



# Stay aliveE+

Training Course

03.05.2022 - 08.05.2022

Youth Exchange

05.05.2022 – 12.05.2022

**Costinesti, ROMANIA**



## **About the organizers:**

Our association, is an youth NGO that has as purposes the development of youth, helping out those who lack opportunities, the integration into society of discriminated young people and encouraging youth initiative. Our organisation has a number of 35 members that come from both urban and rural environments, aged between 18 and 30. It is our wish that through this project, the youth will develop their abilities, attitudes and knowledge base, all of these leading to the expansion of their skill set. Our members had the chance of participating to international projects within Erasmus Plus in most European countries, having accumulated the necessary experience to engage in non-formal activities with the young people. We are working with the youth for cultural, social and economic development. We sustain equal opportunities in our present society.

## **Project objective:**

1. At the end of the training course, the youth workers will know how to offer first aid measures and how to intervene in case of emergency.
2. At the end of the youth exchange, the participants will know how to act in case of first aid and urgency.
3. At the end of the project, participants with reduced opportunities will gain self-confidence.
4. Development of a Consortium leading to the development of young people and youth workers, organizations and local authorities in the sense of emergency preparedness



## **Participating countries for Training Course**

Croatia 3 youth workers  
Turkey 3 youth workers  
Latvia 3 youth workers  
Italy 3 youth workers  
Bulgaria 3 youth workers  
Lithuania 3 youth workers  
Poland 3 youth workers  
Romania 5 youth workers

## **Participating countries for Youth Exchange**

Croatia 6 (5 youth +1Leader)  
Turkey 6 (5 youth +1Leader)  
Latvia 6 (5 youth +1Leader)  
Italy 6 (5 youth +1Leader)  
Bulgaria 6 (5 youth +1Leader)  
Lithuania 6 (5 youth +1Leader)  
Poland 6 (5 youth +1Leader)  
Romania 6 (5 youth +1Leader)

\*Gender balance is recommended

### **COVID-19 info:**

For a good and safety flow of the mobility we recommend the participants to have EU Digital COVID Certificate. Please follow this link: <https://reopen.europa.eu/en> and we will keep on contact for this aspects. If it will be needed for COVID-19 test, as an exception, our NGO will support up to **50 EUR** for PCR test or antigen test for arrival or departure. This cost are fully cover by us, only if you give us the **receipt, invoice and prof of payment** with your name.



## **For Training Course:**

The transport to the project can be made by plane, train or bus. The arrival day is **02.05.2022** and the departure day is **09.05.2022**. If you want to spend more time in Romania, it is possible to spend maximum 1-2 days before and after the project and book the travel tickets accordingly.

For those of you who will come by plane, you will arrive in Bucharest at the Henri Coanda Airport (OTP) <http://www.bucharestairports.ro/en>. Use the buses 783 (for main square) and 780 (for train station) to go to the city center (you have ticket vendors in the airport).

From Bucharest to Costinesti (the location of the project) we will go on **02.05.2022** at 19:00. **The latest landing on 02.05.2022 have to be at 16:00** to have enough time to arrive to the Constitutiei Square (place of departure from Bucharest)

**For the departure from 09.05.2022 please select planes that taking off after 11:00 to have enough time.**

All the selected participants will fill this form:

<https://docs.google.com/forms/d/e/1FAIpQLSfCLIMICgmyCrwsaUPr3wimycDDdbTk1mfOUHxRtZFgqkYWvw/viewform>

Our NGO will support the cost of the transport from Bucharest (Constitutiei Square) to Costinesti and if will pass the total cost for transport we will decrease it (in total is 30 EUR for coming and departure).

Meeting point: Constitutiei Square, **at 19:00**, please take care to buy tickets and to arrived min. 2h before establish hour. *In the next weeks you will get InfoKit with more details.*

Google map link:

<https://www.google.com/maps/d/viewer?msa=0&mid=1QOtFVNuwxvAaWDvM6FDuEtYKoHE&ll=44.42849241818755%2C26.095086398147604&z=17>



## For Youth Exchange:

The transport to the project can be made by plane, train or bus. The arrival day is **04.05.2022** and the departure day is **12.05.2022**. If you want to spend more time in Romania, it is possible to spend maximum 1-2 days before and after the project and book the travel tickets accordingly.

For those of you who will come by plane, you will arrive in Bucharest at the Henri Coanda Airport (OTP) <http://www.bucharestairports.ro/en>. Use the buses 783 (for main square) and 780 (for train station) to go to the city center (you have ticket vendors in the airport).

Also you could take train from Airport (OTP) to Gara de Nord -

<https://www.cfrcalatori.ro/en/bucuresti-nord-railway-station-henri-coanda-airport/>

For those of you 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.

From Bucharest to Costinesti (the location of the project) we will go on **04.05.2022** at **19:00**. **The latest landing on 04.05.2022 have to be at 16:00** to have enough time to arrive to the Constitutiei Square (place of departure from Bucharest)



**For the departure from 12.05.2022 please select planes that taking off after 11:00 to have enough time.**

We will sent you all the details in the InfoKit, 1 week before the mobility. In the InfoKit, you will find contact of our volunteer that will help you in Bucharest.

All the selected participants will fill this form:

[https://docs.google.com/forms/d/e/1FAIpQLScGYSGEvLrslEQAs5Bp1ZeqPhRYYOqREHhOXCdBYMwPS3z\\_A/view  
form](https://docs.google.com/forms/d/e/1FAIpQLScGYSGEvLrslEQAs5Bp1ZeqPhRYYOqREHhOXCdBYMwPS3z_A/view_form)

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During your travel, you should have with you masks and disinfectant.

The location of the project, Costinesti, is almost 250 km far away from Bucharest. The transport from Bucharest to Costinesti will be made by bus, there will be someone from our organization guiding you for the travel.

We will reimburse you travel expenses, according to the Erasmus Plus Program rules. We will make the reimbursements after the mobility, by bank transfer into the Sending Organisations account, but we insist that you have all the financial documents in order for making the reimbursement. It takes 3-4 month maximum.

For the plane transport, the original documents that we need are:

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

The DL for Selection of the participants is **20.04.2022**.

**Verry Important: Participants will buy tickets after the selection between 20.04.2022 – 25.04.2022**

The maximum travel costs per participant for each country are presented below:

| Country   | 100% of travel cost for participant (max) |
|-----------|-------------------------------------------|
| Croatia   | 275 EURO                                  |
| Turkey    | 275 EURO                                  |
| Latvia    | 275 EURO                                  |
| Italy     | 275 EURO                                  |
| Bulgaria  | 275 EURO                                  |
| Lithuania | 275 EURO                                  |
| Poland    | 275 EURO                                  |
| Romania   | 20 EURO                                   |



FX Info: As advice, do not change too much money inside the airport because the exchange rate is not good. You can use the exchange offices or banks in the center of Bucharest. In Costinesti there are a few ATM

1 EUR= 4,92 RON

### **The group:**

Minimum age 18 and motivated to participate to the youth exchange and training course. For leaders is no age limit.

Profile of participant:

- interested about first aid activities;
- interested to know new cultures and experience abroad;
- have few opportunities
- with minimum English skills

### **The location:**

The accommodation will be made in a nice resort located in Costinesti, Constanta-Romania next to the Black Sea 😊 😊 😊



<https://bit.ly/3xNypqm>



The participants will be hosted in rooms for 2-3 people or apartments suits for 3 people. There is good signal for mobile in the establishment. There is signal for mobile and wi-fi internet connection throughout the entire establishment.

Due to the location is next to the Black Sea of the pension and the period of the project, we encourage the participants to take some various clothes with them. Any special requests regarding the meal (e.g. vegetarian) should be communicated before the start of the activities. Accommodation, meal and activities costs will be covered by us.

In Romania the power plugs and sockets are of type F. The standard voltage is 230V and the standard frequency is 50Hz



### **Important:**

We will be in the Est of Romanian area, so the food will be adapted to our cultural area. 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 potatoes, bread and polenta (<http://en.wikipedia.org/wiki/Polenta>).

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



## **What to prepare or bring with you?**

1. All your travel documents as presented above (e-ticket, invoice, prove of payment, boarding passes). 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. 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!. Also, you can show videos, photos, sing and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can!!!

3. Clothes: The weather in March is cold. The temperature will be between 0 – 10 C so is better to take parks and warm clothes.

The hotel have swimming pool so we will have 1 activity here ☺ - take your swimsuit.

4. Information about your organization and activities. We want to get to know each other, to find out how people work with youth in other countries, and maybe to cooperate in the future.

5. Good spirit, joy and happiness!!!

### About Romania:

With a surface area of 238,391 square kilometres (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. The Danube flows into the Black Sea within Romania's territory forming the Danube Delta, the second largest and best preserved delta in Europe, and also a biosphere reserve and a biodiversity World Heritage Site. 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 Orăștie Mountains. Peleş Castle (Sinaia), built between 1873-1914, is considered one of the most beautiful castles in Romania and Eastern Europe.

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!

