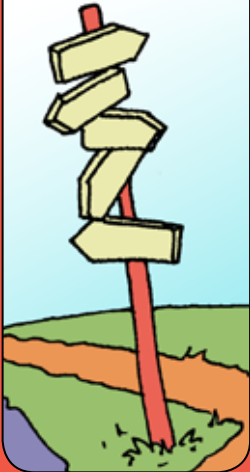




PULSE Foundation



A GUIDE TO HAPPINESS

This is a booklet for all grown-up children leaving residential care and setting out on their own life journey, filled with hope for happiness!

Hello, my friend!

This is a booklet for all those of us who live or used to live at a protected residential care home. A home where caring adults made it possible for each of us to feel protected and supported. A place where we faced many challenges but we also made friends.

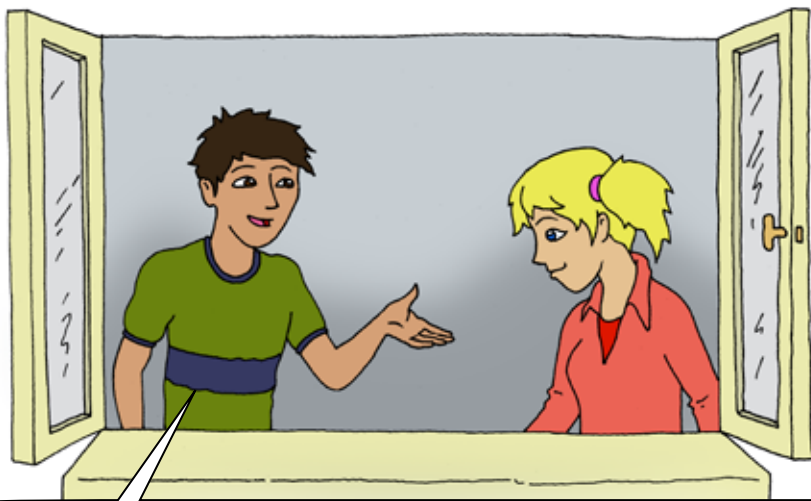
Here we found:

- FREEDOM AND PEACE,*
- UNDERSTANDING AND SUPPORT on our challenging journey into adulthood,*
- EDUCATION at a school of our own choice,*
- FRIENDS to stand by our side and share our happy and sad moments,*
- a FAMILY to take CARE of us.*

** In this booklet, 'Home' refers to residential care services. In Bulgaria these include Crisis Centres, Family-Type Residential Centres and some others.*

... What is ahead of us?





- Maria, now that we are 18, the thrilling age we have been waiting for with excitement, are you asking yourself – like I am:
What is ahead of us?



- A journey is ahead of us now, Petar! Here at the Home we have named that journey our Life Project. It is a journey on the road to making our dreams come true, to achieving the goals we have set ourselves and thus being happy.

- I'm so nervous about leaving the place where I've lived so far. I am wondering... which way to go, where I am actually headed for, what my goal is? I know that our Life Project also has to do with the **fundamental rights** that we have and we will always have.

But what exactly does that mean?



It's more than clear that I am now a full citizen of my country and the world, and I have all the rights and obligations of an adult. This is guaranteed by the Constitution of my country, and globally by the Charter of Fundamental Rights of the EU and the Universal Declaration of Human Rights adopted by the UN.

It is important **not only to know our own rights but also to recognise and respect the rights of every human being**, regardless of their skin colour, race, religion, age, sex, education background or nationality.

The most crucial thing to know and remember is that each and every one of us needs and has the fundamental human right to **life in freedom and dignity!**



Hey, young man, are you wondering which way to go?

Whatever you choose, it is important to know: **By leaving the Home, you are not left on your own!**

If you need support in finding employment or housing or in pursuing your education, you can rely on me and on all other significant adults who have been by your side, supporting you on your journey so far. We can always discuss your ideas, your choices and everything that bothers you.

First you have to find your answer to the question: „What way are you going and where do you want to find yourself?“

After you leave you current home, the most important thing is to have somewhere to stay. This means you will need to have a place you call your HOME.



If you have chosen to live alone, you will need some lodging. You can get support for that from the social worker at the Social Assistance Directorate in the area where the Home you lived at so far is located. Together with the social worker you can look for a place to rent.



It would be wonderful if everyone could work in the occupation they like most and are qualified for. Until you get the education you need for your dream job, however, it is important to have a temporary job to earn your living and meet your daily expenses!



So, let's now see what skills you have!

I know you're great at cooking. Would you like to do this professionally?

Or

- I have seen you making furniture in the workshop. You are very good at that! Using these skills, you could make the furniture not only for your own home but also for many others, and so you could earn a good living.

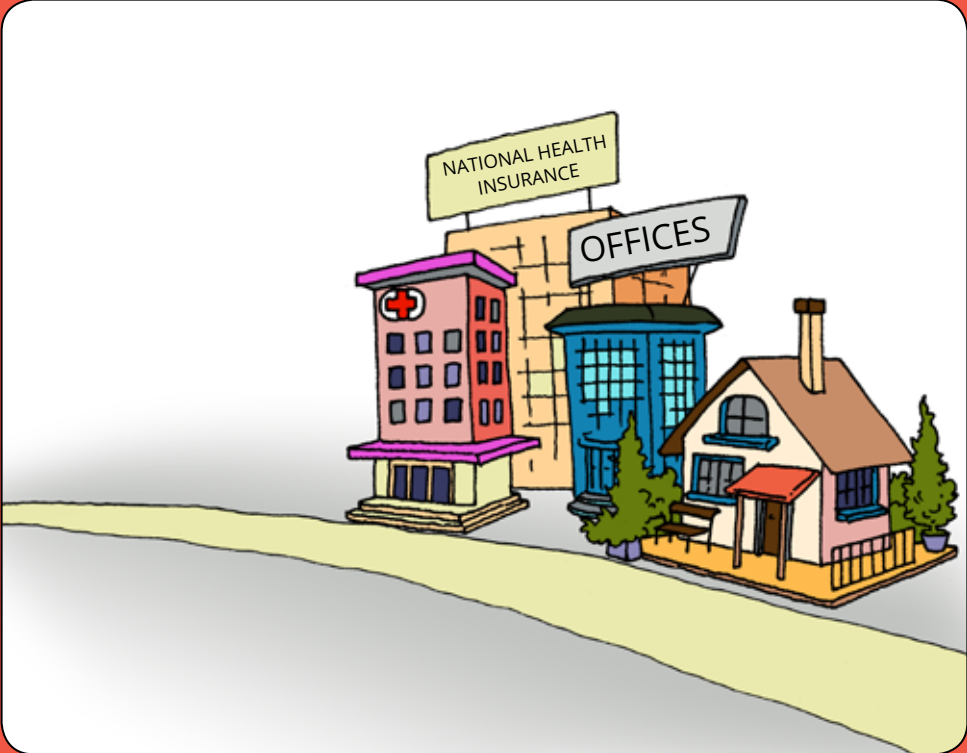


You can ask the Public Employment Office operating in the area where you live for information and support in finding a suitable job.



Hey, Petar, don't forget to also take care of your health!

You will need to choose a general practitioner (GP) and a dentist to be available to you when you need their help. The doctors you choose should work somewhere not far from your home. To complete the procedure, you have to obtain the required papers from the office of the National Health Insurance Fund in your town or city, fill them in and bring them to the selected GP.



Let's think about your dream job. What is it??



Hey, Petar, let's go to concert tonight? It's your favourite band playing. Everyone has the right to have fun and enjoy art! What are you doing, by the way?



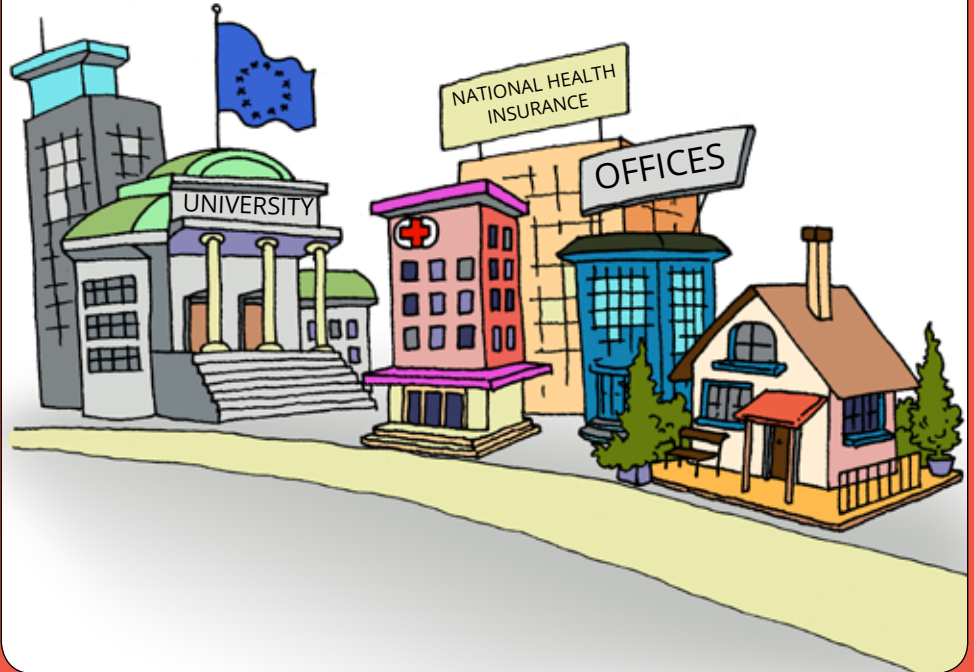
We are talking about our lives after we leave the Home. What about you, Maria, what job do you dream of?

I dream of continuing my education, but it's so hard to figure out what I would like to work, and which university to go to.

The sky's the limit! Together with your social worker you can select the right university or other educational institution to make your dream come true!

Well, I'd probably like to be a social worker or psychologist, or perhaps a doctor.





If your civil rights are violated, it is important to know:
We are all by your side and we will always be there to help!



A GUIDE TO HAPPINESS

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SUPPORTS

Where to find information, knowledge and help:

- 112 – national and European emergency number
- +359 76 60 10 10 – PULSE Foundation
- A list of universities in Bulgaria
<https://www.ilhanarif.com/others/97-university-bg>
- Ministry of Labour and Social Policy
<https://www.mlsp.government.bg/>
- National Employment Agency – <https://www.az.government.bg/>
- How to find a job – <http://trudipravo.bg>
- Ministry of the Interior – www.mvr.bg
- Ministry of Justice – www.justice.government.bg
- Constitution of the Republic of Bulgaria - www.parliament.bg/bg/const
- The Universal Declaration of Human Rights
www.cdpd.bg/?p=element&aid=32
- The European Union Charter of Fundamental Rights
www.cdpd.bg/userfiles/file/Legislation/EU_Charter_Human_Rights_Bg.pdf