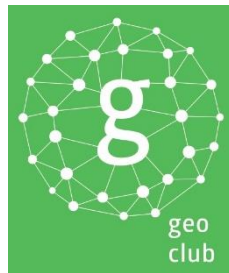


Eco Life

youth exchange

Poiana Negrii (Vatra Dornei), Romania

09-19 October 2016



Erasmus+

About the organizers:

Geo Club is an independent non-profit non-governmental organization, which develops its activities mainly in Romania, at local and regional levels. Our association encourages the active participation of young people into matters that concern the society, regardless their background.

Geo Club was established by young people who developed skills while volunteering in other bigger associations and wanted to give something back to the local communities in which they were living. Its main aim is to promote the development of education, social values and stimulate the active civic participation of young people in general and from Romania especially through:

- Encouraging youngsters towards mobility and increasing the mobility of youngsters who already are aware of its importance;
- Ensuring a positive exchange of experiences between young people in order to increase their intercultural awareness and general knowledge;
- The promotion of cooperation between youngsters belonging to different cultures and countries, mainly by underlying the importance of European unity;
- The stimulation of cultural activities and the implementation of various national and international educational programmes that respond to the social values of the European Union;

- The collaboration with other national and international organizations and institutions which have similar objectives and ideals as Geo Club;
- The assurance of support to our members for attending various projects, courses, trainings, seminars which correspond to our domains of interest;

The implementation of seminars, workshops, conferences and various other manifestations on themes of European importance and with national and international participants.

About the project:

Eco Life is a youth exchange with partners from 5 European countries: **Romania, Spain, Lithuania, Estonia and Czech Republic**. It will last 6 months, from 1 August 2016 until 31 January 2017, with a period of 9 days of activities, as well as one day for traveling before and one after, between **9 and 19 October 2016**, 11 days in total. The location of the activities is the village of **Poiana Negrii, close to the mountain resort of Vatra Dornei, Romania**. At the activities will be present a group of 40 youngsters with ages between **18 and 30** and 6 group leaders without age limit. The Romanian group will consist of 8 youngsters and 2 leaders, the foreign groups will consist of **8 youngsters and 1 leader**.

Eco Life will offer space for young people to share their knowledge, ideas and points of view related to **why the protection of the environment is important** and how they can **develop eco-friendly habits** in their daily routine. It will allow the participants **to do concrete actions to preserve the local environment** in Poiana Negrii and also to create **promotional materials** (videos, brochure), through group work, in order to share their views and impacts many other young people from their home communities.

Furthermore, the participants will manage to learn through **concrete situations** (study visits, hikes, workshops, self-reflection) about the topic of our project.

Transport:

You will arrive in Bucharest at the **Henri Coanda Airport (OTP)** <http://www.bucharestairports.ro/otp/index.php>. Use the buses **783 (Unirii Square)** and **780 (Gara de Nord – main train station)** to go to the city (you have non-stop ticket office in the station at the airport), where **you can pay by card**. At the airport everything is quite easy to figure out and buses to the city are functioning non-stop even through the night. As a piece of advice, **don't** change too much money inside the airport because of the bad rates (5-10 euro is more than enough to get your whole group to the city!) and **don't** take any taxis, especially if the taxi driver approaches you in the Arrivals Hall!

The arrival day to Bucharest **must be 9 October at maximum 18:00 in the evening!** If for some reasons you cannot manage to find tickets with arrival in the morning or in the after-noon please email us and we will find a solution for you! The arrival hour is like this because **we need to leave for Poiana Negrii in the evening around 22:00** and we will travel through the night in order to get there very early in the morning, on **10 October!** You can also **arrive 1 or 2 days earlier** to visit Bucharest, **on your own expense**.

The meeting point for the departure to Poiana Negrii will be in Bucharest and transmitted to you at a later date.

The departure back to Bucharest **will be on 18 October in the evening**, so make sure you have flights that leave around **12:00 at the earliest on 19 October**, because we will, again, travel through the night and probably reach Bucharest around **7:00-8:00** in the morning on **19 October!** You can also stay in Bucharest **1-2 days later** and visit, **on your own expense**.

You need to send us by email (or bring with you) all original receipts, invoices, e-tickets and boarding passes! We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without sending them to us by post when you return home! Of course, if for your airline is not possible, you still need to send us the boarding passes by post after the project. It is very important to have **all** your travel and financial documents with you **for each person**, otherwise the reimbursement is not possible! **Reimbursement will be done by bank transfer in the account of your sending organization, according to the rules of Erasmus+.**

The amounts of money for **travel**, per person, per country are as following:

Country	Reimbursement of travel costs
Lithuania	170 €
Spain	270 €
Czech Republic	170 €
Estonia	170 €

***We do not cover taxi or private car transport costs.**

The group:

We need **9 persons (8 participants + 1 leader)** from each of the countries: **Estonia, Lithuania, Spain, Czech Republic**. Age limits for the participants are **18-30** and no age limit for the leaders. We will be a total of **46** because the Romanian team will be composed of **10** persons.

The location:

We chose a location that is in the middle of the mountainous nature that also benefits fully from the comfort of modern life. It is a place that we know very well and used in many other projects in the past.

We will stay usually **2-3 persons in one room**, maybe some rooms will host a maximum of 4 persons. **It may be possible to have two persons in one bed because some rooms are**

designed as matrimonial rooms 😊 but rest assure that the beds are big enough and each of you will have his own sheets.

There is signal for mobile and **wi-fi internet** connection throughout the establishment.

We will have our meals at the restaurant of our accommodation, serving **fresh eco products** from the country side. Here is a link to the website of the guesthouse: www.pensiuneapoiana.ro/

Attention: We will be in the middle of the Romanian mountains in a place that serves traditional Romanian food. For vegetarians/vegans might be hard to adapt because here most meals contain meat and cheese products. We will surely have vegetarian/vegan option, but please come with an open mind because you may need to eat a lot of potatoes, bread and polenta 😊 (<http://en.wikipedia.org/wiki/Polenta>). We will have many typical Romanian meals with **meat** because all the products served are from ecological farms and households in the area. Also, it will be permitted to consume **alcoholic drinks** in your free time and bring typical alcoholic drinks from your countries for the national evenings, with moderation.

If you wish to learn more about the region you can check the following links:

http://ro.wikipedia.org/wiki/Vatra_Dornei - city of Vatra Dornei

www.calimani.ro – region of Calimani Mountains

www.inbucovina.ro – Bucovina region





All photos were taken by participants in our projects in 2014-2016, without editing ☺

What to bring:

- **Typical food and drinks from your countries!** We will have **traditional evenings** during the project and basically every evening will belong to a different country. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on! There may be the possibility to cook something using the kitchen of the establishment. **Also, you can show videos, photos, sing music and dance traditional dances from your countries!** We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can!!!





- **In October weather can be tricky in the mountains!** Prepare for temperatures between **20 Celsius or more during the day and as low as -5 Celsius during nights.** It is recommended to **bring warm clothes in case we have snowfall** (it is not unusual for the end of October).
- Towels and whatever you need for taking shower, washing, etc;
- **Good shoes** and proper clothes for outdoors. The area is very beautiful, so we will make at least one **hiking trip** (8-9 hours, medium difficulty) with the entire group, so it is mandatory to have proper hiking equipment. More details about that will come in the weeks before the exchange, because it is important to take into consideration the weather, temperature, amount of snow and other technicalities, before venturing on a hiking path.
- **Research about the situation of ecology and attitude towards the environment, for good and bad habits, in your home regions.** It would be wise to look into the matter before coming to Romania and during the work sessions explain and give practical examples from your countries.
- Although we can't reimburse you the cost of health insurances, we strongly encourage you to make one! Romania is an EU member state, so an insurance for traveling here

should be cheap and easy to make. If you have a European Health Card, please bring it with you, it is valid in our hospital system also and can replace a regular insurance.

For more general details about Romania you can check out the following links:

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

Our currency is the Romanian Leu (RON): 1 Euro = 4.45 RON (in September 2016)

Contact:

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We are looking forward to see you in Romania ☺