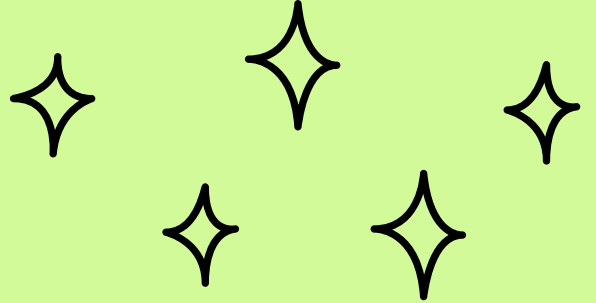

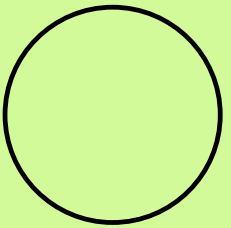
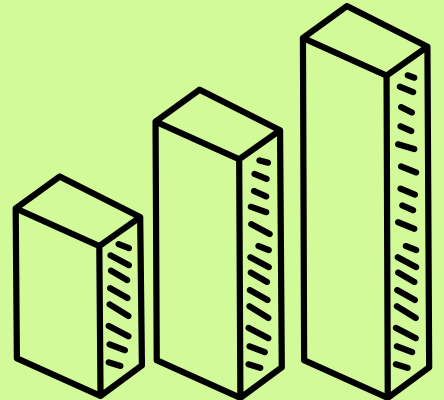
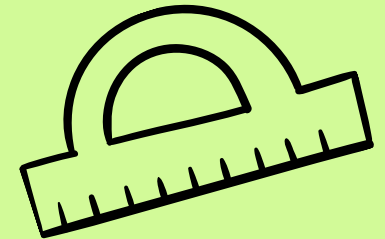
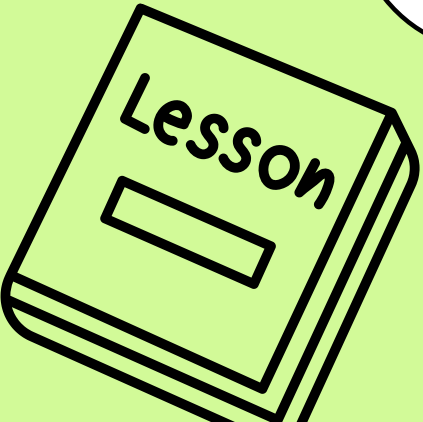




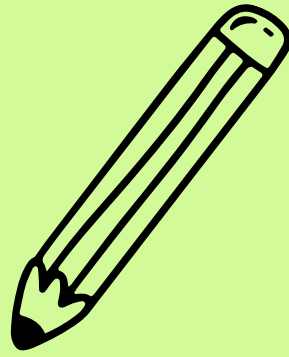





LEARN, ACT, REACT!

Youth Exchange

→ Timișoara, Romania ←
28 Sept- 4 Oct



About the youth exchange

LEARN, ACT, REACT!- It's a youth exchange ,at will empower young people to take action to know their rights and to know how can they better change their community.

The themes of the youth exchange will be a democracy, human rights, advocacy, community building, and youth participation.

Participants

The youth exchange will gather young people who:

- are between the ages of 16 and 30;
- speak English at a conversational level;
- are interested to participate in non-formal activities and learning more about democracy and youth participation.

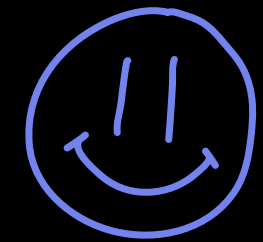
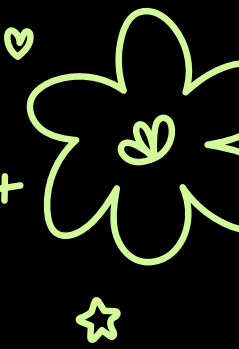
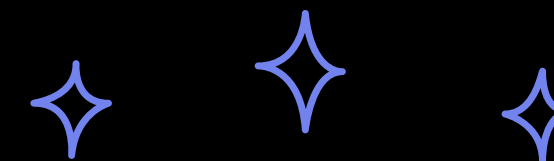
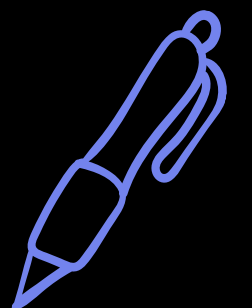
Very important: each group of participants (minimum 4) must have also a leader who has experience in international mobilities and who is part of the partner NGO.



4 Young people



1 Group leader



Timis County Youth Foundation (FITT) was founded in 1990. It is a public utility umbrella organization for 31 youth and student NGOs (from 14 different specialties).

Moreover FITT...

- 1 **is a model of democratic behavior, focusing on youth participation and youth policies;**
- 2 **owns the Youth House, an 11.000 m2 building;**
- 3 **is the only youth center in Romania accredited by the Council of Europe with the Quality Label for Youth Centres (2016–2023) and one of 14 such centres in Europe.**

We are your host:

Timis County Youth Foundation





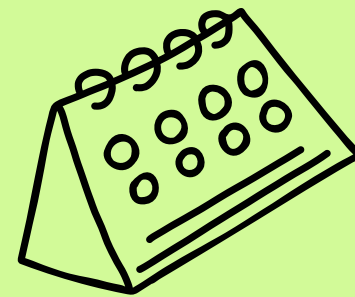
Info about the city



Timisoara is one of the biggest cities in Romania and has got many things to offer, such as:

1

- Impressive heritage from different epochs and cultures;



2

- Rich cultural history;

3

- A lot of free time activities including concerts, theater plays and art exhibitions

4

- As a true youth city, Timisoara received the title of the National Youth Capital between 2016–2017.

In 2023, the next European Capital of Culture.

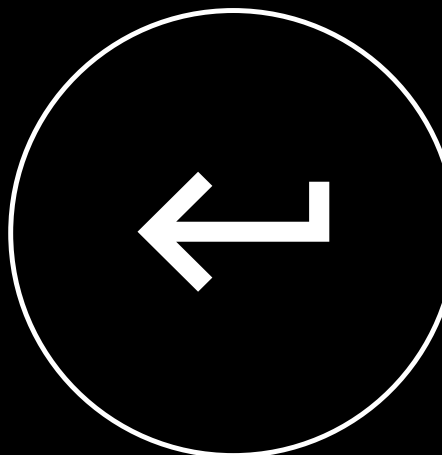


Accommodation & Food

Location of accommodation:

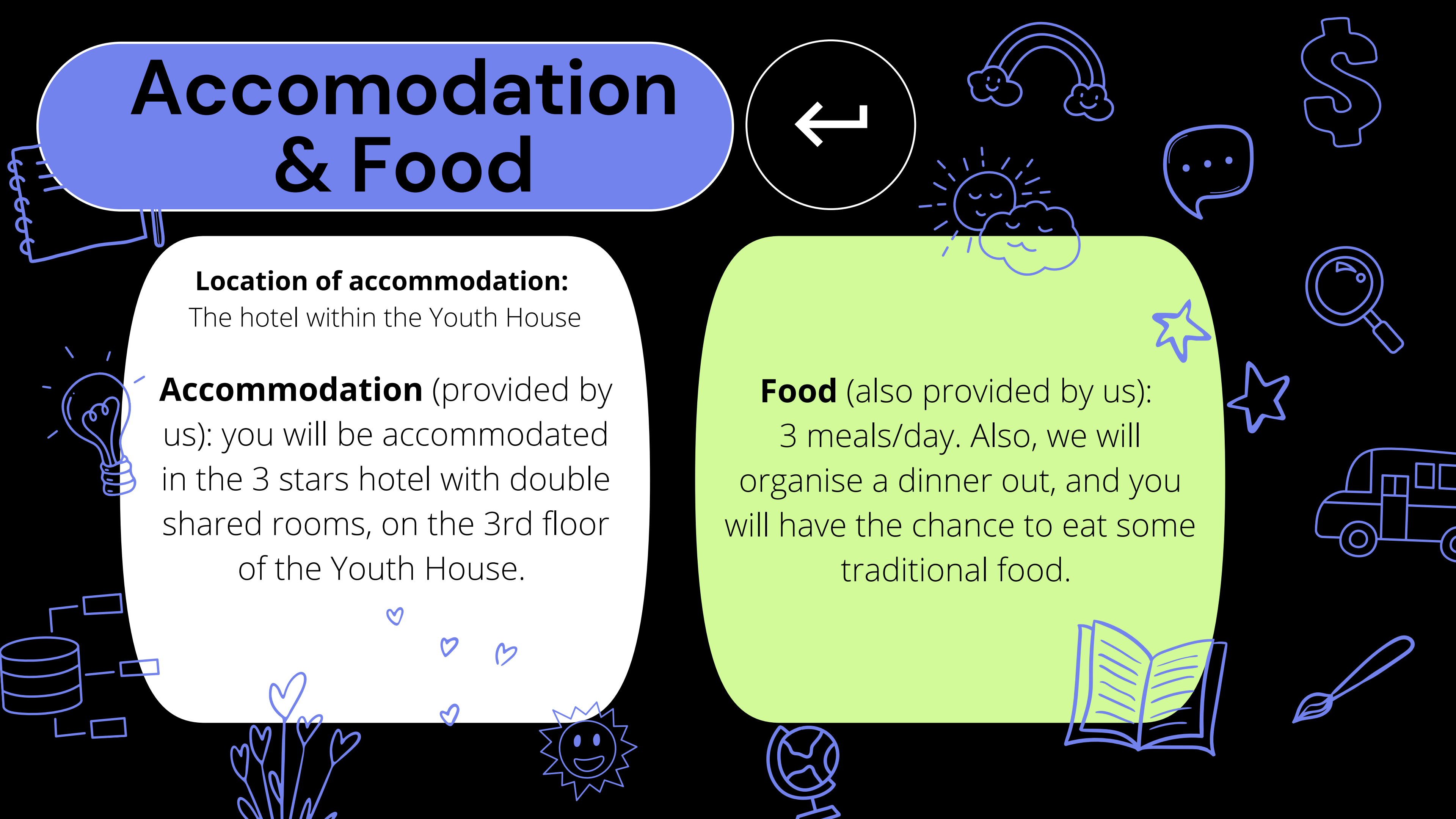
The hotel within the Youth House

Accommodation (provided by us): you will be accommodated in the 3 stars hotel with double shared rooms, on the 3rd floor of the Youth House.

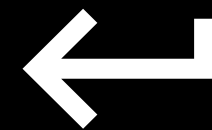


Food (also provided by us):

3 meals/day. Also, we will organise a dinner out, and you will have the chance to eat some traditional food.



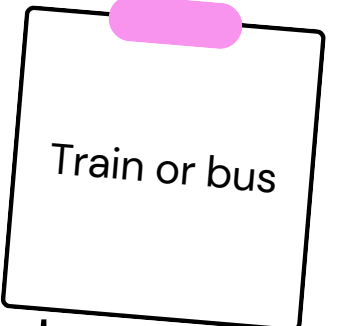
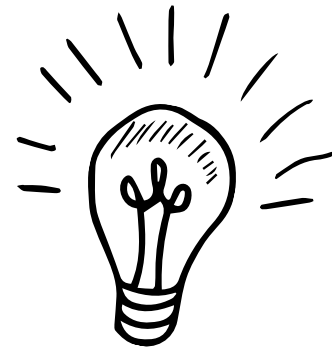
Travel



The travel expenses will be reimbursed according to Erasmus+ distance band:

Budget category	Eligible costs and applicable rules	Amount		
		Travel distance	Standard travel	Green travel
Travel support	Contribution to the travel costs of participants, from their place of origin to the venue of the activity and return. Financing mechanism: contribution to unit costs. Rule of allocation: based on the travel distance per participant. The applicant must indicate the distance between the place of origin and the venue of the activity ⁴⁶ by using the distance calculator supported by the European Commission ⁴⁷ .	10 – 99 km	23 EUR	
		100 – 499 km	180 EUR	210 EUR
		500 – 1999 km	275 EUR	320 EUR
		2000 – 2999 km	360 EUR	410 EUR
		3000 – 3999 km	530 EUR	610 EUR
		4000 – 7999 km	820 EUR	
		8000 km or more	1500 EUR	

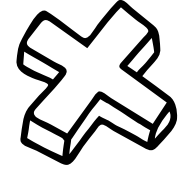
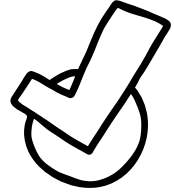
Your travel to Timisoara



2

By Flixbus/train:

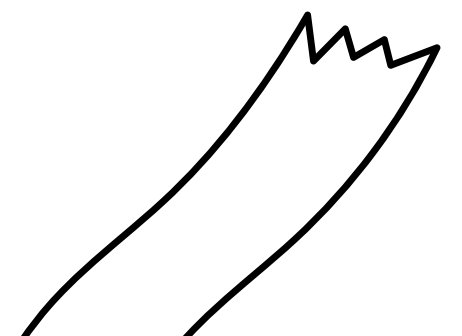
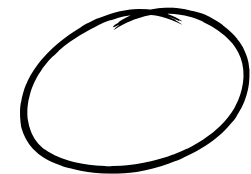
- The closest big city is Budapest where you can take a flix bus or train to Timisoara.



1

By plane:

- Neighbor airports: Budapest/Belgrade/Oradea /Timisoara.
- If there are more people arriving in the same airport and there is no option at the hour of arrival to find transport, **we could arrange for you to pick up a car.**



What to bring with you?

- ID – Passport or any other ID you use for travel.
- E-tickets and receipts – **keep original tickets/boarding passes, invoices, receipts.**
- Towels, flip flops, hygiene products, and a hairdryer if you need one.
- **Medicine if you have any specific illness or medical condition.**
- A lot of good mood and energy :)



For the intercultural night

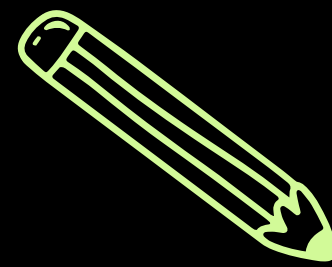
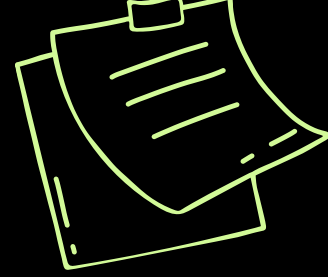


What to bring with you?

Here are some suggestions on what to bring or prepare:


- **National flag;**
- Some traditional clothes;
- **A short presentation with the most relevant information about your country (the main cities, the most visited places, local traditions, including creative games and quizzes);**
- Share personal stories;
- **Bring food and traditional drinks from your region;**
- The recipe of a traditional dish.



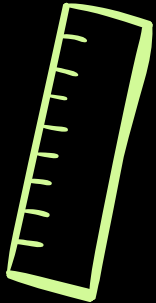


Travel insurance

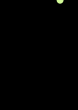
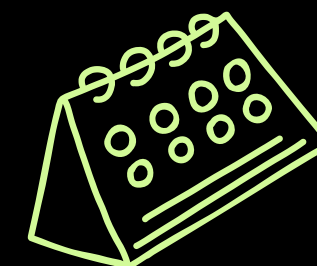

Covid-19 restrictions

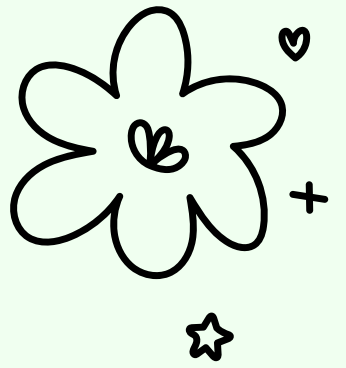


Individual insurance or collective insurance against all risks is necessary to be arranged by the participants. There is a Social Security Convention on sickness insurance for member states of the European Union. Nationals of these countries can obtain the necessary documentation, the European Health Insurance card.

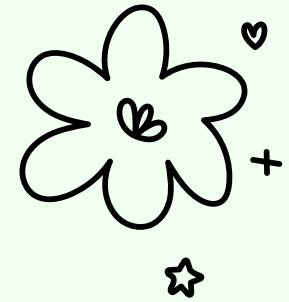
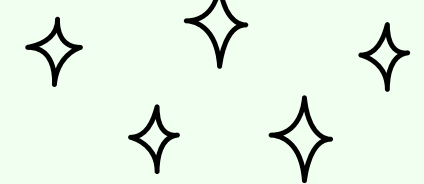
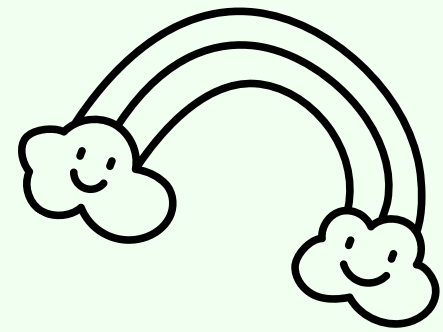


The infection rate is stable here, and over time most of the restrictions have been dropped. Currently, it is only recommended to wear a mask inside. If one of the participants wants certain measures to be implemented, these things will be agreed with all the group.

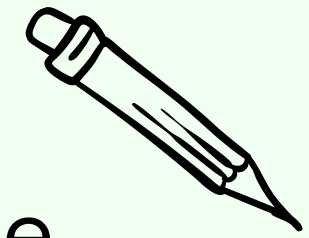




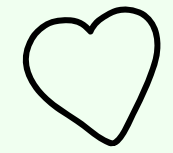
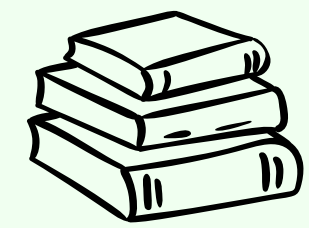
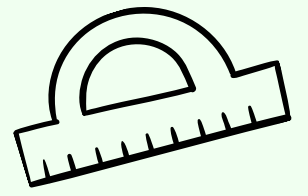
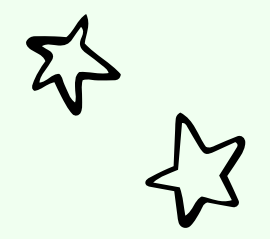
Weather & currency



This time of the year, the temperature typically varies from 10°C at night to 23°C at day and is mostly rainy in autumn.



Our currency is RON:
1 EURO = 4.95 RON (or LEI)



Contacts

Adela Murărescu

adela.murarescu@fitt.ro

+40 735 156 259

Arus Sukiasyan

arus.sukiasyan@fitt.ro

+374 93 716045

Find us on:

Facebook: @FITT Timisoara

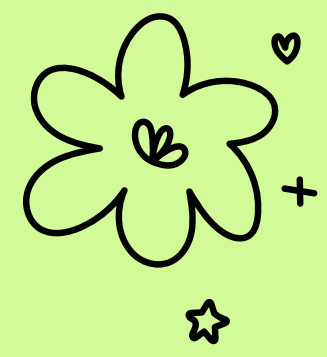
Instagram: fitt_timisoara



Adela



Arus

A large white rounded rectangle with a black border, centered on the page. It contains the following elements from left to right:

- The FITT logo, consisting of the letters 'FITT' in a stylized font with dots, and the text 'Timis County Youth Foundation' below it.
- The European Union flag (a blue rectangle with twelve yellow stars in a circle), followed by the text 'EUROPE DIRECT Timișoara'.
- Another European Union flag, followed by the text 'Co-funded by the Erasmus+ Programme of the European Union'.
- A yellow speech bubble containing the text 'EUROPEAN YEAR OF YOUTH' and a circle of twelve yellow stars.
- Three small black heart icons arranged vertically to the right of the speech bubble.

