



YOUTH EXCHANGE
Erasmus+ Mobility
Cluj-Napoca
September 25th - October 2nd, 2022 (travel days included)

Official Facebook page:
<https://www.facebook.com/DOWN-Without-barriers-Project-109947040640640/>

Info Pack
for applicants

THE PROJECT



The project proposes a partnership between 3 European non-governmental organizations specialized in providing services to youngsters with down syndrome (DS) and to their families (and involved in conducting international research about this subject and/or in initiating legislative projects), a non-governmental organization specialized in coordinating and organizing mobilities for young people with disabilities and 2 local public bodies, members of the European Social Network, which offer services to persons with disabilities (young people with down syndrome included). The purpose of this project is creating/ensuring a favorable context for promoting diversity, intercultural dialogue for young people (with and without DS) and social inclusion, as well as improving the professional competences of youth workers in the activities carried out with young people with and without DS.

The main theme of the project is social inclusion, in the specific context of this project through the mobility of youngsters, non-formal learning, adaptive sports (including rhythmic dances) and outdoor activities, which are used as tools for the social inclusion of young people with DS.

During 9 months of activities, until the 15th of December, 2022, we will work together for developing tools of social inclusion for our two main target groups: 20 youth workers, 18+ and 24 young people, 18-30 years old (12 with down syndrome and 12 without DS) in a 5 day training course held in Istanbul, Turkey and a 6 day youth exchange held in Cluj-Napoca, Romania.

The overall project objectives:

- To improve the abilities of 20 youth workers to work with young people with down syndrome;
- 20 youth workers will become familiar with non-formal tools and methods of social inclusion, adapted to their work with young people with down syndrome and will understand the interconnections between formal and non-formal education that they will apply in their daily work with these beneficiaries and also with other people with disabilities;
- 24 young people will develop/improve their learning and communication performances, their spirit of initiative and self-esteem, their intercultural awareness and their access to labor market will be facilitated ;





- To improve young people's civic and social skills related to social responsibility, common values of freedom, tolerance and respect for human rights, renunciation of prejudice, importance of social inclusion for 24 young people, during the youth exchange.

All project activities are based on non-formal education methods and tools (working groups, debriefings, free discussions, role plays, workshops, teambuilding exercises, games, energizers, reflections, presentations etc.), which encourage active participation of each participant in the sessions.

THE YOUTH EXCHANGE



The last main activity of "**DOWN- Without barriers**" is a 6 days youth exchange for 24 young people with and without down syndrome (6/national group, 3 young people with down syndrome, 3 young people without down syndrome) held in Cluj-Napoca, Romania.

The participants to the youth exchange are:

- Citizens or legal residents of Romania, Turkey, Italy or Greece;
- Connected to their sending organization or to the local community of the sending organization;
- Youngsters showing tolerance and empathy towards people belonging to vulnerable groups, accepting social, linguistic and cultural diversity, and show openness to share their own experiences with other young people;

The selection method will include a unique application form and this info pack, elaborated by Directia de Asistenta Sociala si Medicala, which will be disseminated to all the partner organizations. The candidates will fill it out and the sending partners will evaluate and make the final selection, based on the following criteria:

- Are open to the development of new skills;
- Have been involved in other projects / volunteering, participated in various activities with young people with and without down syndrome;
- Motivation to attend the youth exchange;
- Potential and availability to multiply and disseminate the project's results, by:
 - Writing stories/posts/articles about their experiences in the project and then post these on their websites, social media platforms and in the project Facebook group and page;
 - Developing together an official photo album to capture the activities of the youth exchange in pictures;
 - Participating to the preparatory meetings (on-line or face-to-face) and dissemination events organized by the sending organizations on local level;
 - Preparing, inside their country team, the intercultural night;
- Committed to attend for the full duration of the training course;
- Agree to respect all Romanian regulations regarding the pandemic during all the activities of the youth exchange;
- Able to use English as working language and able to support young people with Down Syndrome who do not speak English.



At the end of the youth exchange, each participant will receive a **Youthpass** certificate.

All activities of the youth exchange will be implemented according to the methodology of non-formal education in an inclusive and adapted way, considering the presence of participants with down syndrome.

THE VENUE:



Accommodation will be in Cluj-Napoca, Romania.

In the historical region of **Transylvania**, in a picturesque area, the city of **Cluj-Napoca** awaits quietly to be discovered. Cluj always got its essence through its people, who created a **multicultural society** where you'll easily blend once you get to feel the city.

Cluj-Napoca has a **special charm**, given by the 2000 years history, the geographical location and the people, because here, time flows differently, and the people take the time to say hello to each other, to walk between the boomed trees in the **Botanical Garden**, to watch the reflection of the sun beams in the twin buildings on the Mirror Street, to smile and to invite you to discover the local culture and traditions. Ancient culture and civilization center, Cluj is known from Roman times as one of the **most important cities in Roman Dacia**, mentioned by the geographer Ptolemaeus two millennia ago. The settlement was later raised to the rank of the municipality during Emperor Hadrian and was called Municipium Aelium Hadrianum Napoca, then to the rank of Colonia Aurelia Napoca, around the year 180, under Marcus Aurelius.

Today, Cluj-Napoca is the country's **second largest city**, located in the center of Cluj County and covers an area of about 180 km² on Someșul Mic river. Surrounded on three sides by hills with heights between 500 and 700 meters, it has the appearance of a real fortress.

Specific to the area of Transylvania, Cluj-Napoca is a **multiethnic and pluriconfesional city**, with a population of 324.576 inhabitants according to the 2011 census. The metropolitan area has a population of 427.348 people. Another 80.000 students, as non-permanent residents, increase the population of Cluj-Napoca by coming here to study and work.

Cluj-Napoca brings together historical communities of Romanians, Hungarians, Germans, Armenians, Hebrew, Roma, as well as recent communities of Italians, French, British, Dutch, Turkish, Asians. There is an ethnic, cultural-economic and religious diversity of communities that live in peace and learn from each other.





The city earned the title of “**Capital of Transylvania**”, because of the dynamism with which it has grown to become today the most important academic, medical, business & IT, cultural, sports and scientific center in Transylvania.

Food will be both vegetarian and non-vegetarian, depending on your preferences noted in the application form. There will be three daily meals, as well as coffee/tea and snacks in between meals. If you have other needs concerning food, please let us know!

TRAVEL REIMBURSEMENT:



According to the rules within the **Erasmus+ Programme**, financed by the European Union, we will reimburse the travel costs on basis of the cheapest, greenest and most effective possibilities, 2nd class railway, bus or minivan, etc., accompanied by the receipt of complete and original tickets, invoices, bills, receipts, boarding cards etc.

ALL THE TRAVEL TICKETS HAVE TO BE BOUGHT AFTER RECEIVING CONFIRMATION FROM THE COORDINATOR !!!

Participants are expected to arrive to Cluj-Napoca, Romania on 25th of September 2022. The departure will be on the 2nd of October 2022, after breakfast.

We will reimburse travel costs, by bank transfer, within 30 days after receiving all the original travel documents, after filling out the Mobility Tool questionnaire and evaluation form. The maximum reimbursement for each participant is 275 EURO.

A valid health insurance (mandatory) at least for the duration of the youth exchange. It is recommended that the chosen insurance covers COVID-19 costs. The cost of the insurance and the Covid tests (if needed at the time of your travel) are not refundable and has to be paid by each participant!!!

PROJECT PARTNERS



- Asociația Babilon Travel – Romania;
- Asociația AGA Down Sindrom Cluj – Romania;
- Türkiye Down Sendromu Derneği - Turkey;
- Associazione Italiana Persone Down Onlus – Italy;
- The Municipality of Fyli – Greece.

For any further information, please do not hesitate to contact the organizers:
alexandraisacu.dasm@gmail.com.

😊 **THANK YOU!!!** 😊

