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Be You
European
Youth Association



INFORMATION PACK

I Have a GREEN

-Youth Exchange-

06-15 November 2022

Târgoviște & Aninoasa, România



Project details

Disclaimer: The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the National Agency and Commission cannot be held responsible for any use which may be made of the information contained therein.

Mobility name: I Have a GREEN

Program: Erasmus + KA1 Accreditation

Project duration: 01/06/2022 - 31/08/2023

Youth Exchange: 06-15 November 2022 (8 youth exchange days, 2 travelling days)

Venue: Targoviste, Dambovită

Participants: 35 participants (6 young people and 1 group leader per country)



Objectives:

1. To stimulate active EU citizenship towards a green environment
2. To explore the best ways to act for a sustainable and green environment in daily life
3. To use digital tools to create social campaigns promoting a sustainable and green environment

Participants profile

The target group consist of 35 participants:

- 30 young people (6 young people from each participating organization, including 2 young people with fewer opportunities) aged between 18-28 years,
- 5 group leaders (1 group leader per organization-aged over 20 without upper age limit).

Young people who will take part in this project should be interested in the project topic and motivated to acquire knowledge and skills to tackle environmental issues. Gender balance will be kept in the selection process of young people as much as possible (three girls and three boys). 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, etc.

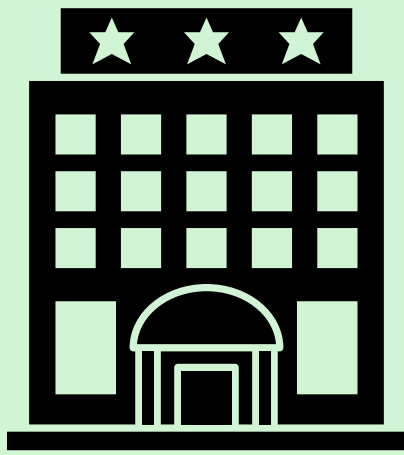
How do you apply?

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

[APPLICATION FORM](#)

Participants selection deadline: 03.10.2022





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:

air conditioning;
internet;
TV;
bathroom with shower;

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, connections, 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

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

Arrival day: 06.11.2022

Departure day: 15.11.2022

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.

Financial aspects

The project is funded by the European Commission through the Erasmus + programme. Meals, accommodation and activities are fully covered. The travel costs are reimbursed respecting the distance band:

| Travel distance | Standard travel | Green travel |
|-----------------|-----------------|--------------|
| 100-499 km | 180 EUR | 210 EUR |
| 500-1999 km | 275 EUR | 320 EUR |
| 2000-2999 km | 360 EUR | 410 EUR |

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

How to get to 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 aiport to Targoviste and back to Bucharest airport when you plan your travel and book your flight. We can not assure transfer from Bucharest airport.



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

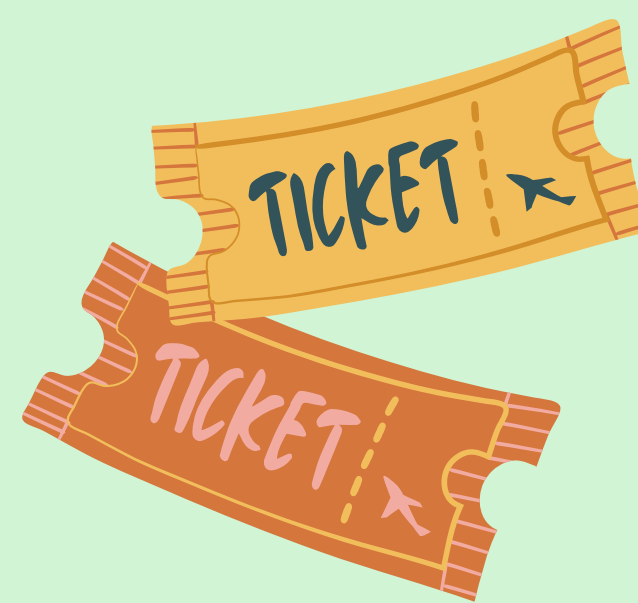
NOTE!!! TAXI, BOLT COSTS OR OTHER TRANSPORT METHODS DIFFERENT FROM PUBLIC TRANSPORTATION ARE NOT ELIGIBLE COSTS.

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 evening

Each national group will have the occasion to present their country, culture, costumes and traditions to all participants.

BRING THE FLAG OF YOUR COUNTRY!!!



Participants role during youth exchange

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. **Workshop "Local realities".** Participants will have to prepare a role play activity about the situation of environment protection/recycling in their local community. The role play will be presented during the youth exchange.

What should bring with you

- Practical clothes for different weather forecasts: chilly, cold and rainy.
- Comfortable shoes and jacket for outside activities;
- 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.
- **Good mood** 😊



Contacts

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See you soon!



What to do in Târgoviște

Places to visit



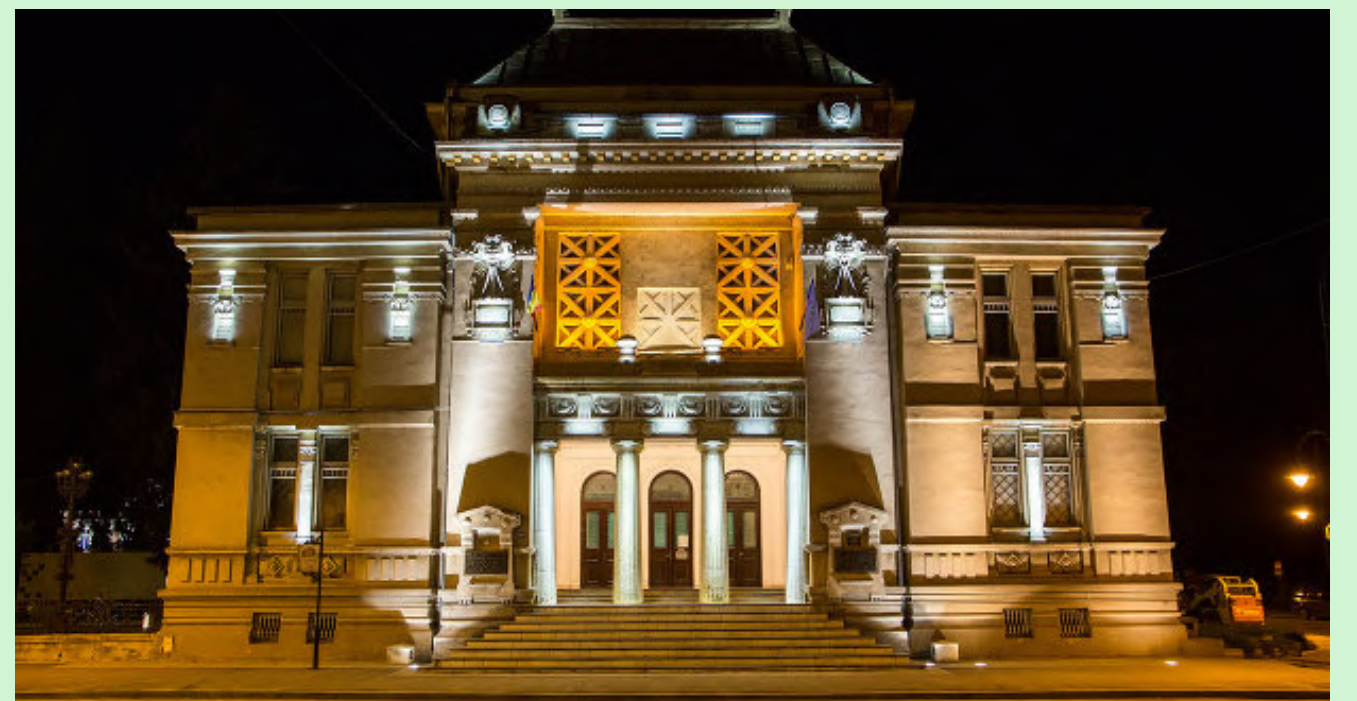
Royal Court



Chindia Park



Art Museum



History Museum



Printing & Old Book Museum



Museum of Evolution in 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



Dâmbovița Mall
Shopping Center