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Info-pack



Intensive Energy-Saving Training

8-14.09.2025

COSTINEȘTI, ROMANIA

YOUTH EXCHANGE





ABOUT THE PROJECT

Programme: **Erasmus+, Key Action 2 Cooperation Partnership**

2022-2-PL01-KA220-YOU-000098102

Project Title: **Intensive Energy-Saving Training**



Project Description

Intensive Energy-Saving Training is a dynamic educational project dedicated to increasing ecological awareness and promoting energy-saving behaviors among young people aged 18 to 30. Its mission is to transform youth into active agents of change in the fight against the energy crisis and climate change. Through non-formal education, the project equips participants with practical knowledge and tools to make sustainable choices in their daily lives.

The initiative combines innovative learning methods, including interactive workshops, expert talks, and digital tools, to enhance the quality and reach of youth education. A key feature is our modern **e-learning platform**, designed with user-friendly navigation and accessible to a wide range of learners—including those facing economic, geographic, or social barriers, as well as individuals with disabilities. The platform hosts a comprehensive interactive course, 10 educational videos, short video clips with everyday energy-saving tips, and a series of 5 podcasts offering inspiration and practical advice. In addition, we've published 15 informative articles on energy efficiency across various media outlets.

[Link of the platform](#)

To make learning engaging and fun, we developed educational games using the **Kahoot platform**. These games combine dynamic quizzes with competitive elements to reinforce knowledge and motivate continuous learning—ideal for both individual study and group sessions.

A major highlight of the project are the **international mobilities** (in each partner country). One of activity is taking place from 8–14 September in Costinești, Romania. This event will gather young participants for a week of hands-on learning, discussions, and workshops focused on energy consumption, environmental protection, and climate change. The program will include site visits to the wind farm from Fântânele-Cogealac, offering insights into renewable energy production, and a tour of the Cernavodă Nuclear Power Plant, providing a real-world understanding of nuclear energy and its role in energy efficiency.

This mobility is designed not only to educate but also to inspire initiative, foster international cooperation, and strengthen solidarity among young people from different backgrounds. By witnessing large-scale energy solutions firsthand and participating in practical learning activities, participants will leave with a deeper understanding of sustainable energy systems and how individual actions contribute to global impact.

Ultimately, the Intensive Energy Saving Training project encourages young people to "Start with Yourself"—emphasizing that lasting change begins with personal commitment and self-awareness. Through this project, we aim to create a generation that is informed, empowered, and ready to lead the transition toward a more sustainable future.



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NEW EUROPE
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CONSORTIUM

Coordinator of the project:

The **New Europe Foundation** is a dynamic organization based in Katowice, Poland, dedicated to the implementation of international projects in the fields of culture, social issues, environmental protection, and youth engagement. Operating primarily within the Silesian region, the Foundation focuses on promoting pro-ecological values, fostering social integration, and supporting professional activation—particularly among individuals at risk of social and economic exclusion.

Partners:

Tavo Europa is a Lithuanian non-governmental organization focused on enhancing civil society and the rule of law. As an educational entity, it gathers trainers, youth workers, policy makers, and volunteers to engage in civic activities. The training programs prioritize personalized learning, collaborative skills, and ICT utilization, aiming to reduce youth unemployment and elevate social inclusion. The organization equips young individuals with essential skills such as organizational management, fundraising, and financial planning. Tavo Europa aims to align youth mobility experiences with professional opportunities through non-formal educational methods responsive to labor market demands.

Founded in 2014, **ICM Jindřichův Hradec z.s.** is a Czech organization dedicated to youth development and education. The organization offers year-round programs, formal and informal education, and advisory services for youth and the general public. It collaborates with various sectors, including schools, public administration, and non-profits, focusing on the development of critical thinking skills and active youth participation. Internationally, it partners in projects like V4 and Erasmus+, facilitating youth exchanges and training. At the national level, it promotes youth involvement in regional activities and assists in local fundraising efforts.

Petrklíč help is a non-profit organization based in Český Těšín, Czech Republic, focused on innovative educational and community-building activities since 2005. The organization engages youth in cross-border cooperation, non-formal education, volunteering, and development initiatives. It promotes ecological awareness, personal development, and youth participation, including hosting international exchanges and managing a volunteer center. Petrklíč help also connects students with entrepreneurs through practical business projects, enhancing students' skills with practical experience.

Founded in 2014, the **Se Poate Association (ASP)**, translating to "It's Possible" in English, is a non-profit organization from Romania, focused on engaging youth and young adults as active, responsible citizens. Operating in sectors such as Youth, Adults, Vocational Education and Training (VET), and Sport, the organization offers services in Education and Training, Project Design and Development, Thematic Research, and International Mobility.



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#planting



#beekeeping



#youthspace



#acaciaflowerfestival

WHO ARE WE?

Asociația Se Poate

www.asociatiasepoate.ro

Bucharest, Romania

Se Poate Association (ASP) is a dynamic non-profit empowering youth and promoting active citizenship in Bucharest, Ilfov, and Prahova counties. Since 2014, ASP has provided education, training, project development, and international mobility opportunities, focusing on youth, VET, and sports. Its expert trainers, including SALTO-accredited professionals, lead innovative international projects on research, innovation, and best practices.

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.

ASP prioritizes **social inclusion**, supporting young people from urban and rural areas, particularly those facing vulnerabilities. It fosters personal and professional growth through values like solidarity, multiculturalism, and volunteering.

Key Initiatives

1. *Youth Space in Lipănești* (launched in 2024) offers modern resources in a rural setting, including:

- A Game Room with entertainment options.
- A Vlogging & Media Room for digital skills development.
- A Study & Library Room for collaborative learning.

Over 80 youth participate in non-formal activities.

2. *New Trees for New Life* (since 2017) has planted 200,000 trees across 20 hectares in Prahova County. Biannual reforestation events engage thousands of volunteers, with over 15,000 trees planted in the latest effort. The project has also restored biodiversity, attracting wildlife and inspiring the annual **Acacia Flower Festival**.

Future Plans

ASP is developing a relaxation park within the forest, offering a sustainable retreat for the community while promoting environmental education and recreation.

PARTICIPANTS PROFILE



Each sending organization will send 9 participants + a group leader.

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 **18 and 30 years old**



30 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.

As part of the project, we have planned educational visits to two major energy production sites in Romania. Participants will explore the Cogealac-Fântânele Wind Farm, one of the largest onshore wind farms in Europe, where they will learn about renewable energy generation and the role of wind power in reducing carbon emissions. Additionally, the group will visit the Cernavodă Nuclear Power Plant, gaining insight into nuclear energy as a low-emission power source and understanding its importance in ensuring energy security and sustainability.





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ACCOMMODATION

VENUE:

VRAJA MARII COSTINESTI

ADDRESS:

TABARA BTT, COSTINEȘTI, ROMANIA

[LINK HOTEL GOOGLE MAPS](#)

You will be accommodated in rooms designed for triple rooms, arranged at the facility provided for your stay.

Separate bedrooms will be designated for female and male participants, ensuring privacy.



TRAVEL

ARRIVAL

On **September 8, 2025**, all participants will arrive at the project site. This day will be reserved for arrivals, with no scheduled activities.

DEPARTURE

On **September 14, 2025**, all participants will depart from the project site. This day will solely be dedicated to participant departures, with no scheduled activities.

CHOOSE MORNING FLIGHTS IF POSSIBLE!

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 eur or 211 EUR (mandatory green travel)**
- **Poland** - according to distance band, **309 (for non-green travel)**
- **Czech Republic** - according to distance band, **309 (for non-green travel)**
- **Lithuania** - according to distance band, **309 (for non-green travel)**

Please check in the distance calculator to see the budget that you have!

Start: the place is your departure (exactly the place where you start your travel, not from where your flight is)

End: Costinesti, Romania

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

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. Predeal is located approximately 140 km from Bucharest. **CHOOSE MORNING FLIGHTS, IT WILL BE EASIER TO GET TO THE LOCATION!**

From the airport you need to get to the city centre ("Gara de Nord") to take another train to Costinesti.

The best transport from the Airport is the train, it takes 20 minutes to get in the city and every 40 minutes a new train will come (you can buy tickets from the train and cost around 1 euro)

From the Station "Gara de Nord" you will take another train to **Costinesti Tabără hc (it takes 3-4hs) (mandatory to buy tickets in advance from the website**

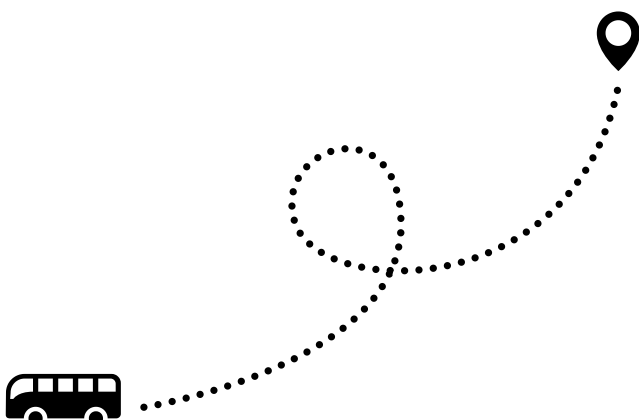
Link train tickets

Vraja Mării Hotel 11 minutes of walking from the Costinesti Tabără hc Train Station.

If you don't find trains directly to Costinesti (in the second part of the day, there are less trains), you should take the train to Constanta and from Constanta you can take a bus (the last one is around 8pm and **you will need cash**)

Here you can see the schedule (it might change until September, so please check with the organizer if you have later flights) [Link buses](#)

If you arrive very late in Constanta, probably you will need to take a taxi that will be expensive. So that's why you should choose morning flights.



YOUTHPASS

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!

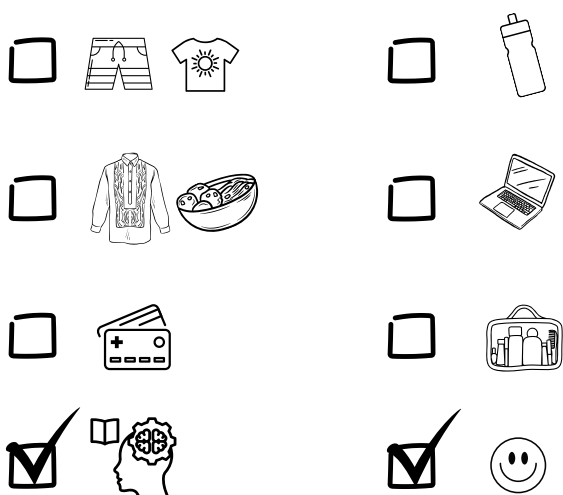
WELCOME TO YOUTHPASS

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

WHAT SHOULD YOU BRING

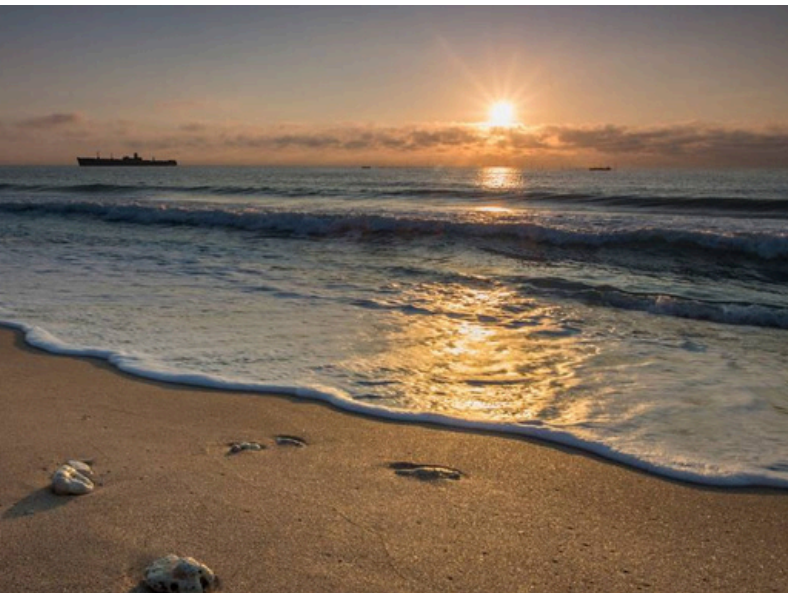
- Reusable water **bottle**.
- **Traditional food, snacks, drinks, and/or attire** for the Intercultural Evening. Coordinate with your national group regarding planned activities such as presentations, traditional dances, games, or quizzes.
- Ensure you have a European Health Insurance Card or alternative health insurance coverage, as it is **not** reimbursable.
- Light and breathable clothing, comfortable walking shoes, sunglasses, and a hat for sun protection. Temperatures will be warm, around 25°C during the day, with nighttime lows around 15°C. A light jacket or sweater may be useful for cooler evenings.
- **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 COSTINEȘTI



Situated on the picturesque shores of the Black Sea, Costinești entices visitors with its pristine beaches, lively atmosphere, and an array of recreational activities. Known for its vibrant nightlife and bustling promenade, Costinești offers a perfect blend of relaxation and entertainment for travelers of all ages.



With its iconic shipwreck landmark, vibrant beach bars, and thrilling water sports, Costinești captivates visitors with its dynamic energy and seaside charm. Whether you're seeking sun-soaked days by the sea or exhilarating adventures on the water, Costinești promises an unforgettable coastal experience.

Costinești boasts a dynamic nightlife scene, perfect for young travelers seeking vibrant entertainment and memorable experiences after dark.

Conveniently located near the historic city of Constanta, visitors can easily explore its ancient ruins, bustling marina, and vibrant Old Town. Discover the rich history and cultural heritage of Constanta, just a short drive away from the lively shores of Costinești.



Prepare to be enchanted by the coastal beauty and vibrant ambiance of Costinești, where endless fun and relaxation await at every turn.



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