

EMPOWER YOUTH

-YOUTH EXCHANGE-

2020-1-RO01-KA105-078732



„Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education.”

Franklin D. Roosevelt

INFORMATION PACK

YOUTH EXCHANGE Aninoasa, Dâmbovița 09-18 October 2020



Disclaimer:

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PROJECT DETAILS

Project name: Empower Youth

Program: Erasmus + KA1

Project duration: 8 months (1 July 2020 - 28 February 2021)

Advanced planning visit: 27-30 August 2020

Youth Exchange: 09-18 October 2020 (8 youth exchange days, 2 travelling days)

Venue: Aninoasa, Dambovita

Participants: 35 young people (4 young people and 1 group leader per country)

PROJECT CONTEXT

The Conference on the Future of Europe, happened on 15 January 2020 stays of the basis of this project. The European Commission, Parliament and Council united for a common declaration of partnership, with the purpose to determine new agreements or amendments to the existing ones, on the future of European democracy during 2020–2022. The resolution of Conference highlighted that „people of all backgrounds, civil society representatives and stakeholders at European, national, regional and local level must be involved in setting the EU’s priorities in line with citizens’ concerns in a bottom-up, transparent, inclusive, participatory and well-balanced approach”. This initiative was motivated by the high number of voters at European elections in 2019. The citizens, especially young people showed that they want to be heard by those who govern and they want to make their voice heard.

As a consequences of this initiative youth need to acquire a set of skills that empower them in democratic participation at local, national and European level.

OBJECTIVES

- ✓ to foster active citizenship and civic participation among young people;
- ✓ to strengthen the interest of young people in civic life, political life and decision making process at local,national and European level;
- ✓ to understand the importance of youth involvement in shaping the future of European democracy;

- ✓ to explore possibilities of active involvement in society (volunteering, activation in NGOs, meeting authorities, participation to debate, negotiation, etc);
- ✓ to understand the role of the main actors (citizens, government, NGOs, media) in a democratic society;
- ✓ to acquire a set of skills helpful to become change makers in local community and society.

PARTICIPANTS PROFILE

Partner organization	Country	Number of young participants	Group leader
Asociația Be You	Romania	4	1
European Youth Centre Breclav Z.S	Czech Republic	4	1
Association TDM 200	Italy	4	1
Associação de Defesa do Património Cultural Natural de Soure	Portugal	4	1
Asociacija Aktyvistai	Lithuania	4	1
Youthfully Yours SK	Slovakia	4	1
Youth on Board	Republic of North Macedonia	4	1

The target group for the proposed activity consist of 28 young people (4 young people from each participating organization, including 2 young people with fewer opportunities) aged between 18-25 years, and 7 group leaders (1 group leader per organization-aged over 18 without upper age limit).

Young people who will take part in this project should be interested in the topic of the project, in civic engagement, decision making process, European Union values, youth policies, young people who are active in their communities as part of an NGO, they volunteer, but also young people who are less active or not active at all, but they are motivated to know more about the topic and to acquire knowledge on how to be involved in democratic life.

HOW TO APPLY ?

!!! In order to apply participants have to fill the application form.

The applications of selected participants must be send to coordinating organization untill 31th of July 2020.

For the Advanced Planning Visit will participate 2 people per partner organization, 1 group leader and 1 young participant.

ACCOMMODATION

The Youth Exchange will take place in Aninoasa which is near Targoviste town (5 km to the city center) in Dambovita region. The venue is situated in a quiet area, overlooking the entire town of Targoviste and Dealu Monastery.

Participants will be accommodated in rooms with 3,4 or 5 beds (the room with 5 beds has 2 bathrooms). Mixed nationalities of the same gender will share rooms.

Each room is equipped with:

- LCD TV
- Internet connection – Wi-fi
- Own bathroom (shower + toilet) + towels
- Air conditioning
- Balcony

The accommodation is equipped with:

- Washing machine
- Clothes iron
- Refrigerator for common use
- Dining room
- Covered outdoor terrace
- Sports court

Address:

Str. General Heruvim, nr. 13, Aninoasa
Dambovita, Romania

GPS coordinates: 44.9579 N - 25.4740 E

website: <http://www.pensiunealoteia.ro/>



MEALS

The meals will be served in the dining room of the accommodation.

Please note that the Romanian cuisine is delicious but is not fully prepared for vegan, halal or other special menus. The cuisine is based on chicken, beef and porc meals, cow and sheep milk cheese. Local vegetables are also used. Each day is served soup, main dish with salad.

Be prepared for new culinary experiences!

TRAVEL

Please try to avoid flying if is possible. We encourage you not to take the plane, even if this takes more time and might take extra effort. Of course we know it is not always possible depending on from where you are travelling, the time your studies/ job/ everyday life gives you etc.

However: Planes are massively responsible for the climate crisis and through our projects we would like to contribute to a more sustainable planet, not to a less sustainable one. Compare the emissions that your journey emits by train, car or plane: <http://www.ecopassenger.org/>

Read more about your ecological footprint here: <http://footprint.wwf.org.uk>

Read more about the environmental impact of flying on Wikipedia:

https://en.wikipedia.org/wiki/Environmental_impact_of_aviation

HOW TO GET TO ANINOASA

Aninoasa is attached to Targoviste Municipality which is 80 km from Bucharest (1h45 minutes – 2h by train). To reach Targoviste you have to take the train/bus/plane to Bucharest.

From the airport you can reach Bucharest North Train Station by bus and from there take the train to Targoviste. We will wait for you at Targoviste Train Station and we will go together at the venue of the project.

After you will buy tickets and you will give us all travel data we will create an Excel file.

- http://stbsa.ro/pdf_statii/780/780_50.pdf – link transfer airoport - Bucharest North Train Station
- <https://bilete.cfrcalatori.ro/en-GB/Itineraries> - link transfer Bucharest North Train Station – Targoviste

You have to give us information about your flight until 1st of August 2020 for APV.

You have to give us information about your flight until 1st of September 2020 for Youth Exchange.

After knowing each arrival time, we will assist you to come from the airport, bus and train station to the accommodation;

Advance Planning Visit / APV

- **Arrival day:** 27.09.2020
- **Departure day:** 30.09.2020

Youth Exchange

- **Arrival day:** 09.10.2020
- **Departure day:** 18.10.2020

You can arrive two days before the project and leave two days after the project. According to the financial agreement we can not cover accommodation costs for additional days.

You can buy travel tickets (plane, bus, etc) ONLY after 1st of July 2020.

FINANCIAL ASPECTS

The project is funded by the European Commission through the Erasmus + programme. Meals, accommodation and activities are fully covered. The travel costs are reimbursed up to these limits:

Czech Republic	- 275 € per participant
Italy	- 275 € per participant
Portugal	- 360 € per participant
Lithuania	- 275 € per participant
Slovakia	- 275 € per participant
Republic of North Macedonia	- 180 € per participant

!!! We recommend you to purchase your flight tickets in Euro, if is possible, to not lose money due to the exchange rate.

You have to use only public transportation, economy class (i.e. economy class for planes/busses/trains, etc.) **NOTE!!! TAXI COSTS OR OTHER TRANSPORT METHODS DIFFERENT FROM PUBLIC TRANSPORTATION ARE NOT ELIGIBLE COSTS.**

The reimbursement of travel costs will be done after the end of the Youth Exchange, upon we will receive all travel documents in original (tickets, boarding passes, invoices, etc).

The reimbursement of travel costs will be done only by bank transfer to partner organizations bank account.

NOTE: Be You Association does not request participation fees and does not encourage this practice.

INSURANCE

Each participant should have valid health insurance (for example European Health Card) and travel insurance during the whole participation in the project.

Also, participants must have during the youth exchange travel documents: identity card / passport.

INTERCULTURAL EVENING

Each national group will have the occasion to present their country, culture, customs and traditions to all participants. It will be organized one intercultural evening.

You can bring food, drinks, songs and other traditional things specific to your country.

PARTICIPANTS ROLE AND DUTIES DURING YOUTH EXCHANGE

1. **Presentation of sending organization.** Participants must prepare a presentation of the sending organization. So bring with you material about your organization (brochures, flyers, etc.).
2. **Interview related to project topic.** For the project, each national group should prepare an interview with young people from local community about the situation/level of youth participation.
3. **Energizers.** Each national group will have a day to lead the energizers. We are expecting enjoyable energizers!
4. **Helping hand.** Each day, an international team of 3 participants will have the role to help to serve meals (breakfast, lunch and dinner) and clean dishes. Each day will be a different team.

WHAT SHOULD BRING WITH YOU

- ✓ Practical clothes for different weather forecasts: warm, cold during morning and evenings, rain. Comfortable shoes for walking;
- ✓ Personal hygiene things, medicine you usually take, other things you need for personal comfort and well-being;
- ✓ Pocket money for personal expenses. Romania's national currency is the Romanian leu- RON. Our recommendation is to have euro with you, currency exchange will be easier and more advantageous;
- ✓ Brochures and other materials about your organization;
- ✓ Traditional food specific to your gastronomy and something specific to your country.
- ✓ Good mood ☺ .

PROJECT CALENDAR AND DEADLINES

Project period:	1 July 2020 – 28 February 2021
Advance Planning Visit/ APV:	27-30 August 2020
Youth Exchange period:	00-18 October 2020
Participants selection deadline:	31 of July 2020
Decision on participants for APV:	31 of July 2020
Travel tickets purchase deadline:	1st of August 2020 for APV 1st of September 2020 for Youth Exchange

CONTACTS:

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Emergency Calls System:	112	Local firefighters	+40 0245 611 212

<https://www.mae.ro/en/node/2084>

See you soon!

