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STOP BULLYING ERASMUS+

CZECH REPUBLIC-POLAND-ROMANIA-SLOVAKIA-TURKEY

ERASMUS+ YOUTH EXCHANGE

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INFORMATION PACK

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Youth Exchange



Aninoasa, Dambovita
Romania

18-27 September 2020

Introduction

- A friendly, harmonious and safety environment is very important for teenagers balanced growth, for mental health and good results at school and private life. Nowadays, one of the most concerning phenomenon that threaten young people harmonious growth is bullying which affects more and more young people and includes physical violence, threats, teasing, social exclusion and other psychological violence.
- Recent studies suggest that bullying in adolescence can have worse long-term effects on young adult's mental health than being subject to maltreatment during childhood. Violence in schools and bullying is one of the strategic priorities of The Council of Europe Strategy on the Rights of the Child. All over Europe 3 children/teens out of 10 are bullied. Bullying consequences can be devastating on young people future, 44,5% bullied young people end education at secondary level, 9,2% skip school 3-4 days in two weeks, 42,4% feel outsider, 63,9% are anxious at test and exams. On long term all consequences lead to social isolation, school leaving, depression and suicide thoughts, even to suicide.
- This is the context that lead to the project „Stop Bullying”. The aim of our project is to empower young people with human rights, democracy and active citizenship education to act against bullying from both roles, victims and witness and to reduce this phenomenon.



Project objectives

- to increasing the level of knowledge about bullying phenomenon, types of bullying and its manifestation;
- to raise awareness about causes and consequences of bullying and cyberbullying;
- to equip young people with effective methods, tools based on human rights, democracy and active citizenship education to take action in front of bullying;
- to empower young people to take action against bullying in schools and around them;



Participant profile

- 25 young people aged between 16-19 years from Romania, Slovakia, Czech Republic, Poland, Turkey, plus 5 group leader, older than 20 years with experience in youth work, international projects and non-formal education.
- Each partner organization will send 6 participants (5 young people and 1 group leader) from each country including 2 young people with fewer opportunities.
- Partner organization should keep gender balance (3 girls and 3 boys).
- Young people should be interested in the topic of the project, about bullying and cyberbullying, motivated to take action. Also they can be young people who were affected by bullying, they were bullies or young people who were witnesses of this phenomenon.
- Also, the project include young people with fewer opportunities (social obstacles, economic obstacles and cultural obstacles).
- **The applications of selected participants must be send to Be You Association untill 15th July 2020 by email to: beyouroumania@gmail.com**



Group leaders

Often, the role of the group leader is misunderstood or is confused with the role of participant. The group leader is an adult accompanying the project participants of youth exchanges. He/She shall ensure the protection and safety of participants, guiding them in the learning process and can have roles as facilitator, trainer, coach, moderator or expert.

The role of the group leader:

- participates in the selection of participants;
- lead the preparatory meetings with participants before project mobility;
- engages in continuous communication with partners;
- ensures that any cultural differences are known to participants in the group;
- provides participants with information about the Youth Exchange;
- assess the potential risks that may arise in the project and what measures might be taken to prevent / solve them.

Each national group will travel together coordinated by the group leader.



Group leaders profile

- good interpersonal and communication skills, multicultural communication skills;
- good strategic thinking, focused on results;
- positive attitude and support, team spirit, attention to details;
- good coordination, planning and organization skills;
- good English language skills;
- promote active involvement, teamwork and discipline, team effectiveness;
- good negotiator, mediator;
- has good experience in non-formal education, working with youth;
- has trainer/facilitator/coach skills.



Accommodation

- The Youth Exchange will take place in Aninoasa which is near Targoviste town (5 km to the city center). The venue is situated in a quiet area, overlooking the entire town of Targoviste and Dealu Monastery. Being a modern building, it benefits from a professional design, the aesthetic impressing through its shape and color, giving visitors high comfort and pleasant atmosphere.
- 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.



Accommodation

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
- Outside swimming pool – if the weather will be warm and will allow you can use the swimming pool.



Accommodation

- **Address:**

Str. General Heruvim, nr. 13, Aninoasa

Dambovita, Romania

GPS coordinates: 44.9579 N - 25.4740 E

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

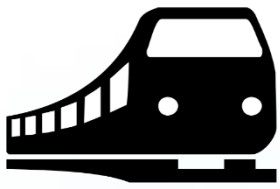


Meals

- 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. For halal menu we will provide chicken and beef meat.
- Be prepared for new culinary experiences!

Photos accommodation





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Travel



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- **Please try to avoid flying if 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, 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 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



How to get to Aninoasa

- **You have to give us information about your flight until 1st of August 2020.** After knowing each arrival time, we will assist you to come from the airport, bus and train station to the accommodation;
- **Arrival day: 18.09.2020**
- **Departure day: 27.09.2020**
- 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.



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:
- Slovakia – 275 euro per participant
- Czech Republic – 275 euro per participant
- Poland – 275 euro per participant
- Turkey – 275 euro per participant + 60 euro visa costs per participant

You have to use only public transportation, economy class (i.e. economy class for plane/bus/train, 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 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

The hosting organization does not cover travel and health insurance. Each participant should have valid health insurance (for example European Health Card) and travel insurance during the whole participation in the Youth Exchange.

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



Intercultural evening

Each national group will have the occasion to present the country, culture, costumes and traditions to all participants. You can bring food, drinks, songs and other traditional things specific to your country.



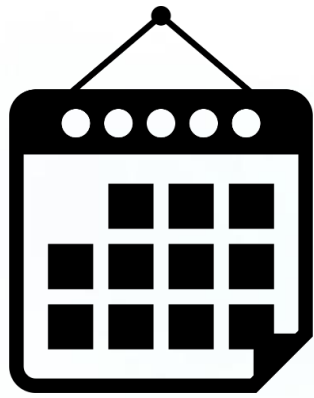
PARTICIPANTS ROLE AND DUTIES DURING YOUTH EXCHANGE

- **Presentation of sending organization.** Participants must prepare a presentation of the sending organization. So bring with you material about your organization (brochures, flyers, etc.).
- **Presentation related to project topic.** For the project, each national group should prepare a brief research about the situation/level of bullying in their countries, local community, schools, etc.
- **Energizers.** Each national group will have a day to lead the energizers. We are expecting enjoyable energizers!
- **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: sunny, warm and rainy weather. 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;
- Swimming suit, beach towel and flipflops. If the weather allows you can use the outdoor swimming pool;
- Good mood. 😊



Project calendar and deadlines

Project period: 1 March – 31 December 2020

Youth Exchange period: 18-27 September 2020

Participants selection deadline: 15th of July 2020

Discussion on project activities: August 2020

Travel tickets purchase deadline: 1st of August 2020



Partner organizations

- Be You Association – Romania
- Youthfully Yours SR – Slovakia
- European Youth Centre Břeclav– Czech Republic
- Stowarzyszenie Sztukater – Poland
- Pendik Belediyesi - Turkey





Contact

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