

**YOUTH  
CENTRES UP**

# The largest volunteering project in Europe

**Community engagement  
Skills development  
Inclusion**

[www.fitt.ro](http://www.fitt.ro)





## **What?**

*Youth Centres Up,  
European Solidarity Corps*

## **Where?**

*Timișoara, Romania*

## **When:**

*July 11<sup>th</sup> - August 19<sup>th</sup>*

**Arrival days:**  
**9th and 10th of  
July**

**Departure day:**  
**20th of August**

# *What is about...*



This project is a team volunteering one (short term - less than 2 months) and it is about solidarity, participation, community involvement and social inclusion, so take the opportunity to make a change, benefitting of the occasion to develop skills and abilities such as teamwork, sense of initiative, organizing events.



# *What do we want to accomplish?*

**1**

Involvement of 100 young people, international volunteers, in solidarity (volunteer) activities for 40 days in 5 communities of Timisoara.

**2**

Involvement of at least 40 young people with fewer opportunities in solidarity actions in an international context for a period of 40 days in 5 communities in Timisoara.

**3**

Involvement of at least 30 (predominantly young) citizens in each community (150 in total) in setting up five urban youth centers for a period of 40 days through volunteering supporting the process.

**4**

Arrangement and inauguration of 5 youth centers, in 40 days, in 5 distinct communities in Timisoara guided by the principles of community solidarity and participatory arts.

5

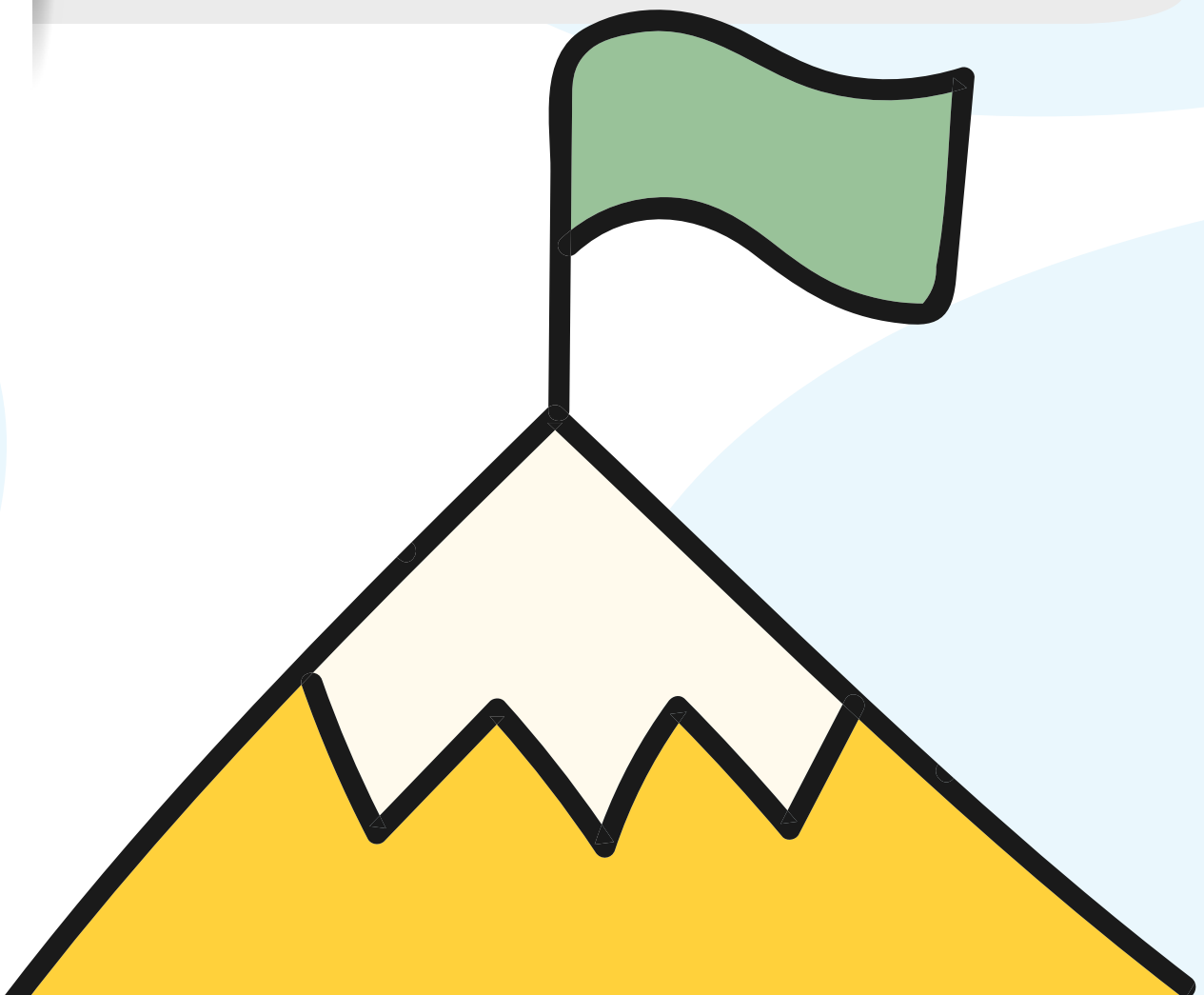
The development of transversal competences for 240 young people from European and non European countries and Romania for 40 days, focusing on: teamwork skills, initiative sense, event organization and communication in a foreign language.

6

Setting up 5 urban youth centres in which to develop activities for young people with fewer opportunities in order to make their social inclusion process more efficient.

7

To carry out a national conference to valorize the results on August 12<sup>th</sup> (International Youth Day).



***This is what  
you are  
going to  
do...***

***Activities will  
be splitted  
in 3 different  
stages:***

**1**

For 40 days, between July and August 2019, you (one of the 100 young people from 20 European countries and EU partner countries) will work together with the community to arrange 5 old buildings in the neighborhoods of Timisoara, turning them into urban youth centres and to pilot your first activities together with the community.

Community engagement, teambuilding and planning: you will discover the community where the activity will happen, you will engage with them and convince them to be part of the process. You and your 24 team colleagues will have to create the plan about how the whole process will happen.

# 2

“Building” the centres: – we don’t have architects, money for new furniture or fancy tools – but we believe in the power of the community and innovative approach of young people.

# 3

Opening ceremony – each youth centre will have their own inauguration ceremony that will be organized by you! Each team will receive a fixed budget and is up to you how you want to organize it!

More than that, you’ll help to deploy a national conference to valorize the results on August 12 (International Youth Day). Because we have to celebrate your results and to be sure that many people are able to find out how cool are you and what are young people able to realize if they are working together!





## *What you'll get out of the project...*

- Teamwork competences;
- Communication skills in a foreign language;
- Experience in planning of events;
- Sense of initiative and entrepreneurship;
- Awareness of cultural differences and / or civic and social competences;
- Knowledge about the Youth Goals (the project focuses on the Youth Goal no.9 – Safe Spaces and Participation for All);
- Knowledge about the International Youth Day (August 12);
- Knowledge of how projects are implemented through community participation;
- Knowledge about the European Solidarity Corps.



*You don't  
need to  
worry  
about:*

■ accommodation – will be provided by us – you and all the participants will be accommodated in one of the student dorms.

**Facilities at the accommodation:**

- ● washing machines;
- ● shared kitchen with dishes cups and cutlery, microwaves and electric stove;
- food – we will decide together – provided by a catering company or self organized (that means you will receive the money and it is up to you);
- transport – we will cover transport according to project regulation (same as Erasmus+ and ESC distance band);
- pocket money – yes we will provide also with that (120 euro for 40 days – living in Romania isn't that expensive).
- Yay, at the same time there are few other international festivals/projects happening!

## *Bring with you:*

- a decoded mobile phone (you will receive a SIM card from us);
- comfortable clothes suitable for reshaping the buildings where the youth centres will be;
- summer clothes, shoes & accessories, swimming suit;
- towels, bath flip flops, hygienic products and a hair dryer if you need one;
- solar protection cream and hats for when you will be working outside;
- medicine if you have any specific illness or medical condition; we will have a first aid kit but it doesn't have specialized medicine. If you have any allergies or medical conditions that you think we should know about please inform us beforehand to avoid any complications. We will keep it confidential!
- a lot of good mood and energy :-)

## *Checklist for travel reimbursements*

### **1. Regular air tickets must be accompanied**

- by the original invoice (signed and stamped)/receipt/pay order/proof of payment;
- the boarding pass (the small ticket stub you receive before boarding the plane);
- the prices stated in the invoices, receipts etc. must coincide with the price on the ticket.

### **2. E-Tickets**

- must include your name, the exact fare you paid, details of your flight;
- must provide the boarding pass (the small ticket stub you receive before boarding the plane).

### **3. Train/Bus tickets**

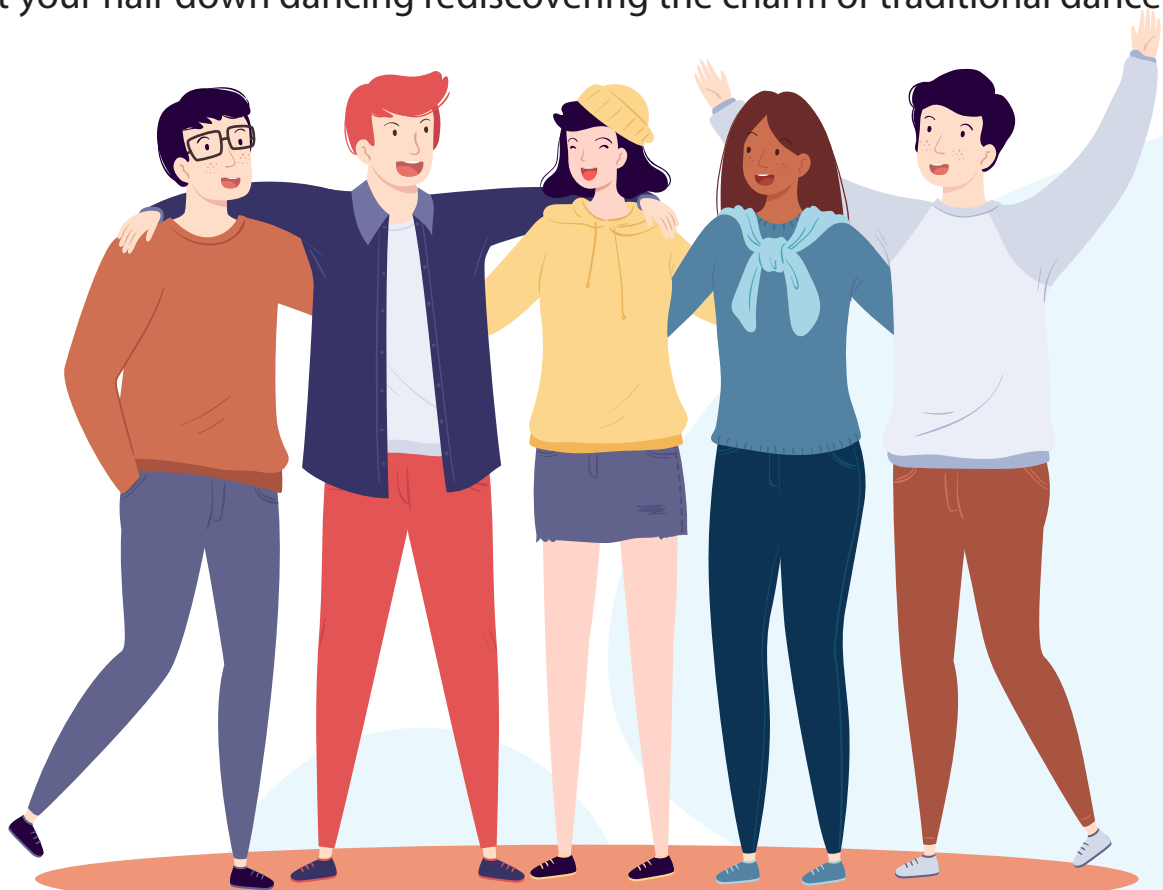
- it is important that the arrival and departure time, as well as the price are visible (+invoices if available).

# *Intercultural night*

An intercultural evening is an activity in which participants present their own Country, their own cities, their own traditions, but also a way to have a chance to sample different local flavor and to get more information about places and cities, costumes, music and folk dancing!

You are thinking that is “too” and you don’t know where to start? Here are eight easy steps to successfully represent your country in the framework of the intercultural evening.

- National flag;
- Dressed in traditional clothes;
- Played traditional music (if you know how to play an instrument be sure to learn how to play a traditional song);
- Made a short presentation with the most relevant information about your country (the main cities, the most visited places, local customs, including creative games and quizzes);
- Share personal stories;
- Bring food and traditional drinks in your region;
- Cook a traditional dish;
- Let your hair down dancing rediscovering the charm of traditional dances.



# About Timisoara

Timișoara is a special city. Everybody feels it, those who were born and live here and those who come here and then decide to stay. Timișoara is a city of parks and of heritage buildings, a city both cultural and sportive, a university city, and especially an amazing city to those visiting it. Timișoara is the city of freedom, which in December 1989 becomes the 1st communism-free city in Romania. Whether you choose to walk along the streets full of a fascinating history, or you choose from the rich cultural offer or an agitated night in the clubs or a refined one in some chic restaurant, Timișoara has got many things to offer.

Timișoara is a permanent space of cultural and ethnical interferences that offers the city multiple advantages. Timișoara is a rich cultural city with a particular architectural heritage, which gathers in a relatively small space an impressive heritage from different epochs and cultures, traces of different ethnic communities who have left their identity marks here.



Timisoara will be The  
European Capital of  
Culture in 2021.

## Timisoara, the largest city in western Romania



The Romans used it as an important crossroads fortress until the Tatars destroyed it in the 13th century. Conquered by Turkish armies in 1552, Timisoara remained under their protection until 1718 when the region of Banat came under Austrian rule for two centuries.

- Timisoara was the 1st European city to introduce horse-drawn trams (in 1869) and electrical street lighting (in 1889);

- Timisoara was built on a swamp;

The Metropolitan Cathedral has 5000 oaks supports underneath it;

- Johnny Weissmuller, Hollywood's original Tarzan, was born here;

- The 1st beer factory in Romania was opened here in 1718.

As a true youth city, Timisoara received the title of the National Youth Capital a programme resulted from the EYC Youth@Cluj-Napoca2015.

The implementation of this 1st edition has been under FITT's coordination since 2nd of May 2016 until 1st of May 2017.



# About us...



# FITT

## Timis County Youth Foundation

Timis County Youth Foundation (Fundatia Judeteana pentru Tineret Timis – FITT) was founded under the Decree-Law no. 150/1990. It is a public utility umbrella organization for youth NGOs and student NGOs (from 14 different specialities). With 30 member organizations (2000 active young members) and more than 28 years of activity in the West Region, FITT is the most important, old and unique concerning its activity, its legal provisions and its leaders profile, in this part of the country. Our foundation is a model of democratic behaviour, as well, being administrated by a General Assembly consisting of the youth NGOs in Timis County and a board consisting of 13 young people (aged between 18 and 35). We focus on youth participation, local and national youth policies and on promoting the European values at local, regional and national level that are so important to youth nowadays.

We have in possession the Timisoara Youth House (a 11.000m<sup>2</sup> impressive building) – which, in 2018, was awarded second time with The Council of Europe Quality Label for Youth Centres.

We are one of the thirteen such Youth Centres in Europe that have this Accreditation and the only one in Romania.

Another performance that is considered an asset is the administration of INCUBOXX, the biggest business incubator in Romania and the only one specialized in IT (6.300 m<sup>2</sup>). The Municipality owns the building and FITT's Ltd. company is the administrator of the activity. The incubator is run by young people being under the Municipality of the city.



# INCUBOXX



Also, FITT was involved in making the Local Youth Strategy for 2014-2020 and it coordinated the process of making the Timis County Youth Strategy for 2017 - 2021, these being some examples on youth participation and youth policy development on local and regional level.



In addition, at local level we implement each year the Youth Project Gala with the main aim to promote and reward youth NGOs and encourage the youth projects. The Gala itself is an example of youth participation. The event is youth lead. The jury is composed more than 50% by youth experts.

At national level, in 2016, FITT, on behalf of Timisoara was the host for the first Youth Summit of Romania. The project gathered over 150 young participants from all over the country, they were involved in different trainings and activities, having as a result the Youth Resolution which was adopted by the political parties and included in the government plan for 2016-2020.





# CĂMINUL CAMELIA

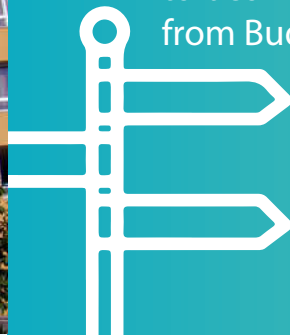
STR. CAMELIEI 9-11, TIMIȘOARA



## HOW DO YOU GET TO US:

If you arrive at the Budapest or Belgrad airport:

A shuttle company will bring you directly to a accommodation place for around 35 euro from Budapest and 40/45 euro for Belgrad.



### If you arrive at the train station:

- From the Railway Station CFR Timisoara to Căminul Camelia:
- 30 minutes by walk - <https://bit.ly/2KG95h4>
- walk 15 minutes -> Go east on Bulevardul Republicii / DN59 / E70 to Andrei Muresanu Street -> Slight left to stay on Bulevardul Republicii / DN59 / E70 -> Calea Circumvalatiunii Tramway Station -> take tramway no. 5 to Grup Scolar Spiru Haret Tramway Station -> Go south to Macilor str. via Calea Bogdăneștilor Boulevard.



### If you arrive at the Traian Vuia Airport in Timisoara:

You should take the bus Express 4 (E4) from the Airport and get out at Piața Badea Cârțan Bus Station. From there you will have to look around for Piața Badea Cârțan Tramway Station. Then take tramway no. 5 to Grup Scolar Spiru Haret Station. Go south to Macilor str. via Calea Bogdăneștilor Boulevard.

### Don't forget to keep the tickets!



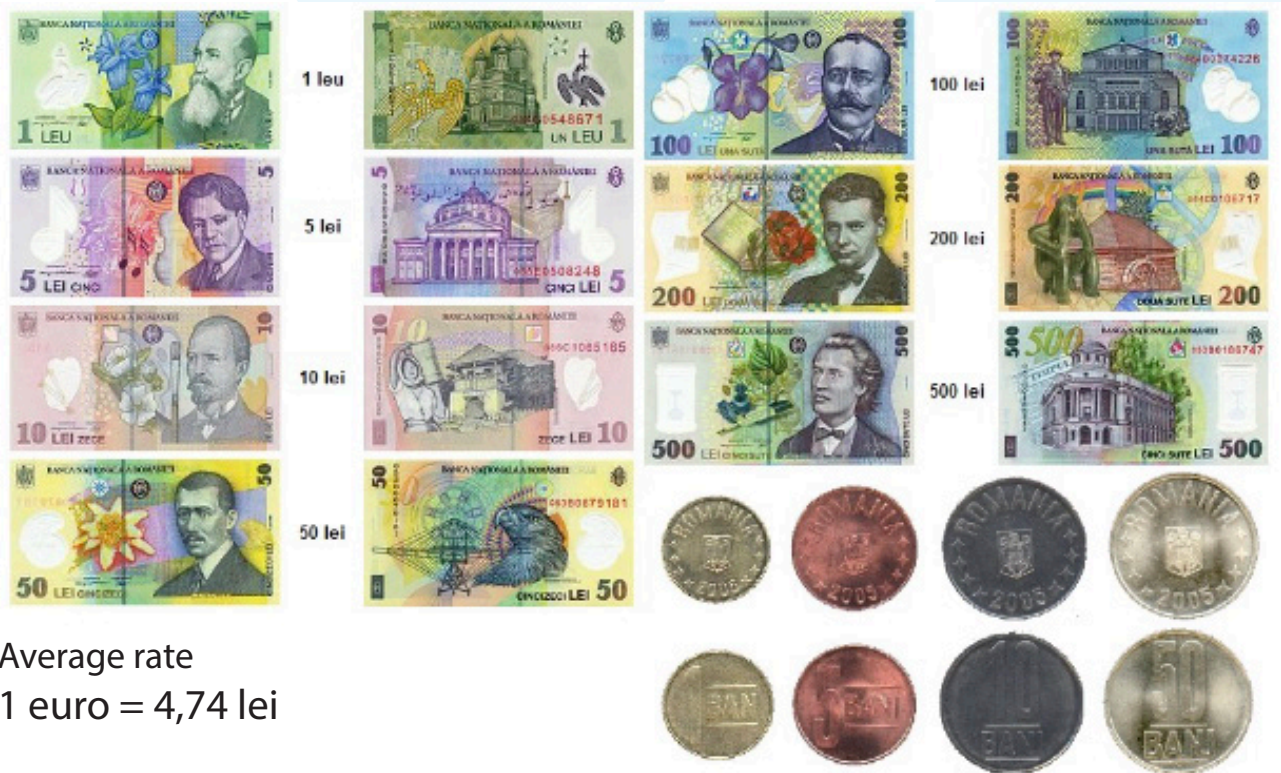
The easiest way to get around in the city is by taxi

Tudo Taxi: +40256 945  
Taxi Radio: +40256 940  
Fan Taxi: +40256 944

Eligible costs	Financing mechanism	Amount	Rule of allocation
<p><b>Travel</b></p> <p>Contribution to the travel costs of participants from their place of origin to the venue of the activity and return.</p>	<p>Contribution on the basis of unit costs</p>	<p>For travel distances between 10 and 99KM: EUR 20 per participant</p>	<p>Based on the travel distance per participant, including accompanying persons. Travel distances must be calculated using the distance calculator supported by the European Commission<sup>20</sup>.</p> <p>The applicant must indicate the distance of a one-way travel to calculate the amount of the EU grant that will support the round trip<sup>21</sup>.</p>
		<p>For travel distances between 100 and 499 KM: EUR 180 per participant</p>	
		<p>For travel distances between 500 and 1 999 KM: EUR 275 per participant</p>	
		<p>For travel distances between 2 000 and 2 999 KM: EUR 360 per participant</p>	
		<p>For travel distances between 3 000 and 3 999 KM: EUR 530 per participant</p>	
<p>For travel distances between 4 000 and 7 999 KM: EUR 820 per participant</p>	<p>For travel distances of 8 000 KM or more: EUR 1 500 per participant</p>		

# Romanian currency

Our national currency is RON



Average rate  
1 euro = 4,74 lei

## Weather

Weather in Romania during the summer can be quite hot. The temperature can reach 30 - 40 Celsius degrees. Closer to your arrival, please check how the weather is going to be in Timisoara, Romania, so that you can adapt your luggage. You can check the following website:  
[www.accuweather.com](http://www.accuweather.com)



# YOUTH CENTRES UP

In order to calculate the distance between from your place of origin to the venue of the activity (Timisoara) and return, please access the link below:

<https://bit.ly/2pVXeyT>



Fill the form and be a super volunteer this summer!  
Be part of the change movement, be part of Europe!

<https://bit.ly/2R0IOKY>

