

InfoPack

KA1 – Youth Exchange, 11 – 19 July 2023 (activity days)

Stațiunea Muntele Băișorii, Cluj County, Romania

Re-invent-your-cycle



PLEASE READ ALL INFORMATION CAREFULLY BEFORE APPLYING FOR THIS YOUTH EXCHANGE!

PROJECT DESCRIPTION:

Through this project, we want to raise an alarm among the 35 young people (30 participants + 5 group leaders) regarding the problems of the environment, the health of the planet and also the lack of ecological education in schools. All activities will be organized by the group leaders, together with the young people from each country, and the main place for the activities will be in Montana Pensiunea, Baișorii Mountain Resort. The working methods will be based on non-formal education. All the project's activities will be designed in such a way as to ensure compliance with the principle of non-discrimination, including attention to the prevention of situations of indirect discrimination.

The main objectives of the RE-INVENT-YOUR-CYCLE project are:

1. Using non-formal methods, we want to raise awareness among the 35 participants about the importance of protecting the planet and the importance of recycling, during the 9 days of mobility;
2. Using non-formal methods, we want to encourage the 35 participants to protect as much as possible the encouraging environment, during the 9 days of mobility;

3. Using non-formal methods, we want to increase creativity and artistic skills by finding sustainable alternatives to environmental problems for the 30 participants during the 9 days of mobility;

4. Using non-formal methods, we want to increase the knowledge about the zero-waste lifestyle of the 35 participants during the 9 days of mobility;

PARTICIPANTS

From each partner there will be **1 group leader** (youth workers experienced in non-formal education, aged 18+) and **6 participants (18-29 years old)**. A total of **7 people/national group**. It's preferable that the participants are coming from disadvantaged areas and be interested in the subject of youth exchange.



PARTICIPATING ORGANISATIONS

- Romania: **Eco Alternative Association**
- Hungary: **Tudatos Tervezésért Egyesület**
- Spain: **Ayuntamiento de Maracena**
- Italy: **JUMP - Gioventù in riSalto**
- Greece: **Green Spirit**

ACCOMMODATION

For this YE, the participants will be accommodated in Montana Hotel, în Stațiunea Muntele Băișorii (Băișorii Mountain resort), Cluj county, in 2-4 bedrooms, mixed international, but not gender ☺. Each room has its own bathroom.

The hotel has internet, video projector, indoor conference room, own dining room and a large green yard to enjoy the free time. It is located near the main road but surrounded by forest. It is a very pleasant rustic place. **You should bring your own hygienic products, flip flops, house shoes, including towels.** Bed sheets are provided by the hotel. Some photos of the accommodation below:





FINANCIAL CONDITIONS

- Accommodation, food and materials during activity days are fully covered by the project.
- Travel costs for the youth mobility will be reimbursed when invoices, e-tickets, boarding passes and other tickets are delivered to the host NGO (**Eco Alternative Association**) according to Erasmus + rules. We have a specific reimbursement document.
- Please have in mind that from the total amount of grant/participant we will cover the local transfers from Cluj, Turda or other places.. Please discuss with the organizers and the sending organization before buying the tickets.



Travel Budget:

Hungary	180 EUR (plane) or 210 EUR* if coming by bus/train
Spain	360 EUR
Italy	275 EUR
Greece	275 EUR
Romania	23 EUR

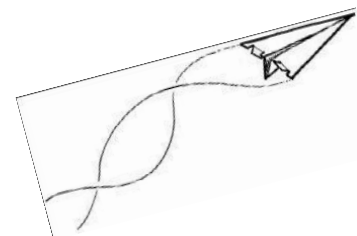
***If you are coming by bus / train / carpooling according to Erasmus+ means green travel and we have a higher travel budget, available for Hungary.**

In the table above, you can find the total amount of travel budget that you can spend, according to the country that you live in. Everything above the budget will be supported by the participant.

How to get there?

If you travel by plane

- The nearest airport is **Cluj**, from where we will pick you up and bring you to the venue (around 60 Km);
- Another option is **Timisoara** – we can also arrange pickups but it will be a specific hour for picking up all groups, depending on the arrival of the last group. This will ensure a cheaper transfer which will be taken directly from the reimbursement budget, you will not have to pay it yourself. There is also the possibility of taking a train or a bus from Timisoara to Cluj.



Regardless of the way you choose to travel, first inform your sending NGO which will inform us about your plans and wait for confirmation!

Other information...

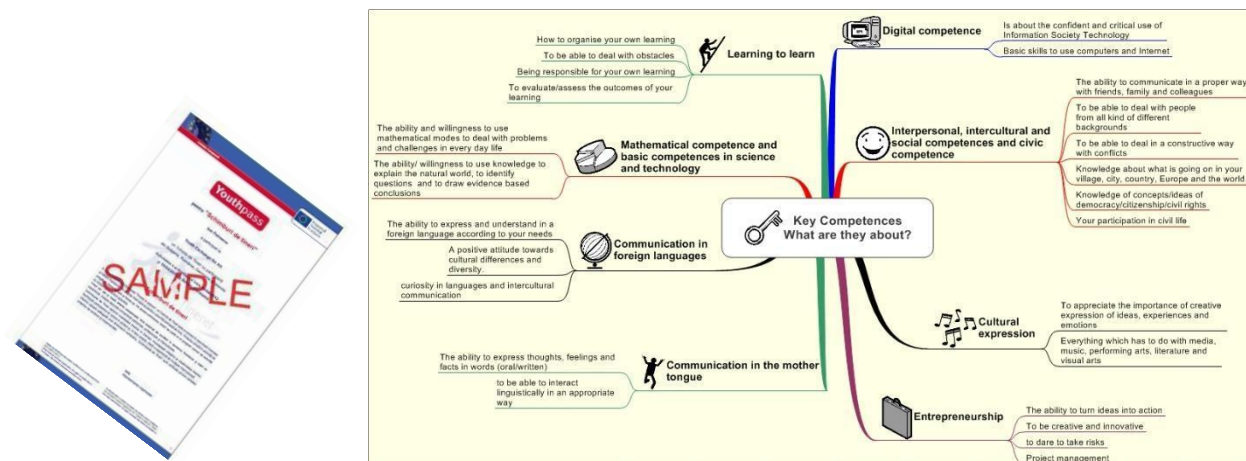
The currency - In Romania the currency is **RON**, we do not use Euro. The exchange rate can change but usually is like this **1 Euro = 4.93 Lei**. Do not exchange for less than 4.8 Lei. We will assist you in exchanging the Euro. Life in Romania is usually cheaper than other West European Countries. There is no supermarket in the village but small family shops. We will drive you to a supermarket in the nearby village once every three days.

Health insurance - all partners have the responsibility in assisting the participants for obtaining the EHIC (European Health Insurance Card) which is free, or the participants will take care of this aspect by themselves. In Romania the Emergency services in Hospitals are free but let's hope it doesn't come to this 😊

Clothing and weather - as the weather can change from one day to another, we suggest you to have comfortable clothes and shoes for both situations, and be prepared in case of rain (which is most likely). In general, the weather in July is hot but the nights will be chilly because **we will be in the mountains!** We suggest you bring along **mosquito protection and sun lotion** to ensure your comfort while staying in Romania.

! If you have an allergy to dust, pollen and other plants, please take the appropriate medicine with you!

About the Youthpass certificate...



All participants in the youth exchange have the option of receiving a Youthpass certificate which proves their participation in the exchange. Youthpass is a tool to document and recognize learning outcomes from youth work activities. While creating their Youthpass certificate together with a support person, project participants are given the possibility to describe what they have done in their project and which competences they have acquired. Thus, Youthpass supports reflection upon the personal non-formal learning process and outcomes.

- As a Europe-wide recognition instrument for non-formal learning in the youth field, Youthpass strengthens the social recognition of youth work.

- Youthpass supports active European citizenship of young people and of youth workers by describing the added value of their project.
- Youthpass also aims at supporting the employability of young people and of youth workers by raising their awareness of and helping to describe their competences, and by documenting their acquisition of key competences on a certificate.

Your sending NGO should provide all relevant information about the Youthpass certificate and you can also check it yourself on the official website <https://www.youthpass.eu/en/>,

What is expected from you?

1. To understand the topic of the project, to participate in all the sessions, to be active and to respect the others, to be on time and respect the conduct rules, rules of the hotel and adopt a non-discriminatory behavior! The rules of the **Montana Hotel** and rules of conduct will be discussed once more when arriving in the project.
2. Due to the sensitive topic of our youth exchange nowadays, if you will show any discriminatory behavior or you do illegalities you can and will be sent home on your own expenses! These rules apply for all participants, refugees, migrants or locals.
3. While in Romania you need to respect the legislation regarding your behavior and legal actions, which will be more explained during preparation and also when coming in the project itself.
4. Work with your group to prepare the activities you have to coordinate in the program.

Contact

If you have any questions, we are more than happy to provide you with the information you need so please contact us via e-mail magdalenanastase92@gmail.com

Contact person for this project is Magdalena Maria Năstase.

How to participate in this project? Contact the sending NGO in your country, fill in the application form (they will provide you with the document), sign the participants declaration and start the preparation phase, together with the selected group leader for your country.