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2025-3-RO01-KA152-YOU-000377897



# ABOUT THE PROJECT

This Youth Exchange gathers 28 young participants from Romania, Türkiye, Lithuania and Bulgaria to explore democracy, civic engagement and the role of young people within the European Union.

**The project creates a structured learning context where participants will:**

- understand how democratic systems function
- explore how the European Union works
- reflect on the importance of voting and civic engagement
- connect democracy to their own local realities

**Through non-formal education methods, participants will learn by doing, debating, simulating and collaborating.**



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# OBJECTIVES



## Engagement

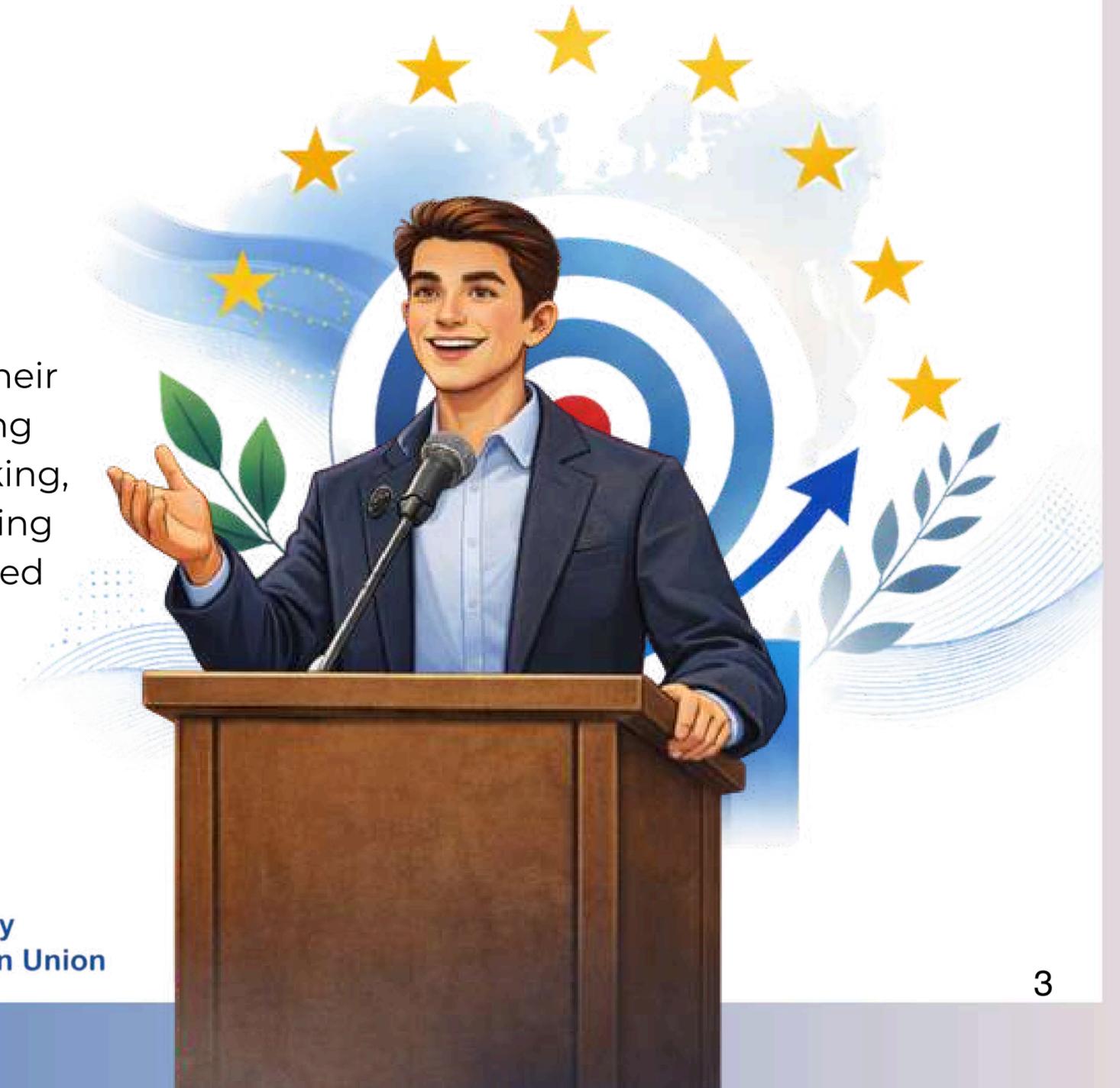
Participants will be encouraged to actively engage in future elections and promote democratic values and civic responsibility within their communities.

## Knowledge

Participants will gain a strong understanding of EU institutions, history, and fundamental rights, empowering them to better understand European governance.

## Skills

Participants will improve their democratic skills, including critical thinking, fact-checking, and argumentation, enabling them to engage in informed discussions.



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# WHO CAN APPLY?

I've always wanted to see how European democracy works in real life.

I can't wait to lead my national group of 6+1 and make sure we all stay focused throughout the project.

I'm excited to bring all these new ideas back home and share them with my friends and community.

I'm ready to practice my English and spend 7 amazing days learning with people from different cultures.

Coming from a small town with few chances to travel, I'm so grateful for this opportunity to grow.





**Bogdan Olari**

**Bogdan Olari (44) has over 20 years of professional experience and serves as Project Manager within the NGO.**

**With a background in risk management, fraud prevention, and team coordination, he supports the association through leadership and effective project implementation.**

**His experience as an internal auditor and fraud manager in the banking sector strengthens the organization's approach to risk management and compliance. Bogdan has coordinated several Erasmus+ projects, including "A Journey to Your Future Career", "Inspire Youth Leadership in Youth Work", and "Shape the Future: Financial Literacy for Youth", and has also contributed as a trainer in areas related to his expertise.**

## **FACILITATORS**

**Patricia Vlădoi (23) is a Romanian trainer and facilitator, graduate of the Faculty of Letters at the University of Craiova, specialising in Romanian and English.**

**Active in youth work and volunteering, she focuses on developing young people's soft skills through non-formal education methods. She is also the Assistant Manager at Today Social Skills (TSS) and has experience as a social media manager, combining organisational skills with creativity in communication.**

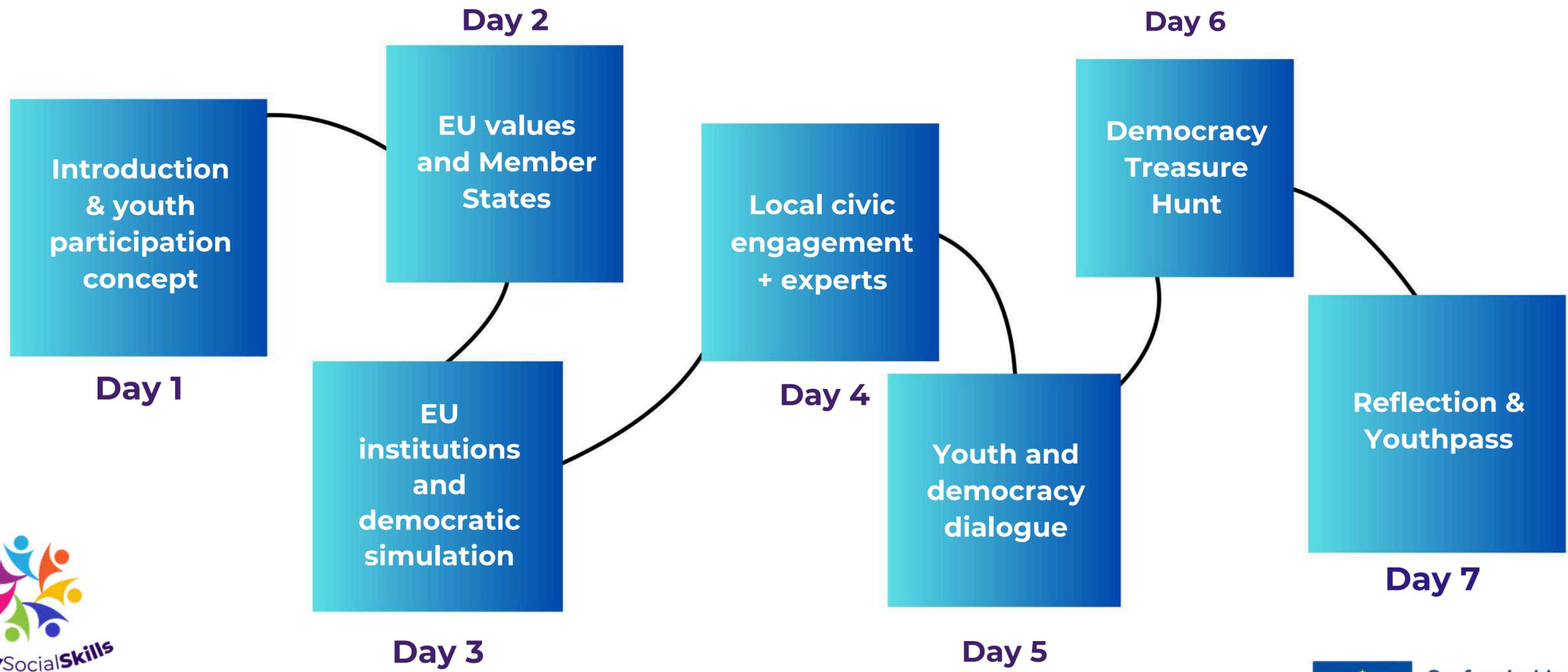
**As a young trainer, Patricia has facilitated workshops and activities that empower youth, foster active participation, and encourage personal growth, bringing energy, empathy, and an inclusive approach to every project she joins.**



**Patricia Vlădoi**

# ACTIVITY DETAILS

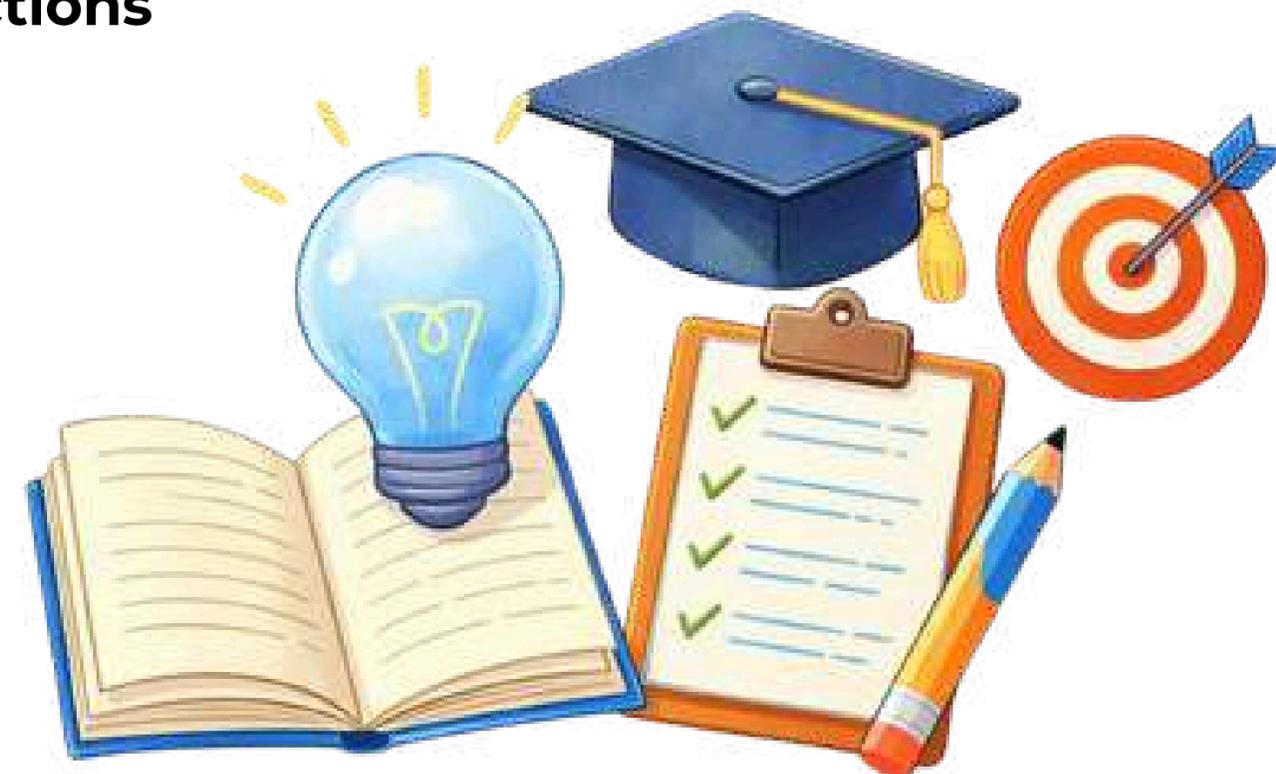
**Type** Youth Exchange **Location:** Craiova, Romania **Travel days:** 8 & 16 July **Period:** 9–15 July 2026



# LEARNING OUTCOMES



- Improve intercultural communication skills
  - Strengthen English communication in a practical context
  - Develop critical thinking and argumentation skills
  - Understand how the European Union functions
  - Become more aware of their civic role
- 
- Pre- and post-project surveys to measure knowledge growth
  - Observation during mentoring and follow-up activities
  - Practical application: quiz creation, school visits, dissemination activities



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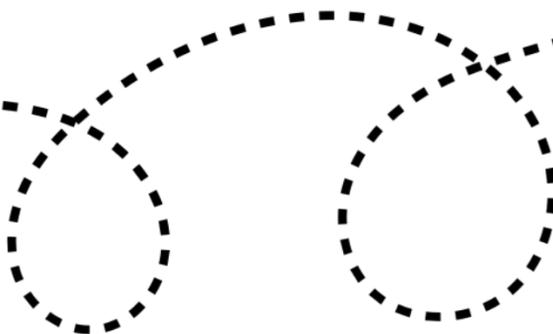
# FINANCIAL CONDITIONS

## Accommodation and meals

- **100% covered**
- 3 meals per day
- Dietary restrictions will be respected

## Travel reimbursement (maximum grant per person)

■ BULGARIA	285 EUR
■ LITHUANIA	309 EUR
■ TÜRKIYE	309 EUR



TRANSPORT IS REIMBURSED WITHIN THE PROJECT BUDGET LIMITS.

**NO PARTICIPATION FEE.**

**PARTICIPANTS MUST KEEP ALL ORIGINAL TRAVEL DOCUMENTS: TICKETS, INVOICES, RECEIPTS.**



**Participants will stay in a youth-friendly accommodation in Craiova, the campus and dorms of the Elena Cuza High School.**

**FINAL OPTION WILL BE SELECTED BASED ON:**

- **Service quality**
- **Experience with Erasmus+ projects**
- **Conference facilities**
- **Sustainability standards**
- **International rooms 2 persons per room**
- **Same gender accommodation**
- **Each room is equipped with TV, air conditioning, refrigerator and a private bathroom (soap and towels are provided)**



## BEFORE BUYING TICKETS:

- National leaders send proposed itineraries to the coordinator for approval.
- After confirmation, tickets must be purchased within 48 hours.
- All tickets should be bought at least 1.5 months before the mobility.

## OBJECTIVE:

- Same flights/buses for each national team
- Cost-efficient options
- Risk management

## LOCATION:

- Craiova, Romania
- Nearest airports will be communicated after selection.

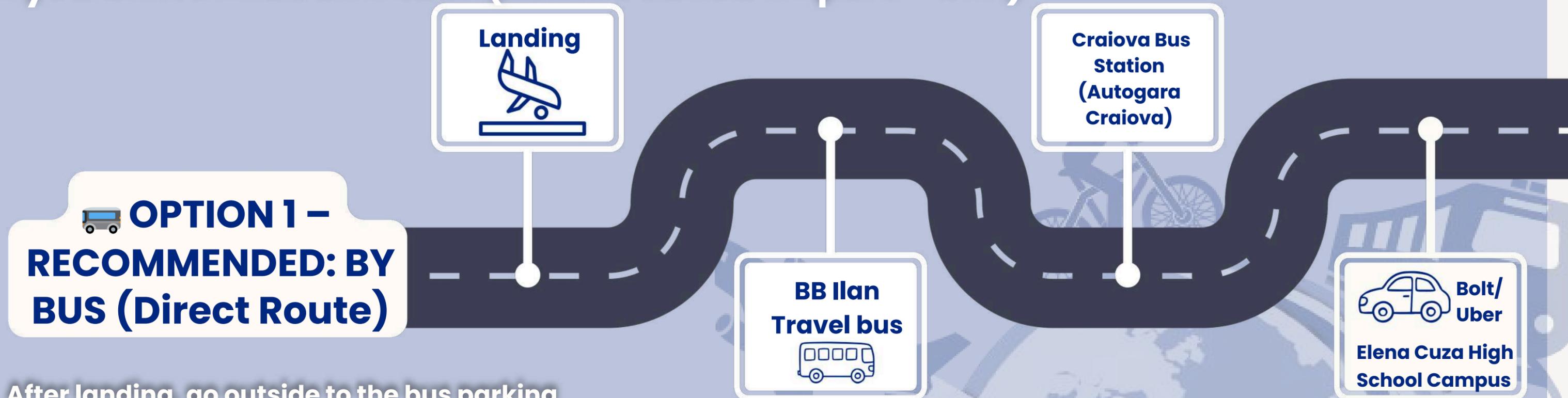
# HOW TO ARRIVE IN CRAIOVA (Step-by-Step Guide)



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✈️ If you arrive in BUCHAREST (Henri Coandă Airport – OTP)



1 After landing, go outside to the bus parking area.

2 Take the BB Ilan Travel bus directly to Craiova.

👉 Book your ticket here:  
<https://www.bbilantravel.ro>

(~120 RON / 24€)

Duration: 3.5–4 hours.

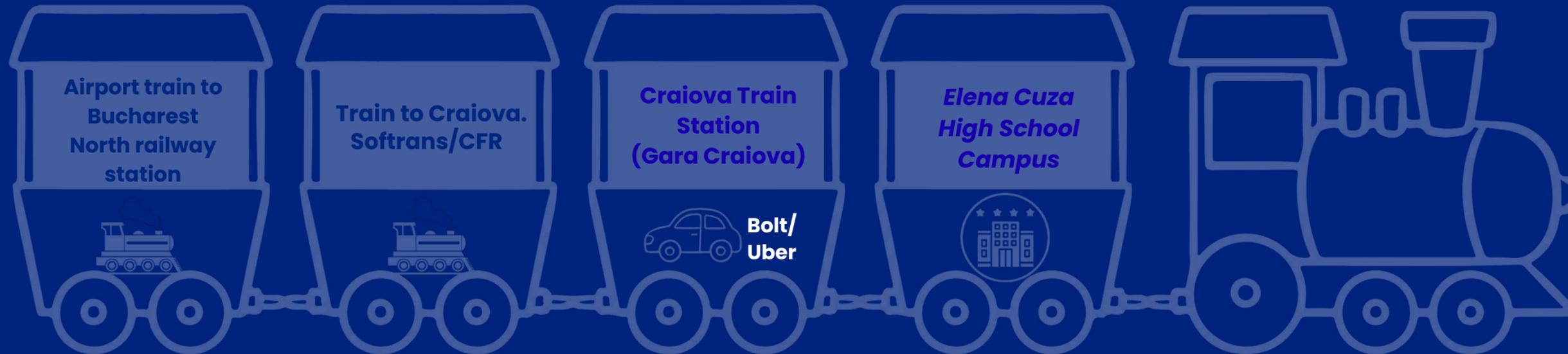


3 The bus arrives in Craiova Bus Station (Autogara Craiova)

4 From there:  
Open the Bolt or Uber app  
Destination: Elena Cuza High School Campus  
Ride time: 10–15 minutes (~15–20 RON / 3–4€)



## OPTION 2 – BY TRAIN



- 1 From Bucharest Airport, take the small airport train to Bucharest Gara de Nord (main railway station).  
Trains run every 30–40 minutes.  
Duration: 25 min
- 2 From Gara de Nord, take a train to Craiova.
- 3 Arrive at Craiova Train Station (Gara Craiova)
- 4 From the station:
  - Use Bolt or Uber (10–15 min to Elena Cuza High School Campus)

👉 Check and book tickets here:

<https://www.cfrcalatori.ro/en/>

<https://softronictrains.com>

Duration: 3.5–4 hours



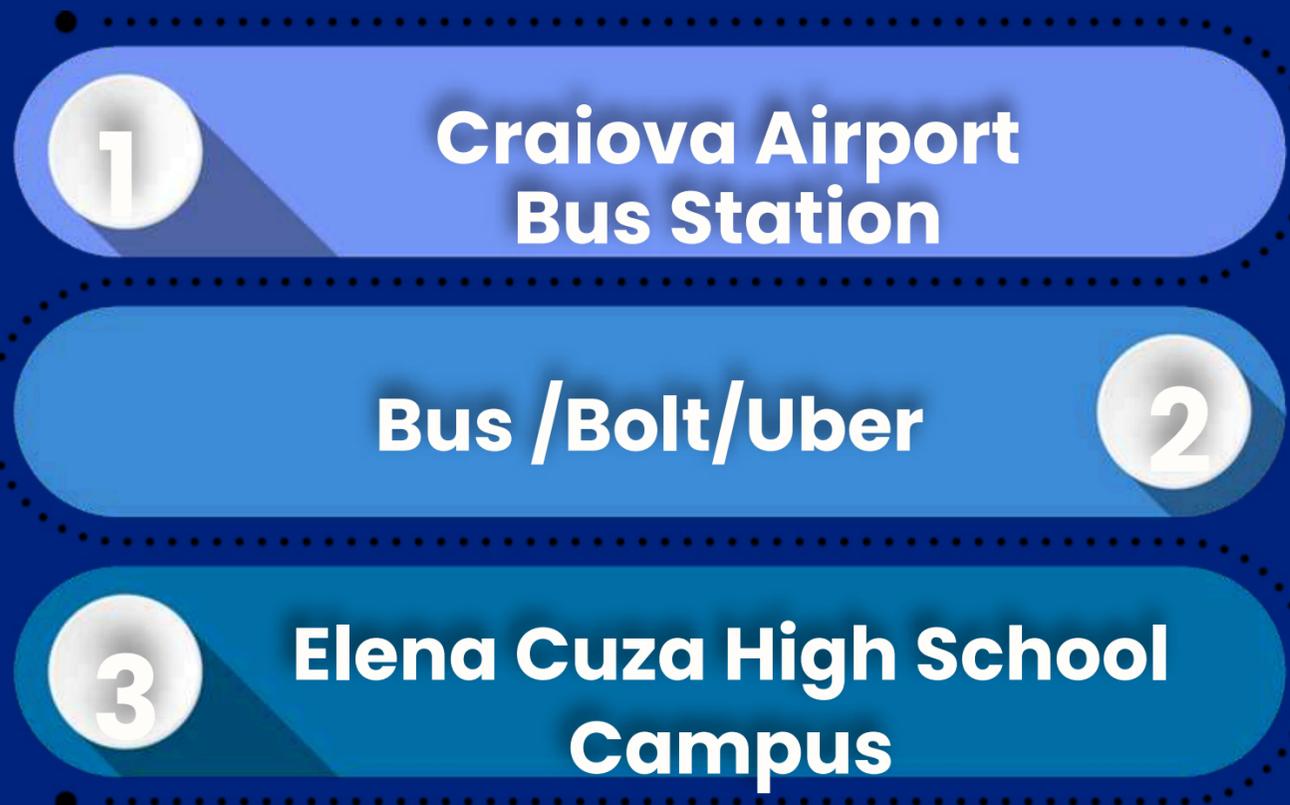
## If you arrive directly at Craiova Airport (CRA)

- 1** Exit the airport and walk outside to the bus stop.
- 2** Options:
  -  Bus 9 – goes directly to the city centre (ticket: 4 RON  $\approx$  0.8€).  Bolt
  - or Uber – easiest and fastest, 10–15 min ride, around 30 RON (~6€)
- 3** Get off / arrive near accommodation destination



### EXTRA TIPS

- Bolt and Uber work very well in Craiova. You can pay by card in the app.
- Keep ALL travel receipts, we will need them.
- Bus/tram tickets: contactless payment available inside vehicles.
- Google Maps works well for navigation and bus routes.
- Avoid “random” drivers offering rides — use only official apps or public transport.



# Cool Places & Local Vibes in Craiova



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Today Social Skills

## Walking distance:

 **Old Town / Mihai Viteazul Square** – cafés, murals, and street life – the best place to hang out in the evening.

 **2min walk**

 **Botanical Garden “Alexandru Buia”** – calm, green oasis full of plants and flowers, perfect for relaxing or taking photos.

 **15 min walk**

 **Craiova Art Museum (Jean Mihail Palace)** – stunning palace + real Brâncuși sculptures.

 **5 min walk**

 **Cofetăria Minerva** – iconic local dessert spot in a historic building. Try the cakes – they’re legendary!

 **10 min walk**

 **Mercur Center** – small central mall with shops, cafés, and restaurants, right in the city centre.

 **2 min walk**

## Taxi/Bus:

 **Nicolae Romanescu Park** – lakes, bridges, forest walks – the city’s green heart.

 **15–20 min walk**

 **Ion Oblemenco Stadium** – modern arena, great spot for photos and football fans.

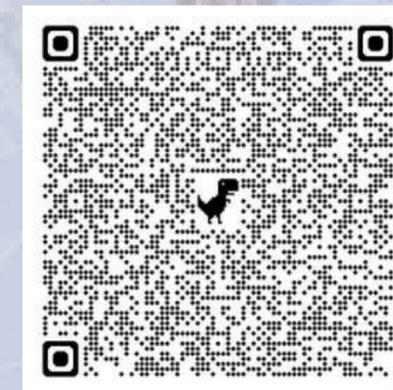
 **20 min walk (or 5 min by taxi)**

 **Electroputere Mall** – shopping mall in Craiova: fashion, cinema, food court, and fun zone.

 **10 min by taxi (or ~30 min walk)**

 **Promenada Mall Craiova** – modern open-space mall with cool restaurants and local shops.

 **12–15 min by taxi**



**Elena Cuza**  
**High School Campus**

# i GOOD TO KNOW

🏠 **Currency: RON (Romanian Leu) – 1€ ≈ 5,09 RON (LEU)**

🏧 **ATMs are available everywhere in the city centre.**



## ☀️ **Weather:**

**Hot summer (30–38°C during the day, warm evenings). Bring light clothes, sunscreen, a hat, and comfortable shoes.**



## **Shops & cafés hours:**

**Most open around 9:00–22:00; malls until 22:00–23:00.**

**Restaurants and pubs stay open late on weekends.**

## **European Emergency number for police, ambulance, Fire Dept: 112**

**For minor issues, pharmacies (“farmacie”) are common and open late in the centre.**



# **BASIC ROMANIAN PHRASES**

## 👋 **Greetings & Basics**

Bună! – Hello!

Bună dimineața! – Good morning!

Bună seara! – Good evening!

La revedere! – Goodbye!

Mulțumesc! – Thank you!

Cu plăcere! – You're welcome

Te rog – Please

Scuză-mă / Pardon – Excuse me / Sorry

Da – Yes

Nu – No

## 👤 **Introducing yourself**

Mă numesc... – My name is...

Sunt din... – I'm from...

Îmi pare bine! – Nice to meet you!

## 🗣️ **Common Questions**

Vorbești engleză? – Do you speak English?

Cât costă? – How much is it?

Unde este toaleta? – Where is the toilet?

Ce recomandări aveți? – What do you recommend?

Este vegetarian? – Is it vegetarian?

Este picant? – Is it spicy?

## 🍽️ **At the table**

Poftă bună! – Enjoy your meal!

Apa, vă rog. – Water, please.

Nota, vă rog. – The bill, please.

Sunt alergic(ă) la... – I'm allergic to...

## **In case of emergency**

Ajutor! – Help!

Sunați la ambulanță! – Call an ambulance!

Mi-e rău. – I feel sick.

Am nevoie de un doctor. – I need a doctor.



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## **CONTACT**

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**Austeja Amankaviciute**

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## **Join with Tavo Europa**

**Educator Pass 2026. You are welcome to join our new educational programme for 2026!**

**Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community 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 the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.**

**For more projects:**

**Explore the world and learn together with the help of Tavo Europa.**

**Join the group with more opportunities:**

**<https://www.facebook.com/groups/186132221744993>**

