

ODESA - Opportunities for Development
through Education and Sports
Association

"Nice to meet you!"

KA152-YOU - Mobility of young people

Costinești, ROMÂNIA

20 - 30 October 2022

(including travel days)



**Co-funded by
the European Union**

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The organizers:

Opportunities for Development through Education and Sport Association (ODESA), part of [Initiative Sociale](#) group, is a non-profit non-governmental association that was born (in 2021) from the passion of several young people who wanted to take action and make a change in the society. The founding members of ODESA chose to set up this NGO out of a desire to give back all the things they had learned and experienced in previous years of volunteering.

Mission: ODESA focuses on creating national and international networks between young people, youth workers from different nationalities, cultures, and backgrounds.

Purpose: ODESA promotes the universal values of young people and youth workers, as well as development opportunities (through formal, informal, non-formal education and sports) for young people, intercultural exchange, and educational values.

On the other hand, we sustain:

- the creation of support and the provision of technical assistance for young people to start and run a business, especially social affairs,
- the creation and implementation of projects for democracy among young people,
- the progress of civil society development activities among young people,
- the concept of active European citizenship,
- promoting national culture (traditions, customs, values, customs, crafts).

The partners:

- [The Starry Start of Talents Foundation from Bulgaria](#)
- [Scambieuropei from Italy](#)
- [Asociación Deses-3 from Spain](#)
- [Gaziantep Local Youth Group from Turkey](#)
- [Hellenic Youth Participation from Greece](#)

The project:

The "Nice to meet you!" project is a multilateral youth exchange, carried out within the E+ Program, which will take place in the town of Costinesti from Constanta County, between **20-30 October 2022**.

The aim of the project is to increase the level of social and intercultural competences, to raise awareness of the need for intercultural dialogue in the current European context by sharing customs, traditions, , knowledge and national values, for 36 young people and 6 group leaders from the 6 participating countries, in order to stop activities that can lead to discrimination and social exclusion.

The specific objectives that will lead to the achievement of the purpose of the "Nice to meet you" project are the following:

- Raising awareness of 42 young people from 6 different countries on the impact and negative effect of discrimination, stereotypes, and prejudices in the current European context, by using non-formal education methods (creative workshop, role play, world-cafe, brainstorming etc), during 9 days of youth exchange.

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- ☑ Acquisition and development of new key competencies through cultural exchange, inclusion and diversity (by making national / traditional handicrafts using Origami technique) based on non-discriminatory non-formal activities (world-cafe, creative workshops, promotion, preparation and participation in the local exhibition CULTURE fair), for the 42 young people during the project implementation period.
- ☑ Social integration of 12 young people with fewer opportunities through non-formal education methods and intercultural dialogue, during the project. By getting involved in the project, they will feel socially integrated, will gain confidence, will acquire key skills that will help them in the future both personally and professionally.
- ☑ Promoting the feeling of solidarity and tolerance among young people through intercultural exchange, by promoting inclusion and diversity, in order to facilitate social cohesion at EU level during the project implementation period.

Specifically, during the youth exchange we propose to reproduce various paper objects (through Origami) in order to promote the traditions and the customs of the 6 participating countries, and also to arouse the creative spirit among young people by organizing fairs and exhibitions.

For example: a symbol for Spanish culture is the bull or the Flamenco dancer, Turkey: tulip - national symbol, etc. Greece: Pegasus, boat - symbol of historical importance, Romania: Bison, Dracula, Italy: Gondola, Gelatto, Bulgaria: the rose.

Also, each national group will film and edit 1 tutorial about how to make the handicraft with national specificity through the Origami technique.

Through **CULTURE FAIR** (exhibition of handicrafts made during the workshops) we want to bring to the local community attention ways of using free time, creating gifts and why not, new opportunities for developing businesses by making decorative items using the Origami technique, but also to increase awareness among participants regarding the importance of preserving national customs and traditions.

The projects` activities are aimed to engage young people through active participation and it will facilitate intercultural exchange, exchanging ideas, sustaining dialogue; organized tasks so that each participant will have the opportunity to come into contact with a different culture.

For a successful project we proposed the following working methods: knowledge games/self-knowledge, evaluative games, integrative methods, storyboard, teamwork, brainstorming, discussions/debates on different subjects, teambuilding, intercultural observations.

At the end of the youth exchange, each participant will receive a **Youthpass Certificate**. This will recognize the acquired skills through participation in this project.

** The Youth Exchange is a project where young people work and live together in an international group for a specific time. It consists of preparation, implementation, and follow-up activities. For the duration of the Youth Exchange, young people undertake a joint programme of activities with specific aims and objectives. Youth Exchanges foster the mobility of young people in Europe. They encourage initiative and creativity in young people, facilitate their active participation in the project, and thereby provide an intercultural learning experience.*

This youth project takes place outside the school and university environment. The learning experiences made by young people through this exchange are recognized by the Youthpass (www.youthpass.eu).

The group:

- 6 participants + 1 team leader from Bulgaria
- 6 participants + 1 team leader from Italy
- 6 participants + 1 team leader from Spain
- 6 participants + 1 team leader from Turkey
- 6 participants + 1 team leader from Greece
- 6 participants + 1 team leader from Romania
- Gender balance is required (if possible)

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- All participants must be citizens or residents of the sending organization country
- Working language for the project is English

Participants' Profile:

- aged between 18 and 30 years old;
- willing to develop / acquire key competencies through non-formal methods;
- motivated to develop participatory, tolerant and non-discriminatory attitudes through intercultural dialogue;
- eager to develop social and intercultural skills in the current European context;
- eager to learn to create various handicrafts with national specifics through the Origami technique;
- minimum level of English;
- NGOs involved in this project support the social integration of young people with fewer opportunities, so each partner should include in their national group **at least 2 young people** who are facing fewer opportunities (social/ cultural / geographical).

Team Leaders' Profile:

- at least 18 years old;
- team-working skills;
- good coordinator and motivator for the national team;
- to be a link between his/her national group and the organizing team;
- good level of English; if necessary (s)he will act as a translator between his/her national group and the other participants;
- to know and apply non-formal education methods;
- to know and apply reflection and (self)evaluation techniques to support the participants in the learning process;
- motivated to apply and develop both non-formal methods and techniques in the community of origin and the social/ cultural competencies developed in this YE.

All participants are expected to participate fully in all activities.

Transport:

VERY IMPORTANT: Participants should not buy the plane tickets before getting the approval from the hosting organisation in order to make sure that the travel can be done without restrictions for the period of the mobility.

Tickets can be only bought after we confirm the flight itineraries.

If you will travel by plane, you have to arrive at Bucharest Henri Coanda Airport (OTP).

At the Henri Coanda Airport (OTP) you can take the train to "Gara de Nord" - North Rail Station (Bucuresti Nord) in Bucharest. The trip takes 20-25 min. A ticket is 5 lei (one way). We recommend buying the ticket online.

You can buy the ticket online here: <https://bilete.cfrcalatori.ro/en-GB/Itineraries> (from Aeroport Henri Coanda to Bucuresti Nord).

As a piece of advice, don't change too much money inside the airport (5-10 euro is more than enough to get your whole group to the city!) and don't take any taxis, especially if the taxi driver approaches you in the Arrivals Hall!

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We will arrange a private bus for the whole group to pick you up from Bucharest and take you to Costinesti and back.

Meeting point: Gara de Nord (Bucharest) on 20th October 2022 at 17:30.

The departure back to Bucharest (from Costinesti) will be on 30 October 2022 in the morning, so make sure you have flights that leave around 14:00 at the earliest or if possible in the next day.

More information about the meeting point will be posted on our project Facebook group. Please, keep in mind that you have to travel 3h - 4h from Bucharest to Costinesti by bus.

You can stay 1-2 days before/after the mobility in order to visit Bucharest, our Capital city, but you have to pay by yourself for those extra days.

Reimbursement procedure:

The amounts of money for travel (from the origin place to the venue and back), per person, per country are as following:

Country	Travel Distance	Amount (max) / participant
Bulgaria (Sofia)	100 - 499 Km	180 €
Italy (Montegrano)	500 - 1999 Km	275 €
Greece (Athens)	500 - 1999 Km	275 €
Turkey (Gaziantep)	500 - 1999 Km	275 €
Spain (Medina del Campo)	2000 - 2999 Km	360 €

*The amount above represents the maximum amount that may be reimbursed for one participant depending on the sending country and based on the actual cost of the travel.

**We do not cover taxi or private car transport costs.

1. For the reimbursement, the participants must keep all the tickets, boarding passes and other travel documents and submit them to the group leader.

We will reimburse your travel expenses, only if you bring/send us all your travel documents:

- invoices,
- e-tickets,
- proof of payment (if you pay in cash you have to bring us the receipt, but if you pay online you have to bring us the bank statement),
- boarding passes!

Reimbursement will be done after we will receive all required documents (in original) for each participant (for round trip).

We strongly encourage you to buy flights for which you can do online check-in, because in this way you will be able to give us the return boarding passes as well, without having to send them to us by post when you return home! Of course, if it is not possible, you still need to send us the boarding passes by post after the project.

2. Each group should upload all travel and financial documents (receipts, invoices and scanned forms of the tickets) in Google Drive folder that the coordinating organization will provide.

3. The sending organization will collaborate with the leaders to fill out the reimbursement request.

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4. The coordinating organization will make all the payments via bank transfer in the bank accounts of the sending organization, according to the rules of Erasmus+. The travel expenses will be reimbursed to participants by the sending organizations.

* No Visa is required for EU citizens; participants will need to have only a valid ID card (for some countries only) or international passport.

The Turkish group must check before buying the travel tickets if they need a VISA for Romania or not. *For the Turkish group, we can reimburse the visa costs in the limit of 60 EUR/participant (if necessary).*

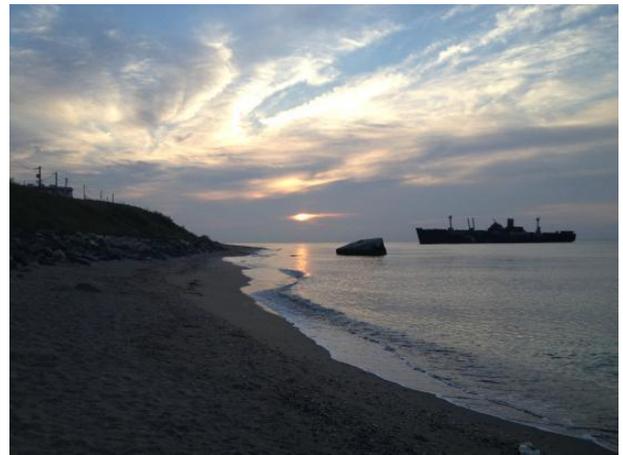
* Please, check the VALIDITY of the passports before the departure - Passports must be valid at least for 6 (six) months.

The travel costs will be reimbursed in the partner organisation account after the mobility and dissemination events (local actions) made by participants, based on the proof documents provided by the participants.

** Also, we want to inform you that we are going to make 1 (one) bank transfer for each country (for all participants).*

P.S. During the mobility, each national group will plan the implementation of the dissemination/multiplier event (in schools, universities, youth clubs, NGO etc) in their country. They will have to provide proof of the dissemination (article, photos, links, print-screens etc.)

The venue:



The venue of our project is [Costinesti](#), a small town in [Constanta](#) county, 240 km away from [Bucharest](#). We will be accommodated at the [Regal Hotel](#).

- Participants will stay in double/ triple rooms (double/ matrimonial beds);
- The rooms have their own bathrooms;
- There is a signal for mobile and wi-fi internet connection throughout the activity room;
- No laundry service in the hotel
- All meals (breakfast, lunch, dinner) are covered through the project and in some days we will have lunch packs.

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* Please, keep in mind that during this youth exchange you will usually eat Romanian traditional food. For sure, it will be a nice opportunity for you to taste our traditional cuisine; this is part of the project's interculturality.

Covid-19 Safety Rules:

- the hosting organisation (ODESA) will follow, during the youth exchange the Health Protocol regarding the security and protection of all the participants and staff. The protection and security measures will be in accordance with the legislation in force in Romania at the time of the face-to-face activity, always considering the indications of the Romanian Ministry of Health, for accommodation and travel (international and national).

- as a European travel rule, any participant who presents Covid-19 symptoms prior to the trip to Romania is strictly forbidden. **Each partner/ participant has the responsibility to check before the departure the rules and restrictions imposed for their country by the Romanian Ministry of Health. The situation is fluid**, so please make sure to be up-to-date with the latest information about travelling rules. Check your country specific conditions for travelling to Romania here:

ReOpen Europe: <https://reopen.europa.eu/en/map/ROU/7001>

- COVID-19 vaccination is **STRONGLY RECOMMENDED** for selected participants, as it guarantees an easy travel process and PREDICTABILITY in law. Additionally, it provides comfort and security to other participants from the group, while enjoying the project.

- If you did the COVID-19 vaccine, make sure you **download on your phone** and also **have with you in physical format the EU Digital COVID certificate**. This is the EU-level proof that you are vaccinated and is available in all EU countries. For Turkey, please have with you the national vaccination certificate, if you cannot generate the **EU Digital COVID certificate**.

- during international & national travel, it is important to respect the security measures imposed by airlines, airports and various transportation companies, with regard to safety distance and the use of a protective mask.

- all participants selected to attend the international mobility **acknowledge and agree to have a valid health insurance for the whole duration of the youth exchange**, but that cost cannot be covered by the hosting organization.

- during the mobility, please proceed according to the accommodation and host organization safety standards, which are imposed by WHO, European Commission, and the Romanian Ministry of Health.

!!! In order to make the travel easier and safer we recommend that all participants must seriously take in consideration all the Covid 19 Safety rules from the country of origin and Romania. Especially the airport/ international travel rules!!!

Preparing for the project:

- **Research about national symbols/ handicrafts in your country that can be made by Origami technique**

Each national group involved in this youth exchange will prepare and organize one workshop about national symbols. You have to think of at least one national symbol you can make by Origami technique. During workshops, you will have to explain the meaning of the symbol and you have to teach the other participants to design the model using the Origami technique.

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Moreover, you have to think and to be prepared with some energizers, various activities through non-formal education, cultural evenings and so on.

- **All your travel documents and financial statements** (e-ticket, invoice, proof of payment, boarding passes).
- **Some gastronomic specialties (food and/or drinks) for the Cultural Evenings!** We will have traditional evenings during the project.

You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on!

Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible and promise to help you in any way that we can!!!

Here are a few examples from our past projects to trigger your imagination:



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- **Clothes**

The weather in April can be unpredictable in this region. Due to the location, prepare yourself for temperatures between 13° and 17° Celsius during the day and 4° C or lower during nights. We encourage the participants to take some warm clothes with them.

- It is very important to **bring your necessary medication**, if needed.
- **Bring your own towels and slippers. Do not forget** to take your personal hygienic products.
- We encourage you to bring your **photo camera** (if possible, you will need it for some activities), **laptop** (if possible, you will need it also for some activities).
- Your **ID card/ passport**, your **EU Digital COVID certificate** and also, your **student card** or something to prove that you are still a student. Maybe you can obtain a discount for your bus/train tickets.
- **Most importantly, don't forget to come with very good spirits, joy and happiness!!!**

The currency is the Romanian Leu (RON): 1 Euro = 4.88 RON

We are looking forward to seeing you in Romania!

Regards from Opportunities for Development through Education and Sports Association!
Part of [Initiative Sociale Association!](#)

* For more general details about Romania you have to click [here](#).

* If you have any questions, please contact us on the following e-mail: odes.ngo@gmail.com or **contact your sending organisation**.

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