

FROM TEENAGER TO CITIZEN



Youth Exchange project within Erasmus+ KA1

20th to 27th of August 2021

Romania – Sinaia, Prahova County

Organised by: Se Poate Association Branch



BASIC INFORMATION

Activity Dates: 21st - 26th August 2021

Arrival date: 20th of August 2021

Departure date: 27th of August 2021

Location: Sinaia, Prahova County, Romania

Accommodation: Casa Duca

(<https://casaduca.ro/sinaia.html>)

Partners:

Association Social Hub - BULGARIA

Greek Youth Mobility - GREECE

Oriel - ITALY

Association Center for Youth Education and Mediation – NORTH MACEDONIA

Fundacja "Zielony Slon" - POLAND

A.D.E.L. - Association For Development, Education And Labour - SLOVAKIA

Asociación Juvenil Almenaras - SPAIN

Team Number: 4 participants (18-25 years) out of which 1 group leader (18+ years). We are looking for youngsters between 18-25, who are interested in about the topic. Please, take in consideration to assure the gender equality of the group of participants from each country.



PROJECT SUMMARY

The motivation for this project relies on the common activity and goals of all organizations involved. We believe that promoting active citizenship, in order to build a stronger and more democratic Europe, can only be achieved by creating a tight network of associations that promote the values of tolerance, intercultural dialogue and political participation.

The purpose of the project is to achieve **more active involvement of young people in decision making process** in society.

In this regard, the objectives we have set are:

- **Increasing the knowledge of the participants during the 10 days of the mobility on their rights and duties as citizens and how they can influence through an active attitude the decision making process.**
- **Developing a positive attitude for the participants during the duration of the project regarding the importance of sharing and being promoters of the citizen's rights and the way that they can influence the decision making process.**

The main objectives of the project will be reached through the research and work before and during the mobility, through presentations, debates and non-formal activities during the 10 days of the mobility.

The project coordinator and facilitator is Adrian Calugaru, who worked in 2018 at the **Youth and Sport Ministry of Romania**, being in charge with the preparation for the **Presidency of Romania at the Council of European Union**. During the mobility, he will share his experience from that period, bringing lots of **inside and "under the curtain" information from the framework of the Brussels meetings** :)

In order to ensure the learning outcomes and the achievement of the objectives the organisers will use several non-formal education methods:

- **daily energizing sessions**, based on team and group games, that will prepare participants for daily activities, also aiming to strengthen the cohesion of the group and improving teamwork techniques;
- **"World Cafe" round tables**, where the participants discuss about topics related to the subject of the project
- **Reinforcing methods** such as the use of online materials or other practical examples in the field of active citizenship & volunteering
- **Workshops & presentations** made by each national group
- **Intercultural evenings** where the participants will know the cultural, traditional, culinary and cultural specifics and social status of their countries of origin; - games and activities to relax and strengthen cooperation between participants;

- **A simulation of an electoral campaign**, during which participants will be split in international teams that will represent each a political party that will fight for better youth rights in a virtual community that will be created during the mobility

- **Teamwork** for discussing the practical theme of developing proposals / activities addressed to participating organizations and the NGO environment in participating countries, political decision-makers or a target audience defined by participants divided into international teams.

PREPARATION

Every national group have to prepare with the following works:

- **1-2 energizers (10-15 min):** short (indoor or outdoor, but preferably outdoor giving the period of the year) games, which help us to wake up, and give energy to for the day. These activities are meant both for reinvigorating and for building a cohesion between the participants.
- Some country **specific food/drink/dances/presentation**, etc for the intercultural evening
- Each national group will need to prepare **a presentation and to moderate a debate** regarding the state of affairs regarding youth rights, active citizenship, enforcement of the rule of law and how is democracy promoted in their countries. Each national group will hold a session during which they will exchange points of views and information regarding the topic of the project.
- Each participant should also prepare **a list of 10 sentences that will represent each "1 Idea for Europe"** which will be discussed during the mobility about how they can be put in practice. In the end, the ideas that will convince the majority that they are reliable and realistic will be introduced into a booklet that will be published online in the participant countries website organizations or social media profiles
- It would be great if at least 1 selected participant is aware of using **graphic digital tools**, for helping creating the booklet!
- **A presentation about your association** which will be presented at the "NGO Fair" event(10- 15 min)
- **Travel insurance (mandatory)**
- **European Health Insurance Card**, if possible.
- **Good spirit and a positive attitude** for enhancing a nice and friendly atmosphere, innovative spirit and openness.

TRAVEL BUDGET

Maximum travel budget allowed for:

- Bulgaria: 180 EUR
- Greece: 275 EUR
- Italy: 275 EUR
- North Macedonia: 275 EUR
- Poland: 275 EUR
- Slovakia: 275 EUR
- Spain: 360 EUR

IMPORTANT: Always ask bills, invoices and save them!

To be refunded you need to provide us with all receipts of travel expenses (travel agency, train tickets, invoices etc). Please keep in mind that we cannot refund expenses if we do not receive the required documentation since we would not be repaid by the NA. Please take this into account when you book tickets and when you travel.

IMPORTANT: make bills, invoices for our address and send them at:

Asociatia Se Poate

Calea Serban Voda, nr.28, apartment 1

Sector 4, București, Romania

Zip Code 040212

For a better communication and tracking the selection and preparatory process, we created a Drive folder where partners, group leaders and participants can find relevant information. Travel documents, dissemination materials and other important information will be found here: <https://drive.google.com/drive/folders/1W3RaVkACgu5Ct-n-xBaL2qRQ8YXFcrWT?usp=sharing>

Also, for a more qualitative mobility, we invite all the group leaders and as many participants as possible to take part in a inductive online session, not later than 10th of August, during which we will get to meet virtually, express our expectations and wishes for the mobility and also to offer information and answers for participants regarding logistics, activities or any type of support that participants need.

TRAVEL

IMPORTANT ! The location of the project is situated around 120 km away from the Romania's

capital, Bucharest, and around 100 km away from the main airport, Bucharest Otopeni Airport. You can travel from Bucharest to Sinaia either directly from the airport with shuttle buses or by train from the main train station (Gara de Nord).

From the airport to the main train station, you could travel by 780 bus or by train.

Please inform what will be your arrival date and time and by which kind of transport you will arrive in Bucharest (plane, train, bus or car). Please also provide the information regarding the arrival of the whole national group or if someone will arrive separately. Everyone is expected to arrive on **20th of August** at the venue of the activities.

The exact address of the venue is: **Sinaia, bd. Carol I, nr.40, prahova County**

For any issues regarding time and place for greeting & meeting, please contact **Adrian Căluăgru** at **+40769.616.540**,
e-mail: adrian.calugaru@gmail.com.



If you are not able of exchanging money to Lei before departure, please bring only euro or dollars to be exchanged in Romanian currency (RON/ lei). You can exchange money in the town where the mobility takes place. **The currency at the airport or Bucharest train station is not recommended.**

SOCIAL MEDIA

We will form a group with the name of the project on Facebook. Please put your group member in it, because we would like to be this group lively and active.

Also we will active on the official site of the Se Poate Association: <http://asociatiasepoate.ro/> .

LIST OF PARTICIPANTS

Please fill the attached documents and send back in e-mail. It is important because you can help our work in this way. Please send a message until the **30th of July** about how is your group's preparation going.

We need to know...

- ❖ ...if somebody has a special diet (vegetarian, etc...) or food allergy (gluten, lactose, etc...)?
- ❖ ...any illness or sickness, allergy?

- ❖ ...should we need to prepare with any medicine or special treatment?
- ❖ ...any special needs?

After the participants will be selected, they will be asked to complete an online form that we will provide after the selection process is finished.

VERY IMPORTANT! After the selection process is finished, the participants should buy the plane tickets no later than 10th of August!

LOCATION OF THE PROGRAMME:

Casa Duca, Sinaia (<https://casaduca.ro/sinaia.html>)

WHAT TO BRING

You should bring:

- Insurance documents;
- Toiletries;
- Towels;
- Medicines, if needed;
- Travel documents;
- Training, sport clothes, warm clothes (for possible rainy days);
- Your ID;
- Especially good mood, flexibility ^_^

CORONAVIRUS UPDATES AND RULES

Please inform your participants about the rules they have to respect after being imposed by Romanian authorities:

- for entering Romania, they should check the updated list of countries marked as "green" for which there are no documents required by the authorities. The last updated list, on 25.06.2021 is here: <http://www.cnscbt.ro/index.php/liste-zone-afectate-covid-19/2528-anexa-lista-state-cu-risc-epidemiologic-ridicat-25-06-2021/file>
- possessing a "Green EU Passport" is exempting the owner from any

restriction of entering Romania, regardless of the country from where is coming

- during the preparatoy inductive meeting, we will offer the last updates and possible completion of documents if Romanian authorities will require at that moment

- wearing a mask is compulsory only indoor (including shops, public transport, indoor activities)

- PCR or antigen tests can be reimbursed, but it is recommended for the safety of all participants that the selection to prioritize vaccinated persons, especially where they are allowed to do it

WEATHER FORECAST

The project will take place in a mountain region, during summer days, when we expect warm weather, but in the evening or morning there could be chilly temperatures and rain . When the activity period is approaching, we will send you a weather forecast updated.

INFO ABOUT ROMANIA

- A lot of people between 16 and 50 years speak in English in Romanian. Younger generation use English more.
- You can buy everything in bigger stores or malls.
- You should take care of your values in busy areas and during travel. You should not leave them without control.
- 1€ = ~ 4.75 RON
- 1 \$ = ~ 4.2 RON
- Emergency numbers: ambulance, police, firefighters: 112

RULES ABOUT ALCOHOL AND SAFETY

The use of drugs is forbidden during the exchange. Drinking alcohol is forbidden during the daily programs. Participants are allowed to drink alcohol at the evenings by the decision of their group leader. It is his/her responsibility that participants do it with normal limits and it shouldn't bother the daily program. We will introduce the safety rules of the place when participants arrive. Please observe the rules.

CONTACT

If you have any further questions please do not hesitate to ask us.

Adrian Calugaru –Program Coordinator

adrian.calugaru@gmail.com

+40769.616.540