

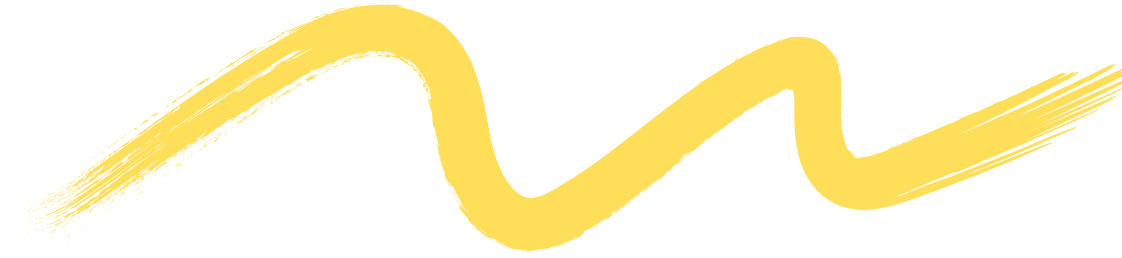
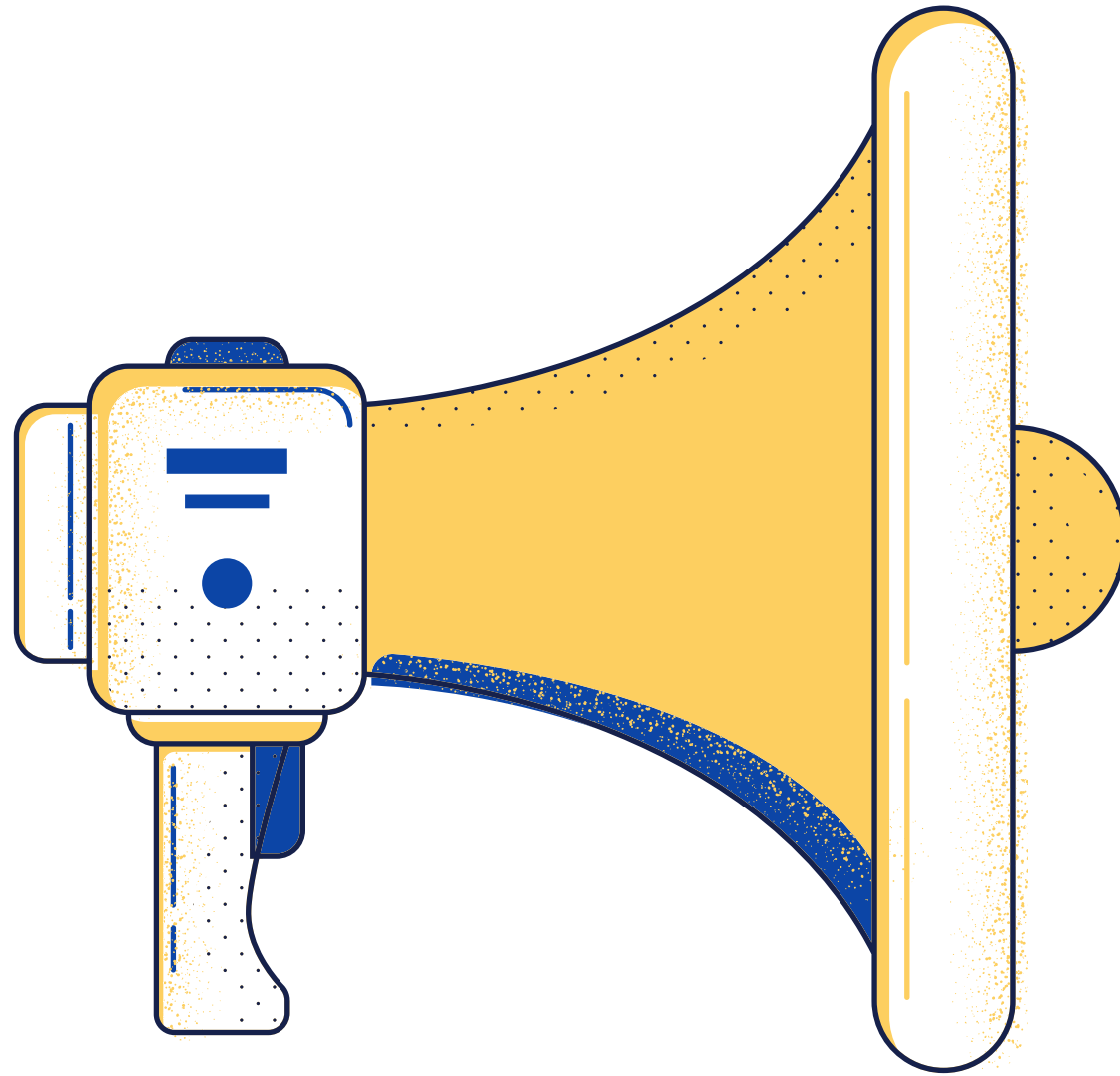
Wymiana młodzieżowa: Yes for Inclusion

asociația
CPDIS



**08-17.10.2021
Costinesti, Romania**

ABOUT THE ORGANIZERS:



Our association, CPDIS, 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.





ABOUT THE PROJECT:

1. The participants in this project will understand what discrimination is, their stereotypes, prejudices and negative effects.

2. During the project the participants will develop their abilities to work with young people with reduced opportunities through new non-formal education methods and will combat discrimination.

3. At the end of the project the young participant will have an open attitude towards those who are discriminated against and will be empathetic with them. Stereotypes and prejudices will be eliminated..

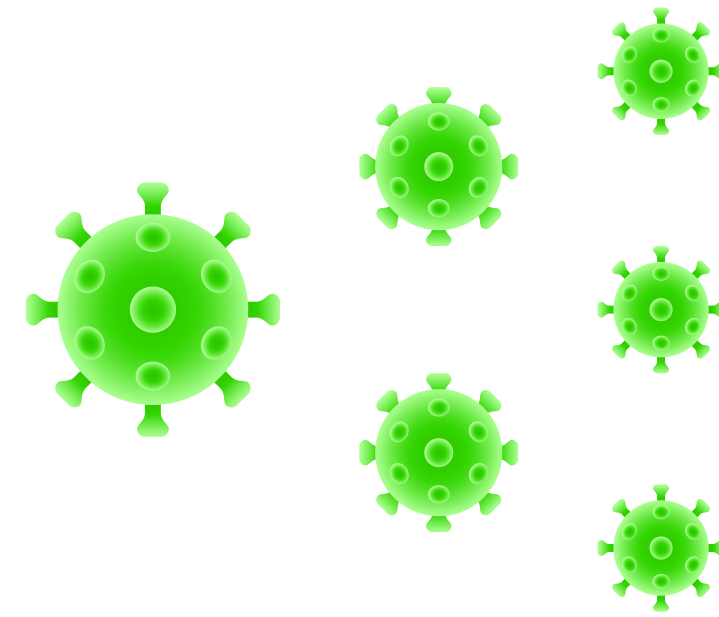
PARTICIPATING COUNTRIES:

- Poland – 6 youth participants (5 youth + 1 Team Leader)
- Turkey – 6 youth participants (5 youth + 1 Team Leader)
- Bulgaria – 6 youth participants (5 youth + 1 Team Leader)
- Latvia – 6 youth participants (5 youth + 1 Team Leader)
- Lithuania – 6 youth participants (5 youth + 1 Team Leader)
- Croatia - 6 youth participants (5 youth + 1 Team Leader)
- Romania - 6 youth participants (5 youth + 1 Team Leader)

***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 will be decrease from the transport cost.

Our NGO we will support NGO who will need Invitation. Please inform us.



TRANSPORT:



The transport to the project can be made by plane, train or bus. The arrival day is 08.10.2021 and the departure day is 17.10.2021. 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-coandaairport/>

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 Costinesti (the location of the project) will be made on 08.10.2021 at 19:00. 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.

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 around 20 EUR for coming and departure).

Meeting point: Constitutiei Square, at 20:00, please take care to buy tickets and to arrived min. 2h before establish hour



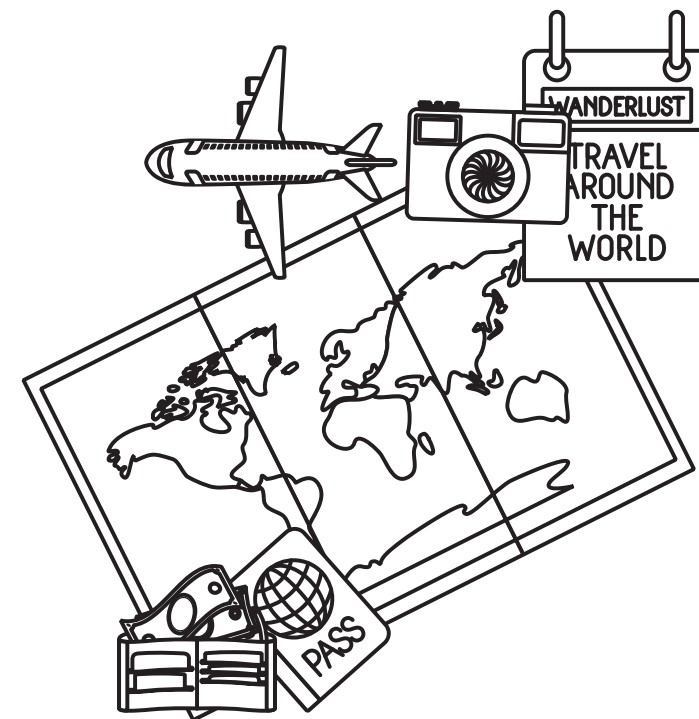
**During your travel, you should have with you masks and disinfectant.
The location of the project, Costinesti, is almost 250 km far away from Bucharest.**

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 2-3 month maximum.

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

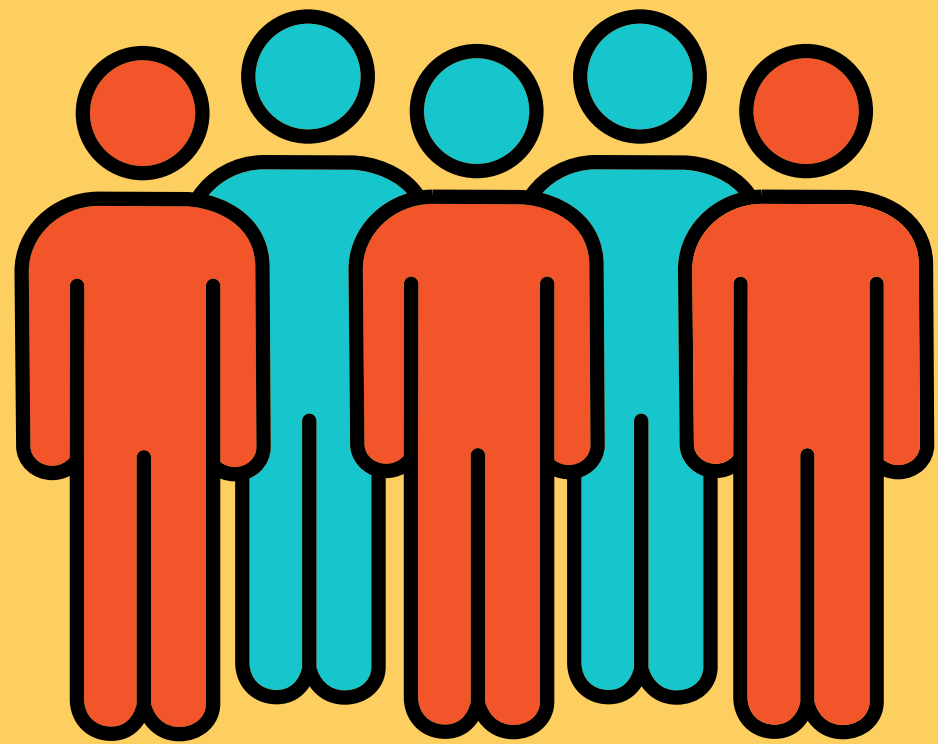
- **E-ticket**
- **Invoice**
- **Proof of payment or receipt**
- **Boarding passes**



THE MAXIMUM TRAVEL COSTS PER PARTICIPANT FOR POLAND IS 275 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**





THE GROUP:

We need 6 youth participants. 5 of the youth can be age between 18-30. For the team leader no age limit. Minimum age of the youth should be 18. We recommend a gender balance for the participants. Working language for the training will be English.

THE LOCATION:

The accommodation will be made in a nice resort located in Costinesti, Constanta- Romania 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. 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.

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



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!!!