



Erasmus+

Info letter

Our minds,
our future

Dates mobility: 22nd-29th of July 2024
Bucharest, Romania

about the project



"Our Minds, Our Future" is a KA1 Youth Participation Activity focused on fostering dialogue between young people and decision-makers regarding the significance of psychological counseling services in high schools and universities.

The upcoming mobility in Bucharest will gather 26 young participants and 6 decisional leaders from Bulgaria, Romania, Spain, Italy, and Denmark.

Each partnering organization is expected to send 5 young participants, with the exception of Romania, which is required to send 6. Additionally, each organization should dispatch 1 decisional leader to the mobility in Bucharest. Notably, the Bulgarian partner organization is tasked with sending 1 additional accompanying person.

Take aways from the project:

- Deepen your grasp of mental well-being, acknowledging its significance and addressing associated stigmas.
- Gain proficiency in hosting webinars, utilizing them as effective tools for education and advocacy
- Develop campaigns that resonate, aiming to inform and challenge misconceptions about mental health.
- Cultivate leadership skills through simulations and exercises, fostering confidence and efficacy
- Enhance communication abilities, facilitating dialogue with policymakers and peers to advocate for mental health support.
- Collaborate to foster a supportive school environment, promoting inclusivity and understanding
- Receive acknowledgment for your contributions through programs like Youthpass, recognizing personal and project achievements.
- Explore the opportunities provided by Erasmus+, broadening horizons through intercultural experiences and connections.

Bucharest is the capital and largest city of Romania. It is located in the southeast of the country on the banks of the Dambovița River, less than 213 km north of the Danube River and the Bulgarian border. Bucharest has a population of 2 million inhabitants and it's the 6th largest city in the European Union after London, Berlin, Rome and Paris. The city has a lot of facilities, educational institutes, cultural venues, traditional shopping centers and recreational areas. Known for its wide boulevards and buildings, Bucharest was called Little Paris in 1900.

University Square is the most popular meeting place in Bucharest. The square brings together some architectural masterpieces on each of its four corners, starting with the University of Bucharest, The Bucharest National Theatre, the neoclassical Coltea Hospital and its lovely church and the Sutu Palace, new home to the Bucharest History Museum.



location



acomodation

Accommodation will be arranged at a charming youth center situated in the heart of Bucharest. We will provide detailed information regarding the accommodations once the dates are confirmed.

All activities will take place within the same youth center, utilizing a spacious conference room for the duration of the mobility program.

additional info

Climate:

In July, Romania experiences an average temperature of 29°C. Afternoons can be scorching, with temperatures peaking at 35°C, while overnight temperatures remain relatively mild, averaging around 23°C.

Currency:

The official currency in Romania is the Romanian LEU (RON), with an exchange rate of 1 euro to 4.9 lei.

Health Insurance:

European Health Insurance is mandatory for all participants.

Packing Essentials:

- Lightweight clothing suitable for hot weather (temperatures ranging from 30°C to almost 35°C during the day, and around 20°C at night).
- A hat or cap to shield from the sun.
- Indoor shoes for comfort and hygiene.
- Traditional snacks for sharing are encouraged. When packing, opt for bulk products over single-packaged items, and avoid plastic packaging whenever possible. Homemade snacks are preferred

reimbursement

ANPCDEFP and Erasmus+ are pleased to offer travel reimbursement for participants traveling to all partnering countries.

Reimbursement amounts are as follows:

- Spain: €360
- Italy and Denmark: €275

If you're traveling from Bulgaria, you have the option to choose eco-friendly transportation methods such as carpooling, train, or bus. The total reimbursement amount is €180, which will be fully reimbursed upon submission of valid proof. However, at least half of the journey should be traveled using environmentally friendly means. Remember, all tickets must be retained as proof of travel.

Reimbursements will be processed at the end of the mobility program, based on the submitted travel documentation. We highly recommend purchasing your travel tickets as soon as possible to ensure smooth planning.

our partners

Denmark -Co-literate

Bulgaria Association of Young Psychologists in Bulgaria "4th April"

Italy- Arte e Cultura Sociale

Spain - Asociación Lar de Artemis

Romania Fundatia IKAROS pentru Tineri Activi

The background of the slide features three vintage black rotary telephones mounted on a wall with light-colored, vertically striped wallpaper. Each telephone has a coiled handset cord. A semi-transparent white rectangular box is positioned in the center of the image, containing contact information. The word 'contact' is written in a blue, lowercase, sans-serif font on the left side of the box. To the right of this, there is a line of blue text providing an email address and a phone number. The overall aesthetic is that of a professional yet slightly nostalgic presentation.

contact

**If you have any questions, feel free to reach us at
Elena Gaicu: ele.gaicu@gmail.com; (+40) 0756192579**