



- Solidarity
- Community
- Impact
- Youth

Lugoj, Romania



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Solidarity for Lugoj

What: Setting up a youth center

Where: Lugoj, Timiș county, Romania

When: 19th of July - 27th of August 2021

Who: International volunteers together with the local community

How: Through solidarity, and active participation

Solidarity for Lugoj is a team volunteering project, 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!**

The travel days are **18th of July** and **28th of August**.

The journey



Through the project, we aim to:

- Involve 40 international and national volunteers in solidarity activities for 40 days;
- Involve the community of Lugoj in setting up an urban youth center through volunteering activities and donations;
- Set up and inaugurate a youth center, guided by the principles of community solidarity and participatory arts;
- Develop transversal competencies for 40 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;
- Set up an urban youth center in which to develop activities for young people with fewer opportunities in order to make their social inclusion process more efficient;
- To carry out an international conference to valorize the results on August 12th (International Youth Day).

Goals

The 3 main stages of your volunteering activity will be:



- **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 team colleagues will have to create the plan about how the whole process will happen.
- **“Building” the youth centre:** – 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.
- **Opening ceremony** – the youth centre will have its own inauguration ceremony that will be organized by you! As a team, you will receive a 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), as 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!

Skills

Your new skills after this experience:



1. Teamwork competencies;

2. Communication skills in a foreign language;

3. Experience in planning of events;

4. Sense of initiative and entrepreneurship;

5. Awareness of cultural differences and / or civic and social competences;

6. Knowledge about the Youth Goals (the project focuses on the Youth Goal no.9 – Safe Spaces and Participation for All);

7. Knowledge about the International Youth Day (August 12);

8. Knowledge of how projects are implemented through community participation;

9. Knowledge about the European Solidarity Corps.



You don't have to worry about:

- Travel expenses from your home country to Romania – we will cover transport according to project regulation (same as Erasmus+ and ESC distance band);
- Accommodation – will be provided by us in rooms for 2/3 persons.
- Food – you will receive 5 euros/day as food allowance;
- Pocket money – yep, you will receive 3 euros/day as pocket money;

Don't worry, life in Romania is not expensive.

Don't forget to take with you...

- a decoded mobile phone (you will receive a SIM card from us);
- comfortable clothes suitable for reshaping the building where the youth centre will be set up;
- 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!
- all the good mood and energy :-)



An **intercultural evening** is an activity in which the participants present and represent their own country, their own cities, their own traditions, but also a way to have a chance to sample different local flavors and to get more information about places and cities, costumes, music and traditional dancing!

Are you thinking that this is “too complicated” and don’t you know where to start?

Here are 7 easy steps to successfully represent your country in the framework of the intercultural evening.

- Take your national flag with you;
- Wear traditional clothes;
- Prepare some traditional music (if you know how to play an instrument be sure to learn how to play a traditional song);
 - Make 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 from your region, if it’s possible;
 - Cook a traditional dish.

About Lugoj

Lugoj is a city in Timiș County, Banat, western Romania. The river Timiș divides the city into two halves, the so-called Romanian Lugoj that spreads on the right bank and the German Lugoj on the left bank. Lugoj was once a strongly fortified city that developed along the river Timiș. During the Middle Ages and eighteenth century, it was of greater relative importance than at present.

In the 18th century, many public buildings were built in the city, including the Roman Catholic Church and the Orthodox Church "Assumption".

The Iron Bridge, a symbol of Lugoj, was built in 1902. On November 3, 1918 a Great National Assembly took place in Lugoj. The right of self-determination of the Romanian nation was proclaimed after the dissolution of the Austro-Hungarian Empire in World War I.

In modern times, the city was the home town of famous Dracula actor, Bela Lugosi.



About Lugoj



On December 20, 1989, Lugoj became the second city in Romania liberated from the communist dictatorship. This day is a turning point in the history of the city, being celebrated today as Lugoj Day. It is a day that reminds of the fact that the people movement that broke out in Timișoara spread rapidly in Lugoj, anticipating the fall of the communist regime, and led since December 20, 1989 to the removal of the local communist authorities.



About FITT

Timis County Youth Foundation (Fundatia Judeteana pentru Tineret Timis – FITT) is a public utility umbrella organization for youth NGOs and student NGOs (from 14 different specialities). With 31 member organizations (2000 active young members) and more than 31 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 11.000m2 impressive building) – which, in 2018, was awarded second time with The Council of Europe Quality Label for Youth Centres.

We are one of the 14 such Youth Centres in Europe that have this Accreditation and the only one in Romania.



Timis County Youth
Foundation





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 m²). 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.

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.



Checklist for travel reimbursements:

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 from the ticket;

E-Tickets:

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

Train/bus tickets:

- It is important that the arrival and the departure time, as well as the price to be visible (+invoices if available)

The reimbursement will be done according to ESC distance calculator which one you can check in the link below:

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

Eligible costs		Financing mechanism	Amount	Rule of allocation
Travel	Contribution to the travel costs of participants from their place of origin to the venue of the activity and return. In addition, if applicable, travel costs for Advance Planning Visits.	Contribution on the basis of unit costs	For travel distances between 10 and 99KM: EUR 20 per participant	Based on the travel distance per participant, including accompanying persons. Travel distances must be calculated using the distance calculator supported by the European Commission. 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 ³⁰ .
			For travel distances between 100 and 499 KM: EUR 180 per participant	
			For travel distances between 500 and 1 999 KM: EUR 275 per participant	
			For travel distances between 2 000 and 2 999 KM: EUR 360 per participant	
			For travel distances between 3 000 and 3 999 KM: EUR 530 per participant	
			For travel distances between 4 000 and 7 999 KM: EUR 820 per participant	
			For travel distances of 8 000 KM or more: EUR 1 500 per participant	
Organisational Support	Project management costs (e.g. planning, finances, coordination and communication between partners, administrative costs)	Contribution on the basis of unit costs	EUR 225 per participant Maximum EUR 4 500 per project	Based on the number of participants in traineeships or job activities, excluding accompanying persons.

Visa fee will not be covered within the project.

Weather

In Lugoj, the summers are warm, to hot, with average top temperature of around 26 °C (84.2 °F).

Currency

Romanian currency is RON
1 EURO = 4,84 RON



Contact us here:



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Apply by filling in this form:



<https://bit.ly/SolidarityForLugoj>

