

Youth Exchange

Vote Your choice+



Co-funded by
the European Union

5-14. 10. 2022 - Costinesti, Romania



RO  IȘCARE

About **ROMISCARE**

Romiscare is a newly founded voluntary and sports organization, that aims to support youth in maintaining a more active and balanced life which includes sports and outdoor activities. The pleasure of movement and the desire to promote sport as one of the basic elements of a healthy lifestyle have brought us together. We started to become a team by running in a group and, especially, by participating at organizing events dedicated to sport.

Our projects and actions are based on a non-formal education that we always try to promote.

Our main activities are:

- **International mobility projects for youth and adults**
- **Organizing hikes to stimulate kids, students and youth to protect the environment**
 - **Promotion of eco-tourism**
 - **Promotion of outdoor activities**
- **Promotion of environmental protection through hiking and mountain exploration**
 - **Promotion of inclusion through team activities**
 - **Promotion of non-discrimination**
 - **Promotion of cycling**
- **Carrying out public information campaigns aimed at raising the awareness of the general public on issues related to environmental pollution**
- **Organizing meetings, conferences, symposia, exhibitions with a tourist and ecological theme**
 - **Promoting volunteering among young people, pupils, students**
 - **Building transnational networks of young people based on educational values, multiculturalism, independent thinking, activism and aimed at the personal and professional development of young people**
 - **Organizing training internships, mobility in the country and / or abroad**
 - **Organizing and participating in sports competitions, ecological cycling, mountaineering and climbing of young people, pupils, students and graduates**



About the project

Through this YE we aim:

O1: 43 participants from 7 countries will know the role, attributions and what the European Parliament is doing at the end of the project. This will happen through non formal education methods: simulation of the decision-making process, debates, theater, video making, guide conception.

O2: 43 participants from 7 countries will increase their confidence in European institutions and will develop a civic spirit. Practically through the 8 days of activities, as well as during the 9 months of the project, each participant will understand the importance of voting and active social involvement in the life of national and international community

O3: 43 participants from 7 countries will create a booklet about the importance of voting, European institutions, how to research political parties and their candidates. That can help other youth from their local community to understand better the attributions of the European Parliament, what it is doing and how important the EU institution are for their local, national and international society

O4: During the 9 months of the project 21 participants with fewer opportunities will recognize the opportunities European Union offers through its policies and programs.

Participants!

Croatia - 6 youth participants (5+1 Team leader)
Czech Republic - 6 youth participants (5+1 Team leader)
Bulgaria - 6 youth participants (5+1 Team leader)
Poland- 6 youth participants (5+1 Team leader)
Latvia - 6 youth participants (5+1 Team leader)
Italy - 6 youth participants (5+1 Team leader)
Romania - 7 youth participants (6+1 Team leader)

***Gender balance is recommended**

***For the selection process the selection commission will work under the principles of transparency by posting the final list on the website, equity and equal opportunities by accepting applications from all youth within the organisation and outside of it.**

The group leader will have an essential role in the project, being the link between participants and management team. Thus he will get involved by:

- preparing participants before mobility (logistics, transport, cultural preparation, topic preparation, insurance, etc.)**
 - facilitating the learning process**
 - feedback from participants**
- Daily attendance at leader's meetings - during mobility**
 - Completing the Mobility Tool form**
- Support for youth in the dissemination stage.**

For the team leader there is no age limit. Minimum age of the youth should be 18 and maximum 30.

Working language for the activities will be English

Deadline for selecting participants: 19 September 2022
<https://forms.gle/VaEk81t7Bw5ekWGQ8>

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



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.

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.

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.

Reimbursement

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

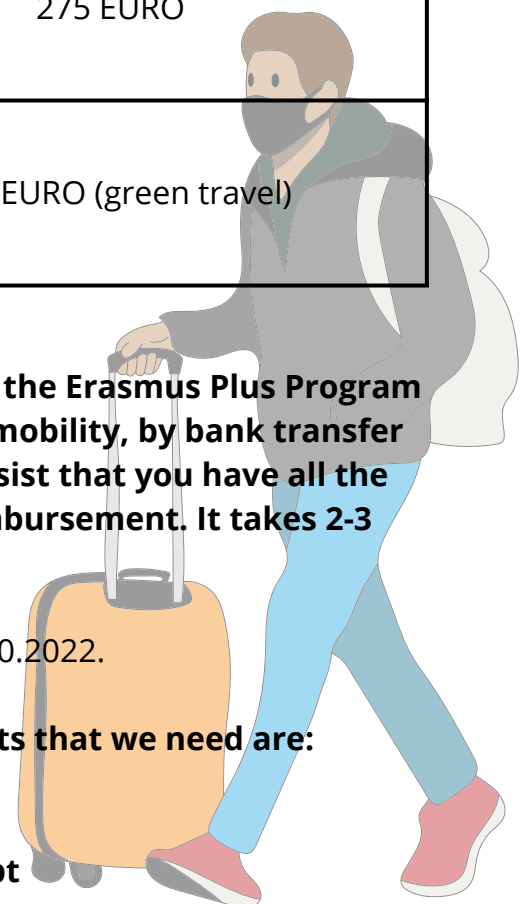
Country	100% of travel cost for participant (max)
Croatia	210 EURO (green travel)
Czech Republic	275 EURO
Bulgaria	210 EURO (green travel)
Poland	275 EURO
Latvia	320 EURO (green travel)
Italy	275 EURO
Romania	210 EURO (green travel)

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 2-3 month maximum.

Travel days are 5.10.2022 and 14.10.2022.

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

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



Our NGO will support the cost of the transport from Bucharest (Constitutiei Square) to Costinesti and if we pass the total cost for transport we will decrease it (in total is around 20 EUR for coming and departure).

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.



The departure from Bucharest to Costinesti (the location of the project) will be made on **05.10.2022 at 19:00**. Please keep this hour in mind when buying the tickets, as it takes around 1,5 hours from the Otopeni airport to the meeting location.

We will send 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.

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. European Health Insurance Card is also accepted.

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 September is moderate, sometimes are over 30C, but we recommend to have parkas – during the night there are around 10C.

Because the location is next to the Black Sea please bring swimsuit and towels

<https://bit.ly/3eo95Qa>


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. Information about the **situation** in your countries about active citizenship

6. **Good spirit, joy and happiness!!!**


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