



**Erasmus+**



# **Info Pack**

**Asociatia Tineret pentru Dezvoltare Durabila**

## **YES for Health!**

**Erasmus+ programme**

**Youth Exchange**

**15 – 24 April 2015, Romania – Slanic Moldova**

### **Partner organizations:**

- Bulgarian Youth Forum
- Asociacija "Aktyvus Jaunimas"
- Bursa İl Milli Egitim Mudurlugu
- 4YOUth Foundation for Supporting Youth Initiatives

## Description of the project:

Health is the most important value of every human for wellbeing of individualist and as a result of whole society. European Union health initiatives are directed especially to young people all over Europe to combat smoking, alcohol abuse, poor nutrition and obesity.

Investing in young people is the key to their right development and proper development of the future generations that will have an impact on the functioning of Europe. Referring to the one of the priorities of the Erasmus+ programme on the promotion of healthy behaviors, the youth exchange aims to provide young people with appropriate activities focusing on showing the benefits of a healthy lifestyle choice, participating in outdoor activities, fostering tolerance, a sense of respect and increasing active participation of young people in society.

Due to huge growth potential in rural areas, young people must take their own initiative and a sense of entrepreneurship. Through informal methods of learning, youth will develop competences, creativity and learn from their own experience in their local communities, in order to improve the situation relating to health and sport.

## Main objectives of the project:

1. Raising awareness among 38 young people about importance of choosing right lifestyle habits with special focus on diet, nutrition and physical activity.
2. Encouraging young people to practice different forms of physical activities in their places of residence, taking their own initiative and promoting ideas in their communities by sport activities and activities engaging local youth.
3. Increasing knowledge of benefits of reducing harmful factors like -smoking, drugs and alcohol consumption.
4. Improving the level of key competences and skills, particularly digital and learn-to-learn competences.
5. Increasing social activity, tolerance, sense of respect about EU policies directly related to European health programs in order to foster social cohesion.

## Main information about project:

Location: Slanic – Moldova, Romania

Project date: **15 – 24 April 2015**

Participating countries: Bulgaria, Poland, Lithuania, Turkey, Romania

Participants per country: 7 participants (6 + 1 Group Leader)

Age: For participants: 18-30, for group leaders there is no age limit

Gender: Gender balance is required for all partner countries

Working language: English

## Transport

The transport to the project can be made by plane, train or bus. The **arrival day is 15 April 2015** and the **departure day is 24 April 2015**. It is possible to come 2 days before and stay 2 days after the project and book the travel tickets accordingly.

- For participants who will come by plane, you should arrive in Bucharest, at the Henri Coanda Airport (OTP) <http://bucharestairports.ro/otp/index.php>. Use the buses **783 (for main square)** and **780 (for train station)** to go to the city center (there are ticket vendors in the airport). As advice, for exchanging money it is recommended to use exchange offices or banks in the center of Bucharest. Average exchange rate is 1 EUR= 4.33 RON
- For participants who will be using other means of transport (e.g. bus or train), please inform us about your arrival in Bucharest so we can further guide you, depending on your place of arrival.

Reimbursements of travel costs will be made accordingly to the Erasmus+ rules, as follows:

Country	Maximum travel costs to be reimbursed / participant
Poland	170 euro
Bulgaria	170 euro
Lithuania	170 euro
Turkey	170 euro

\* Taxi or private car transport cannot be covered

We will reimburse the travel expenses during the training course, according to the Erasmus+ framework. In order to make the reimbursement, **it is compulsory** that you have all the necessary financial documents. If your travel costs exceed the prices presented above, the reimbursement will be limited to the maximum amount allocated for each country. For the plane transport, the original **documents that we need are:**

- E-ticket
- **Invoice**
  - **Proof of payment or receipt**
  - **Boarding passes**

It is very important to form the group of participants in time and buy the plane tickets to Bucharest as soon as possible. We are waiting for the list of participants and plane tickets from you until **16 March 2015 the latest**. After the participants purchase the tickets, please send them to us by email or create a google drive for sharing the tickets.

**VERY IMPORTANT:** Please DO NOT buy the transport tickets to Romania until you don't receive the confirmation of participation from host organization.

Transport to Slanic – Moldova (where the project will take place) will be organized by host organization. The bus will be waiting on 15 April 2015 for all participants at the meeting point and exact hour which will be detailed 2 weeks before starting activities.

Cost of the bus ticket is about 30 euro per participant (both ways) and will be deducted from the reimbursed of total travel costs.

## The group:

We need **7 participants (6+1 leader)** from each of the countries: Poland, Lithuania, Bulgaria and Turkey. Age limits for the participants are **18-30** and no age limit for the group leaders. We recommend a gender balance for the participants (3 girls and 3 boys in 1 group).

## Location and food:

Accommodation during youth exchange will be in Slanic - Moldova. The participants will be hosted in the Hotel **Poiana Verde** in rooms for 2-3 people. Please, find more information under the following link: <http://www.poiana-verde.ro>.

Meals will be standard for all the participants. Any special requests regarding the meal (e.g. vegetarian, allergies, special diet) should be communicated to the host organization before the start of the activities. Accommodation, meal and activities costs are entirely covered by the host organization.

There is good signal for mobile in the establishment and Wi-Fi internet connection.



## What to prepare or bring with you?

- 1. All your travel documents as presented above (e-ticket, invoice, prove of payment, boarding passes).** For the group of participants from Turkey, we can reimburse the visa costs up to the limit of 60 euro/participant (if visa is necessary). It is recommended that the participants will make a health insurance for the period of the project, although the cost for insurance can't be reimbursed. Romania is an EU member state, so the cost of health insurance is quite low.
- 2. Traditional foods and drinks from your countries.** We will organize cultural evenings during the project. You can be creative and funny! Can be costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks ☺ You can present videos, photos, sing music and dance traditional dances from your countries. We count on you to make these evenings as interactive as possible.



- 3. Clothes:** The weather in April is for this region with temperatures between **10 - 20** degrees during the day. We encourage the participants to bring various clothes with them. For more information about weather, please consult weather website few days before arrival:  
<http://www.accuweather.com/en/ro/horezu/281334/weather-forecast/281334>
- 4. Information about your sending organization and its activities.** Please prepare a presentation about your sending organization, in order to find out: aims, specific activities, membership type, methods used by youth workers dealing with young people in their local communities.
- 5. Good spirit, joy and happiness!** ☺



## About Romania:

With a surface area of 238,391 square kilometers (92,043 sq mi), Romania is the largest country in southeastern Europe and the twelfth-largest in Europe. Romania's terrain is distributed roughly equally between mountainous, hilly and lowland territories. The Carpathian Mountains dominate the centre of Romania. According to the census data from 2011, Romania's population is about 20 million people. Bucharest is the capital and the largest city in Romania. Romania has four other cities that are among the European Union's 100 most populous: Cluj-Napoca, Timișoara, Iași and Constanța. The list of World Heritage Sites includes Romanian sites such as the Saxon villages with fortified churches in Transylvania, the Painted churches of northern Moldavia with their fine exterior and interior frescoes, the Wooden Churches of Maramureș unique examples that combine Gothic style with traditional timber construction, the Monastery of Horezu, the citadel of Sighișoara, and the Dacian Fortresses of the Orăştie Mountains.

Peleș Castle (Sinaia), built between 1873–1914, is considered one of the most beautiful castles in Romania and Eastern Europe. Unique architecture and gold gilded rooms attract thousands of visitors daily. Voroneț Monastery, built in 1488, is one of the most valuable foundations of Stephen the Great. Also, Unirii Square is the treasure in the heart of Cluj-Napoca, on which rises the St. Michael's Roman Catholic Church, guarded by two "twin" buildings on the eastern side.

**For more details you can check out the following links:**

- <http://en.wikipedia.org/wiki/Romania>
- <http://www.romaniatourism.com/>

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**See you all in Romania!! 😊**