

# GO GREENER, THE CHANGE START BY YOURSELF

Project no.2021-1-RO01-KA152-YOU-000020423

Preparatory visit:16-18.09.2022

Project activity:10-16.10.2022



**Băile Felix  
Romania**

 <https://www.facebook.com/ASCOINT/>

ASSOCIATION OF  
INTERCULTURAL  
COMMUNITIES



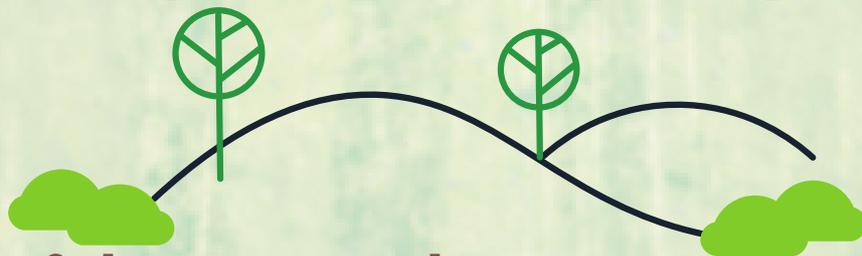
Co-funded by the  
Erasmus+ Programme  
of the European Union

# About the project

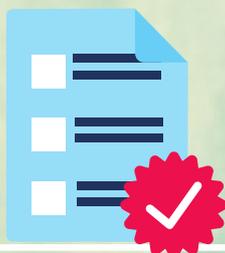
**Goal of the project:** awareness and education of young people about the environment and its protection, as well as their proximity to the nature.

Nowadays, the protection of the environment is becoming more and more important both at European and global level, but it should be our personal interest.

Our projects priority is the sustainable development and the fight against climate change, because it propose to develop skills in combating global warming and environmental protection, by reducing the individual carbon footprint, reducing the use of resources, electricity, choosing more ecological ways of transport, and aims to change the attitudes and consumption habits of participants.



At the end of the project, the participants will receive a **Youth Pass**, this being a tool for validating the competences gained during the project, which can be useful for them.



SAVE  
*the*  
PLANET



THE  
FUTURE  
IS  
GREEN

## Objectives:

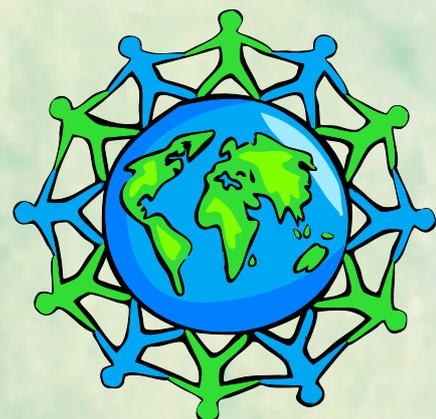
- to learn to live together in an intercultural environment, to make new friends and develop tolerance towards other cultures
- to acquire knowledge about the opportunities offered by Erasmus+ program, and knowledge about the Youth Pass tool
- to acquire knowledge about the current state of the environment
- to acquire knowledge and skills about protecting the environment
- to raise awareness among local community about the protection of the environment
- to get closer to nature through games and non-formal activities

## WORKING METHODS

Icebreakers, energizers, team-building, brainstorming, open space activities, workshops.

## Results/Learning outcomes:

- The participants will learn about the protection of the environment and about the carbon footprint, they will acquire the competence and habits of protecting the environment by reducing their own carbon footprint, they will be more aware about the environment.
- competence to work with editing programs by making content about protection of the environment
- tolerance towards other cultures, intercultural communication
- They will improve their ability to communicate in English
- They will learn to work in multicultural teams, create new connections and make new friends
- they will learn more about the Erasmus + program, and about the opportunity offered, so they can get involved in program funded projects
- they will improve their skills to select the most suitable travel methods for them



# PARTNER ORGANISATIONS



**ROMANIA**

Asociația Comunităților Interculturale



**POLAND**

Stowarzyszenie Inicjatyw Regionalnych



**PORTUGAL**

Histerico - Associacao de Artes



**SLOVAKIA**

Youthfully Yours SK



**LITHUANIA**

Asociacija Litdea



**ITALY**

Associazione di Promozione Sociale Young  
Effect



**GREECE**

You in Europe

Project: 5 participants + 1 group leader from each country

Preparatory visit: 1 legal representative/leader from each country

## PARTICIPANT PROFILE

- Young aged between 18-25 years.
- To have basic English skills.
- To be available to participate throughout the project.
- To have an increased interest in self-development, and reflection on the topic of protecting the environment
- To have an increased interest in knowing other nations
- Cheerful, sociable person.
- To have the ability to be involved in disseminating project results at the end of the activities.

## GROUP LEADER PROFILE

- Adult, over 18 years old.
- Advanced English skills.
- To have experiences in youth exchanges, to have participated as a group leader in at least 3 project.
- To have experience in working with young people, eventually a youth worker.
- Good negotiator, mediator to manage any situations that may arise.
- Intercultural communication skills.
- Team spirit.
- To have skills of coordination, planning and organization
- To be a positive person.
- To have strategic thinking aimed at obtaining results.

# ABOUT ROMANIA



Romania is located in the southeastern part of Central Europe and shares borders with Hungary, Serbia, Bulgaria, the Black Sea, Ukraine and the Republic of Moldova. The capital city of Romania is Bucharest.

Romania is a country packed with well-preserved history. The culture, iconic landmarks and beautiful landscapes make it a fantastic travel destination.



## Interesting facts about Romania:

- The Parliament Palace in Romania's capital is the second largest building in the world, after the Pentagon.
- Romania has a Merry Cemetery, located in the Maramureş County, in a tiny village, close to the Ukrainian border.
- Romania has Europe's first Electrified Castle, located in Sinaia mountain resort.
- Romania has one of the World's Best Roads, Transfăgărăşan has more than 150 km in length, with a special view across the mountains.
- In Romania, is the first city which has electric street lamps in Europe, Timișoara, which is located in western Europe.
- Romania has the best preserved delta in Europe, the Danube Delta is home to many natural ecosystems.

# ABOUT ORADEA—the headquarter of our association

Seat of the Bihor county, Oradea is one of the most important economic, social and cultural centers in the western part of Romania.

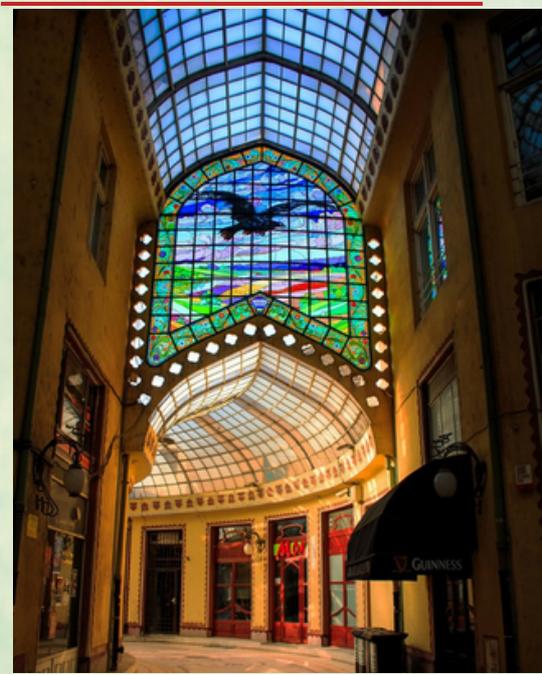


Oradea won the first prize at the Destination of the Year 2021 competition. It is a city full of magic, peace, elegance and beautiful historical buildings. Some places you must see in Oradea:

- Union square—there, some other must-see attractions are the Moon Church, built in Baroque style and the “Black Eagle” Palace, the most representative Art Nouveau monument in Oradea.
- Republicii Avenue
- Oradea Fortress
- Banks of Crisul Repede river



[www.visitoradea.com](http://www.visitoradea.com)



# ACCOMODATION

## Hotel President - Băile Felix

Hotel President is located at a 20 minute drive from Oradea.

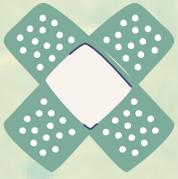
@Hotel.President.Baile.Felix  
<http://www.baile-felix.ro/>



Băile Felix is a spa resort of national and international interest with treatment bases with thermal baths, swimming pools and aqua parks. The lake with water lilies and lotuses in Băile Felix, unique in Europe, offers a wonderful view being the main tourist attraction in the resort. The plants are fed with thermal water and live in the same habitat a lot of exotic fish and turtles.



# What to bring with you?

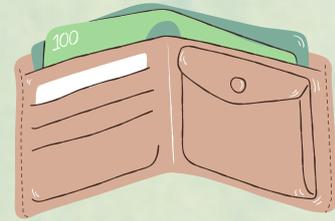


- Passport
- Towel
- Swimsuit
- Traditional food & drinks from your countries for intercultural evening
- Personal hygiene accessories
- Medicine that you usually use
- Laptop/camera for making media content (photos, videos, memes, logo)





# TRAVEL COSTS AND REINBURSEMENT



”Go greener, the change start by yourself” project is implemented with the financial support of the European Union through Erasmus + Youth Exchange.

We will cover from the project budget the following costs:

**- Food, accommodation and activities 100%**

**- Travel costs will be reimbursed:**

**Romania: 23 Euro/participant**

**Poland: 180 Euro/participant**

**Portugal: 360 Euro/participant**

**Slovakia: 180 Euro/participant**

**Lithuania: 275 Euro/participant**

**Italy: 275 Euro/participant**

**Greece: 275 Euro/participant**

**Arrival day: 09.10.2022**

**Activity days: 10-16.10.2022**

**Departure day: 17.10.2022**

## **IMPORTANT!!!!**

The travel costs will be reimbursed through bank transfer with the partner organizations only if you provide us all original travel documents (travel tickets and invoices,etc).

## Additional information

- National groups will have to prepare for international evenings, their task will be to present the most relevant traditional and cultural aspects to them about their country, in a creative and personal way.
- The participants will have a task to prepare and test energizer games in the national meetings, which they will do within the project.
- The language used during the exchange will be English, encouraging the participants to be actively involved in all activities, the program being an open space, in which all people are included, accepted and supported.





Currency

The national currency in Romania is Ron.

1 Ron = 0,20 Euro

Emergency number



Taxi

You can use uber or bolt as transport by downloading these apps:

Uber

Bolt



Contact

[as.comunitatilor.interculturale@gmail.com](mailto:as.comunitatilor.interculturale@gmail.com)



WhatsApp: +40740601870



<https://www.facebook.com/ASCOINT/>



# Dictionary

Hello - Salut/Bună ziua

Good bye - La revedere

Good evening - Bună seara

Good night - Noapte bună

I'm sorry - Îmi cer scuze

Thank you - Mulțumesc

I don't understand - Nu înțeleg

Please - Vă rog

Yes - Da

No - nu

Excuse me - Scuzați-mă

Can you help me? - Puteți să mă ajutați?

How much is this? - Cât costă aceasta?

Where is the bathroom? - Unde este  
toaleta?

Where is taxi? - Unde găsesc taxi-ul?

I am looking for (...)? - Îl/O caut pe?