



Erasmus+



ACTIVE CITIZENS TODAY!



TeacherLab



HEureka
Generator

GENERAL INFORMATION:

PLACE: Pensiunea La Padure, near Reșița, Romania

DATES: 11th - 18th August (travel days: 10th and 19th August)

COUNTRIES: Poland, Croatia, Czech Republic and Romania

PARTICIPANTS: 5 participants + 1 group leader per country

CONTACT DETAILS:

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PROJECT SUMMARY:

The project reacts to one of the problems what youth people face in today in Europe and it's about lack of active citizens in local community. Due to the pandemic situations, young people are actively involved in fewer and fewer civic activities. Because of that, local organizations have less and less volunteers and they do fewer activities than before. In a period when active citizenship is important, solidarity and union between people is necessary we decided to create and implement this Youth Exchange in order to reach young people from our communities. Youth personality at present is facing with many challenges than ever before. Not only do most of them have the “don't care” attitude as part of their behavior but also continue to have less and less interest and opportunity to discover what is true in their life, how to work together and how to be empathic with other members of the society. They continue to pursue the world with all sorts of anti-social behavioral characteristics that portray impatience, intolerance, and irresponsibility to society and their workplaces. Because of lack of personal development, youth behavior can be unhealthy and non-productive for them and the society. These facts can make youth people demotivated to become active citizens that can also reduce the employability skills and integration in local community. So in order to come out of this vicious system, we would like to promote a method of raising awareness of the benefits of being an active citizen in the local community. Through the implementation of youth exchange „Active Citizens Today” we aim to develop self-awareness and life long learning process for 24 youth coming from 4 countries for a duration of 9 days of Youth Exchange.

OBJECTIVES:

- Exploring the concept of volunteering, advantages and disadvantages, for 24 young people during the implementation period of the project.
- Improving the quality of human resources of 4 youth organizations coming from Romania, Poland, Croatia and Czech Republic, through all the stages of the project.
- Developing the knowledge, of 24 young people and 4 youth organizations on the opportunities and benefits of Erasmus+ programme and European Solidarity Corps.

PARTICIPANT PROFILE:

For this project we will focus for participants which are between *the age limit of 16 – 19 years old*. According to the group leader, there will be no age limit, leader have to be more than 18 y.o. The partner organizations will be responsible for selecting participants for the project. The requirement for the organisation will be to keep the gender balance. Each group is formed by 6 people, which means ideally 3 girls and 3 boys. We would like to point out that we are also opened for participants who are coming from minorities and LGBTIQ community, because in fact personal development is for everyone and we would like to offer equality opportunities for everyone. We would like to have also participants with fewer opportunities (educational, social, geographical, economical and disability), because we consider that this project can have a big impact in their personal life, helping them to learn new tools of developing themselves, tools which in normal condition can not have so easily. We think that the participants with fewer opportunities can increase the contribution of the project, because the idea of the project is to offer a method of personal development to people who don't have access so easily to these tools. Also in the project we want to have participants who never participated in Erasmus+ projects, because a new experience like this can have a big impact on them.

In this project *we are not expecting to have high level of English*. We would like to have participants who can understand and communicate; but there will be the leader who will be responsible for help with translating in case they will need. They don't need to have previous experience with volunteering; actually the main target group are youth people who don't have experience in volunteering, because the main goal of the project is to determine youth people to be more active in their community; but they must be openminded in trying to change something in their life. As we mentioned we want to have newcomers in our Youth Exchange.

In the profile of the participants will be following:

1. Participants will have to be able to speak in English. They have to communicate and understand in English.
2. The participants will need to have the motivation in order to participate in the youth exchange.
3. They have to be prepared to exit from their comfort zone.
4. To be familiar with European values.
5. To wish to try something new in frame of personal development.

The profile of the leaders:

1. Leader must have more than 18 y.o.
2. Have to speak and understand in English.
3. To have previous experience in youth exchanges and in leading the team.
4. To be motivated in helping others in the process of personal development.

Youth Exchange – Active Citizens Today

5. To be interested and motivated in topic about personal and professional development, European values and civic implication.

Number of participants: 5 per national team + 1 leader.

Accommodation for Youth Exchange:

The youth exchange will take place in „*In the forest Pension*” (*Pensiunea La Padure*), located near Reșița. The location offers rooms with 2, 3 and 5 beds, each room with private bathroom, one conference room, one dining room, terrace and garden.

More information on the website: <https://www.facebook.com/lapadureinbrebu>



PRACTICAL INFORMATIONS:

- ✓ **Clothes and luggage:** the weather in August is normally warm, but can fluctuate a lot, especially the evenings will most likely be cold outside, so don't forget to bring warm clothes with you. Also, don't forget a pair of comfortable shoes for possible outdoor activities. Don't forget to bring slippers.



- ✓ **The currency in Romania** is LEU. The rate is 1 Euro = aprox. 5 Lei (4,97 lei) (please pay attention where you change your money – some of this services have commission or bad rates – ask us before you change).

- ✓ When booking your **tickets**, please contact us to find the proper connections. We recommend flying to Budapest or Timisoara, from where we can arrange transport for you to the venue.

- ✓ **Intercultural evening stuff:** Intercultural evening is the chance to present your country to the other participants, so bring some special goods from your country, food and drinks that are more representative for your country and that you would like to share. Discuss with your group how you will surprise the others by presenting your country in a creative way.

- ✓ In case you have some **games** at home that you will like to play, feel free to bring them, given that the schedule will allow for evenings designed for participants to share games they know.



- ✓ **Health insurance and !** In case of boo-boos we have our medikit, but for more serious injuries (let's keep our fingers crossed that won't happen), we need you to have a health insurance for the whole duration of the youth exchange.



- ✓ **Towel!** The venue will provide us with one set of towels for our stay, so we suggest we bring one more to have with you!



- ✓ As much **positive energy** as possible! For those of you who want to share some of your energy through energizers, you will have the possibility to do so!

FINANCIAL ASPECT OF THE PROJECT:

The amount of money for each participant is calculated depending on the distance calculator, for each country, the maximum value of the travel reimbursement is as follows:

Country	Number of participants	Maximum Distance Band (based on real distance)	Max. travel costs limit (in EUR) per person
Poland	5+1	500 – 1999 km	275.00 €
Czech Republic	5+1	500 – 1999 km	275.00 €
Croatia	5+1	100 - 499 km	180.00 €
Romania	5+1	0 – 99 km	23.00 €

Reimbursement of travel costs of the participants is ALWAYS based on receiving all the eligible travel documents (tickets, invoices, boarding passes, etc.) in original (or in electronic original where available).

IMPORTANT: We send the money to the partner organization's bank account ONLY.

	DAY A	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	
TOPIC OF THE DAY / TIME	ARRIVAL DAY	GET TO KNOW EACH OTHER DAY	TOPIC DAY	OUR COMMUNITIES DAY	BENEFITS OF VOLUNTEERING	KEY COMPETENCES	ACTIVITIES IN RESITA	GOAL SETTING DAY	FOLLOW UP	DEPARTURE DAY	TOPIC OF THE DAY / TIME
8:30 - 9:30	ARRIVAL OF PARTICIPANTS										8:30 - 9:30
10:00 - 11:20		INTRODUCTION TO PROJECT. NAME GAMES	LET'S BUILD OUR TEAM! 2.0	TAKE A STEP FORWARD	PASSION WALK!	FORMAL. NON-FORMAL. INFORMAL LEARNING	ACTIVITIES IN RESITA	DEBRIEF - ACTIVITIES IN RESITA	FOLLOW UP - WHAT WE DO NEXT?	FINAL EVALUATION OF ORGANIZING TEAM	10:00 - 11:20
11:20 - 11:40		COFFEE BREAK									
11:40 - 13:00		GET TO KNOW EACH OTHER	WORLD CAFÉ. INTRODUCTION TO ERASMUS+ AND ESC	PREPARATION FOR INTERCULTURAL PRESENTATIONS	SOCIAL SKILLS	FORMAL. NON-FORMAL. INFORMAL LEARNING	ACTIVITIES IN RESITA	HOW VOLUNTEERING HELPS YOU?	RECAP OF YOUTHPASS. FILL OUT YOUR YOUTHPASS		11:20 - 11:40
13:00 - 15:00		LUNCH									
15:00 - 16:20		RULES. EXPECTATIONS. FEARS. CONTRIBUTIONS	KEY COMPETENCES - THEORETICAL INPUT	PRESENTATIONS OF VOLUNTEERING IN OUR COUNTRIES	PREPARATION FOR THEATER ACTIVITIES	MIDTERM EVALUATION	TREASURE HUNT - DISCOVER RESITA	SEARCHING FOR OPPORTUNITIES. EUROPEAN SOLIDARITY CORPS	EVALUATION OF THE EXPERIENCE		15:00 - 16:20
16:20 - 16:40	COFFEE BREAK										16:20 - 16:40
16:40 - 18:00		LET'S BUILD OUR TEAM!	KEY COMPETENCES - PRACTICAL INPUT	PRESENTATIONS OF VOLUNTEERING IN OUR COUNTRIES	THEATER ACTIVITIES	RECAP OF KEY COMPETENCES	TREASURE HUNT - DISCOVER RESITA	LET'S SET OUR GOALS!	EVALUATION OF THE EXPERIENCE		16:40 - 18:00
18:00 - 18:30	REFLECTION GROUPS										18:00 - 18:30
19:00 - 21:00	DINNER										19:00 - 21:00
21:00	FIRST INFORMATION SESSION	INTERCULTURAL EXPERIENCE - COUNTRY NO.1	INTERCULTURAL EXPERIENCE - COUNTRY NO.2	INTERCULTURAL EXPERIENCE - COUNTRY NO.3	INTERCULTURAL EXPERIENCE - ROMANIA	MOVIE NIGHT	BOARD GAMES	BONFIRE - NEXT STEPS	GOODBYE CEERMONY		21:00