

INFO PACK

A scenic view of a mountain range with a winding road and a small town, overlaid with the text "INCLUSIVE DIGITAL DEMOCRACY". The text is in a large, bold, black, sans-serif font, centered horizontally and spanning across the top half of the image. The background shows a clear blue sky, a winding road, and a small town nestled in a valley. The mountains are covered in green vegetation. The overall tone is bright and positive.

INCLUSIVE DIGITAL DEMOCRACY

KA1 - YOUTH EXCHANGE



Co-funded by the
Erasmus+ Programme
of the European Union

Project Details

Application Deadline - March 31, 2022

May 10-20, 2022

Arrival on May 9

Departure on May 21

**In Bălan town,
Harghita county,
Romania**

**55 participants
from 5 countries**

**All costs connected
to transport,
accommodation,
activities and meals
are fully covered by
the Erasmus+
Programme of the
European Union.**

Participating Countries

Bulgaria



Slovakia



**Czech
Republic**



Romania



Hungary



Objectives

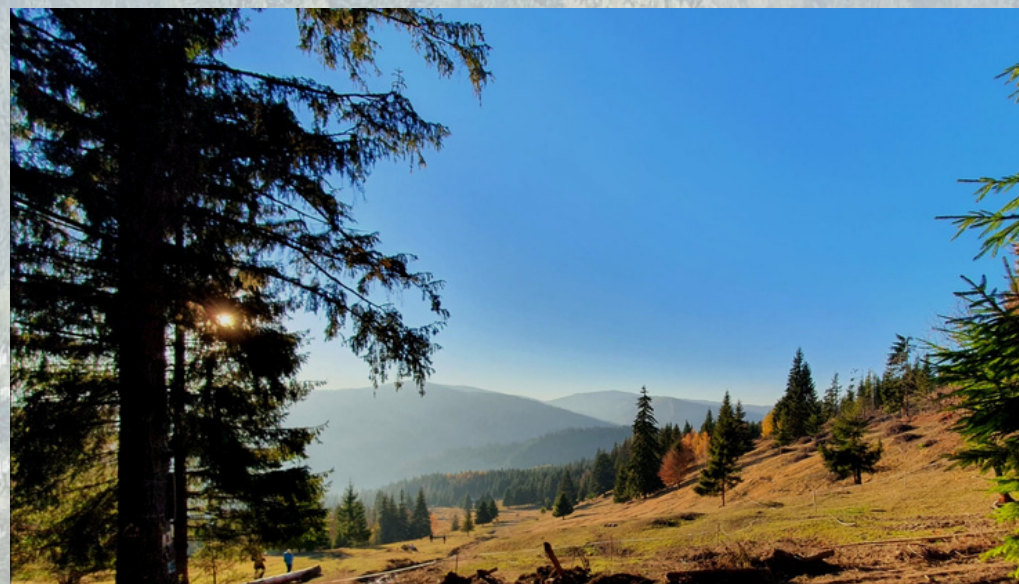
- We want to steer participants into having an understanding of the political systems within which people act, improve their knowledge of concepts that underpin contemporary systems of government and modern democracy, and stimulate their attitude towards active citizenship.
- We want to enhance knowledge/attitudes of respect and acceptance towards others, and exhibit a fundamental knowledge of equality, social inclusion and common values.
- We want to provide support for youth workers in developing and sharing effective non-formal methods of learning, and help participants facing fewer opportunities overcome their situation while preparing them towards becoming active members of society.

Venue

The youth exchange will take place in Bălan, a small town that lies in the Ciuc Depression. It is surrounded by the Hășmaș Mountains and provides a breathtaking view of beautiful nature. The town's altitude is 850 m; this rises to 1792 m at the highest peak of the Hășmaș Mountains and the town is crossed by the Olt River which originates from the near mountains.

You can check the town's official website here:

<https://www.orasulbalan.ro/ro/>



COVID-19



To minimize the risk of COVID-19 infections we will hold as many activities as possible outside. The whole accommodation unit will be rented only for the purpose of our project, without foreign guests.

Being a project applied in 2020, our budget does not cover the potential cost of COVID-19 tests or other quarantine costs. It is **mandatory to have a **COVID-19 vaccine** to minimize even more any risk connected to COVID.**

Please check with your Embassy whether or not you are required to have a COVID negative test result to enter Romania and to go back to your country without restrictions. If necessary, we will help you to get tested in a center before departure from the project.

Insurance



All the participants are required to have valid travel insurance for the whole period of the projects including the travel days. The insurance must cover:

- **third-party liability**
- **lost or stolen baggage**
- **accident and serious illness**

We cannot accept participants without travel insurance. Supplementary, we also recommend our participants get a European health insurance card.

Transport



No participant can arrive later than the arrival day or depart earlier than the day of departure. Skipping the activity days is also prohibited.

Arrival in Balan: May 9, 2022

Departure from Balan: May 20, 2022

After getting the selection confirmation email, a member of our team will get in touch with you. The process goes as follow:

The group leader are in charge of gathering the participants in one place so the buss can pick you all at once. Also the group leaders will keep in touch with the hosting organisation to schedule the pick up hour and date. There is no participation fee required by our organization for this project.

More accurate information about the transport, such as meeting points and timing will be provided for each group after the selection process is complete.

Accommodation



We will face the facility of “Liviu Rebreanu” High School – which provides lodging of 3 stars.

The activities will take place mostly outside, except when the weather won't allow us to do so.

At the accommodation, there are available rooms with 2, 3, 4 or 6 single beds in one room. You can choose your option in the application form and based on the remaining rooms, we will communicate with you if your choice is available. The persons will be grouped by gender.

Each room has its own bathroom equipped with soap and towels.

Breakfast, lunch, and dinner will be served at the same location every day, plus the coffee breaks.



How To Prepare?



Each country is expected to prepare a short program to present their culture and eventually to bring some typical local drinks and snacks.

Intercultural evening is the time when participants have the opportunity to get to know each other's culture better in an informal context. We encourage the participants to be as creative as possible in presenting their culture, to use theatre, dances, or live presentations.

We do not provide a video projector for this event and any kind of promotional video or PowerPoint presentation will be presented exclusively in spare time.

Dress Code



Casual comfortable sportswear, slippers, or sneakers for indoor activities and comfortable shoes for outdoor ones. According to the meteorological release, we do not expect rain during our mobility, but you never know, so you could pack a waterproof jacket just in case.

Meals



We will provide you with three meals/day and two coffee breaks (coffee and tea available). The meals will take into account all the participants' dietary aspects such as allergies, intolerance, and preferences.

If you have any special requirements regarding food (allergies, intolerances, vegetarian, vegan, etc.) you are obliged to inform us in writing through the application form prior the beginning of the mobility. Otherwise, we might not be able to accommodate your requirements.

Weather



In the area of Bălan, the average temperature in May is between 14 °C and 22 °C.

Please check [accuweather.com](https://www.accuweather.com) for more updated information about the weather.

DEOR

Dissemination and Exploitation Of the Results.



- 1. In gatherings of 4 to 6, participants will make an article in their nearby media or on social media about Erasmus+, 'IDD' and what they've learned and accomplished by taking part in this project;**
- 2. Participants will organize one presentation in their schools, focusing around 25-40 teenagers to discuss E+ Youth Exchange projects and how everyone can benefit from them;**
- 3. Participants will make a 'course of events posts' for their progress during the mobility via social media;**
- 4. Each member will require to document their DEOR activities to guarantee that everything works out as expected;**
- 5. Every partner organization together with their share of participants will host 'knowledge cafes' in their communities where anybody can come, ask questions directly to the participants and get a more realistic idea about what to expect from such a project.**

Requirements

1. Be aged between 18 and 30 years old.
2. Be a resident in one of the countries mentioned.
3. Have an interest in the topic of rock climbing and hiking.
4. Be present for the whole duration of the program and commit to be involved into the DEOR plan.
5. Be willing to get insurance as described above.
6. Fill in the application form available below.

<https://forms.gle/mPvWL28epqYuyHhb9>

We will take care of the rest :).

NOTE: The English level of the participants is not a criterion of selection, but a great opportunity for themselves to develop it, benefiting of help and support during all days of the project.