



Learn, act, impact!

Bucharest, Romania

This is a project financed by the European Commission through the Erasmus+ programme.

Partner countries: Romania, Poland, Lithuania, Bulgaria and Italy.

About the project

- ▶ The project „Learn, Act, Impact!” unites a training course and a Youth Exchange, both of them taking place in Bucharest, Romania.
- ▶ The training course takes place between 21th of September and 2nd of October and involves 25 youth workers (5 from each country).
- ▶ After (finishing)the training course, the participants will take the action, back home, in their communities and they will put into practice what they have learned during the training.
- ▶ One of the youth workers from each country will return in Romania as a group leader for the youth exchange that involves 30 participants (6 from each country) and takes place between 5th and 13th of November.
- ▶ Language we use: English

Age of the participants:

Training course: 18+
Youth Exchange: 18 - 30

Objectives of the training course

By the end of the training course, the 24 youth workers will:

- ▶ Develop their knowledge regarding negotiation skills, assertive communication, the stages of a project, safety and protection of participants, dissemination, visibility, evaluation and impact.
- ▶ Develop their skills regarding communication with young people, selection and motivation of participants, communication with stake-holders and non-formal education.
- ▶ Develop their knowledge regarding the preparation and implementation of a project, increase their self confidence and willingness to work with people with fewer opportunities.

Objectives of the youth exchange

By the end of the youth exchange, the 30 participants will:

- ▶ Develop their verbal, non-verbal and para-verbal communication skills, the 8 key competences and non-formal education.
- ▶ Develop their assertive communication, public speaking, communication with the other people, photo-story.
- ▶ Develop their skills in terms of teamwork and increase their self-confidence.



Arrival and departure

- ▶ You are expected to arrive on 21st of September (for the training course) or on 5th of November (for the youth exchange) until 18:00 at the Bucharest International Airport Henri Coanda or Bucharest city center, as the seminar starts with common dinner and a getting to know each other session, after dinner. You can arrive a few days before and also stay longer but you have to find your own accommodation for the extra days.
- ▶ **Eligible means of transport:** bus, train, personal car, plane. You can arrive in Bucharest airport or directly to the hotel. From the airport you should take bus 783 to Piata Unirii, or bus 780 to Gara de Nord and from there someone will pick you up. We will give you more details after we know your booking.



What to bring

We kindly ask you to bring:

- ▶ Map, posters, photos, postcards about your country/region/town to be displayed during the International Evening;
- ▶ Some gastronomic specialties (food and/or drinks) for the International Evening;
- ▶ Comfortable clothes for the sessions,
- ▶ Clear information (in English) about the main activities of your organization;
- ▶ A nice outfit for the intercultural night.



Venue and accommodation

The project will take place in Bucharest, the biggest city and the capital of Romania. You will be accommodated in doubled rooms with shower and toilet. We will give you more details about the accommodation after we have the final location.

We won't put people from the same nationality in rooms in order to give you the chance to learn about new cultures. We will have 3 meals per day and we will also provide vegetarian food.



Travel expenses and reimbursement

- ▶ Board and lodging during the training course as well as all programmed costs are covered by our Erasmus+. You might need some personal money for drinks, shopping, etc. outside the program (around 2 - 2.5 € for a small beverage).
- ▶ Travel expenses will be reimbursed by our organization directly to our partner organization from each country. Please make sure you respect the maximum amount of money that we can reimburse.

Limit budget for the training course:

180 euros/participant for: Bulgaria
275 euros/participant for: Italy,
Lithuania, Poland

Limit budget for the youth exchange:

80 euros/participant for: Bulgaria
170 euros/participant for: Italy,
Lithuania, Poland.

Good to know

- ▶ In case your ticket is more expensive, you will have to cover the extra costs. Participants have to buy the tickets themselves and bring/send us all original documents. Our association will transfer the money for the participants to the partner organization and the partner organization will reimburse you the money through bank transfer. This can last 1, 2 months after the activity is finished.

Make sure to bring with you the following documents for the reimbursement:

- ▶ - Plane, bus, train ticket that has your name on it;
- ▶ - Proof of payment: bank statement if you paid by bank or receipt if you paid by cash
- ▶ - Boarding pass- for plane

- ▶ During your stay in Romania, you will not be accident-insured, health-insured and personal liability-insured by us, so if you want please provide such a private insurance in your own country and make sure you will bring it with you. Or you have the possibility, for the health insurance, to ask for the European Health Card which is free of charge and can be procured from your countries (available only for EU member states citizens).



- ▶ This is a project implemented by ASK Yourself NGO, for more information do not hesitate to contact us.

- ▶ Contact@askyourself.ro

- ▶ <https://www.facebook.com/AskYourselfNGO/?fref=ts>

- ▶ <http://askyourself.ro/>

We are looking forward to meeting you!