

Youth ! Action! Stop diabetes!- YOUTH EXCHANGE

20-29 AUGUST 2018 Location: **Craiova**, Romania

Host NGO: „Centrul Educational de Resurse si Training – CERT”

This info pack will provide you with the necessary information that you need before arriving to the EXCHANGE in CRAIOVA , Romania; we provide you with useful details on travelling arrangements, accommodation, and some general information on the area you will stay. <http://en.wikipedia.org/wiki/Craiova>;

Partners:

- EDIRNE GENCLIK VE EGITIM DERNEGI **Turkey** ;
- Bulgarian Youth Association- **Bulgaria**
- Javni zavod za kulturo, mladino in sport Litija **Slovenia**

Number of participants – 40 10/country (2 leaders and 8 young people 15– 19 years old)

Accommodation will be in rooms of 2 or 3 beds, in a national network youth hostels with 3 meals included- <https://www.booking.com/hotel/ro/hostel-griffon.ro.html>

Currency: You can't use Euro in Romania! exchange rate is 1 Eur=4,66 lei

Project's objectives are:

1. Increase the level of knowledge about what is diabetes (causes, types, prevention) for 40 (32 youth+8 leaders) young people during 9 days in rural village through interactive presentations and accelerated learning methods.
2. Develop physical activity and diet habits for 40 young people during 9 days of exchange through outdoor self-confident, communication with others and creativity strategy outdoor games ;
3. Improve competences about nutrition labelling as consumers and buyers of food in daily life for 40 young people for 9 days by using practice in supermarkets.



Co-funded by the
Erasmus+ Programme
of the European Union



Erasmus+

4. Enhance intercultural dialogue and inclusion for 40 young people during 9 days through cultural events, mix team work, sharing diversity and practice solution-centered attitude;
5. Raise the level of information on reducing consumption of unhealthy food, increasing physical activity and consumption of healthy foods for 400 citizens in 3 villages in Pielesti commune during the “Stop Diabetes Campaign“

Expected results:

The 2 main results of the project are:

1. "Stop Diabetes Video" (which raises awareness of watchers about the danger for all of the diabetes and how to prevent it) and
2. “Stop Diabetes Manual” (containing info about how to prepare a program diet and a physical activity routine according to food preferences, age, job, routine, daily habits, steps of preparing the Campaign, pictures from the campaign in the village and conference, messages and motto on preventing diabetes, strategic games from the beginning of each day)

Travel details: *HOW TO REACH CRAIOVA; THE HOST CITY*

Have a look on: http://www.romaniatourism.com/maps/romania/romania_detail_map.html is 250 km far from Bucharest,

You should book your flights for Bucharest or Craiova; From Airport – GARA de NORD (*The train station in Bucharest*) go for Bus:

780 / 783 and from Gara de Nord take the train to Craiova (every 1 hour).

The necessary documents for reimbursement of travel (Reimbursements will be done after CERT receives all coming-return original tickets by postal address, money t=will be sent to your sending NGO;s account)

1. Tickets (bus, metro, train, boarding passes, flight tickets);
2. Invoice – where the price is, your name(if the case), time;
3. Provement of payment (bank excerpt, credit card online payment-emails, paper bill)

(Without any of these, we cannot reimburse your money for travel; NO TAXI –except for night hours is the case)

Down here you can find the travel budget / country / person. Pls fit in and let us know if we can support you in choosing best way of traveling.



Centrul Educational de Resurse si Training – CERT
Str. UNIRII nr. 99 sat Campeni Dolj – Romania
certdolj@yahoo.com; <http://certdolj.wordpress.com>

Travel budget :

Bulgaria, Turkey – 180 euro / participant

Slovenia 275 euro/participant

(soon these costs will be confirmed by our National Agency and we'll send you more details)

Travel insurance: pls follow the link to make your own travel insurance

<http://ec.europa.eu/social/main.jsp?catId=563&langId=en#nationalinfo>

For more details :

Coordonator proiect: **ALEXANDRA BADEA**

<https://certdolj.wordpress.com>

Tel :0040784787870 ; alexandra_alina98@yahoo.com



Co-funded by the
Erasmus+ Programme
of the European Union



Erasmus+