

# Rur-all

Mobility Program  
Infopack



Erasmus+



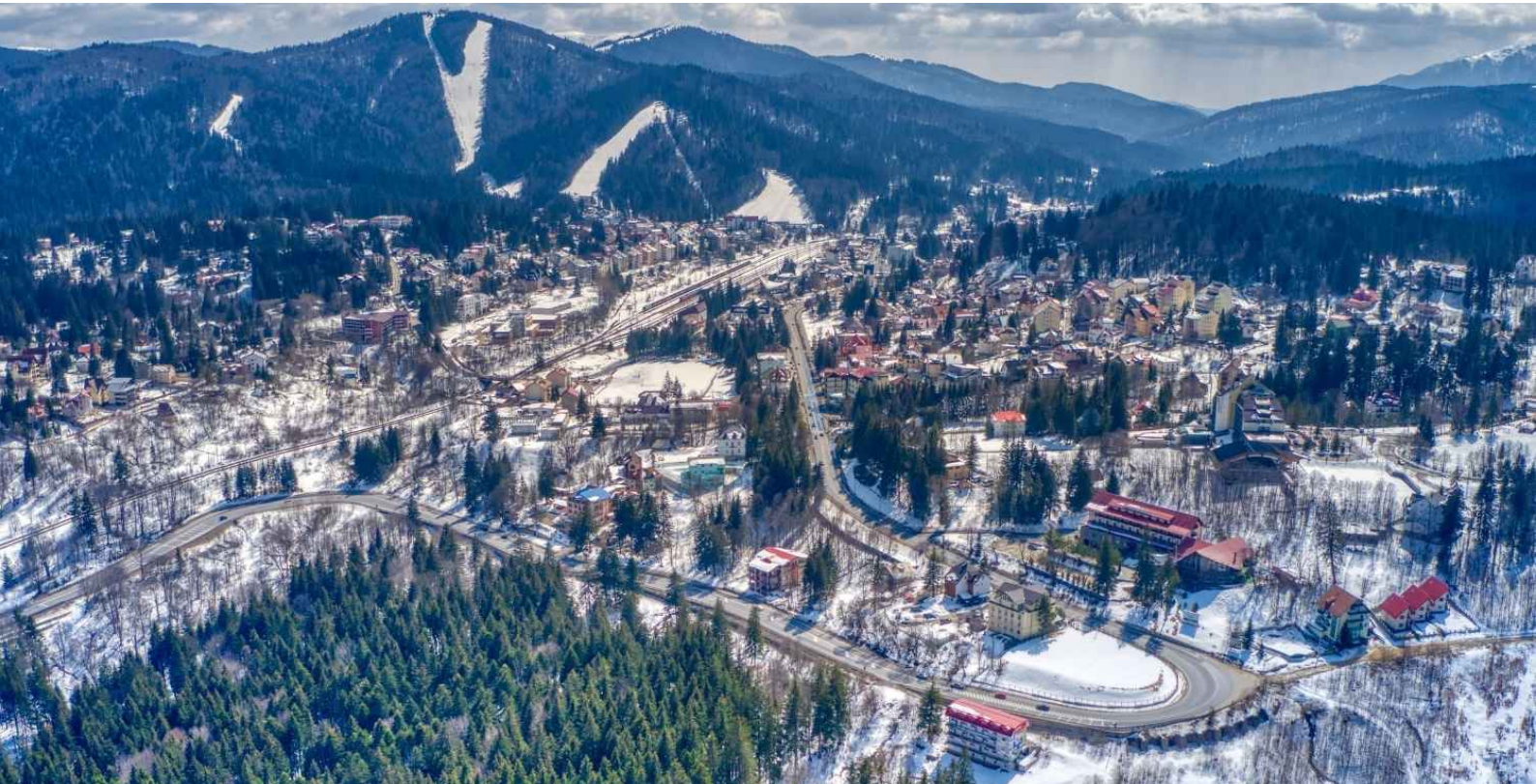
**A4ACTION**

# Welcome

A4ACTION – the Association for Initiatives and Continuous Development is an organisation funded in October 2012. Our work is focused on young people, youth workers and educators. Our mission is to generate continuous development for young people and communities through non-formal learning activities, volunteering and civic involvement. Our vision is to provide all young people with space to reach their full potential through learning and with opportunities to actively contribute to the development of the community they belong to.

This training course is implemented by [A4ACTION](#) with the help of the following partners:

1. [ACTIVE CITIZENS MEDITERRANEAN \(Greece\)](#)
2. [ASSOCIATION WALKTOGETHER \(Bulgaria\)](#)
3. [ACD LA HOYA \(Spain\)](#)
4. [HERMES ACADEMY \(Italy\)](#)
5. [REGIONAL VOLUNTEER CENTER \(Poland\)](#)
6. [YOUTHFULLY YOURS SK \(Slovakia\)](#)
7. [BRAGAS FEDERATION OF YOUTH ASSOCIATIONS \(Portugal\)](#)



# About

## THE TRAINING COURSE

The aim of this mobility is to equip youth workers with the competences required for working with young people in rural areas and to increase their participation.

The groups of selected participants will be contacted prior to the mobility about information, activities or presentations that they will need to prepare in advance.

## LEARNING OBJECTIVES

The participants will have the opportunity to:

- Understanding of the specific challenges and opportunities facing young people in rural areas.
- Familiarity with relevant EU policies and programs that support youth development in rural areas.
- Knowledge of effective youth outreach, engagement and participation strategies.
- Planning and project management skills to design and implement youth-centered activities and initiatives.
- Interact with and work alongside youth experts of different nationalities and cultures.
- Improve their knowledge about their country of residency and about the other countries involved in the project.

## PERIOD

The training course will take place between the

**20th - 27th of April 2023.**

The first and the last day of this period will be considered travel days.

# Participants



“Rur-all” is a training course aimed at youth workers from 8 different countries, aged +18 years old, and willing to take part in an international learning experience among others.

**All young people who are interested to take part in this youth exchange are invited to complete the following [application](#) form and will be contacted shortly.**

The participants will need to:

- Aged 18+
- youth workers, social workers, mentors, coaches of youth initiatives and solidarity projects, volunteer coordinators, trainers, facilitators, activists
- participants that are experienced working with young people with fewer opportunities and are willing to share their experience with other youth workers, in order to learn a different approach on this topic
- participants that do not have experience, but they want to learn and improve their skills, in order to start to promote and support the inclusion of young people with fewer opportunities
- youth leaders who can turn into multipliers and peer-to-peer trainers.

Also, the participants need to:

- be willing to share knowledge, ideas, useful tips
- be willing to learn from others
- be able to understand and express themselves in English
- be committed to attending for the full duration of the event
- be committed to doing a follow-up/dissemination activity, implemented in their country after the training

**We will have a preparatory visit prior to this mobility, between the 14th - 17th of March 2023, with the first and last day of this period as travel days. Each organisation must be represented by one person for this visit, who must complete the [preparatory visit application form](#).**

# Venue, accomodation and food



Our venue will be Hotel Draga Maria from Predeal city, Brasov county. The hotel is located in a picturesque mountain resort situated 40 km away from the city of Brasov.

The participants will be staying in rooms of two, three or four people, and each room has a private bathroom with a bath / shower and a hairdryer and towels are included.

Meals will be provided at the restaurant in the hotel. Any dietary requirements can be catered for upon request before the mobility.

Wireless internet is available in the hotel rooms and is free of charge.

If you are interested in seeing more pictures of the location, please visit the venue's website [here](#).

## How to get there?

There is transport by train available from the airport to Predeal, but a taxi is necessary from Predeal train station to the accommodation. You can view timetables and purchase train tickets online [here](#).

To get from the airport to the accommodation, it would be best to take the train from the airport to Gara de Nord train station, then take the train from Gara de Nord to Predeal and use a taxi to arrive at the accommodation from Predeal train station. Please take into consideration that the local taxis only receive a cash payment in Lei.

# Other info

## WHAT TO BRING WITH YOU

We are inviting you to pack a few things with you, which will make our training course successful:

- good attitude, optimism and willingness to cooperate
- any medication that you need; European Health Insurance cards or medical documents for treatment in Romania
- comfortable, wind and waterproof clothes, mountain boots, as well as some lighter clothing - it is warm at the accommodation
- laptop/tablet or any device for preparing materials
- items for your Cultural Night; we will organise an intercultural night and as a team you can bring small items that will help the other participants to better understand your culture.

## USEFUL INFO ABOUT ROMANIA

- The Romanian currency is Leu (RON) or Lei in the plural and can be found in notes of 1, 5, 10, 50, 100, 200 and 500, all plastic. Using Euros for cash payments is NOT accepted. 1 euro = 5 lei (approximately).
- Paying by card is very common and safe in Romania in all shops, restaurants, hotels or tourist attractions, especially in major cities, but we recommend that you have some cash on you for the area of our accommodation.
- In Romania, the emergency number is 112, and an operator will ask if you want to talk to the police, fire or medical service



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# Costs and reimbursement

The Training Course is co-funded by the Erasmus+ programme of the European Commission and costs will be covered according to the Erasmus+ programme:

- 100% meals and accommodation
- 100% costs during the activities
- transport expenses within the limits.

Nr	Country	Nr. of participants/country	Travelling budget/person	Green travel budget/person
1	Greece	4 participants	275 EUR/participant	320 EUR/participant
2	Bulgaria	4 participants	180 EUR/participant	210 EUR/participant
3	Spain	4 participants	360 EUR/participant	410 EUR/participant
4	Italy	4 participants + 1 trainer	275 EUR/participant	320 EUR/participant
5	Poland	4 participants	275 EUR/participant	320 EUR/participant
6	Slovakia	4 participants	275 EUR/participant	320 EUR/participant
7	Portugal	4 participants	360 EUR/participant	410 EUR/participant
8	Romania	4 participants + 1 trainer	180 EUR/participant	210 EUR/participant

## TRAVEL COSTS

The participants will be reimbursed according to the type of the travel (green or normal) and the travel distance upon presentation of travel documents. **Participants who opt for green travel will receive up to four days of additional individual support to cover travel days for a return trip, if relevant.** According to the ERASMUS+ guideline, green travel is defined as travel that uses low-emissions means of transport for the main part of the trip, such as bus, train or car-pooling.

- We kindly ask you to keep all of your travel documents (invoices, boarding passes, plane tickets, bus/train tickets and so on).
- Please note only the cheapest means of transport/fares are subject to be covered by the project. **Tickets can be bought only after we confirm the flight itineraries.**
- Costs for using a taxi cannot be reimbursed unless otherwise advised by A4ACTION.
- Please note the maximum of your travel costs.
- You will be reimbursed within the month after the training course by bank transfer.
- If you want to spend more time in Romania, you can choose to stay for 1-3 days before the beginning of the project and 1-3 days after it ends at your own expense - these costs will not be reimbursed.

# Costs and reimbursement

In order to receive reimbursement of travel expenses (plane/bus/train), you must deliver the following documents:

1. Invoice received from the airline/bus company if you are buying the tickets online or from the travel agency if you are buying the tickets via an agency; electronic ticket (in some cases the electronic ticket and the invoice are the same, it's important to see the exact cost of the ticket), proof of payment;
2. Boarding pass (from each person, and both ways);
3. Originals of all tickets (plane, bus, etc.).

We recommend that you collect all the tickets, scan them and send them by email: [irina.ilau@a4action.ro](mailto:irina.ilau@a4action.ro) and by post when you return home (no later than 15 of April 2023) to the following address: Str. Gorăslău, Nr.13, Bl. P18, Sc.1, Etj.2, Ap.7, Sat Ghermănești, Comuna Snagov, Județul Ilfov, cod postal 077170, on Irina Ilău name.

The money transfer will be done in the bank account of our partners after:

- You sent us all the requested transport documents;
- You organised the follow-up activities (at least one activity in your local communities based on the knowledge learned during the project with a minimum of 10 people)
- You have completed the evaluation form of this training course - you will receive it after the end of the mobility.

If you have any questions related to the reimbursement, plane, train tickets, or anything else related to this mobility, please contact us at [juliana.pavel@a4action.ro](mailto:juliana.pavel@a4action.ro)



# Rur-all

## Mobility Program Infopack



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