



Erasmus+



INFO PACK FOR  
ORGANIZATIONS  
AND PARTICIPANTS

# ACTION4DEMOCRACY

Erasmus + Youth Exchange in Romania

13 - 21 AUGUST 2019

## ABOUT THE PROJECT

Action4Democracy is a trilateral Youth Exchange that will be held in Romania and will bring together youngsters from Romania, Italy and Lithuania.

The objectives of the project are:

1. Promote skills for active participation among young people involved in mobility
2. Stimulate and promote the feeling and concept of European citizenship among young participants in mobility
3. Promote the intercultural dimension of mobility by joining and involving young people from the six communities, exhibiting different cultures but connected to the European community
4. To stimulate communication skills in a foreign language, the exchange activities being organized in full English

Mobility will take place in August 2019 in Ramnicu Valcea, Romania and will bring together 24 participants and 6 group leaders from the 3 participating countries: Romania, Lithuania and Italy.

**Dates of mobility : 13 - 21**

**August 2019**

- **13 August Arrival day**
- **21 August Departure day**

**Total number of participants 30**

**Participants per country : 8 youngsters + 2 group leaders**

**Age limits 17 - 30 for participants  
over 18 for group leaders**



## Selection criterias

For participants - age 17 - 30

The capacity to communicate in English

Motivation to participate and to share the results with other youngsters

For leaders: over 18, no maximum limit

Good english skills

Responsible person that understands the importance of leading a group and working in international context

## Venue of the Activities

The mobility will be held in Ramnicu Valcea, a city south-central Romania, 150 km west of Bucharest. Its the capital city of Valcea County and can be easily reached by bus from Bucharest.



The city has a temperate climate, is very green and it host a series of interesting places to visit: museums, city parks, theaters, cinemas, zoo, modern public swimming pool , shopping malls.

## HOW TO GET HERE

The best landing solution is Otopeni Airport from Bucharest. From the Airport you can take a Bus to the center of Bucharest – BUS 783. More details here [http://www.ratb.ro/v\\_bus\\_expres.php?tlin1=783](http://www.ratb.ro/v_bus_expres.php?tlin1=783) It departs from the Airport Arrivals Terminal every 20 minutes.

Make sure to buy a ticket from the ticket stand on the right side of the exit. You need to stop at the last station – Piata Unirii ( Unirii Square). Here you can descent to the subway ( Metrou in Romanian). It's easy to spot because it has a big blue M Sign.

Here is a map of the Bucharest Metro

[http://www.metrorex.ro/Resurse/Harta/harta2016\\_apr.pdf](http://www.metrorex.ro/Resurse/Harta/harta2016_apr.pdf)

In the subway station you will need to take the M3 – Red Line Metro – Direction Preciziei. Your station of descent is Pacii ( 6 stops). Do not be afraid to ask people for directions. The young ones speak English and most of them are happy to help foreigners. At Pacii station is your stop. Go to the ground level trough your left exit. Cross the street to the Autogara Militari. Here you have some bus companies that have direct connection with Ramnicu Valcea, your destination. Here is a program of busses that are going directly to Ramnicu Valcea from Bucharest. The travel takes 3 hours. Link to the schedule here: <https://www.autogari.ro/curse?pid=643&did=581&zi=2019-08-13&pas=1-0-0-0-0>

The total cost of this transfer should not be more de 50 lei ( 11- 12 euros), Keep all your tickets for reimbursment.

# ACCOMODATION

The group will be accomodated in HOSTEL VALCEA, a local youth hostel situated on a 10 minutes walk to the city center.

The accomodation will be made in 3-4 bed rooms separated by genders with common bathroms separated by gender.

It is a new hostel, so everithing is new and well kepped. The main activities will be held inside the hostel meeting room but there will also be activities outside, in the city.

The meals will be served in a restaurant in the same building as the hotel. There will be free wifi service inside the building.



The hotel can be reached by walk from the bus station or using a taxi. We will cover the taxi in a limit of 20 lei. The adress of the Hostel is : Ramnicu Valcea, Strada Stirbei Voda, no 103

## TRANSPORT REIMBURSEMENT

The transport of the participants will be reimbursed according to the following budget :

Italy - max 275 eur/participant

Lithuania - max 275 eur/participant

Romania 0 euro/participant \*the coordination organization will cover the real cost of romanian travel

**Very important: we do not reimburse in cash! All the payments will be made with bank transfer in the sending organization accounts and than transfered to the participants.**

## PRE-DEPARTURE TASKS

Before arrival the participants will prepare the following activities:

- A presentation about their country for the intercultural events
- A short presentation about the ways young people are involved in the process of decision making in their communities/ country.

## REGISTRATION OF PARTICIPANTS AND COMMUNICATION

The registration of participants will be made by the sending organizations from Italy and Lithuania on the registration form provided by the coordinator.

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