

Invest in Your Idea

youth exchange

Poiana Negrii (Vatra Dornei), Romania

01-11 November 2015



Fundatia Umanitara
Friend's Society



Erasmus+

About the organizers:

Friend's Society is a member of **D.G.T. (Do Great Things) Network** and its main targets are high-school and university students, young entrepreneurs and disadvantaged young people in Romania.

We work with volunteers from all universities in Bucharest (especially the Academy of Economics, the largest economics university from South-East Europe) and other major cities and we generally collaborate with youngsters all across Romania.

Briefly, D.G.T. Association is a non-governmental organization that was born from the passion of a few youngsters who wanted to take action and make a change in the society they were living into. D.G.T.'s founding members have also the desire to give back all the things they have learned and experienced during previous years of volunteering.

D.G.T.'s mission focuses on national and international networking among young people, students, trainers and teachers of different nationalities, cultures and backgrounds. It tackles topics such as inter-cultural exchange, non-formal education, ecology, climate change, sustainable development, European citizenship and international politics (geopolitics). All these are added to facilitate the accumulation of experience by young people, through voluntary activities, allowing them to put into practice the theory learned in school.

To see more about our older projects, please visit www.dgtassociation.ro

About the project:

Invest in Your Idea is a youth exchange with partners from 5 European countries: **Romania, Latvia, Italy, Macedonia and Poland**. It will last 7 months, from 1 June 2015 until 1 January 2016, with a period of 9 days of activities, as well as one day for traveling before and one after, between **01 and 11 November 2015**, 11 days in total. The location of the activities is the village of **Poiana Negrii, close to the mountain resort of Vatra Dornei, Romania**. At the activities will be present a group of 37 youngsters with ages between **18 and 30** and 5 group leaders without age limit. The Romanian group will consist of 9 youngsters and 1 leader, the foreign groups will consist of **7 youngsters and 1 leader**.

The project has the **goal** to gather young people from Romania, Macedonia, Latvia, Italy and Poland, in order to facilitate interaction between the youth, to address and find solutions for better social cohesion, to develop good orientation to the future of young people in different environments.

The main **theme** of the project is entrepreneurship, which is seen in many aspects: first is a good way to counter unemployment - because it is the most emphasized in particular among young people, is a good tool to develop and empower you by own personality, and last but not least is the engine of creativity of each one because we live in a different world where everyone can create something unique. Through this project we want to share information about how the concept of entrepreneurship is seen in countries where the participants come from, to learn the basic rules of entrepreneurship and seek opportunities to implement the gained knowledge. We intend to offer young people from participating countries the opportunity to identify ways and discover the values of entrepreneurship, and opportunity to get knowledge about the most effective ways of professional training.

During these days we will hold more activities of **non-formal education** in business. Participants will discuss entrepreneurship, during these exercises they will work in groups and will bring examples of good practice from their countries. At the end of the project all of us will create a unique base information and ideas that will be a benchmark for all those who want to become an entrepreneur.

Transport:

You will arrive in Bucharest at the **Henri Coanda Airport (OTP)** <http://www.bucharestairports.ro/otp/index.php>. Use the buses **783 (Unirii Square)** and **780 (Gara de Nord – main train station)** to go to the city (you have non-stop ticket office in the station at the airport) or the train that will take you to **Gara de Nord – main train station** (via a shuttle bus). At the airport everything is quite easy to figure out and buses to the city are functioning non-stop even through the night. As a piece of advice, **don't** change too much money inside the airport because of the bad rates (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!

The arrival day to Bucharest **must be 01 November at maximum 18:00 in the evening!** If for some reasons you cannot manage to find tickets with arrival in the morning or in the after-noon please email us and we will find a solution for you! The arrival hour is like this because **we need to leave for Vatra Dornei in the evening around 22:00** and we will travel through the

night in order to get there very early in the morning, on **02 November!** You can also **arrive 1 or 2 days earlier** to visit Bucharest, **on your own expense.**

The meeting point for the departure to Poiana Negrii will be in Bucharest and set later on.

The departure back to Bucharest **will be on 10 November in the evening**, so make sure you have flights that leave around **11:00-12:00 at the earliest on 11 November**, because we will, again, travel through the night and probably reach Bucharest around **7:00-8:00** in the morning on **11 November!** You can also stay in Bucharest **1-2 days later** and visit, **on your own expense.**

You need to send us by email (or bring with you) all original receipts, invoices, e-tickets and boarding passes! We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without sending them to us by post when you return home! Of course, if for your airline is not possible, you still need to send us the boarding passes by post after the project. It is very important to have **all** your travel and financial documents with you **for each person**, otherwise the reimbursement is not possible! **Reimbursement will be done by bank transfer in the account of your sending organization, according to the rules of Erasmus+**

The amounts of money for **travel**, per person, per country are as following:

Country	Reimbursement of travel costs
Italy	170 €
Latvia	170 €
Poland	170 €
Macedonia	170 €

***30 euro / person from the travel costs is needed to cover the bus transport from Bucharest to Poiana Negrii and back and it will be retained at reimbursements.**

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

The group:

We need **8 participants (7+1 leader)** from each of the countries: **Italy, Poland, Macedonia and Latvia.** Age limits for the participants are **18-30** and no age limit for the leaders. We will be a total of **42** because the Romanian team will be composed of **10** participants.

The location:

We chose a location that is in the middle of the mountainous nature that also benefits fully from the comfort of modern life. It is a place that we know very well and used in many other projects in the past.

We will stay usually **2-3 persons in one room**, maybe some rooms will host a maximum of 4 persons. It may be possible to have two persons in one bed because some rooms are designed as matrimonial rooms 😊 but rest assure that the beds are big enough and each of you will have his own sheets.

There is signal for mobile and **wi-fi internet** connection throughout the establishment.

We will have our meals at the restaurant of our accommodation, serving **fresh eco products** from the country side. Here is a link to the website of the guesthouse: www.pensiuneapoiiana.ro/

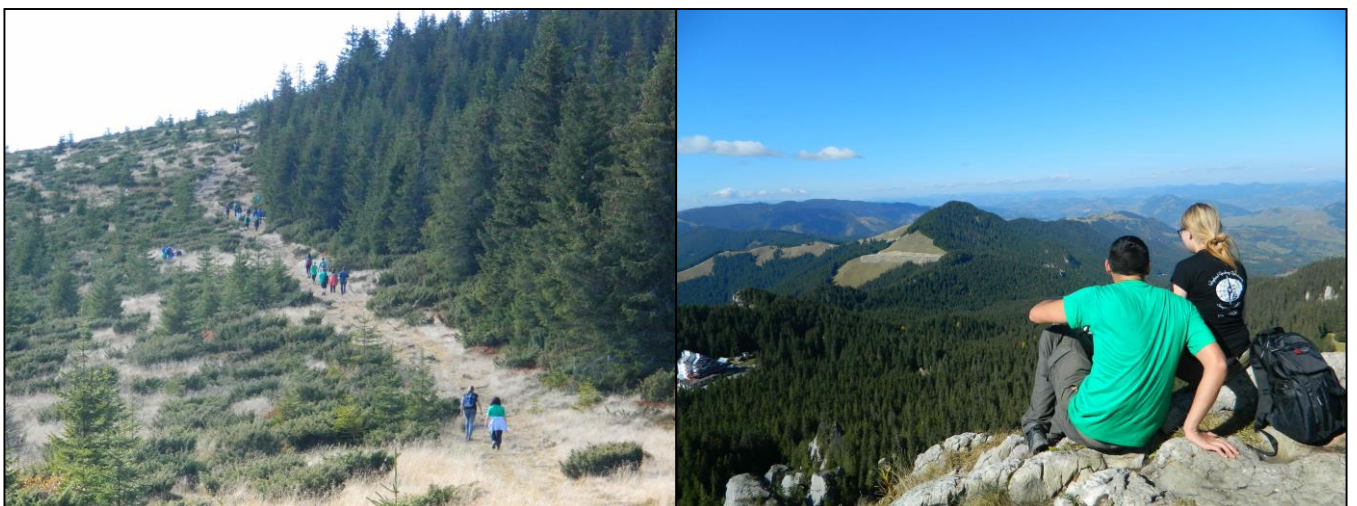
Attention: We will be in the middle of the Romanian mountains in a place that serves traditional Romanian food. For vegetarians/vegans might be hard to adapt because here most meals contain meat and cheese products. We will surely have a vegetarian menu, but please come with an open mind because you may need to eat a lot of potatoes, bread and polenta 😊 (<http://en.wikipedia.org/wiki/Polenta>). We will have many typical Romanian meals with **meat** because all the products served are from ecological farms and households in the area.

If you wish to learn more about the region you can check the following links:

http://ro.wikipedia.org/wiki/Vatra_Dornei - city of Vatra Dornei

www.calimani.ro – region of Calimani Mountains

www.inbucovina.ro – Bucovina region





All photos here were taken by participants in our projects in 2014, without editing ☺

What to bring:

- **Typical food and drinks from your countries!** We will have **traditional evenings** during the project and basically every evening will belong to a different country. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on! There may be the possibility to cook something using the kitchen of the establishment. **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:



- **In November weather can be rather cold in the mountains!** Prepare for temperatures between **15 Celsius or more during the day** and as low as **-5 Celsius during nights**. It is recommended to bring warm clothes in case we have snowfall (it is not unusual for November).
- Towels and whatever you need for taking shower, washing, etc;
- **Good shoes** for outdoors. The area is very beautiful and safe and we won't be doing anything too physically challenging, but it's always better to have proper equipment;
- **Research about the situation of entrepreneurship connected to youth in your home regions.** It would be wise to look into the matter before coming to Romania and during the work sessions explain and give practical examples from your countries.

- Although we can't reimburse you the cost of health insurances, we strongly encourage you to make one! Romania is an EU member state, so an insurance for traveling here should be cheap and easy to make.

For more general details about Romania you can check out the following links:

- <http://en.wikipedia.org/wiki/Romania>
- <http://www.romaniatourism.com/>

Our currency is the Romanian Leu (RON): 1 Euro = 4.45 RON (in August 2015)

Contact:

Project Manager: Adrian Cocardan – meisxmaster@yahoo.com / 0040748213791

DGT president: d.g.t.ngo@gmail.com / 0040737074831

We are looking forward to see you in Romania ☺