

# "Be your own leader"

## INFOPACK ESC VOLUNTEERING PROJECT Constanta, Romania

### *Project Environment*

**Constanta** is the fifth most populous city in Romania with 283,872 inhabitants. It is situated in the south-east of Romania. Here you will see many groups of ethnic minorities: Bulgarians, Turks, Tatars, Germans, Greeks, Russians, Armenians, Romani (about 17%). Its historical monuments, ancient ruins, museums and shops, and proximity to beach resorts make it the focal point of Black Sea coast tourism. Throughout the year, cultural activities are organized by: "Oleg Danovski" Opera and Ballet Theatre, Constanta National Theatre, Elpis Puppet Theatre, House of Culture.

The reality in Constanta is that several local events, with a very diverse range of interest, are cancelled due to the lack of interest of Constanta community. E.g. training courses, shows for kids, fests for food and drinks, seminars for EU funds, even dance shows. Many young people show a low level of engagement and responsiveness to extracurricular activities. The absence of role models to develop the critical and analytical skills of youth affects the personal development of each individual as well as the entire community.

### *Volunteers' profile*

We're searching 6 international volunteers primary from Portugal, France and Italy.

- aged 18-30
- interested to develop new competences
- willing to work in teams, with initiative and creativity
- ready to share your experience and learn from others
- interested in gaining experience in non-formal education
- open-minded and tolerant, capable to work with young people
- able to communicate and express themselves in English

*Duration: 5 months  
(1 October 2019 — 1 March 2020)*

2019-2020



### *About us*

Association TEAM 4 Excellence is a non-governmental association established in Romania on the initiative of some experts in the field of education, counselling and coaching.

Our mission is to empower people to develop skills, attitudes and knowledge for responsible and quality life, to become active citizens and to take an active role in their lives and in the lives in their communities.

We aim at supporting the personal and professional development of young generation through non-formal educational methods, career guidance and personal development experiences.



### *Project topics*

**Be your own leader** aims at enhancing an open-mind community that value the critical thinking skills and support social activities, taking advantages of the European cooperation and with the support of volunteers' activities. Throughout the project we promote:

- ◆ Tolerance for other cultures, nationalities or religions
- ◆ Democratic participation
- ◆ Skills development
- ◆ Interest for civic and professional development

⇒ Improve the skills and competencies of volunteers to work with young people.

⇒ Increase the awareness on the advantages of critical thinking of Constanta community.

⇒ Develop a win-win-win programme that brings together volunteers, young people and local communities to address the societal challenges .

⇒ Develop the critical thinking skills of youth from Constanta.

⇒ Create a positive attitude towards the European project and the EU values of youth and volun-



### *Activities*

- **Workshop** — organized at the beginning of the 5-month stage for the volunteers to meet different actors of the Constanta community.
- **Weekly activities** — the volunteers will take part in the social responsibility courses, seminars, trainings for the scope of improving critical thinking skills and social competences, through non-formal learning methods.
- **Closing conference** — give the volunteers the possibility to present their work and achievements.

### *What can you obtain?*

- Personal and professional growth as a volunteer
- Knowledge and support on how to write EU funded projects
- Recognition of volunteering work
- The Youthpass Certificate.
- Language skills

### *In addition*

- Mentorship and teambuilding activities
- Seminars to acquire of non-formal education methods
- ICT seminar to get some specific skills to edit photos and create news content
- Access to youth centers

### *Practical Information*

**Accommodation:** The volunteers will live in shared bedrooms with common area, shared cooking, washing, laundry and social facilities, free wi-fi.

**Pocket and Food money:** Volunteers will receive a monthly food allowance of 150 Euro to buy food products and cook for themselves and 90 Euro in form of “pocket money”.

**Local Transport:** The bus tickets will be reimbursed weekly.

**Holidays:** Volunteers will work 6 hours per day, 5 days a week, two consecutive days off per week .

**Travel:** The travel costs will be reimbursed according to the distance band (275 Euro or 530 Euro for Portugal).

### HOW TO APPLY?

Fill up the application form [HERE](#)  
Tel: +40723194474

Email: [office@team4excellence.ro](mailto:office@team4excellence.ro)  
Web: [www.trainingclub.eu](http://www.trainingclub.eu)