

# INFORMATION PACK

## SOFT SKILLS FOR THE DIGITAL ERA

**Youth Exchange**  
**22 JUNE - 1 JULY 2025**  
**Targoviste, Romania**



Co-funded by  
the European Union



**Be You**  
European  
Youth Association

# Project details

**Mobility name:** SOFT SKILLS FOR THE DIGITAL ERA

**Program:** Erasmus + KA1 Accreditation

**Youth Exchange: 22 JUNE - 1 JULY 2025** (including arrival and departure day)

**Venue:** Targoviste, Dambovita

**Participants:** 5 young people and 1 group leader per country

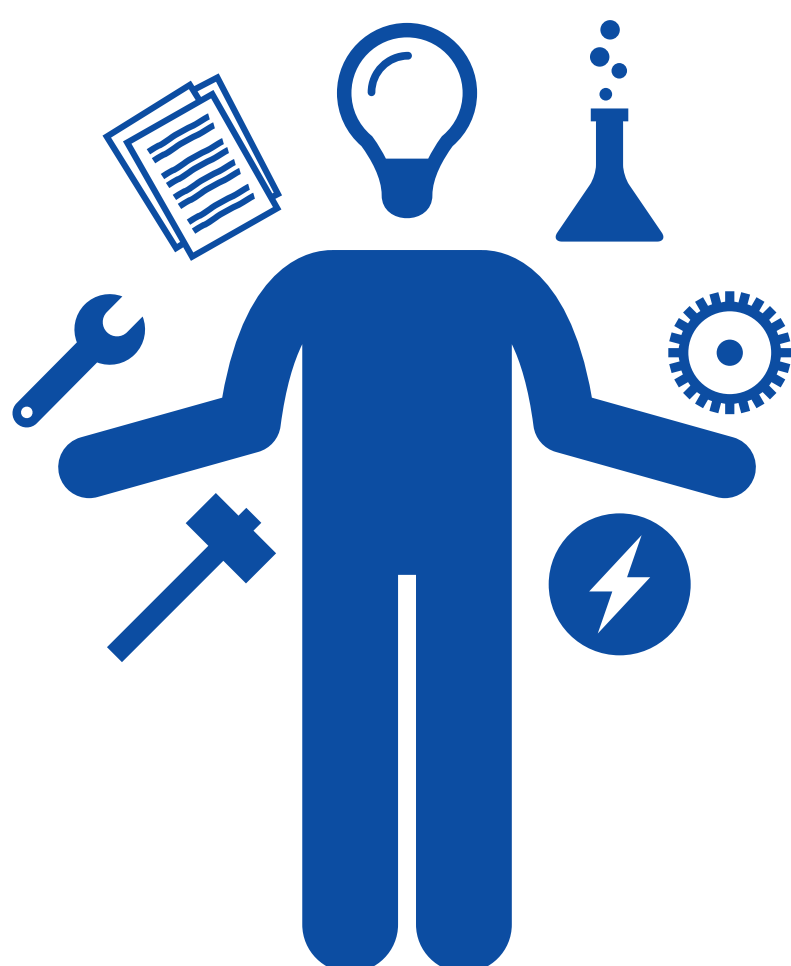
## AIM

The aim of Youth Exchange is to empower young people with key soft skills—such as communication, adaptability, critical thinking, and emotional intelligence—essential for thriving in the digital era and succeeding in modern, tech-driven work environments.



## OBJECTIVES

- To equip participants with essential communication skills tailored to digital platforms, focusing on clarity, active listening in virtual interactions.
- To strengthen participants' adaptability and critical thinking skills through activities that simulate real-world digital challenges.
- To foster participants' emotional intelligence and understanding of digital etiquette showing empathy in virtual settings, and maintaining professionalism on social platforms.





# Participants profile

The target group consist of 36 participants:

30 young people (5 young people from each participating organization aged between **18-24** years) 6 group leaders (1 group leaders per organization-aged over 18 without upper age limit) with experience in coordinating groups and leadership skills.

Young people who will take part in this project should be interested in the project topic and motivated to acquire knowledge and skills to tackle democratic life and youth involvement in the community. Gender balance will be kept in the selection process of young people as much as possible. The project emphasis inclusion and is aimed to young people facing social, economic, cultural or geographical barriers. Group leaders will be appointed by partner organizations and they will be responsible with group coordination and activities.

The selection is open to all young people according to the described profile regardless life background, socioeconomic status, ethnicity, religion, sexual orientation, etc.

## How do you apply?

**!!! In order to apply participants have to fill the application form.**

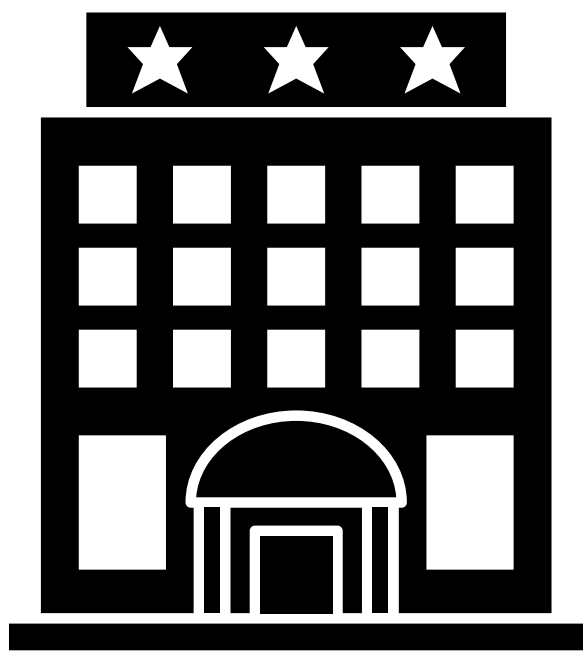
**APPLICATION FORM**



**Participants selection deadline: 20.05.2025**







# 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 3 or 4 bedrooms, at Nova Hotel (the 3 star wing). Address: Strada Arsenalului 14, Târgoviște, Dâmbovița.

Check-in hour: 14:00

Check-out hour: 11:00

## 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. Because the gastronomy of the region is mostly based on meat we can not offer vegan dishes and the vegetarian meals will not be very varied. Please be aware of these matters when you apply. We will make sure to respect participants dietary needs with the resources we have at disposal. Be prepared for new culinary experiences without prejudices!



# 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, connections, 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](https://en.wikipedia.org/wiki/Environmental_impact_of_aviation)

***The travel distance is calculated from the adress of the sending organization (departure point) to Hotel Nova. Please note that it is mandatory for the participants from the same organization to travel all together.***

***The travel itinerary must be approved by the hosting organization. Any changes to the itinerary or travel dates made after approval, without prior notification, will lead to the lost of reimbursement.***

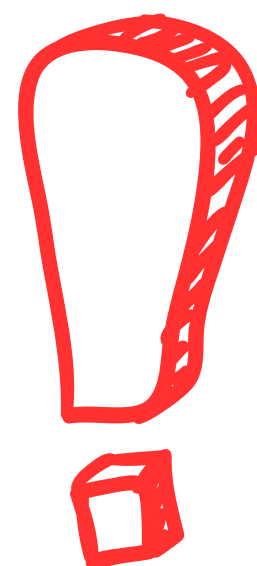
**Travel days: 21 and 22.06.2025**

**Arrival day: 22.06.2025**

**Activity days: 23- 30.06.2025**

**Departure day: 01.07.2025**

**Travel days: 01 and 02.07.2025**





# How to get to Targoviste



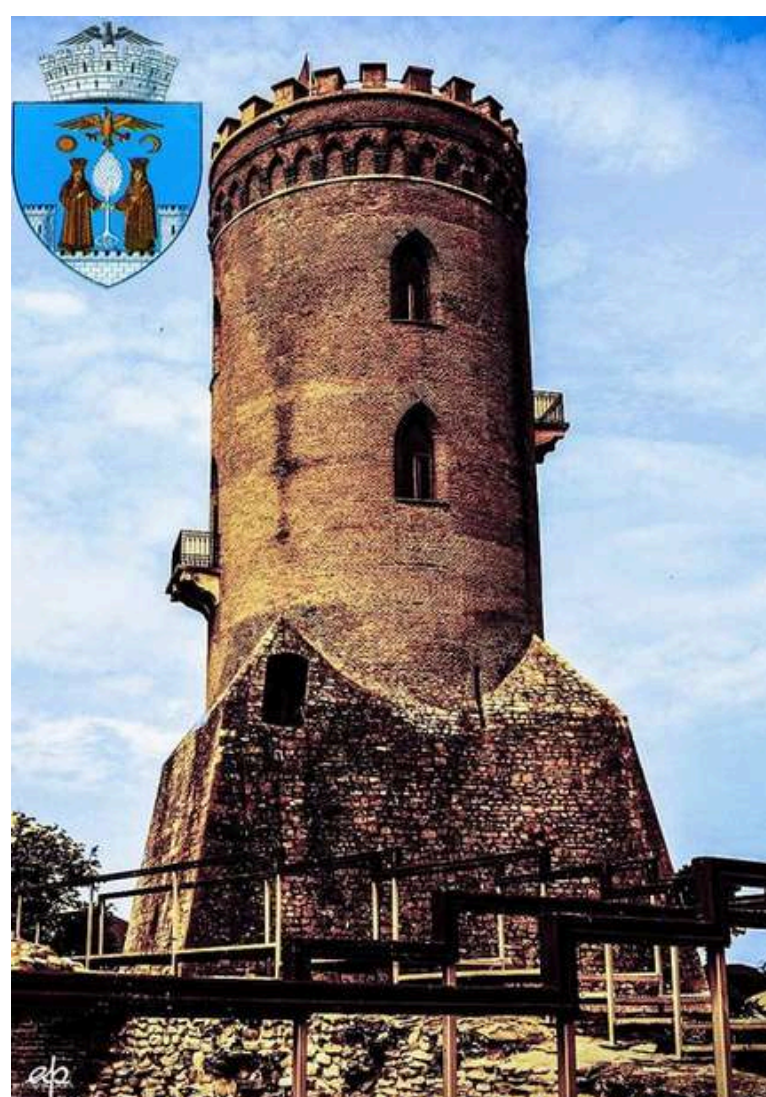
Targoviste is 80 km from Bucharest (1h45 minutes – 2h by train).  
To reach Targoviste you have to take the train/bus/plane to Bucharest.  
From the airport you can reach Bucharest North Train Station by train and from there change the train to Targoviste. From Targoviste train station you can reach 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.bucharestairports.ro/en/transport/train-connection> – link transfer Airoport - Bucharest North Train Station

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

Note! Check the timetable of the local transport from Bucharest airport to Targoviste and back to Bucharest airport when you plan your travel and book your flight. We can not assure transfer from Bucharest airport.





You have to use only public transportation, economy class (i.e. economy class for planes/busses/trains, etc.)



**NOTE!!! TAXI, BOLT COSTS OR OTHER TRANSPORT METHODS DIFFERENT FROM PUBLIC TRANSPORTATION ARE NOT ELIGIBLE COSTS.**

**REIMBURSEMENT:** The reimbursement of travel costs will be done after the end of the Youth Exchange, upon we will receive all travel documents (tickets, boarding passes, invoices, etc). The boardingpass is mandatory to be attached to the flight ticket, its absence makes reimbursement impossible.

**!!! 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.

**Be You Association does not request participation fees and does not encourage this practice.**



## 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 respecting the distance band:

Travel distance	Standard travel	Green travel
100-499 km	211 EUR	285 EUR
500-1999 km	309 EUR	417 EUR
2000-2999 km	395 EUR	535 EUR

**!! We recommend you to purchase your flight tickets in Euro, if is possible, to not lose money due to the exchange rate (INFOREURO).**

# Youth Exchange Matters

## Insurance

Each participant should have valid health insurance (for example European Health Card) and travel insurance during the whole participation in the project.



**The insurance is mandatory, but the cost can not be reimbursed according to the Erasmus+ program rules.** The cost of insurance is considered co-financing of the participants.

Also participants must have during the youth exchange valid travel documents: identity card / passport.

## Intercultural evening

Each national group will have the occasion to present their country, culture, customs and traditions to all participants.

**BRING THE FLAG OF YOUR COUNTRY!!!**





# Participants role 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. Energizers.** Each national group will have a day to lead the energizers. We are expecting enjoyable energizers!

**3. Dissemination of youth exchange.** Each participant will have to make social media posts on their accounts and carry out 1 activity to share their experience during the mobility. Also they will have to share 1 testimony. Details will be discussed during the youth exchange.

## What should bring with you

- Practical clothes for summer and hot weather;
- Comfortable shoes and jacket for outside activities;
- Personal hygiene things, medicine you usually take, other things you need for personal comfort and well-being;
- **Reusable bottle of water or a travel mug**
- 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**





# Contacts

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# See you soon!





# What to do in Târgoviște

## Places to visit



**Royal Court**



**Chindia Park**



**Art Museum**



**History Museum**



**Printing & Old Book Museum**



**Museum of Evolution in Paleolithic**



**Tricolorului Square**