



# YOUTH WORK ACT OF INCLUTION

**Asociatia Sentire  
YOUTH EXCHANGE**

**04.02.2019 – 12.02.2019**

**Horezu, ROMANIA**



### About the organizers:

The association SENTIRE is an organisation 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.

### About the project:

#### **Through this project we aim the following objectives:**

1. During the 7 months of the project, youth workers will develop their knowledge regarding inclusion, stereotypes, prejudices, discrimination, they will better understand the problems that the disadvantaged people face and they will be able to prepare and implement activities that could help the youth feel more included.
2. During the 7 months of the project, youth workers will learn how to use non-formal education as a tool for including disadvantaged young people and as a way to improve their communication, by being able to conduct non-formal education methods, adapt and apply them in their local activities, until the end of the project.
3. By taking part in the project activities, youth workers will improve their attitude towards disadvantaged young people by starting at least 2 local projects

### Participating countries:

Turkey – 5 youth workers

Greece - 5 youth workers

Italy - 5 youth workers

Croatia - 5 youth workers

Romania - 5 youth workers



## Transport:

The transport to the project can be made by plane, train or bus. The arrival day is **04.02.2019** and the departure day is **12.02.2019**. If you want to spend more time in Romania, it is possible to spend maximum 3-4 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). 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.

- 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.

The departure from Bucharest to Horezu (the location of the project) will be made on **04.02.2019** in the evening from Pacii bus station in Bucharest. You can use the metro to get there (Pacii metro station). Depending of your arrival hours to Bucharest, we will inform you about the time of departure from Pacii bus station.

<http://www.autogari.ro/curse?pid=643&did=619&zi=2016-08-01&pas=1-0-0-0>

Our NGO will support the cost of the transport from Bucharest(Autogara Pacii) to Horezu and if will pass the total cost for transport we will decrease it (in total is around 15EUR for coming and departure).

The location of the project, Horezu, is 219 km far away from Bucharest. The transport from Bucharest to Horezu 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 during the project by bank transfer into the Sending Organisations** account, but we insist that you have all the financial documents in order for making the reimbursement. 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 name of participants and plane tickets from you until **20.12.2018** the latest. After you buy the tickets, please send them to us by email.

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

<b>Country</b>	<b>100% of travel cost for participant (max)</b>
Turkey	275 EURO
Greece	275 EURO
Italy	275 EURO
Croatia	180 EURO

**The group:**

We need 5 youth workers. For the youth workers is no age limit. Minimum age of the youth should be 18. We recommend a gender balance for the participants.

**The location:**

The accommodation will be made in a nice resort located in Horezu, Valcea County.

[http://www.turistinfo.ro/horezu/cazare-horezu/hotel\\_horezu-c48422.html](http://www.turistinfo.ro/horezu/cazare-horezu/hotel_horezu-c48422.html)

The participants will be hosted in rooms for 2 people or apartments suits for 3 people. There is good signal for mobile in the establishment. Please keep in mind that the wi-fi connection works rather bad due to the mountains.

Due to the mountain location 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.

**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



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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 and bring typical alcoholic drinks from your countries for the national evenings, with moderation.

## 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! There may be the possibility to cook something using the kitchen of the establishment. 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 February is a snowing season, so we recommend to have parkas. Due to the **mountain** location of the pension, we encourage the participants to take some various clothes with you.
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



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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!**

