

SLOW LIVING in DEMOCRACY

Infopack Erasmus+ Youth Exchange
21 - 29 September 2026
Bicăcel, Romania



Co-funded by the
European Union

Experiment.
Teatru.
Clandestin.



THE PROJECT

Slow Living in Democracy is an Erasmus+ Youth Exchange exploring the connection between **democracy, conscious living, sustainability, human relationships and youth participation.**

In a world dominated by speed, constant connectivity, social media and information overload, the project invites young people to **slow down and reflect** on how they make decisions, communicate with others and participate in their communities.

Implemented in the rural environment of **Bicăcel, Romania**, the project transforms the activity centre into a temporary intercultural and democratic community. Through non-formal education methods such as **Forum Theatre, World Café, Fishbowl discussions, role-play, Open Space, Walk & Talk, reflection groups and outdoor activities**, participants explore democracy not only as a political concept but as an everyday practice.

Living together, sharing responsibilities, spending time in nature and making collective decisions allow participants to experience democracy directly. The project addresses topics such as **democratic participation, European citizenship, freedom and responsibility, digital wellbeing, social media, critical thinking, sustainable consumption, community life and the relationship between people and nature.**

By the end of the mobility, participants are expected to become more aware of their personal choices, more confident in expressing their opinions, more capable of listening to different perspectives and more motivated to participate actively in their communities.

Slow Living in Democracy promotes a simple idea: a healthy democracy needs informed citizens, but it also needs people who have time to listen, reflect, connect and make conscious decisions together.



03

BICĂCEL

Located in a rural area surrounded by nature, our activity centre offers the perfect place to slow down, connect and live together as a temporary intercultural community.



Bicăcel is located approximately 25 km from Oradea.

WHO CAN PARTICIPATE?



AGE
18 - 27
years old



Participants:
EU only

COME IF YOU ARE...



CURIOUS

about people, communities
and different perspectives.



OPEN

to new experiences and
intercultural exchange.



ACTIVE

and willing to participate in
the activities.



RESPONSIBLE

when sharing spaces and
living with others.

No previous experience is
necessary. What matters is your
motivation and presence.

LIFE IN BICĂCEL



SHARED LIVING

Small wooden houses with shared rooms and bathrooms.



NATURE

We are located next to the forest, surrounded by rural landscapes.



FARM LIFE

Dogs, cats, horses, chickens, ducks and other animals are part of our environment.

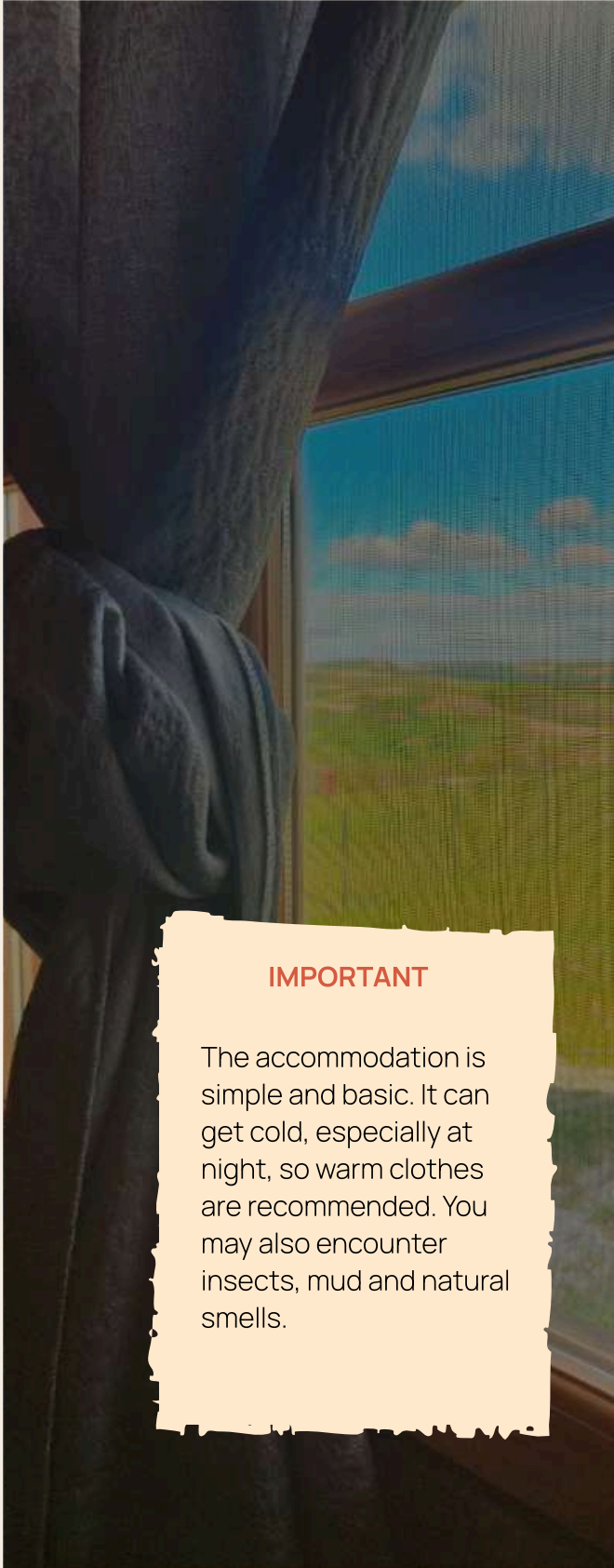


SHARED MEALS

Meals are prepared for the whole group following one standard international menu.

IMPORTANT

The accommodation is simple and basic. It can get cold, especially at night, so warm clothes are recommended. You may also encounter insects, mud and natural smells.



ACCOMMODATION

- Rooms: 2- 3 people per room
- Small wooden houses
- Bathroom in each house
- Activity room with all necessary equipment, terrace and kitchen

FOOD

ONE MENU - SHARED TABLE

Meals are prepared as one standard international menu for the whole group. May include beef, pork, chicken, mushrooms, vegetables, salads, eggs, milk, cheese, rice, pasta, snacks, processed meat products, and other locally available foods.

IMPORTANT

There is no separate vegetarian menu. As the centre is a working farm and meals are prepared by one person for the entire group, we are unable to provide separate menus or accommodate individual food preferences.



WHAT TO BRING

ESSENTIALS

-  ID/Passport
-  Insurance documents
-  Personal medication
-  Toiletries
-  Towel
-  Ear plugs (rooms are shared)

FOR THE WEATHER

-  Warm clothes
-  Rainproof jacket
-  Waterproof shoes
-  Indoor slippers / shoes
-  Wellington boots

FOR THE FARM

-  Clothes you don't mind getting muddy
-  Comfortable shoes for walking in the forest

FOR SHARING (OPTIONAL)

-  Traditional sweets / snacks from your country



IMPORTANT



There are animals on the farm (dogs, cats, horses, chickens, ducks and more)



If you have allergies, please bring the medication you normally use.

ORADEA

ONE CITY. MANY STORIES

You will have free time to discover Oradea, explore its Art Nouveau architecture and take part in a group treasure hunt



ART NOUVEAU

Republicii Street
& Black Eagle
Palace



HISTORY

Oradea Fortress



CULTURE

State Theatre &
cultural centre



RELAX

Nymphaea
Aquapark / Băile
Felix

FROM HERE TO THE MIDDLE OF THE NATURE

Bicăcel, Bihor, Romania



We recommend you to take a flight or train to Budapest Hungary, you can find very cheap flights.

Budapest

After take a train to Oradea-is only 3 hours.

Oradea

From Oradea you can continue by local bus, Bolt or taxi.

<https://transport.cjbihor.ro/>

Bicăcel

Traveling with others?
You may be able to share
the ride!





READY TO SLOW DOWN?

Leave the rush behind .
Bring your curiosity.

CONTACT

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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.

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