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STOP BULLYING

ERASMUS+

CZECH REPUBLIC-POLAND-ROMANIA-SLOVAKIA-TURKEY

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„I allowed myself to be bullied because I was scared and didn't know how to defend myself. I was bullied until I prevented a new student from being bullied.

By standing up for him, I learned to stand up for myself.”

Jackie Chan

INFORMATION PACK

Aninoasa, Dambovita

08-17 August 2021



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PROJECT DETAILS

Project name: Stop bullying

Approached themes: bullying, cyberbullying, human rights

Program: Erasmus + KA1

Project duration: 1 March 2020 – 31 October 2021

Youth Exchange: 08-17 August 2021 (8 youth exchange days, 2 travelling days)

Venue: Aninoasa, Dambovită

Participants: 30 young people (5 young people and 1 group leader per country)

PROJECT CONTEXT



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.



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;

PARTICIPANTS 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.

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.

Partner organization	Country	Number of young participants	Group leader
Asociația Be You	Romania	5	1
European Youth Centre Breclav Z.S	Czech Republic	5	1
Youthfully Yours SR – Slovakia	Slovakia	5	1
Pendik Belediyesi	Turkey	5	1
Stowarzyszenie Sztukater	Poland	5	1

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 and 4 beds.

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

Let's be green as much as 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>.



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/ltineraries> - link transfer Bucharest North Train Station – Targoviste

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

Youth Exchange

- **Arrival day: 08.08.2021**
- **Departure day: 17.08.2021**

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:

Czech Republic - 275 € per participant

Slovakia - 275 € per participant

Turkey - 275 € per participant

Poland - 275 € 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.)

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.

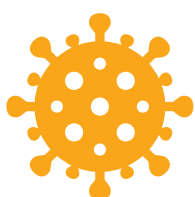
NOTE: Be You Association does not request participation fees and does not encourage this practice.



INSURANCE

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

We recommend all participants to purchase travel tickets with Storno insurance that cover also Covid-19 issues. The Storno insurance purchased with the travel tickets can be refunded within the maximum travel cost amounts mentioned above for each country. Also, participants must have during the youth exchange travel documents: identity card / passport.



COVID-19 CONTEXT

The project is to be implemented under the effects of covid-19 pandemic. There are big hopes that things will improve until summer. However is important to respect and keep the safety and sanitary measures imposed by our government.

We will make sure that the project will be carried out under high safety conditions. We are ready to carry out the most of activities outdoor in order to assure distance between participants. The accommodation is isolated enough being only at the disposal of the project group and provides opportunities for outdoor activities. The surfaces, working room and dining room will be disinfected daily and will be kept clean.

At arrival participants will receive a sanitary kit with masks and hand sanitizers and will be acknowledged again with the sanitary rules.



Provisions for vaccinated people:

Currently our government adopted the following provision: travellers who have received their final vaccination for COVID-19 more than 10 days ago to enter the country, are exempt from quarantine. It is required to show proof of vaccination, including the dates.

<https://reopen.europa.eu/en/map/ROU/7001>

!!! We will keep you updated about any change and the measures that are imposed by our government.



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.

!!! Please note that due to covid-19 restrictions the program of the intercultural evening can change. You will be announced in time.



PARTICIPANTS ROLE AND DUTIES

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. **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.
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: sunny and hot weather, 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 ☺ .

WE HAVE SOME SURPRIZES FOR YOU



CUPS

You will receive a personalized cup with your name and project logo.



T-shirts

You will receive a personalized T-shirt with project logo.

3 PRIZES – that will be awarded at the end of the project **for 3 participants:**



- **1 for the most active promoter;**
- **1 for the most creative participant;**
- **1 for the most popular participant.**

You will receive complete information about how the prizes will be accorded during the first project session.

PROJECT CALENDAR AND DEADLINES

Project period: *1 March 2020 – 31 October 2021*

Youth Exchange period: *08-17 August 2021*

Participants selection deadline: *10 of July 2021*

Travel tickets purchase deadline: *25th of July 2021*

CONTACTS:



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SEE YOU SOON!

