

Empower youth

-YOUTH EXCHANGE-

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„Democracy cannot succeed unless those who express their choice are prepared to choose wisely. The real safeguard of democracy, therefore, is education.”

Franklin D. Roosevelt

INFORMATION PACK

YOUTH EXCHANGE Târgoviște, Dâmbovița 06-15 September 2021



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PROJECT DETAILS

Project name: Empower Youth

Program: Erasmus + KA1

Project duration: 24 months (1 July 2020 - 30 June 2022)

Advanced planning visit: 04-07 August 2021

Youth Exchange: 06-15 September 2021 (8 youth exchange days, 2 travelling days)

Venue: Targoviste, Dambovita

Participants: 35 young people (4 young people and 1 group leader per country)

PROJECT CONTEXT

The Conference on the Future of Europe, happened on 15 January 2020 stays of the basis of this project. The European Commission, Parliament and Council united for a common declaration of partnership, with the purpose to determine new agreements or amendments to the existing ones, on the future of European democracy during 2020–2022. The resolution of Conference highlighted that „people of all backgrounds, civil society representatives and stakeholders at European, national, regional and local level must be involved in setting the EU’s priorities in line with citizens’ concerns in a bottom-up, transparent, inclusive, participatory and well-balanced approach”. This initiative was motivated by the high number of voters at European elections in 2019. The citizens, especially young people showed that they want to be heard by those who govern and they want to make their voice heard.

As a consequences of this initiative youth need to acquire a set of skills that empower them in democratic participation at local, national and European level.

OBJECTIVES

- ✓ to foster active citizenship and civic participation among young people;
- ✓ to strengthen the interest of young people in civic life, political life and decision making process at local,national and European level;
- ✓ to understand the importance of youth involvement in shaping the future of European democracy;

- ✓ to explore possibilities of active involvement in society (volunteering, activation in NGOs, meeting authorities, participation to debate, negotiation, etc);
- ✓ to understand the role of the main actors (citizens, government, NGOs, media) in a democratic society;
- ✓ to acquire a set of skills helpful to become change makers in local community and society.

PARTICIPANTS PROFILE

Partner organization	Country	Number of young participants	Group leader
Asociația Be You	Romania	4	1
European Youth Centre Breclav Z.S	Czech Republic	4	1
Association TDM 200	Italy	4	1
Associação de Defesa do Património Cultural Natural de Soure	Portugal	4	1
Asociacija Aktyvistai	Lithuania	4	1
Youthfully Yours SK	Slovakia	4	1
Youth on Board	Republic of North Macedonia	4	1

The target group for the proposed activity consist of 28 young people (4 young people from each participating organization, including 2 young people with fewer opportunities) aged between 18-25 years, and 7 group leaders (1 group leader per organization-aged over 18 without upper age limit).

Young people who will take part in this project should be interested in the topic of the project, in civic engagement, decision making process, European Union values, youth policies, young people who are active in their communities as part of an NGO, they volunteer, but also young people who are less active or not active at all, but they are motivated to know more about the topic and to acquire knowledge on how to be involved in democratic life.

ACCOMMODATION

The Youth Exchange will take place in Targoviste town, the old capital city of Romania, situated in Dambovita region.

Participants will be accommodated in rooms with 2 or 3 beds.

Facilities:

air conditioning;
internet;
TV;
bathroom with shower;

Address:

Hotel Dambovita,
B-dul Libertatii nr.1, Targoviste,
Jud. Dambovita, Romania

Website: <https://hoteldambovita.ro/en/>

MEALS

The meals will be served in the restaurant of the hotel.

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>

Read more about the environmental impact of flying on Wikipedia:

https://en.wikipedia.org/wiki/Environmental_impact_of_aviation

HOW TO GET TO TARGOVISTE

Targoviste 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 train and from there change the train to Targoviste. From Targoviste train station you can reach easily Hotel Dambovita by walking – is 15 minutes away.

You can also take a taxi or Bolt, but the cost of taxi or Bolt can not be reimbursed.

- <https://www.curl.ro/zmkEA> – link transfer Airoport - Bucharest North Train Station
- <https://bilete.cfrcalatori.ro/en-GB/Itineraries> - link transfer Bucharest North Train Station – Targoviste

Advance Planning Visit / APV

- **Arrival day:** 04.08.2021
- **Departure day:** 07.08.2021

Youth Exchange

- **Arrival day:** 06.09.2021
- **Departure day:** 15.09.2021

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 and food 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
Italy	- 275 € per participant
Portugal	- 360 € per participant
Lithuania	- 275 € per participant
Slovakia	- 275 € per participant
Republic of North Macedonia	- 180 € 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.) **NOTE!!! TAXI COSTS OR OTHER TRANSPORT METHODS DIFFERENT FROM PUBLIC TRASNSPORTATION ARE NOT ELIGIBLE COSTS.**

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).

!!! ATTENTION!!! Scanned, photographed, screenshots, jpg, png etc. format documents are **NOT ACCEPTED**. If you do not manage to save them in PDF you can forward the email that contain the document to us via email: beyouroumania@gmail.com

The boardingpass is mandatory to be attached to the flight ticket, its absence makes reimbursement impossible. For the online version of the boardingpass only the PDF format is accepted. **Do not use mobile applications to issue the boardingpass as most do not allow you to download the boardinpass in PDF format.**

!!! Note that we cannot reimburse travel costs if you have lost your tickets, boarding passes or we do not receive all details and proofs of your expenses according to Romanian legislation!

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. Participants must have during the youth exchange travel documents: identity card / passport.

COVID-19 CONTEXT

The project will be implemented under the effects of covid-19 pandemic. It is important to respect and keep the safety and sanitary measures imposed by our government. We and the hotel staff will make sure that the project will be carried out under high safety conditions. The activities will be carried out mainly in the conference room of the hotel. According to the Romanian covid-19 regulations we will have to wear the mask in indoor space.

At arrival participants will receive a **sanitary kit** (masks, 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 their country, culture, customs and traditions to all participants. It will be organized two intercultural evenings.

According to the imposed norms and the legislation in force, the intercultural evening can be carried out only with packaged products in order to avoid the contact of several participants with the same product. We suggest you to focus on the presentation of the culture of your country, possibly on a traditional story, fairytale, interactive activities, songs, national dance, you can bring representative objects, brochures. Do not focus on power point presentations, videos, kahoot games. Be creative!

Cooking, heating or cutting food is not possible. In the hotel the access to the kitchen is forbidden.

BRING THE FLAG OF YOUR COUNTRY!!!

PARTICIPANTS ROLE AND DUTIES DURING YOUTH EXCHANGE

1. **Presentation of sending organization.** Participants can prepare a presentation of the sending organization that will be presented during the intercultural night. So bring with you materials about your organization (brochures, flyers, etc.).
2. **Interview related to project topic.** For the project, each national group should prepare interviews with young people from local community about the situation/level of youth participation. The interviews can be made in English or national language. For national language you have to use subtitles.
3. **Energizers.** Each national group will have a day to lead the energizers. We are expecting enjoyable energizers!

WHAT SHOULD BRING WITH YOU

- ✓ Practical clothes for different weather forecasts: warm, cold during morning and evenings, 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 July 2020 – 30 June 2022

Advance Planning Visit/ APV: 04-07 August 2021

Youth Exchange period: 06-15 September 2021

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See you soon!