

# PLANET

**Professional Development Activity**  
**Brasov, Romania**  
**01-07.04.2023**



Erasmus+

# About the project

**Overall objective:** the project aims to promote awareness and understanding of the interdependence between human activities and the environment, with a focus on the 5 elements.

## Partners:

**International Center for Education - Romania** 

**Youth Senate - North Macedonia** 

**Tavo Europa - Lithuania** 

**Youthfully Youth - Slovakia** 

**Ireland for Europe - Ireland** 

# About the PDA

## **Overall objective:**

Foster a sense of community and encourage behavior change towards more sustainable practices through community engagement and participation activities among 21 youth workers from the partner countries.



01 - 07 April 2023 - activity days



Brasov, Romania

## **Selection Criterias**

- ✔ Youth Workers aged 18 - 35 y.o
- ✔ With a relevant work experience related to sustainability, such as environmental activism, conservation work, or sustainable agriculture
  - ✔ EN knowledge - at least B1

# Learning Objectives

- ✓ Understand the concept of sustainability, its importance, and the role of youth workers in promoting sustainability.
- ✓ Learn about the five elements (earth, water, air, iron, and wood) and their interdependence in creating a sustainable ecosystem, using the educational resources of Sadhguru.
- ✓ Understand the impact of human activities on the environment and how they affect the five elements. Learn about sustainable practices and technologies that can be used to minimize the negative impact of human activities on the environment.
- ✓ Develop skills and knowledge to promote sustainable practices among young people, including how to design and deliver sustainability education programs.
- ✓ Gain a better understanding of different cultures and their relationships with the environment, and explore ways to integrate cultural perspectives into sustainability education and practices.
- ✓ Learn how to collaborate with other organizations and stakeholders to promote sustainable development and create positive change in local and global communities.





## **RULES AND PRINCIPLES OF THE ACTIVITY FOR THE PARTICIPANTS**

1. Answering the requirements of the sending and receiving organizations accordingly and respecting the deadlines for each task/activity;
  2. Attendance at the mobility, including individual activities for the preparation and follow up;
  3. Following the set of rules of behavior inside the group during the mobility;
  4. To take part in local activities, after the mobility.
  5. Complying with all safety and protection instructions issued by the International Center for Education and is directly responsible for injury / accidents in the event of non-compliance;
- 



## **Tasks of the Participants**

1. Come prepared with the presentation of the sending organization ( 1 presentation per team ).
2. Come prepared for the Intercultural Night:
3. Following the set of rules of behavior inside the group during the mobility;



# INTERCULTURAL NIGHT



## **During the project we will organize 1 intercultural night.**

The idea behind this is to help other people feel the spirit of your unique culture and traditions.

We will have the opportunity to discover each other's region/country in an alternative, relaxed and creative way.

### **What to Bring with You:**

- **National Food, drinks, snacks, sweets, traditional clothes, dances;**
- **Anything that represents your country & culture;**

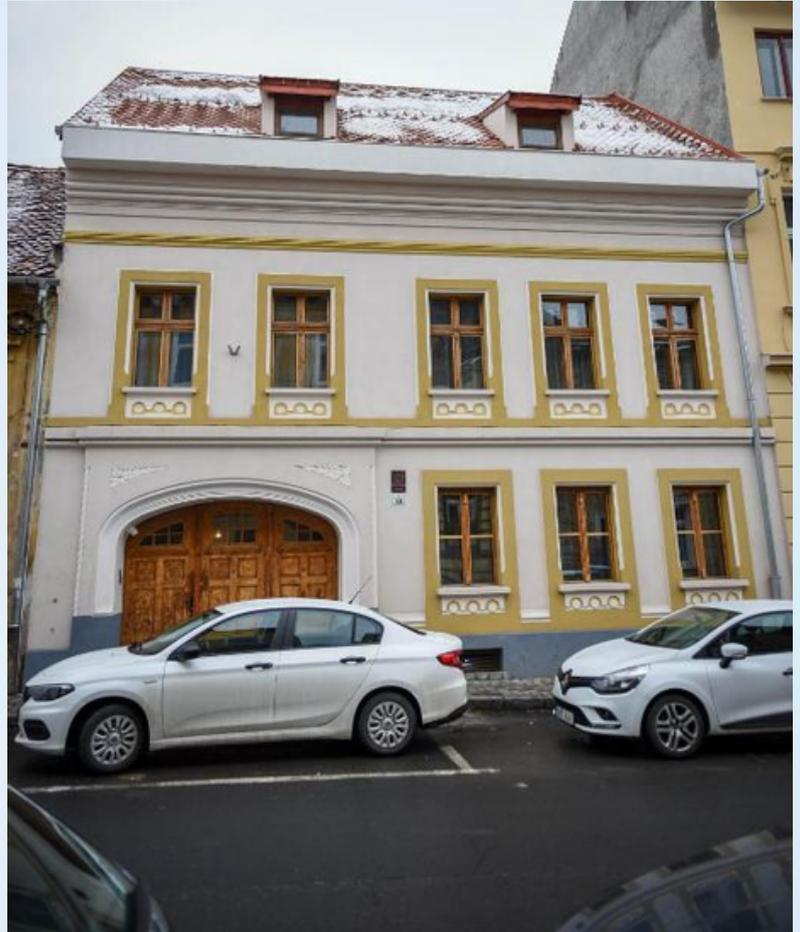
# Accomodation

 **Schloss Apartments**  
**Brasov - 5 min from the City**  
**Center**

**The participants will be  
acomodated in apartments with 2  
rooms - shared beds.**

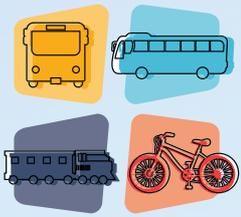
**Each apartment has 2 double beds.  
Make sure you agree sharing the  
bed before confirming you  
participation. :) The participants  
will be accomodated in rooms by  
gender.**

**You can see more details [here](#).**



# Accomodation





# POSSIBLE ROUTES TO GET TO Brasov

The closest airport to Brasov is in Bucharest – Henri Coanda International Airport

<http://www.bucharestairports.ro/>.

## **From Bucharest Airport you can come to Brasov by train or by bus:**

1. If you choose the train you need to get the train from the airport to Gara de Nord rail station, please access the following link to see the available trains and hours - Once you get to Gara de Nord, you need to take the train to Brasov, here it is the link where you can see the offer and book your tickets: <http://www.cfrcalatori.ro/en>
2. If you choose the bus you need to take the bus 783 until Piata Unirii 2 station, then take the subway from Piata Unirii 1 station to Pacii station. Once you get of the subway there is Autogara Militari where you can take the bus. Here it is the bus schedule:

<https://www.autogari.ro/Transport/Bucuresti-Brasov?lang=en>

**!!! Most busses need to make reservation in advance, so if you choose this option please inform us to make the reservations for you.**

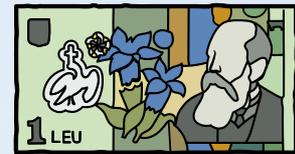
## LOCAL TRANSPORTATION IN BRASOV

1. Buses – in Brasov there are regular buses that takes you to any point of the city. The ticket price is 2,5 Ron (one way).
2. Taxi – price per km is 3.00 RON.  
UBER & BOLT are also available

# Important to know

In Romania, we use only the national currency:

RON (LEU)



1 EURO = 4,94 RON

- **bring cash with you, since not all the stores accept the payment by card.**
- **don't exchange money in the airport/train station/bus station or bank. The commissions are bigger. You can always use money exchanges from the city.**



Police, ambulance and other institutions for emergencies can be contacted at the unique number: **112**

## Recommendations:

- Travel Insurance
- Bring with you any medicines you know you might need



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