



HEALTHY
FOR
LIFE 3

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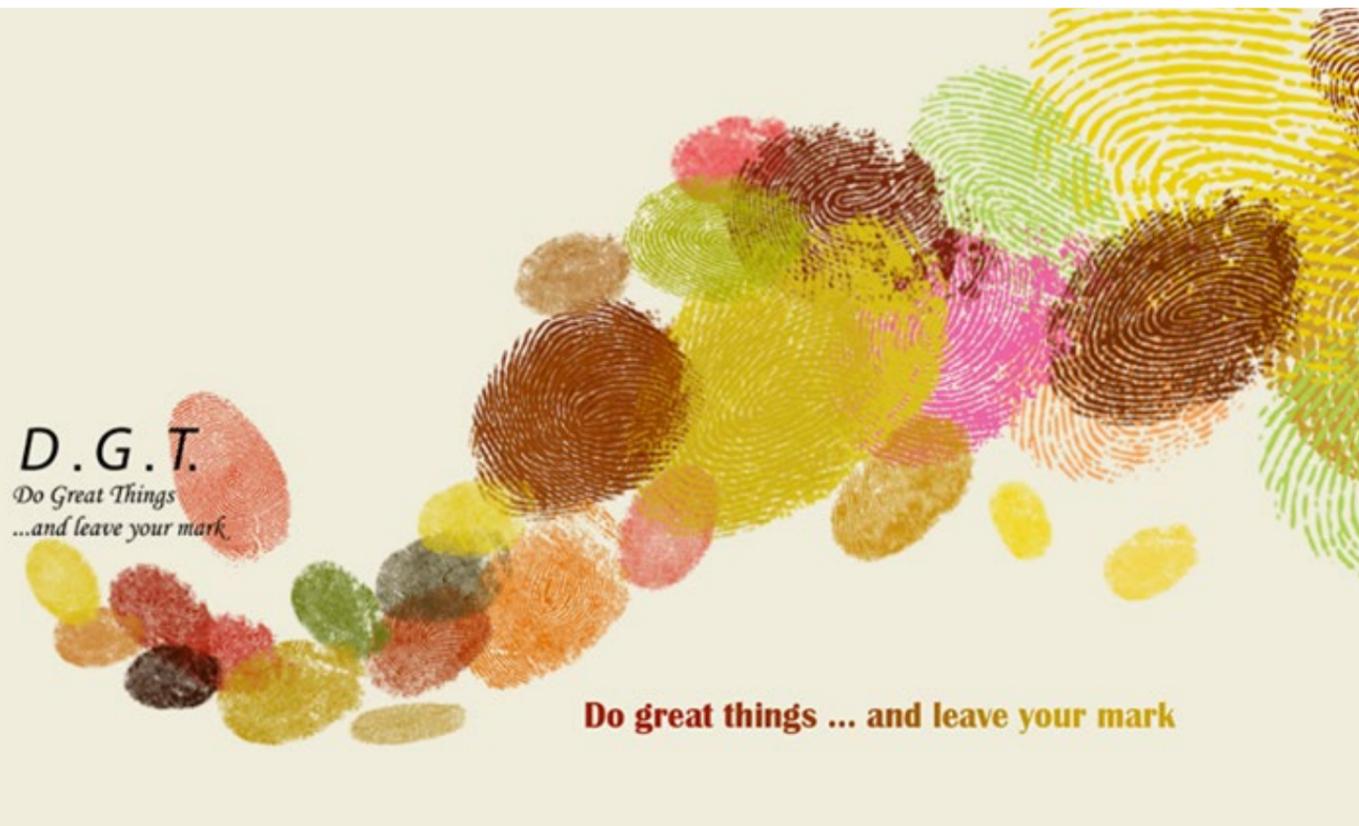
Youth Exchange
01 June - 13 June
Poiana Negrii
Romania



Erasmus+

Fundatia Umanitara
Friend's Society 

ABOUT THE ORGANIZERS



Fundatia Umanitara
Friend's Society



Friend's Society is a member of D.G.T. (Do Great Things) Network and its main targets are high-school and university students, young entrepreneurs and disadvantaged young people in Romania. We are a non-governmental organization that was born from the passion of a few youngsters who wanted to take action and make a change in the society they were living into. Our founding members have also the desire to give back all the things they have learned and experienced during previous years of volunteering.

Our mission focuses on national and international networking among young people, students, trainers and teachers of different nationalities, cultures and backgrounds. It tackles topics such as inter-cultural exchange, non-formal education, ecology, climate change, sustainable development, European citizenship and international politics (geopolitics). All these are added to facilitate the accumulation of experience by young people, through voluntary activities, allowing them to put into practice the theory learned in school.

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facebook page

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linkedin page

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youtube channel

ABOUT THE PROJECT



Healthy for Life 3rd Edition is an international youth exchange, with partners from 7 countries of the programme: Romania, United Kingdom, Slovakia, Latvia, Greece, Germany and Malta. It will last a total of 7 months, from 1 February 2017 to 31 August 2017, having a period of 11 days dedicated to the activities, between 02 and 12 June 2017 (01-13 together with the travel dates). The location of the activities is the Poiana Guesthouse from the village of Poiana Negrii, situated close to Vatra Dornei, a mountain resort in the North of Romania. The group of participants is formed by 42 youngsters, with ages between 18 and 30, and 7 group leaders, without age limit, a total of 49 persons. Each national group will have 6 youngsters and 1 leader.

the objectives

- The facilitation of the exchange of experiences, information and ideas within the group for acknowledging the benefic effects of sports and outdoor recreational activities
- The involvement of the group in 5 concrete activities of learning through experiences (team sports, zip-line, hiking, treasure hunt, adventure park), during the implementation
- The dissemination of the project in the communities involved through the use of the following instruments created/monitored by the participants: 5 motivational videos, the Facebook page, the blog, YouTube channel
- The increase of the international cooperation potential for 7 youth organizations and their inclusion in the Healthy for Life partner network



the impact

Regarding the international impact, the key stands in the partnership that we wish to capitalize by implementing this youth exchange, between the 7 organizations that went for a common vision and goal. As it happened in the previous 2 editions, from which as a multiplication effect we achieved the construction of the concept and the writing of a 3rd edition, we wish that this project will have results that can set the base for other mobilities in Romania or abroad.

the aim

The aim of Healthy for Life 3rd Edition is to raise awareness about the importance of including sports and other outdoor recreational activities in the daily life of young people from the communities of the partners involved, highlighting

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their positive impact for a healthy lifestyle. For this particular aspect will be used non-formal education methods in a multicultural context and practical activities through which the young people can learn by experimenting.

the methods

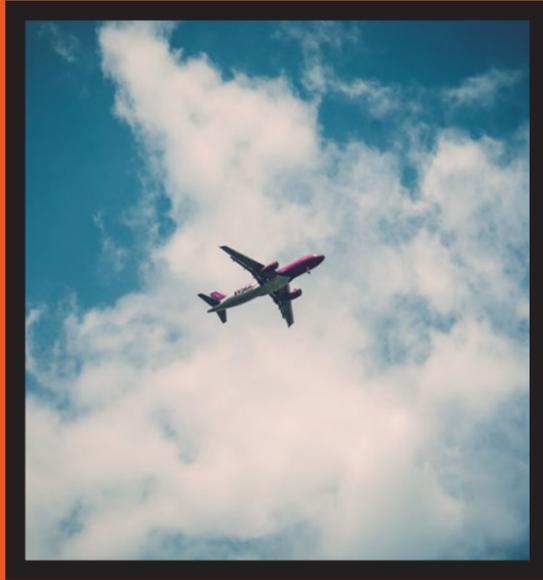
The methods used in the activities will be non-formal and will include teambuilding, acting, interactive presentation, research, analyzes, group work, workshops, video making.

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We believe that non-formal methods are the best levers to easily learn and assimilate the information required in such a multicultural project.

we need

We need 6 young participants (18-30 years old) and 1 group leader (above 18, no superior age limit) from each of the mentioned countries – 7 persons per country.



TRAVEL

You will arrive in Bucharest at the Henri Coanda Airport (OTP).

Use the buses 783 (Unirii Square) and 780 (Gara de Nord – main train station) to go to the city (you have non-stop ticket office in the station at the airport), where you can pay by card. At the airport everything is quite easy to figure out and buses to the city are functioning non-stop even through the night. As a piece of advice, don't change too much money inside the airport because of the bad rates (5-10 euro is more than enough to get your whole group to the city!) and don't take any taxis, especially if the taxi driver approaches you in the Arrivals Hall!



the arrival and departure

The arrival day to Bucharest must be 01 June at maximum 18:00 in the evening! If for some reasons you cannot manage to find tickets with arrival in the morning or in the after-noon please email us and we will find a solution for you! The arrival hour is like this because we need to leave for Poiana Negrii in the evening around 22:00 and we will travel through the night in order to get there very early in the morning, on 02 June! You can also arrive 1 or 2 days earlier to visit Bucharest, on your own expense.

The departure back to Bucharest will be on 12 June in the evening, so make sure you have flights that leave around 11:00-12:00 at the earliest on 13 June, because we will, again, travel through the night and probably reach Bucharest around 7:00-8:00 in the morning on 13 June! You can also stay in Bucharest 1-2 days later and visit, on your own expense.

important!

The meeting point for the departure to Poiana Negrii will be in Bucharest and set later on.

important!

You need to send us by email (or bring with you) all original receipts, invoices, e-tickets and boarding passes!

important!

Reimbursement will be done by bank transfer in the account of your sending organization, according to the rules of Erasmus+.

We strongly encourage you to buy flights that have the possibility to do online check-in and in this way you will be able to give us the return boarding passes as well, without sending them to us by post when you return home!

If for your airline is not possible, you still need to send us the boarding passes by post after the project. It is very important to have all your travel and financial documents with you for each person, otherwise the reimbursement is not possible!

reimbursement of travel per country



GREECE 170€



GERMANY 170€



MALTA 170€



SLOVAKIA 170€



LATVIA 170€



UNITED KINGDOM 270€

important!

We do not cover taxi or private car transport costs.

THE LOCATION



We chose a location that is in the middle of the mountains nature that also benefits fully from the comfort of modern life. It is a place that we know very well and used in other projects in the past. We will stay usually 2-3 persons in one room,

maybe some rooms will host a maximum of 4 persons. It may be possible to have two persons in one bed because some rooms are designed as matrimonial rooms, but rest assured that the beds are big enough and each of you will have his own sheets.

There is signal for mobile and wi-fi internet connection throughout the establishment.

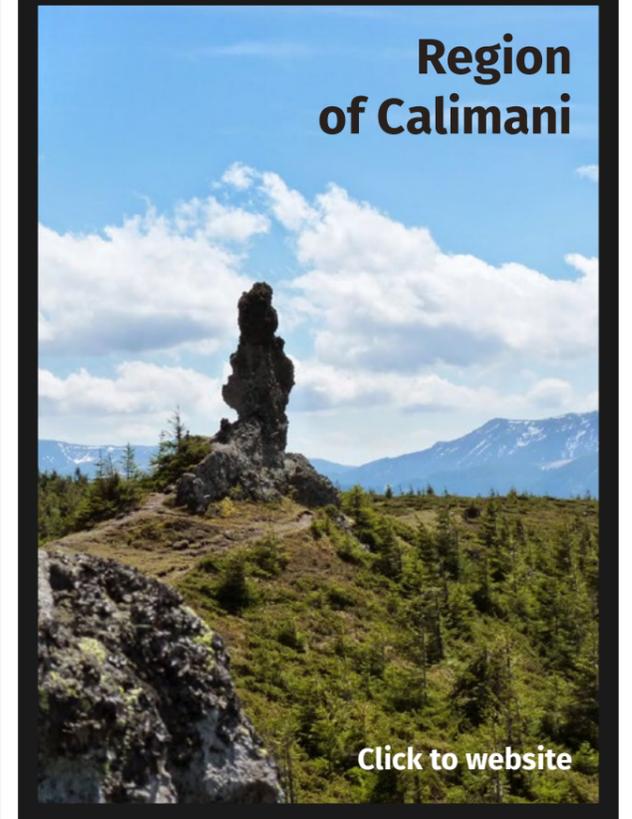
click!
visit pension website

Vatra Dornei



[Click to website](#)

Region of Calimani



[Click to website](#)

important!

We will be in the middle of the Romanian mountains in a place that serves traditional Romanian food. For vegetarians / vegans might be hard to adapt because here most meals contain meat and cheese products. We will surely have vegetarian / vegan options, but please come with an open mind because you may need to eat a lot of potatoes, bread and polenta.

**discover
more about
Bucovina**

We will have many typical Romanian meals with meat because all the products served are from ecological farms and households in the area. Also, it will be permitted to consume alcoholic drinks in your free time and bring typical alcoholic drinks from your countries for the national evenings, with moderation. Click images above to learn more.

THE ACTIVITIES

1st June

- Arrival of the participants
- Night travel to Poiana Negrii

2nd June

- Name games
- Social network
- Fears and Expectations
- Erasmus+ and the Youthpass
- Reflection groups
- Welcome Evening in Bucovina

3rd June

- Mission Impossible
- Potatoes
- Broom Sticks, X & Y
- Reflection groups and leisure time
- Romanian Night



7th June

- The Amazing Race – First Day
- Night at the lodge

* The days with the mountain trips (can be subject to changes due to weather conditions. They could be moved/switched to other days or entirely cancelled if the terrain is not safe for the participants due to storms, fallen trees, etc

8th June

- The Amazing Race – Second Day
- Free Night

** For all the days with trips (including Vatra Dornei trip) lunch packs are provided, including water.

9th June

- Open discussion about the hike activity
- Ideas for recreational activities
- Reflection groups



4th June

- What is Sport?!
- Problem & Solution
- Reflection groups and leisure time
- Cultural Night 2 countries

5th June

- The Little Men
- The Albatros
- Reflection groups
- Cultural Night 2 countries

6th June

- Open Space (preparation)
- Opens Space
- Adventure Park in Poiana Negrii
- Reflection groups
- Cultural Night 2 countries

10th June

- Study Visit to Vatra Dornei
- Making surveys about sports and healthy lifestyle
- Ziplining in Vatra Dornei
- Reflection groups
- Horror Party

11th June

- Examples of previous motivational videos
- Working in groups on the videos
- Reflection groups
- Oscar Night Party

12th June

- Presentations of the motivational videos
- Final Youthpass session
- Strategy for dissemination
- Final Evaluation
- Night travel to Bucharest



13th June

- Departures of the participants from Bucharest



WHAT TO BRING

typical food

and drinks from your countries! We will have traditional evenings during the project and basically every evening will belong to a different country. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on! There may be the possibility to cook something using the kitchen of the establishment.



...

Also, you can show videos, photos, sing music and dance traditional dances from your countries! We are counting on you to make these evenings as interesting as possible.



research

Research about the situation of healthy lifestyle and sports connected to youth in your home regions. It would be wise to look into the matter before

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coming to Romania and during the work sessions explain and give practical examples from your countries.

sleeping bag

We are planning to spend one night in a lodge for mountaineers, in the middle of the mountains at close to 2000 meters.

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Such places here don't have a big capacity for beds, so we strongly encourage you to bring a sleeping bag if you have one;

autumn clothes

In June weather is usually nice, but it can still be tricky in the mountains! Prepare for temperatures between 25 Celsius or more during the day and as low as 5 Celsius during nights. For those of you used to a more Mediterranean climate, please bring a set of autumn clothes, it can still be very cold on the mountains although it's June!

Towels and whatever you need for taking shower, washing, etc.

good shoes

Good shoes for hiking (preferably waterproof), windbreaker jackets and pants, rain jackets, warm fleeces and other clothes suitable for hikes, because we will do mountains trips. The area is very beautiful and safe and we won't be doing anything too physically challenging, but it's always better to have proper equipment. More details about that will come in the weeks before the exchange, because it is important to take into consideration the weather, temperature and other technicalities, before venturing on a hiking path.



health insurance

Although we can't reimburse you the cost of it, we strongly encourage you to make one! Romania is an EU member state, so an insurance for

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traveling here should be cheap and easy to make. If you have a European Health Card, please bring it with you, it is valid in our hospital system also and can replace a regular insurance.

**FOR MORE ABOUT ROMANIA
CLICK THE IMAGES BELOW**



**OUR CURRENCY IS THE ROMANIAN LEU (RON):
1 EURO = 4.50 RON (IN MARCH 2017)**

CLICK TO DOWNLOAD THE APPLICATION FORM

**PROJECT
MANAGER**

Adrian Cocardan
meisxmaster@yahoo.com
0040748213791