



EASY DRUGS DON'T MAKE YOUR LIFE EASY

youth exchange- KA1

SARATA MONTEORU–BUZAU, 3-12 APRIL 2019

Arrival day : 3 april 2019

Departure day : 12 april 2019

Organizer : HAIR REDIVIVUS BUZAU, ROMANIA

Coordinators :

Catalina and Tolea Postovei

Partner countries: Poland, Greece, Czechia, Croatia, Spain, Netherlands, Italy – 4 youngsters 18-25 years old plus 1 group leader no age limit. One person per country can be over 25 but till 29. We can accept maximum 1 person that is not native citizen of sending country with condition to have legal residence and not to be EVS or Erasmus exchange student.

-2 participants from every group should be UNEMPLOYED

-2 prticipants should be affected by easy drugs consumption or by living in environments/groups with consumers

Venue : Monteoru and Buzau, Romania

Description of project :

"Easy Drugs do not make your life easy" is a youth exchange with a week of activities from April 3-12, 2019, in Sarata Monteoru and Buzau, Romania. The partnership includes 34 young people and 8 group leaders from eight European countries: Croatia, Greece, Spain, Italy, Netherlands, Czech Republic, Poland and Romania and includes 18 young people unemployed or drug-related problems

The context of the project is one in which young people are increasingly consuming easy drugs that lead to negative physical, mental and social effects.

The aim of the project is to prevent and combat the use of easy drugs and ethnobotanic substances at physical, mental and social effects.

Objectives:

1. raising awareness for 34 participants from 8 countries on the risk of easy drug use in 18-24 year-olds and society

2. increasing by December 31, 2020, the social integration of 18-24 year olds from 8 countries affected by easy drug use and in high risk or unemployment situations by preventing and stopping consumption

3. Involving creativity for 34 young people from 8 countries and promoting non-formal education methods for 8 days to identify and apply innovative solutions to combat easy drug use and physical, mental and social effects on 18- 24 years youngsters

4. Promoting healthy and active lifestyle as alternatives to easy drug use by December 31, 2020 among young Europeans aged 18-24

The methodology will be dynamic and diverse and will be based on nonformal education. It will include games, presentations, lectures, debates, theater, workshops, media and video creation, visits, intercultural evenings

The project activities will be training, introduction, knowledge, trust, teambuilding and group dynamics, presentations of organizations and participants, Erasmus + program and youthpass certification, cultural and study visits in Buzau county. It will be an introductory workshop about easy drugs and ethnobotanic substances based on research in the preparation phase followed by three other thematic workshops on drug issues, effects and ways of intervention.

The central part is occupied by three workshops that aim at creative methods: theater, video creation, media creation to identify solutions to promote active and healthy lifestyle and prevent and combat easy drug use

The impact of the project will be felt at the level of young participants by developing new socio-civic competencies to prevent and combat the effects of drug use. At the level of local organizations and communities, the impact will be felt through the presence of young people more trained to apply and multiply methods and tools to capitalize on the solutions found in the workshops by young people

The sustainability of the project and the partnership will be ensured through communication between partners, a common dissemination and exploitation plan and a common action plan by December 2020 based on activities and new projects under Erasmus +

Accommodation : Casa cu Tei pension– in rooms of 2 or 3 with private bathroom – towels, soap and sheets provided for 1 week <http://www.casacutei.ro/sitenou/>

Last night accommodation in Buzau – Hotel Sport B90–rooms of 2-3 persons with private bathroom

Food will be served at the restaurant of the hotel and pension and there will be 3 meals every day and some coffee breaks. Please send us your special needs concerning food : no pork, no meat, vegetarian or any allergies .

Facilities

- pension in Sarata Monteoru is 10 minutes from village center where you can find shops with basic things. There are no bankomats.

- hotel in Buzau is 10- 15 minutes walking from city center where you can find almost everything : shops, pharmacy, banks, restaurants etc.

Visits : according to the programme; any other opportunities will be discussed on the spot if free time will allow

Internet : there is very good wireless in the pension and also in hotel in Buzau

Weather is quite unpredictable in april in hillside.Usually temperature is around 20 degrees, but also can rain or be colder. We suggest you to have raincoats, but also sunglasses,caps. In the last days before arrival we'll be back with better info about weather.

Transport: For those arriving in Bucharest Otopeni there is a bus **780 EXPRES** that runs almost every 20 minutes from 5 am till 11pm. You can find signs in the airport to reach bus station.The ticket is 8.6 lei (2 euros) a round trip card , that you have to validate when you step in the bus. The bus goes directly to train station – **BUCHAREST GARA DE NORD** and takes depending on the traffic 45-60 minutes. To go to city center of BUCHAREST you can take **783 EXPRES**

Departure to Sarata Monteoru:

17.00 - there is the meeting in train station GARA DE NORD in front of KFC fast food ..we'll go by our arranged bus directly -the trip takes 2 hours -we 'll have dinner on arrival. Cost of bus will be 60 lei (13 euros) per person and is deductible for reimbursment in the limit of travel costs approved. **Group leaders should collect money before departure**

SO TRY TO ARRIVE IN BUCHAREST BEFORE !! IF YOU ARRIVE LATER WE CAN ARRANGE TRANSFER FOR YOU DIRECTLY FROM AIRPORT BUT CAN COST MORE

IMPORTANT !!! Pay attention to safety measures :

-you'll live in an intercultural environment ,so accept all cultures and be tolerant

-NO DRUGS ALLOWED !! Alcohol only after activities in the evening and consumed with responsibility !! Group leaders will prepare you !!

-you have to attend and be involved in ALL ACTIVITIES during the exchange and also in DISSEMINATION PHASE !!

-other rules and safety measures will be proclaimed in first day,so if you have proposal feel free to express them !!

ACTIVITIES

You already have the programme What should you prepare/bring :

- a presentation about your organizations and your projects and also bring leaflets or promotional matherials to share.

-a research about situation of easy drugs consumption and legislation in every country

-each national team should have at least one laptop ready to be used for working and editing videos and texts/photos

-as we want to use as less plastic as possible please bring with you your own coffee/tea cup or mug and a bottle/recipient for water

-for intercultural evening you have to bring some traditional food and drinks and to be ready to teach us a song or a dance. **ATTENTION !!** There is not possible to use kitchen for cooking (because of new regulations about safety

and hygiene) so bring dry things ...you can prepare short and easy meals that can be done without oven like salads etc...if you need some ingredients like vegetables,oil, salt,regular spices ,bread etc we can provide them...

Also in intercultural evening you'll have to prepare a short and creative promotion of another country ,something original ,not copy-paste(for example a video,multimedia ,quiz ,theater etc). Don't be longer than 10-12 minutes !! you have below who will promote who :

POLAND will promote SPAIN

SPAIN will promote CZECHIA

CZECHIA will promote ROMANIA

ROMANIA will promote GREECE

GREECE will promote NETHERLANDS

NETHERLANDS will promote CROATIA

CROATIA will promote ITALY

ITALY will promote POLAND

-you can be prepared to propose games, energizers, activities for free time or for our workshops

-if you had projects connected with the topic, bring with you good practice examples : leaflets,videos ,photos

REIMBRSMENT:

In order to get the travel costs back we need to get from you **PRINTED ON PAPER !!**

- All BUS/TRAIN/FERRY tickets and invoices in original.if you need local transport in your country try to buy return tickets.Tickets should have date,itinerary,cost..if there is no name -write it on the back
- For FLIGHTS: electronic ticket with name,dates,itinerary,costs AND INVOICE if some of previous item is not on the ticket.
- BOARDING PASSES compulsory – keep them as without them you don't have your money back.If you did mobile check in you can send us the print screen
- Take only APEX flights (no business class) and only 2 nd class trains.
- TAXI costs are not eligible
- Be sure to have price and data on bus and train tickets,also on airplane tickets.If not, ask for receipts or invoices.
- If you travel by CAR contact us to tell you the rules and documents needed...

The reimbursement will be in accordance with distance calculator for the maximum amounts approved in application and will be done after the project when we'll receive all ORIGINAL documents. There will be one transfer for every country.

Maximum approved travel costs :

360 euros/participant for Spain

275 euros/participant for the others

Other practicalities :

Currency : 1 euro = 4.65 lei (RON).There are banks and bankomats in airports, in Bucharest train station,in Buzau.
In Monteoru there are no banks and bankomats and also it is not possible to pay by credit card,so have some LEI with you.

The hour in Romania is GMT + 2.

You can come or leave Romania 2-3 days before/after but all costs are in your charge. For persons that want to spend some days in Bucharest or elsewhere we can help you recommended hostels or attractions.just ask !!

Beware of pick pockets in buses, metro and crowded places. Don't accept gifts and don't talk to strangers that ask to sign something or to help them – most of them are cheaters.

Don't pay attention to street dogs – they are everywhere but most of them are friendly.

For any other questions and comments or questions contact

Tolea – 0040744855911; postoveitolea@yahoo.com

ALL PARTICIPANTS WILL GET YOUTHPASS CERTIFICATES.GROUP LEADERS WILL GET SPECIFIC CERTIFICATES !!

See you soon here !!!