



# INFO-PACK

**TRAINING OF TRAINERS  
PARTICIPATION AND  
DEMOCRACY**

**Ramnicu Valcea, ROMANIA  
19 - 28 JUNE 2023**

**2022 - 1 - RO01 - KA151 - YOU - 000062669  
PROFFESIONAL MOBILITY**



**Erasmus+**



# About the project

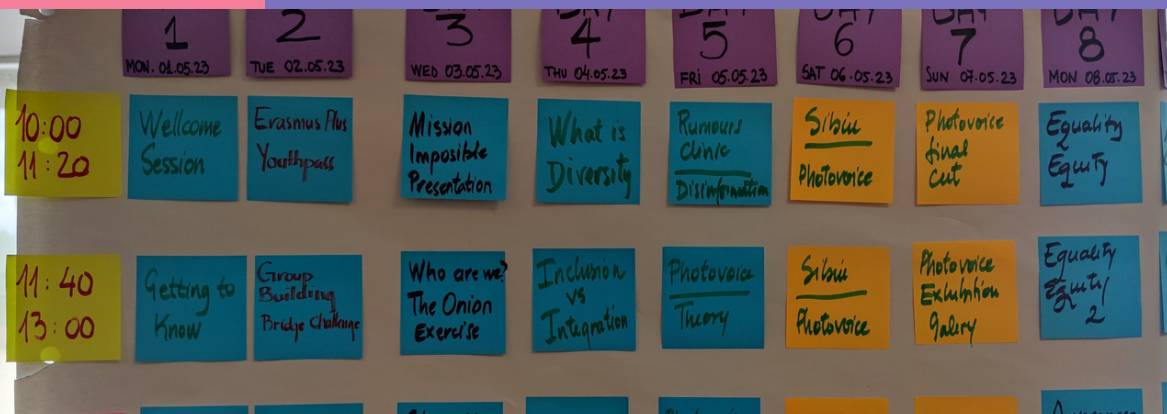
## TRAINING OF TRAINERS

This mobility is part of Year 2 Accreditation of Youth Projects obtained by Youth on the Move Association in 2020.

For this event we are planning a Train the Trainer mobility, focused on helping both novice and experienced facilitators and trainers in their work with international groups of learners in projects tackling democracy education and youth participation.

The training is designed for a maximum number of 30 trainers/facilitators from various EU and Program Countries, belonging to youth organizations and educational institutions that are working with young people.

The content, methodology and learning strategies are part of Youth on the Move's educational approach toward international youth work, professionalization of youth workers and training of competent facilitators and trainers.



## TRAINING OF TRAINERS

# Goals & Objective

## OBJECTIVES 1



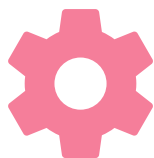
To develop competences in the field of non-formal education processes and methodologies with a specific target for participation and democracy activities

## OBJECTIVES 2



To develop competences as facilitators and trainers in international educational environments

## OBJECTIVES 3



To strengthen the capacity of european organizations to work in the field of youth participation and democracy

# profile of participants



We are looking for youth workers, volunteers and professionals in the field of both formal and non-formal education. Some experience in the field of facilitation is welcomed but not mandatory.

## Minimum requirements

- Must be over 18 years old
- Member/volunteer/staff or affiliated to an NGO with valid OID number

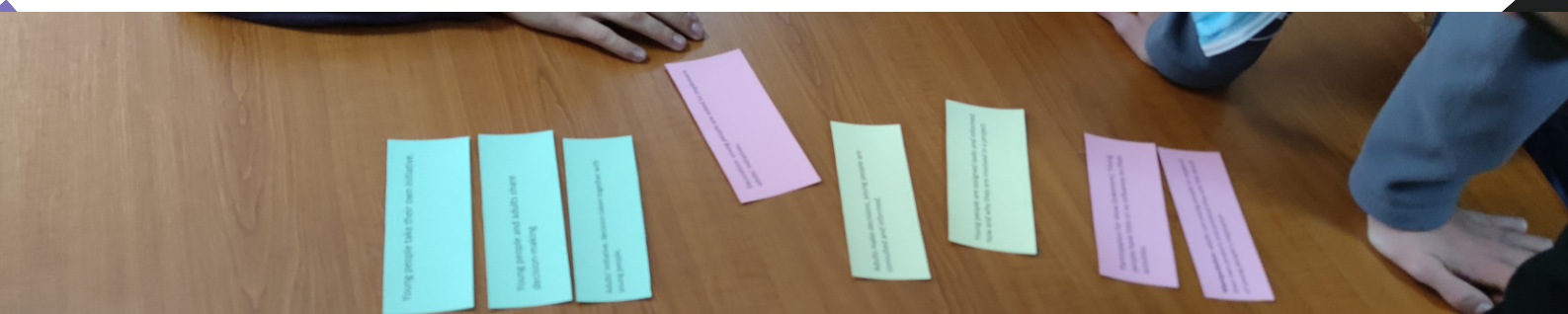
## event dates

*19 June 2023 - arrival day in Ramnicu Valcea*

*20 - 27 June - activities*

*28 June 2023 - departure day*

Please note that the activities will start each day at 9.30 and will finish at 16.30. The program foresees both indoor and outdoor activities.

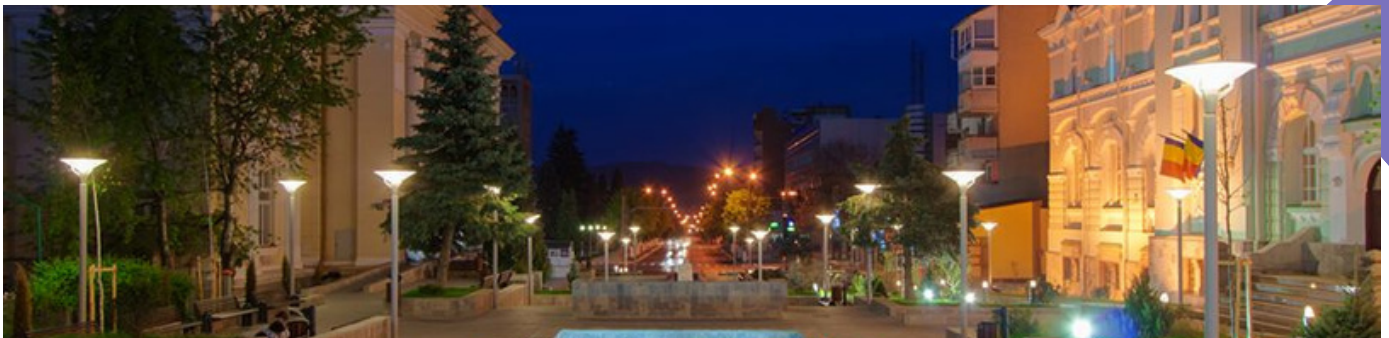


TRAINING OF TRAINERS

# Logistic and Accommodation

## THE VENUE CITY

The event will be held in Ramnicu Valcea, the capital city of Valcea County, situated in South-Central Romania. The city is easily accessible by road and railway from all major Romanian air hubs. If you are using air transport as your mean of reaching Romania we recommend Bucharest Otopeni Airport as the most easy route. Ramnicu Valcea is a 2,5 h bus/car drive from Bucharest. Please see the next page for transfer options.



## ACCOMMODATION

You will be hosted in **Hotel Bulevard** - Ramnicu Valcea - a 3 star accommodation situated in the newest neighborhood of the city. Breakfast, lunch and dinner will be served in the hotel s restaurant. Most of the activities will be held in the venue.

Accommodation will be open on 19 June starting with 16.00 and will finish on 28 June at 12.00. You will be hosted in double rooms, gender separated. Towels and basic toiletry will be provided by the hotel.

The area is surrounded by supermarkets, playgrounds, a nice forest and lake. Link to the hotels website here: <https://www.bulevardhotel.ro/hotel-bulevard-ramnicu-valcea/>

# How to get here

## FLYING TO BUCHAREST – OTOPENI AIRPORT

1. Direct transfer from the airport to Ramnicu Valcea - You can choose this option that is fast and comfortable but you need to book in advance. Here is the website where you can find all the regular transfers and booking: <https://www.autogari.ro/Transport/Otopeni-RamnicuValcea?zi=2023-06-19&pas=1-0-0-0-0&lang=en>

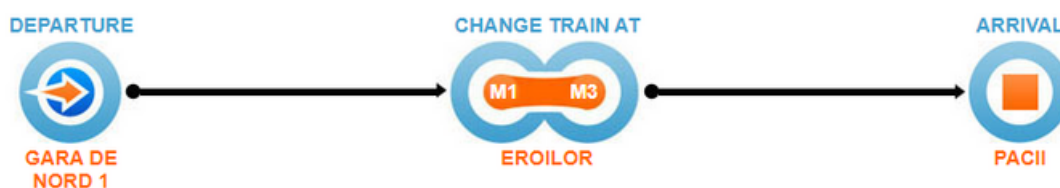
2. Airport - Gara de Nord - Autogara Militari - Ramnicu Valcea

This option is good if you would like to visit Bucharest or do not have any other options for direct transfers. Here is the step by step process:

**1st Step** - from the Airport - Arrivals Terminal take the direct train to Gara de Nord - Bucharest - Note that this train departs every 45 minutes from the airport, is available 24 h and takes 25 minutes to get to Bucharest. The price for one ticket is 5 lei (1 euro) - buy the tickets directly in the train, at the airport CFR counter or online. (<https://www.cfrcalatori.ro/>)

**2nd step** - once arrived in Gara de Nord - take the Metro from Gara de Nord 1 - Metro station - LINE M1 - direction Pantelimon/Republica, change in Eroilor station to LINE M3 - direction Preciziei . Your stop will be Pacii Station. The price of a 2 way metro is 6 lei (1,2 euro).

Resulting route for Gara de Nord 1 - Pacii



DEPART FROM GARA DE NORD 1

- 1) BASARAB 1
- 2) CRANGASI
- 3) PETRACHE POENARU
- 4) GROZAVESTI

CHANGE TRAIN AT 5) EROILOR bus M1 >> M3

- 6) POLITEHNICA
- 7) LUJERULUI
- 8) GORJULUI

ARRIVAL AT 9) PACII

# How to get here

## FLYING TO BUCHAREST – OTOPENI AIRPORT

**3 rd step** - At Pacii Metro Station go above ground - cross the street and go to Autogara Militari. There are regular busses that connect Bucharest with Ramnicu Valcea. Please consult the website below for the program and reservations. You can either buy online or buy directly from the driver. The cost of a bus ticket varies between 40 - 60 lei ( 9 - 12 euros).

website here: <https://www.autogari.ro/Bus/Bucuresti-RamnicuValcea?zi=2023-06-19&pas=1-0-0-0-0>

Please let un know your choice of transport and arrival hours at least 2 days before the event. For night arrivals let us know so we can arrange private transfers.

## FLYING TO OTHER AIRPORTS

You might have the options to fly in to Craiova International Airport or Sibiu International Airport. Please let un know so we can advise and eventually arrange transfers for you.

## BY AUTO

If you are planing to use a car to arrive at the venue this is the adress of the Hotel: Ramnicu Valcea, Bulevardul Dem Radulescu , no 22.

## SAVE YOUR TRAVEL PAPERS

Regardless of your mean of transport please save all your travel documents for reimbursment purposes. Boarding Pass is a must in order to fully reimburse you.

# Reimbursements

Your travel cost will be covered by the project budget in a certain maximum amounts. The EU is encouraging the use of green means of transport ( train, bus, carpool) and the budget for this type of travel is higher. Of-course use this type of transport when available and efficient.

The reimbursement will be made once the survey for trainers is summited by the participants and all the documents are checked by our financial department. This could take up to 3 weeks after the mobility.

Bellow you have the rates according to your distance band.

	Contribution to the travel costs of participants, including trainers, accompanying persons and facilitators, from their place of origin to the venue of the activity and return.	Travel distance	Standard travel	Green travel
		10 – 99 km	23 EUR	
	<b>Financing mechanism:</b> contribution to unit costs.	100 – 499 km	180 EUR	210 EUR
	<b>Rule of allocation:</b> based on the travel distance and number of persons.	500 – 1999 km	275 EUR	320 EUR
<b>Travel</b>	The applicant must indicate the distance between the place of origin and the venue of the activity <sup>101</sup> by using the distance calculator supported by the European Commission <sup>102</sup> .	2000 – 2999 km	360 EUR	410 EUR
		3000 – 3999 km	530 EUR	610 EUR
		4000 – 7999 km	820 EUR	
		8000 km or more	1500 EUR	
	For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total. <sup>103</sup>			

## DISTANCE BAND CALCULATOR

You can find your distance band using this EC calculator : <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

## GREEN TRAVEL REIMBURSEMENTS

Please note that green travel rates will be applied only to participants that can demonstrate that they've used a green mean of transport at least half of their travel band.



TRAINING OF TRAINERS

# Contact and Sign Up

To start your selection process please sign up to this link and you will be contacted by a member of our organization.

<https://forms.gle/mqu8ci2RRiuximre7>

If this Info-pack have been presented to you by your sending organization please contact your coordinator for sign up.

## **CONTACT**

*For any questions or more info fell free to contact us at*



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**<https://www.facebook.com/youthonthemoveromania>**