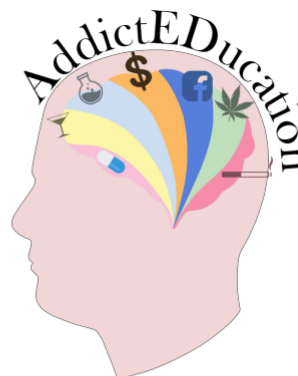


AddictEDucation YouthExchange

2-9th OF SEPTEMBER, 2019,
Travel days 1 and 10.
CEHEȚEL, ROMANIA




2018-1-RO01-KA105-048959

Short summary of the project

The Youth Association from Transylvania – Brasov Branch organizes a KA1 youth project with two mobility activities:

A **seminar** for 21, youth workers from Romania, Spain, Hungary, Turkey, Italy, Poland and Belgium organized in Brasov city, Romania, between 8-13 July, which is followed by a **youth exchange** done on 2-9 September 2019 with travel on the 1 and 10, hosted in the village of Cehețel, Romania for 35, 5-5 **youth aged 18-26** from Romania, Spain, Hungary, Turkey, Italy, Poland and Belgium out of which 20 youth with fewer opportunities supported by group leaders selected from the youth workers who attend the seminar. The youth with fewer opportunities will be from ethnic minority groups, foster care, from poor families, rural areas and NEET youths, (not in education, employment or training).



What are the aims of the project?

Create a safe environment where 35 young people and their 7 group leaders, including 20 youth with fewer opportunities (in danger of being affected by addiction or coming from family settings affected by them and NEETs) have the opportunity within 8 days to acquire competences (knowledge, skills and attitudes) like self-confidence and self-expression and specific knowledge with regards to drug, alcohol, cigarette, relationship and internet addiction.

Empower these 35 young people by letting them express their feelings and knowledge about these 5 addictions as ambassadors, in real life and raise awareness on them with the methodology of Digital Storytelling.

To create and strengthen 6 new partnerships among European entities that could act as disseminating ambassadors of a new line of efficient tools, methods and approaches that fight against addictions.

How to prepare for the youth exchange?

Each countries' youth should prepare to present their national realities regarding addictions in different types of presentation:

- 1 Alcohol – 1-1 flipchart paper / country presented in a fashion show style;
- 2 Drug - 3 national statistics in a 3-4 minute long PPT / country;
- 3 Cigarette - World cafe 2-2 participant / country sit at a table, the others rotate;
- 4 Relationship – Testimonies;
- 5 Internet - Open debate in plenary;

Some of the group leaders from Romania, Italy, Turkey, Spain, Hungary or Belgium will prepare themselves to deliver one of the 5 sessions on their area of expertise and they will attend an online DST process to be able to support the youth during the exchange. The Polish group leader, helped by the other 6 leaders will be in charge of energizers and the team-building which they will prepare for beforehand.

And also...

National youth groups should prepare with snacks for the Intercultural Food Night & with an interactive, fun workshop for the National Afternoons.

Each participant should think of a personal story related to him/herself or his/her acquaintances connected to any type of addiction and bring as many printed or digital photos or symbolic objects that best relate to their story. This is for the purpose of preparing the stories that will be used in the Digital Storytelling workshop.

All youth who have a Facebook account should join this group <https://www.facebook.com/groups/2188142961270014/>, and then go to the members section and get familiar with the other participants.

creativity

Participant profile

open mind

Youth will be from Romania, Poland, Belgium, Spain, Italy, Hungary and Turkey. For the youth exchange each partner will select 5 participants and 1 group leader. They need to be aged 18 to 25, having basic communication skills in English.

The group leaders will be aged 22 to 40 with good communication skills in English.

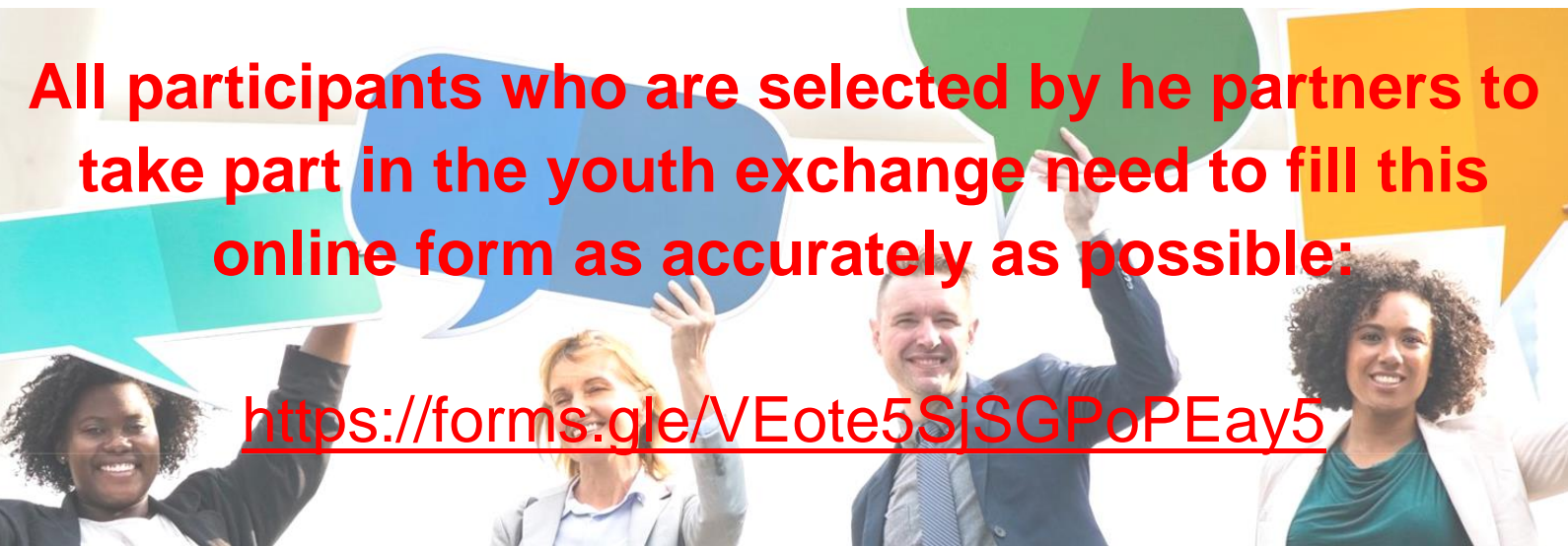
What we expect?

- motivation
- open mind
- active participation
- good mood
- interest in the topic

MOTIVATION

All participants who are selected by the partners to take part in the youth exchange need to fill this online form as accurately as possible:

<https://forms.gle/VEote5SjSGPoPEay5>

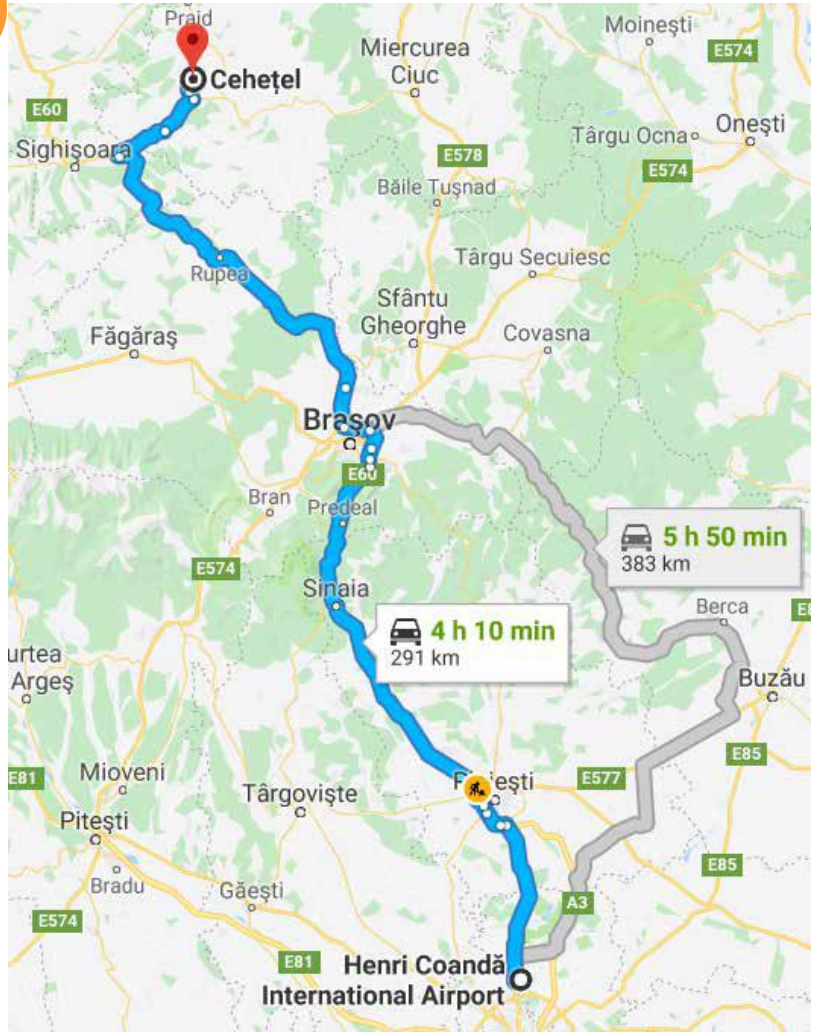


Finances and Travel

Each partner should search the lowest means of transport to arrive in Romania: low cost plane tickets, second class bus & train tickets.

For arriving to Cehetel, groups need to:

- Preferably fly to Bucharest airport and take a bus from there to Sighișoara and from there we will manage your 30 minute trip to the village,
- Or fly to airports like Târgu Mureș or Cluj Napoca and from there we will take you to the village with a minivan,
- Or arrive by bus to Sighișoara and from there we will manage your 30 minute trip to the village.



The Erasmus+ program covers the costs of this youth exchange 100%. This includes travel, accommodation, food and organization. The travel limit for Poland, Hungary, Turkey, Italy and Belgium is 275 euro participant and for Spain 360 euro / participant.

Where possible, please purchase tickets from the bank account of the sending organization. We will reimburse the value of all tickets to that account in 25 working days after the mobility takes place and/or as soon as all participants send all their tickets in original to us. The participants have to take part during the entire mobility to get their travel costs reimbursed.

We will help you to plan and organize your travel from airports in Romania to the venues.

Accommodation, food & working places

Participants will be hosted in the Traditional Seckler Future Center. This place has traditional old houses, which are renovated by the state.

Rooms will be shared in mixed nationalities with 3-5 beds/room and common bathrooms for 4-5 people.

There are bed linen and towels so do not bring these. The activities will be done in the conference room of the hotel and in the green areas around the houses.



About the village

Cehețel is a village in Harghita county, in the middle of Transylvania. It has 146 inhabitants, they are all Hungarian people.

It is a very quiet and peaceful village, with lovely and friendly people. The locals are used to with visitors, since the Traditional Seckler Future Center is a place with many guest.

September in the Transylvanian hills can get cold so be sure to bring many warm and comfortable clothes. Also do not forget a raincoat or an umbrella for possible rains and proper shoes for nature walks and hiking.

Draft program

| | Day 0 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 8+1 | |
|---------------|------------|--|--|--|---|--|--|--|--|---|------------|
| 08:00 - 09:15 | ARRIVALS | Breakfast and Morning Energizer | | | | | | | | | Breakfast |
| 09:15 - 10:00 | | Name games, Welcome words, Introductions | World Cafe and Silent Floor on why youth turn to addiction | 3 Cigarette addiction - World Café and interactive practical session | Workshop about body awareness. | Guided tour of Sighisoara Medieval Town | Storycircle activity in plenary. | How to Edit DSTs in Sony Vegas Studio - Tutorial | Finishing Editing the 10 Digital Storytelling Movies | Packing and Saying Goodbye | |
| 10:00 - 11:00 | | Our Objectives, Hopes, Fears and Contributions | | | | | Creating the 10 groups. | Recording Sound for the DSTs in 10 Groups | | | |
| 11:00 - 11:30 | | Coffee Break | | | | | | | | | |
| 11:30 - 12:00 | | The Rules of the YE, Learning Agreement | Alcohol addiction– 1-1 flipchart paper / country presented in a fashion show style and interactive practical session | Human Library with psychiatrist and ex drug, alcohol and cigarette addicts about addiction prevention. | 4 Relationship addiction– Testimonies and interactive practical session | Free time in Sighisoara Medieval Town | Storycircle activity in groups. | Editing the 10 Digital Storytelling Movies | Youthpass Questionnaire | | |
| 12:00 - 13:00 | | Erasmus+, Youthpass? | | | | | Writing the group stories, in 10 groups | | | | |
| 13:00 - 13:30 | | What is the Learning Diary? | | | | | | | | | |
| 13:30 - 15:00 | | Lunch and Afternoon Energizer | | | | | | | | | DEPARTURES |
| 15:00 - 16:00 | | Team building while discovering Cehetel Village and the nature around it. Discussing the experience. | 2 Drug addiction- 3 national statistics in a 3-4 minute long PPT / country and interactive practical session | 5 Internet addiction - Open debate in plenary and interactive practical session | How to be aware of mental health oppression to avoid addictions? | Introduction to Digital Storytelling Methodology | Gathering photos, making drawings for the DSTs | Editing the 10 Digital Storytelling Movies | Free Time | | |
| 16:00 - 16:30 | | | | | | | | | | | |
| 16:30 - 17:00 | | | Coffee Break | | | | | | | | |
| 17:00 - 18:30 | | Ice-breaking | Spanish Afternoon | Italian Afternoon | Hungarian Afternoon | Turkish Afternoon | Belgian Afternoon | Polish Afternoon | Planning future cooperation | | |
| 18:30 - 19:00 | | | Daily Evaluation and Reflection for Learning Achievements | | | | | | | Final Evaluation Activities | |
| 19:00 - 20:00 | | | Free Time | | | | | | | | |
| 20:00 - 21:30 | | Dinner | | | | | | | | Dinner, Youthpass Ceremony and DST watching event | |
| 21:30 - 23:00 | Name games | Intercultural Food Night | Free Boardgame Night | Free Boardgame Night | Free Boardgame Night | Free Boardgame Night | Free Boardgame Night | Free Boardgame Night | | | |

AddictEDucation

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See you in...

