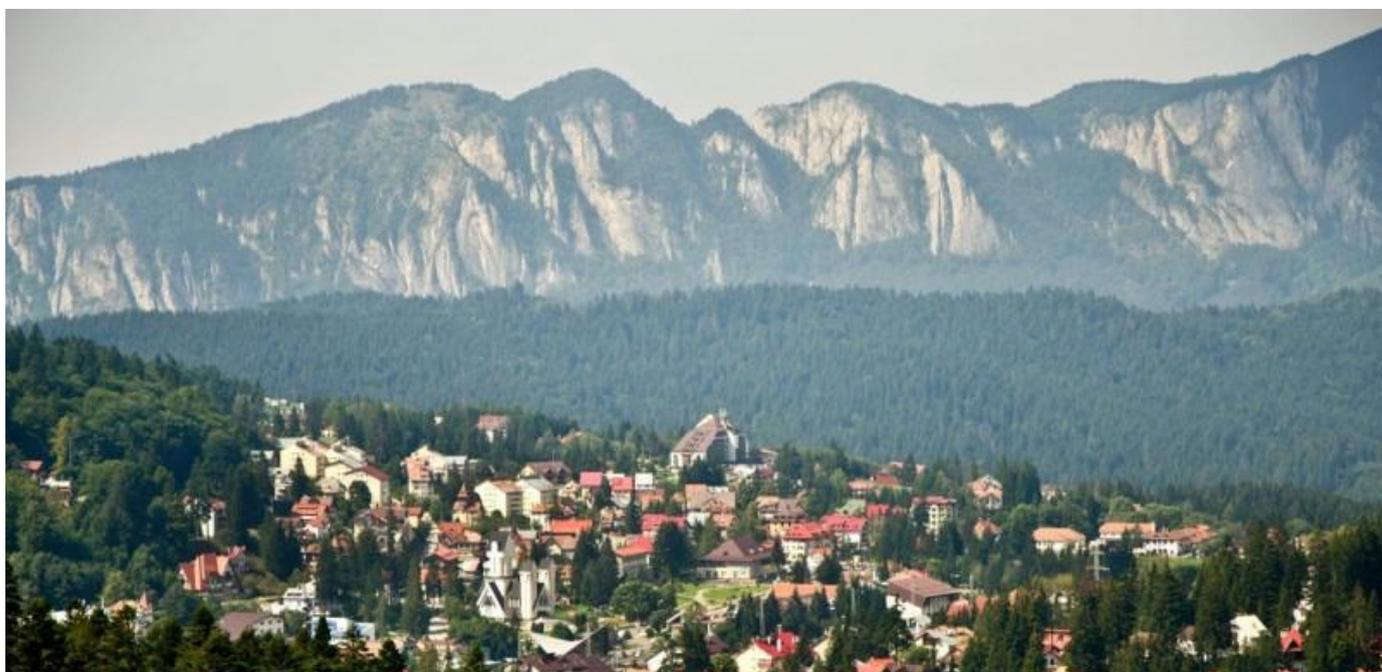


WELCOME

A4ACTION – the Association for Initiatives and Continuous Development is an organisation funded in October 2012. Our work is focused on young people, youth workers and educators. Our mission is to generate continuous development for young people and communities through non-formal learning activities, volunteering and civic involvement. Our vision is to provide all young people with space to reach their full potential through learning and with opportunities to actively contribute to the development of the community they belong to.

This training course is implemented by [A4ACTION](#), together with the following partners:

1. [INTERNATIONAL YOUTH ASSOCIATION EUTOPIA \(Croatia\)](#)
2. [Hermes Academy Onlus \(Italy\)](#)
3. [Youth Horizons \(Greece\)](#)
4. [Asociación D. G. T. \(Spain\)](#)
5. [Danish Youth Team \(Denmark\)](#)



WHAT TO EXPECT

“There's so much more to who you are than you know right now. You are indeed something mysterious in your heart. Although you might sometimes feel like a cog in a huge machine, that you don't really matter in the great scheme of things, the truth is that you are fully eligible for a meaningful life, a mystical life, a life of the greatest fulfilment and service.”

Contemporary society has lost touch with the soul and the path of psychological and spiritual maturity, or true adulthood. Instead, we are encouraged to create lives of predictable security, false normality, material comfort, bland entertainment and the illusion of eternal youth. Nowadays, we think of maturity simply in terms of hard work and practical responsibilities. However, adulthood is not achieved merely by reaching a certain age, birthing or raising children, or accepting certain responsibilities.

On the other hand, “to say that a culture is ecocentric is to say that its customs, traditions and practices are rooted in an awareness of radical interdependence with all beings. The individual in an ecocentric society perceives the world as an organic web of relationships and recognizes each living thing as an integral participant in this evolving web. Through psycho spiritual adventure, you can come to know what you were born to do, what gifts you possess to bring to the world, what sacred quality lives in your heart and how you might arrive at your own unique way of living and belonging.” (Author Bill Plotkin - Psychologist gone wild)

This is what our exchange will focus on, so if you can relate to what you've read above, then this experience is for you!

THE EXCHANGE

The aim of this youth exchange is to support the participants to achieve conscious discovery and cultivation of authentic adulthood and deep connection with nature, including our own deeper nature.

The exchange is aimed at young people who are willing to explore and develop themselves, to then resourcefully inspire and empower other young people, in nurturing and life enhancing ways.

LEARNING OBJECTIVES

The participants will have the opportunity to:

- Connect with nature as well as with their own mind and body.
- Achieve personal development through self-discovery.
- Explore themselves and learn more about authentic adulthood.
- Communicate and express themselves in English.
- Interact and work with people of different nationalities and cultures.
- Improve their knowledge about their country of residence and other countries involved in the project.

LEARNING METHODS

The methods that we will be using during the youth exchange will be based on non-formal learning activities and experiential learning and they will include:

- Connection with nature - experiencing practices and activities for deep nature connection and learning from the natural world;
- Storytelling - working with folktales, wisdom stories, myths, and personal stories;
- Mindfulness, meditation, Deepening questions, mirroring;
- Creative expression (dance, movement, singing, poetry, journaling, painting);
- Art-based and ritual-based work;

- Self-exploration - connecting with the inner world, our talents, gifts, passions, dreams, longings and personal mission;
- Movement and embodiment - getting in touch with the intelligence of our bodies, exploring ways of self-expression and authenticity through movement.

PERIOD

The youth exchange will take place between **10th - 19th of October 2022**. The first and the last day of this period will be considered travel days.

PARTICIPANTS

“Into nature's arms” is a youth exchange aimed at young participants from 5 different countries, aged 18-30 years old, and willing to take part in an international learning experience among others. There will be a number of 5 participants from each partner country, and they will be accompanied by 1 group leader (who is the only person who can be over 30 years old).

The selected participants will be contacted prior to the mobility with more information about the schedule, activities and preparations to be made in advance.

All young people who are interested to take part in this youth exchange are invited to complete the following [application form](#) and will be contacted shortly.

The participants will need to:

- Be aged between 18-30 years old;
- Be willing to learn from themselves and from others;
- Be willing to participate in the learning activities implemented during the project;
- Be open to learning new things and meeting new people;
- Be ready to be part of an international / intercultural group;
- Be committed to attending during the full period of the mobility;
- Be committed to organising a follow-up / dissemination event, implemented after the mobility.

*The participants do not need to have English proficiency, all they need is a beginner level and a willingness to practice and improve!

GROUP LEADER

The group leader should:

- Be a responsible, reliable person;
- Be able to communicate effectively with our team and their group during the entire period of the project;
- Have a good level of speaking and understanding English language;
- Be present during the preparatory visit.

*Experience in working with young people would be really useful for the group leader, but it is not mandatory.



PREPARATORY VISIT

The preparatory visit for this project will take place between the **8th - 11th of September 2022**. One representative for each partner organisation will be present during this visit (the group leader should be present).

WHAT TO BRING WITH YOU

We suggest that you bring the following::

- Warm clothes - Have in mind that the youth exchange will be implemented in a mountain area during the month of October, and half of the sessions will be implemented outdoor (*The confirmed participants will received a full list of recommended items to bring*);
- Good attitude, optimism and willingness to cooperate;
- Any medication that you need; European Health Insurance cards or medical documents for treatment in Romania;
- Comfortable, warm, wind and waterproof clothes, mountain boots, as well as some lighter clothing - it is warm at the accommodation.

VENUE, ACCOMMODATION, FOOD



Our venue will be Hotel Draga Maria from Predeal city, Braşov county. The hotel is located in a picturesque mountain resort situated 40 km away from the city of Braşov.

The participants will be staying in rooms of two or three people, and each room has a private bathroom with a bath / shower and a hairdryer and towels are included.

Meals will be provided at the restaurant in the hotel. Any dietary requirements can be catered for upon request before the mobility.

Wireless internet is available in the hotel rooms and is free of charge.

If you are interested in seeing more pictures of the location, please visit the venue's website [here](#).

HOW TO GET HERE

There is transport by train available from the airport to Predeal, but a taxi is necessary from the train station to the accommodation. You can view timetables and [purchase train tickets online](#).

To get from the airport to the accommodation, it would be best to take the **train from the airport to Gara de Nord** train station, then take the **train from Gara de Nord to Predeal** and use a **taxi to arrive at the accommodation** from Predeal train station.

USEFUL INFO ABOUT ROMANIA

- The Romanian currency is Leu (RON) or Lei in plural and can be found in notes of 1, 5, 10, 50, 100, 200 and 500, all plastic. Using Euros for cash payments is NOT accepted. 1 euro = 5 lei (approximately).
- Paying by card is very common and safe in Romania in all shops, restaurants, hotels or tourist attractions, especially in major cities, but we recommend that you have some cash on you for the area of our accommodation.
- In Romania the emergency number is 112 and an operator will ask if you want to talk to the police, fire or medical service.



COVID-19 SITUATION IN ROMANIA

There are no restrictions related to COVID-19 in Romania at the moment. However, you will need to take an antigen test before arriving at the accommodation. This is to ensure that everyone feels safe during the project.

You can take the test 24 hours before arrival in Romania and we will reimburse you the cost of this together with the travel cost reimbursement.

You should also:

- Have a COVID-19 Green certificate;
- Follow the most up-to-date restrictions on traveling between your country and Romania.

COSTS AND REIMBURSEMENT

The Youth Exchange is co-funded by the Erasmus+ programme of the European Commission and costs will be covered according to the Erasmus+ programme: - 100% meals and accommodation - 100% costs during the activities - transport expenses within the limits.

Nr	Country	Nr. of participants/country	Travelling budget/person	Green travel budget/person
1	Croatia	5 participants + 1 group leader	275 EUR/participant	320 EUR/participant
2	Greece	5 participants + 1 group leader	275 EUR/participant	320 EUR/participant
3	Denmark	5 participants + 1 group leader	275 EUR/participant	320 EUR/participant
4	Spain	5 participants + 1 group leader	360 EUR/participant	410 EUR/participant
5	Romania	6 participants + 1 group leader	180 EUR/participant	210 EUR/participant

Travel costs:

The participants will be reimbursed according to the type of the travel (green or normal) and the travel distance upon presentation of travel documents. **Participants who opt for a green travel will receive up to four days of additional individual support to cover travel days for a return trip, if relevant.** According to the ERASMUS+ guideline, green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

- We kindly ask you to keep all of your travel documents (invoices, boarding passes, plane tickets, bus/train tickets and so on).
- Please note, only the cheapest means of transport/fares are subject to be covered by the project. Tickets can be bought only after we confirm the flight itineraries.
- Costs for using a taxi **cannot** be reimbursed (except for the taxi used between Predeal train station and Hotel Draga Maria, which is our recommendation).
- Please note the maximum of your travel costs.
- You will be reimbursed within the month after the training course by bank transfer.
- If you want to spend more time in Romania, you can choose to stay for 1-3 days before the beginning of the project and 1-3 days after it ends, on your own expense - these costs will not be reimbursed.

In order to receive reimbursement of travel expenses (plane/bus/train) you must deliver the following documents:

1. **Invoice received from the airline/bus company** if you are buying the tickets online or from the travel agency if you are buying the tickets via an agency; electronic ticket (in some cases the electronic ticket and the invoice are the same, it's important to see the exact cost of the ticket), proof of payment;

2. **Boarding pass** (from each person, and both ways);
3. **Originals of all tickets** (plane, bus, etc.).
4. Original receipt for the taxi journey in between Predeal train station and Hotel Draga Maria.

We recommend that you collect all the tickets, scan them and send them by email: iuliana.pavel@a4action.ro and by post when you return home (no later than 30th of March 2022) to the following address: Str. Gorăslău, Nr.13, Bl. P18, Sc.2, Etj.2, Ap.16, Sat Ghermănești, Comuna Snagov, Județul Ilfov, cod postal 077170, on Iuliana Pavel name.

The money transfer will be done in the bank account of our partners after:

- **You sent us all the requested transport documents;**
- **You organised the follow-up activities** (at least one activity in your local communities based on the knowledge learned during the project with a minimum of 10 people)
- **You have completed the evaluation form of this training course** - you will receive it after the end of the mobility.

If you have any questions related to the reimbursement, plane, train tickets, or anything else related to this mobility, please contact us at iuliana.pavel@a4action.ro

OUR TEAM



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