



Creating a framework and developing contents for tomorrow's youth centers

Youth Exchange in Romania

31.03.2019 - 11.04.2019

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



About the hosting organization

FITT is a public utility umbrella organization for youth NGOs and student unions (from 14 different specialties). With 30 member organizations (2000 active young members) and 26 years of activity in the West Region, FITT is the most important, old and unique in respect of activity, legal provisions and its leaders profile, in this part of the country. It's focus on youth participation, local and national youth policies and on promoting the European values at local, regional and national level that are so important to youth nowadays.



About the project

“Creating a framework and developing contents for tomorrow’s youth centers” consists of equipping youth centers and youth organizations with a series of competences and skills for young people and youth workers and working methods and tools for the same categories adapted to the needs of the future.

More precisely, the project aims at creating a framework for tomorrow’s youth centers, based on an innovative approach.

1. Developing and testing a set of tools for youth work (based on the criteria of the European Council Quality Label) in the four youth centers of the consortium over the period of two years and a half.
2. Creating and testing needs-adapted contents focused on career planning and youth inclusion in the four youth centers of the consortium, over the period of two years and a half.
3. Developing a platform for the use of young people in Timisoara and interested in Timisoara (covering events, trainings, youth exchanges, etc.), over the period of two years and a half.



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Objectives of the Youth Exchange

- How to prepare a job application?
 - How to develop a career plan?
- How to interpret fluctuations on the changing labour market?
- The main idea of this Youth Exchange is to provide the participants with skills and knowledge in searching for job opportunities.



All the participants will have to deliver sessions during the youth exchange.

To see which are the sessions which each national group has to prepare and deliver **please see the agenda.**

Let us know if you have questions and if you are comfortable with the topics assigned.



About the Youth Exchange

- **Working methods:**

Generally, the methods that will be used are rather non-formal, non-frontal and participative. The program is built by using a combination of different methods such as: ice-breakers, energizers, experimental learning, group-work, team-building exercises, role-plays, brainstorming, case studies, presentations, games, introspection, debate. There will be used methods, which enable interactivity between participants, so that a proper environment for dialogue is created.

- **Working language:**

The working language of the Youth Exchange is English. Don't be afraid if your English is not perfect! Neither is ours. But it should be good enough to participate actively. Also be prepared to communicate in other ways with the locals because you are coming in a rural area where most of them don't know English!



Venue, Community and Food

The participants of the Youth Exchange will be hosted in **Cerașu**, a small village in Prahova County, in - **Pensiunea Cerașu**. The guesthouse has several bedrooms that you will be sharing with other participants of the same gender but mixed nationalities. The bathrooms are in the rooms or shared with other rooms. Bedsheets and towels are available for each participant.

The guesthouse has space for indoor and outdoor activities. The area is pretty remote, but you can find a small shop nearby.

Unfortunately, the venue of the Youth Exchange is not suitable for people with mobility issues.

The food will be prepared in the guest house's kitchen. There are 3 meals per day – breakfast, lunch and dinner. Depending on the program of the day, some of the meals will also be outside of the guest house.

If you have any special **DIETS** or **ALLERGIES**, mention it in the application form and to your coordinator.



Gallery – Pensiunea Cerașu



How to get there

The transport isn't easy reachable to get to the hosting place, especially if it is your first journey in Romania. Therefore, for you travel between the airport and the guesthouse, and back, the participants will be picked up and dropped by the hosting organization.

In order to have an efficient time management, we are asking you **to mention the landing and departure time in the Google form** (in the following pages).



What to bring

**Spring weather in Romania is pretty unpredictable.
So to be sure, you will be ready for all the situations, do not forget:**



- Comfortable warm clothes and shoes
- Raincoat or small umbrella
- A hat, scarf and gloves for the cold
- Something warm for the evenings
- Slippers for inside
- A hat or cap, and glasses for sun protection



What to bring & prepare

But also IMPORTANT:

- Personal toiletries
- Medicines if you need
- European insurance card
- Traditional food, drinks & items - *One of the evenings will be dedicated to sharing and exchanging part of your countries culture. For this please bring some traditional snacks and drinks from your countries, as well please prepare to show us anything else that is specific to your country's culture (music, dances, traditions etc). Be creative !*
- Information and promotion materials from your organization



- Each national team will be assigned for topics of the sessions, and will need to prepare and facilitate activities:

NATIONAL TEAMS	SESSIONS
Slovenian	„Continuous training and development opportunities“
Spanish	„Youth unemployment and its causes“
German	„Job market fluctuations – job researches“
Finnish	„How to develop a career plan“
Romanian – Team 1	„How to gather skills and competences before starting looking for jobs“
Romanian – Team 2	„How to prepare a job application“
All national teams	„Corelation studies with future careers“ – best practice examples of each country

- Please, join the Facebook group created for this Youth Exchange. Various information will be added by the organizers

<https://www.facebook.com/groups/241082096799579/>



Agenda #1

Day 0 - Sun	Day 1 - Mon	Day 2 - Tue	Day 3 - Wed	Day 4 - Thu	Day 5 - Fri	Day 6 - Sat
31-mars	01-avr	02-avr	03-avr	04-avr	05-avr	06-avr
Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Intro G2KEO Expectations - Romania -	Team building activities	Youth unemployment and its causes - Sessions delivered by Spanish team	How to gather skills and competences before starting looking for jobs - session delivered by Romanian team 1	Salina Quest	The elevator Pitch and public speaking
	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
	Program Rules and code of conduct G2KEO	Team building activities	Grup work - comparisons between contries situations	Higher studies and Vocational studies - career perspectives	Salina Quest	How to prepare a job application - session delivered by the Romanian team 2
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	Name games and energizers	Village Quest	Grup work - gathering solutions to the issues presented above (best practices of each country)	Job market fluctuations - job researches - session delivered by the German team	Salina Quest	Job interview simulations (1)
	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
	Name games and energizers	Village Quest	Corelating studies with future careers - examples from each country, best practice examples	When, where and how to search job opportunities	Sharing results and impressions after the quest	Job interview simulations (2)
Dinner	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Free mingling	International evening	Boardgames night	Movie night	Free evening	Boardgames night



Agenda #2

Day 7 - Sun	Day 8 - Mon	Day 9 - Tue	Day 10 - Wed	Day 11 - Thu
07-avr	08-avr	09-avr	10-avr	11-avr
Breakfast	Breakfast	Breakfast		Breakfast
Study visit Brasov	Discussion after visiting Brasov	Continuous training and development opportunities - session delivered by the Slovene team	Youthpass	Departure
Coffee Break	Coffee Break	Coffee Break	Coffee Break	
Study visit Brasov	Discussions in groups and listing tips and tricks for job interviews	Ted Talks - guests/ participants talking about their career choices	Youthpass	
Lunch	Lunch	Lunch	Lunch	
Study visit Brasov	How to develop a career plan - session delivered by the Finnish team	Ted Talks - guests/ participants talking about their career choices	Future plans & Dissemination	
Coffee Break	Coffee Break	Coffee Break	Coffee Break	
Study visit Brasov	Individual work - creating career plans	Open space with the guests (Q&A, sharing tips and tricks etc)	Evaluation and Closure	
Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	
Dinner	Dinner	Dinner	Dinner	
Movie night	Free evening	Open space - night	Farewell party	



Application form for participants

This is the link for the **application form** that each participant has to fill in.

It's important for us to have it.

**Do not forget to mention any special diets or allergies,
as well as landing and departure times.**

<https://goo.gl/forms/GAEJOXDc3XyNe17E2>



Partners of the project



Timiș County Youth Foundation
Roter Baum Berlin UG – centrale
Universitat Autònoma de Barcelona
Nuorisokeskus Villa Elba
RIS Dvorec Rakičan
Timișoara Municipality

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Information

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*These contact persons are available in case of emergency,
including whatsapp if you only have wifi.*

See you soon in Romania!
La revedere!

