

YOUTH EXCHANGE

TIMISOARA, ROMANIA

March 22-30



Co-funded by the
Erasmus+ Programme
of the European Union

emPOWERing
the informal

ABOUT THE PROJECT



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EmPOWERing the informal is a project that focuses on informal groups, aiming to make suggestions at the national and international level on how policies can be improved to favor the growth of informal groups and the impact they have upon youngsters and the community they are based in.

ABOUT THE MOBILITY

Within the youth exchange, with FITT's staff support, participants will:

- share information about the local identity and culture of the region they come from;
- learn about the tools of active citizenship and youth participation;
- learn about various forms of volunteering and methods of community engagement and community building;
- discover non-formal education methods and useful resources for informal groups.



PARTICIPANTS

The youth exchange will gather young people who:

- are between the ages of 16 and 30;
- speak English at a conversational level;
- are part of an informal group/are interested in creating an informal group;
- are interested to participate in non-formal activities.



WE ARE YOUR HOST:

Timis County Youth Foundation (FITT) was founded in 1990. It is a public utility umbrella organization for youth and student NGOs (from 14 different specialties).

Moreover, FITT...

- is a model of democratic behavior;
- owns the Youth House, an 11.000 m2 building
- is focusing on youth participation and youth policies;
- has 31 years of existence;
- has 31 youth and student organizations as members;
- is the only youth center in Romania accredited by the Council of Europe with the Quality Label for Youth Centres (2016-2023) and one of 14 such centres in Europe.



INFO ABOUT THE CITY

Timisoara is a special city. Everybody feels it, those who were born and live here and those who come here and then decide to stay.

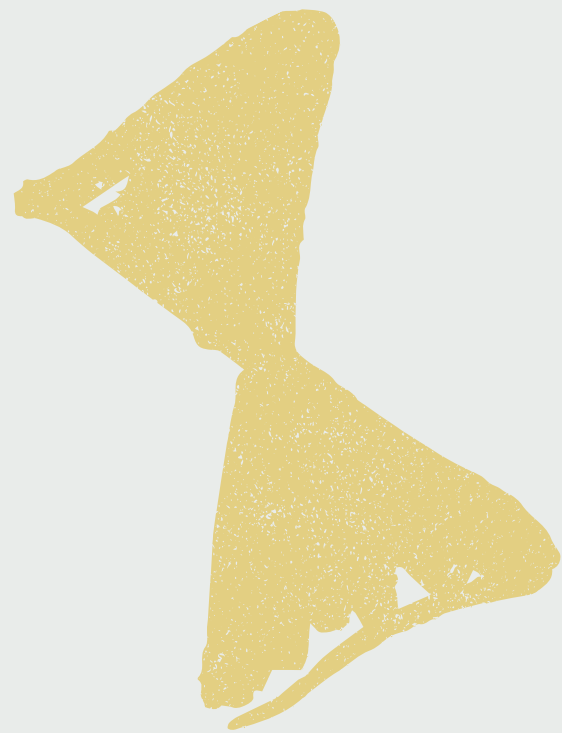
In 2023, Timisoara will be the European Capital of Culture.



Timisoara has got many things to offer, such as:

- Impressive heritage from different epochs and cultures;
- Rich cultural history;
- Agitated and fun nights in the popular clubs;
- Refined evenings in elegant restaurants.

As a true youth city, Timisoara received the title of the National Youth Capital. The implementation of this 1st edition has been under FITTs coordination from 2nd of May 2016 until 1st of May 2017.



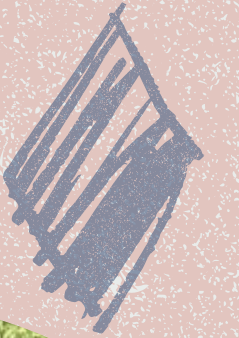
ACCOMMODATION & FOOD

LOCATION OF ACCOMMODATION: STUDENTS CAMPUS

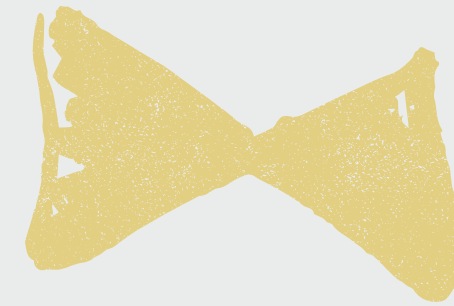
Accommodation – it will be provided by us – you will be accommodated in one of the student dorms. Facilities at the accommodation:

- shared bedrooms;
- shared kitchen and bathroom.

Food – it will also be provided by us – 3 meals/day. Also, we will organize dinners out, and you will have the chance to eat some traditional food also.



TRAVEL



The travel expenses will be reimbursed according to Erasmus+ distance band, the maximum amounts being:

- Spain - 360 EUR;
- Portugal - 360 EUR;
- Luxembourg - 275 EUR;
- Hungary - 180 EUR.



Day/Time	March 22 Tue	March 23 Wed	March 24 Thu	March 25 Fri	March 26 Sat	March 27 Sun	March 28 Mon	March 29 Tue	March 30 Wed
8:00-10:00 Breakfast	A								D
10:00-11:30	R	Getting to know each other	Volunteering and community building	Identity and local culture	Empowering young people building meaningful connections	Diversity and social inclusion	Non-formal education methods	Visit to Lugoj Youth Centre	E
11:30-12:00 Coffee Break	R								P
12:00-13:30	I	Tour of the Youth House	Community engagement methods	Ways of expressing our culture	Active citizenship and youth participation	Supporting young people with fewer opportunities	Opportunities for young people in the EU	Facilitating activities for youth in Lugoj	A
13:30-15:00 Lunch	V								R
15:00-16:30	A	City Tour	Scavenger Hunt in the youth centres	Informal group culture	Visit at Village Museum	Human rights and youth work	Resources for informal groups	Facilitating activities for youth in Lugoj	T
16:30-17:00 Break	L								U
17:00-18:30	D	City Tour	Scavenger Hunt in the youth centres	Visit at the museum	Outdoor Games	Free time	Creating activities for young people	Back to Timisoara	R
18:30-20:30 Dinner in the city	A								E
20:30-22:00	Y	Quiz night	Free night	Intercultural night	Free night	Social activity	Free night	Goodbye party	

WHAT TO BRING WITH YOU



- ID - Passport or any other ID you use for travel.
- E-tickets and receipts - keep original tickets/boarding passes, invoices, receipts.
- Towels, flip flops, hygiene products, and a hairdryer if you need one.
- Medicine if you have any specific illness or medical condition.
- A lot of good mood and energy :)

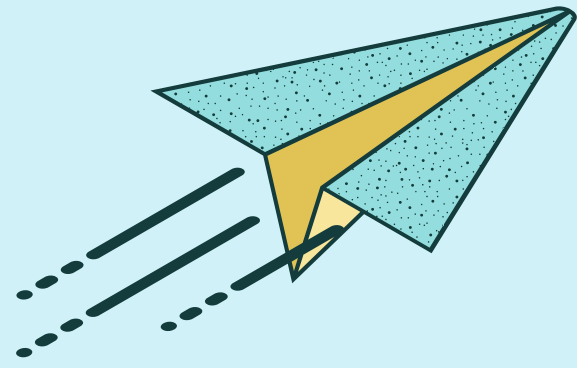
WHAT TO BRING WITH YOU

FOR THE INTERCULTURAL NIGHT

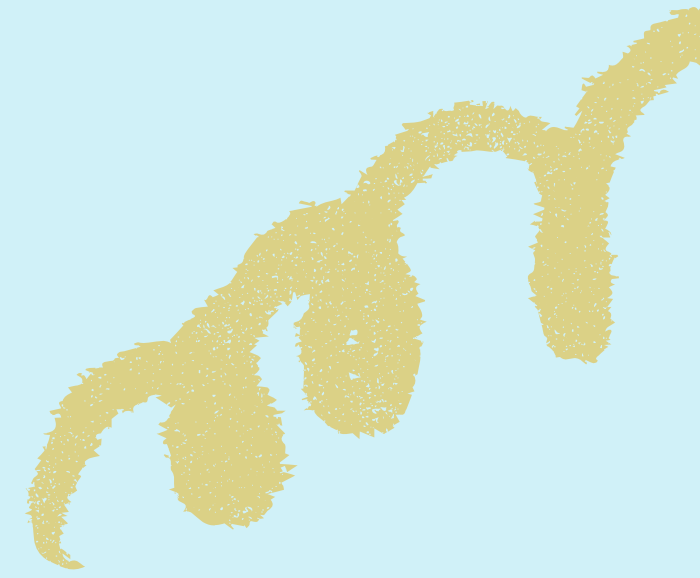
Here are some suggestions on what to bring or prepare:

- National flag;
- Some traditional clothes;
- A short presentation with the most relevant information about your country (the main cities, the most visited places, local traditions, including creative games and quizzes);
- Share personal stories;
- Bring food and traditional drinks from your region;
- The recipe of a traditional dish.





TRAVEL INSURANCE AND COVID-19 RESTRICTIONS



TRAVEL INSURANCE

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FITT declines all responsibility for any risk that can occur to participants during their journey, or during their stay in Timisoara. Individual insurance or collective insurance against all risks is therefore necessary, the latter to be arranged by participants. There is a Social Security Convention on sickness insurance for member states of the European Union. Nationals of these countries can obtain the necessary documentation, the European Health Insurance card.

COVID-19 RESTRICTIONS

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The infection rate is quite high here, but over time most of the restrictions have been dropped. Currently, it is only recommended to wear a mask inside.

If one of the participants wants certain measures to be implemented, these things will be agreed with the all the group. Also, if participants want to do it COVID-19 tests, these tests will be provided by the organization.



This time of the year, the temperature typically varies from 8°C to 15°C.

Our currency is RON: 1 EURO = 4.95 RON (or LEI)

CONTACTS

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Primăria
Municipiului
Timișoara



experimentáculo



szubjektív
értékek
alapítvány



P.O.D. ASSOCIATION



GREEN EUROPEAN FOUNDATION

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