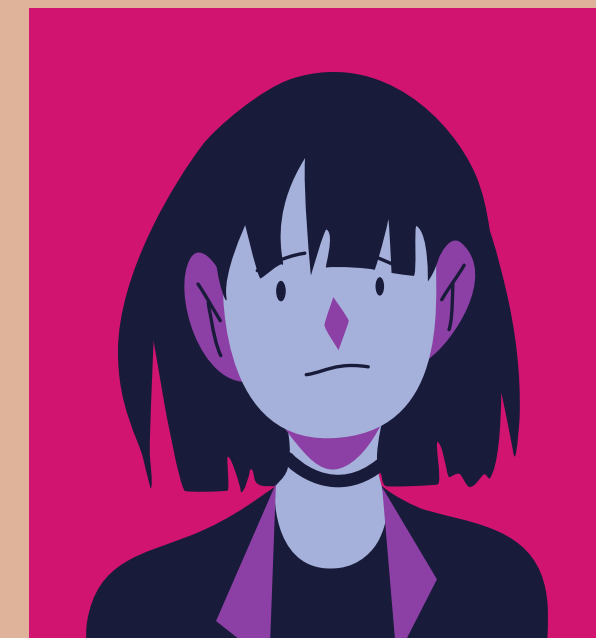
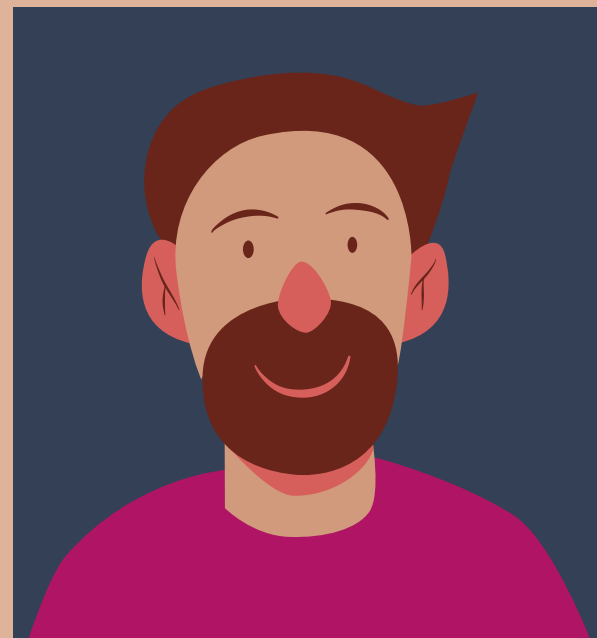
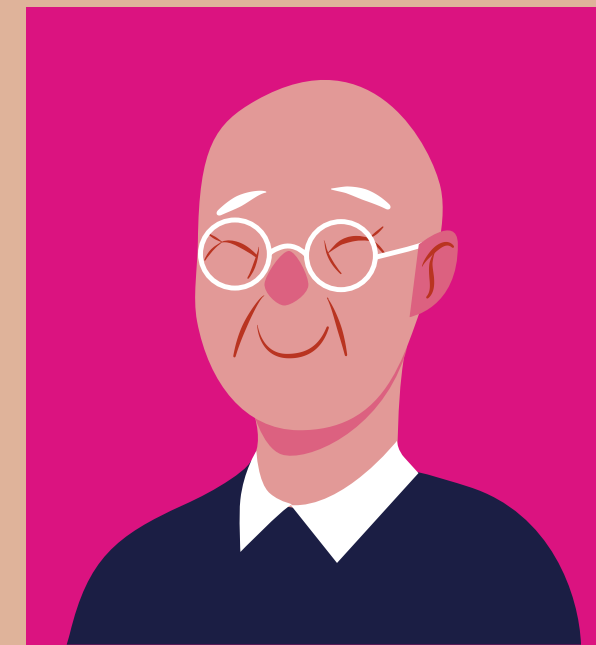
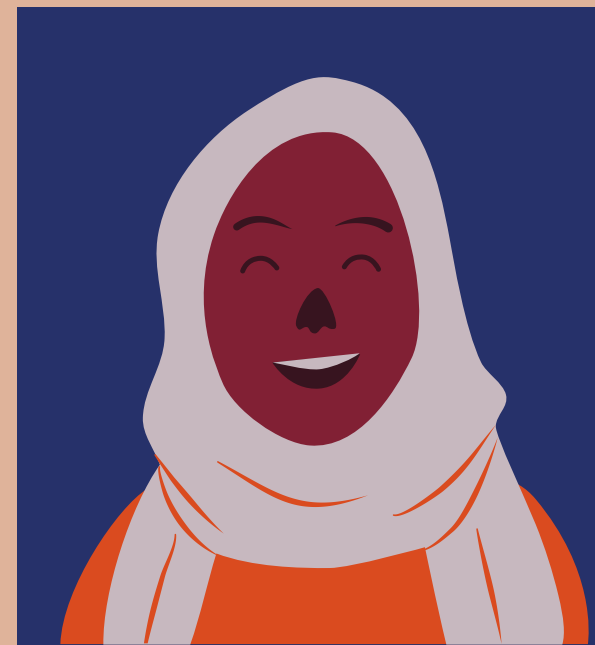
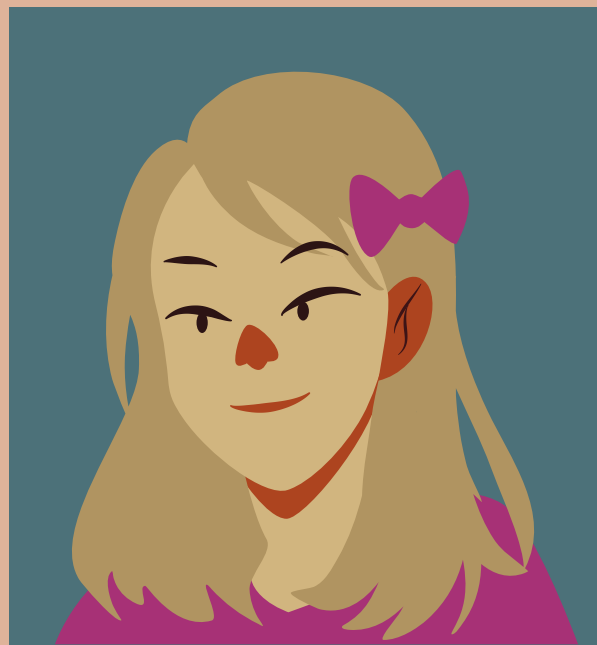


YOUTH EXCHANGE

Speak UP with confidEnce and Respect!
(SUPER!)

Ramnicu Valcea, Romania 25 May - 02 June 2024





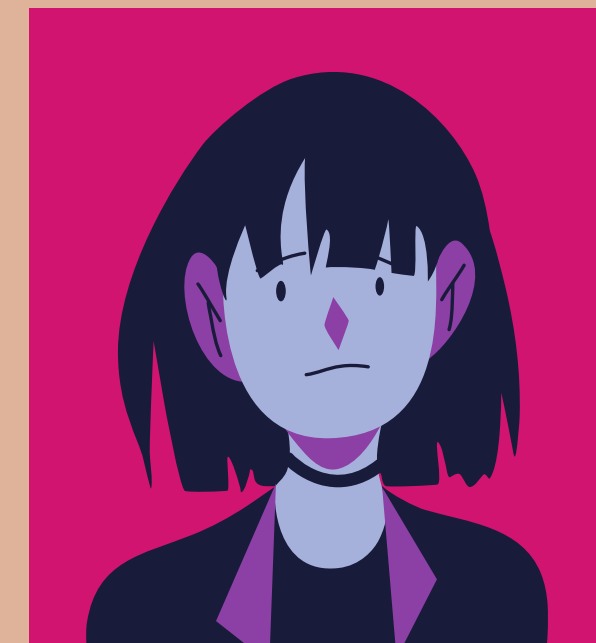
PARTNERS

Romania: TARABOSTES ASSOCIATION – DEVELOPMENT THROUGH EDUCATION – ATDE

Ukraine: NGO "NON-FORMAL EDUCATION FOR YOUTH" DRUŠTVO

Bulgaria: I AM YOU PEACE GLOBAL

Lithuania: ASOCIACIJA TAVO EUROPA



Objectives

"Speak UP with confidence and Respect!" is a project to raise awareness of the importance of communication in direct interactions (face to face) and in the digital environment for 40 young people aged between 16 and 24, from 4 countries. As a result of participating in the non-formal activities of the 9-day exchange, they will be more aware of the importance of effective communication in direct and digital interactions. The aim of the project is to increase awareness of the importance of effective and quality communication with their peers in direct interactions (face to face) and in the digital environment for 40 young people, aged 16-24 from 4 countries, Romania, Ukraine, Bulgaria and Lithuania, in a period of 9 days.





Objectives

The specific objectives are:

1. Raising awareness regarding the importance of knowing and expressing one's own needs, wishes and ideas, for 40 young people from 4 countries, during 9 days;
2. Improving knowledge of the communication process, communication elements and communication filters for 40 young people from 4 countries, during 9 days;
3. Understanding the concept of assertive communication and practicing assertive communication techniques, for 40 young people from 4 countries, during 9 days.
4. Improving communication skills in the digital environment for 40 young people from 4 countries, during 9 days;
5. Awareness and understanding of the cyber-bullying phenomenon, as well as the main ways to manage it effectively, for 40 young people from 4 countries, during 9 days
6. Development of intercultural dialogue, in the context of raising awareness of the importance of communication for 40 young people from 4 countries, during 9 days.

Profile of the participants



The target group consists of young people from 4 countries, Romania, Ukraine, Bulgaria and Lithuania, aged between 16 and 24, from rural and urban areas. The project will have 40 young participants. At least 24 (60%) belong to the category of young people with fewer opportunities: financial, social and educational difficulties and come from remote rural areas and peripheral urban areas. Each country will have 11 participants, 10 young people and 1 leader, and 6 are young people with limited opportunities from rural or peripheral urban areas, and 4 are "normal" young people, taking into account the specific economic conditions of the population and the area from which each partner comes. To ensure gender balance, as much as possible we propose that half be girls and half be boys. The group of young people will be heterogeneous because we believe that this is a plus for the quality of interactions and learning experiences.

Accomodation

Romania, City of Ramnicu Valcea, Novo
Butique Hotel, No.11 Bogdan Amaru Str



Accommodation is arranged between 24th of May (starting from 14:00 o'clock) – 03rd of June 2024 (after the breakfast), in rooms for 3 or 4 persons/room, grouped by gender. Each room has its own bathroom, modern furniture, and TV cable. Free Internet wireless connection is available. Activities will take place between the 25th of May – the 02nd of June 2024, in the conference room of the hotel or outdoors, in the park, on days with good weather.

Food

Meals (breakfast, lunch, and dinner) will be served every day in Novo Hotel Butique Restaurant.

In case the participants want to cook for preparing of intercultural evenings, the kitchen is available for them.



Program of the activities by days:

Day 1: Activities for getting to know each other and socializing, presentation of the project agenda and rules, presentation of Romania & Ukraine, intercultural exchange;

Day 2: Presentation of the Erasmus+ programme and the "Speak Up With Confidence and Respect!" project, presentation of the Youthpass certificate and the 8 competencies, presentation of Bulgaria and Lithuania, creation and completion of the diary;

Day 3: The role and importance of communication. The communication process. Communication channels. Sensory preferences in communication. Creation and completion of the diary;

Day 4: Barriers and filters in communication - how they act, how we can identify and neutralize them. Types of communication: passive, aggressive, passive-aggressive and assertive;

Day 5: Cultural visit to Sibiu - Art and architecture as means of communication;

Day 6: Emotional abuse. Establishing healthy limits. Practicing assertive communication;

Day 7: How to communicate safely in the online environment. Fake news and manipulation in the mass media. Pitfalls of communication in the online environment. Bullying in the online environment. Good manners in online communication. Addiction to digital devices;

Day 8: Addiction to digital devices. Activity to integrate the notions and tools acquired during the exchange. Creating a photo album of the project;

Day 9: Presentation of the project film, dissemination calendar, completion of YouthPass certificates, farewell party.

Young beneficiaries are encouraged to organise evenings of intercultural. Cultural nights: each country is expected to prepare a program in which is presented the culture, typical local foods and drinks and a cultural program with tradition, music, dance etc.

The language of activities is English.

Travel costs budget

All travel costs of the participants will be supplied by Erasmus+ Programm in accordance with the project budget. Transport costs will be paid according to the distance from the city of the partner organization to the place of activities in Ramnicu Valcea, according to the distance calculator (http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm)

Extra costs overcoming the budget limits will be covered by the participants or the partner organisations.

COUNTRY	CITY	PARTICIPANTS	GRANT / PARTICIPANT	
			NORMAL	GREEN*
UKRAINE	Dnipro	11	275,00 €	320,00 €
BULGARIA	Varna	11	180,00 €	210,00 €
LITHUANIA	Vilnius	11	275,00 €	320,00 €

VERY IMPORTANT!

- In case of normal transport meaning, the partners' transportation costs will be paid based on the allocated budget and not on the basis of the actual/real costs! No invoice, tickets or other evidence is required.
- In case of green travel, we request the evidence of the green transport mode such as: minibus/van rental invoice for the group and/or train tickets of participants etc.
- In case of some participants, although they are present at the place of accommodation, but they fail to participate (are not present) at least half of the activities of the program or they are not actively involved in the activities, the partner who sent them and the respective participants will not receive the reimbursement related to their transportation in the project and the YouthPass certificates.
- Reimbursement will be done in Euro only after the project leaders will fill in the evaluation reports, but no later than one month after the exchange activities finished. We will reimburse the transport costs by bank transfer into the partner bank accounts. After that, the partners will further divide the money among participants in cash or by bank transfer.

Info about how to arrive to activities

1. Rent a van/minibus directly from your city to the place of accommodation and activities.
2. By plane to: Bucharest International Airport (Otopeni) – OTP, 200 km from Ramnicu Valcea OR Sibiu Airport – SBZ, 100 km from Ramnicu Valcea.

From Bucharest International Airport (Otopeni) - OTP or from Sibiu Airport – SBZ, you can take a direct bus or rent mini-van to Ramnicu Valcea.

After you buy the flight tickets for your group, please let us know the place and time you arrive/departure to/from Romanian airport, so that we can arrange a van/bus for your group in case you need.

Please, make sure you arrive and depart:

Arrival: 24th of May 2024, starting with 14:00 o'clock;

Departure: 03rd of June 2024, no later than 12:00 o'clock.

Requirements for partners:

- Partner organisations have to find the participants no later than 09th of May 2024;
- Partner organisations have to send the list of participants no later than 09th of May 2024;
- Partners must ensure that all participants have health insurance;
- The partners are responsible for organizing preparatory meetings with the young participants.
- Arrival of participants: 24th of May 2024, starting with 14:00 o'clock;
- Departure of participants: 03rd of June 2024, no later than 12:00 o'clock.
- In case you want to stay extra days, you have to arrange and pay by your own the accommodation and the meals and it is not covered by the project!

General information

Weather conditions: In the second part of May and the beginning of June, usually we expect a humid, rainy weather, but with pleasant temperatures, but sometimes high, between 18 - 32 Celsius degrees. Even so, hail or cool nights are not excluded. That's why we recommend you to have proper clothes for all these possibilities. Please check accuweather.com for more updated information about the weather.

★ **Currency in Romania is Romanian LEU (RON), 1 EURO is about 5.00 RON.**

★ **Dress code: Casual comfortable sportswear, slippers or sneakers for indoor and comfortable shoes for outdoor activities.**

★ **Cultural nights: each country is expected to prepare a program to present their culture, to bring some typical local drinks and foods and prepare a cultural program like a presentation of local games, tradition, music, dance etc.**

★ **Meals: we will provide you with three meals/day. The meals will take into account all the participants dietary aspects such as allergies, intolerance, and preferences. We will also have a vegetarian menu.**

**For more projects:
Explore the world and learn together with the help of Tavo Europa.
Join the group with more opportunities:
<https://www.facebook.com/groups/186132221744993>**

The Traveler Pass 2024

**You are welcome to join our new educational programme for 2024!
Dive into non-formal learning exploration for a 50 euro fee that will
unlock your potential to join all youth exchanges, study visits,
events in Lithuania and abroad until the end of the year!
Please do not pay any fee until you receive a confirmation letter to
join the programme.**

**If you want to join the project, please fill the application form,
whether you have already participated or not.**

**Bear in mind that Tavo Europa keeps the right to send
most suitable and motivated participants to all of our projects.**