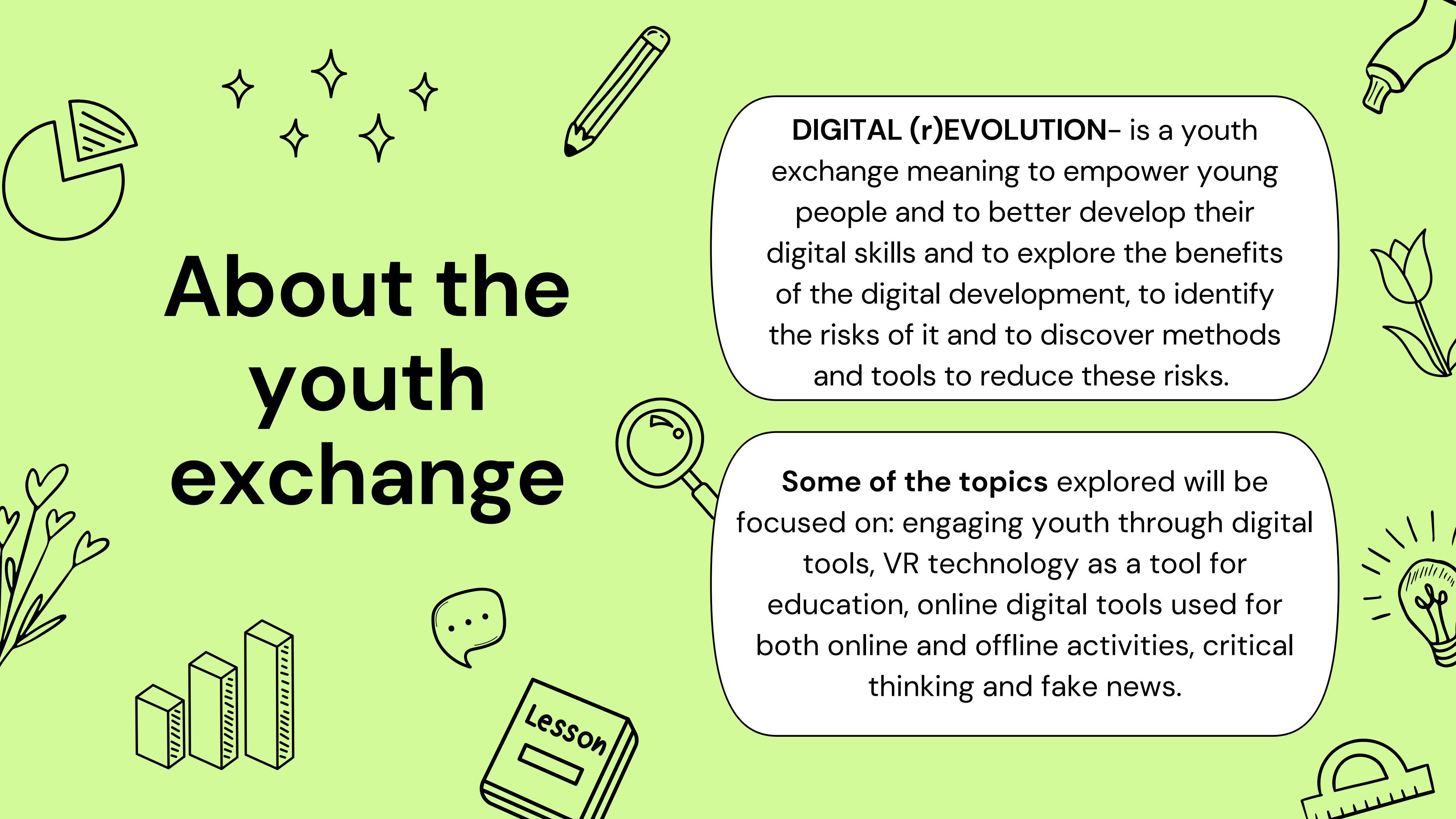




Digital (r)EVOLUTION

Youth Exchange

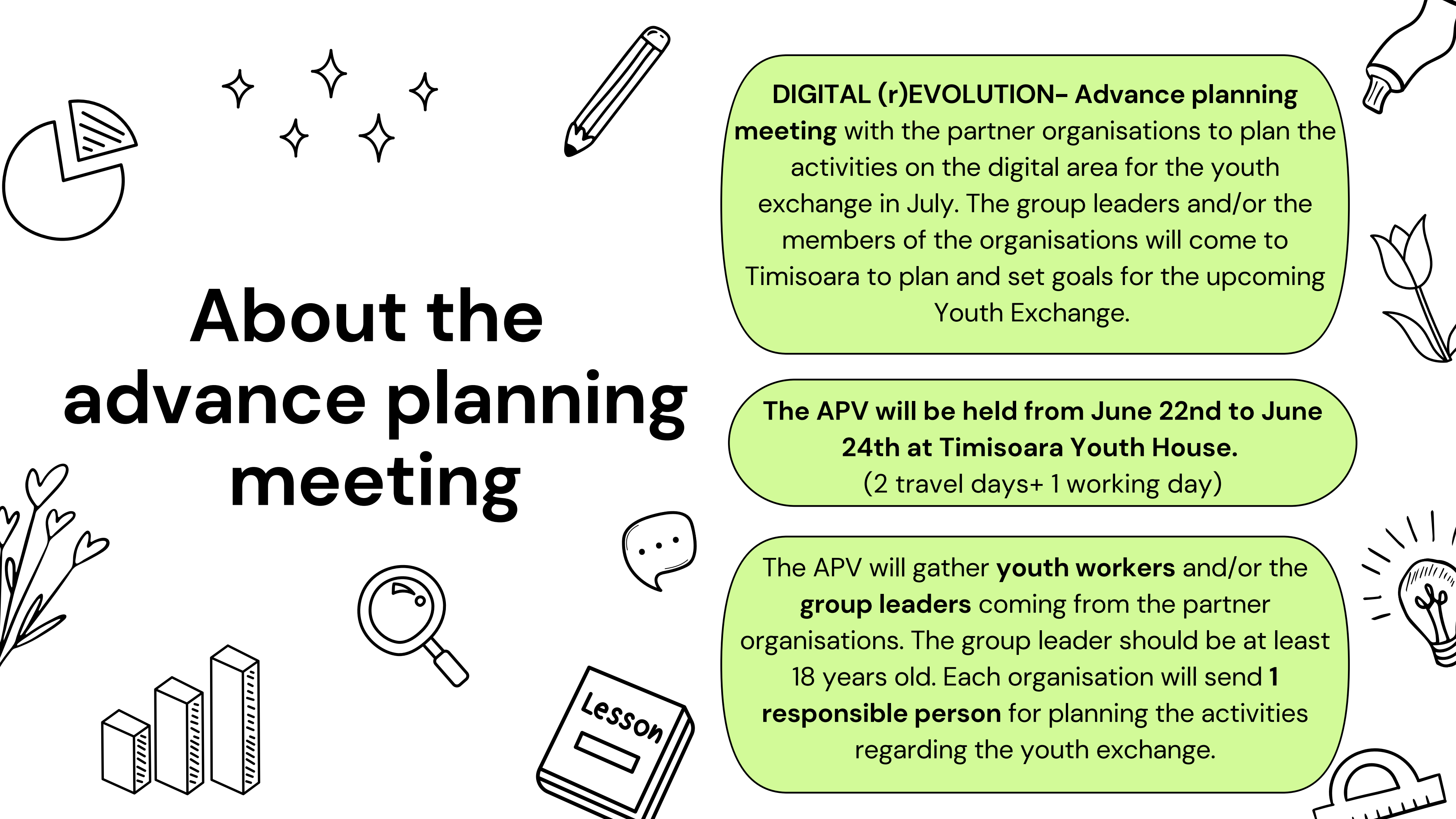
→ Timișoara, Romania
July 1-7 ←



About the youth exchange

DIGITAL (r)EVOLUTION– is a youth exchange meaning to empower young people and to better develop their digital skills and to explore the benefits of the digital development, to identify the risks of it and to discover methods and tools to reduce these risks.

Some of the topics explored will be focused on: engaging youth through digital tools, VR technology as a tool for education, online digital tools used for both online and offline activities, critical thinking and fake news.



About the advance planning meeting

DIGITAL (r)EVOLUTION– Advance planning meeting with the partner organisations to plan the activities on the digital area for the youth exchange in July. The group leaders and/or the members of the organisations will come to Timisoara to plan and set goals for the upcoming Youth Exchange.

The APV will be held from June 22nd to June 24th at Timisoara Youth House.
(2 travel days+ 1 working day)

The APV will gather **youth workers** and/or the **group leaders** coming from the partner organisations. The group leader should be at least 18 years old. Each organisation will send 1 **responsible person** for planning the activities regarding the youth exchange.

Participants

The **youth exchange** will gather young people who:

- are between the ages of 16 and 30;
- speak English at a conversational level;
- are interested to participate in non-formal activities and learning more about digital tools.

Very important: each group of participants (minimum 4) must have also a leader who has experience in international mobilities and who is part in the partner NGO.



4 Young people



1 Group leader



Timis County Youth Foundation
(FITT) was founded in 1990. It is a public utility umbrella organization for 31 youth and student NGOs (from 14 different specialties).

Moreover FITT...

- 1 **is a model of democratic behavior, focusing on youth participation and youth policies;**
- 2 **owns the Youth House, an 11.000 m2 building**
- 3 **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.**

We are your host:

Timis County Youth
Foundation



Timisoara is one of the biggest cities in Romania and has got many things to offer, such as:



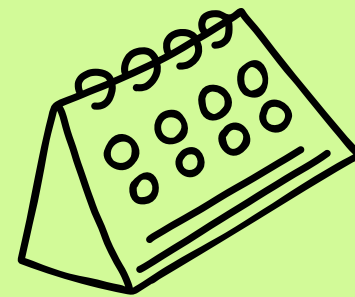
Info about the city



In 2023, the next European Capital of Culture.

1

- Impressive heritage from different epochs and cultures;



2

- Rich cultural history;

3

- A lot of free time activities including concerts, theater plays and art exhibitions

4

- Refined evenings in elegant restaurants.

5

- As a true youth city, Timisoara received the title of the National Youth Capital between 2016–2017.



Accommodation & Food

Location of accommodation:

The hotel within the Youth House

Accommodation (provided by us): you will be accommodated in the 3 stars hotel with double shared rooms, on the 3rd floor of the Youth House.

Food (also provided by us):
3 meals/day. Also, we will
organise a dinner out, and you
will have the chance to eat some
traditional food.

Travel

The travel expenses will be reimbursed according to Erasmus+ distance band:

Budget category	Eligible costs and applicable rules	Amount		
		Travel distance	Standard travel	Green travel
Travel support	Contribution to the travel costs of participants, from their place of origin to the venue of the activity and return. Financing mechanism: contribution to unit costs. Rule of allocation: based on the travel distance per participant. The applicant must indicate the distance between the place of origin and the venue of the activity ⁴⁶ by using the distance calculator supported by the European Commission ⁴⁷ .	10 – 99 km	23 EUR	
		100 – 499 km	180 EUR	210 EUR
		500 – 1999 km	275 EUR	320 EUR
		2000 – 2999 km	360 EUR	410 EUR
		3000 – 3999 km	530 EUR	610 EUR
		4000 – 7999 km	820 EUR	
		8000 km or more	1500 EUR	

Your travel to Timisoara

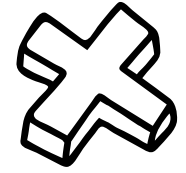


2

By Flixbus/train:

- The closest big city is Budapest where you can take a flix bus or train to Timisoara.

Train or bus



1

By plane:

- Neighbor airports: Budapest/Belgrade/Oradea /Timisoara.
- If there are more people arriving in the same airport, we could arrange for you to pick up a car.

Plane ticket



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.
- **Laptop, tablet or any other device to be used during activities.**
- 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 :)



For the intercultural night (youth exchange)



What to bring with you?

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.



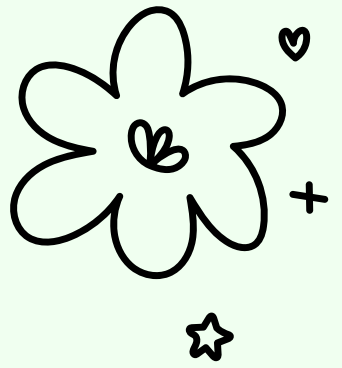


Travel insurance

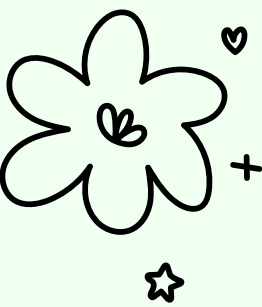
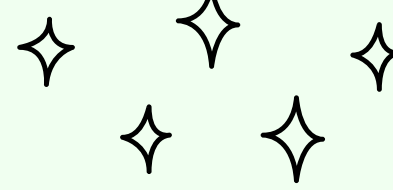
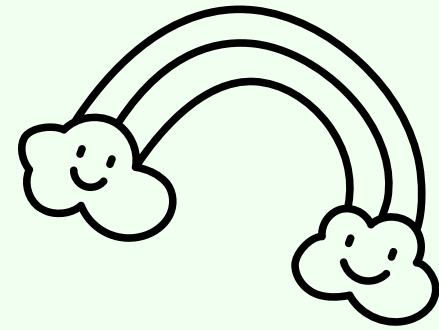
Individual insurance or collective insurance against all risks is necessary to be arranged by the participants. There is a Social Security Convention on sickness insurance for member states of the European Union. Nationals of these countries can obtain the necessary documentation, the European Health Insurance card.

Covid-19 restrictions

The infection rate is stable here, and 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 all the group.

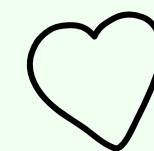
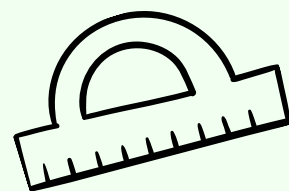
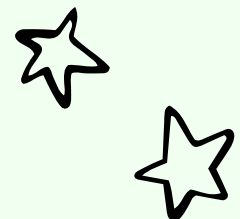
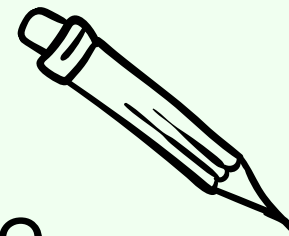


Weather & currency



This time of the year, the temperature typically varies from 10°C at night to 32°C at day.

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



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Adela



Nadia



EUROPE DIRECT
Timișoara



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Erasmus+ Programme
of the European Union

