 8–9 – Community & Closure

Collaboration with local initiatives in Plovdiv, followed by celebration, Youthpass reflection, and a closing circle to harvest insights **and close the journey**.



ABOUT US

Smokinya Foundation contributes to creating a world that works for everyone, out of love, care, and cooperation.

We hold an Erasmus+ Accreditation in the field of Youth and a Quality Label as a Lead Organisation under the European Solidarity Corps, both valid until 2027. We have facilitated youth development of more than 2000 people since 2016.

Our work is grounded in heuristic and experiential learning – enabling individuals to discover and develop for themselves. We promote heutagogy (self-determined learning) as a foundation for lifelong growth and maturity.

New Wellness Education - APS is specialized in education of youth and training of professionals with the main focus on mental and physical well-being, fostering at same time the recognition and quality of youth work.

All our programs are implemented using methods from the so called non-formal education, working on the recognition of such methodology, recognition of youth work and increasing its quality.

The organization works with people in need, offering support and consultancy to disadvantaged as well as events, workshops, campaigns in order to support local and international youth and adults in need.



TEAM



Tihomir Georgiev

Youth worker and trainer, certified NLP coach with 12 years of field experience. Interested in human excellence and performance. Topics that interest him include motivation, mindfulness, goal-setting, integrity, participation and international cooperation. His focus is the ontological-phenomenological coaching, and NLP as tools for self-reflection and growth. He is in the Trainers' pool of the Bulgarian NA since 2014. In his toolbox, he loves using conversational methods, body movement, intuitive methods, coaching methods, mindfulness, visualizations, music, dance, outdoor.



Fabrizio Gallo

Trainer with over 10 years of experience in Erasmus+ and more than 80 international projects managed across 12 countries. Founder and board member of several non-profit organisations, he is an expert in facilitation, coaching, project management, social impact, and system change. Selected as a Horizon Europe Young Ambassador (Food Line) and recognized as a ChangeMaker by Ashoka and the Italian National Agency, he brings a strong commitment to youth empowerment and transformative education.

PROJECT PHASES

- **PROMOTION AND SELECTION: OCT - NOV 2025**
- **PREPARATION: DEC 2025**
- **ARRIVAL DAY: 20 JAN 2026**
- **DEPARTURE DAY: 29 JAN 2026**
- **FOLLOW UP: FEB 2026**



COST FEES

The training is co-funded by the Erasmus+ programme, covering accommodation, meals, materials.

***Rules apply**

Travel cost per participant up to the maximum allowed limits.

*We ask a sliding scale contribution based on your individual situation.
50-90 EUR suggested sliding range per person, based on your individual situation.
That is to support our field work and the renovation works in our rural centre.*



ЦЕНТЪР ЗА РАЗВИТИЕ
НА ЧОВЕШКИТЕ РЕСУРСИ



Co-funded by
the European Union

SELECTION PROCESS

- Step 1 – Open Call for Participants: Published on Smokinya's and partner organizations' channels (website, social media, mailing lists, youth networks).
- Step 2 – Application Form: Applicants describe their motivation, background, and learning goals, and indicate if they face any fewer-opportunity conditions.
- Step 3 – Partner Review: Each partner organization shortlists 1–5 candidates per country based on inclusion criteria and motivation.
- Step 4 – Final Selection by Smokinya Foundation: The hosting team ensures group diversity, inclusion balance, and compatibility of learning needs.
- Step 5 – Pre-Departure Support: Selected participants receive an Confirmation letter with details, learning agreement to read and sign, and extra details on safety, and content to ensure readiness.

FOLLOW-UP

Participants are expected to support the promotion of Erasmus+ programme and the youth opportunities by implementing follow-up activities.

- Online follow-up call one month later to support local action implementation.
- “Reset Actions” — participants organize small-scale reflection or volunteering events in their home communities.
- Dissemination through events, presentations, workshops and reaching 10 other local youth.
- Smokinya’s website, blogs, and social media, as well as on websites and social media of partner organisations.

REIMBURSEMENT



ЦЕНТЪР ЗА РАЗВИТИЕ
НА ЧОВЕШКИТЕ РЕСУРСИ



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Do not buy tickets before our explicit confirmation!

The maximum amount limits per person for a round trip are stated in the Erasmus+ programme guide.

Always choose the MOST ECONOMIC ways of travel.

Only 1 day before, and/or 1 day after the project dates are eligible for travel reimbursement.

Reimbursement is based on distances, and can vary.

Travel cost per participant up to the maximum allowed limits.

***Rules apply**

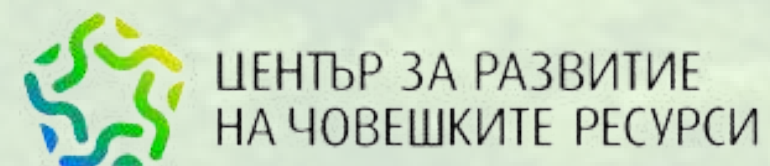
Green travel relates to environmental sustainability: the project is designed in an eco-friendly way and incorporates green practices (e.g. green travel). Green travel is the one that use low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling (with 3 or more people on board).

The total trip distance must be at least 60% done in an eco-friendly way (bus, train, carpooling).

Additional documentation is necessary. Bulgarian NA has strict rules and requires

[Click here for our Reimbursement policy.](#)

REIMBURSEMENT



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- **Do not buy tickets before our explicit confirmation!**
- Always choose the **MOST ECONOMIC** ways of travel.
- Only 1 day before, and/or 1 day after the project dates are eligible for travel reimbursement.
- Green travel must be at least 60% of the total trip distance. **RULES APPLY!**
- [Click here for our Reimbursement policy.](#)

ERASMUS+ DISTANCE CALCULATOR

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

APPLICATION

Have you read the entire infopack?

Read it once more.

Your journey starts here.

Your answers matter.

By filling it in, you're not only applying,

you're agreeing to the challenge,

committing to the attitude described in this infopack,
and **choosing to show up** fully for yourself and the group.

Ready to RESET?

APPLICATION FORM

QUESTIONS?

CONTACT US:

INFO@SMOKINYA.COM

