



**EUROPEAN  
YEAR OF  
YOUTH**



# ACTIVE YOUTH

INFORMATION PACK  
YOUTH EXCHANGE

TÂRGOVIȘTE, DÂMBOVIȚA

20 - 29 NOVEMBER 2022



Co-funded by  
the European Union



**Be You**  
European  
Youth Association



# Project information

**Youth Exchange name:** Active Youth

**Covered topics:** youth participation, community engagement and community building, volunteering

**Program:** Erasmus + KA1 Accreditation

**Period of Youth Exchange:** 20 - 29 November 2022 (8 youth exchange days, 2 travelling days)

**Venue:** Targoviste, Dambovita - Hotel Dambovita

**Participants:** 32 young people and 7 youth leaders

## Project context

Our communities and society become more equitable and inclusive when all people — individually and collectively — get involved and take action, when they act as active citizens. One reason to focus on youth civic engagement is that such participation to community life is a habit and can be developed: starting early can form a habit of civic engagement that will last a lifetime.

When all young people develop healthy civic habits, skills and commitments, our communities will become more inclusive and tolerant, a place where all young people can find a proper place for personal and professional development.

When youth feel empowered to take action within the community, and when they see their efforts achieve positive change, it can have a profound and lasting impact. Also, communities are stronger and more resilient when youth participate to community life.

## Project aim & objectives

The project aim is to increase community engagement of young people by promoting youth participation, active citizenship, inclusion and diversity.

### Project objectives:

- 1.To increase the level of knowledge and skills of young people in the field of youth participation fostering active citizenship;
- 2.To raise awareness of young people about the importance of participation to community life;
- 3.To empower young people to become change makers in their communities;
- 4.To promote inclusion and diversity among young people.

# Participant profile

The Youth Exchange will gather together 32 participants and 7 group leaders. Each national group will include participants with fewer opportunities.

**Each national group is composed by:** 4 / 5 young people aged between 18-28 years old and 1 group leader aged above 25 with no maximum age limit.

## Participants profile:

Young people who will take part in this project should be interested in the project topic and motivated to acquire knowledge and skills about community engagement.

Gender balance will be kept in the selection process of young people as much as possible

Group leaders will be appointed by partner organizations.

The selection is open to all young people according to the described profile regardless life background, socioeconomic status, ethnicity, religion, sexual orientation and other features.

The project involves a mixed background of participants including young people with disadvantaged backgrounds, facing socio-economic obstacles, cultural obstacles, with migrant background, belonging to ethnic minorities, facing geographical obstacles living in rural areas.

## PARTNER COUNTRIES:

Romania, Czech Republic, Greece, Italy, Lithuania, North Macedonia, Turkey



## How do you apply?

!!! In order to apply participants have to fill the application form.

## APPLICATION FORM



Participants selection deadline: **14th of October 2022**



# Accommodation

The Youth Exchange will take place in Targoviste town, the old capital city of Romania, situated in Dambovita region. Participants will be accommodated in rooms with 2 or 3 beds.

## Facilities:

- bathroom with shower
- air conditioning
- internet
- TV

## Address:

Hotel Dambovita, B-dul Libertatii, nr.1, Targoviste, Jud. Dambovita, Romania

Website: <https://hoteldambovita.ro/en>

Check-in hour: 14:00

Check-out hour: 11:00



# Meals

The meals will be served in the restaurant of the hotel. Please note that the Romanian cuisine is delicious but is not fully prepared for vegan, halal or other special menus. The cuisine is based on chicken, beef and porc meals, cow and sheep milk cheese. Local vegetables are also used. Each day is served soup, main dish with salad.

We will make sure to respect participants dietary needs with the resources we have at disposal. Also, please note that the financial aspect is challenging as the individual support for youth exchanges in Romania is of 32 euro per day, per participant.

**Be prepared for new culinary experiences!**



# Travel



Let's be green as much as possible. We encourage you not to take the plane, even if this takes more time and might take extra effort. Of course we know it is not always possible depending on from where you are travelling, the time your studies/ job/ everyday life gives you etc.

However: Planes are massively responsible for the climate crisis and through our projects we would like to contribute to a more sustainable planet, not to a less sustainable one. Compare the emissions that your journey emits by train, car or plane: <http://www.ecopassenger.org/>

Read more about your ecological footprint here: <http://footprint.wwf.org.uk>

Read more about the environmental impact of flying on Wikipedia: [https://en.wikipedia.org/wiki/Environmental\\_impact\\_of\\_aviation](https://en.wikipedia.org/wiki/Environmental_impact_of_aviation) .

After knowing each arrival time, we will assist you to come from the airport, bus and train station to the accommodation.

**Arrival day:** 20.11.2022

**Departure day:** 29.11.2022

You can arrive two days before the project and leave two days after the project. According to the financial agreement we can not cover accommodation costs for additional days.



## How to reach Targoviste

Targoviste is 80 km from Bucharest (1h45 minutes – 2h by train). To reach Targoviste you have to take the train/bus/plane to Bucharest.

From the airport you can reach Bucharest North Train Station by train and from there change the train to Targoviste. From Targoviste train station you can reach easily Hotel Dambovita by walking – is 15 minutes away.

You can also take a taxi or Bolt, but the cost of taxi or Bolt can not be reimbursed.

• <https://www.bucharestairports.ro/en/transport/train-connection> – link transfer Airoport - Bucharest North Train Station

• <https://bilete.cfrcalatori.ro/en-GB/Itineraries> - link transfer Bucharest North Train Station – Targoviste

**Note!** Check the timetable of the local transport from Bucharest airport to Targoviste and back to Bucharest airport when you plan your travel and book your flight. We can not assure transfer from Bucharest airport. In case you need assistance you can contact us.



# Financial matters

The project is funded by the European Commission through the Erasmus+ programme. Meals, accommodation and activities are fully covered.

The travel costs will be reimbursed up to travel distance band and Erasmus+ programme rules:

## Travel distances in case of standard travel

Between 100 and 499 KM: **180 EUR** per participant

Between 500 and 1999 KM: **275 EUR** per participant

Between 2000 and 2999 KM: **360 EUR** per participant



## Travel distances in case of green travel

Between 100 and 499 KM: **210 EUR** per participant

Between 500 and 1999 KM: **320 EUR** per participant

Between 2000 and 2999 KM: **410 EUR** per participant

**!!! We recommend you to purchase your flight tickets in Euro, if is possible, to not lose money due to the exchange rate.**

You have to use only public transportation, economy class (i.e. economy class for planes/busses/trains, etc.)

**NOTE!!! TAXI, BOLT COSTS OR OTHER TRANSPORT METHODS DIFFERENT FROM PUBLIC TRANSPORTATION ARE NOT ELIGIBLE COSTS.**

## REIMBURSEMENT:

The reimbursement of travel costs will be done after the end of the Youth Exchange, upon we will receive all travel documents (tickets, boarding passes, invoices, etc).

The boardingpass is mandatory to be attached to the flight ticket, its absence makes reimbursement impossible.

**!!! Note** that we cannot reimburse travel costs if you have lost your tickets, boarding passes or we do not receive all details and proofs of your expenses according to Romanian legislation!

The reimbursement of travel costs will be done only by bank transfer to partner organizations bank account.

**Be You Association does not request participation fees and does not encourage this practice.**

# Youth Exchange matters



## Insurance

Each participant should have valid health insurance (for example European Health Card) and travel insurance during the whole participation in the project. The insurance is mandatory, but the cost can not be reimbursed according to the Erasmus+ program rules.

Also participants must have during the youth exchange valid travel documents: identity card / passport.

## Covid-19 context

At this moment in Romania as in many countries accross Europe there are no covid-19 restrictions. The wearing of a mask is no longer mandatory in open or indoor spaces, and the green pass is no longer required to enter public institutions, shops, malls or events. Plus, indoor educational, cultural, scientific, artistic, sporting or leisure activities can be organized without restrictions.

Travellers can enter Romania without any restriction.

This situation may change according to the evolution of the infection cases. We will keep you updated of any change may occur in Romania. You have to keep yourself updated about the covid-19 situation in your country.

However we recommend you to wear the mask in very large crowds, public means of transport and whenever you feel the need. Also, we recommend you to wash hands often. During the Youth Exchange we will provide you with masks and hand sanitizers.

## Intercultural evenings

Each national group will have the occasion to present their country, culture, costumes and traditions to all participants. You can bring with you traditional food, drinks, even traditional clothes. You can prepare games, dances, different interactive activities. Be creative!

**DON'T FORGET THE FLAG OF YOUR COUNTRY!!!**



# Participants roles and duties

- 1. Presentation of sending organization.** Participants can prepare a presentation of the sending organization that will be presented during the intercultural night. So bring with you materials about your organization (brochures, flyers, etc.).
- 2. Energizers.** Each national group will have a day to lead the energizers. We are expecting enjoyable energizers!
- 3. Presentation.** Participants have prepare a short presentation about the level of youth participation in their local community (participation in volunteering activities, decision making process etc.)

## WHAT SHOULD BRING WITH YOU:

- Practical clothes for autumn weather forecast: chilly, cold during morning and evenings, rain.
- Comfortable shoes for walking;
- Personal hygiene things, medicine you usually take, other things you need for personal comfort and well-being;
- Pocket money for personal expenses. Romania's national currency is the Romanian leu- RON. Our recommendation is to have euro with you, currency exchange will be easier and more advantageous;
- Brochures and other materials about your organization;
- Traditional food specific to your gastronomy and something specific to your country.
- **Prepare 3 photos about you that you would like to share. Photos can be about you, about things you like, etc and you feel comfortable to share. You will present it during the „Who we are” workshop. You will have only 1 minute for presentation.**
- Good mood

## Contacts

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Emergency Calls System: 112



# SEE YOU SOON!

# Did you know about TÂRGOVIȘTE?

Târgoviște was one of the most important cities in the history of Wallachia (Tara Romaneasca). In 1859, Wallachia united with Moldavia to form the United Principalities, which adopted the name **Romania** in 1866.

Târgoviște is the home land of the real Dracula. The character Dracula was actually inspired by the cruel ruler Vlad Tepes who reigned in Targoviste.



Targoviste was the old capital city of (Wallachia) Tara Romanesca for more than 300 years and is rich in history. The symbol of the city is Chindia Tower.



The first BOOK in Tara Romaneasca was printed in Targoviste, at Dealu Monastery in the XVI century.



**Join the Youth Exchange and find out more!**

# WHAT TO DO IN TÂRGOVIȘTE

## Places to visit



Royal Court



Chindia Park



Art Museum



History Museum



Printing & Old Book  
Museum



Museum of Evolution in the  
Paleolithic



Communism Museum



Tricolorului Square

# Leisure time - coffee shops & pubs/clubs



CT Coffee



Belvedere pub-Old Center



Tower's Pub-Old Center



Zoom-Biliard & Bowling



Baba Pub



Retro Club



KF Art  
offers karaoke evenings



Dambovita Mall  
Shopping center