



I, the trainer!

*Youth exchange
Busteni, Romania*

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

Partner countries: Romania, Poland, Lithuania, Croatia, Spain and Italy.

About the project

- ▶ The project “I, the trainer” joins a training course and a Youth Exchange, both of them taking place in Busteni, Romania.
- ▶ The youth exchange takes place between 5th to 13th of June 2017 and involves 30 participants (4+1 group leader from each country).
- ▶ After the project, the participants will take action in their communities back home and they will put into practice what they have learned organizing many dissemination activities.
- ▶ Language we use: English

Age of the participants:

18 - 30

Objectives of the youth exchange

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

- ▶ Learn more about the different types of education (formal, non-formal, informal) and will know the 4 different learning styles and their own.
- ▶ Be able to better communicate with different cultures and to express their opinions and beliefs.
- ▶ Develop a more open attitude towards other cultures, be more open to learn and will be willing to promote non-formal education methods.



Arrival and departure

- ▶ You are expected to arrive on 5th of June until 12:00 at the Bucharest International Airport Henri Coanda, from there we will organize the transfer to the venue.
- ▶ You can stay a few days 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 780 to Gara de Nord and from there someone will pick you up. We will give you more details after we know your booking.
- ▶ All the details regarding the transport will be discussed by the selected participants with the group leader.



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;
- ▶ Comfortable clothes for the sessions,
- ▶ Clear information (in English) about the main activities of your organization;
- ▶ A nice outfit for the intercultural night.
- ▶ Some gastronomic specialities (food and/or drinks) for the International Evening;
- ▶ This will be a alcoholic free project, so please do not bring any alcoholic drinks.



Venue and accommodation

The project will take place in Busteni, a touristic city in the center of Romania. You will be accommodated in doubled rooms with shower and toilet. You can see more pictures here

<http://www.casafreya.ro/>

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, in case you want to buy gifts for your friends.
- ▶ 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:

150 euros/participant for: Italy,
Lithuania, Poland, Croatia
230 euros/participant for Spain

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 it is strongly recommendable to 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!