



Infopack
My Own Values (MOV)
Erasmus+ KA1 for Youths Workers
Reference number: 2018-2-RO01-KA105-049774

Applicant and host organization:

AR Vocational and Investment Solutions – ARVIS, Suceava, Romania

www.arvissolutions.com

Contact

Anca Vieriu, ARVIS president

ancavieriu@yahoo.com

+40746149131

Skype: arvis.solutions

FB: Anca Vieriu

Other contact person:

Ieronim Vieriu: +40746808434

The course

Main goal

The overall objective will be to improve the level of competence and quality of the professional activity of the main target group in the field of value culture in order to help teenagers who encounter difficulties in building a solid system of values, to increase the quality of their education and, in general, their lives. The 32 learners will gain an in-depth knowledge of the value issue (typology, history etc.), increase their working skills with young people by experimenting methods, techniques, types of activities in order to build a solid system of personal values; will develop a proactive attitude and behavior towards the values issue, by designing and putting into practice an awareness campaign and a teenagers' education program.

Methods

They are specific to non-formal education and develop creativity and involvement: knowledge and trust exercises; reflection exercises, PP presentations; open space, round table, group workshops, cafe learning; forum play, role playing, simulation; watching short films; study trip.

Results

A blog of the project

A brochure

The project movie

Preparation

All the participants are kindly asked to perform the following tasks before the course:

1. Prepare a short presentation (5-7 minutes) of your organization and its activity
2. Be ready to talk about these issues
 - a. What is the core value that you feel that defines you the most from the following: truth, good, beauty, justice, freedom?
 - b. Describe a situation in which you were prevented to apply a core value in your actions (inner or outer causes)
3. Bring something specific from your country (national symbols, food, drinks etc.) for our Intercultural Evening
4. Each organization with experience in youth projects will prepare an energizer. We will use these exercises in different moments of the course (you will be trainers too!)
5. Bring good mood and strong motivation! :)
6. Specific tasks will be given to some of the organizations by email.

Follow up

Tasks after the course:

- To complete the Participant's report sent by EU - task for the participants
- To disseminate the project (post a presentation of the project on the web-page/ FB page of the organization etc.) – task for the participants and the leaders of the organisations
- To continue the project in their countries; they will commit to develop **at least one** of the following activities – task for the participants:
 - a) Trainings for youths
 - b) Raising awareness campaigns; handover of the flyers with short explanations about the importance of values in life to teenagers and persons of other ages
 - c) Contribute to a European e-Album of values – a FB page for all of us
 - d) A visit with youths to a court of law
 - e) Volunteering at an orphanage
 - f) Others (identified by the participants)

Language: English

Duration of the project: 6 months: 01-11-2018 - 30-04-2010

Duration of the training course: 8 days without travel: 2 – 9 February 2019

Participants: youth workers, civil society activists, teachers, counselors, parents etc.

Total number of participant organizations: 11

Total number of countries: 11

Total number of participants: 35; 3 of them are ARVIS trainers

AR Vocational and Investment Solutions
Str. Grigore Ureche, nr. 16, bl. 73, sc. B, ap. 3
Suceava, Romania
www.arvissolutions.com
arvissolutions@yahoo.com; +40746149131

Country	Organisation	Number of youth workers	Travel grant/ person in Euro
Romania	AR Vocational and Investment Solutions – ARVIS	5	0
Armenia	Asset Based Community Development Innovation Center	3	275
Czech Republic	EVROPSKE CENTRUM MLADEZE BRECLAV EUROPEAN YOUTH CENTRE BRECLAV Z. S.	3	275
Georgia	Civil Forum for Peace	3	275
Greece	YOUTHphoria	3	275
Italy	EuroDemos Youth Mobility NGO	3	275
Lithuania	Asociacija "Tavo Europa"	3	275
Macedonia	Center for education and development	3	275
Republic of Moldova	Centrul Republican pentru Copii si Tineret Artico	3	180
Poland	Europejska Fundacja Rozwoju Czlowieka	3	275
Turkey	OSMANIYE IL MILLI EGITIM MUDURLUGU	3	275

Financial Conditions

- 100% of accommodation and food will be covered from the project budget.
- Travel costs up to limited amounts according to program rules of Erasmus+ (see the last column above)
- No taxes will be charged from you

We will reimburse the travel real costs based on the tickets/ boarding passes/ receipts to the organization's bank account through bank transfer (this is the request of my NA). This is why we need the specific information: bank account, SWIFT, bank address, name of legal representative. Please send me this information through one of the participants. The costs will be reimbursed as soon as the participants complete the Participant's Report and they complete the continuation activity (see Follow-up)

Accommodation information

Venue: Manastirea Humorului, Gura-Humorului city, Suceava county Romania.

AR Vocational and Investment Solutions
Str. Grigore Ureche, nr. 16, bl. 73, sc. B, ap. 3
Suceava, Romania
www.arvissolutions.com
arvissolutions@yahoo.com; +40746149131

Andreea Guesthouse *** is situated in a very beautiful and peaceful region, in the mountains. The address is Manastirea Humorului, str. Stefan cel Mare nr.159, DJ177, 727355, Gura Humorului, Romania

You will be accommodated 2 - 3 persons in a room with private bathroom.

You can be hosted in this guesthouse within the project costs between the the 1st of February beginning with 14.00 o'clock until the 10th of February at 12.00 o'clock.

We will stay, eat and learn in this guest house.



Travel information

The course starts on the 2nd of February in the morning and ends on the 9th of February in the evening. Please calculate your journey so as to be present at the course venue for all the duration of the course. The Certificates will be offered on the basis of your full presence at the course and your active participation.

Most probably your route will be:

Your home → Bucharest → Gura-Humorului Oras → Vila Andreea Manastirea Humorului → Gura-Humorului Oras → Bucharest → your home

Gura-Humorului is a quite small town near Suceava city, in the North-East of the country. Suceava has an airport, so you could fly from Bucharest to Suceava. The flight is 1 hour long, but it is quite expensive, so I suggest you to travel by a quite comfortable train from Bucharest to Gura Humorului Oras (8 hours travel).

So:

1. Take the plane to Bucharest (round ticket).

2.

a) Take the Express **bus 780** to the railway station (Gara de Nord). They leave every hour or even more often. The bus can be taken between 5.15 a.m. to 11.20 p.m. The ticket is about 8 lei (less than 2 euro). You have to buy the ticket from the airport, before getting into the bus, and in the bus you have to validate the tickets (there are orange validators)

b) If you arrive at Bucharest at night, take a **cab** from the airport to Gara de Nord (Northern station). **TAKE ONLY THE CABS ACCREDITED BY THE AIRPORT!** Ask the airport personal and they will tell you exactly where to go for accredited cabs. You have yellow machines towards the exit and you can order a taxi with the help of those machines. It is risky to take other cabs (both for your personal security and from a financial point of view). The price will be approximately 30-40 lei (about 7 euro). It takes approximately 30 minutes, depending on the traffic. Tell the driver that you need the receipt **before** you get into the cab! If somehow the driver asks for more money, you will urgently call me and I will talk to him.

3. From Bucharest Gara de Nord you will take a **train to Gura Humorului Oras** (pay attention, there is another Gura Humorului station, don't get off there). Here is the link. They also have an English version.

<https://www.cfrcalatori.ro/en/>.

You can buy tickets online (the same link). The price is the same all year long (approx. 22 euro one way, about 45 euro round trip). If you take a sleeping coach in a night train, the price is a little higher. They give little discounts for groups of 2-3. If you buy the tickets online (recommended, especially if you travel by night), print them and take them with you to show them to the train conductor.

4. From Gura Humorului Oras please take a taxi to Pensiunea Andreea Manastirea Humorului (a 10-15 minutes' drive, 10-15 lei). There are taxies in front of the station.

B. If you come by car:

Here is a link so as to easily arrive at Manastirea Humorului. Maybe you should also have a GPS. <http://www.viamichelin.com/>

If you need other information, please let me know by email.

C. For some countries (e.g. Italy) you may find a direct plane to Suceava. From Suceava you can take the train or, if you arrive at night, we can arrange for a taxi to get you to Manastirea Humorului.

This is the information for those who want to arrive and leave quickly. If you want to spend an extra-day or two in Romania, you can rearrange your journey, but please take into account the trains and the bus schedules, so as to arrive and leave the course venue on time.

Reimbursement will be done transparently on the base of **original travel documents** (invoices, tickets, boarding passes...). **For a quick reimbursement, it would be better for you buy all the tickets and boarding passes both ways.** You can buy the return train tickets while being at Manstirea Humorului.

You can buy tickets starting with today, as the project officially started on the 1st of November.

AR Vocational and Investment Solutions
Str. Grigore Ureche, nr. 16, bl. 73, sc. B, ap. 3
Suceava, Romania
www.arvissolutions.com
arvissolutions@yahoo.com; +40746149131

The meals

We will receive 3 meals a day, mostly traditional meals from this part of the country, Bukovina. I kindly ask you to let me know about all your special meals requests. We can offer common food and vegetarian food, but no other types of meals (e.g. vegan). Please take this into account when you make the selection.

Weather, clothes

In February the weather is most probably cold, with lots of snow, as it is a mountain region. It is better to have warm clothes and strong comfortable boots, fur caps, gloves etc. Several activities will be outdoors. We will also have a one day trip and we will have some climbing in the mountains. No high heels for this activity, please! ☺

Please check the weather prediction before you leave your home.

Your personal security

From Henri Coanda (Otopeni) Airport to Gara de Nord Bucharest and return take only accredited cabs! Don't listen to taxi drivers who invite you to go with them. Use the yellow machines to order cabs.

Take care of your luggage! Don't let them unsupervised, especially in Gara de Nord!

Don't let valuable objects (money, mobile, jewels) at sight!

Don't change currency in unauthorized places! Don't listen to people in the street who invite you to change currency!

In the airport they do not usually offer a good exchange rate. If necessary, change only a small amount.

Please save this number on your mobiles, together with the organizers' numbers!

Police: 112

From the moment you enter Romania, the organizers will be available 24 hours a day. Call us if you have any problem, day or night!

Please save in your mobile the information about your country Embassy in Romania!

Don't forget to make **travel insurance** before you leave your country (it is not reimbursed, but it is better to have it and it is not too expensive)!

Your health

If you know you have specific illnesses, please let us know and don't forget your medication! We will be prepared for first aid during the course.

Currency

The currency in Romania is LEU (plural LEI) or RON

1 euro = 4.65 lei

Expenses:

Board (three meals a day), coffee breaks, accommodation and all the activities during the course, including a one day trip, will be fully covered by the project grant.

However we recommend you have your own pocket money for personal expenses (about 50 euro should be enough).

Example of prices:

A beer: about 5 lei

A soft drink: about 4 lei

Romanian culture and traditions

Come here and meet them!



We will have a one day trip and you will see many marvelous places of this part of the country!

Have a lovely trip and

**Looking forward to seeing you in
Romania!**



AR Vocational and Investment Solutions
Str. Grigore Ureche, nr. 16, bl. 73, sc. B, ap. 3
Suceava, Romania
www.arvissolutions.com
arvissolutions@yahoo.com; +40746149131