



Hi all,

My name is Anya. I am a "Sure Start" participant and Partnership for Every Child volunteer. Recently, I have participated in the International Training for Youth In/From Care (Sofia, Bulgaria). I would like to share my experiences with you.

I joined "Sure Start" when I was living in residential care institution in Pereyaslav-Khmelnytskyi (Kyiv Region). Thanks to this programme, I gained a huge positive experience, met a lot of interesting people and developed my life skills.

In 2011, I entered the National Technical University and fully immersed into the student's life. After the end of the first year in University I was offered the chance to take part in the international training of the young people with experience of living in care. In the end of August, I was told that I was selected for the

training so I started preparations for the trip to Bulgaria. I was expecting to find out more about the challenges care-leavers are faced with when they begin independent living, their ways of dealing with them and also to share my experience.

So, on 17 October we set off for Bulgaria. The flight itself was an event on its own because I love planes and everything related to them. We were impressed with Sofia straight away: lovely weather, friendly and outgoing people. We met a lot of young people from different countries of the world at the training, nevertheless the atmosphere was friendly and relaxed.

“ Taking part in the training helped me to realise that care-leavers are facing challenges not only in Ukraine, but also around the world, in the more developed countries. ”

I was learning something new every day at the training. We were never bored. A week's stay in Sofia has gone really quickly. Most of all, I remembered the last day before our departure. It was heart-breaking to say good-bye to everyone because I got attached to them so easily. You realise that you have to leave in a few hours and this thought makes you sad, because you will not be able to see those people who you got used to over the past week.



“ I would like to use knowledge I received during the training to support youth leaving care in my own country and to help them to get easier adapted to adult life on your own. ”



*Sincerely,  
Anya*

P.S. And on 3-4 November myself and Nina were facilitating the meeting of the youth club "How to be successful"...

However, I do hope we will see each other again one day.

Upon our return to Ukraine I went back to University and told all my group mates about Bulgaria, their culture and traditions – they were all excited to learn about it.