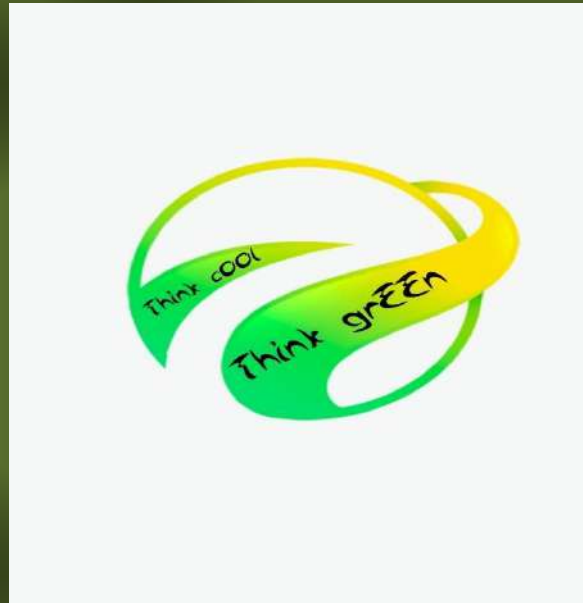


Mobility of youth workers- Think cOOl, think grEEEn



ŞuncuiaŞ- Romania- 19.08-25.08. 2024



**Co-funded by
the European Union**

Few words about the project:

The project aims to raise awareness of the ecological issues we all are facing in our communities, inform and equip the 20 youth workers with new green tools to use in the youthwork.

Specifically, the TC will: help and empower 20 youth workers with attitudes, green skills and competences necessarily to use personally and professionally, so that they will be able to empower and support the youth from their community to act as actors of change.

Moreover, a set of 20 green metaphoric green cards will be created during the project to be used in youth work, they will be shared on-line and off-line so anyone can use the cards anytime and for free.

Profile of the participants: +18 years old- youth workers, volunteers, participants that are connected to the sending organizations and eager to conduct a follow up activity in their community.

The working days of the Training Course are [20.08-24.08.2024](#)

At the end of the mobility, 20 participants from 10 countries will:

- Be able to understand and measure their carbon foot print, by specific applications.
- Develop an understanding of green methods and sustainability concepts, and how to apply them in practical ways in their work with communities
- Build networks and partnerships with other organizations and institutions working or interested on sustainability issues, both locally and internationally- additionally, within the created partnership will collaborate and develop other Erasmus+ projects
- Learn about Erasmus+ opportunities and other resources available to support sustainability projects and initiatives.
- Identify opportunities and challenges related to sustainability and green life in their communities, and develop strategies to address them

Participants' learning experiences are recognized through a [Youth Pass](#).

Travel reimbursement:

For this Training course 19.08.2024 and 25.08.2024 are the travel days.

In case of longer stays or indirect travel (holiday, travel, etc.) there is no chance of reimbursement.

You have to provide us with all documents to prove your travel (Invoices and tickets for bus, train, minibus, airplane, boarding passes etc). To reimburse your ticket in your country for local transportation to your own city you have to buy the tickets before coming to the project, to show us the ticket and /or invoice, and also for return, if possible, buy on-line tickets, otherwise will need to send by post the original tickets.

In one evening, we will collect all your tickets by country and also you will have to fill in the travel form with your itinerary, this is the reason we prefer to send us all your tickets by e-mail before you arrive- **all tickets in one e-mail, in a pdf document or compressed**, or if you prefer can bring us your travel tickets and B-passes printed, is up to you.

After we receive **all** your travel documents we will proceed with your reimbursements. Reimbursements will be done up to maximum 3 months after the mobility is over.

Reimbursement for participant up to:

Austria- 210 euro- green travel

Hungary- 210 euro- green travel

N. Republic of Macedonia- 320 euro- green travel

Bulgaria- 180 euro

France- 275 euro

Italy- 275 euro

Lithuania- 275 euro

Portugal-360 euro

Spain- 360 euro

Health insurance and Accident and Liability Insurance is a must.

In order to reach the venue, for the ones that will use standard travel, you can find better and many flight to: Budapest or Cluj airport. There are just few flights to Oradea(mainly operated by LOT or TAROM) or additionally a longer travel way to Bucharest which we do not recommend as will just consume your time and energy.

From Budapest to Oradea there are several Flix bus connections or minibuses that will bring you to Oradea, or even trains from Budapest to Oradea (we will help you with finding your way in case you will land in Budapest).

Şuncuiuş is located between Oradea and Cluj Napoca. There are 63 km from Oradea to Şuncuiuş and 104 km from Cluj to Şuncuiuş. Due to the railways works and renovations there are no trains between Oradea and Cluj, but there are buses, (usually they have orange colors and have written in front which train they replace and also the itinerary) that replace the trains and you can take them as they are parked in front of the train station in Oradea or Cluj Napoca. This buses stop in Şuncuiuş train station.

Additionally there are also minibuses or buses that offer services between this cities, sometimes you just have to tell to driver you want to stop in Şuncuiuş center. You can check schedules:

https://www.autogari.ro/?lang=en#google_vignette

From Şuncuiuş train/bus station to the venue are around 5 minutes walk.

Anyway, do not worry we will help you to find your way and send you updated buses schedules, as the venue is quite reachable, only an important fact is that you should arrive in Cluj or Oradea day time as in the night there are less connections to Şuncuiuş. You have the link for the schedule of the train/bus replacements. Wherever you see exclamation mark(!) that itinerary will be made by a bus that replace the train and you can buy the tickets from the bus.

<https://mersultrenurilor.infofer.ro/en-GB/Itineraries>

Note: We need your all receipts, tickets (for both ways) original. So, when you are coming, keep them. After the project, you should send us (scanned by email and originals by post) all the tickets for the travel back home from Romania.

After the training course participants will have follow up activities in their countries and send us the link or pictures with their activities.

Accommodation:

Organizers will provide accommodation and food during the whole period of the project.

Accommodation venue is right in the center of Șuncuiuș, Romania- Hostel Perla Albastra- <https://perlaalbastra.ro/galerie>

PLEASE KEEP IN MIND THAT IS ECONOMIC CLASS and you will be sharing the room with someone.

There will be rooms for 2 and 3 people, so keep in mind will be sharing the room with at least 1 or 2 more persons.

Even if is a rural area, there are 2 shops near to the accommodation in case you need to buy any personal products, also there are some hiking routes and expect to see dogs and other mainly domestic animals around the village.

Please prepare before your travel:

- Some traditional food/games/stories to share in the evenings.
- Traditional, preferably healthy sweets/snacks from your country to share with the others during breaks or international evening.
- Some movie suggestions for the movie night/s.
- Skills / games / activities you would like to share with the other participants - the more everybody contributes, the more fun and versatile the week will be 😊
- Toiletries (remember to bring your toothbrush, shampoo, soap etc.)
- Ear plugs, if you need (we are sharing rooms with others)
- Sport clothes and comfortable shoes for activities and also to walk around as we are close to the nature.
- Personal medication
- Cash (RON) or card - if you want to buy something from the city or the nearby shops
- A small souvenir from your city/ country (be as creative as you like)

The participants are expected to attend the whole duration of the project and participate in all activities. If an emergency happens and the participant need to be absent for a short time, the team should be informed in advance. Please use the free time for meeting friends and respect the project timetable.

Keep in mind Alcohol and drugs are not allowed and also should respect the neighbors around!

Weather in august is quite hot still there might be chances to have some rainy days, so for weather forecast check:

<https://www.accuweather.com/en/ro/suncuius/282435/weather-forecast/282435>

EMERGENCY NUMBER 112

Basic sentences:

Hello!- Bună!

How are you?- Ce faci?

Please! - Te rog!

How much is?- Cat costă?

Thank you!- Mulțumesc!/ Merci!

Help! - Ajutor!

No thanks!- Nu mulțumesc!

Do you speak English? – Vorbești engleză?

Where it is....?- Unde este....?

Bye!- La revedere/ Pa!

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<https://www.facebook.com/groups/186132221744993>

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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.