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**INFO PACK FOR ORGANIZATIONS AND PARTICIPANTS**

# Storytelling and Democracy

Erasmus + Youth Exchange Mobility in Romania  
2025-1-RO01-KA151-YOU-000299376

# ABOUT THE PROJECT

Young people across Europe—especially those from marginalized communities—are navigating a rapidly shifting information landscape marked by disinformation, populist narratives, and growing disengagement from democratic life. Their voices are too rarely heard in the spaces where decisions are made. Storytelling and Democracy responds to this reality by empowering young people to reclaim their narratives. Through non-formal education methods and hands-on creative practice, participants will discover how storytelling – in film, writing, and visual art – can be a powerful instrument of civic engagement, counter-narrative, and democratic participation.

This youth exchange combines:

- Storytelling as civic engagement
- Counter-narratives to disinformation & populism
- Creative media production (video, writing, visual art)
- EU Youth Goals & democratic participation
- Intercultural dialogue & inclusion

## PROJECT OBJECTIVES

1 Civic Storytelling

2 Media & Information Literacy

3 Creative Production Skills

4 Counter-Narrative Capacity

5 Community Impact & Multiplier Effect

6 Inclusion & European Values

**Dates of mobility : 13th June - 22<sup>nd</sup> June 2026**

**13 June - Arrival day**

**22 June - Departure day**

**Total number of participants 25 (+2 facilitators)**

**Participants per country : 4 young participants + 1 group leader**

**Age limits 17 - 30 for participants**

**over 18 for group leaders**



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## Selection criterias

For participants - age 17 - 30

The capacity to communicate in English

Motivation to participate and to share the results with other youngsters

For leaders: over 18, no maximum limit

Good english skills

Responsible person that understands the importance of leading a group and working in international context

## Venue of the Activities

Băile Govora is a charming town and resort located in Vâlcea County, Romania, renowned for its therapeutic mineral waters and tranquil surroundings. Nestled in a picturesque valley surrounded by rolling hills and lush forests, the town offers a serene escape for visitors seeking relaxation and rejuvenation.

The town is also known for its peaceful atmosphere, clean air, and well-maintained parks. Architecturally, Băile Govora boasts a blend of neo-Romanian and Art Nouveau styles, reflecting its development during Romania's Belle Époque period.





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# ACCOMODATION

You will stay at **Vila Crizantema**, a charming 3-star hotel situated near the town center, surrounded by beautiful natural scenery. This hotel has a historical significance as it once belonged to the infamous Romanian dictator Nicolae Ceaușescu. You can discover more about its history here: <https://vilacrizantemagovora.ro/>

Check-in will commence on 13th June at 16:00 and will conclude on 22<sup>nd</sup> of June at 12:00. You will be accommodated in double rooms, separated by gender. The hotel will provide towels and essential toiletries for your convenience.





## Flying to Bucharest - Otopeni airport (Henri Coanda)

**Direct transfer from the airport to Băile Govora:** You can choose this option that is fast and comfortable but you need to book in advance (minimum 5 days). Here is the website where you can find all the regular transfers and booking: <https://www.autogari.ro/Transport/Otopeni-BaileGovora?zi=2025-02-01&pas=1-0-0-0-0> **Please be advised that there are only 2 - 3 transfers per day!**

- **Direct transfer** from the airport to **Râmnicu Vâlcea ( the closest city to Baile Govora and our hub)** - You can chose this option that is also fast and comfortable but you need to book in advance. Here is the website where you can find all the regular transfers and booking: <https://www.autogari.ro/Transport/Otopeni-RamnicuValcea?zi=2025-02-01&pas=1-0-0-0-0> **If you will choose this option we can organise a fast trasnfer for you from Râmnicu Vâlcea to the hotel in Băile Govora. ( 25 minute drive) Please make sure you communicate your plan to us.**

- **Airport - Gara de Nord - Autogara Militari - Râmnicu Vâlcea**

This option is good if you would like to visit Bucharest or do not have any other options for direct transfers. Here is the step by step process:

**1st Step** - from the Airport - Arrivals Terminal take the direct train to Gara de Nord - Bucharest - Note that this train departs every 45 minute from the airport, is available 24 h and takes 25 minutes to get to Bucharest. The price for one ticket is 5 lei ( 1 euro) - buy the tickets directly in the train, at the airport CFR counter or online. ( <https://www.cfrcalatori.ro/>)

**2nd step** - once arrived in Gara de Nord - take the Metro from Gara de Nord 1 - Metro station - LINE M1 - direction Pantelimon/Republica, change in Eroilor station to LINE M3 - direction Preciziei . Your stop will be Păcii Station. The price of a 2 way metro is 10 lei ( 2 euro). You can buy tickets from the station or you can pay directly with credit card.



# Erasmus+ TRANSPORT

**3rd step** - At Pacii Metro Station go above ground - cross the street and go to Autogara Militari. There are regular busses that connect Bucharest with Râmnicu Vâlcea. Please consult the website below for the program and reservations. You can either buy online or buy directly from the driver. The cost of a bus ticket varies between 45 - 60 lei ( 9 - 12 euro).

<https://www.autogari.ro/Transport/Bucuresti-RamnicuValcea?zi=2025-02-01&pas=1-0-0-0-0> Please let us know your choice of transport and arrival hours at least two days before the event. For night arrivals let us know so we can arrange private transfers.

Resulting route for Gara de Nord 1 - Pacii



DEPART FROM **GARA DE NORD 1**

- 1) BASARAB 1
- 2) CRANGASI
- 3) PETRACHE POENARU
- 4) GROZAVESTI

CHANGE TRAIN AT **5) EROILOR bus M1 >> M3**

- 6) POLITEHNICA
- 7) LUJERULUI
- 8) GORJULUI

ARRIVAL AT **9) PACII**

## By car

If you are planning to use a car to arrive at the venue this is the address of the Hotel: Vila Crizantema, **Strada Școlii, Nr. 1245200 Băile Govora Romania**

## Save your travel papers

Regardless of your mean of transport please save all your travel documents for reimbursement purposes. Boarding Pass is a must in order to fully reimburse you.



# REIMBURSEMENTS

Your travel cost will be covered by the project budget in a certain maximum amount. The EU is encouraging the use of green means of transport ( train, bus, carpool) and the budget for this type of travel is higher. Of course, you can use this type of transport when available and efficient.

The reimbursement will be made once the survey for trainers is submitted by the participants and all the documents are checked by our financial department. This could take up to 3 weeks after the mobility.

Below you have the rates according to your distance band.

<b>Travel</b>	Contribution to the travel costs of participants, including trainers, accompanying persons and facilitators, from their place of origin to the venue of the activity and return.	<b>Travel distance</b>	<b>Green travel</b>	<b>Non-Green travel</b>
	Below 500 km, participant will, as a general rule, travel with low-emissions means of transport  <b>Financing mechanism:</b> contribution to unit costs.  <b>Rule of allocation:</b> based on the travel distance and number of persons.  The applicant must indicate the distance between the place of origin and the venue of the activity <sup>125</sup> by using the distance calculator supported by the European Commission <sup>126</sup> .  For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total. <sup>127</sup>	10 – 99 km	56 EUR	28 EUR
		100 – 499 km	285 EUR	211 EUR
		500 – 1999 km	417 EUR	309 EUR
		2000 – 2999 km	535 EUR	395 EUR
		3000 – 3999 km	785 EUR	580 EUR
		4000 – 7999 km	1188 EUR	1188 EUR
		8000 km or more	1735 EUR	1735 EUR

## Distance band calculator

You can find your distance band using this EC calculator:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

## Green Travel reimbursements

Please note that green travel rates will be applied only to participants that can demonstrate that they've used a green mean of transport at least half of their travel band.



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## PRE-DEPARTURE TASKS

Before arrival the participants will prepare the following activities:

- A presentation about their country for the intercultural events,
- energisers
- intercultural games
- suggestions for spending the free time

# Proposed Agenda

Day	Date	Focus	Main Activities
Day 1	13 Jun	Arrival	Arrival & check-in • Welcome dinner • Getting to know each other
Day 2	14 Jun	Group Building & Project Framework	Official opening • Expectations & fears • Group agreements • Introduction to non-formal education
Day 3	15 Jun	Democracy & Storytelling – Why It Matters	What is democracy? • Youth voice in democratic processes • The power of narrative in politics
Day 4	16 Jun	Our Stories, Our Communities	Personal storytelling workshop • Sharing stories of marginalization & belonging • Story mapping
Day 5	17 Jun	Media Literacy & Disinformation	How disinformation spreads • Identifying fake narratives • Case studies targeting marginalized groups
Day 6	18 Jun	Counter-Narratives & Creative Resistance	What makes a counter-narrative? • Visual storytelling & illustration workshop • Photography walk
Day 7	19 Jun	Video Storytelling for Democracy	Intro to video production • Storyboarding • Filming civic stories in small groups
Day 8	20 Jun	Written Voices – Blogging & Opinion Writing	Writing for change workshop • Blog drafting • Peer editing • Publishing strategies
Day 9	21 Jun	Learning Outcomes, Youthpass & Farewell	Showcase of creative outputs • Youthpass & competence reflection • Final evaluation • Farewell evening
Day 10	22 Jun	Departure	Check-out • Departures

# Contact Us!



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## Join with Tavo Europa

Explorer 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>



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