



# Involving Everyone: Learning through Erasmus+ Training Course

*September 06-12, 2016*

Băile Herculane, Romania

## **Dear participant**

We are happy to welcome you to this unique training course, a process like a living creature, inspired and evolving through the inputs of all the participants involved.

The training course takes place from September 06 - 12, 2016 in Băile Herculane, Romania. It will be hosted by Youthopolis (Romania) and brings together 29 participants from 8 organizations, from Germany, Romania, Hungary, Slovenia, Italy, Portugal, Czech Republic and Lithuania.

The main target group is composed of professionals, volunteer youth workers or trainers, all working in the youth sector, who want to develop their competences and to multiply the project's outcomes within their local communities.

All participants are active in the youth field. By using interactive and non-formal methods, the participants will become highly involved in the project and will be able to develop their own skills and practical knowledge. The training working principles are based on experiential pedagogy. Moreover, they will be motivated to continue sharing the knowledge in their home country and within their own organization afterwards.

## **Main objectives:**

- to facilitate involvement of 29 youth workers from Program European countries in the whole cycle of the project and ensure the feeling of ownership towards the project for 6 months
- to raise knowledge of 29 youth workers in the topics social exclusion and discrimination and develop skills to address those issues through youth work
- to provide participants with practical tools and methods to ensure inclusiveness of youth work and avoiding unwilling discrimination
- to raise awareness on participants about their selves and their roles as youth workers linked with discrimination in the social exclusion context
- to empower participants to take action to reduce discrimination in their own lives and in society by sharing methods, tools and instruments to be incorporated in a methodology for approaching youth in fighting against social exclusion
- to ensure participants pass through all stages of experiential learning and reflect of the learning outcomes through 8 Key Competencies model



-to provide space for participants to share their experience and to develop long lasting partnerships

The TC will be implemented within the guidelines of the “Erasmus+” program of the European Commission and is supported financially by the German National Agency.

We are looking forward to meeting and working with you!

Your Team of Training

*Gerolf Mosemann and Adina Stoleriu*

## Practical information

### ARRIVAL & DEPARTURE:

**Arrival:** September 6th, 2016 to **Băile Herculane, Romania**

**Departure:** September 12th, 2016 from **Băile Herculane, Romania**

### TRAVEL TO ROMANIA:

There are **2 options** for flying to Romania: Timișoara Airport and Bucharest airport.

#### 1. Arrive by train from Vuia Timișoara Airport:

<http://aerotim.ro/index.php?pg=infozboruri>

From the airport you take Express bus (E4b), which makes connection from airport to central station. The price of one ticket is 2.5 lei (1.8 Euros). You need to buy the ticket from the cashier. Payment can be done either cash or with the card. In the airport hall you will find a currency exchange office.

From Timișoara Central station (Timișoara Nord) you take the train to Băile Herculane. Here is the link to departing time from Timișoara.

<http://goo.gl/1AUAEd>

In Băile Herculane, you take the bus to the city center (there is only one line) and get off at the second stop. Then walk 100m back.

Or if you prefer, walk 20- 30 minutes to the hotel.

#### 2. Arrive by bus from Otopeni Bucharest Airport:

From Otopeni airport to the Central station there are 2 options:

##### Option 1

Take bus **Express 780** to the Central station (**Gara de Nord**). There is a bus approximately every 40 minutes, from 5 am to 11 pm. The price of a ticket is 7 lei (1.6 Euro).

From the Central Station, take the train to Băile Herculane.

<http://mersultrenurilororcf.ro/imtif/Rute.aspx?lng=en>



## Option 2

From Otopeni airport you take the train to Băile Herculane.

<http://mersultrenurilororcf.ro/imtif/Rute.aspx?lng=en>

The round way train ticket is around 35 Euros.

**For departure times** you can use the same link

Please note that **the organizers will not cover any accommodation and food costs outside the project dates. Please check** to have a **valid ID-Card** before leaving to Romania.

## **TRAVEL COSTS:**

After the mobility the organizers will reimburse the transport expenses, maximum according to the distance bands in the chart below.

Participants will be reimbursed by bank transfer shortly after their return home upon presenting original tickets, invoices and boarding passes.

- Please note that travel costs of the participants should **not exceed the travel budget limits**, which was approved by the Executive agency. Please refer to the table below for travel **budget limits** for each partner organization.
- Reimbursement of travel costs will be done upon presentation of **all** (including return tickets) **original tickets, receipts/invoices and boarding passes**. Name of the passenger, price, currency, date of purchase should be clearly **visible** in all documents to be considered for reimbursement. Please remember to bring the original invoice – there will be no reimbursement without the original invoice.
- **If a participant is planning to arrive earlier or depart later**, please consult with us prior to booking the tickets to make sure it is in the limits of the funder's requirements, otherwise we may not be able to provide full reimbursement. Usually one day before and one day after the event is acceptable.
- Participants **planning to travel from/to another country other than the one they represent in the TC**, need to check with us prior to the training course, as otherwise we may not be able to reimburse their travel costs.
- **Reimbursement transferred by bank account will be done in EUR** regardless of the currency indicated on your ticket, receipt or invoice. Any ticket purchased in local currency other than EUR will be converted and calculated according to the exchange rate of the day the contract was signed when the ticket was purchased according to official European Commission website <http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>

- We strongly advise you to make copies of your tickets and invoices before you will come to the training and send all your travel original documents to [gerolf.mosemann@gmail.com](mailto:gerolf.mosemann@gmail.com)

### TRAVEL COST LIMITS

Organization	Country	Number of participants	Maximum travel costs per person (100%)	Maximum travel costs per partners	Distance band
Friedenskreis Halle e.V.	Germany	4	275 €	1100 €	500-1999 km
Youthopolis	Romania	4	0	0	0-90 km
EVROPSKE CENTRUM MLADEZE BRECLAV - EUROPEAN YOUTH CENTRE BRECLAV Z.S.	Czech Republic	3	275 €	825 €	500-1999 km
Društvo mladinski interesni klub	Slovenia	3	275 €	825 €	500-1999 km
CET PLATFORM ITALY	Italy	3	275 €	825 €	500-1999 km
ASSOCIAÇÃO MEDESTU	Portugal	4	360 €	1440 €	2000-2999 km
VSI Iuvenis animus	Lithuania	3	275 €	825 €	500-1999 km
Látótér Alapítvány	Hungary	4	180 €	720 €	100-499 km

### ACCOMMODATION AND FOOD:

Participants will be accommodated in a 4\* boarding house, near the mountains, on the shore of Cerna River.

Address:

Noblesse Herculane

Trandafirilor 51 B, 325200, Băile Herculane

<http://www.noblesseherculane.ro/>



There will be breakfast, lunch and dinner every day and two coffee breaks.

Please tell us **IN ADVANCE** about special needs such as **dietary, vegetarian or any other kind**. To do so you can use the application form.

The hotel provides a WiFi network for using internet.



## INSURANCE

Participants are responsible for organizing own health insurance. The costs will not be reimbursed by the organizers.

## CHECKLIST / WHAT TO BRING

- Food, drinks, national items, music, etc. from your country for the **intercultural evening**.
- All **tickets**, invoices and boarding passes related to your travel **reimbursement**.
- **Medications** you regularly use.
- Flyers, brochures, promotional materials, publications, photos, etc. to represent your organization/country/culture. Due to time restrictions PowerPoint presentations will not be presented.

## ABOUT ROMANIA

**Time zone:** 2 hours +GMT/UTC

**Money:** The Romanian Currency is called LEU.

Approximate exchange rate is:

1 EUR = 4.5 Lei

**Weather:** The weather in September can be chilly at night and warmer during the day at Băile Herculane. Make sure you take both light and warm clothes. You can also bring your swimming suit.

You can check the forecast following this link:

<http://www.accuweather.com/ro/ro/baile-herculane/272644/september-weather/272644>

## CONTACTS:

If you need help, have questions or need further information please contact:

Gerolf Mosemann

Mobile: +49 1621510 686

Email: [gerolf.mosemann@gmail.com](mailto:gerolf.mosemann@gmail.com)

Adina Stoleriu

Mobile: +400773852997

Email: [adinalstoleriu@gmail.com](mailto:adinalstoleriu@gmail.com)

**SEE YOU SOON IN ROMANIA!**