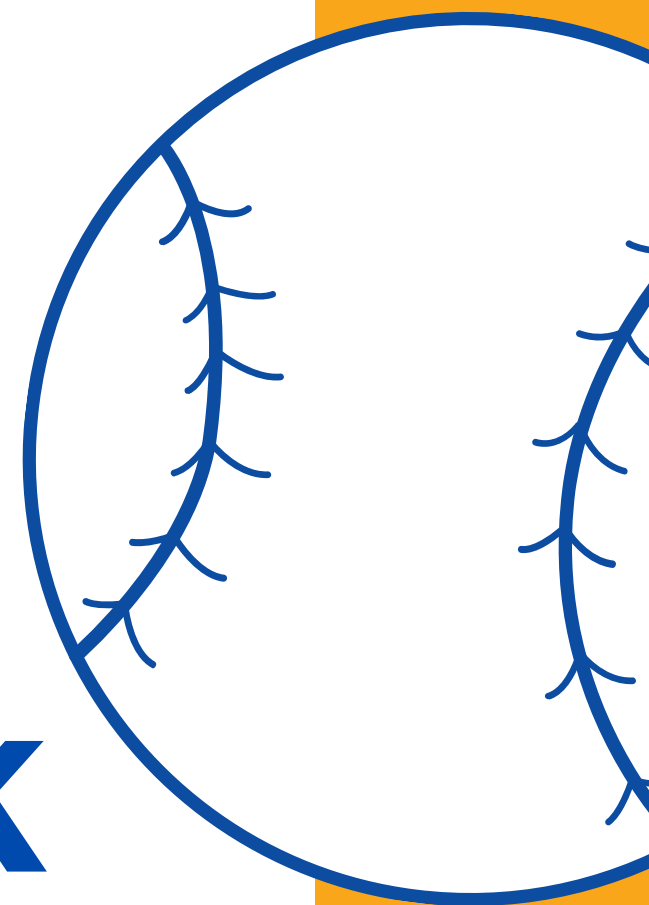




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**Be You**  
European  
Youth Association



# INFORMATION PACK

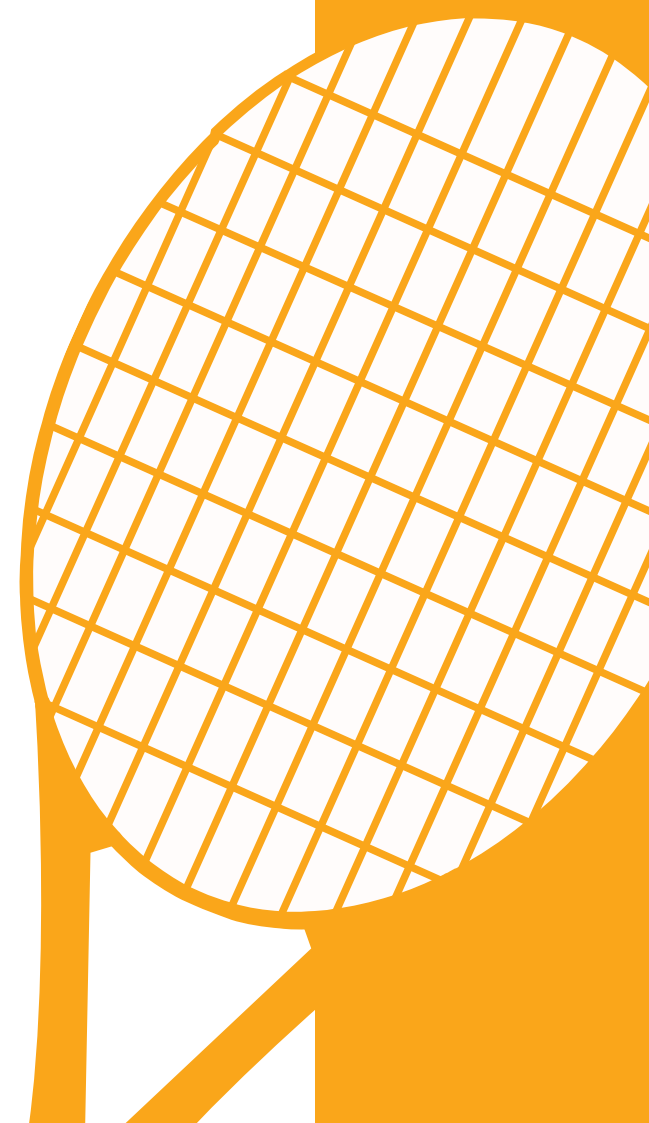
## ACTIVE YOU

**Active Choices, Team Inclusion,  
Values, and Empowerment for  
Youth Outreach**

**-Youth Exchange-**

**22-30 July 2024**

**Targoviste, Romania**



# Project details

**Mobility name:** ACTIVEYOU: Active Choices, Team Inclusion, Values, and Empowerment for Youth Outreach

**Program:** Erasmus + KA1 Accreditation

**Youth Exchange:** 22-30 July 2024 (including arrival and departure day)

**Venue:** Targoviste, Dambovita

**Participants:** 5 young people and 1 group leader per country



## AIM

The youth exchange emphasises to empower young people by promoting physical and emotional wellbeing through sport-based activities.

## OBJECTIVES

- To improve participants physical and emotional wellbeing fostering active participation.
- To raise awareness about the importance of a healthy lifestyle and its impact on physical and emotional wellbeing.
- To explore how participation in sport based activities can contribute to the development of a well rounded person socially and emotionally.
- To promote inclusion of young people through sport based activities.



# Participants profile

The target group consist of 36 participants:

- 30 young people (5 young people from each participating organization aged between 18-26 years)
- 6 group leaders (1 group leaders per organization-aged over 18 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 entrepreneurial spirit. Gender balance will be kept in the selection process of young people as much as possible.

The project emphasis inclusion and is aimed to young people facing social, economic, cultural or geographical barriers.

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: 01.06.2024**







# 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 3 or 4 bedrooms.

## 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 without prejudices!**







# 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/>

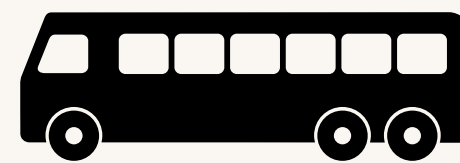
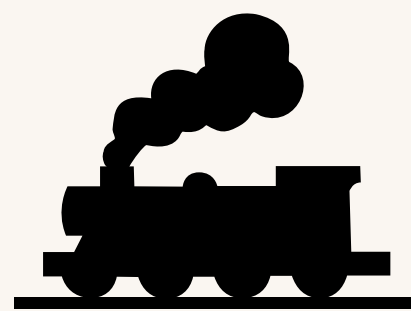
Read more about your ecological footprint here: <http://footprint.wwf.org.uk>

Read more about the environmental impact of flying on Wikipedia: [https://en.wikipedia.org/wiki/Environmental\\_impact\\_of\\_aviation](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:** 23.04.2024

**Departure day:** 30.04.2024



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 (INFOREURO MARCH 2024).



# How to get to Targoviste



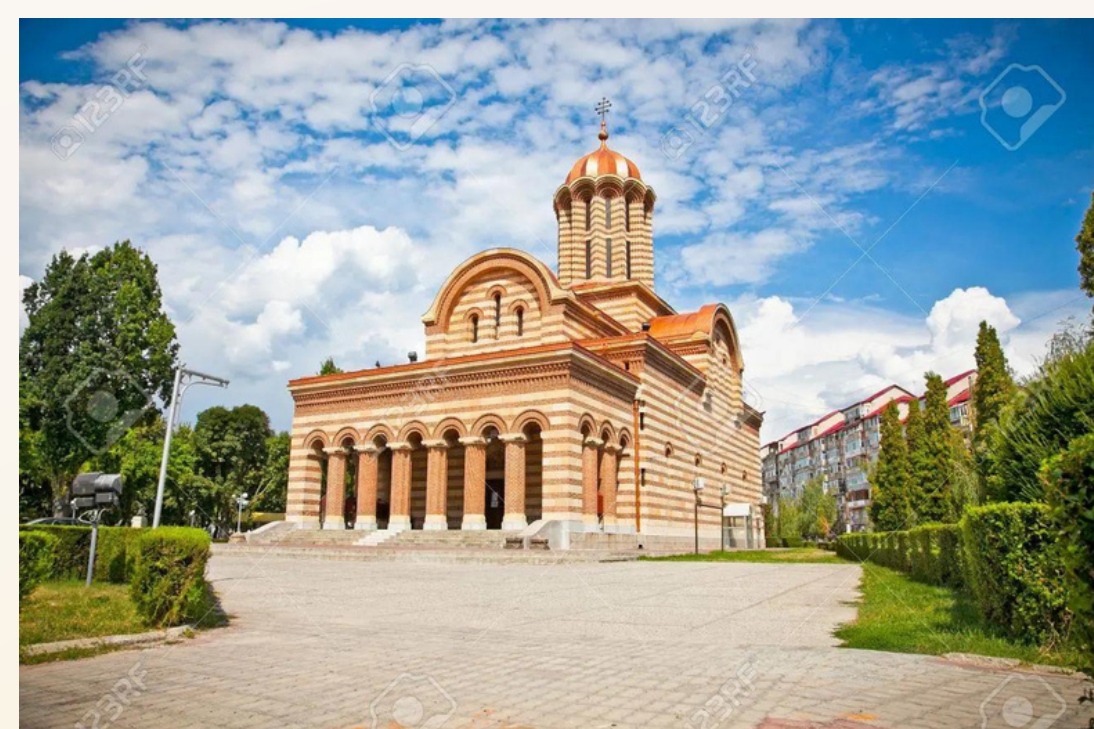
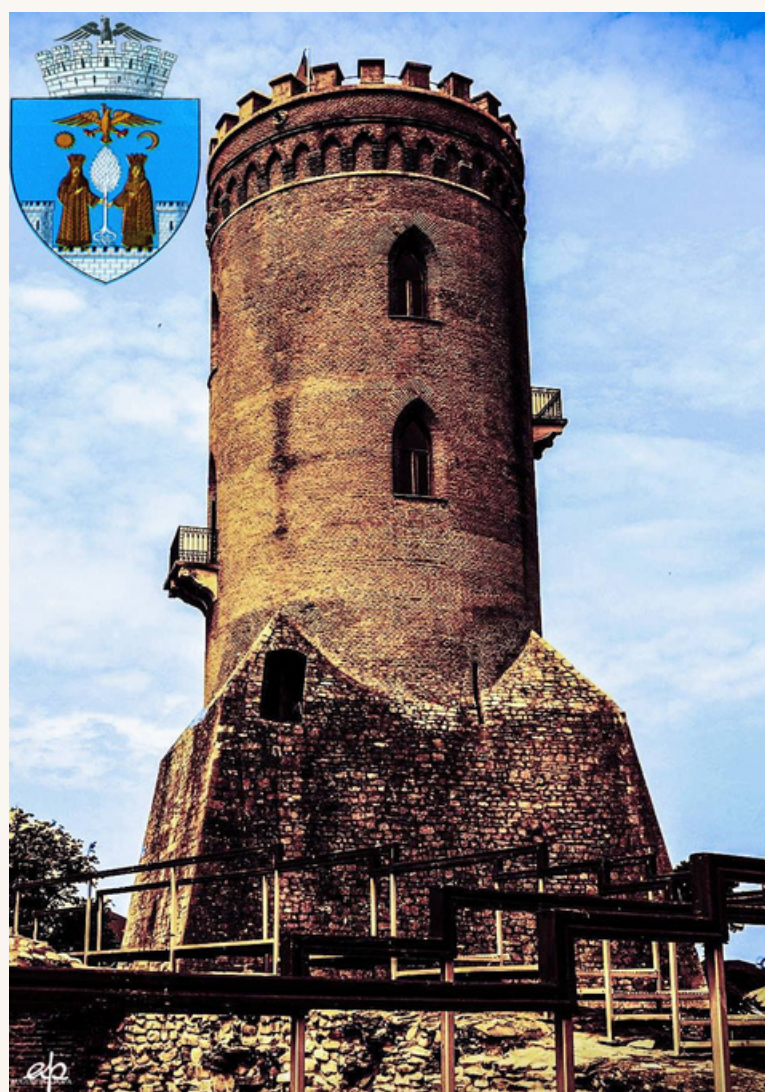
Targoviste is 80 km from Bucharest (1h45 minutes – 2h by train). To reach Targoviste you have to take the train/bus/plane to Bucharest.

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. The cost of insurance is considered co-financing of the participants.

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

## Intercultural evening

Each national group will have the occasion to present their country, culture, customs 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!

## What should bring with you

- Comfortable shoes and jacket for outside activities;
- Personal hygiene things, medicine you usually take, other things you need for personal comfort and well-being;
- **Reusable bottle of water and a travel mug**
- 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



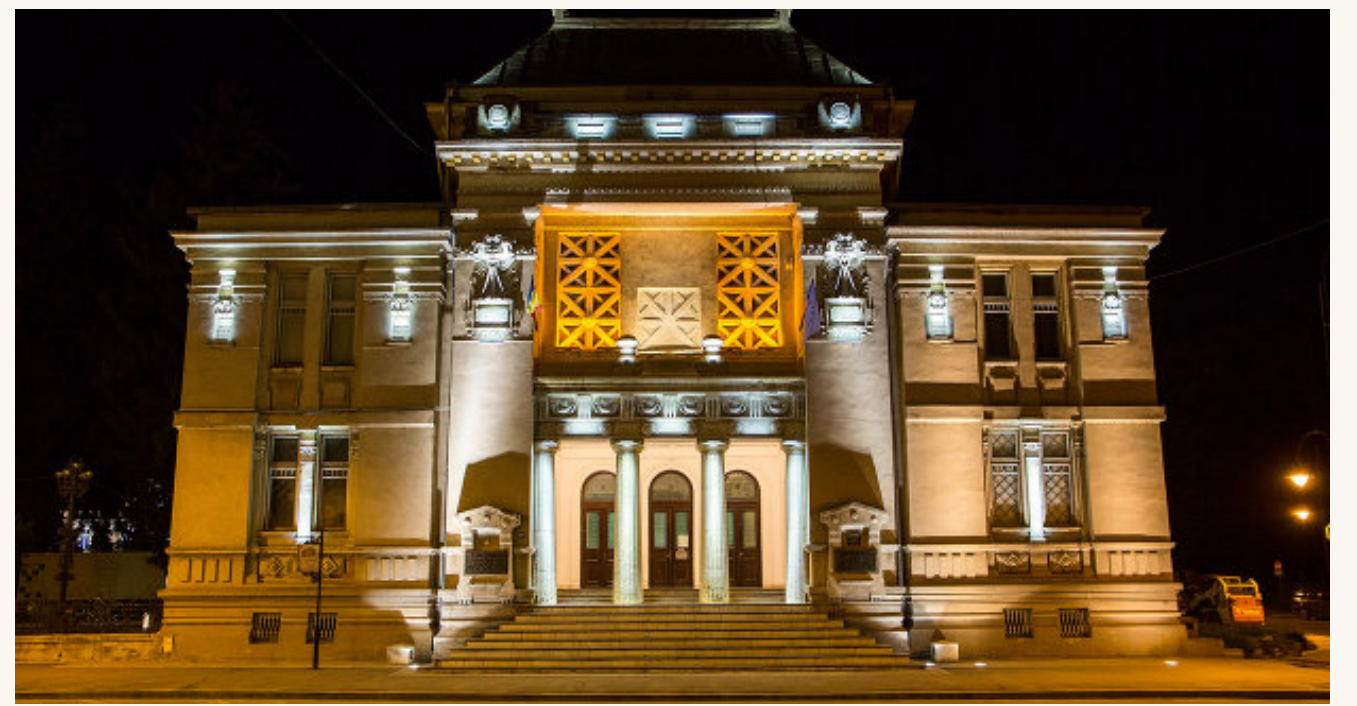
**Royal Court**



**Chindia Park**



**Art Museum**



**History Museum**



**Printing & Old Book Museum**



**Museum of Evolution in Paleolithic**



**Tricolorului Square**



# Leisure time - coffee shops & pubs/clubs



**CT Coffee**



**Belvedere Pub - Old Center**



**Tower's Pub - Old Center**



**Zoom-Biliard & Bowling**



**Baba Pub**



**Brotacei Restaurant**



**Kf Art**



**Dâmbovița Mall Shopping Center**