

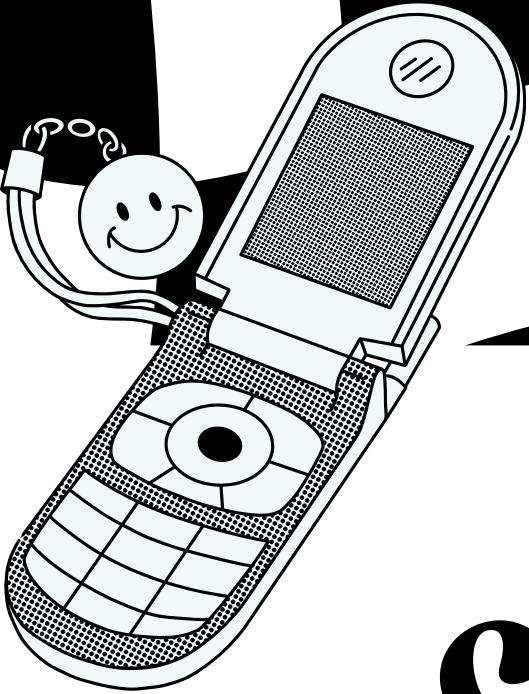


**“DON'T GAMBLE YOUR  
FUTURE”**

**YOUTH EXCHANGE**

**Romania**

**March 20 - 30**



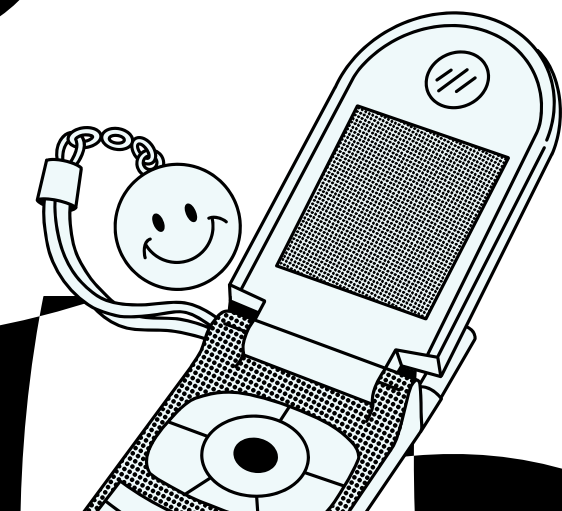
# Logistics

## Countries

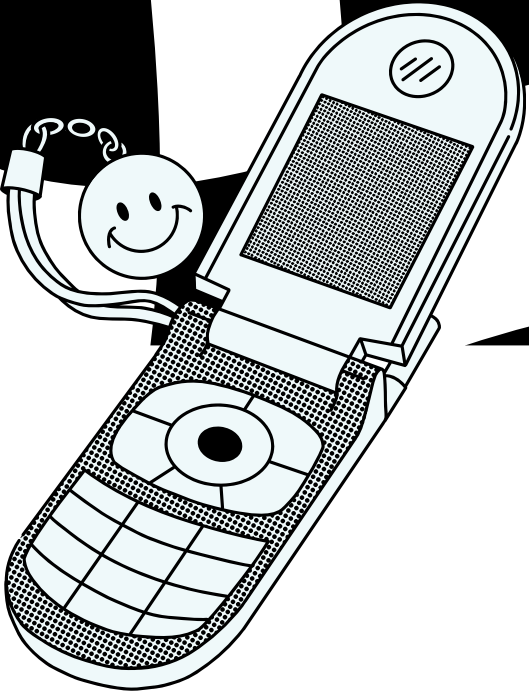
CZ,GR,IT,LV, LT, MK,SP,RO.

## Participants

34 youngsters,8 leaders,2 facilitators; 4 youngsters 18-25 years pld plus one group leader 18+







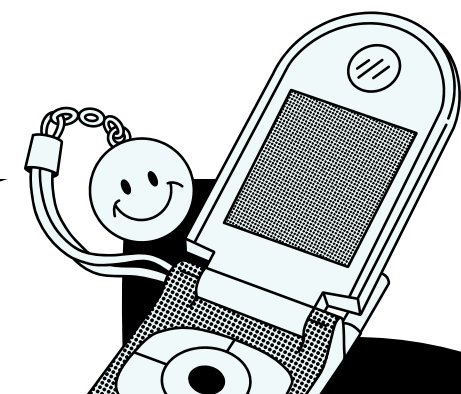
# Project

## MAIN IDEA

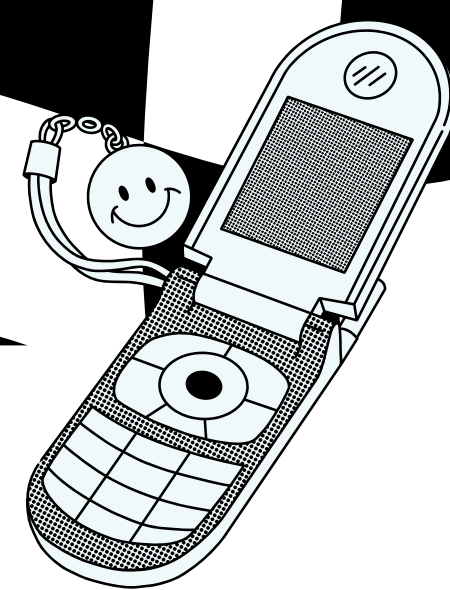
The aim of the project is to increase awareness of youngsters on problems created by gambling and other addictions.

## OBJECTIVES

- developing competences for youngsters in prevention and combating addictions (gambling, drugs, alcohol, social media etc)
- to provide to youngsters methods and solutions to be applied in small communities to prevent and combat addictions



# Important



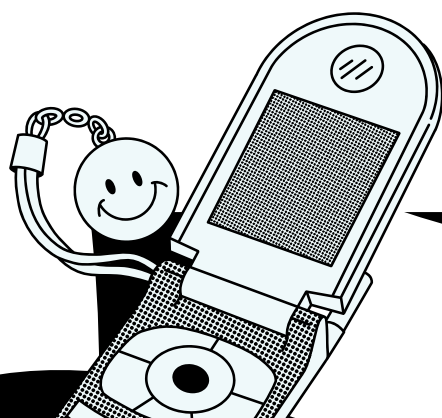
## VENUE

## SARATA MONTEORU AND BUZAU, ROMANIA

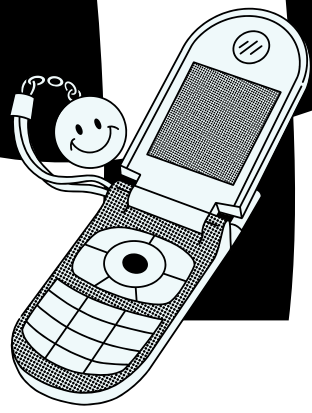
Accommodation : “Casa cu Tei” pension- in rooms of 2 with private bathroom, towels, soap and sheets provided for

1 week <http://www.casacutei.ro/sitenou/>. No laundry and ironing services are provided.

Last 2 nights accommodation is in Buzau - Hotel Sport B90-rooms of 2-3 persons with private bathroom







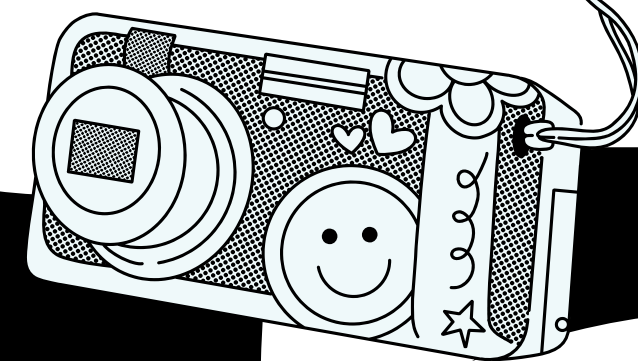
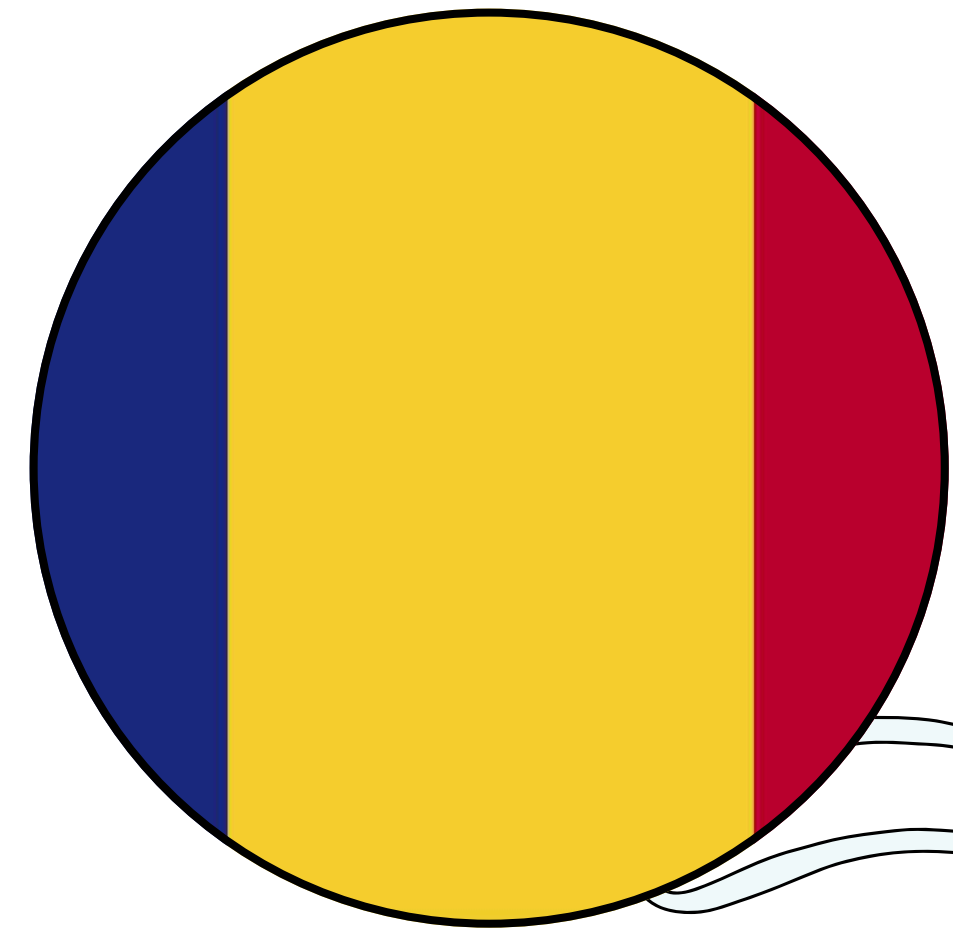
Food will be served at the restaurant of the hotel and pension and there will be 3 meals every day and 2 coffee breaks.

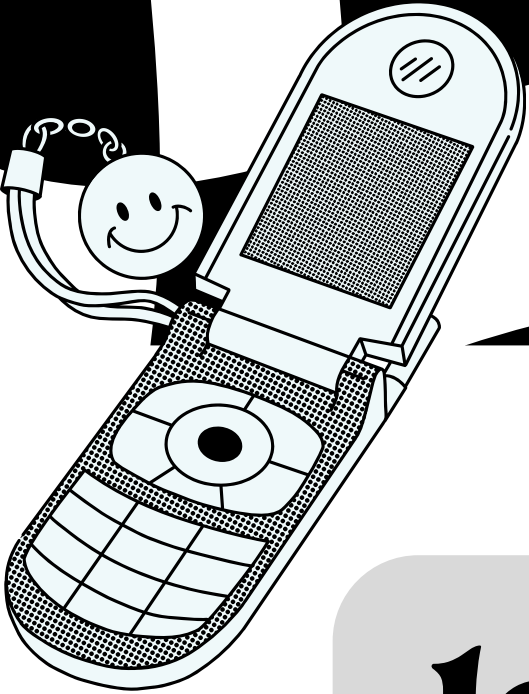
Facilities:

- pension in Sarata Monteoru is 10 minutes from village center where you can find shops with basic things. There are no bankomats but in most of the local shops you can pay by credit card.
- hotel in Buzau is 10- 15 minutes walking from city center where you can find almost everything : shops, pharmacy, banks, restaurants etc.

**Visits:** according to the programme; any other are on you.

**logistics**





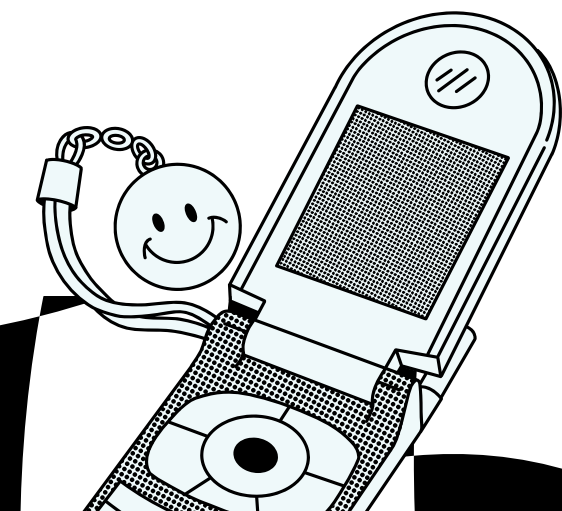
# logistics



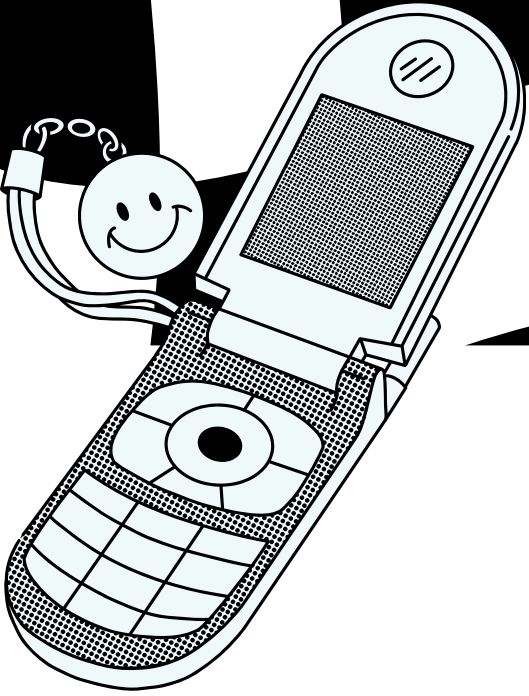
Internet: there is good wireless in the pension and also in hotel in Buzau.

Weather is quite unpredictable in march in hillside. Usually temperature is around 15 -20 degrees during the day, but also can rain be warmer or be colder. In the last days before arrival we'll be back with better info about weather.

**IMPORTANT !!!** Pay attention to safety measures: -you'll live in an intercultural environment, so accept all cultures and be tolerant.



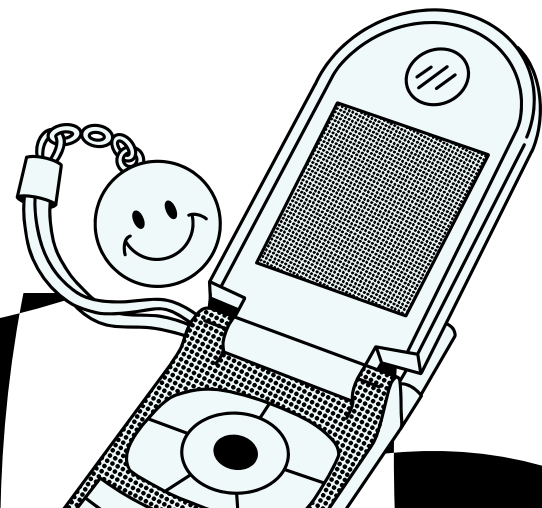




# IMPORTANT

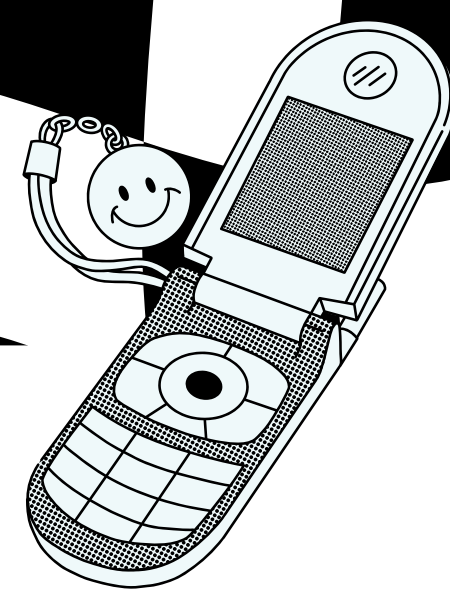


- NO DRUGS ALLOWED !! Alcohol only after activities in the evening and consumed with responsibility and according with laws from each country concerning age !!
- you have to attend and be involved in ALL ACTIVITIES during the training and also in DISSEMINATION PHASE !!
- other rules and safety measures will be fixed in first day,so if you have proposal feel free to express them !!

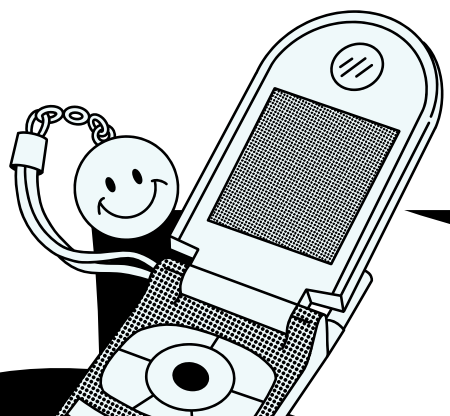




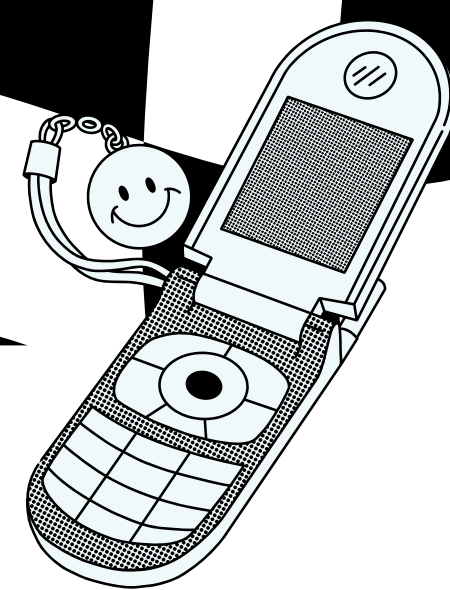
# Transport



Transport: depending on arrival times of the teams organizers will arrange private transfer by bus from Bucharest Otopeni airport to Sarata Monteoru on arrival day around 18.00, so try to book transportation that arrive earlier. Coming on your own is also an option but is more complicated. More information will be provided after we have everyone's travel plan.

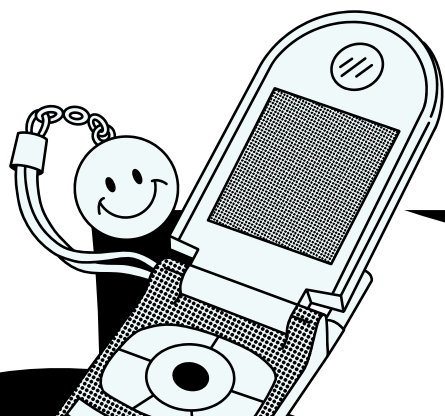


# preparation

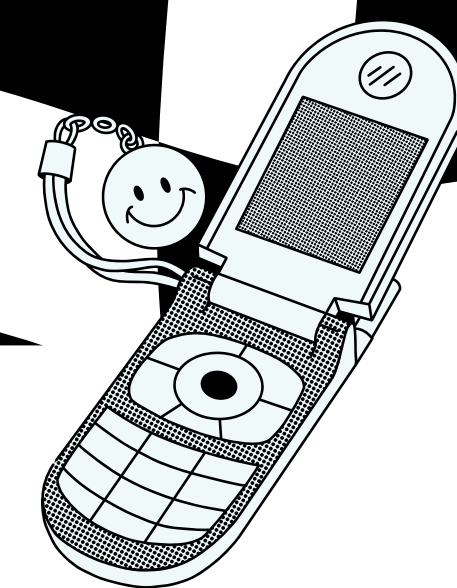


- a research about situation with addictions in your region/country
- be prepared to propose games, energizers, activities for free time or for our workshops
- some laptops will be necessary for working and editing texts/photos
- as we want to use as less plastic as possible please bring with you your own coffee/tea cup or mug and a bottle/recipient for water for intercultural evening you have to bring some traditional food and drinks and to be ready to **teach us a song or a dance.**

ATTENTION !! There is not possible to use kitchen for cooking (because of new regulations about safety and higiene ) so bring dry things ...you can prepare short and easy meals that can be done without oven like salads etc...if you need some ingredients like vegetables,oil, salt,regular spices,bread etc we can provide them...



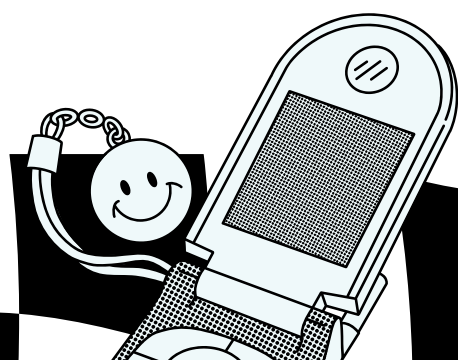
# reimbursement



In order to get the travel costs back we need to get from you PRINTED ON PAPER and ARRANGED IN ORDER OF TRAVELLING PHASES FROM DEPARTURE TO DESTINATION.

All BUS/TRAIN/FERRY tickets and invoices in original.if you need local transport in your country try to buy return tickets. Tickets should have date, itinerary, cost. If there is no name-write it on the back.

For FLIGHTS: electronic ticket with name,dates,itinerary,costs AND INVOICE if some of previous item is not on the ticket. BOARDING PASSES compulsory - keep them as without them you don't have your money back. If you did mobile check-in you can send us the print screen. Take only APEX flights (no business class) and only 2 nd class trains.







# reimbursement

The reimbursement will be based on REAL COSTS in accordance with distance calculator for the maximum amounts approved in application and will be done after the project when we'll receive all ORIGINAL documents and a specific declaration for travel costs signed. The amounts for reimbursement will be based on the tickets/invoice presented. There will be one transfer for every country in account of sending organization according with National Agency rules.

**100 – 499 km: 211 euros /285 green travel**

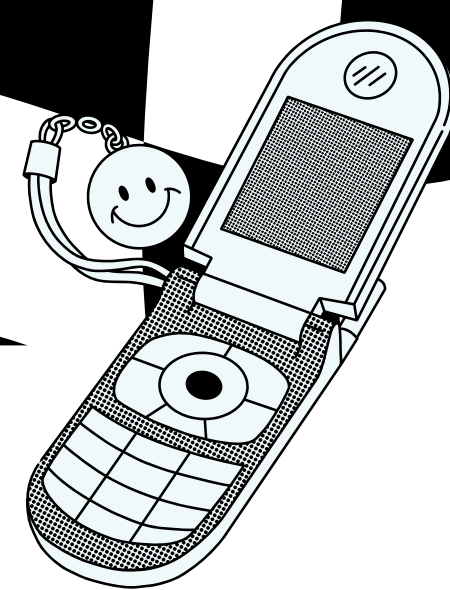
**500 – 1999 km: 309 euros/ 417 green travel**

**2000 – 2999 km: 395 euros/535 green travel**

**There is a partner contribution of 5 euros/participant**



## good to know

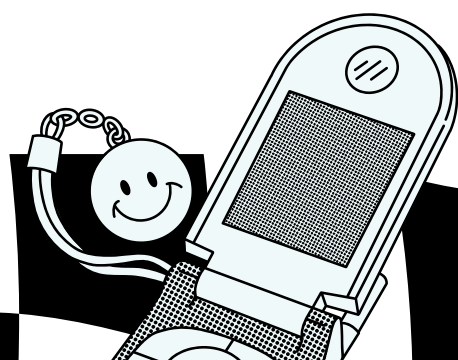


You can spend 2-3 days before or after the project in Romania but no costs of accommodation, food or other expenses can not be reimbursed outside of the project date.

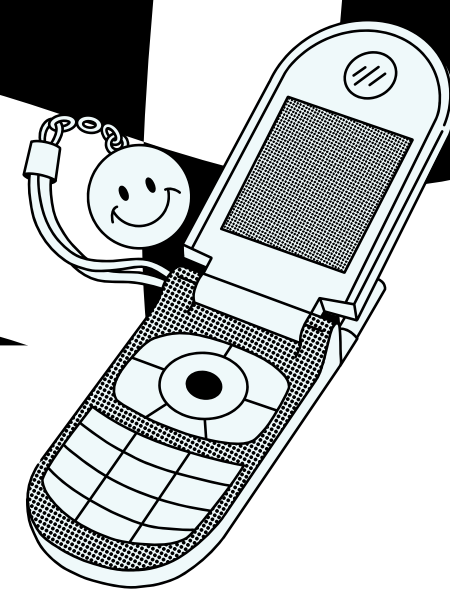
### **Other practicalities :**

**Currency : 1 euro = 5.00 lei (RON ).There are banks and bankomats in airports, in Bucharest train station,in Buzau. The hour in Romania is GMT + 2.**

**Beware of pick pockets in buses, metro and crowded places. Don't accept gifts and don't talk to strangers that ask to sign something or to help them - most of them are cheaters.**



# The traveler pass



You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75-euro fee, which will unlock your potential to participate in youth exchanges, study visits, and events in Lithuania and abroad until the end of the year. This membership fee supports our efforts and ensures more resources are available to find exclusive opportunities for our members. Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill out the application form, regardless of whether you have already participated in our programmes or not. Bear in mind that Tavo Europa reserves the right to select the most suitable and motivated participants for all our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa. Join the group for more opportunities: <https://www.facebook.com/groups/186132221744993>

