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DAY TO GREEN LIFE

02.12 - 10.12.2024

BUSTENI, ROMANIA, YOUTH EXCHANGE



ABOUT THE PROJECT

Programme: **Erasmus+, Youth Exchange**

2024-1-RO01-KA151-YOU-000231158

Project Title: Day to Green Life

Project Description

The project aims to inspire young people to adopt sustainable behaviors in their daily lives. Focusing on the principles of Reduce, Reuse, and Recycle, the project offers engaging and non-formal activities designed to raise environmental awareness and encourage eco-friendly habits. Through creative recycling workshops, waste reduction challenges, and collaborative problem-solving sessions, participants will learn practical ways to minimize waste, reuse items, and recycle effectively.

Aligned with Erasmus+ priorities, "Day to Green Life" encourages youth to be responsible, active citizens committed to building a greener future for all.

Project Goals

- Inspire young people to incorporate sustainable behaviors into their everyday routines, focusing on the principles of Reduce, Reuse, and Recycle;
- Increase participants' understanding of environmental issues and the impact of individual actions through engaging, non-formal educational activities;
- Equip participants with hands-on skills in minimizing waste, reusing materials, and recycling effectively through creative workshops and challenges;
- Facilitate teamwork and collaborative problem-solving activities to enhance participants' ability to address environmental challenges;
- Create opportunities for cultural exchange among participants from diverse backgrounds, building mutual understanding and shared commitment to sustainable practices across cultures.



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WHO ARE WE?

Asociația Se Poate

www.asociatiasepoate.ro

Bucharest, Romania

Se Poate Association was founded in 2014 as a non-governmental organization that aims to involve the youth and young adults from our local community as active and responsible citizens.

Since the start of the Erasmus+ 2021-2027 Program, Se Poate Association has obtained Youth Accreditation. This accreditation enables young people to actively engage in economic, social, and cultural life and provides training and development opportunities, including for vulnerable groups.

We shape young lives through non-formal education, fostering a friendly approach to youth employability and environmental protection.

Driven by a shared commitment to fostering a greener, healthier future for all, we come together to implement meaningful initiatives that address pressing environmental challenges.

With a firm belief in the potential of every young person, we strive to bridge the gap between education and employment by providing meaningful support and resources.



PARTICIPANTS PROFILE

Each sending organization will send 5 participants + a group leader.

We are looking for participants who:

We are looking for participants who:

- **They are residents** of their respective countries, embodying a vibrant blend of youthful energy and the transition into emerging adulthood.
- They possess a **proficient level of English**, facilitating clear and effective communication and collaboration throughout the project.
- They are receptive to engaging in discussions on challenging subjects, sharing their perspectives and personal experiences, and embracing vulnerability, thereby nurturing an environment of trust and empathy.
- **We prioritize gender balance**, ensuring an equal representation, creating an inclusive and diverse environment.
- Participants range between **16 and 30 years old**, while **group leaders have no age limit**, acknowledging the valuable wisdom and mentorship they offer.



36 PARTICIPANTS IN TOTAL



DAILY ACTIVITIES

Our events are scheduled daily from 10:00 am to 7:00 pm.

The program will include four workshop sessions, each lasting for 1 hour and 30 minutes. Your presence for the entire duration of all activities is crucial.

We will offer three meals daily (breakfast, lunch, dinner) along with two coffee breaks.

A detailed schedule of sessions will be provided a few days prior to their commencement.

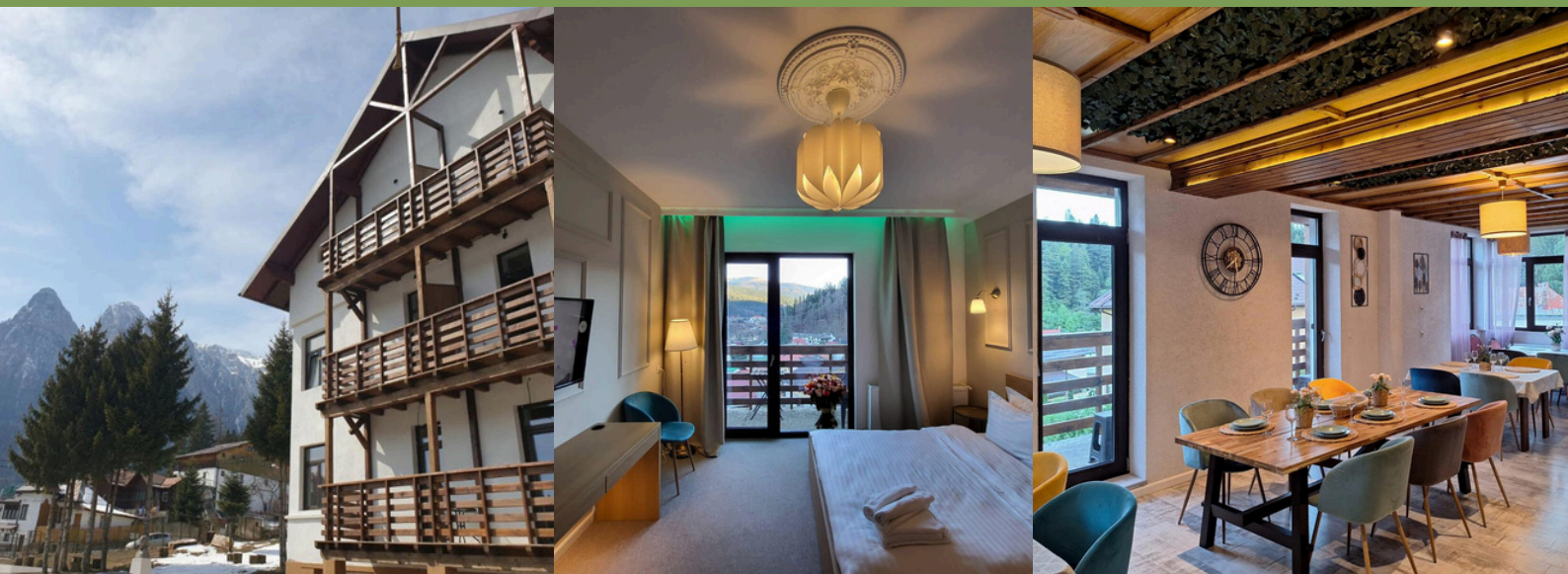
We have designated a day for an activity in the Bușteni forest, where participants will engage in tree identification and learn positive behaviors for interacting with the forest and natural environment.

This activity will require appropriate equipment.



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ACCOMMODATION

VENUE:

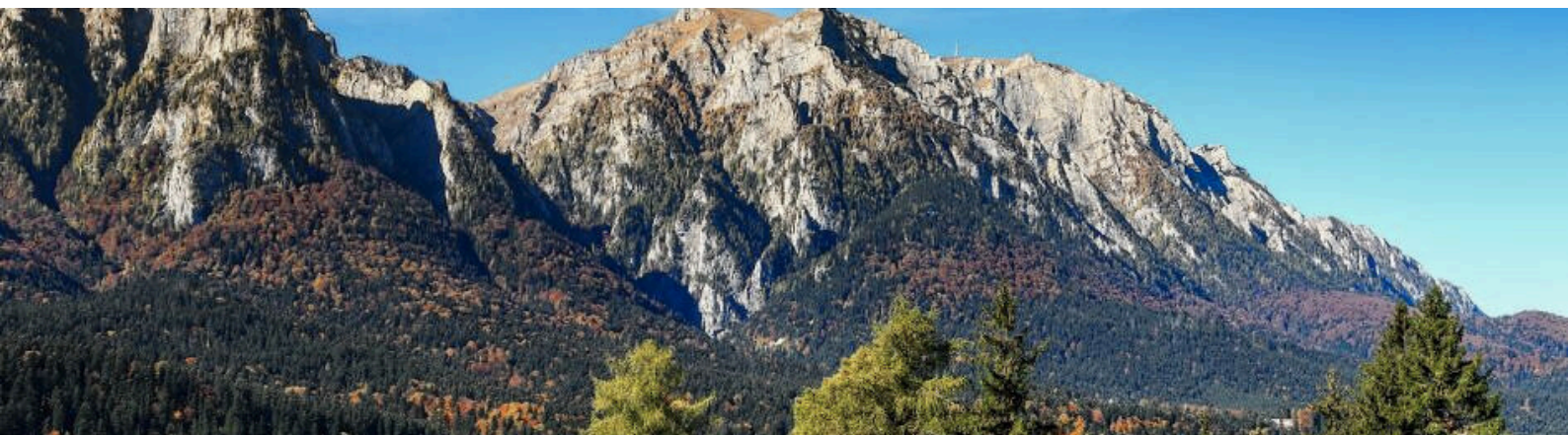
Villa PANORAMIC Busteni

ADDRESS:

Caraiman 40a Street, Busteni 105500

[noi/https://maps.app.goo.gl/tn4ViW3XNcdqB53P6](https://maps.app.goo.gl/tn4ViW3XNcdqB53P6)

You will be accommodated in rooms designed for double or triple occupancy, arranged at the facility provided for your stay.
Separate bedrooms will be designated for female and male participants, ensuring privacy.





TRAVEL

ARRIVAL

On **December 2, 2024**, all participants will arrive at the project site. This day will be reserved for arrivals, with no scheduled activities.

DEPARTURE

On **December 10, 2024**, all participants will depart from the project site. This day will solely be dedicated to participant departures, with no scheduled activities.

Please remember:

- Preserving our environment is crucial. Opt for the most environmentally friendly mode of travel available.
- **Do not purchase any tickets without confirmation from your sending organization.** Tickets bought without confirmation will not be reimbursed.
- To qualify for reimbursement of your travel expenses, you must be present from the day of arrival until departure.
- Tickets must be purchased in economy class.
- Regarding green travel costs: these apply if more than half of the distance traveled is covered using a green mode of transportation.

TRAVEL DISTANCE	GREEN	NON-GREEN /STANDARD
10-99km	56 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

Travel grant for each country:

- **Romania** - according to distance band, **56** or **285**
- **Bulgaria** - **285** (for **green**)
- **Italy** - **309**
- **Spain** - according to distance band, **309** or **395**
- **Greece** - **417** (**green**), **309** (**non-green** travel)
- **Türkiye** - according to **distance** band



TRAVEL

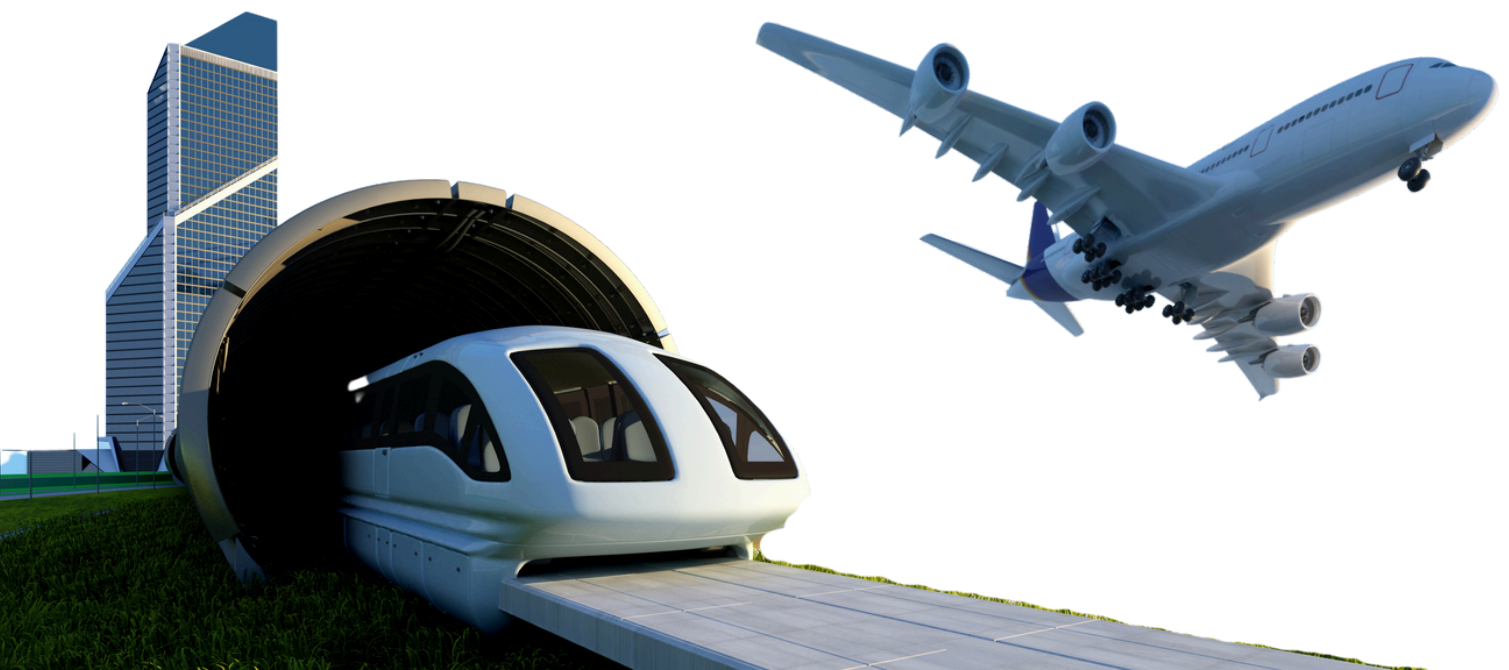
Financial Terms:

All travel expenses for participants, up to the maximum limit per country, will be fully reimbursed. Reimbursements will be issued in EUR, irrespective of the currency specified on the ticket or receipt/invoice. Tickets purchased in a local currency other than EUR will be converted and calculated based on the monthly exchange rate provided by the European Commission.

If your trip exceeds the set limit, we will reimburse you only up to this threshold after completing all necessary formalities.

To qualify for reimbursement, you must:

- Coordinate the purchase of tickets with your sending organization before making any arrangements.
- Retain all tickets and boarding passes (either in electronic or paper format) as evidence of your trip. Failure to provide these documents will result in the inability to reimburse you. The physical tickets must be handed over to the coordinating organization during the project days or sent by mail upon completion.
- Complete an online form after your trip, attaching all electronic documents.
- The amount will be reimbursed for the entire group to the organization you represent and subsequently distributed to you.
- Please note that mobile boarding passes often disappear after the end of the trip. Make sure that you have taken a screenshot before your trip!





TRANSPORTATION

Airport:

Bucharest Henri Coandă International Airport (OTP) is the main airport serving the city of Bucharest. Buzăreni is located approximately 130 km from Bucharest. From the airport you need to get to the city centre ("Gara de Nord") to take another train to Buzăreni.

The **best** means of transport from the **Airport** is the **train**, it takes **20 minutes** to get in the city and they come every 40 minutes (*you can buy tickets from inside the train or pay by card and cost **1 euro** or **5 lei***).

You can also take a taxi from the Airport to the city: the Best are Uber and Bolt.

**But be aware that the taxi directly from the airport, usually they charge more than they are supposed to!*

From the Station "Gara de Nord" to Buzăreni

- you will take another train
- it takes **1.5 -2 hs**;
- we recommend you to buy tickets in advance from the website:
<https://mersultrenurilor.infofer.ro/en-GB/Itineraries>
- **Villa Panoramic Buzăreni** is a **16-minute walk** from the Buzăreni Train Station

Bucharest to Buzăreni by bus

- You can take a bus from Bucharest to Buzăreni
 - departures approximately **every 2** hours
 - tickets cost **120 lei** (around 24 euros)

Bucharest OTP Airport to Buzăreni

- Direct shuttle buses are also available from **OTP Airport** to **Buzăreni**
- convenient for **late arrivals**.

*Additionally, **Braşov Airport (GHV)** has some flights available, though they are *less frequent* and tend to be *slightly more expensive*.



YOUTH PASS

We aim to ensure that everyone's achievements are acknowledged!
Therefore, **all participants in our projects are awarded Youthpass certificates.**

What is Youthpass? It's an initiative under the European Commission's framework designed to recognize the learning acquired outside of formal education settings.

Getting your Youthpass Certificate allows you to reflect on what you've learned and how it will benefit you in the future. It's not just for us – it's recognized all across Europe as a way to acknowledge the great work young people and youth workers do. It's like a big thumbs-up for youth work!

Moreover, having a Youthpass can enhance your employability as it demonstrates your valuable skills, which employers appreciate!

WELCOME TO YOUTHPASS

Recognition tool for non-formal & informal
learning in youth projects

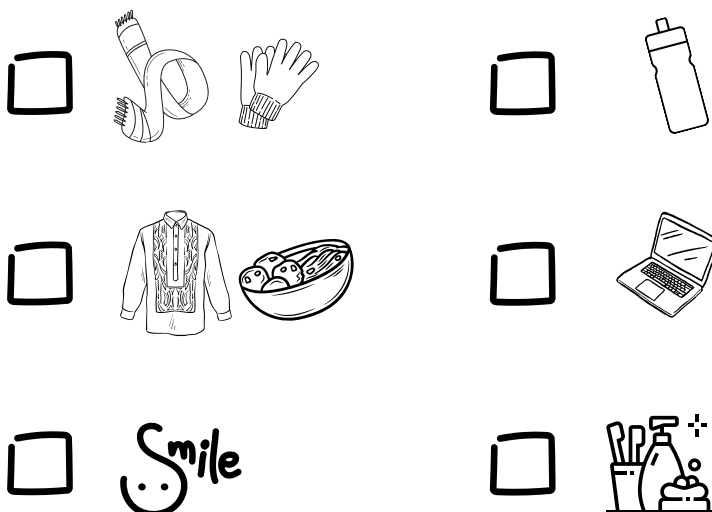


WHAT SHOULD YOU BRING



- Reusable water **bottle**.
- **Traditional food, snacks, drinks, and/or attire** for the Intercultural Evening. Coordinate with your national group regarding planned activities such as presentations, traditional dances, games, or quizzes.
- Ensure you have a European Health Insurance Card or alternative health insurance coverage, as it is **not** reimbursable.
- **Warm clothing, sturdy boots**, gloves or a scarf if needed, and waterproof rain gear. Temperatures will be below 5°C during the day, with nighttime lows reaching -7°C.
- **Laptop or tablet** to prepare/present your presentations (at least one per team)
- **Positive attitude and eagerness to work**
- **Openness** to learning and willingness to **share knowledge** with others.

Checklist:





DISCOVER BUSTENI



Bușteni is a picturesque mountain resort town in Romania, located in the Prahova Valley and framed by the majestic Bucegi Mountains.

Known for its stunning natural beauty, Bușteni is a favored destination for both relaxation and adventure.

Visitors can explore the historic Cantacuzino Castle, renowned for its impressive architecture and panoramic views of the valley, or take a cable car up to Babele and Sfinxul, famous natural rock formations steeped in local legend.

One of Bușteni's most notable landmarks is the Heroes' Cross on Caraiman Peak, a monument dedicated to soldiers of World War I, offering a spectacular view for those who make the hike. For outdoor enthusiasts, the town provides a wealth of hiking and skiing opportunities in the Bucegi Natural Park, where scenic trails lead through dense forests and up to mountain peaks with breathtaking vistas.

With its blend of natural beauty and cultural heritage, Bușteni serves as an ideal base for exploring the treasures of the Carpathians, only a short trip away from Brașov. Both Bușteni and Brașov open their Christmas Markets at the end of November, adding festive charm with traditional crafts, holiday treats, and seasonal decorations set against the beautiful mountain scenery.



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