Asociatia
Pro Civis Dorna

Erasmus+

infopack

Youth Exchange

1 and 13 March 2018
Poiana Negrii
Romania

EU + ACTIV

ABOUT THE ORGANIZERS

Pro Civis Dorna is an independent non-profit non-governmental organization, which develops its activities mainly in Romania, at local and regional levels (Vatra Dornei and the surrounding rural areas). Our association encourages the active participation of young people into matters that concern the society, regardless their background.

Asociatia
Pro Civis Dorna

Pro Civis Dorna was established by people who developed skills while volunteering in other bigger associations and wanted to give something back to the local communities in which they were living. Its main aim is to promote the development of education, social values and stimulate the active civic participation of young people in general and from Romania especially through:

- Encouraging youngsters towards mobility and increasing the mobility of youngsters who already are aware of its importance;
- Ensuring a positive exchange of experiences between young people in order to increase their intercultural awareness and general knowledge;
- The promotion of cooperation between youngsters belonging to different cultures and countries, mainly by underlying the importance of European unity;
- The stimulation of cultural activities and the implementation of various national and international educational programmes that respond to the social values of the European Union;
- The collaboration with other national and international organizations and institutions which have similar objectives and ideals as Pro Civis Dorna;
- The assurance of support to our members for attending various projects, courses, trainings, seminars which correspond to our domains of interest;
- The implementation of seminars, workshops, conferences and various other manifestations on themes of European importance and with national and international participants.

ABOUT THE PROJECT

EU+Activ is a youth exchange with partners from 6 European countries: Romania, Italy, Greece, Bulgaria, Portugal and Slovakia. It will last 8 months, from 5 January 2018 until 4 September 2018, with a period of 11 days of activities, as well as one day for traveling before and one after, between 1 and 13 March 2018, 13 days in total. The location of the activities is the village of Poiana Negrii, close to the mountain resort of Vatra Dornei, Romania. At the activities will be present a group of 42 youngsters with ages between 18 and 30 and 6 group leaders without age limit. All national groups will consist of 7 youngsters and 1 leader.

We need 7 young participants (18-30 years old) and 1 group leader (above 18, no superior age limit) from each of the mentioned countries – 8 persons per country.

The Objectives

-Facilitating the exchange of experience, ideas and points of view between the participants, related to the topic of the project
-Helping the young people develop at personal level by stimulating their leadership skills
-Developing practical abilities for proactive thinking and civic participation for the participants
-The promotion of leadership skills and proactive thinking in the local communities through materials created by the participants (videos, brochures, activity design)
-Discover the benefits of non-formal learning and cultural variety

The aim

of the project is to facilitate the interaction between young people in order to develop their proactive spirit, in the context of the current socio-economic changes. It will spur young people to be more active in their home communities, to believe in continuous development and literally become leaders of their lives, taking action and responsibility for change. All this will happen through non-formal learning in a multicultural context based on tolerance and mutual respect.

The methods

used in the activities will be nonformal and will include teambuilding, acting, presentation, research, analyzes, group work, workshops, flashmob making, video making.

We believe that non-formal methods are the best levers to easily learn and assimilate the information required in such a multicultural project.

EU + ACTIV

TRAVEL & REIMBURSEMENT

Welcome to **Cluj**

Click Here!

If you want more information about Cluj-Napoca

You will arrive in Cluj-Napoca (or simply Cluj, as most Romanians prefer to call it) at the Avram Iancu Airport (CLJ). It is the only airport in the city of Cluj-Napoca and the biggest one in Transylvania: http://airportcluj.ro/

To get to the city center you will use the public transport. Bus line 5 of the local public transit system CTP Cluj-Napoca runs between the airport and the city of Cluj-Napoca. The trolleybus departs approximately every 10 minutes between 05:00 a.m. and 22:00 p.m., on weekends and evenings every 15 to 20 minutes. The airport bus stop is located 200 metres from the terminal, along the 'Strada Traian Vuia'. It is a short walk from the terminal, you first have to go to the main road and then to the right.

You can get off at the stops Constanta (Regionale CFR), Sora and Central. The bus ride to one of these bus stops in the centre of Cluj-Napoca takes an average of 25 minutes. The first and final stop of bus line 5 is known as Fierul and can be found in the street 'Strada Cuza Voda'. Tickets are available at vending machines and service counters near the bus stops. Keep in mind, it is not possible to buy a ticket from the bus driver. The price is 2.00 RON for a single ride and 4.00 RON for two journeys. In addition, you can take bus line 8 for travelling between the airport and downtown Cluj-Napoca, the bus runs about every 20 minutes and only from Monday till Friday.
Schedule for line 5: http://www.ctpcj.ro/index.php/en/-timetables/urban-lines/linia-5
Schedule for line 8: http://www.ctpcj.ro/index.php/en/-timetables/urban-lines/line8

The arrival and departure

The arrival day to Cluj-Napoca must be 1 March 2018 at maximum 20:00 in the evening! If for some reasons you cannot manage to find tickets with arrival in the morning or in the after-noon please email us and we will find a solution for you! The arrival hour is like this because we need to leave for Poiana Negrii in the evening and we will travel through the night, arriving on 2 March! You can also arrive 1 or 2 days earlier to visit Cluj-Napoca, on your own expense.

The departure back to Cluj-Napoca will be on 12 March in the evening, so make sure you have flights that leave around 8:00-9:00 at the earliest on 13 March, because we will, again, travel through the night in order to reach Cluj-Napoca on 13 March! You can also stay in Cluj-Napoca 1-2 days later and visit, on your own expense.

important!

The meeting point for the departure to Poiana Negrii will be at an accessible location in Cluj-Napoca and set later on.

Reimbursement of travel per country

Please take note that we do not cover taxi or private car transport costs.

Greece
275€

Portugal
360€

Italy
275€

Bulgaria
180€

Slovakia
275€

important!

You need to send us by email (or bring with you) all original receipts, invoices, e-tickets and boarding passes!

We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without sending them to us by post when you return home!

important!

Reimbursement will be done by bank transfer in the account of your sending organization, according to the rules of Erasmus+.

If for your airline is not possible, you still need to send us the boarding passes by post after the project. It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is not possible!

THE LOCATION

We chose a location that is in the middle of the mountains nature that also benefits fully from the comfort of modern life. It is a place that we know very well and used in other projects in the past. We will stay usually 2-3 persons in one room,

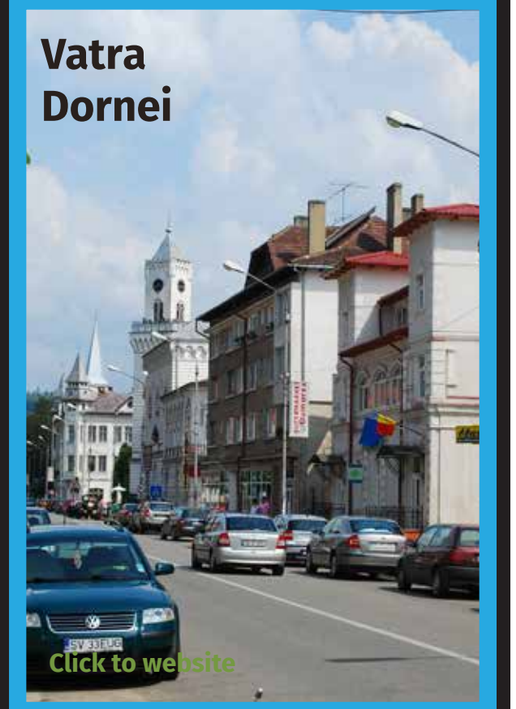
maybe some rooms will host a maximum of 4 persons. It may be possible to have two persons in one bed because some rooms are designed as matrimonial rooms, but rest assure that the beds are big enough and each of you will have his own sheets.

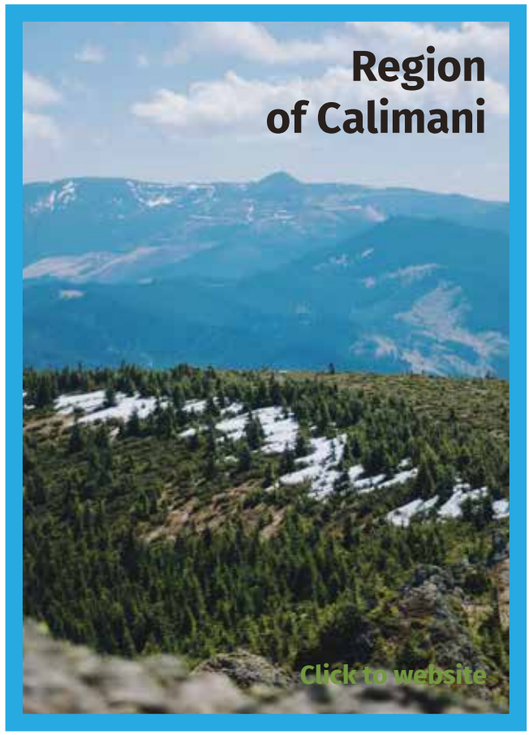
There is signal for mobile and wi-fi internet connection throughout the establishment.

click!
visit pension website

Fresh & Eco Products

We will have our meals at the restaurant of our accommodation, serving fresh eco products from the country side.





important!

We will be in the middle of the Romanian mountains in a place that serves traditional Romanian food. For vegetarians / vegans might be hard to adapt because here most meals contain meat and cheese products. We will surely have vegetarian / vegan option, but please come with an open mind because you may need to eat a lot of potatoes, bread and polenta.

discover more about Bucovina

We will have many typical Romanian meals with meat because all the products served are from ecological farms and households in the area. Also, it will be permitted to consume alcoholic drinks in your free time and bring typical alcoholic drinks from your countries for the national evenings, with moderation. Click images above to learn more.

THE ACTIVITIES

1st March
day1

Arrival of the Participants
In Cluj-Napoca

Night travel to Poiana Negrii

2th March
day2

-Breakfast
-Name games
-Ice-Breakers
-Expectations & Contributions
-Lunch
-Group Contract
-About Erasmus+ & The Youthpass
-Introducing the reflection groups
-Dinner
-Welcome to Bucovina
(Special Evening)

3th March
day3

-Breakfast
-Team Building Game 1
-Team Building Game 2
-Lunch
-Presentation of the EU+Activ project
-Paperclip Challenge in Poiana Negrii
-Reflection groups and leisure time
-Dinner
-Romanian Night

4th March
day4

-Breakfast
-Research session: The problems of modern society Group work: Finding solutions from different perspectives
-Lunch
-Workshop: Analyzing grant opportunities for young people and NGOs in Europe
-Reflection groups and leisure time
-Dinner
-Cultural Night

5th March
day5

-Breakfast
-Group debate: Active young people of today, the active leaders of tomorrow
-Lunch
-Simulation: The decision-making process in a political democratic system
-Reflection groups and leisure time
-Dinner
-Cultural Night

6th March
day6

-Breakfast
-Workshop: Creating flash-mobs to get public attention regarding various issues
-Lunch
-Workshop: Create your own motivational speech
-Reflection groups and leisure time
-Dinner
-TEDx Night

7th March
day7

-Breakfast
-Performing flash-mobs in Vatra -Dornei
-PhotoQuest in Vatra Dornei
-Lunch Packs
-Free Time in Vatra Dornei
-Reflection groups and leisure time
-Dinner
-Cultural Night

8 th March
day8

-Breakfast
-Meeting local authorities
-Roundtable with local NGOs and young people from local schools
-Lunch
-Free Time
-Reflection groups and leisure time
-Dinner
-Free Night

9 th March
day9

-Breakfast
-Presentation: Introduction to video making
-Team work: brainstorming for ideas and video-making
-Lunch
-Team work: video-making
-Reflection groups and leisure time
-Dinner
-Oscars Night

10th March
day10

-Breakfast
-Presentation: What is a social project?
-Team work: preparing a project draft
-Lunch
-Workshop: Creating promotional brochures
-Reflection groups and leisure time
-Dinner
-Cultural Night

11 th March
day11

-Breakfast
-Hiking Trip
-Lunch Packs
-Hiking Trip
-Reflection groups and leisure time
-Dinner
-Cultural Night

12th March
day12

-Breakfast
-Establishing the strategy for dissemination
-The Youthpass 8 key-competence system
-Lunch
-Final Evaluation
-Closing ceremony
-Dinner
-Night travel to Cluj-Napoca

13th March
day13

-Departures of the participants from Cluj-Napoca

WHAT TO BRING

typical food

and drinks from your countries! We will have traditional evenings during the project and basically every evening will belong to a different country. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on! There may be the possibility to cook something using the kitchen of the establishment.

•••

Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible.

warm clothes

In March weather can be tricky in the mountains! Prepare for temperatures between 15 Celsius or more during the day and as low as 0 Celsius during nights. It is recommended to bring warm clothes in case we have snowfall (it can be quite common in the beginning of March).

Towels and whatever you need for taking shower, washing, etc.

good shoes

And proper clothes for outdoors. The area is very beautiful, so we will do our best to have some of the activities outside and to organize a trip with the entire group. Furthermore, some of the parts of the schedule require visits to different places in the area.

research

Research about the situation of youth (representation, involvement in local/regional politics, attitude towards leadership, etc) in your home regions.

•••

It would be wise to look into the matter before coming to Romania and during the work sessions explain and give practical examples from your countries.

health insurance

Although we can't reimburse you the cost of it, we strongly encourage you to make one! Romania is an EU member state, so an insurance for

•••

traveling here should be cheap and easy to make. If you have a European Health Card, please bring it with you, it is valid in our hospital system also and can replace a regular insurance.

FOR MORE ABOUT ROMANIA CLICK THE IMAGES BELOW

OUR CURRENCY IS THE ROMANIAN LEU (RON):

1 Euro = 4.65 RON (in January 2018)

Project Manager

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