



-Youth Exchange-



Constanta, Romania

23-31.10.2021



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I. Project Summary:

Through the project „LeGENDERy” GOAL association wants to get involved in promoting gender equality. By implementing this project, the association wants to inform young people from 6 EU countries about: gender discrimination, the role of women in society, the situation in Romania and EU Member States in relation to sex discrimination, the competent institutions, European values, volunteering and the opportunities offered by the Erasmus + program.

Given the fact that there are still significant discrepancies in employment, entrepreneurship and decisionmaking positions, as well as in wages and pensions, women are often at higher risk of poverty compared to the male population. They are significantly underrepresented in areas such as: science, technology, engineering and mathematics, in research and in management positions. On the other hand, men are underrepresented in areas such as childcare and the care of the elderly, the education of pre-school children, the health sector and unpaid work. Thus, the project aims to highlight recurring problems faced by the European Union, so that young people acquire a concrete and extended vision regarding this societal aspect.

The main objectives of the project are:

1. Reducing gender discrimination in the states of the European Union.
2. Informing a group of 36 people aged between 18 and 30, from 6 different countries of the European Union about gender discrimination - during 7 days of activities.
3. Encourage as many people as possible to get involved in volunteering and anti-discrimination activities.
4. Inform as many people as possible about gender discrimination and domestic violence in order to prevent abusive behavior.



II. Participants:

We will bring together young people from 6 countries, 6 people per country (5+ 1 leader) from:

- Bulgaria (“Akademiya na uspeha”)
- Hungary („Tudatos Tervezésért Egyesület”)
- Italy („Elios”)
- Poland („Stowarzyszenie Inicjatyw Regionalnych”)
- Romania (“Go Over All Limits”)
- Slovakia (“Youthfully Yours SK”)

Participants should satisfy the following requirements:

- aged between 18 and 30 (except for the group leader who does not have an age limit);
- at least intermediate level of English Language;
- willingness to participate in the Erasmus+ project;
- creativity and help during the preparation for the project;
- ability to work in a group and willingness to learn;
- feeling of responsibility;
- willingness to establish intercultural dialogue;
- interest in non-formal education methods;
- ability to participate in the whole exchange, fully engaged;
- commitment from all of the participants to disseminate the outcomes of the project in multiple ways.



III. Accomodation:

The project will take place in the beautiful city of Constanta. Accomodation will take place in a 2 star hotel – Dobrogea - wich is situated 10 minutes by the sea. The paticipants will stay in a double room, sharing it with a person from a diferent country. Both the conference room and meals are provided by the hotel. There will be full board (breakfast + lunch + dinner) and 2 coffee breaks during the sessions. They will serve typical Romanian meals, since we would like to share a part from our culture. We will have vegetarian/ vegan/ gluten-free meal for people who have different diets.





IV. How to reach to Hotel Dobogea:

There are different ways to arrive in Constanta:

1. Take bus to Constanta bus station (especially participants from **Bulgaria**).
2. Fly to INTERNATIONAL AIRPORT "MIHAIL KOGĂLNICEANU" CONSTANȚA (MK) , which is a small airport and does not have a lot of flies. If you arrive on this airport you can take a bus to the Constanta bus station using this link:

<https://direct-aeroport.ro/program-curse/program-curse-kogalniceanu.html>

3. (A) Fly to Bucharest to INTERNATIONAL AIRPORT „OTOPENI” (OTP). From the airport take the train to the train station („Gara de Nord”) using the link below;

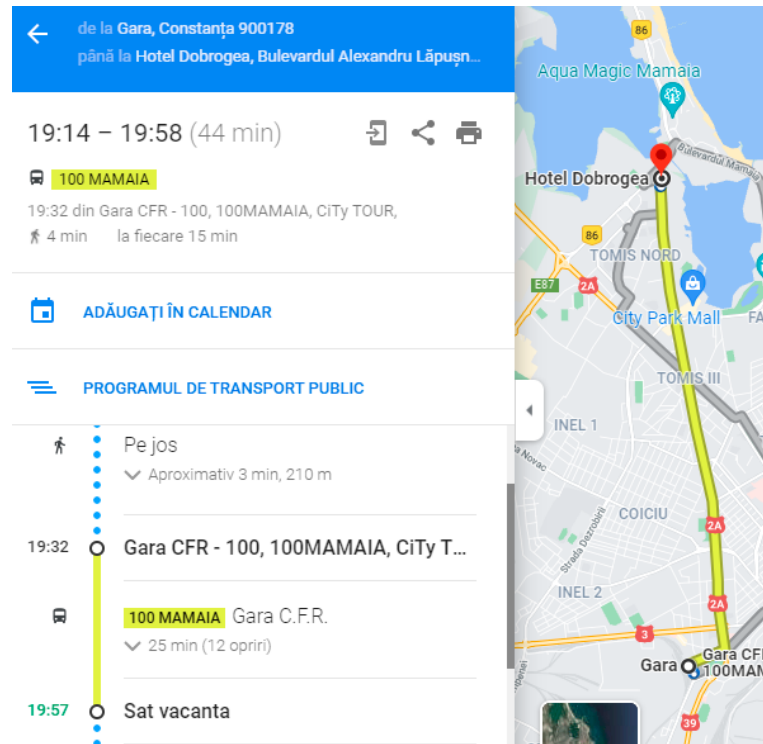
(B) From train station (Gara de Nord) you should take the train to Constanta (the trip is around 2,5 hours) using this link:

<https://www.cfrcalatori.ro/en/>

A

B

From Constanta bus/train station (there are very closed to each other) you should take the **bus 100**. Train station is at the end of the line bus so you don't need to worry that you take the bus in the wrong direction. You can buy the ticket from the shop in front of the train station or you can send a SMS in the bus. You should travel for 12 stops and hop off the bus at the **Sat vacanta** station.



V. Participation conditions:

- food and accommodation is fully covered by the organizers with the support of the European Commission's Erasmus+ Programme;
- we don't cover insurance, please make it as your commitment to the exchange;
- travel costs will be reimbursed, up to travel cost limit (listed below) according to Erasmus + programme rules listed below. Before purchasing tickets, you have to get a confirmation from organizers (send the tickets you want to buy on e-mail written in contacts);
- participants can arrive in Romania 2 days before starting the project or they can leave Romania 2 days after the project on their own cost (if they choose to spend more than 2 days before/after the project, we cannot reimburse the travel money);
- **we CAN NOT reimburse you travel costs, if you don't attend all sessions/ arrive later/ leave earlier;**
- **important: KEEP YOUR BOARDING PASSES, DON'T THROW THEM AWAY, or we won't be able to reimburse you;**
- **collect e-ticket, invoice, proof of payment. For train and bus tickets make sure the date, the itinerary and the price are visible on the ticket. We can't reimburse money if you take taxi or personal car.**



Reimbursement limit for travel costs:

Country	Max amount per participant
Bulgaria	180 EUR
Hungary	275 EUR
Italy	275 EUR
Poland	275 EUR
Slovakia	275 EUR

VI. Dissemination:

- everyone involved in the project will be asked to hold a dissemination activity. The activity can be done with your national group or can be done alone. **The dissemination activity is mandatory!**
- **within a month** after the youth exchange, every partner organization is expected to organize follow-up workshops on the topic of the training with their organization members and also within local communities;
- at the project, we will be writing short summary of the day with pictures and every organization will be able to share this information among their youngsters through social media and websites.



VII. What to bring:

- **all the tickets and boarding passes from the trip to Constnta; we CAN NOT reimburse your travel costs, if you don't have your tickets**
- **WE STRONGLY ADVISE YOU TO BE VACCINATED AGAINST COVID19**
- **WE STRONGLY ADVISE YOU TO TAKE OUT A FULL TRAVEL INSURANCE POLICY FOR THE DURATION OF YOUR STAY IN ROMANA! PLEASE NOTE INSURANCE COSTS OF ANY KIND WILL NOT BE COVERED.** You can make European Health Insurance Card which is a free insurance for EU citizens – **infomation here:**

<https://ec.europa.eu/social/main.jsp?catId=563&langId=en>

- The **temperature** in October is between 10 and 20 degrees. Usually is sunny, but the weather can be pretty unpredictable, so we advise you to take a rainproof jacket.
- Please do not forget to bring with you some food and drinks, specialties of your countries for our **intercultural evening**.
- If you have special **dietary or other requirements**, be sure to specify them in the application form.
- Towels.
- Don't forget to bring your **energy, good vibes and smiles**.

We are waiting for you in a LeGENDERy project in May, but until then, be safe and don't forget to Go Over All Limits!

