



Erasmus+

FOUR ELEMENTS - LET'S PLAY AND SAVE THE PLANET- youth exchange BUSTENI, ROMANIA, 22 august-2 september 2021

Arrival day : 22 august; **Departure day:** 2 september

Organizer : ASOCIATIA ODEN NEHOIU

Coordinators : Bogdan and Fabiola Chiriacescu

Facilitator : Tolea Postovei

Partnership : 40 persons from 8 organizations from 8 countries : Bulgaria, Greece, Italy, North Macedonia, Poland, Serbia, Spain and Romania

DESCRIPTION OF THE PROJECT

FOUR ELEMENTS" is an exchange of young people with 8 countries of the program: Bulgaria, Greece, Italy, North Macedonia, Poland, Spain, Serbia and Romania, which will run between 22.08.2021-2.09.2021 and brings together 40 participants (32 young people and 8 group leaders)

By this project we aim to increase the awareness of young people on the solutions for increasing the sustainability of the environment and a healthier life by preventing pollution and disasters, by caring for nature, by responsible consumption, by better recycling and waste management.

The aim of the project is to strengthen among young people the awareness of the importance of environmental sustainability through a better management of the interaction with the 4 elements of nature (water, air, earth, fire).

Objectives:

1. increasing the responsibility of intervention on the planet and the safety of the population by preventing disasters caused by water, air, earth, fire.
2. Development for 40 participants from 8 countries for 10 days of new personal and civic competences to promote the prevention and control of water, soil and air pollution.
3. Strengthening the use of the creative and innovative potential of 40 participants from 8 countries in support of the environment by building board games from the recycling and over-recycling of reusable materials.

The partners have established a common *profile* for the selection of participants which includes:

- member / volunteer within the associations or belonging to the sending communities
- age between 18-25 years
- 2 young people / group with fewer opportunities in the categories of NEET/unemployed/poor or affected by pollution from cities where they live.
- attitude of respect, tolerance and coexistence without hatred in a strong intercultural environment
- preferably average English proficiency that allows easy integration into activities and active contribution to workshops
- spirit of team, empathy, active participation and responsibility for individual and group tasks
- the ability to assume responsibilities in the dissemination of final products

The methodology is based on non-formal education, practical and experiential learning and was created together with the young people adapting methods practiced in other projects to the specific conditions of the thematic, partnership, learning objectives and proposed activities ensuring equal access and active involvement of all participants.

The visible results will be:

- 8 stories with informative and descriptive purpose about the human relation with the 4 elements,
- 8 theater scenes created in workshop 4 with solutions to pollution cases in local communities, collected in a video montage and uploaded by young people on [youtube.com](https://www.youtube.com)
- 8 short films created in workshop 5 for the prevention and control of pollution
- 8 sets of four posters and 4 flyers created in workshop 6 to prevent and combat pollution
- 8 board games on ecological topics with tests, questions and information that promote the sustainability of the environment
- The magazine "Four Elements" by young people based on the conclusions of the workshops collected in googledrive after each workshop. A8 games regulations, photos of "land art" pieces, links to video montages, information about each community and the pollution situations they face

PARTICIPANTS:

Every group should prepare 4 youngsters 18-24 years old plus one group leader over 18 years old with citizenship or residence in sending country

We can accept maximum 1 person that is not native citizen of sending country with condition to have legal residence and not to be ESC or Erasmus exchange student.

Gender balance is recommended for every team as much as possible

ATTENTION:

2 participants/country should be with fewer opportunities: NEET, unemployed, from poor areas or affected by pollution

VENUE: Busteni, Romania

Accommodation: Vila Cristina Busteni - in rooms of 2 or 3 beds with private bathroom and shower

Food will be served at the restaurant of the pension and there will be 3 meals every day and coffee breaks.

Please send us your special needs concerning food: no pork, no meat, vegetarian or any allergies.

Activities: will be in the same place in different rooms. Some of the activities will be outdoor.

Facilities and visits: pension is 15 minutes walking from city center where you can find almost everything: shops, pharmacy, banks, restaurants etc.

We'll visit Bran, Brasov, Sinaia and Busteni - see the program. Any other optional visits will be discussed on the spot.

Weather is so unpredictable in the mountains. Average temperature is around 20-25 degrees but can be colder, warmer or raining. So be prepared for everything. We'll keep you updated with the weather forecast.

IMPORTANT !!! Pay attention to safety measures:

-you'll live in an intercultural environment, so accept all cultures and be tolerant

-NO DRUGS ALLOWED!! Alcohol only after activities in the evening and consumed with responsibility and according with laws from each country concerning age!! Group leaders will prepare you!!

-you have to attend and be involved in ALL ACTIVITIES during the exchange and also in DISSEMINATION PHASE!!

-other rules and safety measures will be proclaimed in first day, so if you have proposal feel free to express them !!

Measures connected with COVID 19 restrictions and participants requirements will be updated and discussed as a separate topic with coordinators and group leaders. The location will provide all measures for safety and security!!

Transport: For those arriving in Bucharest Otopeni there is a bus **780 EXPRES** that runs to Bucharest almost every 20 minutes from 5 am till 11pm. You can find signs in the airport to reach bus station. The ticket is 8.6 lei (2 euros) a round trip card, that you have to validate when you step in the bus. The bus goes directly to train station - **BUCHAREST GARA DE NORD** and takes depending on the traffic 45-60 minutes. To go to city center of **BUCHAREST** you can take **783 EXPRES or 784 EXPRESS**. There is also **TRAIN** directly to **GARA DE NORD** every 30 minutes that takes 20 minutes and costs 4 lei. Another option is to take **MINIBUS** directly to Busteni for 2 hours trip - in next infopack you'll get the links to buy tickets.

In the train station **GARA DE NORD**, you can easily find the ticket office and buy your tickets. Normally you can pay by card in train station, but anyway there are bankomats and also a machine for tickets. We suggest to ask for round trip ticket BUCHAREST-BUSTENI-BUCHAREST- there is cheaper and then in Busteni you'll have to buy only the seat for return to Bucharest. For groups there is a **MINIGRUP TICKET** also cheaper for 2-5 persons. The trip is around 2 hours. As you'll get in the train in Bucharest we'll ask you to send us an sms with the time of arrival.

From train station in Busteni you can walk 20-30 minutes or take a taxi on your own expenses - a taxi costs around 3 euros

Make sure to arrive in train station in Bucharest before 9.00 pm -after that time there is no public transport. For those arriving later or for those that don't want to go first to Bucharest the option is to take a minibus from airport to Busteni

For the way back, from Busteni there are minibuses to airport or trains to Bucharest

ATTENTION !!

Depending on COVID situation at the moment of arrival for people that are not vaccinated or were not infected is it possible to be required an OBLIGATORY PCR or fast-test before arrival in Romania or before leaving Bucharest to Busteni, so you'll be updated with information closer to the project start.

ACTIVITIES

Please post announcements about the project on your websites, blogs or any other platform and send us some print screens or copies

What should you prepare:

A research about consumerism, pollution and natural disasters in your country (statistics, legislation, prevention)

Your Carbon Footprint following the link <https://www.footprintcalculator.org/>

For intercultural evening please bring traditional products from your country or region - food and drinks - and also prepare to show us a dance and to sing a song. Any other aspect to promote your culture is welcome: leaflets, photos, flag, videos etc.

IT IS NOT POSSIBLE TO USE KITCHEN FOR COOKING !!

Be also prepare to promote another country in a creative way using multimedia or drama or other methods but try not to copy/paste from internet. Do something personal !!

NO LONG PRESENTATIONS AND as much as possible **NO KAHOOT ! PLEASE !!**

Romania will promote Greece

Greece will promote Italy

Italy will promote Poland

Poland will promote North Macedonia

North Macedonia will promote Spain

Spain will promote Bulgaria

Bulgaria will promote Serbia

Serbia will promote Romania

-you can be prepared to propose games, energizers, activities for free time or for our workshops

-if you had projects connected with the topic, bring with you good practice examples: leaflets, videos, photos.

REIMBURSEMENT:

In order to get the travel costs back we need to get from you **PRINTED ON PAPER !!**

- All BUS/TRAIN/FERRY tickets and invoices in original. If you need local transport in your country try to buy return tickets. Tickets should have date, itinerary, cost. If there is no name-write it on the back
- For FLIGHTS: electronic ticket with name, dates, itinerary, costs AND INVOICE if some of previous item is not on the ticket.
- BOARDING PASSES compulsory – keep them as without them you don't have your money back. If you did mobile check-in you can send us the print screen
- Take only APEX flights (no business class) and only 2nd class trains.
- TAXI costs are not eligible
- Be sure to have price and data on bus and train tickets, also on airplane tickets. If not, ask for receipts or invoices.
- If you travel by CAR contact us to tell you the rules and documents needed...

The reimbursement will be in accordance with distance calculator for the maximum amounts approved in application and will be done after the project when we'll receive all ORIGINAL documents. The amounts for reimbursement will be based on the tickets/invoice presented. There will be one transfer for every country in account of sending organization according with National Agency rules.

Maximum approved travel costs :

180 euros/participant for Bulgaria and Serbia

360 euros for Spain

275 euros/participant for the others

For North Macedonia distance calculator show us 500.02 km so you are at the limit to get 275 euros, so if your departure point is closer to Busteni than Strumica you'll

get only 180 euros. So check with participants distance according to this link https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

Other practicalities :

Currency : 1 euro = 4.95 lei (RON). There are banks and bankomats in airports, in Bucharest train station, in Busteni.

The hour in Romania is GMT + 2.

Because of covid situation if you want to stay longer in Romania, you can do it 2-3 days, but we recommend to do it AFTER exchange. All costs for these extra days are in your charge. For persons that want to spend some days in Bucharest or elsewhere we can help you recommended hostels or attractions. Just ask!!

Beware of pick pockets in buses, metro and crowded places. Don't accept gifts and don't talk to strangers that ask to sign something or to help them - most of them are cheaters.

Don't pay attention to street dogs - they are everywhere but most of them are friendly.

For any other questions and comments or questions contact

asociatia.oden@gmail.com

postoveitolea@yahoo.com

Bogdan - +40.721.206.649 - available on whatsapp

Fabiola _ +40.729.809.779 - available on whatsapp

Tolea+40.744.855.911 - available on whatsapp

ALL PARTICIPANTS WILL GET YOUTHPASS CERTIFICATES. GROUP LEADERS WILL GET SPECIFIC CERTIFICATES.

See you soon here !!!

PLEASE READ THIS METERIAL VERY CAREFULLY !!

ANOTHER INFOPACK WILL BE SENT ONE MONTH BEFORE MOBILITY

'This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.'