



Erasmus+



What if I get involved?

Info Pack

Training Course

15 – 23 September 2015

Youth Exchange

15 - 24 October 2015

Asociatia Tineret pentru Dezvoltare Durabila

Partner organizations:

Stowarzyszenie Zmiana Tematu

Ticket2Europe

Bulgarian Youth Forum

Asociacija "Aktyvus Jaunimas"

Basic information:

- **Dates and Location:**
 - **15-23 September 2015:** Training Course in **Ranca, Romania**
 - **15-24 October 2015:** Youth Exchange in **Horezu, Romania**
- **Participating countries:** Spain, Poland, Lithuania, Bulgaria and Romania
- **Number of Participants:**
 - Training Course – **4 participants / country**
 - Youth Exchange – **7 participants (6+1 group leader) / country**
- **Age for participants:**
 - Training Course – no age limit
 - Youth Exchange – 18-30 years old
- Gender balance is required for all partner countries
- Working language: English

Description of the project:

Nowadays, the possibilities of young people around Europe to travel and learn by using non-formal education are high. In the last years, we assisted to increase in the number of youth participating to non-formal education activities. However, we understand that in many situations, the learning process and the target group is only slightly focused on young people with fewer opportunities, where the need of non-formal education activities is high. Furthermore, the initiatives of the young people from the partners organizations are limited as size and can't create a sustainable effect, integrated in a mainstream of youth work in the field of volunteering, that can help youth develop their key competences as civic behavior, intercultural skills and knowledge, practical implementation of non-formal education methods.

The project "What if I get involved?" proposes a different approach for the work of youth in the field of volunteering using non-formal education. We will create a example of large scale youth event, using the concept "Youth Exchange with local community", where both the participants and the youngsters from local community are involved in the learning process starting with the early stages of the exchange. We aim to create the impact for participants and the local youngsters as the activities are implemented, to multiply the concept and the activities experienced in all the communities of the partners, so we can integrate the concept in a mainstream for youth work, with a lot of visibility and participation of the community.

Main objectives of the project:

Acquiring planning and implementation event skills in order to promote youth involvement in community life.

1. Involvement and development of young people in order to improve their skills for working with young people.
2. Generating non-formal ways of working with youth programs.
3. Cultivation the spirit of initiative, civic competences and cultural expression about the role as youth in the community and ways of involvement in volunteer activities based on non-formal education.
4. Promoting the international dimension of environment NGO volunteer activities by integrating non-formal activities that involve interaction with the local community.
5. Generating and sustainability mainstream effect for application of non-formal education among youth.

Transport

The international travel for participants can be made by plane, train or bus. Car travel it is not allowed.

The arrival/departure days for the 2 mobilities are:

- Training Course – **15 September 2015 (arrival day) - 23 September 2015 (departure day)**
- Youth Exchange – **15 October 2015 (arrival day) - 24 October 2015 (departure day)**

All participants should plan their travel until Bucharest. You should arrive to Bucharest in the morning hours (before 14:00 PM) and departure in the evening hours (after 14:00 PM). For those of you who wish to spend extra time in Romania for visiting purposes, its possible to book travel tickets with maximum 2 days before arrival day and 2 days after departure day.

- For participants who will come by plane, you should arrive in Bucharest, at the Henri Coanda Airport (OTP) <http://bucarestairports.ro/otp/index.php>. Use the buses **783 (for main square)** and **780 (for train station)** to go to the city center (there are ticket vendors in the airport). As advice, for exchanging money it is recommended to use exchange offices or banks in the center of Bucharest. Average exchange rate is 1 EUR= 4.45 RON

- For participants who will use other means of transport (e.g. bus or train), please inform us about your arrival in Bucharest so we can further guide you, depending on your place of arrival.

Reimbursements of travel costs will be made accordingly to the Erasmus+ rules, as follows:

Training Course 15-23 September 2015

Country	Distance (km)	Max reimbursement/person
Spain	2000-2999	360 euro
Poland	500-1999	275 euro
Bulgaria	100-499	180 euro
Lithuania	500-1999	275 euro

* Taxi or private car transport cannot be covered

Youth Exchange 15-24 October 2015

Country	Distance (km)	Max reimbursement/person
Spain	2000-2999	270 euro
Poland	500-1999	170 euro
Bulgaria	100-499	80 euro
Lithuania	500-1999	170 euro

* Taxi or private car transport cannot be covered

We will reimburse the travel expenses during the training course, according to the Erasmus+ framework. Reimbursement will be made only by bank transfer to sending organizations which will distribute money to participants. In order to make the reimbursement, **it is compulsory** that you have all the necessary financial documents. If your travel costs exceed the prices presented above, the reimbursement will be limited to the maximum amount allocated for each country. For the plane transport, the original documents required are:

- **E-ticket**
- **Invoice**
- **Proof of payment or receipt**
- **Boarding passes**

It is very important to form the group of participants in time and buy the plane tickets to Bucharest as soon as possible. We are waiting for the list of participants and plane tickets from you until **10 August 2015 (Training Course) and 1 September 2015 (Youth Exchange) the latest**. After the participants buy the tickets, please send them to us by email or create a google drive for sharing the tickets.

VERY IMPORTANT: DO NOT buy the transport tickets to Romania until you receive the confirmation from us.

Transport to Horezu and Ranca (where the activities will take place) will be organized by host organization. The bus will be waiting for all participants in Bucharest, the meeting point and exact hour will be communicated 2 weeks before start of activities. The bust cost to Ranca/Horezu and return is around **25 euro/person** and will be deducted from the reimbursement of total travel costs.

The group:

We need **4 participants for Training Course** and **7 participants (6 + 1 group leader) for Youth Exchange** from each of the countries: Spain, Poland, Bulgaria and Lithuania. There is no age limit for participants to the Training Course. Age limits for Youth Exchange is between **18-30** and no age limit for the group leaders. We recommend a gender balance for the participants.

Location and food:



Accommodation during Training Course will be in Ranca. Accomodation for Youth Exchange will be in Horezu. The participants will be hosted in rooms for 2 to 4 people.

Meals will be standard for all the participants. Any special requests regarding the meal (e.g. vegetarian, allergies, special diet) should be communicated to the host organization before the start of the activities. Accommodation, meal and activities costs are covered by the host organization.

There is good signal for mobile in the establishment and Wi-Fi internet connection.

Preparation

You should bring with you the following:

1. **All your travel documents as presented above (e-ticket, invoice, proof of payment, boarding passes).**
2. It is strongly recommended that the participants will make a **health insurance** for the period of the project, although the cost for insurance can't be reimbursed. Romania is an EU member state, so the cost of health insurance is quite low.
3. **Traditional foods and drinks from your countries.** We will organize cultural evenings during the project. You can be creative and funny! Can be costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks ☺ You can present videos, photos, sing music and dance traditional dances from your countries. We count on you to make these evenings as interactive as possible.



4. **Clothes:** We encourage the participants to bring various clothes with them. For more information about weather, please consult weather website few days before arrival:
<http://www.accuweather.com/en/ro/horezu/281334/weather-forecast/281334>
5. **Information about your sending organization and its activities.** Please prepare a presentation about your sending organization, in order to find out: aims, specific activities, membership type, methods used by youth workers dealing with young people in their local communities.

6. More preparation for the activities will be posted online when the participants are selected.
7. **Good spirit, joy and happiness!** 😊

About Romania:

With a surface area of 238,391 square kilometers (92,043 sq mi), Romania is the largest country in southeastern Europe and the twelfth-largest in Europe. Romania's terrain is distributed roughly equally between mountainous, hilly and lowland territories. The Carpathian Mountains dominate the centre of Romania. According to the census data from 2011, Romania's population is about 20 million people. Bucharest is the capital and the largest city in Romania. Romania has four other cities that are among the European Union's 100 most populous: Cluj-Napoca, Timișoara, Iași and Constanța. The list of World Heritage Sites includes Romanian sites such as the Saxon villages with fortified churches in Transylvania, the Painted churches of northern Moldavia with their fine exterior and interior frescoes, the Wooden Churches of Maramureș unique examples that combine Gothic style with traditional timber construction, the Monastery of Horezu, the citadel of Sighișoara, and the Dacian Fortresses of the Orăștie Mountains.

Peleş Castle (Sinaia), built between 1873–1914, is considered one of the most beautiful castles in Romania and Eastern Europe. Unique architecture and gold gilded rooms attract thousands of visitors daily. Voroneț Monastery, built in 1488, is one of the most valuable foundations of Stephen the Great. Also, Unirii Square is the treasure in the heart of Cluj-Napoca, on which rises the St. Michael's Roman Catholic Church, guarded by two "twin" buildings on the eastern side.

For more details you can check out the following links:

- <http://en.wikipedia.org/wiki/Romania>
- <http://www.romaniatourism.com/>

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See you all in Romania!! 😊