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Universitatea de Medicina si Farmacie Victor Babes Timisoara

## InfoPack

**KA1 – Youth Exchange, 2-11 October 2023 (including travel days)**

**3 - 10 October (activity days)**

**Brebu, Caras-Severin County, Romania**

**I can as well!**

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

### PROJECT DESCRIPTION:

"I can as well!" project is an opportunity for 6 NGOs with a total of 36 participants and 6 group leaders to meet face to face over 8 days to increase self-esteem and dealing with issues related to lack of confidence in one's own person.

The objectives of our project are the following:

- 1) During 8 days of activities, we will increase the capacity of the 36 participants from Greece, the Czech Republic, Spain, Bulgaria, Ukraine and Romania with or without disabilities to learn, and create something new, using their creativity;
- 2) During the 8 days of activities using non-formal methods we will improve the communication skills of the 36 participants from 6 different countries;
- 3) During the mobility, the 36 young people will learn how to adapt creative theater techniques to their everyday life;
- 4) We will encourage intercultural dialogue and learning, as well as the feeling of being European among the 36 young people from 6 different countries;
- 5) During the mobility, young people will learn how to have a correct hygiene, a healthy lifestyle and will learn methods of maintenance of optimal general (including oral) hygiene;

### 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/country**. It's preferable that the participants are coming from disadvantaged areas and be interested in the subject of youth exchange.





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## PARTICIPATING ORGANISATIONS

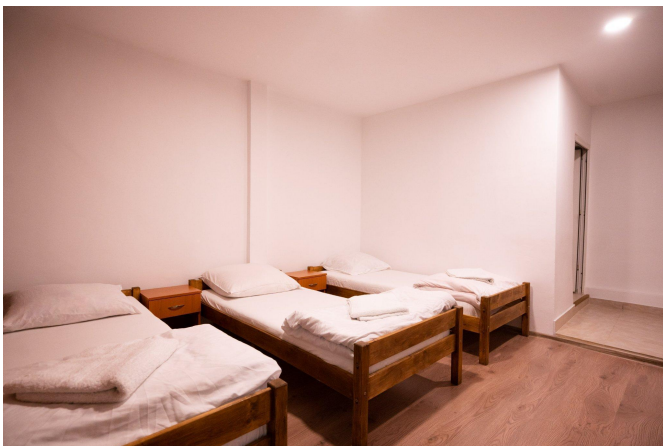
- Romania: **Victor Babes University of Medicine and Pharmacy**
- Czech Republic: **EYCB**
- Spain: **Asociacion 2Europa**
- Greece: **Greek Youth Mobility**
- Bulgaria: **SDRUZHENIE WALK TOGETHER**
- Ukraine: **NGO "Non-formal education for youth"**

## ACCOMMODATION

For this YE, the participants will be accommodated in La Padure Hotel, in Brebu village near Resita, in 3-4 bed rooms, mixed international, but not gender ☺. Each room has its own bathroom.



The hostel 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 as well as visa costs (if needed) 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 (Victor Babes University of Medicine and Pharmacy) 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 transfers from Timisoara, Belgrade, Budapest or other places. Please discuss with the organizers and the sending organization before buying the tickets.



### Travel Budget:

Czech Republic	<b>275 EUR</b>
Spain	<b>360 EUR</b>
Greece	<b>275 EUR</b>
Bulgaria	<b>180 EUR</b> (plane) <b>210 EUR</b> (if coming by bus or train)
Romania	<b>23 EUR</b>
Ukraine	<b>275 EUR</b> (plane) <b>320 EUR</b> (if coming by bus or train)



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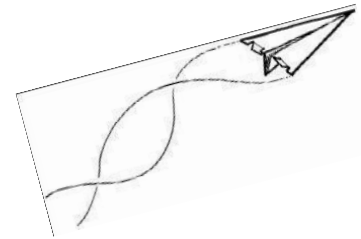
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In the table above, you can find the total amount of travel budget that you can spend, according to the country that you live in. Everything above the budget will be supported by the participant.

## How to get there? ....

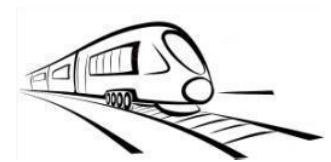
### If you travel by plane

- The nearest airport is **Timisoara**, from where we will pick you up and bring you to the venue (around 110 Km);
- Another option is **Belgrade** – 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.
- We can assist you in coming even from **Budapest** (from where a 2 ways transfer is around 80 Euro) by contracting the transfer companies from Timisoara, which will pick you up from the airport or train station. You can also take a train from there to Timisoara, which is a bit cheaper. (<https://www.bahn.de/p/view/index.shtml>) From Timisoara we will arrange pick-ups.



### If you travel by train

If you travel by train the final stop should be **Timisoara Nord** or **Resita Nord**, from where we will pick you up! Timisoara has direct trains from most of the European cities. (Link to check out the connections: <https://www.bahn.de/p/view/index.shtml> )



**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. When in Resita or Timisoara, you will be able to go to Carrefour, Kaufland, Lidl Supermarkets and souvenir shops, if you desire.

**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

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likely). In general, the weather in May is pleasant but who knows nowadays..! 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 camp and adopt a non-discriminatory behavior! The rules of the **La Padure Hotel** and rules of conduct will be discussed once more when arriving in the project (you can also see some of the rules in the Participant's contract)



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2. Due to the sensitive topic of our youth exchange nowadays, if you will show any discriminatory behavior 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 still have any questions, we are more than happy to provide you with the information you need so please contact us via e-mail [alteco.ngo@gmail.com](mailto:alteco.ngo@gmail.com) or [theodor.muntean@gmail.com](mailto:theodor.muntean@gmail.com)

Contact persons for this project are Theodor Muntean and Laura Cristina Rusu.

**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), and start the preparation phase, together with the selected group leader for your country.**