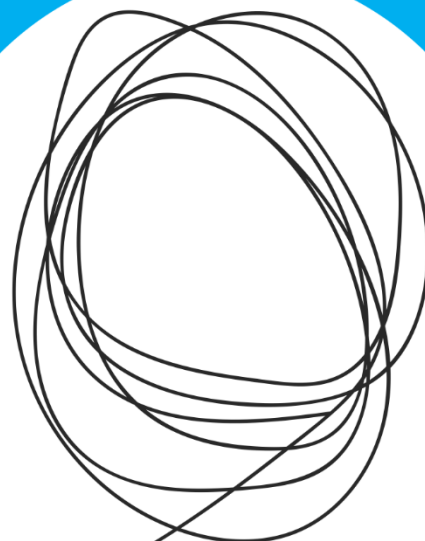


CONNECTED
THROUGH
EMPATHY

Guide for partners Infopack for participants

Youth Exchange, Romania, , 01-11/03/2022



WHY? | CONTEXT

Studies in the field of social psychology are showing that young people are becoming less and less empathetic and more likely to adopt a narcissistic attitude. In addition, in recent years, cases of discrimination, exclusion and bullying (online and offline) among young people (caused by other young people) have increased significantly. At a time when young people spend more time online than with other young people (especially now during the COVID-19 pandemic), the need to connect with other people is becoming more and more important, but very often young people face communication problems and anxiety when they are asked to work in a group with other young people.

Connected through Empathy is an initiative that aims to fight the rising tendency of isolation and narcissism among young people by developing the social dimension of young people, especially their ability to communicate efficiently, use active listening and empathize. At the same time, through this project we want to raise awareness regarding non-verbal communication and its impact in the way we form connections.

WHAT? | PROJECT'S MAIN OBJECTIVES

To improve the communication skills of 35 young people, including their public speaking skills and knowledge about non-verbal and paraverbal communication.

To develop self-awareness and self-trust among young people.

To develop the ability of young people to form healthy relationships with those around them through effective communication, self-expression, active listening, and empathy.

To empower 21 young people with fewer opportunities to make their voice heard and listened.

WHEN? | PROJECT'S CALENDAR

Preparation phase: 01/01/2022 – 21/02/2022

Participant's selection: 01/01/2022 – 06/02/2022

Participant's preparation and pre-mobility phase: 07/02/2022 – 28/02/2022

Project's interim evaluation: 21/02/2022 – 28/02/2022

Youth Exchange: 01/03/2022 – 11/03/2022

Youth Exchange's evaluation phase: 12/03/2022 – 14/03/2022

Youth Exchange's follow up activities & dissemination phase: 15/03/2022 – 15/05/2022

Project's final evaluation: 15/05/2022 – 31/05/2022

WHO? | PARTICIPANTS' PROFILE

Each partner will be represented in the Youth Exchange by 6 people: 5 young people with the age between 16 and 25 years old and 1 group leader with the age above 18 years old (no age limit); From each country 3 out of the 5 young participants must be young people with fewer opportunities.

The participants are pupils, students, or part of the NEET category, all interested in the project's topics, who would like to develop their communication skills.

The group leaders must be youth workers (volunteers' coordinators, facilitators, trainers etc.), part of the partner organizations, with a high experience in youth working and European projects (especially youth exchanges).

PARTNER ORGANIZATIONS

- Armenia** **ASSET BASED COMMUNITY DEVELOPMENT INNOVATION CENTER**
Contact person: Vahe Darbinyan
E-mail: abcd.armenia@gmail.com
- Croatia** **UDRUGA ZA OSNAŽIVANJE ISIGURNOST MLADIH**
Contact person: Dora Varjačić
E-mail: dora.varjadic2@gmail.com
- Estonia** **SEIKLEJATE VENNASKOND**
Contact person: Heleri Alles
E-mail: seiklejate.vennaskond@gmail.com
- Georgia** **BITISI**
Contact person: Levan Niparishvili
E-mail: bitis.ge@gmail.com
- Republic of Moldova** **ASOCIATIA OBSTEASCA ALTERNATIVA**
Contact person: Maria Bivol
E-mail: ngo.alternativa@yahoo.com
- Romania** **ASOCIATIA PENTRU DEZVOLTARE ACTIVA ADA**
Contact person: Victor Catalin Toma
E-mail: dezvoltare.activa@gmail.com
- Turkey** **KIYIKOY DOGA SPORLARI KULUBU DERNEGI**
Contact person: Oktay Yatkin
E-mail: oktay.yatkin@kiyidosk.org

PARTNERS' TASKS

To establish a contact person and to select an experienced group leader from your own organization.

To identify, select and prepare the young participants participating in the youth exchange (including through planning meetings with them).

To support the group leader and the young participants in establishing their travel plan.

To get involved in establishing the code of conduct and to be sure that all actors involved (contact person, group leader, participants) are assuming it.

To inform the young participants and the group leader about all the project's details.

To get involved, together with the project's team, in the activity planning process, establishing the safety and protection measures (especially regarding the COVID-19 pandemic) and to adapt them at the target group.

To get the parental agreement for the underage participants.

To share the tasks and responsibilities within the national groups and to support the young participants to fulfil them.

During the youth exchange (through the group leaders): to facilitate and to monitor the participants' learning process, the conflict management, and risks management, to adapt the working sessions according to the young participants learning needs and objectives, to collect the young participants' feedback, to support the participants, to get involved in all logistic preparations, to ensure the participants' preparation, to fill in the group leader's report on the mobility tool website, etc.

To ensure the project's and Erasmus+'s visibility through publications, articles, social media or other dissemination channels during the entire project's life cycle.

To coordinate the travel (and visa) costs reimbursement.

To organize (together with the young participants) the follow up and dissemination activities (more details in the next pages) where to share the project's results.

To monitor and to evaluate the entire project, its results, short- and long-term impact.

To make a short report at the end of the project.

To respect the deadlines and to work together with the coordinator to reaching the project's objectives.

Other tasks related to the project implementation process.

PARTNERS' RIGHTS

To receive anytime information about the project's implementation.

To give feedback to the Coordinating organization and the other partners.

To be "visible" during the project and to be recognized as a partner during the entire project's implementation, including on publications or other dissemination materials.

To get involved in all project's implementation phases.

HOW? | PROJECT'S MAIN ACTIVITIES

The project's main activity is a youth exchange with participants from partner countries, which will take place in **Slanic Moldova, Bacau County, Romania**, between **1st and 11th of March 2022** (1st of March 2022 is the arrival day and 11th of March 2022 is the departure day) with the participation of 35 young people with the age between 16 and 25 years old and 7 group leaders with the age above 18 years old, from **Armenia, Croatia, Estonia, Georgia, Moldova, Romania and Turkey**.

Main themes of the exchange: Communication, Non Verbal Communication, Empathy and Social Inclusion.

A normal day structure by hours:										
08:30 - 10:00	10:00 - 11:30	11:30 - 12:00	12:00 - 13:30	13:30 - 15:30	15:30 - 17:00	17:00 - 17:30	17:30 - 19:00	19:00 - 19:30	19:30 - 20:30	21:00 - 22:30
Breakfast	1 st working session	Coffee break	2 nd working session	Lunch break	3 rd working session	Coffee break	4 th working session	Reflection groups	Dinner	Evening activity

THE PROJECT'S AGENDA

DAY	1 st Working session	2 nd Working session	3 rd Working session	4 th Working session	Evening activity	
Arrival day 01/03/2022	Participants' arrival					Get to know each other games
1 st Activity Day 02/03/2022	Project's presentation & Get to know each other	Expectations, Contributions, Fears & Group rules	Erasmus+	Youthpass Certificate	Teambuilding games	
2 nd Activity day 03/03/2022	Introduction to communication styles and characteristics	Verbal, nonverbal and paraverbal communication	Communication Barriers	Empathy in communication	Intercultural evening	
3 rd Activity Day 04/03/2022	Steps to form a team Conflict and power in a team	Communication roles within a team	From Debate to Dialogue Active listening & Observation	How to Ask (Open) Questions	Free evening	
4 th Activity Day 05/03/2022	Online communication	Online communication	Inclusion and exclusion	Inclusive speech	Intercultural evening	
5 th Activity Day 06/03/2022	Assertive Communication	Practicing pitch skills	Practicing pitch skills	Facing rejection – how to deal with emotions	Free evening	
6 th Activity Day 07/03/2022	Non-Verbal Storytelling	Creative Session - Creating the stories	Creative sessions - Creating the characters	Story and character presentations	Romanian Intercultural evening	
7 th Activity Day 08/03/2022	Creative Session - Making props	Creative Session - Making props	Creative Session - Making props	Expo Simulation	Free evening	
8 th Activity Day 09/03/2022	Living Statues Exhibition & Free time in Bacau					Thematic party
9 th Activity Day 10/03/2022	Personal action plan / Follow up and Dissemination	Youthpass - Self-assessment and learning outcomes	Projects logistics	Project non-formal evaluation and ending games	Youthpass ceremony	
Departure day 11/03/2022	Participants' departure					

INTERCULTURAL EVENINGS: The intercultural dimension of any international project it is very important, as it is a great opportunity for the participants to present their country, national food and drinks, traditional songs, dances, but also the people's lifestyle, way to communicate and so on. Thus, in 2 evening, between 21:00 and 22:30 we will organize intercultural evenings. In each evening, 3 national groups will be responsible to present their country.

Please remember that all the participants must arrive in Slanic Moldova (Bacau County, Romania) NO LATER than 1st of March 2022, at 23:59 (Romanian time, GMT+3) and must leave from Slanic Moldova (Bacau County, Romania) NO SOONER than 11th of March 2022, at 00:01 (Romanian time, GMT+3).

Every each partner will be represented in the Youth exchange by **ONE GROUP LEADER**, who will join and be in charge of the 5 young participants from his/her/their country.

ABOUT THE GROUP LEADERS

It is very important for you, as partner, to choose wisely the group leader, as he/she will have a very important role during the entire project, especially in participants' preparation and during the youth exchange.

The group leaders must be youth workers (volunteers' coordinators, facilitators, trainers etc.), part of the partner organizations, with a high experience in youth working and European projects (especially youth exchanges).

The group leader must be above 18 years old.

Recommended group leader's profile:

Has interpersonal and communication abilities;

Has a strategic thinking and is focused on results thinking;

Has a positive and supporting attitude;

Has Team spirit;

Pays attention to details and promotes a positive attitude among the participants;

Has coordinating, planning and organizing abilities;

Has English speaking skills (at least medium level);

Has experience in volunteering, non-formal education and youth working;

Is a good mediator;

Has facilitating abilities;

Has evaluating abilities.

The deadline to communicate us the group leader name and contact details is 15th of February 2022.

ABOUT THE YOUNG PARTICIPANTS

Number and age of participants: Each partner will be represented during the youth exchange by **5 young participants** with the age between 16 and 25 years old **and a group leader**.

Participants' background: The 4 participants from each group should be young people interested in the project's topics, motivated to participate in the youth exchange by the learning process and also opened to get involved in the dissemination and follow up activities.

The young participants should be pupils, students, or part of the NEET category, all interested in the project's topics, who would like to develop their communication skills.

Gender balance: It is important that in the participants' selection process to take into consideration also the gender equality criteria. It is recommended that your group to be composed by 3 girls and 3 boys.

Participants with fewer opportunities: Taking in consideration that Erasmus+ is a program that develop opportunities also for those with fewer opportunities, this project it is a good opportunity for you to involve also the youth workers with fewer opportunities from your own organization.

Thus, we highly recommend you that at least 3 participants from each national group to be with fewer opportunities (financial difficulties, geographical difficulties, special needs etc.)

- ❑ **Disability** (i.e. participants with special needs): young people with mental (intellectual, cognitive, learning), physical, sensory or other disabilities etc.
- ❑ **Health problems:** young people with chronic health problems, severe illnesses or psychiatric conditions
- ❑ **Educational difficulties:** young people with learning difficulties, early school leavers, lower qualified persons, young people with poor school performance etc.
- ❑ **Cultural differences:** immigrants, refugees or descendants from immigrant or refugee families, young people belonging to a national or ethnic minority, young people with linguistic adaptation and cultural inclusion difficulties etc.
- ❑ **Economic obstacles:** young people with a low standard of living, low income, dependence on social welfare system, young people in long-term unemployment or poverty, young people who are homeless, in debt or with financial problems etc.
- ❑ **Social obstacles:** young people facing discrimination because of gender, age, ethnicity, religion, sexual orientation, disability, etc., young people with limited social skills or anti-social or high-risk behaviours, young people in a precarious situation, (ex-)offenders, (ex-)drug or alcohol abusers, young and/or single parents, orphans etc.
- ❑ **Geographical obstacles:** young people from remote or rural areas, young people living on small islands or in peripheral regions, young people from urban problem zones, young people from less serviced areas (limited public transport, poor facilities) etc.
- ❑ **NEET category** - young people not in employment, education or training.

PARTICIPANTS' SELECTION

Each partner organization it is in charge with the selection of its participants. We, Active Development Association, as the hosting association, will help you (if needed) in the selection process. We will also supervise the entire selection process, taking care of the fact that the selected participants will meet the participants' profile for this project.

We highly recommend you that in the selection process to take into consideration the following aspects: candidates' learning needs (how this project can solve their needs), their learning objectives (how this project meets their learning objectives), their expected learning outcomes (if the project meets them), age (between 16 and 25 years old – still, also young people with the age between 26 and 30 years old can participate if they meet the other criteria), gender (to ensure the gender balance within the group), motivation (their motivation to participate), their availability to participate in the youth exchange (it is mandatory to actively participate during all the youth exchange's activity days) and after, in the dissemination and follow up activities. Of course, you can have your own criteria, but please do not forget to take into consideration the participants needed profile.

We also attach to this info-pack an application form for the participants. All selected participants must fill in this application form because it contains important details that we help us preparing everything related to the Youth Exchange.

The deadline for sending us the participants' application forms is 15th of February 2022.

PARTICIPANTS' PREPARATION

Logistic preparations: First, the group leader should inform the participants about all the project's details. Second, He/She/They has to help them to establish all the logistic details regarding their travel to Romania. This will include travel plan, buying tickets, medical insurance, COVID-19 travel measures, and visa (if it is the case) etc. He/She/They should also check if the participants understood all the details regarding the exchange.

Learning process: The group leader should help the participants to establish their personal learning objectives. He/She/They is also in charge with monitoring and evaluating participants' learning objectives. He/She/They is in charge with tasks sharing within the national group. They need to ensure that all the participants from their group are aware about the learning process and that the youth exchange is a learning experience.

Social and cultural level: The group leader should know the young people from his/her/their group and to facilitate the cooperation, dialogue, and teambuilding within the national groups before the youth exchange. They must promote tolerance and solidarity within their groups and to inform the participants about the cultural differences, the cultural context within the project will be held, but also about the group rules/code of conduct.

INTERNATIONAL TRAVEL

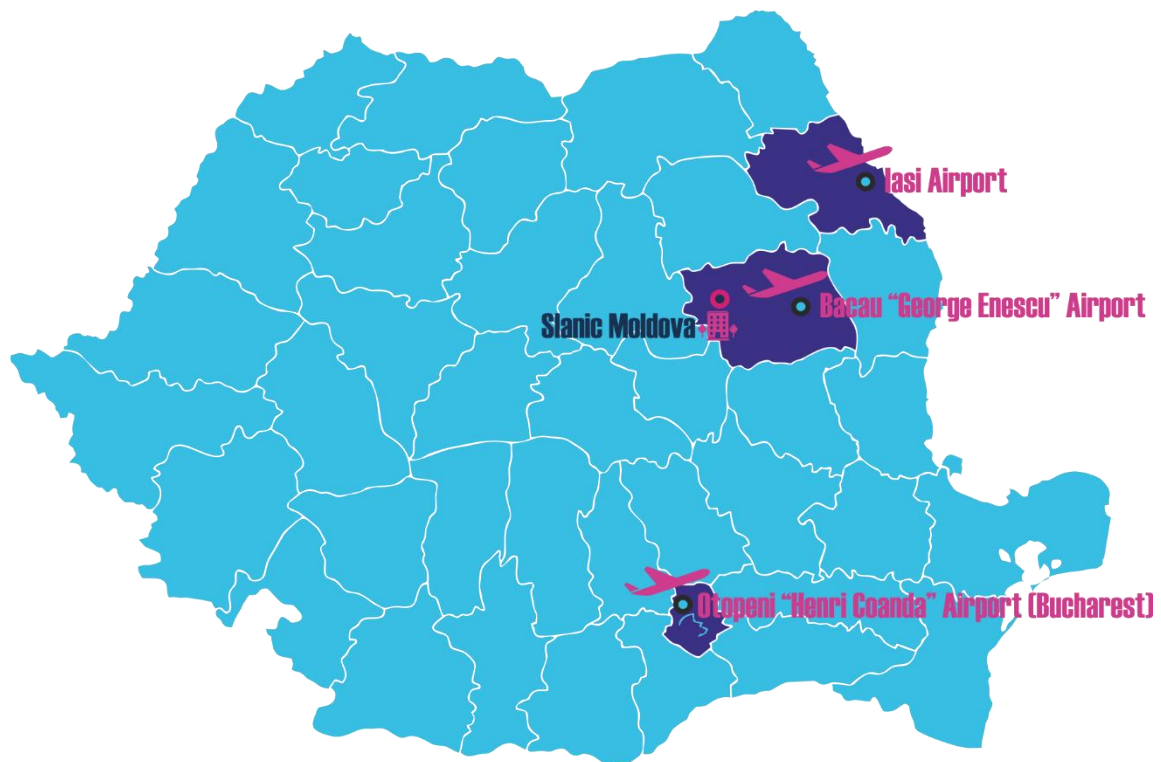
From your country to Romania

If you choose to travel by plane, you can search for flights to Otopeni Airport (Bucharest) or to Bacau Airport, which is the closest city to Slanic Moldova, the place where the youth exchange will be held. **It is better if you land in Romania (in Bucharest) in the morning on 1st of March 2022 and you depart from Romania in the evening on 11th of March 2022**, as the youth exchange will be held in Slanic Moldova, Bacau County, and you need to take into consideration the internal travel, from the airport to the place where the project will be held.

You can check for the tickets, but before buying them let us know about the price and the full schedule of your travel. Just after our approval you may buy your tickets.

The deadline for the participants to buy their travel tickets is 15th of February 2022. On 15th of February 2022, we will open the call for participants outside the consortium (the partner organizations) if there will still be free places. If you need help in the selection process, please let us know in time.

At the same time, when buying the tickets, if it is possible, we highly recommend you acquire also an extra service/option which allows you to change/reschedule the flight in special cases.



VISA

If for travelling to Romania, you need a visa, please let us know as soon as possible as to be able to help you with the visa procedures.

INTERNAL TRAVEL | How to get to Slanic Moldova

For your trip from Bucharest to Slanic Moldova, we will rent a bus to bring all participants from Bucharest/Otopeni Airport straight to the hotel in Slanic Moldova on 1st of March 2022 and then, from Slanic Moldova to Bucharest/Otopeni Airport on 11th of March 2022.

The rented bus will leave on 1st of March 2022, first from Bucharest Gara de Nord (the main train station) and then from Otopeni Airport. We will have volunteers waiting for you in 2 different meeting points, at both, Gara de Nord and Otopeni Airport.

The rented bus will leave from Gara de Nord around 5:30PM and then from Otopeni Airport around 6:30 PM, so please, be sure that you will land in Bucharest on time. If people are landing earlier (in the morning or about lunch time) they can visit Bucharest city. To arrive from Otopeni Airport to Gara de Nord (the main train station) there is a direct train from the airport. More details about the trip from the airport to the city you can ask at the airport information point. Also, at Gara de Nord (the main train station) there is a place where people can leave their luggage.

If you arrive later than 6:30 PM, you can check the busses from Otopeni Airport to Targu Ocna here: www.transfero.ro (Targu Ocna is the closest city to Slanic Moldova and from Targu Ocna we can pick you up by car).

ACCOMMODATION AND FOOD

The accommodation is 100% covered by Erasmus+ Programme, between 1st of March 2022 (Check in after 14:00) and 11th of March 2022 (Check out before 12:00).

During the Youth exchange participants will be hosted at [Pensiunea Poiana Verde](#) from Slanic Moldova. The rooms will be shared between 2 or 3 people. Some of the rooms have 3 beds, others TWIN beds and a couch, others have a matrimonial/shared bed and a third bed, a matrimonial/shared bed and a couch or just a matrimonial/shared bed. If you want to share the room with someone, please let us know in time.

The food and coffee breaks are 100% covered by Erasmus+ Programme.

There will be three meals per day (breakfast, lunch, and dinner) and 2 coffee breaks per day. On the arrival day it is included just the dinner and on the departure day it is included both, breakfast and lunch. It is very important to tell us if you have any allergies or if there is something that you do not eat, if you are vegetarian or vegan, have a diet, etc. Therefore, it is important all participants to fill out carefully the application form and to not forget to send it to us before 21st of January 2022.

If any participant wants to stay longer in Romania, this is possible up to 2-3 days before and 2-3 days after the mobility. Still, all costs related to the extra days (for food, accommodation, trips, local transportation, or other type of costs who were not made for the project) must be covered by the participant himself/herself.

OTHER INFORMATION/LOGISTICS

We highly recommend you to have a medical travel insurance before coming for your staying in Romania. The medical help might be expensive here if you do not have a travel insurance. If you are part of the European Union, we highly recommend you to take the European Health Insurance Card, a free card that gives you access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries, Iceland, Liechtenstein, Norway and Switzerland under the same conditions and at the same cost (free in some countries) as people insured in that country.

The travel insurance cost it isn't an eligible cost for the project budget so it cannot be reimbursed. We also recommend you to have with you your personal medicines (during the activities we will have a First Aid Kit and some general medicines in case someone ask for it).

Please bring comfortable warm clothes. The average temperatures are usually oscillating between 1 and 10 Celsius degrees during the day and -5 and 0 Celsius degrees during the night for the period when the project will be held. We will give you further information about the weather as the youth exchange gets closer.

Also, please bring your favourite music and anything else you consider necessary, including slippers, hairdryer (not all the rooms have an hairdryer) etc. At the hotel, there is internet access and towels. We also recommend some of the participants to bring a laptop.

COVID-19 IN ROMANIA

To be able to participate in the project, all participants must be fully vaccinated against COVID-19 (10 days and more after the second dose of the vaccine – if a second dose was required).

Travel restrictions:

Anyone considering travel to Romania should check the latest information from the local authorities regarding requirements for international passengers arriving in the country. You may find more details here: <https://reopen.europa.eu/en/map/ROU/7001>

Further information about restrictions on passengers entering Romania is available on the [Reopen Europe website](#). For passengers travelling from countries outside the EU/EEA, entry into Romania is possible for EU/EEA citizens and for those who meet the requirements for an exemption under the current regulations. Further information is available on the website of the [Romanian Ministry of Foreign Affairs](#).

In case a PCR or fast antigen COVID-19 test is required to enter Romania or any other country which you are transiting, the costs are eligible to be reimbursed.

TRAVEL COSTS

Travel costs are budgeted according to Erasmus+ conditions, using the distance calculator from the city where each sending organization it is registered to the city where the mobility will take place.¹

Between 10 and 99 KM:	20	EUR per participant	Romania
Between 100 and 499 KM	180	EUR per participant	Republic of Moldova
Between 500 and 1999 KM:	275	EUR per participant	Armenia, Croatia, Estonia, Georgia, Turkey

The amounts above represents the maximum amount that may be reimbursed for one participant, depending by their sending country. According to the Romanian National Agency rules, the reimbursement of the travel and visa costs will be done after the activity in the bank account of your sending organization, per national group and not individually, based on all travel documents in original.

Still, if any participant requests the travel costs to be reimbursed in his/her/their own bank account, this is possible, only if that participant agrees to pay the bank transfer taxes.

DOCUMENTS FOR REIMBURSEMENT

For the reimbursement of the flight ticket:

- The electronic ticket with the travel plan or the e-mail confirmation of your flight (the e-mail received when the ticket was bought);
- All boarding passes;²
- An invoice from the travel agency/website/airlines company from where the flight ticket was bought.³
- The payment confirmation: If you paid through bank (credit card, bank transfer, online payment etc.) you need a bank extract, or a printed statement released by your bank showing the payment/transaction.

For any other travel tickets (busses, trains, ferry etc.):

- If you buy your tickets from an office, in cash, then you need the ticket in original, with the price on it or the ticket and a receipt (if the ticket has no price on it).
- If you buy your tickets online, then you need the electronic ticket and the payment confirmation (same as above).

For the COVID-19 test (PCR or fast antigen test):

- The original invoice or receipt and the test result;

For the VISA costs:

- The original invoice or receipt and a scanned copy of the visa;

NOTE: Only the original travel documents are taken in consideration for the reimbursement. Please be sure that you have and bring all the requested documents with you in Romania during the activity, as without them we cannot make you the reimbursement.

¹ http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

² The return boarding passes can be send after the project, by post.

³ The e-mail confirmation of the flight is not replacing the invoice.

REIMBURSEMENT PROCEDURES

Step 1: All the return documents (return boarding passes, return bus tickets, etc.) or any other missing travel documents will be sent by all participants by post.

Deadline: 31/03/2022

Step 2: We will collect all your travel documents from you (including the return ones) and we will centralize them in one reimbursement document for every each participant. Then, we will send this reimbursement documents back to you, by email to sign them (also your sending organization - as the receiver of the reimbursement - will sign and stamp them).

Deadline: 30/04/2022

Step 3: Your sending organization will send us by email the reimbursement documents, signed by all participants and by its legal representative.

Deadline: 10/05/2022

Step 4: After receiving the signed reimbursement documents we will make the money transfer through bank in the bank account of the sending organization or in the bank account of the participant if he/she/they requests this and agrees to pay the bank transfer tax.

Deadline: 15/05/2022

The deadlines can suffer changes, depending on how fast you send the documents. It can be much earlier, but not later than 31/05/2022, when the project officially ends, and no payment is eligible anymore.

TERMS AND CONDITIONS: To be able to cover the costs for the accommodation and food, participant needs to sign at the end of their mobility a participant statement and the participants' list. Also, at the end of the mobility, each group leader must fill in the individual report, on Mobility tool website in maximum 30 days after the mobility ends, according to Erasmus+ rules.

A participant aborting his/her/their mobility (leaving earlier) means covering the accommodation and food by himself/herself for the days he misses, as there is signed an agreement with the hotel and there are costs involved meaning that we still have to pay for the days remained from the project. Aborting the mobility/leaving earlier means not receiving the return travel costs.

DISSEMINATION AND FOLLOW UP

All participants and partners must get involved in the dissemination and follow up activities as this is one of the selection criteria. The dissemination activities aims to share the project's results among other beneficiary or target groups.

Before the youth exchange: The partner organization and the selected participants should promote the project on their Facebook page, website, or other communication own dissemination channels.

We will send you soon the official poster of the project and the information you already have it here.

During the youth exchange: The partner organization and the selected participants should upload photos from the activities on their Facebook page or on other social networks or dissemination channels.

After the youth exchange: The partner organization and the selected participants should write an article (a small report) and publish it on their blog, site or other dissemination channels (as newspapers, etc.), but also to organize two type of dissemination activities:

a. A communication workshop for other young people: Between 15th of March 2022 and 15th of May 2022, each national group must organize a workshop with other young people in which they should use the content they learnt during the exchange. At the activity must attend at least 15 other young people from the local community. The workshop can be done online or offline.

b. A dissemination conference: 15th of March 2022 and 15th of May 2022, each national group, with the help of their sending organization, must organize a dissemination activity with the participation of at least 15 other people, where to share the project's results.

PROOFS OF THE DISSEMINATION AND FOLLOW UP ACTIVITIES:

It is mandatory to all activities to make participation lists⁴ and take photos from the events.

It is very important that all participants to be involved in the dissemination and follow up activities after the youth exchange. Also, you must send us proofs (pictures or links), a small report (what happened, when happened, where happened and who participated) and a scanned copy of the participation list.

Deadline: 15/05/2022

⁴ The participation lists should contain the following columns: First Name, Surname, E-mail, Date of birth, Hometown, Role (Youth worker, Volunteer, Decision maker etc.) and Signature, but also the date and the location of the event.

ABOUT US

THE HOST ORGANIZATION



Active Development Association aims to initiate, promote and implement sustainable and active development measures regarding the quality of life, seeking to build a responsible and active society in terms of cultural, educational, social and environmental development.

We are focusing on 3 different fields:

1. International mobilities (exchanges) of young people and youth workers (both hosting and sending) aiming to develop the young people from our community and the youth workers from our NGO and the region. So far we have implemented more European projects, founded even through Youth in Action Programme, even though Erasmus+ Programme, in 5 main fields of action: entrepreneurship & career guidance (7 projects), youth policies, youth participation and European citizenship (14 projects), cyberbullying, critical thinking, fake news and internet safety (4 projects), discrimination, exclusion and inclusion of young people with fewer opportunities (including minorities, refugees and immigrants) through different methods (including performing arts, policies or campaigns) (7 projects) and environment and health (6 projects).

2. Structured dialogue, youth policy and civic engagement projects and activities to empower the young people from our local community (especially young people with fewer opportunities), to facilitate their communication with the decision makers and last but not least to have a contribution in the decision-making process, especially in youth policies.

3. European Youth Village program, the European Youth Capital alternative for rural areas and small cities, a program which we are coordinating at European level. The EUROPEAN YOUTH VILLAGE program aims to create dialogue between the community members and the institutional actors of the village and to encourage the initiative from young people to the rest of the stakeholders involved in the process, developing new opportunities for young people, by young people. Therefore, through this project, we aim to offer a positive model of community organization for young people in rural areas, which can be replicated at international level, to bring to light the problems, needs and challenges of these young people and to address in a strategic way, but also to create development opportunities for young people from rural areas, IN THE RURAL AREAS, on four main pillars: education, training and professional development of young people; culture, diversity and intercultural dialogue; volunteering, participation and inclusion; and decision making, youth policies and cooperation. Through this program we aim to develop the rural youth sector by activating and enhancing the cooperation between the young people from rural areas and the decision makers, while also developing and strengthening the public youth policies at local, national, and international level.

In the last 3 years our activities were focused on people from rural areas including vulnerable categories of young people affected by unemployment, exclusion, and other difficulties. Also, since 2020, we are part of the Romanian National Council for Youth, a consultation mechanism of the Romanian Ministry for Youth.

We are working on all level of intervention with focus on community organizing and education. Active Development Association (ADA) is active in creating opportunities for young people, with a focus on those from rural areas and from vulnerable discriminated minorities. We are also involved in environment education & citizenship by raising awareness (through an annual festival) about the importance of preserving our community green parks for a healthy lifestyle. Our NGO is involved in organizing international youth mobilities in which young people and also youth workers have opportunity to develop their skills and competencies in a variety of topics, from lifestyle to social inclusion and entrepreneurship.

Depending on our projects and activities we have two different categories of target groups:

- Young people between 15 – 30 years old, especially those with fewer opportunities.
- Public Authorities.

So far, we have implemented more European and local projects, founded even through Youth in Action Programme, even though Erasmus+ Programme:

Implemented activities on Youth in Action Programme:

So far, we have implemented more European projects, founded even through Youth in Action Programme, even though Erasmus+ Programme, in 5 main fields of action:

I. Main topic: Entrepreneurship & Career guidance

1. **Youth.ways** - YIA - Action 1.2 - Youth initiative
2. **Find Your Way** - Erasmus+ KA 1 - Youth Exchange
3. **Find Your Way 2** - Erasmus+ KA 1 - Youth Exchange
4. **Find Your Way 3** - Erasmus+ Ka1 - Youth Exchange
5. **Young entrepreneurs** - Erasmus+ Ka1 - Youth Exchange
6. **Green entrepreneurs** - Erasmus+ Ka1 - Youth Exchange
7. **Get inspired** - Erasmus+ Ka1 - Youth Exchange

II. Main topic: Youth policies, youth participation & European Union

1. **A different kind of education II** - YIA - Action 5.1 - Structured Dialogue
2. **Acting European** - YIA - Action 5.1 - Structured Dialogue
3. **Acting European 2** - Erasmus+ KA 1 - Training course
4. **Acting European 3** - Erasmus+ KA 3 - Structured Dialogue
5. **Structured Dialogue Support Group** - Erasmus+ KA 3 - Structured Dialogue
6. **Power of youth** - Erasmus+ Ka1 - Youth Exchange (2019)
7. **National Youth Village Romania - Erasmus+ Ka3 - Structured Dialogue**
8. **You(th) decide** - Erasmus+ Ka1 - Youth Exchange
9. **Youth for democracy** – European Solidarity Corps
10. **BUILD** - Erasmus+ Ka1 – Training course
11. **Structured Dialogue Support Group 2.0** - Erasmus+ Ka3 - Structured Dialogue
12. **Solidary in #Sascut2019, the European Youth Village** - European Solidarity Corps
13. **Ring the changes** - European Solidarity Corps
14. **European Youth Village- Erasmus+ Ka3 - Structured Dialogue**
15. **Feeling European** - Erasmus+ Ka1 - Youth Exchange
16. **Bridges** - Erasmus+ Ka1 – Training course
17. **Focus on transportation** – European Solidarity Corps
18. **SPATIAL** - Erasmus+ Ka1 – Participation project
19. **(Teen)formed for the community** – European Solidarity Corps
20. **European Youth Village – Together we develop autonomous communities of young people in rural areas** - Erasmus+ Ka1 – Participation project
21. **European Youth Village - a reference program for the rural youth sector development** – Active Citizens Fund Programme

III. Main topic: communication, critical thinking, cyberbullying fake news and internet safety

1. **Connect yourself** - Erasmus+ KA 1 - Youth Exchange
2. **Safe Link** - Erasmus+ Ka1 - Youth Exchange
3. **iTHINK** - Erasmus+ Ka1 - Youth Exchange
4. **Connected through empathy** - Erasmus+ Ka1 - Youth Exchange
5. **Enriching the outreach of youth organizations** - Erasmus+ Ka1 – Training Course

IV. Main topic: Discrimination, exclusion, and inclusion of young people with fewer opportunities (including minorities, refugees and immigrants) through different methods (including performing arts, policies or campaigns)

1. **Arts Included** - Erasmus+ KA 1 - Youth Exchange
2. **Non Formal Education in Action** - Erasmus+ KA 1 - Training Course
3. **Inclusion through Arts** - Erasmus+ Ka1 - Youth Exchange
4. **Inclusion+** - Erasmus+ Ka1 - Training course
5. **Tolerance+** - Erasmus+ Ka1 - Youth Exchange
6. **Embracing the colors** - Erasmus+ Ka1 - Youth Exchange
7. **Reputation** - Erasmus+ Ka1 - Youth Exchange
8. **PANDAMNIT - Human rights and minorities during the COVID-19 pandemic** - Erasmus+ Ka1 - Youth Exchange

V. Main topic: Environment and health

1. **Together for Gheraiesti Park** - YIA - Action 1.2 - Youth Initiative
2. **Gheraiesti Park Days 2** - Erasmus+ KA 3 - Structured Dialogue
3. **Environment and inclusion through Junior Ranger Camp** - Erasmus+ KA 1 - Youth Exchange
4. **Environment and Inclusion through Junior Ranger Camp 2** - Erasmus+ Ka1 - Youth Exchange
5. **Find Your Balance** - Erasmus+ Ka1 - Youth Exchange
6. **Creative Health** - Erasmus+ Ka1 - Youth Exchange

LOCAL & NATIONAL ACTIVITIES:

At local level we are organizing weekly different thematic workshops with the young people from our local communities aiming to develop key competences and European awareness among them.

In the same time, in 2017, together with other organizations from our city we have founded a Youth Federation, which became one of the most important stakeholders at local level in the field of youth. Thus, through Bacau Youth Federation we are coordinating and implementing our advocacy strategy at local level.

In the context of the European Youth village program, we aim contribute to the realization of the vision of young people from the rural communities, and especially to develop opportunities for the young people from rural areas, in the rural areas, our efforts focus on four main directions:

- Developing strong and involved rural youth communities through the European Youth Village program and increasing the celebrating the young people, the educators and the success stories from the rural areas at the Rural Youth Gala.
- Connecting young people from rural areas to each other and increasing their representation at national level by developing the RITM Network, the first National Informal Network of Rural Youth (and hopefully to extend the network at international level).
- Developing the youth sector in rural areas by establishing the first Romanian federative structure dedicated to support the non-governmental organizations working grass roots with the young people from rural communities.
- Influencing and developing public policies in the field of youth, which are relevant for young people in rural areas, to pursue their development and to contribute strategically to solving the problems that young people from the rural communities are facing.

AWARDS:

In 2013, our project "A different kind of education 2" was among the finalists at National Volunteers Gala for the Best volunteering project in education field. "

In 2014, our project Acting European 3 - was named the "Best volunteering project in youth field" at National Volunteers Gala. Also in 2014, 2 of our volunteers were named best volunteer in the youth field and best junior volunteer.

In 2015 our project Gheraiesti Park Days 2 was one of the finalist at National Volunteers Gala for the best project in youth field and in 2016, the Romanian National Agency for Erasmus+ (ANPCDEFP) awarded us (for this project) the title of best project in structured dialogue field (a best practice example) at Public Participation Awards.

In 2016 two of our volunteers were among the finalists at the National Volunteers Gala.

In 2017, our project Structured Dialogue Support Group - was named the Best volunteering project in the youth field at National Volunteers Gala. Also, at the same gala, two of our volunteers were among the finalists.

In 2018, our project Acting European 3 received from the European Commission the title of "Success story", being recognized as a best practice at European level in Structured Dialogue projects, the only such title for a Romanian organization so far.

In 2019, our project Solidary in #Sascut2019, the European Youth Village was named the best volunteering project of 2019 from Bacau County.

In 2020, our project "Youth for Democracy" was awarded during Salto Participation and Information Awards, category "Promotion and Outreach".

In 2021, our project "National Youth village – Romania" the Romanian National Agency for Erasmus+ (ANPCDEFP) awarded us (for this project) the title of best project in structured dialogue field (a best practice example) at Public Participation Awards.

In 2021, the European Youth Village program was selected as one of the best practices presented at the Inclusion and Diversity Forum organized by Salto Inclusion and Diversity.

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Dear participants,

My name is Victor TOMA, I am the legal representative of ADA (Romania), your host organization. Together with Alexandra GHEORGHICA (the project's coordinator) and the entire ADA's team, we want to wish you a warm WELCOME in our project **Connected through Empathy**

During the implementation of the entire project our team will try to do their best and give you all the support in the preparation, implementation, and dissemination of the project.

If you have any questions, please do not hesitate to contact us.

We are looking forward to meet you in March.

Dear partners,

Thank you for all your efforts to support this project and help the participants. We are grateful for your help and support, and we hope to have a fruitful and sustainable collaboration.

Best regards and warm hugs,
Victor TOMA
President of Active Development Association